

Wind speaker

November 13, 1987

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Saddle Lake band

Band declares self-government

By Lesley Crossingham

The Saddle Lake Indian band has rejected Bill C-31 and has declared they will achieve Indian self-government within three years.

In a statement this week, Chief Eugene Steinhauer explained his band is upholding their treaty rights, saying the amendment to the Indian Act had been applied "as a legal instrument to destroy our special status as Treaty Indians and ensure our people...will be fully assimilated into white society."

Steinhauer charges that the government has failed to honor its constitutional commitment through the first ministers' process and the Meech Lake accord.

"These forums were nothing more than political and legal strategy...to make sure the Native people in this country will fall into line," said Steinhauer.

In an interview Nov. 12 Steinhauer said plans for the Saddle Lake First Nation's self-government are going ahead.

"We will have our own constitution and legislation to determine who should be in our community," he said. "Self-government will mean a third level of government — Indian self-government."

The Saddle Lake band met in a general meeting recently where a decision was made to cut off royalty cheques to all Saddle Lake

band members because Ottawa insists Bill C-31 members should also be paid.

The band agreed that the royalty payments, which range from about \$25 to \$40 will be placed in a trust fund where "at least we will be getting interest," added Steinhauer.

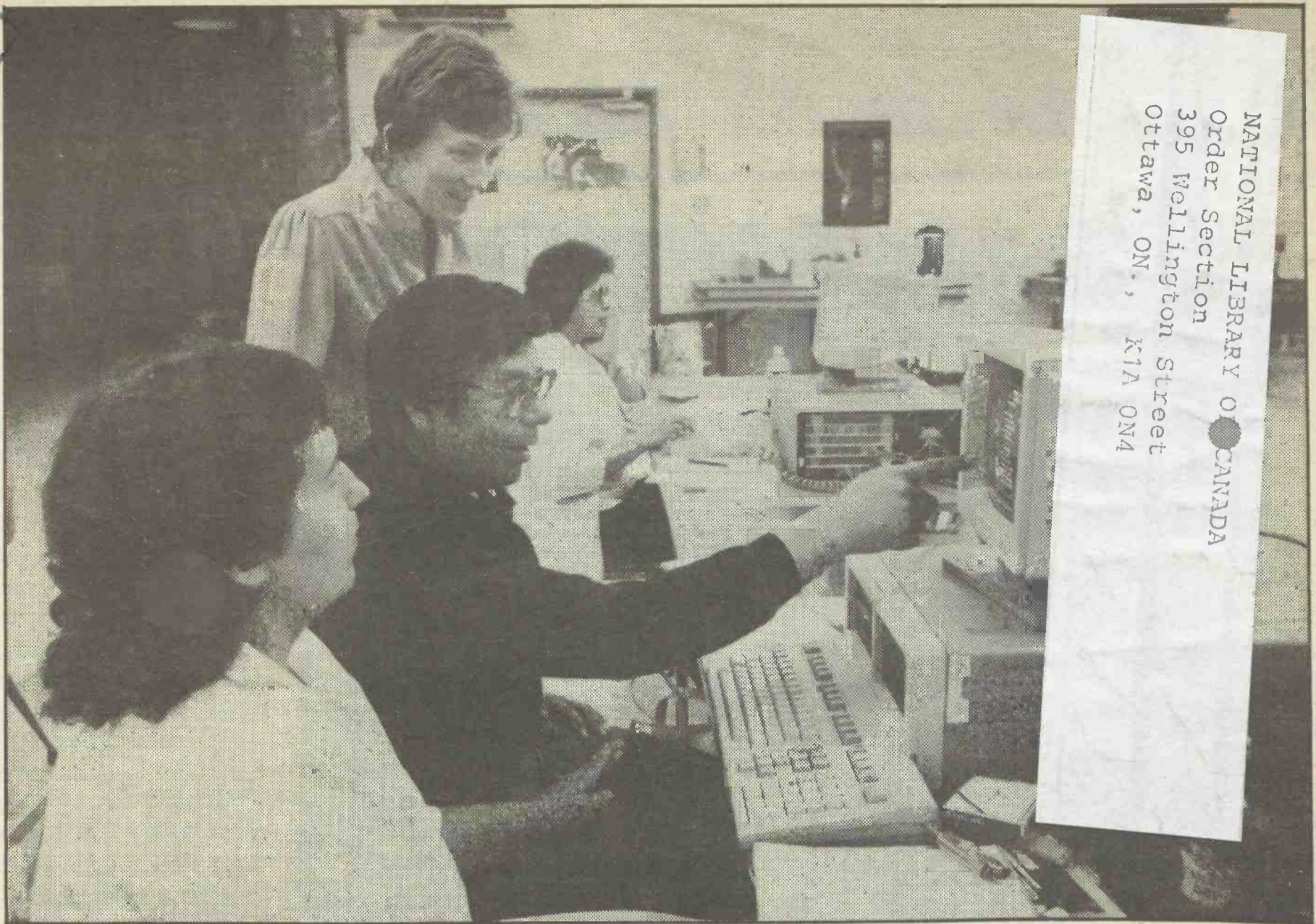
In earlier statements, the Department of Indian Affairs said they will not object to the band's decision not to pay the royalties.

"Our position is that if they are going to make a per capita distribution they have to make it to all members," said Gerry Thronsen, Indian Affairs director of lands, revenues and trusts.

Bill C-31 amended the Indian Act in 1985 to allow Indian women who lost status when marrying non-Indian men to regain both status and band membership.

Members of the Saddle Lake band and other bands throughout Alberta along with the Indian Association of Alberta plan to hold a march and rally on the Meech Lake accord.

The Meech Lake accord is an agreement to amend the constitution and allow the province of Quebec to enter Confederation. The accord gives sweeping powers, including a veto to the province which many Native leaders say could preclude any Native self-government agreement.



COMPUTER TALK

Fred Okimaw learns how to make computers do the work while instructor Beverly Gill offers assistance. Okimaw graduated from the Community

Vocational Centre's band administration program in Slave Lake last month. See story on Page 10. Photo courtesy of CVC Slave Lake.

THIS WEEK

Drug and Alcohol Special Section

Athletes get Rita Houle awards
See Page 8

Lynx quota angers leaders
See Page 3

Wood bison face disease threat
See Page 2

Rally planned to protest accord

A rally in front of the legislature building in Edmonton to protest the Meech Lake constitutional accord is planned for Monday Nov. 23.

The Indian Association of Alberta (IAA) has invited anyone whose rights may be affected by the accord to meet at No. 1 Churchill Square at 10 a.m. From the square protesters will march to the legislature building for a rally at 11:15

a.m.

Peter Many Wounds, IAA political adviser, says the rally coincides with Premier Getty's introduction of the legislature to his cabinet. "We want him to know there are many people opposed to the accord," he says, explaining the accord will affect the rights of Albertans in general as well as treaty and Aboriginal rights. Representatives of groups

representing handicapped people, labor, minorities, women and opposition government are expected to join the rally.

According to Lou Desmarais, IAA spokesperson, confirmed rally speakers are Keith Penner, Indian Affairs critic; Ray Martin, Alberta's National Democratic Party leader and Nick Taylor, provincial liberal leader. Joyce Fairbairn, liberal senator;

Tony Pennikut, Yukon government head and a representative of the Northwest Territories assembly have been invited to speak, but have not yet confirmed.

IAA leader Gregg Smith is expected to address the rally. Metis Association of Alberta president Larry Desmeules and Native Council of Canada (Alberta) head Doris Ronnenberg are expected to attend.

New group to promote Metis nationalism

By Lesley Crossingham

The new Alberta Metis Nation Alliance is "now in action," according to acting president Ron LaRocque, who spoke at a meeting held in the Edmonton friendship centre Nov. 8.

More than 60 people, some from as far away as Lac La Biche attended the three hour meeting, including five Local presidents.

LaRocque led a discussion about a variety of problems he feels are facing the Metis people of the province and blamed many of these

problems on the current administration of the association.

"We are here in reaction to what is happening in the MAA. Once there was a real pride in belonging to the association," he said.

However, LaRocque pointed out that the association is still being funded to provide services for Metis people.

"We are aware they receive this money. We are aware that the MAA will receive many millions to provide economic development," he said. "That's

why we are going to be a watchdog. We are their real opposition."

Former Metis Association of Alberta vice-president, Jo Ann Daniels, who is also president of an Edmonton Local confirmed that she would be officially leaving the association.

"After the election (held Sept. 1) there were many disappointed people whose hopes were dashed, but now the true feelings of the people are coming out," she said.

Muriel Stanley-Venne said she felt the Metis

Association did not truly represent Metis interests but rather those of non-status Indian people.

"Metis are not just another kind of Indian. Louis Riel fought for our rights; for the rights of Metis. If you don't believe in your heart that you are Metis how can you build a nation?" she said.

Stanley-Venne was joined by many others in the room who added their grievances.

Acting president LaRocque then read the Alliance constitution and explained points to the new

members.

"We aim to unite as Metis in Alberta to forge a movement that will promote Metis nationalism in Canada," said LaRocque, reading from a list of objectives outlined in the constitution.

"The Alliance will heighten the political awareness of Metis in Alberta and within Canadian society...and ensure that our political and administrative structures represent the will of the Metis people in their own communities."

After further discussion

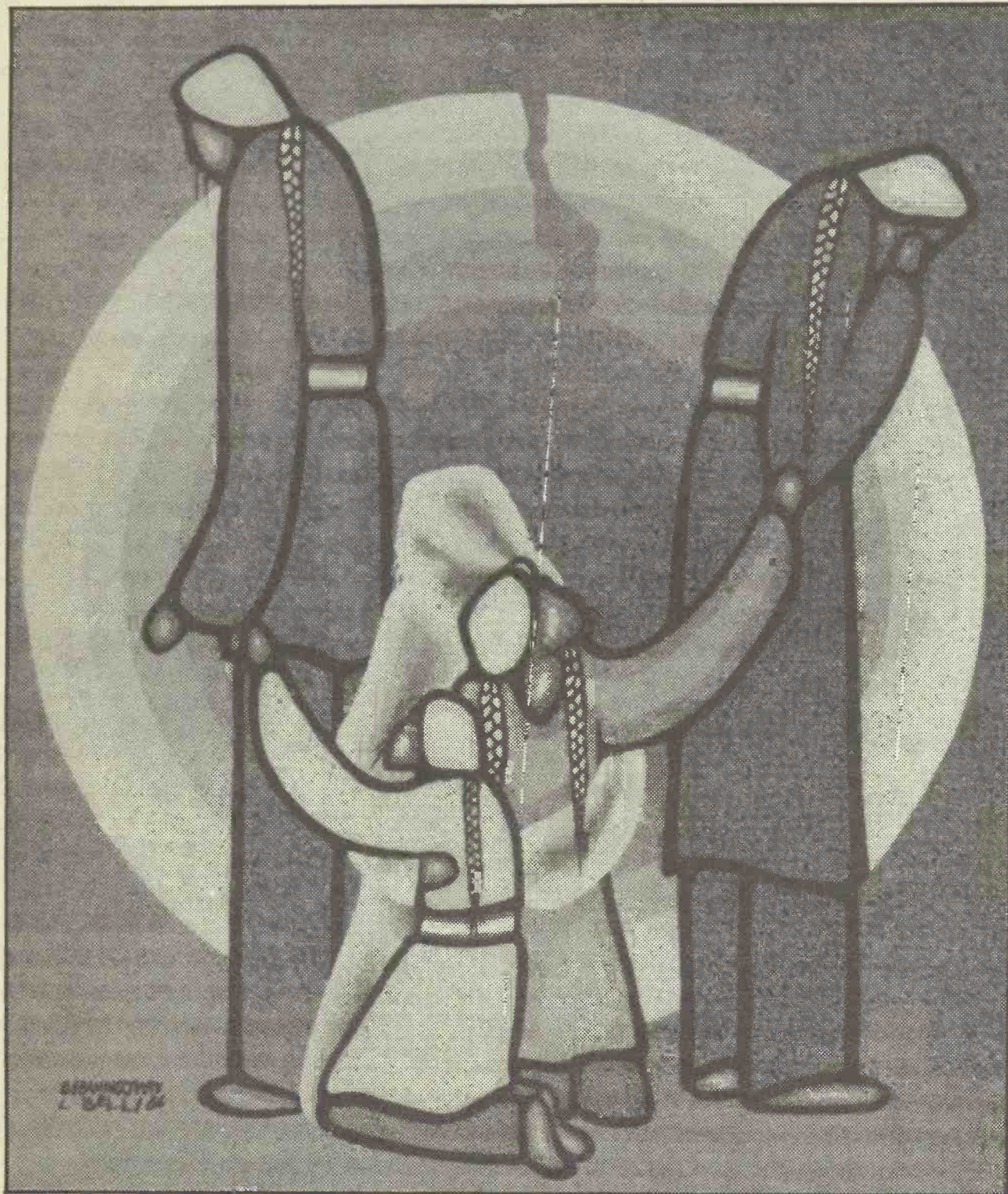
LaRocque introduced the interim board and executive committee. At present, Daniels will act as vice-president, secretary is Margerie Friedel, treasurer is Freezien Norris, and board members are Muriel Stanley-Venne and Dorothy Daniels.

An election and general meeting will be held in March next year to elect a new board and executive, however, LaRocque says he will not stand for election.

"I've never been a

Continued Page 3

National



Keeping the circle strong

This logo of the sacred wheel of life, illustrated in shades of blue and white by artist Leland Bell of Wikwemikong, Manitoulin Island, was designed for a conference on family violence. The blue color represents the spirit of the family. The man and woman are standing with their backs to each other, showing how easy it is to turn away from one another during troubled times. The children—who are often what keeps a family together—are shown reaching out to their parents.

The spirit in white is the Guardian

Spirit of all Children and the seven circles represent the seven sacred teachings which guide us through our journey through life. The crack running through the circles shows that the Native family is falling apart—it is no longer as strong as it used to be. Leland's message is that we turn around, reach out and touch the children. This way we can strengthen the circle—the family and know that the sacred wheel of life continues to turn.

(Story and photo courtesy of Health and Welfare Canada.)

Indians pay last tribute

This week Remembrance Day ceremonies were held all across Europe, but one special ceremony was performed for the Indian soldiers who gave their lives to the first and second world wars.

Seventeen Indian veterans, mostly from Ontario, revisited the European battle fields in remembrance of the soldiers who they say have been forgotten.

Indian veterans held special burial ceremonies

for their departed comrades and placed eagle feathers in the branches of trees that overlook the cemetery where many fallen Indian soldiers are buried.

Veterans ask USSR to help

The Indian veteran's association is about to call upon the Soviet Union to put pressure on Canada for a better deal for Indian war veterans.

Hugh Taylor, the executive director of the national association said he chose the Soviet Union because it has been a war time ally and would draw attention to the plight of the Indian veteran.

Taylor charges that Ottawa is ignoring a special report from an advisory task force that said the government made a mistake

Save the bison

Herd faces disease

By Dianne Meili

The world's largest herd of endangered wood bison, in the Northwest Territories (NWT), could be destroyed if infected by diseased animals roaming in the Wood Buffalo National Park, 212 km to the south.

The healthy buffalo are situated within the Mackenzie Wood Bison sanctuary near Fort Providence. The herd has grown to more than 2,000 animals from a mere 18 in 1963 and is continuing to expand. It is now feared the animals will soon spread out and come in contact with the infected group of buffalo.

Cormack Gates, bison ecologist for the NWT government, estimates young "pioneering" bulls from the Mackenzie herd have already ranged within 100 km of the diseased animals.

Wood Buffalo National Park contains 4,500 plains/wood buffalo, half of which are infected with either tuberculosis, or brucellosis, or both. Bob Redhead, an authority on bison at the national park, suspects the animals have been diseased since 1925. Around that time more than 6,000 plains bison from Wainwright were introduced to the 1,500 pure wood bison in Wood Buffalo National Park, 45,000 square km of wetland straddling the Alberta-NWT border.

"It's suspected they (the Wainwright bison) had the diseases when they came up here," says Redhead. "A herd of cattle probably passed the infection on to them while they grazed together."

Redhead is a member of the government task force which has come up with a 400 page report discussing the effect of tuberculosis

and brucellosis on wildlife. Options to ensure the healthy bison remain unaffected are presented—one solution involves corralling the diseased buffalo within 100 square km of fencing and allowing the disease to eliminate the infected animals. Once this process is complete the healthy buffalo would be released to roam.

Another option involves building a double fence around the perimeter of the Wood Buffalo National Park so the disease doesn't spread into the sanctuary. This solution would allow the Mackenzie bison to continue multiplying at a fast rate. Two fences built adjacent to each other are required in this situation so infected and healthy animals don't rub noses and pass along diseases.

Also, the Peace River would have to be fenced because animals can cross it in the water or swim in the summer. It's a federal law that waterways can't be blocked," Redhead adds. He points out that trappers and hunters would likely damage the fence and even if they don't "we have an average of 40 forest fires around here that would probably destroy it."

The last solution involves partial fencing in areas where the infected buffalo are known to congregate. But, similar problems are found with partial fencing as with complete fencing.

Redhead is uncertain as to what will be done. He feels it's likely the opinion of the status quo is to do nothing. Meanwhile, animals in the Wood Buffalo National Park will continue to die. The herd has been decreasing, but the disease is not to blame for all the deaths. "In 1974, 1,700 buffalo drowned in the Peace Athabasca Delta River and about 1,500 died the following winter of starvation."

"The flood that caused the drownings buried the bison's food supply under the ice," according to Redhead. He points out it is difficult to assess the effect of the diseases on the herd. A death caused by a wolf attack may at first look as though it is unrelated to the disease, but since tuberculosis weakens animals gradually, it's possible those that have it have become too weak to defend themselves.

Brucellosis, on the other hand, is a genital tract infection. "It causes females to lose their calf in the first year...males become sterile in severe cases."

Redhead hopes action will soon be taken because the risk of connection between the healthy and diseased herds grows daily. However, the task force report is still in the draft stage and won't be released for another six months to a year.

Willy and Kris banned on US radio

Two United States radio stations are refusing to play the songs of Willie Nelson and Kris Kristofferson because the two stars played at a benefit for Indian activist Leonard Peltier.

President of KQLH San Bernardino and KWRM Riverside, Pat Michaels said the performance of the singers at the Costa Mesa Amphitheater for Peltier was an insult.

"By continuing to play the records of Kristofferson and Nelson, we're not only attacking the reputation of the two agents who died but slapping the face, every peace officer who daily puts on a badge and gun and goes out onto the streets and risks his life," said Michaels who added that "audience acceptance" will determine how long his two stations will keep Kristofferson and Nelson recordings off the air.

However, organizer of the Peltier benefit, actor Peter Coyote said Michaels

was merely following statements made by an angry FBI agent, Richard Bretzing.

"That statement is the same deliberate misrepresentation of the facts that special agent Bretzing did. How do you insult a peace officer by standing up for constitutional guarantees?" said Coyote, a close friend of Peltier.

About 7,000 people attended the concert dubbed "cowboys for Indians and Justice for Leonard Peltier." Coyote's group is seeking a new trial for Peltier who they say was framed for the killings of two FBI agents during a 1975 shootout on the Pine Ridge Indian reservation in South Dakota. Peltier is currently serving two life terms at the Leavenworth prison in Kansas.

Other artists who performed at the concert included comedian Robin Williams, singers Jackson Brown and Joni Mitchell.

Wind speaker

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Provincial

Lynx quota centre of controversy

By Lesley Crossingham

The tough restrictions on lynx trapping that were imposed by the Alberta government Sept. 30 will stay in place despite a plea from a united opposition of Aboriginal organizations.

Leaders of Alberta's three Aboriginal associations met with Wildlife Minister

LeRoy Fjordbotten last week to discuss the disputed decision and to call for the easing of the quota which restricts the trapping of lynx to one per trapping area.

"He (Fjordbotten) gave no assurance," said Indian Association president Gregg Smith. "But we made three recommenda-

tions: first to immediately postpone the quota, to take steps to develop a better liaison between the minister and the trappers, and a joint commission to establish an independent study on trapping in Alberta."

Although Fjordbotten rejected Smith's first recommendation, a Wildlife spokesman said the other recommendations would be looked into.

However, association Treaty 8 vice-president, Lawrence Courtoreille says he feels the quota was based on poor research.

"The research was done south of Athabasca near a railroad, highways were on each side and it was farmland. I don't have to be a biologist — I can tell there is no lynx in Edmonton," he said.

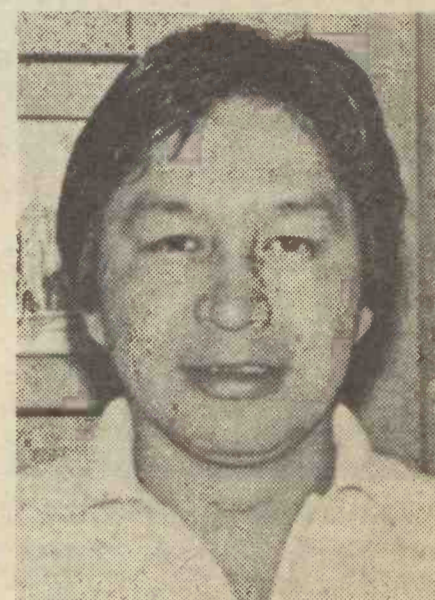
Native Council of Canada president, Doris Ronnenberg agrees with Courtoreille adding she felt the research "does not warrant these drastic measures."

"I am not saying the researchers were doing anything wrong, but they should research an area where lynx usually live," she said.

However, Alberta Fish and Wildlife unit manager,



LEROY FJORBOTTEN (above) GREGG SMITH (top right) and LAWRENCE COURTOREILLE (bottom right)



World Briefs

Youth exchange program launched

Canada World Youth launched its 1988 recruitment campaign with the news that 378 Canadians would be participating in this coming year's youth exchange program with developing countries in Asia, Africa, Latin America and the Caribbean.

Canada World Youth, funded in part by the Canadian International Agency (CIDA), is at present accepting applications from young people between the ages of 17 and 20 who are interested in learning about development and inter-cultural communication in both Canada and the Third World.

These young people will be joined by an equal number of exchange country counterparts and will spend seven months living and working in vastly different cultures and communities. Small teams of Canada World Youth participants, each with a Canadian and exchange country group leader, integrate themselves into communities in Canada for three and a half months, and then overseas for the remaining three and a half months of the program.

Participants work on volunteer projects in areas such as agriculture, co-operatives, the environment, social services, community groups, and small businesses. They live with local families in order to facilitate integration into the community and learning of technical and social knowledge.

All costs during the program — food, lodging and transportation — are covered by Canada World Youth.

Canada World Youth offers exchange programs that start in June, July and September. The deadline for receipt of applications for all programs is Jan. 22, 1988, and for September programs only is March 18, 1988.

Application forms and information on the programs have been distributed to Canada Employment Centres, schools and offices across the country. They are also available from the Canada World Youth Prairies Regional Office at: 10765 - 98 St., Edmonton, Alberta T5H 2P2, or by telephoning (403) 424-6411.

Exhibits offend

American Indians are offended by the display and storage of their ancestors' bones in museums and want them returned.

Bill Tall Bull, a cultural leader and tribal historian from the Northern Cheyenne Tribe in southeastern Montana says he has enlisted the help of politicians including the Senate's senator who plans to introduce a bill to help the recovery of bones and sacred objects.

Indian leaders say when a white person's grave is dug up it is called grave robbing but when an Indian burial ground is tampered with it is considered archeology.

Tall Bull says he discover-

ed skeletal remains in hundreds of wooden boxes in a storage room of the Smithsonian museum on a trip to Washington last year. The museum says it has 34,000 remains, of which 14,500 are of Indians.

The proposed bill would establish a commission to mediate dispute between tribes and museums and would set up a Native American centre in the Library of Congress to help Indians conserve artifacts.

Some museum officials oppose the legislation saying disputes should be solved locally. However the Smithsonian has promised to return remains that can be identified to the tribes involved.

New group

■ From Page 1

political person. I much prefer to be a bureaucrat," he said.

After further discussion, LaRocque announced that an official affidavit declaring Metis status would be signed Monday Nov. 16, 102 years after the hanging of Louis Riel.

"I don't know how many of you are aware, but each year the Metis place a wreath on the steps of their legislature buildings all across the prairie provinces in remembrance of Riel who was the father of western Canada," said LaRocque.

"We intend to make that day this year by signing these declarations and then paying our respects to Riel at the legislature buildings," he said.

After the discussions, a vote was taken to accept the interim executive and board by a show of hands. Then LaRocque accepted several \$20 membership applications.

In an interview after the meeting Daniels said she would be meeting with her Local within the next few days, but would not close the Local down.

"It is up to the member-

Arlon Todd says the quota was applied after a number of studies and consultation with trapping organizations was carried out.

"There was a broad range of evidence, including comprehensive studies on lynx that included observa-

tions and reports by trappers. The quota was not based on just one study," he said.

Courtoreille and Ronnenberg also say they are particularly concerned over the lack of information regarding the quota.

"Many of the trappers just don't know about the quota," said Ronnenberg. "What if a trapper catches more than his quota," adds Courtoreille. "He may not get into trouble for the second pelt, but after the third pelt he may get charged."

But Todd counters that he has given instructions that if a trapper catches one extra lynx he will receive half the usual pelt fee and if a third and subsequent catches are made, the pelt will be confiscated and the resulting funds placed in the Fish and Wildlife preservation fund.

"But we will be reviewing the quotas annually," he added. "And as the lynx again becomes abundant, we will lift the ban."

However, many trappers have informed both the Indian Association and the Native Council of Canada (Alberta) that they are unaware of the quota.

Metis trapper Marcel Harp from the Anzac area says he was unaware of the quota and feels the new legislation was formed to push him and other Native trappers out of business.

"It's a bunch of garbage," he said of the quota. "They (the government) are trying to do away with the trapper completely and make (fur) farms for the rich," he said, adding that a lot of non-Native trappers have

turned to fur farming instead of the traditional trapping industry.

However, another Metis trapper Rita Callan, also from the Anzac area, says she was aware of the quota and she agrees with it.

"There isn't hardly any lynx left and I feel if they keep trapping them we are not going to see any lynx, except maybe in the zoo."

Callan would like to see a total ban on lynx trapping for two years in order to allow the animal to repopulate because she feels the quota will only encourage trapping.

"There's going to be a black market and the prices will go up...then you will see more trapping," she said.

Although many Aboriginal groups say the new quota infringes upon Treaty rights, Callan disagrees — she feels the quota has nothing to do with treaty rights.

However, both Smith and Courtoreille counter with the opinion hunting and trapping rights were built into the treaties and any restriction jeopardizes those rights.

"There will be some people who will continue trapping them (lynx) and we may have to go to court with this," said Smith.

Many trappers depend on the lynx pelt which is worth between \$500 to \$1,000 each.

Metis Association president Larry Desmeules was present at the meeting with the minister. However, Desmeules office informed Windspeaker that he was unavailable for comment at press time this week.



RON LAROCQUE ...acting president

Blackfoot accompanies mayor**Olympics should not be spoiled - Stimpson****By Dan Dibbelt
and Rose Shawana**

The Lubicon Lake band should not interfere with the Calgary 1988 Olympics because it has nothing to do with their land claim, says Blackfoot band administrator Adrian Stimpson.

The city of Calgary is the host city for the Olympics," said Stimpson prior to leaving for his week long tour of Europe Friday Nov. 6. "The Lubicons should go after the two governments — the provincial and federal governments, that is who they are fighting with," he said.

Stimpson joined Calgary mayor Ralph Klein in Europe where the two are promoting the city's Olympics. They plan to dismiss European concerns regarding the boycott.

While in Europe, Klein is said to have told reporters that the Lubicons are not a Calgary issue because their land claim is near Peace River, nowhere near Calgary."

Stimpson says he will also defend the '88 Olympics, but only as a personal representative, not as a Blackfoot band member or Treaty 7 representative. However, he does plan to highlight

problems facing Natives in Canada.

"Not everything is okay in Canada with Indians," said Stimpson. "Look at the constitution and the Meech Lake accord. Where is the Aboriginal input there?"

While Stimpson does not support the Lubicon boycott he does support their land claim. "I'd be crazy not to," he said. "The Blackfoot could really benefit if the Lubicon succeeded. We have a land claim for 26 square miles of land in Banff National Park. The Blackfoot have an additional 23 claims they are fighting for he added.

As for the Glenbow Museum's *The Spirit Sings* exhibition, Stimpson remains neutral. "I think that it's up to the museum," he says.

Stimpson claims that while he may not have complete support of the band for his promotion trip, council did leave the decision on whether to accept or reject up to him.

"I talked to most of the chiefs in Treaty 7 and they said it was up to me whether I went or not," he said.

Treaty 7 chiefs contacted by Windspeaker were either unavailable or refused to comment. Only Sarcee

Chief Clifford Big Plume said neither he nor his council was contacted by Stimpson.

"We are in limbo with OCO (Olympiques Calgary Olympics) and the Lubicon boycott. We feel we are not involved; he (Stimpson) is not representing Sarcee, he is representing himself," said the chief.

Sykes Powderface, a Stoney band member and coordinator for Native programming for the Games, said he does not support Stimpson's trip.

"He has no authority to speak on our Native programs," he said. "Besides he is not aware of the significance of the programs."

Despite many negative attitudes toward Stimpson's trip, he feels he will be helping the Lubicon band.

"It's a great chance to help get things out in the open," said Stimpson. "It (the trip) will help educate Europeans on problems facing Native people."

Stimpson's travel expenses of \$3,500 are being



covered by the city. The whole trip is expected to cost city taxpayers about

\$40,000. Stimpson and Klein are expected to return Nov. 13.

Woman blasts procedure**By Dan Dibbelt**

A letter to be sent to Social Services and Indian Affairs recommending changes to the handling of Natives seeking social assistance is to be drafted by the Aboriginal Urban Affairs Committee (AUAC) following their Sept. 6 meeting in Calgary.

The letter follows a complaint heard by the committee from Loretta Peepeetch of Airdrie who felt she was being given the run-around when she

applied to both Indian Affairs and Social Services for assistance following separation from her common-law husband.

"I was told by both departments that they couldn't help me," said Peepeetch. "They told me to go to the other department." Peepeetch did finally receive assistance, but not without a fight.

"I approached Indian Affairs on April 27 and told them my situation," explains the mother of three. "They referred me to Social Services." There, Peepeetch was told there was "nothing they (Social Services) could do." Peepeetch then phoned Indian Affairs again who in turn spoke to Social

Services and then to Peepeetch.

It was more than two weeks later and several more telephone calls and personal visits before Peepeetch could get the assistance she urgently needed.

"It's ridiculous the way they treat you," said Peepeetch. "Half the time when you go pick up your cheque it's not even ready."

Present at the meeting to answer Peepeetch's charges were Teri Singer of Alberta Social Services, Karen Buss and Arend Visser both from Indian Affairs.

"We are doing the best we can," explained Visser. "We don't develop procedure, we are only in

charge of executing it," he adds.

Council did question why it was necessary for recipients of Indian Affairs assistance to pick up their cheques, instead of having them mailed.

Buss explained that recipients must meet with a counsellor once a month and that usually coincided with collecting the cheques. Also, the monthly earnings could vary and clients are required to have earnings verified.

Peepeetch also questioned Singer on Social Services handling of Treaty Indians. "As soon as you tell them you are a Treaty Indian they say 'sorry can't help you,'" said Peepeetch.

"Treaty status aside," said Singer, "there are a lot of issues deciding your eligibility. You must have a residence, employment history, and assets can also affect your eligibility."

In other business the committee heard a presentation from members of the Calgary Catholic School Board who are attempting to broaden the scope of Native education in their schools.

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Community

Elder dies at age 101

Community mourns Joachim

By Irene McDonald

It was a sad day for many who mourned the death of Mrs. Adelaide Joachim who passed away at her home at Nose Creek, Alberta Nov. 1, 1987 at the age of 101.

A prayer service was

held at the Roman Catholic Church, Susa Creek with Father Albert Laisnez presiding.

Dwayne Joachim was the crossbearer and the pallbearers were: Raymond Moberly, Russell Wanyandie, Mike Moberly Sr., Kenny McDonald, David

McPhee and Norman McDonald.

While those in attendance remembered Mrs. Joachim, Cree hymns were sung by family and relatives. Adelaide Joachim was interred at the Victor Lake Cemetery.

She was born at Lac Ste.

Anne, Alberta on April 24, 1886 and she has lived in Jasper, Grande Cache before residing at Nose Creek.

She is survived by her husband Dave Joachim of Nose Creek; one daughter Emily Moberly (Alex) of Nose Creek; 10 grandchildren and six great grandchildren.

Many have warm memories of Adelaide Joachim who was respected by family and relatives. She and husband Dave lived in a two room house. She enjoyed telling stories to



Photo Courtesy of Irene McDonald

ADELAIDE JOACHIM and HUSBAND DAVE
...warm memories and respect

her family about the old days. Her family are left with many happy memories. She will be missed by them.

NCS eyes centre

By Rocky Woodward

The provincially-owned Grierson Centre could become a unique Native institution run by Native Counselling Services of Alberta if all goes to plan, says president Chester Cunningham.

At present the centre is used to house prisoners released from federal institutions who are available for day parole. But if Cunningham has his way, Native Counselling Services will run the institution and current non-Native inmates would be "filtered out into

other organizations," says Cunningham, who added there is a "90 per cent chance" that Native Counselling Services will take over the Edmonton based centre.

The services would take over about 40 inmates on day parole but Cunningham says the most exciting part is moving their administration to the centre and possibly converting the west end of the building into a youth centre.

"There is nothing available for young offenders but locking them up, We will

not look (at the centre) as a jail but as an attendance centre where young people...who are referred to us can benefit from programs...instead of being sent to jail," he said.

Cunningham is also framing a series of programs on life skills which will include job readiness, addiction counselling, and Native awareness programs.

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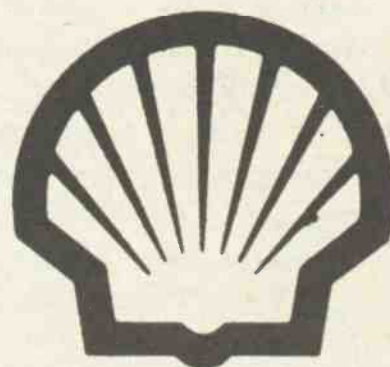
ISBN 0-920915-18-3

The Gabriel Dumont Institute is the educational arm of the Association of Metis and Non-Status Indians of Saskatchewan, established in May, 1980. The Institute's goal is to promote the renewal and development of Native culture. This is accomplished through appropriate research activities, material development and the collection and distribution of these materials by the Institute. The Institute is also responsible for the design, development and delivery of specific educational and cultural programs and services. This is the direction articulated by the Metis and Non-Status Indians of Saskatchewan through the annual conferences and assemblies of the Institute.

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Playing the game

With the Olympic Games in Calgary only three months away and the Lubicon's boycott against the Glenbow Museum's exhibition gathering steam, some say the government is under the gun to solve the land claim issue and save face.

It would seem the boycott threat is drawing results. But, many people are asking what exactly the boycott is and how do they support it. Does it mean we shouldn't watch the Games on television or buy tickets to the events? Does it mean our athletes shouldn't compete? Should craftspeople refuse to sell their goods at a marketplace attracting international tourists eager to buy? Should traditional dancers miss the opportunity to present their culture to the world?

To use craftspeople as an example, certainly they feel justice should be done and support their brothers in their fight for land, but they want a share of the action to sell their work. If they don't show up to sell their crafts, then a non-Native organization might nose in and sell Indian goods that are neither handmade nor authentic.

Dale Auger, a Calgary artist, strongly supports the boycott, but also plans to stage an independent art show that will be held in February during the Games. When a story carried by Windspeaker stated he plans to have a showing at the Olympics, Auger had to field calls from mainstream media regarding his loyalty to his people. Just this week he called us to say, "I know what I feel and I didn't say I would have a show at the Olympics. I explained my situation to the Windspeaker reporter...and this whole thing is NOT a political situation...I am having a show during the Olympics."

Now that Auger has clarified this, there will still be some who would say he is supporting the Games, not the Lubicon, no matter what he says or really feels.

And this is the problem we all face. The Games are too big an opportunity to pass up. Publicity and economic gain are being offered on a silver plate and many of us can't push it away. Even though we want justice done and support the Lubicon, everyone knows the Olympics are a big publicity show anyway.

Windspeaker is fighting the same battle. Should we carry advertisements which flog the Olympics? Are we traitors? We have taken an editorial stand of balance — we will present material generated by the government and Native people. As a newspaper, we cannot choose sides; instead we take the middle path and stick to it. We must present both sides of the story as best we can and let the reader decide for himself.

Bernard Ominayak has asked for Alberta chiefs' support. He wants unity amongst his people in making a stand, but also understands the dilemma supporters face; he sees his people being bought by the government to participate in the cultural events. But, visitors can watch the colorful dancing and still be shown beyond the beads and feathers how Canada's Aboriginal people are really treated as they live with poverty and injustice. Athletes can compete, but also wear a "Last Stand of the Lubicon" badge pinned to their vest. People lined up along the roadside to watch the Olympic torch runner can carry placards in support of the land claim.

These passive shows of support are all that can be expected. A Native athlete from eastern Canada who's trained for four years to compete at the Games can't be asked to pull out and become a political pawn. Besides, as things shape up it looks as though support groups are gearing up to take care of much of the political demonstrating at the Games.

If we remember the ideals of the Olympic Games we realize none of this should really be taking place. The Games are an opportunity every four years for amateur athletes to meet and compete against each other. But, from the time Hitler used the Berlin Olympics to demonstrate the superiority of the Aryan race, to the black power demonstration at the '68 Mexico City Games, they have become a political forum. And, four years ago the Americans showed just how much of a marketing and publicity circus the Games can become.

The Olympics really are just games, but they are political and publicity games — and everybody's playing.

Opinion

'Special' sent to Pope

Dear Editor:

I think the issue on the visit of Pope John Paul is a tribute to all you at Windspeaker.

I sent a copy of the newspaper to a representative of the Vatican in Canada who said he will send it to Pope John Paul.

The copy of Windspeaker is being forwarded to the Vatican by His Excellency, Apostolic Pro-Nuncio Angelo Palmas, the Pope's ambassador to Canada.

In a letter to me the Most Reverend Angelo Palmas wrote: I was very interested in the articles in (Windspeaker) contained and will

transmit it to the Holy Father." His excellency is the dean of the diplomatic corps in Ottawa.

Windspeaker's coverage of the Pope's visit to Fort Simpson in its Sept. 25 edition included 13 news and feature articles and 29 pictures, seven in color. The edition also featured a

full-page color picture of Pope John Paul in Fort Simpson on page 1.

Keep up the good work.

Frank Syms
Native Economic
Development Program
Winnipeg

CORRECTIONS
In our Sept. 19 edition Fernie Marty was incorrectly named as Marty Fernie. Our apologies.
In our Oct. 16 edition Vicki Adams was said to be last year's Miss Indian Rodeo North American and 20 years old this is not correct. Last year's title holder is Miss Jo-Jo Herrera of White Swan, Wa., Vicki's cousin.
Our thanks to Bobbi Okeymaw for this information.

Festival well-received

Dear Editor:

I am writing to congratulate those people who were responsible for this year's very successful Native festival.

I felt the festival was very well organized and the location was ideal. It was convenient and comfortable, for those who were tired and needed a break, the Legion opened their doors

and we were welcomed to take advantage of their other facilities as well as being hosted to a delicious buffet supper.

Once again, everyone who had a part in making

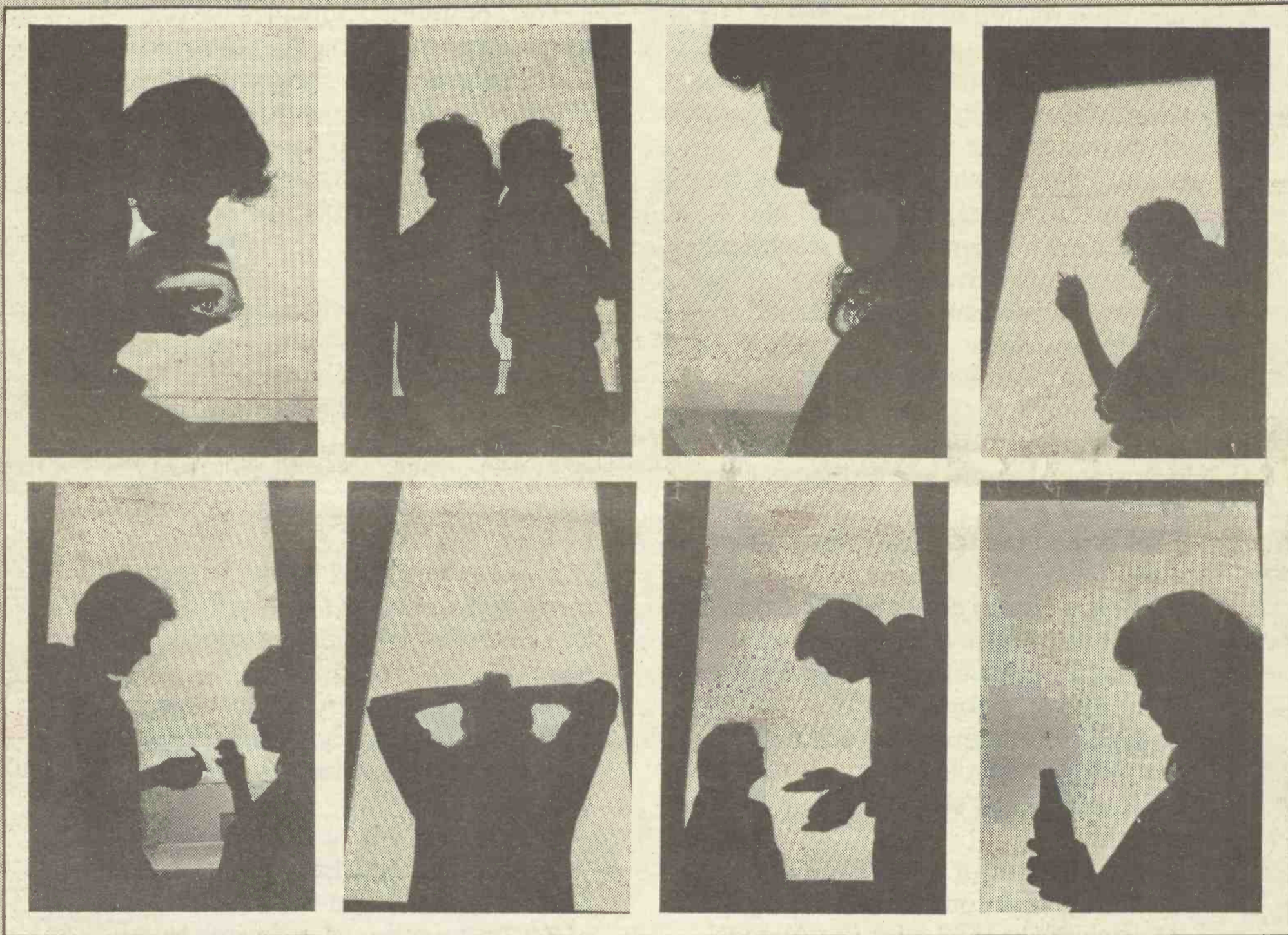
the festival such a success, give yourselves a well-deserved 'pat on the back,' I thoroughly enjoyed myself.

Yours truly,
John Waniandy
Kinuso

Wind 
speaker
November 13, 1987

SPECIAL

REPORT



ALCOHOL & DRUG ABUSE

EVERYBODY'S PROBLEM

**What can
be done?**

I don't know the word quit!

“ When I was young, I used to sniff. I was in jail about nine times, all alcohol and drug related charges. Before I took this treatment, I was going downhill. I was on another reserve and was taking drugs day and night. I decided this way of life was not for me.

During this treatment, I learned how to express my feelings which I had never let out when I was in treatment before. I am learning to accept things as they come. I have also learned more about my culture.

Having treatment in my own community helps because I have known these clients in my life. Some, since I was small. I know two of the counsellors well — one is my uncle. This helped me to trust them right away.

I would like to continue to help in any way I can. I have learned I could continue what was started by being involved in my own aftercare and my community's aftercare. I will be doing this by being involved in:

- a) chairing our self-help group for one month;
- b) helping to set up a round dance with our client committee;
- c) helping to look after the Alateen group. Phyllis, our alcohol counsellor has been through a lot getting this treatment started;
- d) To meet Elders because they are a vital part of our life and I can get something worthwhile listening to some of the older people on the reserve which I could never do when I was

under the influence of alcohol. Sometimes our Elders are lonely.

The community activities we had which involved all the members were sober dances and a show with Winston Wuttunee. When I went to those activities I felt pretty good, but I felt shy at first. When I saw everybody dancing, I relaxed. It used to be the only time I would go to a dance was when I was drinking.

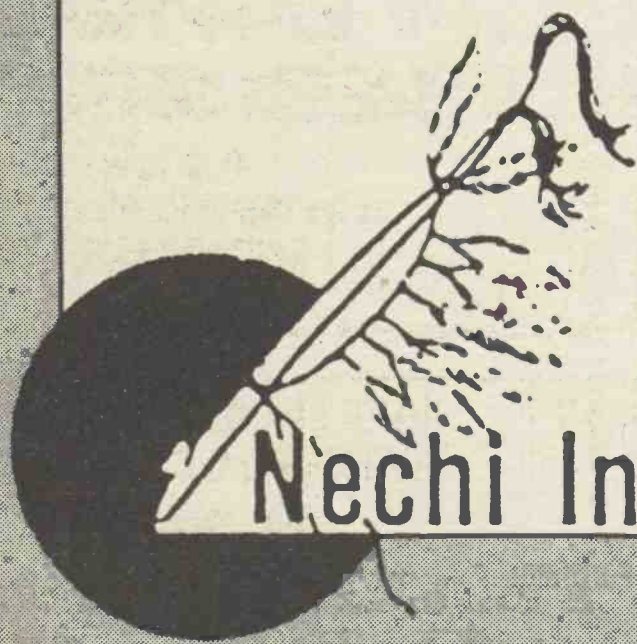
It's good to know I can have fun sober. It gave me a lift to even see the older generation up dancing and having fun. I used to see them drunk. I feel proud that after that first sober dance, there were quite a few older people asking when the next sober dance will be held.

It gives me a good feeling to see so many people happy together. I wish this would have happened a long time ago.

Around here, every death is alcohol related and it's slowly taking its toll on our reserve. Now there is quite a few people in treatment.

The woman who was the leader of this treatment development is Theresa. She is my friend and the Chief. I think of her as a person who doesn't know the word "quit." When she has something on her mind, she goes ahead and does it. Our people are fortunate to have a leader such as Theresa. I have a lot of respect for her and Bernice. She teaches me by her example and her commitment to sobriety.

”



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'EVERYBODY'S PROBLEM'

Successes inspiring communities to rediscover their roots

Welcome to our Drug and Alcohol special. This is the second year we have published such an issue and it seems to have become very popular.

Several readers have called to say they have actually kept last year's edition and this year several drug and alcohol treatment organizations have already put in their orders for extra copies.

It's great to know our specials are well-received, but what is especially rewarding for many of the staff here is the learning process we have all undergone while writing about addictions.

Our theme for this special is *Everybody's Problem*. And in a quick survey of our staff we have indeed found that just about all of us have been affected one way or another by alcoholism and drug abuse, whether it be a close family member or a loved one.

The stories we busily researched and wrote became very special. We found we shared experiences, we uncovered common ground and discovered that many of us have similar obstacles to face and overcome.

In this edition you will read stories of how people and communities were affected by drug and alcohol abuse. You will find personal

EDITOR'S NOTE

accounts that paint a dark picture of the life of an alcoholic. You will be informed by medical reports on how drugs and alcohol affect the body and the long-term effects of abuse.

But you will also read of the many communities that have learned to pull together and overcome those difficulties. You will discover individuals who were once down and out but learned to face their problems. You will be informed by medical stories that tell of the methods used to restore health and well-being.

We have tried to gather the facts and present a picture of despair — but ultimately one of victory. One community here in Alberta has a particularly inspiring story. The O'Chiese reserve has gone from about 85 per cent alcoholism to almost total sobriety because of

the leadership of their chief. They have made a video documenting their recovery called *A Love Stronger Than Poison*. The video will be shown at the Nechi Centre Nov. 18. O'Chiese Chief Theresa Strawberry was inspired by the success of other Indian bands like the one at Alkali Lake. She is also challenging other chiefs to join her in sobriety.

A special bonus is the resurgence of traditional culture on these two reserves that was brought about as the people healed themselves.

This resurgence of Indian people was prophesized in the Hopi legend many years ago and it's coming true now. Not only have these communities turned their backs on alcohol, but they have returned to their Elders, they have reintroduced their culture, they participate in the sweatlodge and have again become the people the Great Spirit meant them to be.

From all the staff at Windspeaker, we sincerely hope you find something in this special that will help you, your family and even your community overcome this problem. As we say in our theme, alcoholism and drug abuse is everyone's problem, but more importantly it is everyone's challenge.



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Parenteau shares experience, strength and hope

Ex-prisoner returns to jail, but this time as a counsellor

By Diane Parenteau

FISHING LAKE — Despite numerous alcohol counselling programs and countless brushes with the law, it finally took a talk with a Fort Saskatchewan prison guard to make Rick Parenteau quit drinking and drugs.

"He wanted to see me back in six months. I told him not this time," said the 32-year-old Parenteau.

That was three years ago. Today, Parenteau is a counsellor and recreation director at the Bonnyville Indian and Metis Rehabilitation Centre helping others understand and overcome their drug and alcohol dependencies.

"You have to be well yourself before you can help anybody," says Parenteau who adds the first client he ever worked with, is still sober.

While in jail, Parenteau sat through a series of films about taking responsibility. He learned to take the punishment (jail) and learn from it.

"That's the attitude of the alcoholic mind, not taking responsibility," says Parenteau.

Parenteau's position at the centre has given him the opportunity to go back into the institutions and jails in a different capacity.

Recently he met with the assistant Solicitor General Deputy Minister, Jack Davis.

"I walked into his office with my own file and said what I wanted for my job,

for my people. He shook my hand and his secretary gave me coffee. Not as a second class citizen but accepted into society. Three years ago he was probably throwing my personal file in the garbage can."

At the centre, Parenteau considers himself no better than the people he tries to help.

"I'm in the same boat as they are, I'm no different."

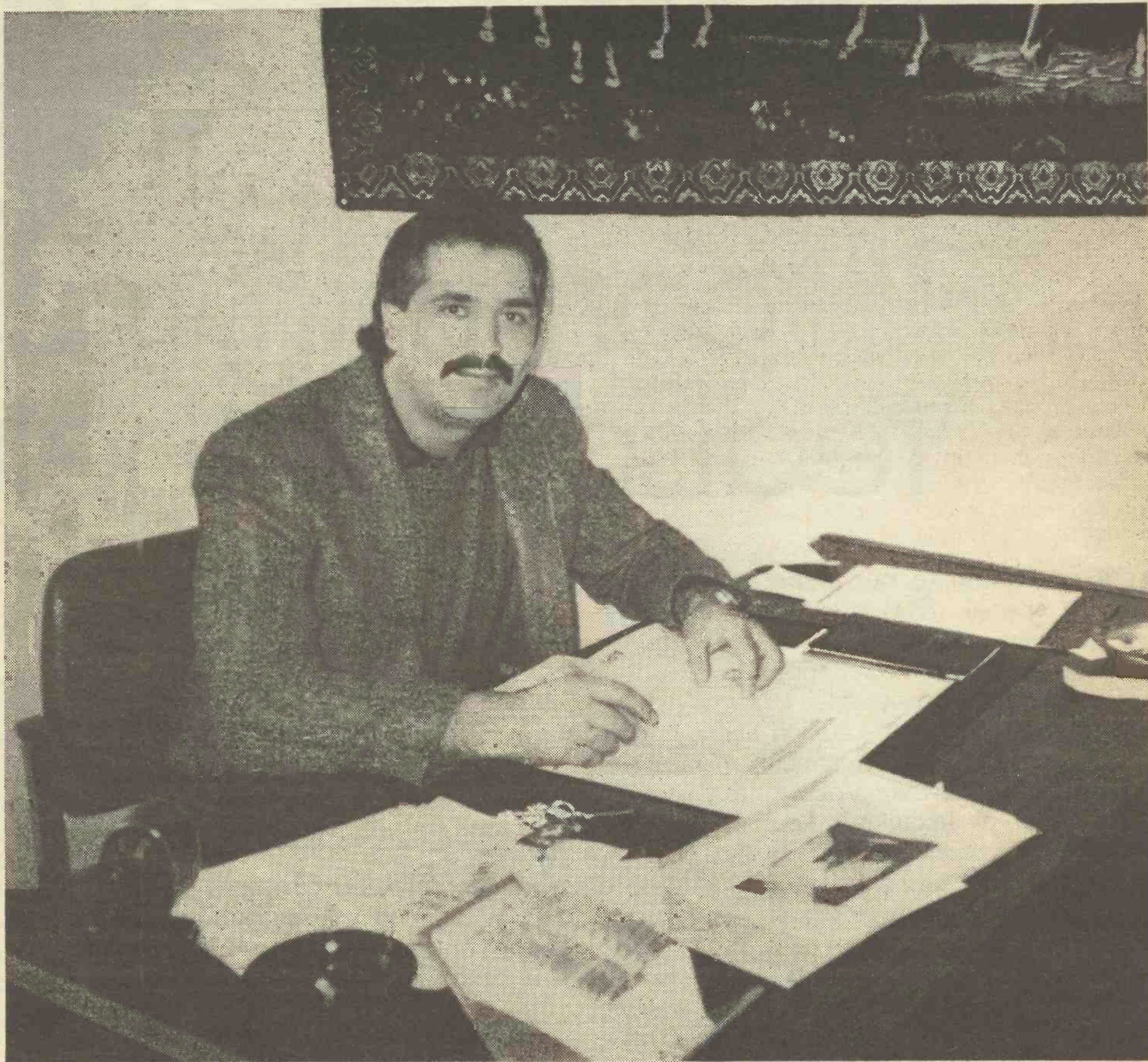
He hears stories all the time but there are some he can relate to from personal experiences.

"When it's two or three in the morning in the winter and it's cold you have no jacket...I know how that feels."

Parenteau was only 13 the first time he "got drunk" and "got sick." That bad experience didn't deter his drinking. Later that same year, Parenteau moved to a non-Metis community 60 miles away to continue his schooling.

The move from the isolated community of Fishing Lake, to a large town was "culture shock" for him. Being shy and intimidated by the unfamiliar place and people, he found drinking made him a braver person.

"The white kids were always better than me but when I got drunk, I was just as good as they were," says Parenteau. "When I used to have a drink I was exceptionally smart because I could express myself. As time went on, I found I had



Rick Parenteau, Bonnyville Rehab counsellor.

DIANE PARENTEAU, Windspeaker

to use it time and time again.

At first it was a psychological dependency then it became physical. "It's a progressive disease."

After returning to the settlement, Parenteau found drinking is encouraged.

"On the weekends you had to go to town and get drunk for two days. After a paycheck, you had to celebrate," said Parenteau. "If I could have all the money I spent on drugs and alcohol by hook or by crook, I would be a rich man. I could drive a Ferrari."

In his drinking years, Parenteau looked up to other members of the family; they had good jobs

and new cars.

"I would do something else that would make me feel better, to make me feel normal. You play with that idea and end up in jail and alone because no one wants to have anything to do with you," he says.

Now he's glad to have rent and car payments calling it a part of his learning.

During the full year he's been with the centre, Parenteau has trained and attended workshops both across the province and country.

"I've been training ten times in the past year. Some nights we sit up till midnight or 2 a.m. just to go over the issues. I look for it (training). It's no holiday."

Training and counselling helps the person bring out the good things without alcohol. He has learned self-respect and pride. His job offers him daily support.

"I was fortunate to work with people at the centre who taught me things," says Rick. Seeing the problems on a daily basis has also been a constant reminder.

Parenteau walks proud and talks with confidence. He values and appreciates his daily personal achievements.

"I feel good about myself now. I know who I am and it feels good. I don't limit myself.

"It feels good to wake up in the morning and know

how you spent that \$5 last night — on a hoogie at 7-11. You know what you did even if you got into an argument, you know what you said wasn't just the alcohol talking.

"My achievements are greater today, my family respects me. I know that I've done that (quit drinking) myself, I've made that turn.

The job helps my own rehabilitation. There are days when I really need it, but I know if the job wouldn't be there, that friends and family will be there, a counsellor will be there.

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Non-alcoholic becomes addictions worker

By Diane Parenteau

FISHING LAKE — Fishing Lake's AADAC counsellor Florence Parenteau is no stranger to alcohol problems in her community.

During the 27 years as post-mistress and 12 years as store owner, Parenteau came in contact with these problems and people on a daily basis. What she saw during that time was enough to prompt her into a counselling career that began more than three years ago.

After completing two years of AVC upgrading in 1984, she accepted a temporary position teaching Cree to elementary students.

"After working with the kids, I felt I could do more working with their background," said Parenteau. "I decided I would be more helpful to the community if I got involved with the AADAC program."

She declined an opportunity to continue teaching and applied instead for the Bonnyville Indian and Metis Rehabilitation Centre field worker position.

Parenteau acknowledges the fact that she never had an alcoholic's experiences on a personal level, but she has known the people.

"My experiences are from other people I know,"

Fishing Lake's Florence Parenteau turns down teaching job, decides she'll be more helpful as counsellor

said Parenteau. "Although I can't feel what they feel when they are drunk, I can see them and put myself in their spot."

She feels her sobriety is a benefit because things are seen clearly through her eyes.

"I can see their problems easier," said Parenteau. Aside from relating to the stories people tell her, Parenteau shares the positive things.

"I have a lot of good things to offer to them," said Parenteau, "because maybe they've experienced a lot of bad. I'll try to tell them a better side."

She wants to help the people in the community try to better themselves but admits that it is often an uphill climb.

"You can talk to people till you're blue in the face, but if they're not willing to listen, forget it."

Problems that a person using alcohol encounters, are as varied as the individuals themselves. The Sputinow Counselling

Services also acts as a referral agency for job leads, accommodation enquiries, court cases and child services.

Parenteau is modest about her title as counsellor.

"It's nice to have the name but people sitting around together sharing their experiences and feelings are all counsellors," said Parenteau.

"The difference I guess is in the approach to people that you have to learn so

you don't turn people off or scare them away."

She has trained at Henwood on four separate occasions and has taken part in regular workshops including working in group sessions at the centre.

During the time that Parenteau worked with counselling services, she has seen a steady increase in the use of drugs among the younger people.

"Maybe this community is not so isolated anymore,"

says Parenteau. "They can go out and learn about these drugs."

Because of this, she feels that more people should be taking advantage of the counselling services. She herself is available 24 hours a day and everything said is in complete confidence.

"The young people should be more aware that there is help for them here," said Parenteau. "We need more cooperation from the community. More preven-

tion programs to make these young people see what they are doing with their lives. Adults too must show good examples.

There are times when the job has been discouraging admits Parenteau, but she is quick to add there has been encouraging times as well.

"No one person is going to solve the problems we have here in the community without support from the community.

"If I can even help one person in one year, it's a slow going process, but one person helped is one person saved, out of misery. It take an awful lot of patience."

Then sounding hopeful and determined, she adds that it's a challenging job and she likes a challenge.

We need only to read a newspaper or listen to the news broadcast to know that today we face a social problem that is growing at a rapid pace.

The problem — alcohol and drug abuse.

The campaign — National Drug Awareness Week, November 15 - 21.

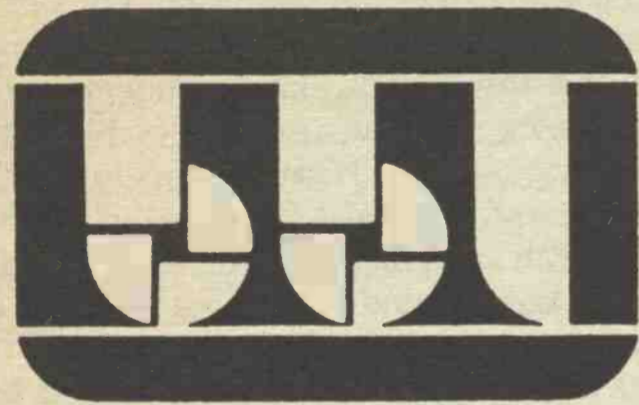
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'THE EAGLE HAS LANDED'

By Lesley Crossingham

There is an old Hopi legend that says: "The Indian people will be in our nighttime and we will come into our daytime and become leaders when the eagle lands on the moon."

This legend, which has been a puzzle to many has become particularly meaningful for O'Chiese chief, Theresa Strawberry who points out that in 1969 when American astronauts landed on the moon the first message sent back to earth was: "the eagle has landed."

During that very week the first Native alcohol program opened in North America and the concept of alcohol treatment which involves the whole community has spread like "wildfire" throughout the continent.

The O'Chiese chief and council along with their community is Alberta's very own miracle as more than 75 per cent of the adults on the reserve have enrolled for treatment within 14 months. Now they are the first Indian community to have an inhalant abuse treatment program available for their young people.

The revolution toward community involved alcohol treatment really began in Alkali Lake, when in 1975 a little girl said she didn't want to go home because her mom and dad drank too much.

This statement coming from a child led her mother to the path of sobriety which in turn led the whole community toward a sober,



Chief Theresa Strawberry.

Words of a Hopi legend ring true for Chief Strawberry, brings hope for her reserve

and ultimately more traditional lifestyle.

Now Alkali Lake has gone from almost 100 per cent alcoholism to 95 per cent sobriety and is a model community.

In 1985 the Tache Indian band, a semi-isolated band in British Columbia developed a new model of treatment called mobile treatment.

This new program brought the residential treatment staff out to Tache to work with alcoholism counsellors in the delivery of a treatment program in the band hall.

Community members go involved and drove the bus to collect clients and take them to the hall. They cooked lunches, arranged babysitting, sober dances and feasts. Now, after two years they have 85 per cent sobriety.

And O'Chiese too has stepped onto the path of sobriety. In January 1985 Chief Strawberry decided

to quit drinking because she lost a loved one. Then in 1986 she saw the Alkali Lake film and decided she wanted to help her community become more like the new Alkali Lake community. So, she went to Poundmaker's Lodge where she learned she has to first help herself.

After returning from treatment Strawberry began to study the problem of alcohol abuse in an effort to find a way out of the alcohol trap. Previously she tried to solve the problem through creating jobs and economic development projects. But again, in the long run alcoholism affected the success of these new ventures. Strawberry began to realize she had to attack alcoholism head on.

Strawberry began to form a team made up of a social worker, alcohol program director and band manager who met with the directors of Nechi and

Poundmaker's Lodge along with a psychologist.

Then the team began to grow when the addition of Charlene Belleau, chief of the Alkali Lake band and Paul Hanks a mobile treatment pioneer.

Strawberry and the team decided the mobile treatment was their goal as they felt the reserve could not afford to wait for admission into regular treatment programs.

During the team meetings, the new team began to learn peer support and develop a group vision as well as focusing energy on wellness. Then chief and council passed a band council resolution (BCR) prior to their own election which stated all council members must go for treatment within six months of their election.

Strawberry felt it was essential that the leadership understood that if they wanted their community to become healthy, they had

to be sober and healthy role models.

And the effort toward health and sobriety continued during the next few months as Poundmaker's Lodge began to come to O'Chiese to support the fledgling AA group clients rode six hours to attend the meetings.

Then O'Chiese started an Al-a-teen group with about 25 young people attending on the first night.

The community began to get more and more involved as band members readily entered treatment centres, grandmothers identified their grandchildren who needed treatment for inhalant abuse and within two weeks Poundmaker's developed and responded with a separate program for young solvent abusers.

The mobile treatment commenced with a camp-out and group building and separate sweatlodge ceremonies were set up for both men and women.

Even community members who did not have a problem organized babysitting, cooked meals, ran a bus service.

Then the mobile treatment centre was publicly opened. The ceremonies involved a medicine man and an Elder who announced the centre's theme was, "we will become healthy."

To celebrate the centre held a sober dance with almost all who attended staying sober.

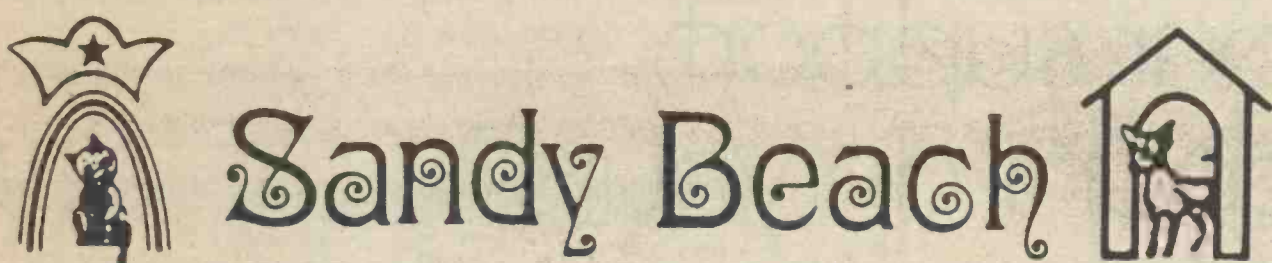
Soon, reformed alcoholics were ready to graduate. Out of 50 people who entered treatment when the centre opened, 30 graduated. Now Poundmaker's Lodge is conducting regular follow-up treatment which reinforces sobriety and life beyond.

The Al-a-teen group still meets.

The O'Chiese reserve is now into the next chapter. Strawberry and other members of council say they have learned a powerful lesson that if we all set our minds to a common goal we will succeed.

Now the O'Chiese reserve is working on after-care facilities as well as further community development, training, education and building a community of mentally, physically, and spiritually healthy community members. Strawberry says the community is now at the "safety" stage.

Recently, members of the band got together to produce a video on their experiences. The video will be released later this month.



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David versus Goliath

Officials of prevention programs optimistic about lopsided battle between alcohol marketers and messengers of moderation

Can prevention marketing really work?

Beer, wine and spirit marketers spend 100 times as much on advertising and promotion as all the organizations promoting alcohol moderation put together. Can these alcohol Goliaths be seriously challenged by the Davids — groups such as AADAC and Health and Welfare Canada, which communicate messages of moderation? The answer is yes, but the Davids must

understand where the strengths and weaknesses of the Goliaths are.

Beer, wine and spirit marketers have strengths in a number of areas. Their multi-million dollar advertising budget keeps their products "top of mind" and they have a product for every taste and lifestyle. Their sales and distribution network ensures that Canadians are exposed to alcohol almost daily — at home, at work and in leisure activities. As a form of relaxation and entertainment, alcohol is still one of

the least expensive options. Alcohol marketers also support professional and amateur sports.

Alcohol companies are continually looking for new ways to promote their products, and to build on the strengths they already have in marketing. Beer companies are attempting to hold onto their customers by promoting super premium brands to the aging baby boomer, no-name beer to the price-sensitive drinker, and American beer to the drinker who is attracted to

the "American mystique" of specialty beers such as Coors. Innovations in packaging are happening — wine in boxes with spouts for bulk use, beer in cans and twist-top bottles for convenience, and beer in the extra-large Super Cans for the macho guy who just likes beer, and lots of it.

In keeping with the suspicion that anything marketed in the 1980s with "lite" in its name will be successful, light beers are being vigorously promoted, especially to the middle-

income female drinker who avoids calories like the plague. Wine coolers (fruit juice, mineral water, and white wine mixtures) also take advantage of the trend toward light drinking. Specialty and after dinner drinks such as B-52s and smooth creamy liqueurs are two other areas of market strength that are being expanded. However, market expansion is not limited to new packaging, new products, and new images. New outlets are also being added — specialty wine stores, more retail outlets, and, eventually, grocery stores.

These are the strengths, but tremendous pressures on beer, wine and spirit companies are revealing their weaknesses in the marketplace. There is a mood of moderation among many segments of the population, particularly in the areas of drinking and driving, and alcohol use during pregnancy. This trend is resulting in a stable or declining consumption for most types of alcohol.

Legal restrictions regard-

ing the advertising of alcohol are increasing. Restrictions range from what types of alcohol may be advertised on television (no one under the legal drinking age, or appearing to be under age, may be used). Competition from non-alcoholic beverages such as diet sodas and mineral waters is increasing. As well, competition within the industry itself (between different brands of beer, wine and spirits) is escalating, and has resulted in increased marketing and production costs. Lastly, taxes on alcoholic beverages are going up.

Understanding the marketing pressures gives each of us a better picture of the size of Goliath (the beer, wine and spirit companies). The prevention programs that David will use must concentrate on how to minimize the opponents' strengths and capitalize on their weaknesses.

(This information provided by Michael Heffring, Heffring Research Group, Calgary.)

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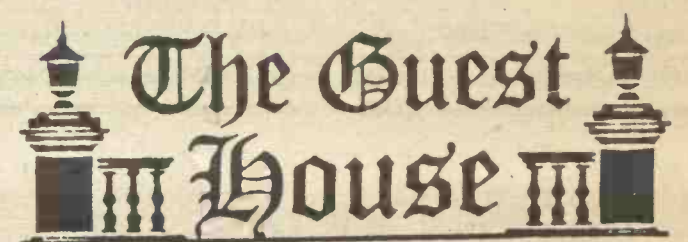
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Fetal Alcohol Syndrome

The high risk and dangers of drinking while pregnant

The term Fetal Alcohol Syndrome (FAS) refers to a cluster of abnormalities present in some offspring of women who continually consumed large amounts of alcohol during pregnancy.

A wide range of birth defects may be present in a child with Fetal Alcohol Syndrome. However, three particular types of abnormalities must be present if a diagnosis of FAS is to be made: mental retardation and other signs of brain disorders; growth retardation and small head; and, facial deformities.

Intellectual functioning of FAS children is far below normal: it can range from borderline retarded to severe. FAS is the third most common cause of mental retardation in the western world, following Down's Syndrome and malformations of the nervous system. This is particularly distressing, given that FAS can be prevented.

FAS newborns tend to be very small in height and in weight, and do not catch up during childhood and adolescence. A distinctive pattern of facial deformities is the most striking feature of the disorder: it includes a thin upper lip, absence of a groove between the nose and upper lip, a flat upturned nose, and eye defects such as small eye openings, small eyes, squint, and skin folds on the inner corner of the eyelid.

Other abnormalities which may be present are malformations of the heart, kidney, joints, and genitals; poor muscle control; hyperactivity; and feeding problems. Infants may temporarily display irritability, tremulousness, and difficulties with sucking.

Mental retardation may occur in the absence of any physical deformities or growth problems, and the severity of the symptoms can vary. The term Fetal Alcohol Effects (FAE) is often used to describe cases where some but not

all features of the syndrome are present.

The risk of damage increases as the quantity and frequency of maternal alcohol consumption increases. For example, in a study of 1,500 women the risk of occurrence of fetal alcohol damage was determined for each of three levels of maternal drinking.

Effects were observed in 11% of the infants born to mothers consuming two to four drinks daily, and 19% in the group exposed to four to six drinks per day. In mothers who drank six or more drinks per day, signs of damage were reported in up to half of the babies. Occasional binge drinking can also produce some harmful effects even though the mother may consume little or no alcohol most of the time. If a pregnant woman reduces or discontinues heavy drinking at any stage during her pregnancy, the risk of fetal damage is lowered.

Many factors can complicate the outcome of fetal exposure to alcohol,

including mental ill-health, poverty, poor nutrition, stress, and the use of other drugs. There is evidence that the combination of tobacco and alcohol can be more damaging to the fetus than the effects of either drug taken alone.

Most professionals recommend that pregnant women abstain from alcohol use entirely, but reassure them that an occasional alcohol beverage has not been found to be harmful to the fetus. However, if a woman has difficulty controlling her alcohol use and is pregnant or is considering pregnancy, she should contact her family doctor immediately with a view toward receiving professional help.

This message can be heard on audio tape through The Health Line in Edmonton by phoning 428-4288, without revealing your name or location.

(This information provided by Ontario Addiction Research Foundation for their "Dial-a-Fact Phone-in Information Service.")



KIM McLAIR, Windspeaker

Drinking while pregnant can result in wide range of birth defects.

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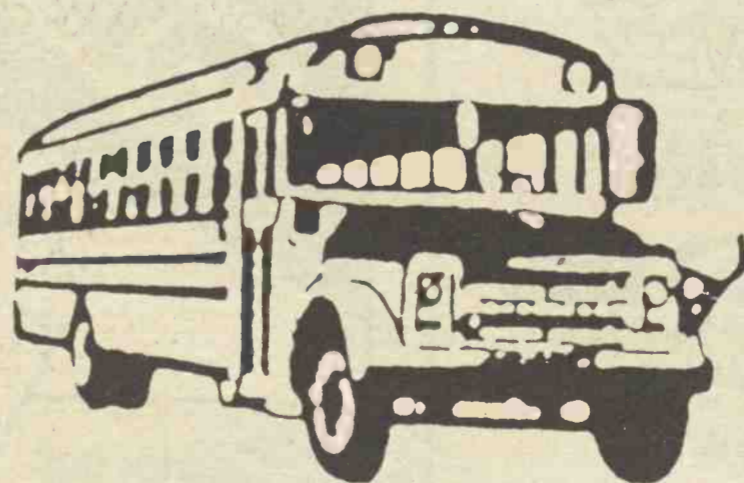
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How drinking has become part of our culture

And modern trends in drinking in today's society

Drinking has been a common activity since the earliest times. Various estimates have found that among Canadians over 19 the number who drink is about 80%. A recent survey shows that 64% of Canadians ages 12 to 19 drank at least once in the previous year.

Most teenagers begin drinking on holidays and special occasions in the home under parental supervision. Young people are more likely to drink more often if they come from families where both parents drink, parental controls are lax, or parental relationships are poor.

Levels of teenage alcohol use are generally related to the individual's understanding of his or her parents' drinking behaviour and attitudes towards teenage drinking. About 60 per cent of all students with at least

one parent who they believed drank regularly were themselves moderate to heavy drinkers, compared with less than 30 per cent of students who believed that their parents were abstainers. Of boys who said their parents disapproved of boys drinking, only 17 per cent were heavy drinkers, compared with 35 per cent who believed their parents approved. Similar patterns were observed among girls.

As teenagers begin to form stronger social relationships with peers and experience more opportunities to participate in social events outside the home, more drinking occurs without parental supervision. Though the proportion of teenagers at each grade who report drinking at home tends to remain the same, there is an increase in away-from-home drinking with increasing age.

In our present-day society,

the use of alcohol is so common and accepted that it has been suggested that it is not the drinkers but the non-drinkers who are the outsiders. Their failure to participate often leaves them outside the group, as this is seen by the drinkers as disrupting group spirit.

The non-drinkers, and sometimes even the moderate drinkers, experience anxiety because of the conflict between the standards they have set for themselves and the expectations of the group. The dilemma is probably more difficult for younger people whose desire to belong is very strong. Fortunately, most adolescents, like most adults, view alcohol largely in terms of sociability and what it does for them rather than to them. Drinking to get drunk or as an aid to cope with crises, is at the bottom of the list of reasons that adolescents give for their alcohol use.

Although friends do indeed become increasingly important, the examples set by parents and other family members remain a fundamental influence throughout adolescence and well into adulthood. Drinking practices as perceived in the home as well as on television direct, in part, the actions of adolescents.

While the latest rock star or professional athlete may serve to some degree as a role model, it is more likely to be parents, uncles, aunts, older sisters and brothers, club leaders and so forth who have the greater, lasting influence upon the lives of our youth. An adolescent seldom models on a single person but rather identifies particular qualities, or ways of doing things, to admire and try out.

All young people need firm and loving guidance from their families. They may complain, but deep down they recognize and appreciate their parents' role in establishing consistent goals, rules and guidelines.

For more information on alcohol and youth, contact the AADAC office nearest you, listed in the telephone directory under the Alberta Alcohol and Drug Abuse Commission.

(This information provided by Eldon Coward, AADAC Lethbridge office.)

Prevent drug abuse by learning skills for the eighties

What are the skills for children and teenagers to become responsibly independent and fulfil their maximum potential with a minimum of stress? The skills they need to face these challenges in the '80s are more concerned with process than with content.

Barbara Collorosa, in *Discipline - Kids are Worth It*, outlines three specific skills that kids need in order to be buffered from drug abuse, sexual promiscuity and suicide.

The first skill is to like themselves. They learn this by having positive, happy experiences. Liking oneself is dependent on being treated in a way that preserves one's dignity and self-respect. It also is a result of being provided with many opportunities to experience success.

The second skill children need is to be able to think for themselves. Adults sometimes make the mistake of assuming that young children who obediently respond to what they are told will continue

to do so as teenagers. Making their own decisions instead of silently obeying their parents is a sign that they are learning to think for themselves. However, the decisions that they are permitted to make must be appropriate to their age.

The third skill to be learned is understanding that there is no problem so great that it can't be solved. Having the support of parents and other significant adults in the problem-solving process is important for the child.

Many researchers have recognized a strong correlation between the skills a person needs to become an autonomous, self-directing, competent individual and the skills needed to live a life free of dependencies such as drug and alcohol abuse. Children who learn these skills will be better prepared to deal creatively and effectively with a world of change.

(This information provided by Sue Leslie, AADAC Community Education Services, Calgary.)

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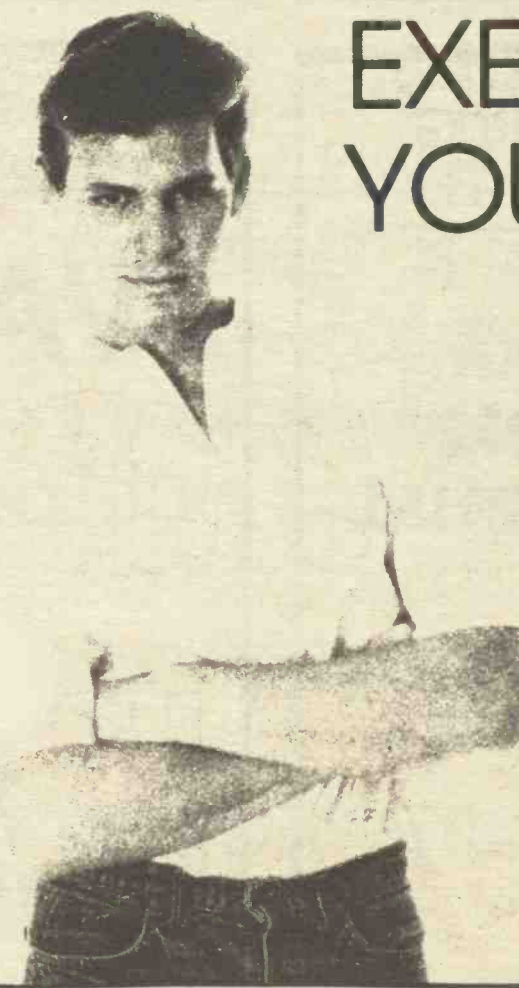
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SOLVENT ABUSE

Who abuses solvents and why

By Diane Moir
(Nechi Newsletter)

Solvents and aerosol abuse occurs at all levels of society. Similarly, it does **not** occur for a consistent set of reasons.

There is evidence to indicate that certain groups are more prone than others to solvent abuse. Such a group is predominately male, adolescent and poor.

It is important to distinguish between the "experimental" and the "chronic" user, for many individuals will experiment with solvents or aerosols for a short period of time only. Generally they are curious about their effects and/or are influenced by their peers.

Other sniffers, however, develop a preference for these substances and adopt the practice as a part of their life style.

Many factors have been sighted as reasons for solvent abuse, yet it should be stressed again that there is no single reason or cause for such behavior. Many adolescents are exposed to solvent and aerosol abuse,

and consequently, make a choice regarding their own participation in the activity. The attractions of solvent abuse are varied. To young adolescents, the economic aspect (solvents are cheap) as well as the availability of such substances and lack of legal sanctions, may make solvent abuse attractive.

With respect to the psychological attraction of solvent and aerosol sniffing, there seems to be two important factors:

- 1) These substances appear to facilitate fantasy, an attractive effect to children in emotional difficulty.
- 2) Similarly, individuals who sniff these substances frequently experience strong feelings of power and influence, otherwise lacking in their lives, and enabling them to cope with their feelings of anger and resentment. However, the most important information to be ascertained is the role of solvent abuse in the individual's lifestyle, the benefits to be gained from such a practice, and the benefit to be achieved by its abandonment.

Some Symptoms of Abuse

- 1) Unsteady gait;
- 2) Slurred speech;
- 3) Watery eyes, running nose, coughing;
- 4) The smell of the solvent on their breath and/or clothing; and
- 5) Unusual behavior.

Many individuals display violent and bizarre behavior and often act as though nothing can harm them. Others, however, become very passive and enter a trance-like state.

Most abusers will display some of these symptoms. In the case of glue sniffing, the smell of the glue on the abusers breath and clothing is your best clue. Furthermore, the abuser who is experiencing a solvent high, may appear to be in a drunken state.

Some Common After Effects

- 1) Frequent or severe headaches;
- 2) Dizziness;
- 3) Change in the urine (blood or redness);
- 4) Vomiting and stomach cramps;
- 5) Little interest in school;
- 6) Repeated association with others who sniff;
- 7) The smell of the solvent. Although the effect of sniffing solvents dissipates rapidly, the odour will remain with the individual for some time; and
- 8) Solvents, aerosols, and "baggies" in the abuser's possession.

It should be noted that many of these symptoms could be caused by other factors as well, therefore, if such symptoms are noticed and you do suspect that the person is sniffing, the best thing to do is to ask.

Some Psychological Aspects of Inhalant Abuse

Personality changes are early evidence of chronic effects and include:

- 1) Lower tolerance to stress;
- 2) Easily frustrated;
- 3) Disagreeable;
- 4) Argumentative;
- 5) Eliminates circle of friends;
- 6) Becomes a loner or retains one or two friends;
- 7) Becomes abusive to siblings or parents; and
- 8) Impulsive.

Bizarre behavior is a chronic effect and part of a long term acute psychiatric effect of solvent abuse.

A positive response to the solvent abuse crisis in Native communities is that of a prevention program. Effective education involves:

- 1) **Value Clarification:** Take the time to review and/or establish permanent and acceptable personal and extended family values.
- 2) **Anticipate Crises:** When an individual is either recovering from solvent abuse or is looking at alternatives to peer pressure involved in the solvent abuse culture, personal crises may occur. As adults, we should anticipate these crises and provide loving assurance and guidance.
- 3) **Problem Solving:** Be prepared to assist the individual in a step-by-step process of problem solving and decision making for themselves. In many cases, individuals who have been active with solvent abuse need to relearn the concept of personal decision making, and responding to problems prior to them becoming crises.

Drug and solvent education is necessary for adults to understand what would draw their children to the substances and would encourage them to maintain a lifestyle that eventually would lead to their demise.

Resources are available to parents and communities who wish to address the solvent abuse situation from your local A.A.D.A.C. office at 427-4275 and from Health and Welfare Canada at 420-2713.

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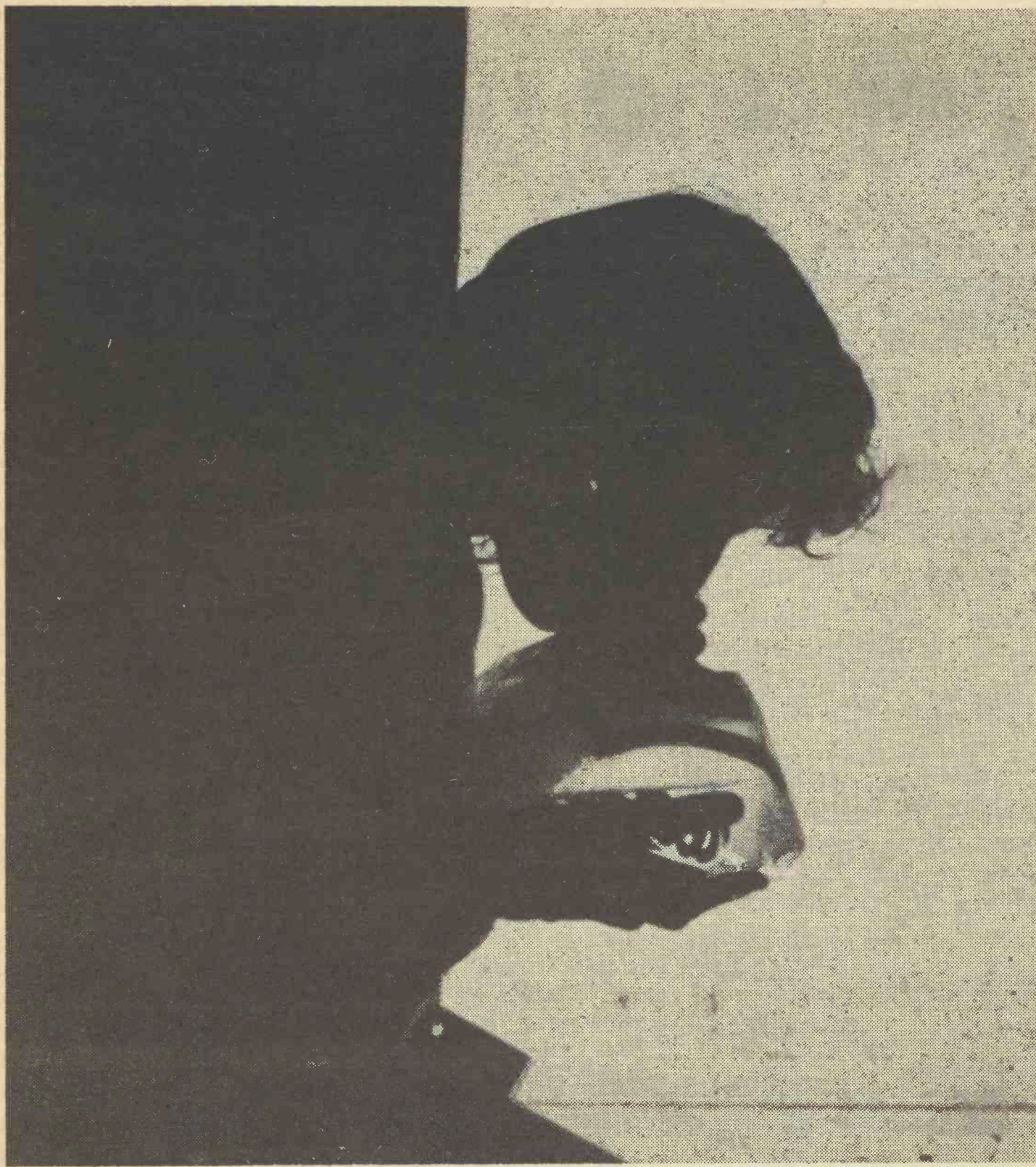
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KIM MCCLAIN, Windspeaker

Most sniffers are 10 to 15 years old.

Sniffing: a dead end

'Some infants are given a rag dipped in gasoline to make them sleep,' says doctor

By Dianne Meili

The inhalation of chemicals to get high is a dead end street.

This comes from Dr. Michael Leeds, a psychologist from California who recently spoke at Poundmaker's in Edmonton. He pointed out that most children who sniff are between the ages of ten and 15, and some can be as young as five or six.

"Some infants are given a rag dipped in gasoline to make them sleep. It's used as a sedative hypnotic," Dr. Leeds explained. Continued misuse of such chemical substances leads to "organic brain syndrome." This means the child develops learning disabilities, and with more prolonged use, will likely experience dillusional schizophrenia when he gets older. Homicidal behavior can result.

The problem with preventing individuals from sniffing is almost unmanageable because solvents — propellants, glue and other chemicals, are so attainable. Anyone can buy them in the store. Liquid paper (used to correct typing errors) is an especially dangerous substance if sniffed — it can cause the

heart to stop.

The intoxicated state from inhalants usually lasts about 20 to 30 minutes. It is an extremely profound altered state in which the inhaler experiences warmth, dizziness and "a fantasy life," says Dr. Leeds. In general, he adds, inhalants are the first drugs used by most people to experience an altered state.

"We've all been painting or working with the car and gotten a whiff of paint or gasoline, sometimes by accident. If we get a bit of a buzz we might sometimes repeat the experiment," Leeds explains.

The buzz from a toxic substance is short term, but powerful. "Because you're inhaling this stuff through the lungs, and the lungs are so permeable, the fumes go right into the blood stream and to the brain," Dr. Leeds points out.

"This stuff really hurts people," he adds, pointing out how harmful it is to brain cells and how difficult it is to treat long-term addicts.

"Often, when someone's been sniffing for a long time he's diagnosed as having a schizoid personality because the doctor doesn't know

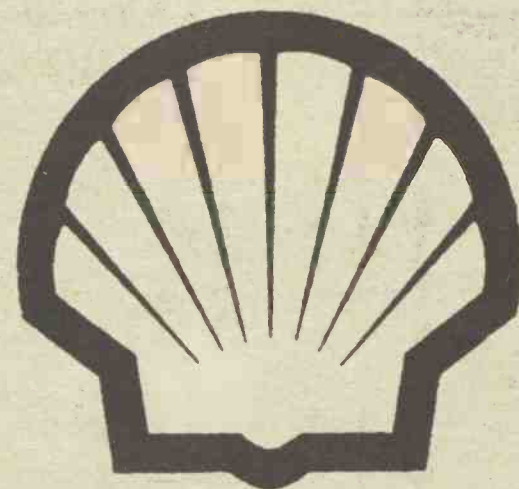
the history. A poor diagnosis like this means the wrong treatment may be given and the problem is never really solved. It's also really difficult to treat a person who's been sniffing a long time because they are not into verbal skills ...they're too focused on their high and you can't reach them."

Since controls on the distribution of chemical substances used by sniffers is hard to enforce, because such substances as cleaning fluids and paint fall into this category, Leeds looks to other answers to stop young people from destroying their lives.

He believes most users "are pretty aware that sniffing is not right" and the habit is a symptom of underlying social issues. A child who's been inadequately nurtured usually turns to this kind of activity to "feel good."

"An article about how dangerous these chemicals are is a start. Awareness is the first line of defence," he explains. Then "we must turn to the family of man ...everybody...ourselves ...to take action. We need to take action and empower ourselves to respond to these social issues."

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Pot and hashish

Drugs have more tar than tobacco and put body in distressing state

When cannabis is used every day or on most days, some tolerance develops to the effects desired by users. Tolerance means a loss of sensitivity to drug effects.

When tolerance develops, users find it necessary to take more cannabis at any time or to use more potent preparations in order to get the same effects that were once obtained from smaller amounts. The potency of cannabis is largely determined by the amount of THC it contains. THC, or delta nine tetrahydrocannabinol, is the main ingredient in all cannabis preparations.

Some regular users appear to develop a psychological dependence on cannabis. Psychological dependence means that users have a pronounced desire to continue to take cannabis, that it takes on an important role in their daily

lives, and if it is temporarily unavailable to them, they will experience feelings ranging from anxiety to panic.

A mild form of physical dependence also seems to occur in some everyday heavy users. Physical dependence on cannabis means that the body has become adjusted to the constant presence of cannabis; and when it is not there — because the user has stopped taking it — the body goes into a state of distress called withdrawal sickness.

Some of the symptoms of cannabis withdrawal include: sleeping problems, anxiety, sweating, loss of appetite, and upset stomach. These symptoms usually disappear within a few days, although the sleep disturbances may last longer.

The infrequent use of small amounts of cannabis does not appear to produce lasting harmful effects.

More regular use, say, one marijuana cigarette once or twice a week, can cause mild psychological dependence on the drug, but no permanent effects on mental health.

However, regular heavy use may cause significant adjustment problems in some users. The main symptoms they experience include a general loss of interest in previously rewarding activities, lack of concern for the future, and loss of motivation, as well as irritability and nervousness. They may also experience problems with both memory and concentration and abstract thinking. But, all of these symptoms tend to clear gradually after cannabis use is stopped.

When smoke, marijuana produces substantially more tar than strong brands of tobacco, and the tar from cannabis has larger amounts of certain known cancer-producing substances than tobacco tar. Bronchitis, asthma, sore throat, and chronic irritation of the membranes of the nose and throat occur more often in regular heavy users than in occasional users.

Two or three marijuana cigarettes a day when deeply inhaled and almost completely smoked may well carry the same risk of lung damage as a pack of tobacco cigarettes. Regular heavy use of cannabis may also adversely affect the immune system, which protects the body from disease.

Some studies have found a decrease in sex drive in regular heavy users. Most investigators now believe that cannabis can cause some interference with normal sexual hormone function in men, but it is not known at this time whether such use has a harmful effect on human fertility.

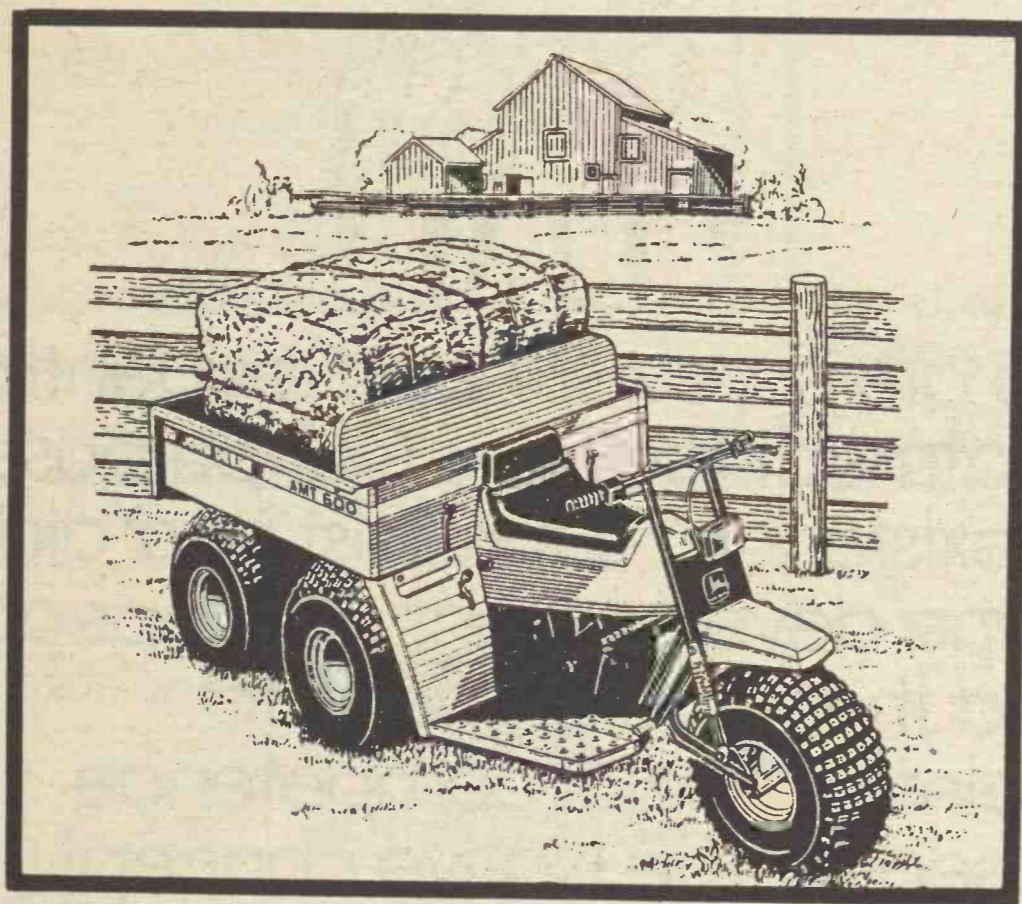
Very little research has been done on women, so it is not known whether concerns are warranted about disrupted menstrual cycles or of possible genetic or birth abnormalities in children of chronic heavy users.

There is still much to be learned about the effects of using cannabis. On the basis of what is known, however, experts agree that cannabis use is harmful to health.

(This information provided by Ontario Addiction Research Foundation for their "Dial-a-Fact" Phone-in Information Service.)

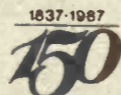
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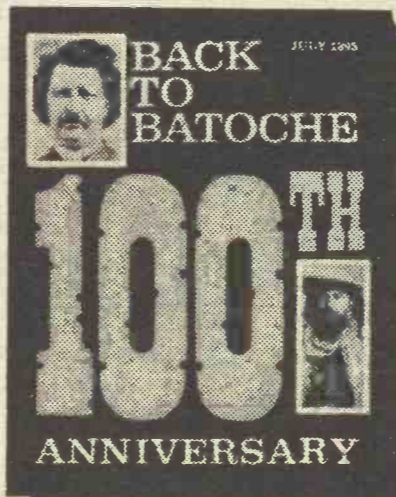
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Drug dens plague the city

By Mark McCallum
Edmonton City Police are coming down hard on "fortified homes and illegitimate businesses" where prostitution money, sexual favors and stolen goods are exchanged for illegal drugs.

The police have solved more than 200 drug-related crimes since 1983, and in a two week "crackdown" this November, they arrested 33 dealers in the city's downtown "drag" area.

"We get sick and tired of seeing drug users dying from that crap down here," said detective Dwight Lewis.

If police can successfully continue to stop the drug traffic, Lewis adds, other crimes would drop "significantly." He explains that drug addicts often have to commit other crimes to support their addiction.

Many pawnshops, gro-

cery stores and small restaurants on the city's 96th St. main strip are disguised fronts for drug dealers, says Lewis.

The "store-front operations" couldn't possibly survive on money they make from legitimate sales, he says, noting dust covered shelves are scarcely stocked with more than a handful of items, refrigerator coolers are kept at room temperature and stoves without a drop of grease on them.

However, it's difficult to prove that crime has been committed because police estimate about 80 per cent of the drug trade involves prescription drugs abused by addicts. Police can only hope that dealers "slip-up."

Often Lewis and his partner detective Harold Johnson become frustrated because their only alternatives is to catch dealers in the act of selling or locating a large pill supply that can't



Houses feature barred windows and double doors.

be explained by an prescription.

Barricaded behind steel-plated eight inch thick doors, a known dealer sold an assortment of drugs illegally from two houses situated side-by-side only a half block off the main strip of "skid road." Police raided the operation six

times in a three year period before finally gathering enough evidence in a six month investigation to put the dealer in jail.

Joining the houses, which are known as "the fortress" and "twin manor," was a fenced off dog kennel that acted as an alarm if the houses are approached by

unwanted visitors.

The dealer could observe people unnoticed through two-way mirrors, which were coated with plexiglas that repel bullets. If he was satisfied they were buyers, he would let them in one set of doors that were pulley operated and then close the door behind them, containing them in a small room where the entrance to the house was also fortified and securely locked. The exchange of money and drugs would be done through a narrow tube. At no time would the dealer's identity be revealed.

Lewis says the police feared sending an officer inside because it would be almost impossible to rescue the person if the dealer became suspicious.

But they finally tricked their way in one of the houses when the dealer wasn't home. An officer pretended to be a neighbor

complaining about noise coming from the kennel and the dealer's unsuspecting girlfriend opened the door only to be met by a group of officers.

The police were amazed at what they found. They uncovered a large assortment of drugs, which police estimate the dealer grossed about \$1.2 million in a five month span. All the doors were reinforced to slow entry and give the dealer time to flush pill supplies. The two houses had a direct telephone link so calls couldn't be traced. And, police found a fake hot water boiler filled with thousands of "dirty" hypodermic needles, used to "shoot up" dangerous drugs.

The dealer is now serving a four to six year sentence in jail. However, police say there are many other houses still in operation in the city.

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Stress filled lives can lead to anxiety

Most people are able to manage the anxiety they experience from stressful life events without significant disruption to their lives. However, when anxiety becomes too intense and too persistent, disruption is to be expected, and professional assistance is often needed.

How anxiety is best managed depends on several factors, including how severe the anxiety appears to be, its probably cause or causes, how disruptive it has become to day-to-day functioning, and also the age and health of the individual.

Generally, anxiety resulting from everyday stress does not require medication or other treatment interventions, although brief counselling and reassurance may prove helpful in some cases. Sometimes, however, even this sort of anxiety can become quite severe and persistent.

One such condition is called situational stress reaction. It involves considerable, but appropriate, anxiety caused by an unavoidable stress-producing situation which people have little or no control over and regular coping techniques prove ineffective. Examples of common situational stress reactions include the

intense anxiety that may be experienced as a result of illness, extreme job pressure, or a home life which is filled with discord. Ordinarily, this condition clears when the stress-producing situation is modified or resolved.

In many cases of situational stress reaction, what may be needed is short-term counselling and perhaps minor tranquillizers for a brief period under a doctor's supervision. However, the main effort must be directed toward diffusing the stress.

More protracted anxiety conditions, such as those states of anxiety for which the causes are vague or unknown, may be required somewhat longer use of medication; but this decision must be made on a case-by-case basis.

Doctors are reluctant to prescribe tranquillizers or sleeping pills on an extended basis when no other treatment is undertaken. Tranquillizers and sleeping pills cure nothing; the patient may feel better, but the problems creating the anxiety remain. Furthermore, with very regular use, people often develop a tolerance to these drugs. This means that in order to continue to get the same degree of desired effect, they will have to take a larger dose. For these



KIM McLAIN, Windspeaker

Sometimes anxiety sufferers need professional attention.

reasons, drug treatment of chronic anxiety should be accompanied by, or at some point replaced by, professional counselling intended to sort out the problems causing the anxiety.

Even with professional counselling, some people remain tense and anxious.

They may complain that they are still unable to relax or to fall asleep easily.

In these cases, some health professionals are now employing a variety of drug-free techniques for dealing directly with the major symptoms of anxiety such as muscle tension and rapid, shallow breathing;

anxious people are trained to relax themselves through the use of a series of simple, easy-to-learn exercises which can be practised at home or at work.

People suffering persistent anxiety should consult their doctor, who will recommend a suitable plan of treatment.

This message can be

heard anonymously on audio tape through the Edmonton Health Line telephone information service by phoning 428-4288 in Edmonton.

(This information provided by Ontario Addiction Research Foundation for their "Dial-a-Fact" Phone-in Information Service.)

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Talwin and Ritalin

Deadly mixture of drugs leads to a slow death

By Mark McCallum

It's been called "poor man's heroin" but is more commonly known as T's and R's.

And the deadly combination of inexpensive prescription drugs called Talwin and Ritalin has become an invisible killer that is quickly spreading throughout Alberta.

When prescribed by doctors and used correctly, neither drug has a life-threatening effect, however, "pushers" have been selling the drugs and its fatal results remain a mystery to most because T's and R's have only been on the streets for about 10 years.

Talwin is a pain-killer and Ritalin, an amphetamine which is often prescribed to treat hyperactive children. The drugs come in tablet form; addicts crush the pills, mixed them with water and inject this into their bodies with a hypodermic needle. Users need both drugs to offset the bad side-effects of the other.

The result is a slow and

painful death, says Edmonton Royal Alexandra hospital emergency ward physician, Dr. Dennis McElgunn. "It's like injecting baby powder into your veins...it goes to the heart which pumps it to your lungs. Tiny grains of chalk-like substance become lodged in the lungs and can block off part of the blood supply and eventually cause infection in the lungs," explains McElgunn.

Not many users overdose on T's and R's, but this fact makes the drugs even more dangerous because addicts use this as an excuse to continue. But, McElgunn points out that the drug is equally as addictive as heroin or cocaine, and, worse than other chemical dependency because users often don't have access to "clean needles" and can be exposed to infections such as AIDS or hepatitis.

Ritalin by itself has also been blamed for causing Tourette's Syndrome, a brain disorder which leaves its victims unable to control their speech.

With the introduction of

the Alberta college's new "triplicate" prescription requirements last April, authorities hope that prescription drug abuse will be wiped out. Under the new requirements, doctors must record prescriptions for ten widely abused drugs including Talwin and Ritalin. Authorities hope this will stop "phonies" who would get prescriptions by faking ailments, only to turn around and sell the drugs on the street.

McElgunn is pleased with the new system, but he hasn't seen a decline in the number of addicts that go through the emergency ward, adding he alone treats about 300 patients hooked on T's and R's yearly.

Invented by scientists within the last two decades for medical use, T's and R's have since become a favorite for the desperate and often unemployed poor of Edmonton's inner city.

Sara, a 21-year-old Edmonton woman, is an addict and supports her

habit by prostitution. She began "shooting-up" T's and R's about three years ago "to escape reality," she said, adding she didn't start using it until she was on the "drag" for several months. Sara's boyfriend introduced the drug to her and soon after she found herself hooking to support the habit. Her addiction to T's and R's quickly grew from one fix a week to ten times a day.

Sara says a set of T's and R's cost anywhere between \$25 and \$40. She has to stay on the street to support her addiction, breaking away only occasionally to a quiet and safe place where she can get high. Although most users inject the drugs into veins on their arms, Sara says she shoots her arms, legs and ankles, common among long-term abusers if they can't get a vein in their arms.

Looking worn and tired, the frail woman claims she doesn't know if the drugs have side effects or if they're dangerous.



Dr. McElgunn warns of dangers with 'poor man's heroin.'

MARK MCCALLUM, Windspeaker

Drug and alcohol abuse is becoming rampant in today's society. Like the anti-smoking campaign effectively introduced several years ago, a new program is now in place.

National Drug Awareness Week, November 15 - 21 is designed to bring about a better understanding of drug and alcohol abuse problems.

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Adult children of alcoholics must learn to bypass destructive behavior pattern

By Kim McLain

Harold Tookenay remembers the time his drunken father beat his mother — the memory used to play like a movie in his head, over and over. He was five years old then.

He has carried the pain of that memory with him for 30 years and he will carry the effects of being raised in an alcoholic home for the rest of his life.

Tookenay is now 40 years old and works at the Nechi Institute training addictions counsellors. He lives in a small apartment in Edmonton with his 13-year-old nephew. Even though Tookenay is a long way from the Ojibway community in Ontario where he grew up, the memories of his childhood are still vivid.

No one escapes the effects of living in an alcoholic home says June MacGregor, supervisor of AADAC's day counselling. MacGregor, herself an adult child of an alcoholic, has devoted much time and interest into the dynamics of living in a home with alcohol and drug abuse.

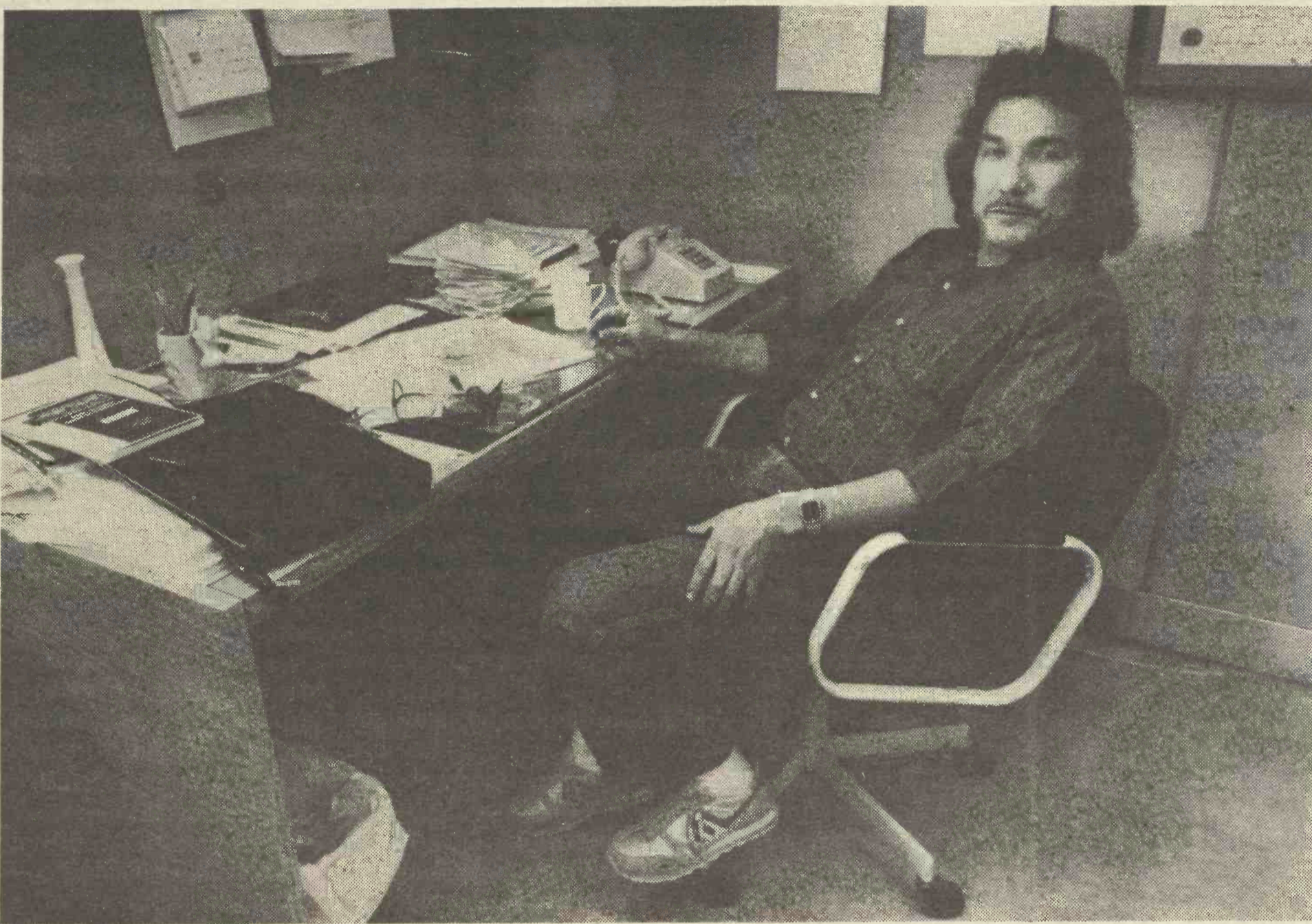
"The alcoholic is addicted to the alcohol and the spouse is addicted to the alcoholic," explains MacGregor in a telephone interview. "And the children don't receive proper nurturing because the parents are so involved in the addiction."

In order to survive in a dysfunctional home, the children take on roles.

One child may become the scapegoat — often blamed for trouble around the home. The scapegoats will act out at school, have problems with their parents and hang out with problem children. Most end up in jail or alcohol detox centres.

Another child will withdraw, staying as the lost child. Lost children spend their time reading books,

The first step - realize what you are



Harold Tookenay, breaking cycle of alcoholism.

KIM MCLAIN, Windspeaker

staying away from home and may have pets for friends. Many lost children have been physically or psychologically abused — most of the time they are alone.

The mascot child will break up the tension in the family as the mediator. At school, he or she is often the class clown. No one takes the mascot child seriously not even him/herself.

The last role is called the responsible hero. Heroes will take care of their brothers and sisters and often their parents, too. They cook meals, do laundry, shop, and so on. At school, heroes will get

very good marks and will look like perfect children. "But they are five going on fifty," says MacGregor.

Tookenay says he's been a high level hero and low level mascot, ever since the day he saw his parents fighting. He kept up his "perfect student" front at school, despite his home situation.

"I was always tops in my class...good grades...teacher's pet, in all my classes," Tookenay says of his early school years. He remained "super-responsible" throughout his life, successful in the eyes of his friends and relatives. Only one thing was wrong: he couldn't get close to

anybody and lacked the skills to have intimate emotional relationships.

Growing up and moving away from home doesn't end the problem, says MacGregor, adding that each child is affected in adulthood in different ways. Like Tookenay, hero children have the greatest difficulty with intimate relationships; many become alcoholics themselves. Scapegoats end up in jail or alcohol and drug treatment centres. Mascots become people pleasers, always trying to gain approval and affirmation for their security. Mascots will become so involved with pleasing others they lose sight of

their own needs. The lost child will lose touch with reality and many become psychologically damaged. Girls who were lost children tend to marry physical abusers or someone who will take care of them.

Tookenay was 35 years old and training at the Hazeldon Institute of Minnesota when he realized he could do something to stop the "hereditary" cycle of alcoholic behavior.

"He doesn't have to buy the life script now," said MacGregor, in response to Tookenay's awareness of what is to be an adult child of an alcoholic. She explained that becoming aware is the first step to

changing old behaviors. And that means not passing destructive behaviors on to children — breaking the cycle of alcoholism.

Tookenay had a lot of information and help all around him — being in the addictions field, but for people living in rural communities, information is less available.

MacGregor suggests that adult children of alcoholics begin to help themselves by first realizing what they are. Secondly, most Alberta communities have an AADAC or AA office that will supply reading material. Adult children of alcoholics in any community can form discussion and support groups. MacGregor says working in groups is contradictory of what adult children are used to so "that's good for them" because they have to relearn how to be with others in order to live fuller, happier lives.

Recently the people of Hobbema invited MacGregor to their reserve to talk about adult children of alcoholics. About twenty people showed up for the three hour lecture and now there's talk of forming an adult children of alcoholics group there.

For Tookenay, the pain of that traumatic memory of his drunken father beating his mother is still deep inside, but now he can talk about it. "And the movie of that memory doesn't play over and over anymore — it moves on," says Tookenay, relieved to have lightened his emotional burden.

"And it's all worthwhile," he adds, explaining how he watches his nephew for those old "tapes" he knows well. Tookenay hopes his 13-year-old nephew won't have to buy the same "life script" as he almost did.

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Author helps children of alcoholics sort out myths from facts

Struggle for Intimacy
By Janet Woititz
Health Communications, Inc.

Book Review
By Kim McLain

For adults raised in alcoholic homes, emotional intimacy in relationships is often a struggle. Every day is confusing — sorting out the myths from facts.

Janet Woititz, a human relations counsellor, is helping adult children of alcoholics separate myth from truth in her book, *Struggle For Intimacy*.

Calling intimacy the key to the happiness of every man and woman, Woititz points out that children of alcoholics have an especially difficult time with intimacy. She writes: "To be intimate, to be close, to be vulnerable, contradicts all the survival skills learned by children of alcoholics when they were young. Acquiring intimacy skills requires a complete relearning process."

Children growing up in alcoholic homes pick up inconsistent messages and these messages continue to influence adult children of alcoholics in all aspects of their lives, even as adults.

Picking Lovers

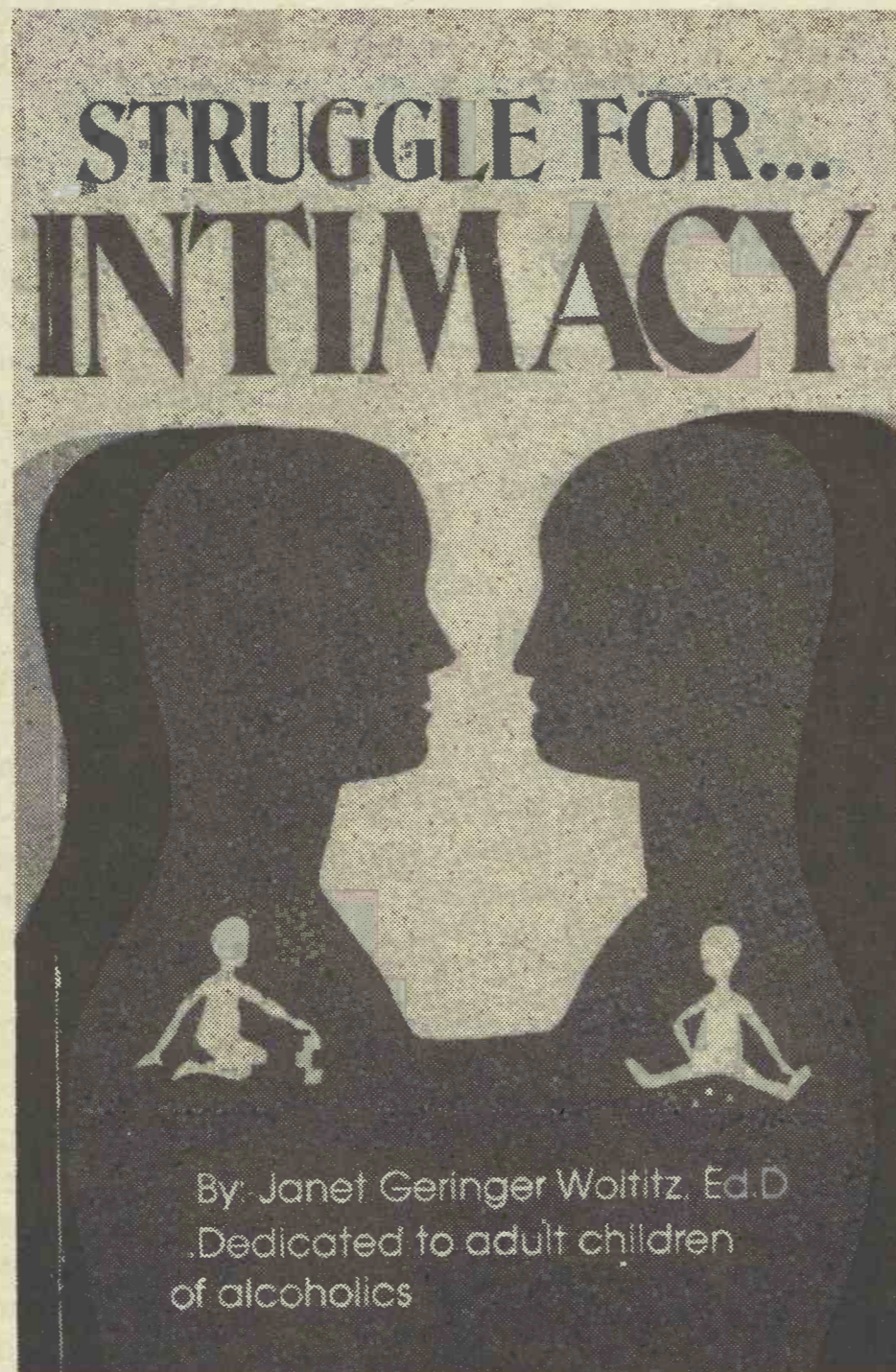
Messages, learned as children growing up in alcoholic homes, unconsciously influence the partners adult children choose.

Double messages like: "I love you. Go away," are common. Woititz explains that, although drinking parents tell their children they're loved, the parents are so often absorbed in worry that the children rarely feel loved. She goes on to suggest that once grown up, children of alcoholics are attracted to people that are warm one day and rejecting the next. Having no experience with consistent people, children of alcoholics desire the love of someone erratic.

Another set up comes from the message: "You can't do anything right. I need you." The children couldn't live up to their alcoholic parents' perfectionist standards no matter how hard they tried. Often the children grew up feeling they were never good enough and everything was their fault.

Yet, it was clear that the parents couldn't get along without the children. Woititz writes that adult children of alcoholics seek out partners who are both extremely dependent and highly critical at the same time.

Another double bind message was: "Yes, it's true your mother/father did/said those terrible things. But you must understand that



he/she was drunk." The unconscious message for children of alcoholics is that an explanation can be found for inexcusable behavior — the alcoholic is rarely held accountable. Children of alcoholics learn to take full responsibility and grow up being extra understanding. In the end, they grow up to be perfect doormats for inconsiderate people, writes Woititz, adding that adult children end up in "a perfect give and take relationship...you give, they take."

Alcoholic parents also say: "I'll be there for you — next time. I give you my word." Woititz writes that the underlying message is "forget it!" So children of alcoholics learn how not to get disappointed — as adults they find it almost impossible to ask for anything for themselves. They want their partners to be mind readers.

Another message from the alcoholic is: "Everything is fine so don't worry. But how in the world can I deal with all this?" But to the child, everything is not okay. And by the time children of alcoholics grow up they've become super-people. They will want to take charge. Adult children are often heard saying things like: "Don't worry, we'll take my car — I've got enough money — I'll pick up the food — I'll make the arrangement — Don't worry, it's no problem for me!"

Finally, Woititz suggests that although an awareness of these destructive messages helps change old patterns, knowing what makes a healthy relationship is just as important.

A Healthy Relationship
Woititz affirms a healthy, intimate relationship is

based on these points:

1. I can be me.
2. You can be you.
3. We can be us.
4. I can grow.
5. You can grow.
6. We can grow together.

Being free to be oneself — Woititz points out the dilemma for adult children of alcoholics is a healthy relationship that frees them to be themselves but they don't know who they are. However, adult children know when they are not getting freedom — when they are being judged. Woititz writes that freedom means partners will not interfere with, nor judge, the process of being and becoming.

A healthy relationship encourages individual growth, development as a couple is needed. Woititz reasons that couples grow together by developing mutual goals and working together on ways to achieve them.

She also writes that intimacy is having a love relationship with others who are offered and offer validation, understanding, and a sense of being valued intellectually, emotionally and physically.

Woititz also suggests that a healthy relationship is not a power struggle — couples don't have to think alike.

A healthy relationship is an ongoing process — the journey, not the goals, is what makes couples grow, Woititz concludes.

Woititz also wrote *Adult Children of Alcoholics and Marriage On The Rocks*.

If her books aren't available at your nearest bookstore try Audrey's Books in Edmonton at 10702 Jasper Avenue, Edmonton, Alberta, T5J 3J5 or telephone 423-3487.

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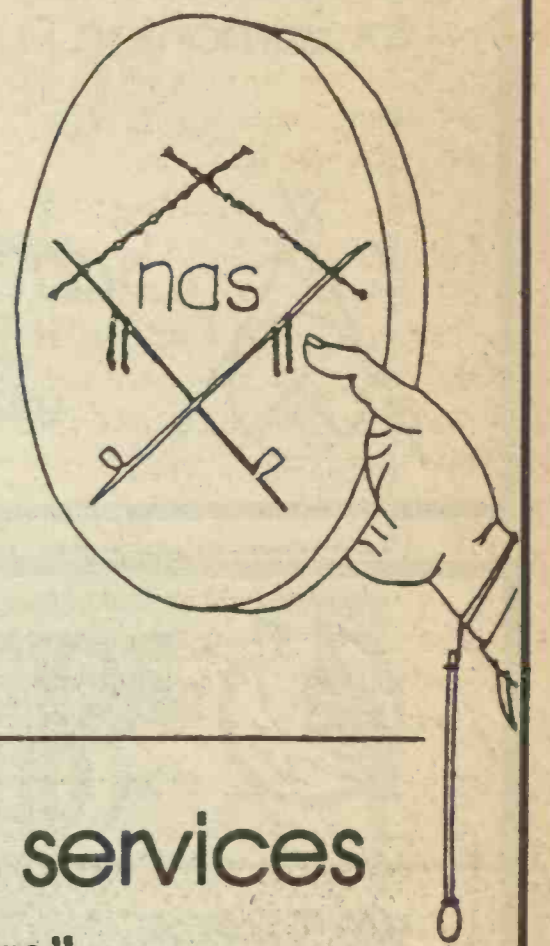
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The drum symbolizes the circle of life being sounded out in the message of the drum. Being raised up indicates that we are giving thanks to the Higher Power. The hand holding out the drum symbolizes the message coming from Native Alcoholism Services. The hand also has the drumstick dangling from a thong indicating that it is Native Alcoholism Services spreading the word.

On the face of the drum we have crossed sacred pipes symbolizing peace together. The crossed sweetgrass strands rising above indicate our spiritual togetherness.

The four directions formed by the sweetgrass and sacred pipes represent the Native cultural understanding that the powers of the universe come in sets of four, for example; the four directions, four seasons, four colors of man. Scientists have called this reality by the term "Quaternity."



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Drinking and driving: no easy way out

We all know we shouldn't drink and drive. But this is a rule we have all broken at least once because we 'rationalize' with such phrases as: "Oh one more won't hurt" or "Just gimme a cup of black coffee (hic) and I'll be alright" or "Oh it's not liquor, it's only (blurr) beer."

But the fact is, most if not all, of these stories are myths and without accurate knowledge about drink, drivers have no basis upon which to examine their actions and have no opportunity to make responsible personal choices about mixing drinking and driving.

Large Meals: One of the best known "myths" is

that alcohol's effect is dulled by a large, heavy meal. Unlike food, alcohol is rapidly absorbed into the blood without needing to be broken down by the digestion. Only a small percentage of the alcohol is absorbed through the stomach walls, the great amount is absorbed in the intestines.

Although food can reduce the rate of alcohol absorption but if sufficient alcohol is consumed, a person can become intoxicated on a full stomach.

Sweating Yourself Sober: There are four main ways alcohol leaves the body. (1) through the liver (oxidization). Which basically means digesting the alcohol and "waiting till the effect wears off." This

Popular myths exposed

accounts for 80 per cent of consumed alcohol. (2) Breath accounts for two per cent (3) urine also two per cent and (4) sweat a mere one per cent. And that is without an anti-perspirant.

Light Cocktails: Just because the drink comes complete with flowers, paper umbrellas, cucumber sticks, celery, oranges and lemons doesn't mean it's not a drink. Regardless of what the alcohol is mixed with, whether it be fruit juice, coconut nectar, ambrosia, milk and honey

or plain old 7-Up, the alcohol content remains the same and you can get just as drunk.

Knowing Your Limit: "I'm not a drink offisher (hic) really I'm not cos I know my limit" could probably be engraved on many a tombstone.

We learn to adapt our behavior so we can consume more alcohol and show less effect. It then becomes harder to notice and easier to deny that we are intoxicated since the organ we use to alert us is the first to become impaired (the

brain).

Because of this we often truly feel we are not drunk. However, with the introduction of the Breathalyzer and laws which specify the exact legal point of impairment, this whole issue has now become quantifiable.

Alcohol and Size: Another popular misconception is because you are 20, 30, or dare I say 50 pounds heavier than you should be, you can guzzle that extra pint because of body size. Wrong. Body difference does make a difference but fat does not count.

Waiting Before Driving: Many people feel that after they've downed a few drinks, all they have to do is wait for the effect to wear off before getting behind the wheel. But this does not take into account the fact that alcohol continues to have an effect on the body long after its been absorbed. So waiting 30 minutes is just long enough for that last drink to hit you on the way home.

Sober Up With Coffee: Yes, we all know this one. Drink some of that black coffee and the alcohol will just float away. However most of us wait far too long before switching to coffee.

Stimulants, such as coffee, merely counteract some of alcohol's depressant action turning a drowsy drunk into a wide-awake drunk who still has the same problems. This condition is dangerous, especially if wakefulness is taken for sobriety.

The idea is to switch to coffee before you're drunk.

Disguised Alcohol: It's fruity, it's spicy and it's icy. It's only punch and it tastes just like pop, right. Wrong. The impact of alcohol is not affected by diluting its taste with mixes such as fruit juice. The danger is that people often fail to treat diluted or disguised alcohol with the caution or moderation it deserves.

It's Only Beer: The average alcohol content in regular beer is five per cent that means that 12 ounces of beer equals one and a half ounces of hard liquor. Don't let those bubbles fool you.

Although many of your friends insist you are "doing just fine" and you don't feel "drunk," remember to count your drinks and don't fool yourself, all alcohol has an effect. But most of all remember, a drunk is often the last to know he's drunk.

Take responsibility to get drunks off the road

In the past few years a great deal of effort and concern have been generated towards getting the drunk driver off the road. Special interest groups have emerged to bear pressure on law-makers. Groups like P.A.I.D. (People Against Impaired Drivers) and M.A.D.D. (Mothers Against Drunk Drivers) have promoted a sense of social conscience regarding the drunk driver.

Recently, the federal government passed Bill C-18, which increases the minimum penalties under the Criminal Code for driving while impaired. The Bill also imposes penalties of up to 10 years imprisonment for causing bodily harm while driving intoxicated and up to 14 years imprisonment for causing death.

The Alberta Attorney General's office instructed Crown Prosecutors to seek jail sentences of at least 14 days for repeat offenders.

The AMA (Alberta Motor Association), the Motor Vehicle Branch, and AADAC (Alberta Alcohol and Drug Abuse Commis-

sion) are coordinating their efforts to reduce the numbers of impaired drivers, as well as the numbers of repeat offenders.

One might ask how much can be done? To answer this question, we must look a little deeper into who is affected by the impaired driver.

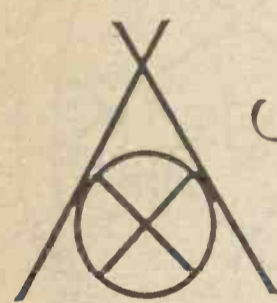
"One statistic says that one out of every four drivers on the streets at "closing time" is impaired. Another statistic shows that 50% of all car accidents are alcohol-related. If we continue to look at the statistics, it becomes clear that the problem belongs to all of us.

This decision spurs us to consider what we can do to help reduce the incidence of impaired driving. Taking responsibility for our own personal drinking patterns, being a responsible host, and not allowing friends to drive when they are intoxicated are just a few things that we can do to help make the roads safer for all of us.

(This information provided by Harold Machmer, AADAC Medicine Hat.)

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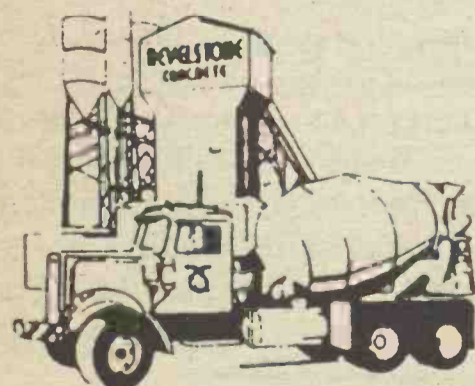


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Co-dependence probed in book

Co-Dependence Misunderstood — Mistreated

By Anne Wilson Schaeff
(Harper & Row, 1986, 105 pages)

A Book Report By Dianne Moir

About four years ago a good friend referred me to the book *Women's Reality* by Anne Wilson Schaeff, and while there have been a number of memorable books in my life, that book touched me with its insight on the systems that we call life. When I spotted this new work by Ms. Schaeff, it was a natural response to grab it and hurry home, hoping to devour it with the same resultant feelings of satisfaction.

As with her earlier work, Ms. Schaeff's writing appeals to the reader who is able to

see life with humour and a sense of challenge.

Schaeff uncovers a formerly hidden world of her work on Co-Dependence. Originally a term for the disease that affects people involved in a close relationship with an alcoholic or a chemically dependent person, co-dependence Schaeff proposes, is just one form of what she calls "the addictive process" an underlying, generic, primary disease whose assumptions, beliefs, and lack of spiritual awareness are openly supported by the society in which we live.

According to Schaeff, there are "millions of persons in this country affected by the disease of addictions and co-dependence and these diseases are reaching epidemic proportions...producing early

death and unhappy, destructive and destroyed persons."

The term co-dependence has often been seen as confusing due to the overlapping definitions that are available through the network of mental health, family therapy and addictions counsellors.

For instance, Adult Children of Alcoholics will recognize dysfunctional family rules; one of which is to be a 'capable, dependable, helping person.' However, few practising professionals are actively investigating their own motivation in entering a helping field that depends on one of the players being "ill" and "needing" the other person.

I remember being in Social Work school and having a professor speak on the issue of client/worker relationships, with an

emphasis on one's own needs as workers being met by "helping" others. While this is a commendable activity, if the professionals or intervention practitioners do not look to their own "illness" (that of needing to be needed), they themselves are perpetuating the co-dependence syndrome.

It is easy to see how well entrenched this illness is, when you consider that it is estimated that each person with an addiction affects 40 people directly. Consider for a moment the effect on a small tightly knit community such as an Indian reserve or a Metis settlement.

This book is not only a good read, it inspires thought and, hopefully, acknowledgement that will lead to personal and community health.

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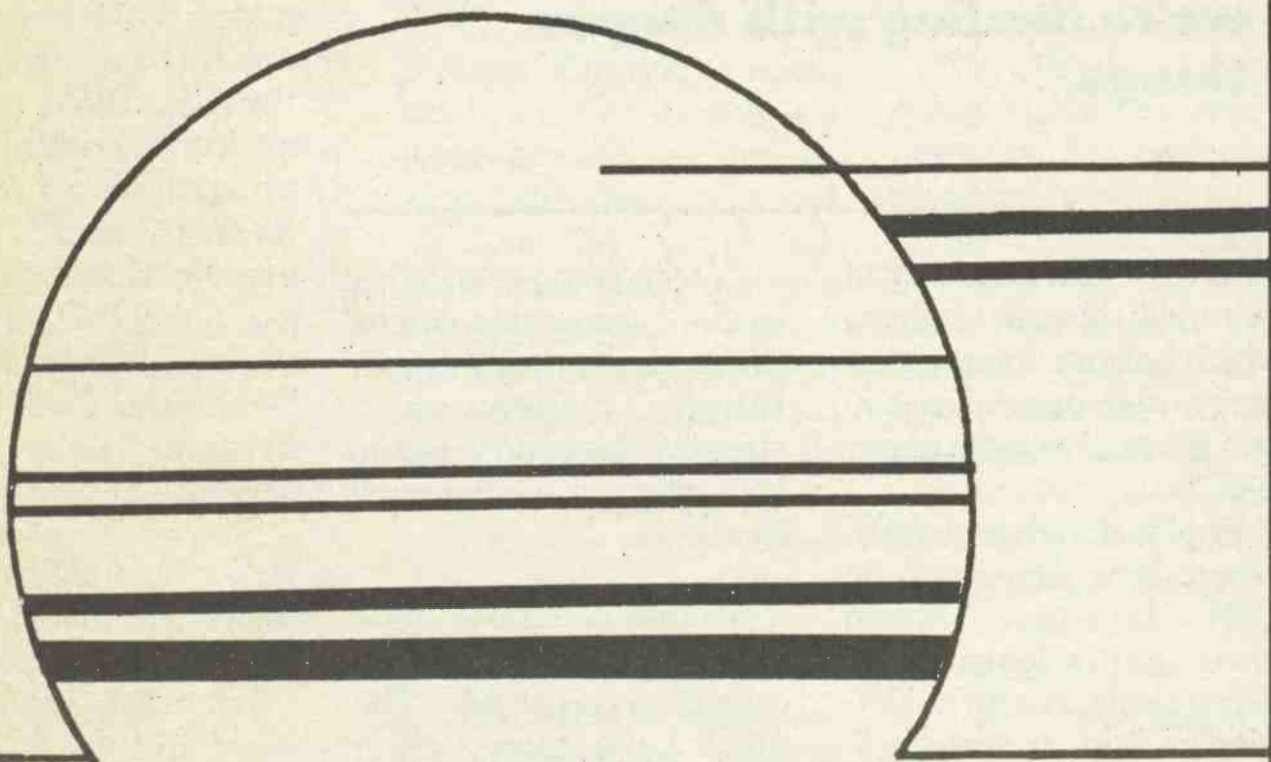


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(Left) - The streets of Alkali Lake, where it all began and (above) Andy and Phyllis Chelsea.

Alkali band breaking new ground

400-member community still 96 per cent sober

By Dianne Meili

Since the fateful day when Phyllis Chelsea, wife of the Chief of the Alkali Lake Indian band in B.C., decided to quit drinking because her daughter refused to come home, the community has come a long way.

Not only are the band's more than 400 members still 96 per cent sober, from almost 100 per cent alcoholic back in 1972, but the community has become a mecca for people with problems who come to seek treatment.

"Some people from Scotland heard about us and came to visit. Last year, we had people come from as far away from New York to stay with us," explains Marilyn Belleau, assistant administrator of the Alkali band. The community now boasts several treatment programs which address alcohol abuse, communications, sexuality, culture and other self-development topics.

The band has plans to build a family treatment centre designed to offer a whole range of programs for moms, dads and children. Because alcoholism usually affects the whole family in one way or another "we want to help youth and adults in a wholistic way. We want to offer a total wellness program...and tell them about the importance of things like good nutrition and exercise," says Belleau. To her knowledge, the only other family treatment centre in Canada is situated

on Vancouver Island.

The band has even published a pamphlet advertising it, *New Directions Training* at Alkali Lake. The brochure presents the training as "an exciting series of workshops developed originally as a response to our own need. As Alkali Lake band members grew together in sobriety we discovered a need to expand our personal awareness and stretch ourselves beyond self-imposed limits. Our premise that strong communities are made up of strong individuals brought

their families, their communities and ultimately, with the family of man," says the New Directions brochure.

Besides the "wellness" workshops, the band is busy returning to its cultural roots. "We brought Elder Albert Lightning in from Hobbema to teach us about our culture," says Belleau, adding that an Alkali Lake dance group has since been formed. "Sweatlodges are really important too, they take place here all the time." Belleau adds that the traditional language is also making a comeback.

living a better life without alcohol and the Alkali Lake success story has been written up in the Reader's Digest and People magazines. The United States television channel NBC also carried a news clip about the band.

"People enjoy coming here — you can just feel the spirituality of Alkali Lake," says Belleau, adding there is a house in the community set aside for people who have problems to stay in until they get on their feet.

Belleau confirms the band is delighted to be able to help others, but never guessed they would gain so much publicity and provide help to others to such a great extent.

"We certainly didn't plan it this way," she maintains, adding that even bigger and much better things are on the rise. "We're starting an economic development program — we realize we have to find a way to provide jobs for people in the band." With funds secured through the Native Economic Development Program "we're going to have a sawmill in operation."

Belleau insists the incredible things that have happened to Alkali Lake had very humble beginnings. "That journey between the head and the heart...the one we all went through... was the longest one ever taken. It's hard to change the very way you think about something."

But, for the members of the Alkali Lake band, that change in thinking has made all the difference.

"We're going to a higher level — beyond sobriety, we're dealing with deeper things."

about the development of culturally specific training which balance the physical, emotional, mental, social and spiritual aspects of our lives."

Phyllis Chelsea established New Directions in 1984. In a group setting participants learn basic living skills, reaffirm self-respect and increase self-confidence, thereby re-learning how to care for themselves and others. "We believe when each individual is in balance and in harmony with themselves and their world they have a positive impact on society. It begins with themselves,

"We're going to a higher level — beyond sobriety. We're dealing with deeper things," Belleau says, stressing the band wants to help others reach the same level.

So many people have seen the video docu-drama called Honour of All — The Alkali Lake Story, which outlines the community members' experience with alcohol and eventual recovery, many are travelling to the reserve to learn how they can kick the habit.

The video has created great awareness toward



Fred Johnson and friends.

Communities at work for success

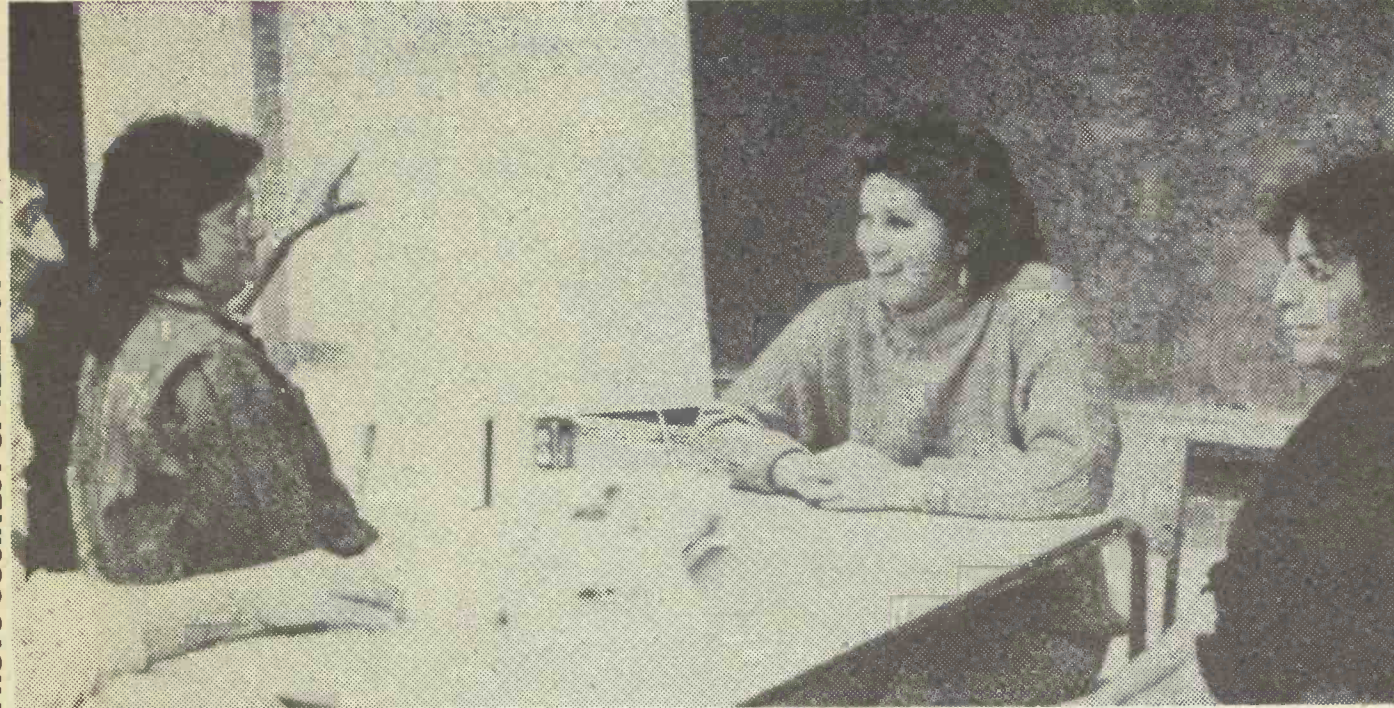


PHOTO COURTESY OF KELLY CURWIN/NORTEXT



(Above) — St. Regis Drug and Alcohol Division director Lois Terrance (left), staff member Dawn Thompson (centre) and counsellor Sheila Jacobs (right) and at the left are instructors reviewing project REEACH.

Mohawk town pulls together

STORY COURTESY OF HEALTH & WELFARE CANADA

The people of Akwesasne, a community of about 8,000 Mohawks who live on the St. Regis Indian reserve, have been trying to rebuild their community through greater public awareness of drugs and alcohol abuse by working together, finding and offering alternatives to substance abuse, and educating each other.

The reserve sprawls across the Canada-US border and straddles the Ontario, Quebec and New York State borders. Ontario residents live on Cornwall Island, Quebec residents live in St. Regis and Syne, and American residents in Hogansburg, New York. Funding for programs comes from the governments of Canada, the US, Ontario, Quebec and New York state.

Akwesasne, a Mohawk name meaning "where the partridge drums," is governed by a "tri-council" comprised of the Canadian band council (Mohawk Council of Akwesasne), the American tribal council (St. Regis Mohawk Tribal Council) and the longhouse or traditional council (Akwesasne Mohawk Nation).

Janice (not her real name) is an attractive, shy 16-year-old. She bites her lip and lowers her head when asked why she decided to seek help for an alcohol dependency which started when she was 12. "I guess it was the accidents," she says. Her quiet voice chokes with emotion. "Over the summer, there were a lot of deaths in the community due to drugs and alcohol. It scared me. I didn't want to drink anymore."

The spring and summer of 1986 was a difficult time for the people of Akwesasne — a time not easily forgotten. A series of tragic car accidents, all involving the use of alcohol and drugs, took the lives of many loved ones. The tragedies virtually ripped

the community apart, leaving its people to grieve and wonder what could be done.

Then something happened. A group of concerned health care workers and community members decide to inform people about the dangers of alcohol and drug use and offer education. Organizers were astounded when 225 turned out for the meeting.

Lois Terrance, director of the St. Regis Drug and Alcohol Division, says "three years ago, you couldn't get people to talk about the drug and alcohol problem here. Nobody

"Three years ago, you couldn't get people to talk about the drug and alcohol problem here. Nobody would admit it."

would admit it. But to have that many people show up at this meeting! Boy, that's progress!"

Mothers of Akwesasne
The meeting proved to be a turning point for several people including neighbors Josie Back and Mary Swamp. Earlier that week, both women attended three funerals for friends who had died in a car accident. At the meeting, Josie announced that she intended to picket one of the illegal bars operating on the reserve. Mary intended to do the same. They made signs, used the telephone to inform other women about their intentions, and staged what was intended to be a quiet demonstration in front of one of the illegal bars on Mother's Day. Several other women, mostly mothers and some young people, joined them. The women decided to call themselves the Mothers of Akwesasne.

Josie is president of the support group and Mary, vice-president. It is made

up of at least several hundred women who are only a telephone call away. Over the summer, the women organized and sponsored several community activities, including fund-raising events. On the fourth of July, for example, more than 1,000 people attended a non-alcoholic, Mardi Gras-type event which featured games and a chicken barbecue.

Mike Mitchell, grand chief of the Mohawk Council of Akwesasne, is optimistic about the direction the community is taking. "It is cliché to say that we are going to rebuild

a nation, but I find it is actually happening in Akwesasne. People are pulling together. We still have a long way to go, but one has to feel that a lot of the major things wouldn't have happened if the Mothers of Akwesasne hadn't gotten together."

The Canadian council is doing its part to meet the needs of the community, says Mike, a former director of the Cultural Education Division of the North American Indian Tribal College. The council has hired people to deal specifically with the drug and alcohol problem and Mike says Native studies and language programs in the schools have helped. So, he says, have the drug and alcohol counsellors and social workers who work at the schools.

To support the community's efforts to provide positive alternatives to "drinking and drugging," Mike says the council donated \$10,000 to each of the three Canadian districts (Cornwall Island, St. Regis

and Syne) for social and recreational activities.

Tom Porter has been a longhouse, or traditional council sub-chief for 16 years. The traditional council is made up of chiefs, sub-chiefs, clan mothers and faith keepers. It is a matriarchal unit which holds fast to traditional Mohawk beliefs and lifestyles. He sees the role of the traditional council "as one of providing spiritual healing to a wounded people." The council is trying to do this through greater cultural awareness.

Curriculum materials for elementary schools

The St. Regis Drug and Alcohol Division, on the Canadian side of the reserve, has played a leading role in combatting the substance abuse problem on the reserve since it was established in 1983. Staff have completed a needs assessment study and set up a core program. The division has just completed and intends to market a manual on *How to perform a Native community drug and alcohol needs assessment*.

The goal of the St. Regis Drug and Alcohol Division is to increase the level of awareness of the community in maintaining healthy lifestyles while continuing to strengthen its cultural identity. One of the Division's primary objectives is to educate the young about drugs and alcohol.

In 1983, the St. Regis Drug and Alcohol Division received funding from the NNADAP to undertake a prevention and education program entitled Project REEACH (Reserve Early Education on Alcohol and Chemicals). The pilot program, introduced to third grade school children on the reserve last year, was so successful that NNADAP allocated separate funding for it this year. The program is now being offered to about 300 children in kindergarten to Grade 8.

Mothers picketed illegal bars on Mother's Day

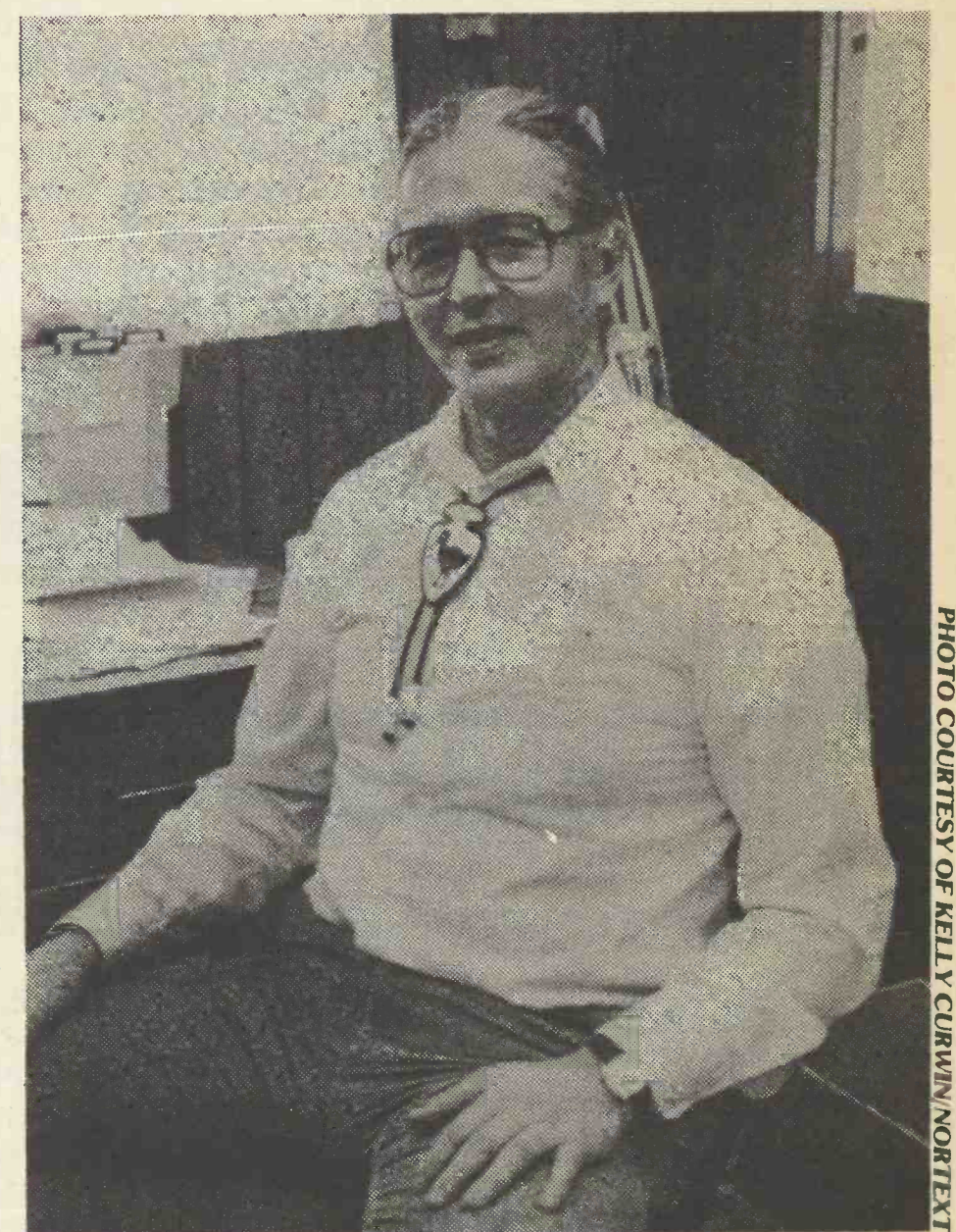


PHOTO COURTESY OF KELLY CURWIN/NORTEXT

Don Richmond, Partridge House director.

The students have responded favourably to the program which incorporates four approaches to abuse prevention: self-awareness, decision-making, coping skills and alcohol and drug information.

A cultural component has been added to the program this year. There are plans to bring elders into the classroom to talk to the children, to read about legends and prophecies and to discuss the traditional views on drugs and alcohol. Instructors also hope to keep the children involved in the prevention and education project during the summer by organizing activities such as a traditional sweatlodge.

Twenty-six-year-old Sheila Jacobs has been the student counsellor at General Vanier Secondary school in Cornwall, Ontario for two years. She is employed by the St. Regis Drug and Alcohol Division but shares an office at the school with the school nurse. Sheila says she has seen a greater community awareness of chemical substance abuse since she first started counselling students.

Part of that is due to the awareness workshops that she has conducted for teachers and parents to inform them about the symptoms of alcohol use,

■ Continued Page 26

Drugs can lead to violence

Drinkers lose all inhibitions

The relationship between violence and certain drugs has long been recognized. In fact, drug-related violence is a major social and legal problem in North America and many other areas of the world.

Without doubt, the drug most often linked to violence is alcohol. Some studies of serious violent crimes (including murder, assault, and rape) have found that the majority of those who committed them had taken alcohol prior to the crime. Further, it was not unusual for the victims of assault and murder to have also used alcohol. Why does alcohol affect so many people in this way?

Alcohol produces a number of related effects that, in certain circumstances, can increase the risk of violent behavior. The first is that when people drink, they feel less inhibited; their control over their emotions is reduced.

Second, people under the influence of alcohol get frustrated more easily, and are more likely to express directly their feelings of frustration. Third, drinkers often feel overly self-confident and thus take greater risks. The final effect of alcohol that can contribute to an increased risk of violence is on

judgement. When people are intoxicated, they are more likely to misinterpret the actions of others. They may, for example, see hostility in others where none is intended.

However, while these effects lead to an increased risk of violence, they themselves do not cause violence. We must consider the specific person and setting.

When we look at the behaviour of particular people, we must consider their mood before taking alcohol. If they are angry before drinking, for example, alcohol may cause them to feel that anger even more. But, there also are a number of other matters to be taken into account, such as: the way alcohol normally affects a given person, that person's personality and mental health, whether or not there are other drugs in the body, and how much that person has had to drink. Even the person's culture must be weighed, because people from some cultures are more likely to be aggressive when drinking than people from others.

We must consider where the drinking takes place, for people are more likely to openly express anger in certain places than in others. For example, in



KIM McLAIN, Windspeaker

Alcohol can turn to violence, splitting couples.

their homes or at sporting events, people may feel free to express a level of anger they would not express in a fine restaurant.

We also must weight who the drinker is with, for alcohol-involved violence is often directed towards people well known to the drinker, particularly family members. Perhaps this is so because people tend to be less inhibited around

others they know well, and thus probably are provoked more easily by them. As well, we must consider whether or not these other people are also affected by alcohol; and, finally, what they are talking about or doing.

The link between alcohol and violence is far from simple. In certain circumstances, some people who drink are more likely

than others to behave violently. Those who have already been violent in the past after using alcohol should give serious consideration to not drinking again.

This message can be heard anonymously on audio tape through the Edmonton Health Line telephone information service by phoning 428-4288 in Edmonton.

For more information on alcohol and violence and other drug- and alcohol-related topics, contact the AADAC office nearest you, listed in the telephone directory under Alberta Alcohol and Drug Abuse Commission.

(This information provided by Ontario Addiction Research Foundation for their "Dial-a-Fact" Phone-in Information Service.)

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Cigarettes have far reaching consequences

Reports reinforce the high degree of risk

There is no longer any doubt that regular smoking is harmful to health. The risk of serious harm increases with the number of cigarettes smoked per day, the number of years a person has smoked, and the age when smoking started. If smokers quit early enough, damage to the lungs and other organs does not necessarily reduce life expectancy. The average ex-smoker who has not smoked for ten years has about the same life expectancy as a person who has never smoked.

According to recent information from Health and Welfare Canada, smoking is on the decline. The percentage of non-smokers is now around two-thirds of the population over the age of 14. However, per capita sales of cigarettes in Canada remain the highest in the world.

Despite some recent reports to the contrary, smoking has decreased among women, as well as young men. Young women still smoke more in comparison to young men, but the rates among all age groups are falling. Unfortunately, the rate of lung cancer among women is increasing. While, generally speaking, women have a lower rate of lung cancer than men, this is often considered to be because fewer women have been smoking for 20 to 30 years.

It seems that regular cigarette smokers are smoking more cigarettes per day. Between 1970 and 1983, the proportion of regular smokers who smoked more than 25 cigarettes per day increased for both males and females. Men are almost twice as likely as women to smoke over a pack a day.

Many people try to cut down on the amount of tar and nicotine they consume in their cigarettes by smoking milder brands. However, smokers may make compensatory changes in their smoking behaviour by smoking more cigarettes per day or inhaling more frequently or more deeply. Often, unfortunately, this means that smokers are being exposed to just as much risk as they were when smoking regular-strength cigarettes.

Although there are a wide range of opinions on the dangers of pregnant



Smokers a growing minority in Canada.

women smoking, it is generally acknowledged that risk to the unborn baby is increased. When smoking, the amount of carbon monoxide in the blood increases, meaning that the oxygen supply to the fetus is decreased. This increased the fetal heart rate, and causes stress to the fetus. Smoking mothers tend to have smaller babies, although there appears to be no particular tendency to develop birth defects. There is, however, a higher infant mortality rate for these children. Several studies have shown that women who smoke have more spontaneous abortions, stillbirths, and premature babies, and that their babies are more likely to die within the first year of life.

An important concern for non-smokers is second-hand smoke. It causes discomfort for many people, particularly asthmatics, worsens disease in people

who are already ill, and causes disease in some healthy children, particularly infants. Several studies by Italian researchers have shown that the tar and nicotine levels in the smoke from a burning cigarette when it is not being puffed are actually higher than the levels the smoker inhales, and thus may be harmful to the non-smoker as well.

As people are becoming more aware of the risks associated with smoking, as well as other forms of tobacco consumption, the number of people who smoke is decreasing. Also, with non-smokers asserting their rights, their risks are being reduced and it is becoming less convenient for people to smoke in public. Unfortunately, nicotine addiction can be quite strong and, therefore, quitting is difficult, but it is increasingly being recognized as a worthwhile effort for both the smoker and his or her family.

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Chief Challenge

Chief Teresa Strawberry and her Band Council of O'Chiese Reserve in Alberta has been successful in getting 75% of their adult population into treatment in one year. The Band has been actively involved during that time in developing a program plan which incorporates child welfare, Mental Health and a mobile treatment team.

To prompt and support National Addiction Awareness Week the O'Chiese Chief and Council offers the following:

The Chief and Council of the O'Chiese Band wish to offer a friendly challenge to all the Chiefs and Councils and Native leaders in Canada to agree to abstain from the use of alcohol and drugs during National Addictions Awareness Week, November 15 - 21, 1987.

As leaders we can offer our visible support by taking up this challenge and proclaiming our commitment to our local addiction programs activities during National Addictions Awareness Week by being role models. Remember, our actions speak louder than words in our communities!

So, join in the spirit of National Addiction Awareness Week and TAKE UP OUR CHALLENGE...

To join the challenge please call (613) 230-0402 or send the following proclamation to: **National Native Advisory Council on Alcohol and Drug Abuse, 202 - 177 Nepean Street, Ottawa, Ontario K2P 0B4.**

I, (we) wish to join in the "Chief Challenge" for National Addiction Awareness Week.

Name/Band _____

Address _____

Phone _____

All "Challengers" will be listed in the next issue of the Bulletin.

O'CHIESE BAND

P.O. Box 1570, ROCKY MOUNTAIN HOUSE, Alberta T0M 1T0
989-3943

Sympathetic director understands fatal grip of addiction

By Dan Dibbelt

There is an old adage that experience is the best teacher. It follows then that those who learn from experience come in a close second.

It is that philosophy that Edith Thompson, executive director and founder of Native Alcohol Services in Calgary, uses to run an effective alcohol rehabilitation program.

"All the counsellors here, including myself, were once alcoholics," explains Thompson. "It is impossible to understand what an alcoholic is actually going

through unless you've been there."

Thompson knows. It has been 22 years since her last alcoholic drink. "The first time I had a black out, I was 15. Then it was off and on again till I was about 22 and then I progressed into a full blown alcoholic," says Thompson.

"I didn't even like the taste or smell of alcohol. I drank because I was shy, and alcohol changed that," she said.

Thompson's alcoholism progressed until she started experiencing DTs or Delirium tremors, a feeling of the world closing in on you.

"Even then I didn't blame

alcohol. I just thought somebody must have put some drugs in my drink," said Thompson.

Thompson's husband at that time, Cecil, was also an alcoholic, but he knew it and began attending Alcoholics Anonymous (AA). Meanwhile Thompson attended Al-Anon, an organization geared towards the needs of alcoholic's families.

"It wasn't until I attended some open meetings at AA with Cecil that realized I too, had a problem," said Thompson.

Both Thompson's kicked their addiction with the help of AA, an organization she strongly recommends. But Thompson went beyond settling for the satisfaction of solving her own addiction. In Dec. 1972 Thompson, with provincial funding, formed Native Community Services, the first Native alcohol services organization.

"At that time we were really a general services organization," explained Thompson. "We dealt with all Native matters. But alcoholism was definitely the area with the greatest need."

Funding for the organization was limited to six months. But a determined Thompson secured more funding and within six months reopened the doors.

"We've been open since," says Thompson.



DAN DIBBELT, Windspeaker

Edith Thompson, founder of Calgary's Native Alcoholism Services.

Today, NAS is located in a spacious, bright and easily accessible office at 1119 - 1 St. S.E. Besides Thompson the office houses a secretary and four counsellors.

"We see between 30 and 35 people everyday," says Thompson, "But there are days when we'll see as many as 60 people."

While NAS has seen many successes, an actual tally is difficult to calculate.

"We see a lot of transient people, because we are in the city," explained Thompson. "We might see them for a couple months and then they move to another city or back to their reserve."

Thompson also says that many of their clients do not have telephones making it almost impossible to maintain contact.

But evidence of their successes can be found at their annual Christmas party which has seen up to 400 reformed alcoholic guests.

NAS goes beyond personal counselling in helping its clients to beat their addiction. Thompson says that while that remains

an important process of the cure, group counselling can be equally as rehabilitative.

Personal and group counselling, films and guest speakers are all part of the path to sobriety. But the first step on that path is admitting there is a problem.

"Quite often it takes a crisis situation for an alcoholic to admit there is a problem," said Thompson. "Once they come into see us the recovery starts."

The individual is assessed by a counsellor. If the client is not sober, he is sent to a detoxification centre, usually Sunrise House, for a 28-day dryout.

The process is similar for drug addiction, although Thompson says that problem is seen less frequently. "What we have seen is a real increase in young, 19 to 20 year olds, alcoholics," she said. "It used to be more older people."

With drug addiction, there is often the added need for medical treatment. But there is never a case where Thompson feels there is no hope.

"We've had four or five alcoholics, who people

would question why we even bother with them," said Thompson. "And yet those four or five people have been alcohol-free for up to ten years now."

NAS's clientele continues to grow. While NAS is funded by the Alberta Alcohol and Drug Abuse Commission (AADAC), they receive few referrals from them.

"Most of our advertising is word of mouth," says Thompson, a fact she is proud of. "Obviously someone must have been happy with what we did or they wouldn't refer us," she adds.

But NAS is continually faced with a large obstacle in its effort to help alcoholics — the front door.

"So many people feel the shame," says Thompson, explaining how difficult it is for the alcoholic to admit their addiction. They don't feel the shame when they're drunk and falling on the floor, but they feel it when they come through that front door."

"That's why we're here, though," says Thompson. "We're dedicated, and we're here to help."

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**From the Counsellors
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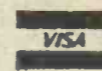
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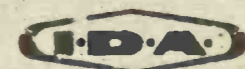


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St. Paul (Main Street)



Sunrise director Cecil Thompson.

New day dawns for patrons at Calgary's Sunrise rez

By Dan Dibbelt

It's an old turn-of-the-century three-storey brick building. The floors creak, the steam heating groans and some of the walls are cracked with age. It sits on a corner in Ramsey, one of Calgary's oldest subdivisions.

But despite its age, it is the home of a new beginning for those who enter the doors of Sunrise Residence, a non-profit alcohol and drug treatment centre.

"We operate a 28-day dryout program," says Sunrise executive director Cecil Thompson, a reformed alcoholic. "Most of our staff

are reformed alcoholics. They understand the problems faced by alcoholics," he adds.

Sunrise began operation in 1976. Originally intended to be a woman's lodge, the urgency for a dryout centre for Natives in the Calgary area changed the building's course.

Today Sunrise operates under Alberta Drug and Alcohol Commission funding and works closely with Native Alcohol Services (NAS) of Calgary.

"Most of our referrals are from NAS," said Thompson. But most of the patients come from outlying reserves," he added.

Thompson explained that most alcoholics do not want to go to their reserves' centres, because they are afraid of ridicule. So many of the patients do come from distant reserves.

"We are not here only to serve Native people," however, Thompson adds "We do accept, and frequently have, non-Native people here."

Like most alcohol rehabilitation centres, Sunrise requires their patients to have 72 hours of sobriety and to be referred to them by either public agencies, reserves, jails or by self-referral.

The residence sleeps up to 22 people. A dorm sleeping four is set aside for woman along with two rooms that sleep two each, and the remaining rooms are for men. There are also two single rooms which are not used for clients.

"We don't like clients to sleep alone," says Thompson who explains that communication between clients is an important aspect of the program.

The single rooms are usually set aside for people paying city fines through community work.

The residence also has numerous offices, a lounge, cafeteria and a large yard with several sport facilities and much of Sunrise's program is based on Alcoholics Anonymous' programs and features lectures, discussions, films and therapy.

"We also have group outings," explains Thompson. "We bought our own bus for transportation and frequently visit reserves or go to AA meetings," says Thompson.

Thompson strongly recommends AA and Al-anon who found sobriety through AA.

"I just got tired of waking up and not knowing where my car was," says Thompson of his alcoholism. "Then I saw a program on television on an AA meeting, and I decided to go."

It's a decision he has never regretted. And it's a past that helps him to help others find a new beginning.

For Parents: ALCOHOL SELF-TEST

1. Have you ever told your child that being able to hold a lot of liquor is a sign of being grown up?
 YES NO
2. Do you drink more than you would want your teenager to drink?
 YES NO
3. Has your child ever seen you drunk?
 YES NO
4. Has your child ever seen you drink because you were feeling unhappy or nervous?
 YES NO
5. Do you try to hide how much you drink from your children?
 YES NO
6. Have you ever said something to your children when you'd been drinking that you were sorry for later?
 YES NO
7. Has your child ever seen you with a hangover?
 YES NO
8. Has your child ever seen you pass out from drinking?
 YES NO

If you answered any of the questions YES, your children may have a harder time learning to use alcohol responsibly. If you suspect that your family's drinking habits may be a problem, it would be wise to talk with someone qualified to help.

(This test is from the "Feeling Good" Series, Courtesy of the Community Education Services Division of Children's Television Workshop.)

SUPPORT NATIONAL DRUG & ALCOHOL AWARENESS WEEK

We join all Canadians who are participating in the support program designed to better educate us about the increasing abuse problems concerning alcohol and drugs.

One such program, sponsored by both federal and provincial governments, brings us an annual campaign known as National Drug Awareness Week.

This years program takes place from November 15 -21 Become involved! Support NATIONAL DRUG AWARENESS WEEK. We do! And we need your support.



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November 15 - 21, 1987**

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Sorrow, suffering, anguish and pain
All life's hopes gone in vain.
Drugs and alcohol we know
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Inner strength is often required
A life filled with happiness
Is the measure of one's success
Educate yourself and yours
Don't close off life's sacred doors.

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Southern treatment centre "in the black"

by Jackie Red Crow

Board attempts to recover deficit

BLOOD RESERVE — The St. Paul's Alcohol & Drug Abuse Treatment Centre membership re-elected their board of directors and received a favorable financial report at their annual meeting, Oct. 21, here.

About 50 people re-elected board members Charlie Weasel Head, Pat Brewer and Rufus Goodstriker. Weasel Head will serve as the secretary-treasurer while Brewer and

Goodstriker will remain as board members. Replacing Weasel Head as chairman of the board is Oliver Shouting and Leslie (Punch) Tailfeathers is now the vice-president.

Because of their efforts to recover a \$53,000 deficit, Gayle Fox, executive director, said the board

"made" the deficit issue a priority in the last fiscal year.

She explained the deficit occurred when the building contractors fell behind in their plans last fall. During that time, St. Paul's did not accept any clients from October to December, because they had expected

to move into their new building.

"All treatment centre programs are funded per bed. But because we had no clients for three months, we went into about a \$53,000 deficit," said Fox.

In addition to business records from board and executive, a special resolution was passed by the

assembly which allowed St. Paul's staff members to become members of the society. A new clause, drafted by Blood lawyer, Eugene Creighton, was ammended in St. Paul's constitution and bylaws — a first in its 10 year history.

Another priority this year is in the encouragement by staff to seek more training

in the alcohol and drug dependency area, said Fox. They also hope to have a 10-year reunion for current and past staff and board members next year.

St. Paul, a 24-bed co-ed residential alcohol and drug abuse centre is funded by National Native Alcohol and Drug Abuse Program (NNADP). It moved into its new facility, just a few metres east of their old building in June.

It has a staff of 19 people and enjoys a 90% occupancy rate.

Akwesasne overcomes

■ From Page 21

abuse and abuser adolescents and to provide information about other drugs such as cocaine and crack.

St. Regis Drug and Alcohol Division director Lois says, "It (drug and alcohol abuse) hasn't changed drastically at the high school level. We will see that over a period of time. We hope that the curriculum that is being

used and developed in the elementary schools will create attitudinal changes in children aged six to ten."

Changing attitudes

Allan Herne is a counsellor-in-training at the St. Regis Mohawk Health Services out-patient treatment centre in Hogansburg, New York. He has worked at the centre or two and a half years. The centre caseload is about 75 people per month. Counselling is

on a one-to-one or small group basis. He says that on average clients are males in their thirties who have been drinking roughly half their lifetimes. Many of the out-patients he sees are people who have been ordered by court to get treatment for an alcohol problem (these people may have been charged with driving while intoxicated, for example).

But things are slowly beginning to change, Allan says, "We have people who come in here and say they want to find out if they have a problem. I ask them who sent them. They say

nobody. The fact that they come here themselves, that is something. Three to five years ago, people wouldn't dare ask for information about alcohol and drug abuse. Now they are approaching their friends and saying: "Where do I go for help?"

Allan believes the new attitude is largely due to the agencies in the community which have come together and organized awareness and information presentations. He says the centre is gradually seeing its out-patient statistics go up and that means more people are looking for help.

A lot of work to be done

An important part of treating people with chemical dependencies is having well-trained workers and counsellors. That is one of the reasons the St. Regis Mohawk Health Services sponsored a *Sharing across the borders* conference for drug and alcohol workers in Cornwall in August. Conference workshops focused on youth issues, suicide and school curricula. A total of 321 people attended the conference which was intended to help community workers learn the practical

application as opposed to theories.

While there is still a lot of work to be done, the community of Akwesasne is trying to do what it can to overcome the drug and alcohol problems which have destroyed so many lives.

Mohawk council chief Mike Mitchell says there is a different kind of atmosphere in Akwesasne these days. "I am not just trying to paint a good picture. We have our problems, they are still there and we have a long way to go. But we have taken off. We are out of the starting gate."

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A MESSAGE FROM



**Janvier
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Overnight shelter: a "home" off the street

By Mark McCallum

You have to be drunk, under the influence of alcohol or drugs, to stay at the George Spady Centre, an overnight shelter and three-day detox facility for street people in Edmonton's inner city.

"We try not to use the Spady centre as a housing facility or a hotel," explains centre director Ray Severin. "We want it to be used by people who really do need it; people who are actively intoxicated on the street and have no place to go." To prevent the centre from becoming a "hotel," it has a tight security system — no one can enter the building without the staff's knowledge. Clients are assessed from behind closed doors after pushing a buzzer.

"Assessing clients at the

door enables us to determine whether a client needs our service. It's a good screening process. If a client looks violent, we tell him to cool down and come back later," says Severin.

Although the centre is always locked, he adds, "We can't hold anybody here against their will. But, we try convince impaired clients to stay here for at least a couple of hours and sober up."

If someone comes to the centre sober, seeking a warm bed, they're referred to a men's hostel or women's shelter.

The centre (located in Edmonton's downtown core at 10015 - 105A Ave.) was established in 1983 by the Bissell Centre, which provides much needed services to Edmonton's underprivileged.

Bissell Centre executive

Centre fills needed role in inner city

director Larry Derkach says, "It (George Spady Centre) fills a much needed gap in the inner city, where people under the influence can sleep it off in safety.

"If it wasn't for the Spady Centre," Derkach concludes, "we'd have a lot of frozen drunks in garbage cans on cold winter nights."

The centre was named after a now retired minister, who operated a "flop house" in the district before it was condemned. The present building was erected in its place.

There are 50 sleeping spaces housed in an open area for overnight clients and another 20 beds to accommodate people in

the detox unit, where three square meals are served daily.

However, Severin says "Clients must be sober before the staff will consider entering them in the detox. In some cases, a client may just want to get off the street for a few days and dry up."

Because the centre is mainly a shelter, the staff

has minimum alcohol and drug abuse counsel training and can only provide a three-day "low level" treatment service. So, clients seeking long-term help are referred to organizations such as the Poundmaker Lodge, a substance abuse treatment facility.

Severin observes that most of the 20,000 people

they see yearly enter the centre in summer months. Cold winter months force them to find a warm place to drink, he says. "But, in the summer there's more of a party atmosphere and people will chance passing out in the park, where they risk getting beat up or robbed... People come to the centre because it's a safe place to stay."

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AADAC

Exercising caution and awareness

Taking a closer look at Rx drugs

Have you had feelings of frustration about knowing what is in the drug you have been prescribed, whether it is addicting, why the pharmacist sometimes gives you a hard time when you ask for a refill, or why the pharmacist insists on calling your doctor?

If you answered 'yes' to most of the above questions, you are not alone! This article is an attempt to explain to you the basic foundations of prescribing and filling prescription drugs. It is important for you to be aware of the groups and individuals who constitute the chain of responsibility in the administration and use of over-the-counter and prescription drugs. Involved are:

First, the Federal Government Health Protection Branch, which exists to administer the Food and Drugs Act, and the Narcotic Control Act.

Second, the physician, who has many years of study and experience in prescribing the medications for you. The doctor owes it to you to give a thoughtful answer to any question you have. DO NOT be intimidated. Answering your questions is partly what he/she is there for.

Third, the pharmacist. He/she is trained to compound, handle and dispense the drugs for your needs. A pharmacist has a great deal of knowledge about drugs. So, why not ask the expert?

Fourth, the drug manufacturers. They are responsible for the safety and effectiveness of their products.

All of these people have on responsibility in common: to give you the most effective and safest drug that modern science can provide.

Caution with drugs also depends on you, the consumer. You play a major role in protecting yourself and your family. Canada's Food and Drugs Act bans the advertising of drugs to the public to protect them from false claims to prevent or cure certain diseases and disorders. The list of 45 such conditions include: alcoholism, baldness, arteriosclerosis, cancer, bladder diseases, epilepsy, glaucoma, heart disease, high and low blood pressure, kidney disease, obesity, rheumatoid arthritis, sexual impotence, ulcer, and venereal diseases. For treatment of these disorders, see a doctor and take only the drugs prescribed, and as prescribed.

Be wary of exaggerated promises: drugs for sale with such outrageous claims as "absolute cure," "treatment results guaranteed," "priceless secret remedy," etc., are too good to be true.

All manufacturers have the opportunity and the right to submit evidence to the Health Protection Branch to prove the value of their products. If evidence submitted demonstrates the product to be safe and effective, it will be on the market with the rest of the legitimate medicines. All drugs dispensed through legitimate drug outlets are governed by laws and regulations for your protection.

The "over-the-counter"

drugs are available for self medicating. They are reasonably safe and simple to use, and are available to treat day-to-day health problems, such as colds, headaches, and allergies. These do not require a prescription, but do consult your pharmacist as to what is best for your condition. Remember to ask about precautions and side effects.

In the article "Caution with Drugs: Part Two" we will discuss drugs falling under the category of "prescription drugs" or "RX drugs."

For more information on over-the-counter or prescription drugs, contact the AADAC office nearest you, listed in the telephone directory under "Alberta Alcohol and Drug Abuse Commission."

When you get a prescription from your doctor, it is very likely that the drug prescribed falls under the category of "prescription drugs" or "Rx drugs." The Food and Drug Act (and other regulations as well) states that a pharmacist must have a prescription before dispensing. These drugs are governed under such regulations for good reason. In many situations, self medication with this class of drugs has been found to be harmful. They may be too potent or habit-forming to be used except under proper medical supervision.

The same Act requires the pharmacist to get an authorization from a doctor to renew a prescription. This might seem to be an inconvenience at times, but think of it as being for YOUR protection. To

USING PRESCRIPTION AND 'OVER THE COUNTER DRUGS'



KIM McLAIN, Windspeaker

Caution needed with prescription drugs.

avoid a last minute rush for you or your pharmacist, plan ahead to renew important prescriptions. A doctor can issue a prescription for Rx drugs over the telephone directly to the pharmacist. This practice combines safety and convenience. So, if you are in a bind, check if this is possible with the medication you require.

Other categories of drugs are the "controlled drugs" and the "Narcotic Drugs." These are governed by stricter regulations. The

drugs are either habit-forming and/or addictive and, hence, tend to be abused, or are prescribed for specific uncommon conditions only. Please bear with your pharmacist if he/she seems to be cautious; it is nothing personal.

In any case, when using drugs, always read the label, follow directions carefully, and observe any warnings. Take the recommended dosages. They are carefully worked out, so altering dosages yourself could be harmful. If by any chance you fail to take a drug as prescribed, consult your doctor or pharmacist as to your alternatives.

Above all, don't play doctor! Your prescription is yours alone, not to be shared with family and friends. Your doctor prescribed drugs specifically for you and your condition. Another person with the same symptoms or condition may require a different treatment!

One other important caution related to "left overs." DO NOT use left over drugs from a previous illness unless you have checked with your doctor. In spite of what you think your present illness is, it may not be the same. Your old prescription may harm you instead of helping your condition for a variety of reasons. Your body may have developed a sensitivity or resistance to the drug, the potency of the drug may have deteriorated with time, or the quantity that is left may not be enough for a

full course of treatment.

Like any other good things in our lives, most, if not all, drugs have side effects. In every case, the benefits of the drug are weighed against the side effects. Feel free to discuss that with your doctor. One important and, unfortunately, common side effect with a lot of drugs is drowsiness. The degree and extent depends on the drug itself and on the individual. Some drugs hinder your vision, alertness, judgement, ability to concentrate or muscle coordination. Some examples are pain killers, cough mixtures, anti-histamines, and mood altering medications such as tranquilizers and hypnotics. So, every time you take this tiny innocent looking pill, remember it has lots of power and there has been a great deal of research done to make it available for you. Please use it to your advantage and not to your harm; just be aware and cautious.

For more information on this or any other drug related concern, contact the AADAC office nearest you, listed in the telephone directory under the Alberta Alcohol and Drug Abuse Commission, or your local pharmacy.

(This information provided by Rosie Hays, Consultant, AADAC Community Education Services, Edmonton and Nebal Nosh, Pharmacist, AADAC West End Centre, Edmonton.)

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Fishing Lake man comes near death before he quits drug habit

By Diane Parenteau

FISHING LAKE — "I had no problem admitting I was an alcoholic. I knew that a long time ago."

Donny Dumont, 39, has been sober for two years, seven months and is proud to be able to say so.

Dumont, a resident of the Fishing Lake Metis Settlement, lived at Clearwater Lake the first 13 years of his life. Water in his lungs put him into the Aberhart Hospital in Edmonton with his twin brother. Meanwhile his family also moved into the city. By the time he was released from medical care his family was no longer together.

"My brothers and sisters were scattered all over by that time," said Dumont.

He began going down to skid road when he was about 15 to meet other people he knew. There he was introduced to drugs and alcohol.

"It was a sort of meeting place. I started drinking because everybody else was doing it and was introduced to pills, uppers and downers," said Dumont. "It started out just for fun."

During the 20 years Dumont stayed in Edmonton, the drinking and drugs continued and worsened.

He took up a couple of trades but for some reason they didn't work out.

"I took a barber course and cut hair for about three years," said Dumont. "I couldn't hold a job and would get fired; after a while I wasn't even working, just down on skid row."

Dumont married and had a son with his first wife. Her death was drug and alcohol-related.

"I saw a lot of friends and family die that way from drugs and alcohol. I just got tired of this," said Dumont. "I tried to quit after my sister died, but I didn't know about any programs like AA."

"I really believe that using some sort of programs will help you stop. You have to stop yourself, but it helps you."

Dumont spent time in different prison institutions, always because of drugs and alcohol. He received counselling in some but was unable to benefit from it.

At one point, Dumont went through an AADAC program in Edmonton.

"I started to know that people just talking to you can help you."

He has support systems now and knows people in the community and elsewhere that he can call for encouragement "just to talk to someone who will

listen or give you advice or something."

One of the first signs of alcoholism is mental black out. The blackouts that Dumont used to experience became frequent and to this day he still has gaps in his memory.

There were also numerous times when he overdosed and on one such occasion he actually died.

"When I was drinking, I was always taking drugs with it," said Dumont.

The last time he overdosed he and a friend had escaped from the Fort Saskatchewan jail. After getting home, his car was out of gas and they called a taxi.

"I remember the cab pulling up and I got in. I overdosed in the back of the cab."

It was about 7 p.m. when he arrived at the hospital.

"I could see myself lying on the bed and I could see the doctors there around me. I was still out, that's the crazy thing about it. They told me my heart stopped four times one after another and they were using their machines. They kept using their machines."

He saw the doctors screaming at him and trying to wake him up.

"It was like time had stopped. One doctor was snapping his fingers and telling me it was 5 a.m. I woke up and there was time again," said Dumont.

Ten hours after that he told the doctor he was illegally at large but "the doctor must have thought I was still stoned because he didn't report it."

He moved back to Fishing Lake three years ago and got into the five week program at the Bonnyville Indian and Metis Rehabilitation Centre. That helped Dumont stop drinking for good.

"If I really got mad at something, before I would go and get drunk. Now I can figure things out without drinking," admitted Dumont.

He doesn't allow drinking in his home and has dealt with friends and family drinking.

"They say the first year (of sobriety) is the hardest because you get a hatred of your family who are still drinking."

"I'll be a drug addict and an alcoholic all my life and I realize the cravings they have. I feel sorry for them and just hope and pray that sometime they'll quit and it'll straighten out."

Dumont is married again with two small daughters. He holds a regular job driving a school bus and also has a herd of cattle to look after.

Living in Fishing Lake with limited long-term employment is sometimes trying for him. "It's easy to get in a bad rut," said Dumont. "Take it one day at a time is what they say."

Childish behavior linked to alcoholism

Harry Tiebout, M.D., developed a simple model of alcoholism and recovery based on years of experience with treatment failures and Alcoholics Anonymous (AA) "conversions." According to Tiebout, buried alive in the drinker's unconscious dwells an infant who still feels entitled to all the privileged of infancy — beginning with a demand feeding schedule. Tiebout used the words of Freud to describe this attitude with which all of us are born: "his majesty, the baby."

This writer observed "his majesty" in action recently at a Sierra Club hike for families in Thousand Oaks, California. A small boy, about three, walks the trail on Wildwood Mesa, one hand in his father's and the other clutching a small treat.

"Daddy, can I eat it now?"

"No, son. It will make you thirsty."

"No-o-o, it won't." The "o" sounds are prolonged with seductive three-year-old conviction.

"You better put it in your pocket, son. It may melt in your hand."

"No-o-o, it won't."

Again, son is more convincing than father.

Describe this scene to a group of sober alcoholics

and they get the point immediately. Alcoholism is a disease of much stereotyped thinking and behavior. And one of the most common and deadly of all the inner dialogues to set the stage for a binge usually goes something like this:

"A drink would sure be nice right now."

"You'll just get in trouble."

"You better not. You know what always happens."

"Oh, no. I'm just going to have one drink this time."

The drink is then taken and the dim voice of reality is drowned out completely.

What we in the field hear and see over and over again is the desire for the "treat" and the denial of the inevitable consequence, long after the adult has been educated by our purely logical disease theories. It is simply unbelievable to a person in this state of mind that he or she could want something so badly and not be able to have it. Why? "Because I want it," goes the infantile logic.

Tiebout had two functions in treating the alcoholic — to stop the infantile ego and help it accept "messages from reality."

(This information provided by George DuWors, M.S.W.)

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By Rocky Woodward & Lesley Crossingham

The Slave Lake Native Friendship Centre's addiction program will continue despite the recent cutbacks, but expansion of the program into nearby communities has been put on the back-burner says supervisor Linda Massimo.

The program receives funding from the Alberta Alcohol and Drug Abuse Commission (AADAC) but because of "tight controls and no increase for funding in sight," the centre must operate on existing funds this year, added Massimo.

Spokesperson for AADAC, Caroline Nutter, said the cutbacks have been province-wide.

"Everyone's been affected, including our own programs and services," said Nutter. "It's part of the

Funding slash hurts Slave Lake addiction program

Expansion plans on hold with 'no increase for funding in sight'

government's austerity program."

However, Massimo feels the cutbacks will affect isolated communities such as Peerless Lake and Trout Lake. Two communities which desperately need the assistance of the centre's

program.

"A lot of people require help in remote communities. We are four hours away from Peerless Lake and it's quite tricky to deliver our services," said Massimo, adding she sees a need for counsellors stationed in the

remote communities.

And other agencies share the same problem. National Native Alcohol and Drug Abuse Program (NNADAP) consultant for northwestern Alberta, Rod Sinclair says his department is also faced with a demand

for services and budget constraints.

Sinclair too had made plans to station a full-time counsellor at Peerless Lake saying that although the area is not a reserve, and therefore not under the jurisdiction of the program, many members of the Big Stone Band live in the area and require services.

"We have a program on the Big Stone reserve (Wabasca/Desmarais) but our worker can't go out to

remote areas as often as we would like," said Sinclair.

However, although the centre's program has been prevented from expanding, Massimo says she is determined to raise the necessary funding.

"Last weekend we held a talent show and although our addiction program gears itself toward family participation without the use of alcohol and drugs, we also raise funds to help us operate more effectively," she said.

The program offers a variety of counselling programs that range from individual interviews to group sessions. And on Nov. 2 the program started a support group for children aged seven to 12 years old.

"The kids will meet once a week after school for seven sessions," says Massimo. "The sessions will focus on alcohol and drugs in the home, chemical dependency, defense mechanisms and other things children should be aware of," she said.

The program also has two other workers, Theresa Delanger and John Gambler.

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For Teenagers: ALCOHOL SELF-TEST

- Does having as good time usually mean having to drink?
 YES NO
- Do you get hangovers?
 YES NO
- Do you sometimes have a drink when you're by yourself?
 YES NO
- Have your parents or friends ever told you they are unhappy about your drinking?
 YES NO
- Do you often get drunk when you drink?
 YES NO
- Did you ever drink so much that people had to help you home, or that you fell asleep wherever you were?
 YES NO
- Do you break things, get into fights or bad arguments when you've been drinking?
 YES NO
- Have you ever missed classes or been unprepared for school or work because you'd been drinking?
 YES NO
- Have you ever gotten in trouble with the police because of drinking?
 YES NO
- Have you ever awakened without being able to remember what had gone on while you'd been drinking?
 YES NO

If you answered YES to any of these questions, your drinking habits might become a problem. It would be wise to talk with someone qualified to help you determine how serious this could be for you.

(This test is from the "Feeling Good" Series, Courtesy of the Community Education Services Division of Children's Television Workshop.)

Changing old attitudes about drinking

Alberta Alcohol and Drug Abuse Commission provides Albertans with treatment and preventing programs

By Lesley Crossingham

Shame, guilt, fear, have been society's traditional attitudes to the problems of alcohol and drug abuse.

But today that's changed. We no longer look for scapegoats; we no longer blame the victim, instead we are probing the issues and dealing with the influences we all face in a complex world, because to solve the problem of drug and alcohol abuse we must look for answers in alternative and healthy lifestyles.

One government funded agency, AADAC (Alberta Alcohol and Drug Abuse Commission) has been providing Albertans with assistance in dealing with alcohol and drug concerns through preventions and treatment programs.

The agency is funded by the province and is directed by a citizens' board and a chairperson appointed by the government. AADAC provides a series of services and treatments to meet a variety of needs.

The AADAC network includes counselling centres, residential treatment programs and referral to other treatment agencies and support groups such as Alcoholics Anonymous, Al-Anon, and Al-a-Teen.

People are referred for treatment by doctors, clergy, employers, family, friends or other agencies, but mostly by self-referral. There is no charge for any of these services and all information is kept confidential.

There are more than 20 AADAC centres all across the province. These offices provide counsellors who work closely with the client and help those who have problems with drugs or alcohol to formulate specific strategies for dealing with problems they face in everyday life. This plan may include ongoing support from AA and other agencies.

There are also four AADAC residential treatment facilities. The AADAC

Recovery Centre in Edmonton, and the Renfrew Recovery Centre in Calgary are in-patient detoxification centres that provide a safe environment in which to withdraw individuals from drugs.

The Henwood Rehabilitation centre near Edmonton and the David Lander Centre at Claresholm are large in-patient institutions that provide specialized intensive program services within a protected and supportive environment.

Funded agencies are another key element of the treatment services AADAC provides. The agency funds independent agencies throughout the province and works with them to develop programs that serve their communities. These agencies provide counselling services as well as detoxification and residential treatment.

Although AADAC has facilities to help people who have already abused drugs and alcohol, the agency also provides a strong preventative program aimed at educating the province's young people.

The programs promote the development of healthy attitudes and life skills in the hope that young people will not be attracted by the lure of drugs and alcohol.

One of the primary targets of the preventative program is teen drug abuse. In 1981 AADAC began talking to teens about being responsible, independent and deciding who they are; who they want to be; and how they are going to get there.

AADAC encourages teens to start asking questions about their relationships, their responsibility to themselves and others and that includes their peers.

One important element of teen drug abuse is lack of role models. AADAC encourages teens to actively look for positive rather than negative role models.

This, says AADAC,

reduces the likelihood of alcohol-related problems among adolescents.

The main phases of the program are: get teens committed to a positive lifestyle with concern for the well being of themselves and others; encourage self-directed learning and development; help teens become better able to manage their own lives by developing a broad range of competencies; encourage teens to draw on the support of their friends in learning situations and to return that support when needed.

However, whether people are teens, middle aged or even elderly, one program AADAC has developed cuts right across the age barriers.

As part of the ongoing commitment of education, prevention and treatment a series of community programs called Lifeline, action programs for healthy living, have been formed.

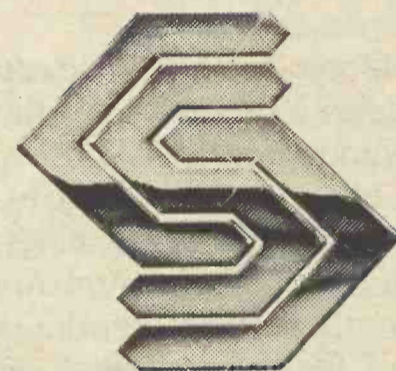
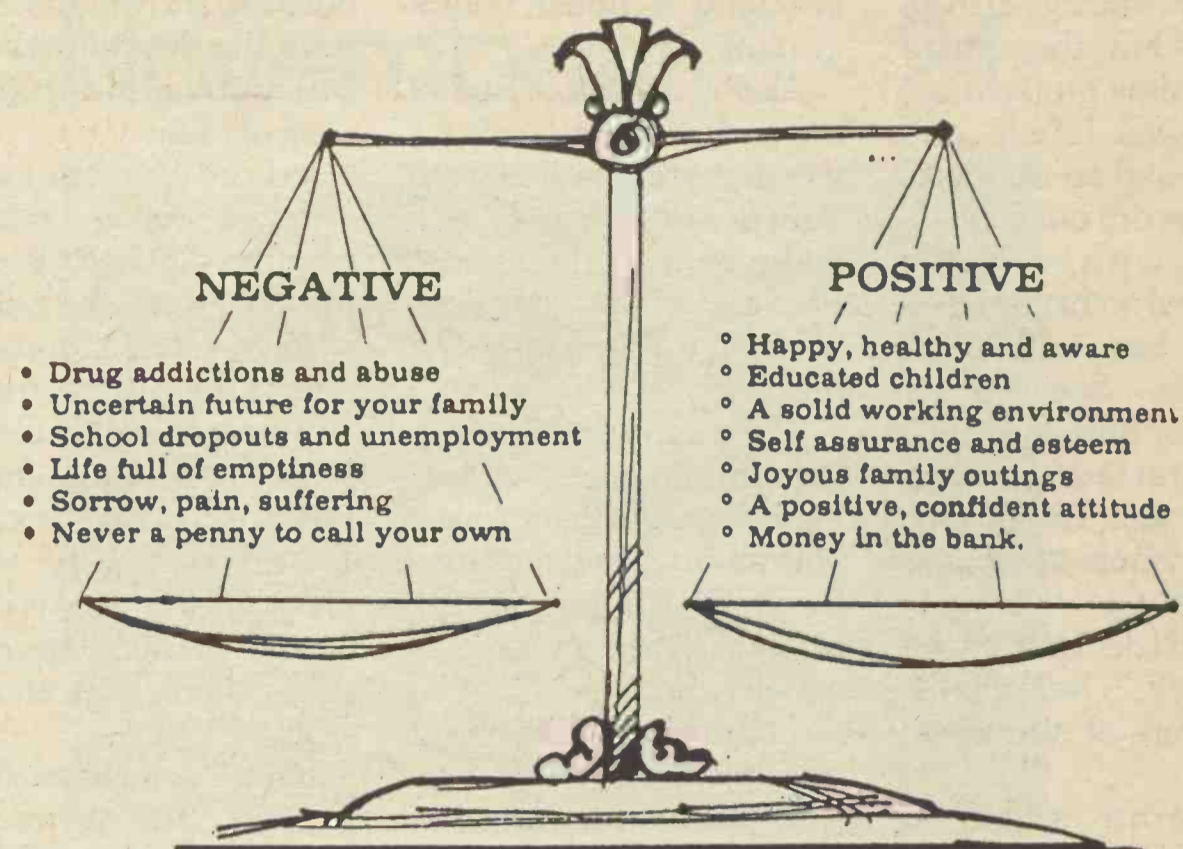
These programs are based on evidence that suggests strong community involvement is necessary in order to make an impact on the consumption patterns of alcohol and other drugs.

The lifeline program provides treatment and prevention program resource geared to individuals, organizations and communities. The package consists of a comprehensive unit of materials ready for use which includes a description of teaching materials, training guides, and all the necessary support materials to educate your community.

However, although AADAC and other agencies provide top-notch medical care there are no easy answers.

The AADAC approach to prevention has been quite popular and successful however, experts say until we all begin to play a more active role in teen and community development, those old pitfalls will continue to catch many an unwary person.

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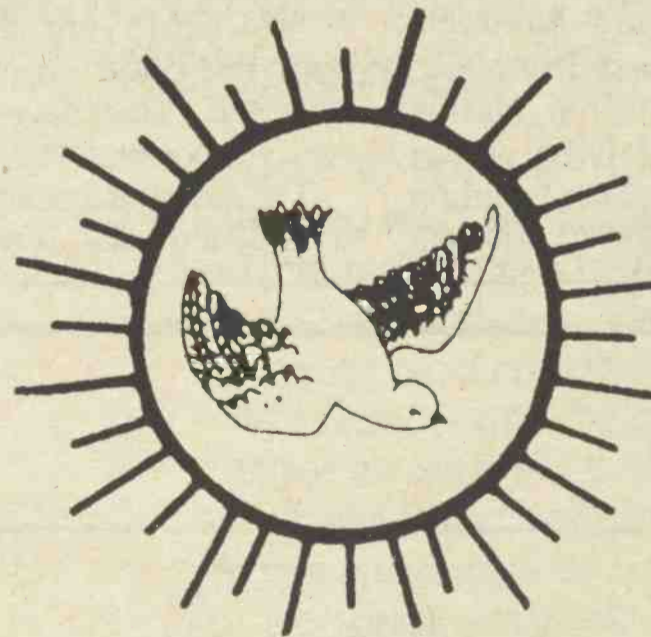


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Morley treatment centre staff limited, but devoted Medicine Lodge safe harbour for suffering alcoholics

By Dan Dibbelt

Their backgrounds vary but they share the same problem.

Vera was lonely and confused and an alcoholic. Numerous dry out centre's worked with variable success, but nothing seemed to help her addiction completely. She lost her job and her husband.

Rod started drinking when he was nine. "One night my whole family was passed out in the living room, and I decided to try it for myself," he recalls. Seven years of alcoholism followed.

Georgina suffered through a couple bouts of alcoholism. The first time she was lucky. A near accident when she was driving impaired scared her off alcohol. The second time it was the death of her husband and brother in an alcohol-related accident that sobered her up.

None of the histories are pretty. But the futures are limitless.

All three are employed at the Stoney Medicine Lodge east of Morley. And all three are using their experiences to help others overcome their addictions with alcohol.

Stoney Medicine Lodge is a 15,000 sq. ft. dry out centre offering a 28-day program. The facility houses six bedrooms, each sleeping three to four patients, and exercise room, a large kitchen and cafeteria, a lounge, auditorium, group counselling room and numerous storage facilities and offices. And new to the lodge a hair saloon, serving the centre and surrounding community.

"This used to be a private residence," says Yvonne

Still, executive director of the lodge. "So if you can see why it doesn't look institutional.

And it doesn't. Two of the bedrooms set aside for females are finished with coordinated drapes and bedspreads, pictures adorn the walls and flowers brighten up the tables and dressers.

The men's rooms are equally impressive but finished in masculine tones.

While the residence may be a leisurely one the alcohol dry out program is certainly not.

"The most important principle of the program is that the alcoholics must have a sincere desire to quit drinking," explains Still. "They must be alcohol-free for 72 hours prior to admission here."

Once at the lodge no alcohol is permitted and the rigorous program to sobriety begins. One-on-one counselling, group meetings, Alcoholics Anonymous meetings, book readings and lectures as well as dancercise classes all go into forming the five week program.

"The first week is an assessment week," explains Still. "After that they start into the program.

The number of people taking the program at one time varies, but the facility is large enough to accommodate 23 people. Staffing on the other hand is skeletal.

"We only have three counsellors when we should have seven," says Still. But funding cutbacks mean staff cutbacks.

The lodge's \$440,000 annual funding is provided by the National Native Alcohol and Drug Abuse Program. The building itself is provided through

the Stoney tribal administration, owners of the building, and the staff come from the different reserves but with similar pasts — alcoholism.

"If you've been an alcoholic, you can relate to what an alcoholic is going through," explains Still.

All of Stoney's counsellors receive on-the-job training supplemented by classes through Nechi, a counsellor training school in Edmonton.

And the five week program at Stoney is based on the first five steps of the AA alcoholic education life skills.

Each week is devoted to a particular aspect of recovery, explains Still.

Week one is an assessment week. The second week deals with developing sobriety skills and coping with the stress of living in two cultures.

The last three weeks are centered on self-forgiveness, knowledge and enrichment. Once completed a graduation ceremony is held. To date 32 people have graduated from Stoney's program.

But Stoney's treatment services go beyond in-house treatment. Still is particularly proud of the after-care and prevention programs offered by Stoney.

The after-care program has a counsellor visiting patients at their home every two weeks for the first three months and then once a month for the next two years. And the prevention program involves awareness classes held for Grades 1 through 6 at the Morley school.

"We work very closely with the band council," says Still. "They have been very supportive of us."

The lodge also deals with emergency calls — cases of



DAN DIBBELT, Windspeaker

Vera Mark, of the Morley Medicine Lodge.

people overdosing on either alcohol or drugs.

Despite the limited staff, they are very dedicated. The hours put in by each member are great but more impressive is the effort and enthusiasm displayed by the lodge's staff.

"I couldn't do it without them," says Still of her staff.

"We're like a family, a really cohesive group that works together."

The future for the lodge, like that of the people who work there, is bright.

"We're always trying to improve," says Still, who recently returned from a conference on "humor being the best medicine."

"It really can do wonders, I really believe in it," says Still who hopes to incorporate what she learned in the program.

"Our goal is to help Native people in this province" says Still. "We're here to serve our people, and I believe we are doing just that."

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War on alcoholism a never-ending one says counsellor

Stoney Medicine Lodge worker can relate to alcoholics through her experience

By Dan Dibbelt

While the war may be won, the battle against alcoholism is an never-ending one for Vera Mark, a counsellor-in-training at Stoney Medicine Lodge near Morley.

"It's a fight I face everyday," said Mark, who has been alcohol-free for more than two years now, but who faces temptation daily.

Mark was an alcoholic, off and on since the age of 13, when she was lonely and frustrated by the merging of the Native and non-Native cultures of the boarding school in Morley.

"I was confused, like many of my friends, and I just turned to the bottle," said Mark.

But Mark turned that addiction into a career as a counsellor-in-training at Stoney Medicine Lodge, a 28-day dryout centre for alcoholics.

It was at Stoney that Mark was finally able to fight the illness that plagued

her for more than 40 years. And so it is only fitting that Mark could use her experience as an alcoholic to help the patients at Stoney.

"I think I can do a lot here because of my own experiences," said Mark. "I can relate to the problems of the people here, because I've been there myself."

Mark is not unfamiliar with alcohol dryout programs. She has been to the one in Cardston, in Bonnyville and in Edmonton. And there are the numerous times she fought the battle alone — and won. But her victories were all short lived.

"My drinking got really bad when I had to go to work to help my husband support our family," explains Mark, a mother of six. "My boss was an alcoholic. It made work difficult, and I just grabbed the bottle."

Mark lost her job, and her husband, but she never lost the support of her children.

"They were a great help. They always gave me support," says Mark. But

her drinking did cause her eldest son to develop the same problem. "He is trying to quit now, and I know he can do it."

Mark doesn't believe that alcoholism is an addiction alone. "People don't understand that it is an illness — an illness that affects the whole family."

"Once an alcoholic faces the fact that they're an alcoholic they can start to get a cure," said Mark.

But Mark admits that many people are ashamed to admit they have that problem and therefore seek help.

"It's hard to forget the shame, but you have to or you can't fight the alcoholism," she says. "And you have to go because you want help."

"I went to Great Falls, Montana to a program like this. But I didn't go for myself, and I got angry and I started drinking again."

It was a small success only 18 months long.

When Stoney Medicine Lodge reopened its doors in 1982, a friend of Mark, submitted her name and in October 1986, Mark became one of the first students to graduate. It was just a beginning for her. She went on to take a second session and even today continues to attend Alcoholics Anonymous sessions.

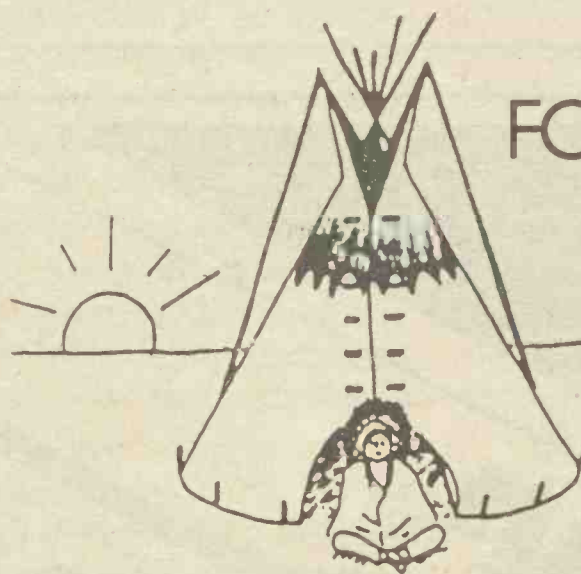
Mark also attends seminars on alcohol counselling at Nechi, an alcohol counsellor training school near Edmonton.

"It's still not easy," says Mark. "It's something you have to live with your whole life."

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How to help a troubled employee

Nechi adopts new work philosophy

By Richard Jenkins & Bill McVay,
Nechi Institute
(Nechi Newsletter)

Since the inception of Nechi Institute's Native Employee Assistance Program Research Project, a new frontier to helping people has been opened for the Native people of Alberta. This new frontier will allow access which has not been a successful experience, at least in Alberta reserves, before.

Nechi Institute is at present involved in the first Native researched EAP project in Alberta and in

Canada. For the past two years we have been developing and testing methods of making an EAP successful in Native communities. This involved collecting information on EAP models used by large corporations and government departments and identifying what will and will not work considering the dynamics unique to Native communities.

These 'dynamics' are inherent to developing any new program to fit the requirements of a community; be it Native or non-Native. Following are some of what Nechi believes are the unique factors of a

Native community as they relate to an EAP:

CHIEF AND COUNCIL: The authority of chief and council extends to all aspects of reserve life, not just employment.

INDIVIDUAL POWER AND INFLUENCE: The power and influence employees have over the leadership of the reserve is extensive; every employee, to one degree or another, has family, social and political influence in the community and the way the band as a whole is run.

CULTURE: The employment culture of a Native community is one which revolves around traditional

family, social, and political values rather than the written document, i.e., policies, procedures, etc.

SIZE: The average total population of a reserve is under 300 people and the number of employees a small fraction of the total population. This means the number of employees in a typical band is well below the number of employees in a large corporation.

LOCATION: Many reserves are not situated near a major urban area, therefore do not have access to many of the human services provided.

EXTENT OF PROBLEM: The extent of the problem

in a reserve setting is much higher and more easily recognizable than in large corporations.

These are just some of the dynamics to be considered when developing a Native EAP. Another historically recent phenomenon to consider is the high rate of alcoholism and drug abuse in Native communities. Research shows that in some cases up to 80% of deaths occurring on a reserve within a 10 year time period are alcohol related. It is a misconception, however, that alcohol and drug abuse in Native communities is a result of unemployment. If this were the case, then our research results would not show that up to 55 - 65% of all employees have drug or alcohol problems. This depends on which reserve is being studied.

The issue of relationship is an important part of this project. Relationship on a reserve is more than just employee/employer but the family relationships they have as well. Specifically it can lead to band councillors approving disciplinary actions on relatives and EAP coordinators assessing family members. In traditional Native culture these issues were inconsequential because there were no jobs to be hired to or fired from. Job assignment was assumed based on your natural skills in 'relation' to the 'jobs' needed to be done and at which time of the year it was. This was crucial because each season required different jobs to be performed, therefore your jobs would be many.

Here are some questions you can ask yourself as an employee of a reserve or an employer. These questions will aid you in identifying a troubled employee or identifying if you are part of the problem or part of the solution:

ARE YOU A TROUBLED EMPLOYEE:

Q. Have you missed more than two days of work within the last year, that's the National average?

Q. Have you missed an important deadline in the past year which could have been prevented by better work habits?

Q. Have you been suspended from work within the past year for a drug or alcohol related incident on the job site?

Q. Has your spouse ever called in sick for you when all you had was a hangover from an all-weekend party?

Q. Have you had a leave of absence because of a stress related cause?

ARE YOU PART OF THE PROBLEM OR PART OF

THE SOLUTION?

Q. Have you ever given a salary advance to a known addict?

Q. Have you ever hired a known addict for a job he/she was not qualified for?

Q. Have you covered up for an employee who has a drug or alcohol problem affecting his/her work?

Q. Do Band sponsored social events (Christmas parties, etc.) involve alcohol?

Q. Do known addicts/alcoholics on Social Assistance receive vouchers or cheques?

Q. Have known addicts/alcoholics been hired by your Band so the family would have money?

Q. Have homes damaged as a result of drunken behavior been renovated — more than once?

Q. Have practicing or newly sober alcoholics been hired as alcoholism counsellors because it would help the employee with the drinking?

If you answered yes to any of the above questions there is cause for concern. Concern for your organization's stability and ability to functionally satisfactorily. Although these problems may seem insurmountable they can be overcome with effective, positive, and realistic solutions.

EAP can be part of the solution for your reserve with the following considerations as guides:

CHIEF AND COUNCIL:

Commit yourself to the goal of helping your employees become the best they can be!

Believe in the right decisions made in the EAP process and support them even when friends, family, and relatives don't want you to!

Be the role model you can be by referring yourself to the program when things get you down!

BAND MANAGEMENT

Help your fellow employees by referring them when they are troubled!

Stand up when you know you've made the right decision to help!

EMPLOYEES

Be the best you can be and refer yourself to the program when life's trials and tribulations get you down!

Be a role model for your co-workers, your supervisors, your fellow community members, your children!

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**Wind
speaker**

Alcoholism changes office dynamics

By Kim McLain

Alcoholic workers change the whole dynamics and affect everyone in the workplace as well as bringing huge productivity losses, absenteeism, lowered work moral and accidents.

In 1978 Canadian Industry lost \$21 million a day due to alcoholism, however, this problem also has far reaching consequences for all co-workers too.

Kim Germack, a counsel-

Costs Canadians 21 million a day, time, productivity and morale

lor for Nayo Skan Human Resources in Hobbema says often workers think they are actually helping a fellow worker who has a drinking problem when in fact they are really enabling the problem drinker to continue to drink.

Fellow workers might cover up for a popular

employee — finishing deadlines for him, making excuses for suspicious bosses, but this covering up only enables the drinker to drink more and become less responsible.

If the worker is less popular, fellow workers may become resentful because the drinker is able

to get away with missing work, being late and performing at a low level. To them, it means more and more work.

Germack suggests that workers stop covering up for the drinker so the problem will become more apparant and can hide their drinking easier than others

— bosses can hide their drinking since they have no one to report to. But whether the drinker is a boss or a lower level worker, there are certain tell-tale signs that often reflect a problem.

Indications of a problem could be a worker leaving early on Fridays and coming back to work late on Mondays, or being late for work three out of five days, or hour and a half lunches on a consistent basis. Germack says if a once dependable worker's performance suddenly declines that could be a sign of something wrong. Germack was quick to point out that these indications don't always mean an alcohol problem, it could be drugs or family, but often these problems all go together, he added.

Colin Hatcher, AADAC's work place consultant, says once a problem is recognized alcohol and drug dependence is an illness that can be treated. And once that is done, Hatcher

says the supervisor recommends the individual seek help, while stressing that the choice of treatment remain the worker's.

Although the worker can't be forced into treatment, the company can extend full benefits to the worker so they can seek treatment, the same as any other illness, he says.

If the performance does not improve, says Hatcher, the employee should be subject to disciplinary actions — dock in pay, sent home, termination. Many organizations are adopting this approach to the problem of alcoholism.

Another way of coping with the problem drinker in the workplace is through a peer referral agent. The referral agent is a working peer who gets along well with everyone at the office and is trained to talk to fellow workers and refer them to the proper agencies. Hatcher stresses this method is especially appealing because it is non-threatening.

For more information on alcohol in the workplace, contact AADAC or a similar drug alcohol agency.

Librarians combat substance abuse

By Mark McCallum

"Why reinvent the wheel?" asked keynote speaker Marcus Grant at the 9th annual conference of Substance Abuse Librarians and Information Specialists (SALIS) in Edmonton, Nov. 2-6.

SALIS is a group of library, information and communication specialists who have established computer global links that can be used to access information about other countries around the world who are also working

toward preventing drug dependency.

Grant is a member of the World Health Organization (WHO), a division of the United Nations, which has put its support behind this international exchange of valuable information.

Grant reasoned that drug treatment programs are being developed constantly in other nations that can and should be used by groups trying to find remedies for substance abuse. He explained that a group may be trying to develop a treatment pro-

gram which has already been created elsewhere and is suitable for their needs. And, by using computer telephone links, information can be accessed from almost any part of the world.

Although SALIS is based in the United States, Edmonton AADAC librarian Bette Reimier says in two weeks time an "on line data base" will be operational in Edmonton, giving people the opportunity to access global treatment methods from public libraries anywhere in the province.

SALIS is still in the building stages, but the wealth of information being stored in computer banks will undergo examination by specialists, who will try to establish if differing lifestyles and cultures have an effect on preventing substance abuse.

"We have the information and now we're trying to discover if availability, religion, acceptance or even eating habits have an impact on dependencies," said Grant, listing examples SALIS plans to investigate in the future.

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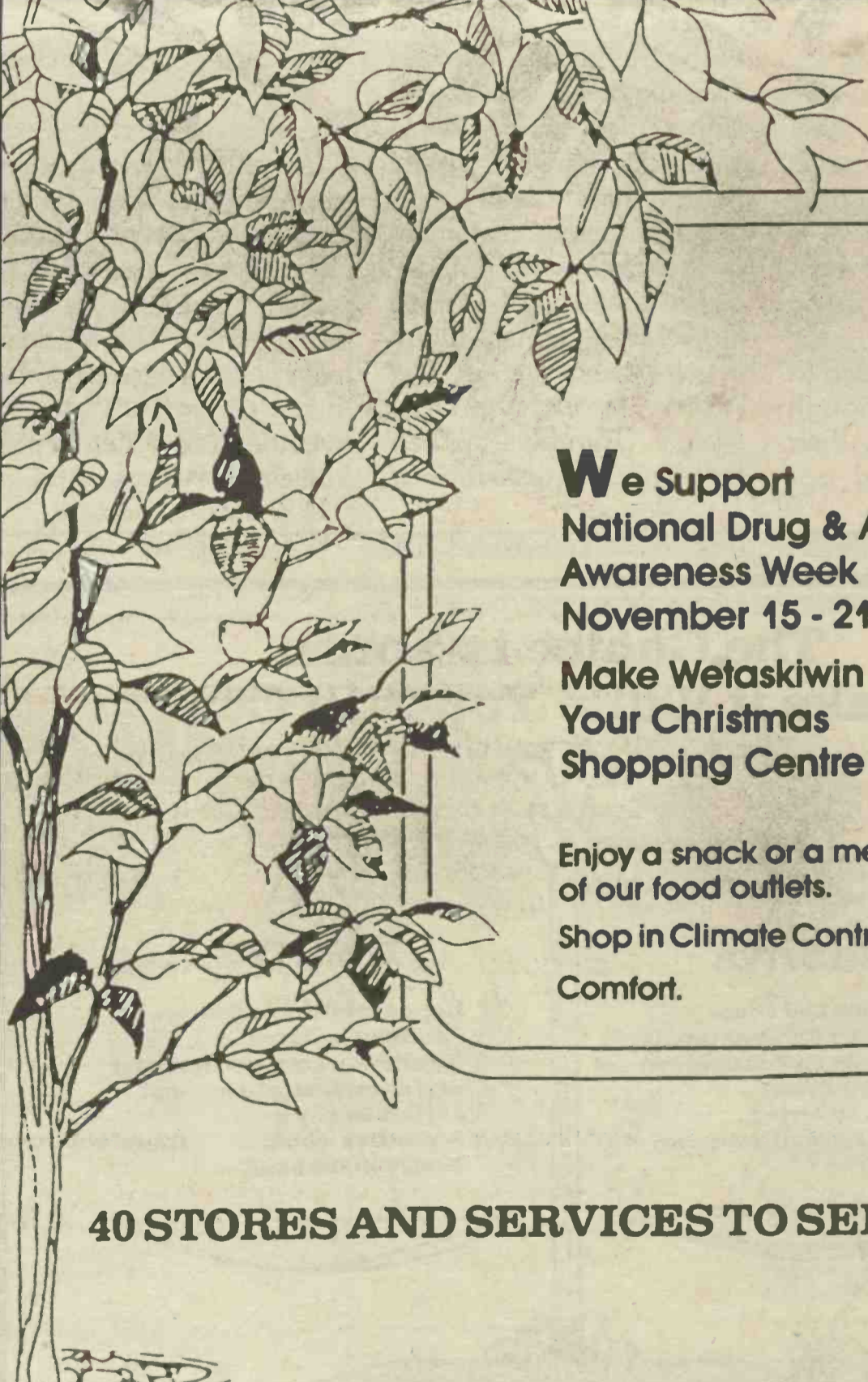
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Discussing drugs with children

Increasingly, parents are becoming aware that they can, and often do, influence the fatal alcohol and drug habits of their pre-teenage children. Educating your growing children about why people use drugs and alcohol, and the problems they can cause, helps them early in life to develop healthy attitudes; it also helps them as they grow older to make the correct decisions.

Many parents want to discuss drugs with their children but are not sure when to begin or just what to say. The best time to start differs from one child to another, but the most sensible rule of thumb is to begin when children first learn about drugs from people other than their parents, often from friends or from older brothers and sisters.

It seems reasonable that if by the age of nine of ten children do not seek answers about drugs from you, then it is time to ask them what they may have learned elsewhere. If this may seem too young for some parents, then consider the findings of a 1981 Addiction Research Foundation survey of drug use among fifth graders in Ontario: one out of eight children reported using solvents in the past year; one out of two admitted to using alcohol (although most did so only in their homes on special oc-

casions); and one out of 14 reported taking prescription barbiturates, drugs often available in the family medicine cabinet.

When discussing drugs with your children, you should not feel that you have to be an expert. It is very important not to misinform children; they get enough incorrect information from friends and on the street. Tell them the truth, or else you run the risk of losing your children's full confidence.

Definitely let children know how you feel about their using drugs, and tell them why. It is best to let your children know your views before they have used drugs, rather than risking a disagreeable argument after they have begun. If your views are sound, you may help them avoid alcohol abuse and illegal drug use, and all the hassles that can come with it.

Teach your children how to say "no" graciously. Some young people are reluctant to say no to others because they are embarrassed and afraid they may be rejected. The fact is, most young people either do not use drugs, or take them rarely. If children believe that most of their peers do not use drugs, they may be much more willing to refuse them. If you like, quote us! The Alberta Alcohol and Drug Abuse Commission has facts and figures about



Help by teaching children to say 'no' graciously.

young people and drug use.

Encourage your children to let you know when others offer drugs. It gives you the opportunity to praise them both for their honesty and their refusal to accept the offer. You also have a right to know whether or not their friends have taken drugs. And, as

a parent, you are in a position to insist that your children not associate with children who use drugs. But, you should be willing to discuss your reasons with your children. They also have rights.

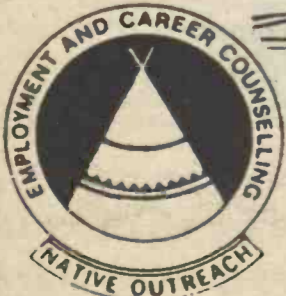
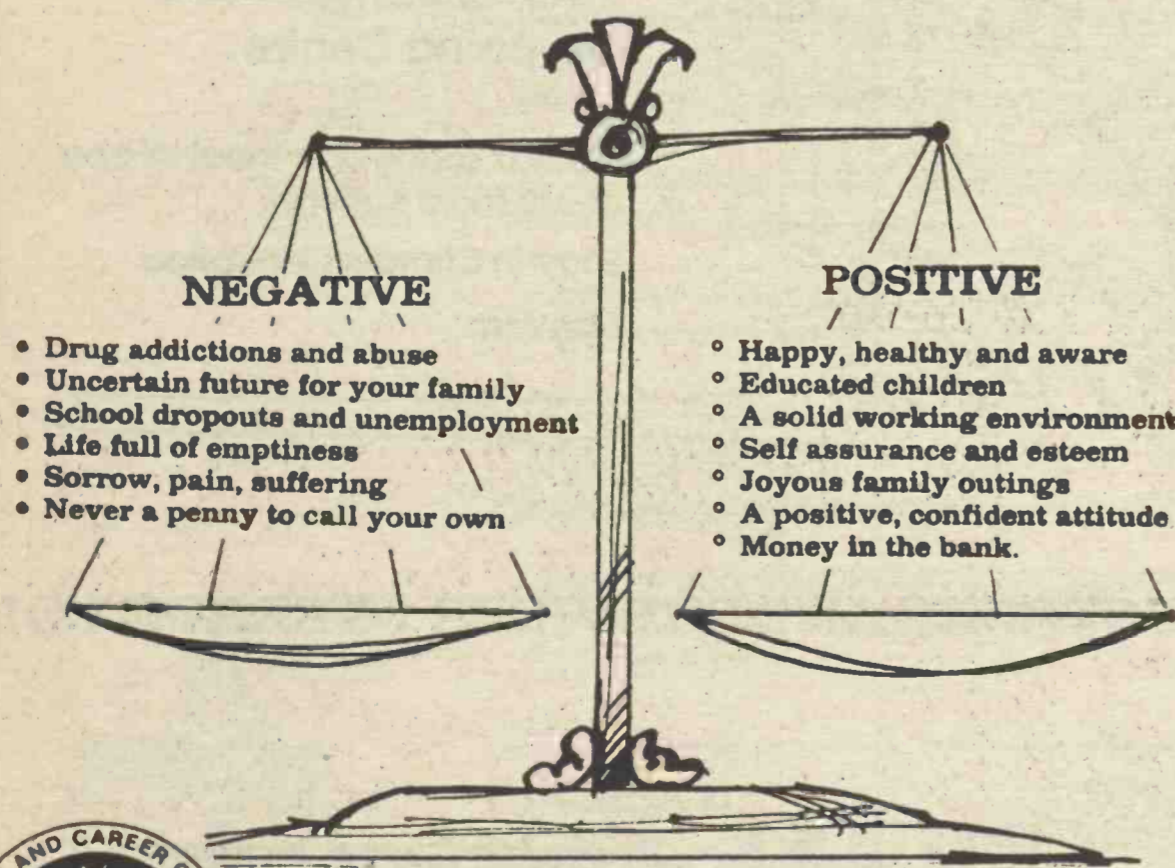
Finally, practice what you preach, because children tend to imitate

their parents. For example, if you often take alcohol to wash away your problems, whether you recognize it or not, you are teaching your children that drinking to relieve problems is perfectly O.K. They may decide in the future to drink or take drugs for the same reason. For more information on

drugs and alcohol, contact the AADAC office nearest you, listed in the telephone directory under the Alberta Alcohol and Drug Abuse Commission.

(This information provided by Ontario Addiction Research Foundation for their "Dial-a-Fact" Phone-in Information Service.)

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KIM McLAIn, Windspeaker

Barbiturates and other pills

What they are and how they affect users

Barbiturates and other sleeping pills are central nervous system depressants, that is, they slow down certain activities of the brain and other parts of our nervous system. Many sleeping pills produce effects that are very similar to those of alcohol.

The trade names of some of the more popular barbiturate products

include: Seconal, Tuinal, Amytal and Nembutal; and of the other popular

sleeping pills: Mandrax, Triador, Dalmane and Dorden. On the street, barbiturates are called "barbs" or "goof balls," and generally, sleeping pills are called "downers."

How people react to sleeping pills depends on a number of things, including their past experience with these drugs, how much is taken, the setting, and why it is taken. Sleeping pills, of course, produce drowsiness; but most also produce a feeling of pleasant relaxation. A patient suffering a sleep problem desires the effect

of drowsiness, while the non-medical user seeks the pleasurable feelings. Thus, their reaction to the same amount of the same drug is very likely to be different, as each has taken it for different reasons.

All of these drugs can relieve tension and anxiety. Some people find that sleeping pills, like alcohol, temporarily harm their memory and slow down their thinking. The reflexes also may be slowed, and users may feel unpleasant grogginess and dizziness. Some have difficulty

coordinating the muscles needed for walking or for writing, and they may slur their speech. Some feel less inhibited and, for a short while, many even increase their activity.

Side effects usually clear after the drug is taken for a few nights in a row. It is important to report any bothersome side effects to the doctor who prescribed the sleeping pills.

When people take doses of sleeping pills that are greater than recommended, the result can be extremely serious, depending on the drug, the amount taken and the individual. There are two main reasons why people take more of these drugs than doctors recommend. The first concerns patients with sleep problems; after taking a pill every night for a while, some people find that they need more and more of the drug in order to get to sleep, and then take more without consulting their doctor.

The second reason pertains to the pleasurable effects produced by most sleeping pills. Many people abuse these drugs because of their alcohol-like effects; and these effects become stronger as the size of the dose increases. When large enough doses are taken, users show the same symptoms as those who are drunk. The most important dangerous effect of barbiturates and most other sleeping pills is on the part of the brain that controls breathing.

When the overdose is great enough, breathing stops, and death may follow. Many deaths occur each year as a result of sleeping pill overdose — some accidental and others intentional. A person can

also die from lower doses of these drugs if they are taken in combination with other tranquilizing drugs or alcohol.

A few final points: people should never drive or use other potentially dangerous machinery after taking a sleeping pill. Furthermore, they should never use alcohol along with sleeping pills, as the combination can be very dangerous.

For more information on barbiturates or other drugs, contact the AADAC office nearest you, listed in the telephone directory under Alberta Alcohol and Drug Abuse Commission.

(This information provided by Ontario Addiction Research Foundation for their "Dial-a-Fact" Phone-in Information Service.)

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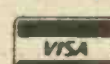
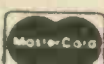


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Many seniors lead secret lives of despair

It is unlikely that the person over the age of 60 will be stopped for drunk driving or will be involved in an alcohol-related traffic accident. It is also unlikely that he or she will have much contact with the police or the criminal justice system. This person is not causing a major community disruption. Nor is he or she likely to be having job or school-related alcohol problems or marital and family problems. Few in the community say, "Oh, what a waste of potential; isn't there something that we can do to help?"

No, this person is probably not experiencing many of the more visible

alcohol-associated problems that alcohol and drug abuse caregivers and the community at large have come to recognize as signs of the need for care. To a large degree, this person is hidden from public view.

While the majority of Canadians aged 60 or older are leading productive lives, a significant minority of older individuals experience loneliness, anxiety, alienation, isolation from the mainstream, and feelings of lowered self-worth. And a significant minority have problems related to alcohol.

There are problems in defining what constitutes an alcohol problem. Research indicates that somewhere between 2 and

10 per cent of the over-60 population experience some type of alcohol-related problem. Among surveys of hospital admissions, especially to mental health hospitals, the rate of alcohol-related problems can be as high as 49 per cent. However, definitions are not always consistent, and measures of problem drinking and alcoholism based on the general population may not apply uniformly to older persons. Although the rates of alcohol problems among this age group are no higher than the rates for other age groups, there appears to be a greater need for treatment services.

The vast majority of

older persons needing help are not being diagnosed and treated for a variety of reasons, including embarrassment, difficulties encountered when help is sought, and resistance on the part of both treatment personnel and clients. Some are separated from their children, many are widowed, and others are institutionalized. Researchers and care providers are suggesting that such elderly people may turn to alcohol to deal with their problems and stresses — problems and stresses that in some cases they were better able to handle in earlier years.

There is a void left in the lives of some retirees and widows or widowers that


produces a combination of boredom, loneliness, feelings of uselessness and despair. If these persist beyond six months, then very often feelings of inadequacy and depression and lowered self-esteem — which can be stepping stones to alcoholism — result.

People in the 60-plus population do suffer from alcohol and drug abuse problems, and efforts to address the needs of these people require some understanding of their social situation. Society, in its zeal to extend life, has

lagged in addressing the problems facing older citizens, especially problems faced by those who are not financially or emotionally secure.

For more information on alcohol or drugs, contact the AADAC office nearest you, listed in the telephone directory under Alberta Alcohol and Drug Abuse Commission.

(This information adapted from *Alcohol and the Elderly*, in *Alcohol Health and Research World*, Spring 1984, by Millree Williams.)



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 YES NO
3. Do you sometimes gulp drinks?
 YES NO
4. Do you often take a drink to help you relax?
 YES NO
5. Do you sometimes forget what happened while you were drinking?
 YES NO
6. Do you ever drink in the morning to relieve a hangover?
 YES NO
7. Have you ever had an accidental injury after having some drinks?
 YES NO
8. Do you sometimes have several drinks when you meant to have only one or two?
 YES NO
9. Have people annoyed you by criticizing your drinking?
 YES NO
10. Have you ever had arguments with family or friends because of your drinking?
 YES NO
11. Have you ever felt guilty or embarrassed about your drinking?
 YES NO
12. Are there times you feel uncomfortable if alcohol is not available?
 YES NO

If you answered more than three YES questions, it would be wise to talk to someone qualified to help you determine whether alcoholism is a concern to you.

(This test is from the "Feeling Good" Series, Courtesy of the Community Education Services Division of Children's Television Workshop.)

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DAN DIBBELT, Windspeaker

Grace Drifting Cloud was able to quit drinking early.

Curiosity lured Elder to drink

Now Drifting Cloud counsels alcoholics at Morley

By Dan Dibbelt

Peer pressure, loneliness, confusion and desperation are some of the most common reasons people turn to alcohol. For Grace Drifting Cloud, an Elder on the Stoney reserve; however, the reason was experience.

"I wanted to know what it was like," says Drifting Cloud of her eventual evolution into an alcoholic at the young age of 18.

"We were never allowed to drink or smoke at home," explains Drifting Cloud. "And I never did smoke." But Drifting Cloud did turn to alcohol when she saw her girlfriends having a good time because of the effects of alcohol. But unlike most alcoholics, Drifting Cloud was able to stop her addiction at an early stage and with no outside help.

"I just gradually cut down, everyday I had a little less," she explains. "Then I would have only one drink a week and then I just cut it out completely."

Drifting Cloud now uses her experience and her gifts

of understanding to help those who are not fortunate enough to stop before alcohol becomes an addiction.

She was born on the Sarcee reserve, west of Calgary, in 1931 to Eddy One Spot and Georgina Soldier and attended school up to Grade 8 but had to quit at the age of 12 because of cancer. The next three years of her life were spent in hospitals. While her formal education has stopped, she continued to learn.

Drifting Cloud's paternal grandmother was a high school graduate. She passed on her education to Eddy One Spot who in turn passed it on to Drifting Cloud. Drifting Cloud also learned from her grandfather David One Spot.

"I have studied our culture, much of which I learned from my grandfather," says Drifting Cloud. "He told me that I was special and would one day help my people," she adds.

And that she is doing, by counselling alcoholics at the Stoney Medicine Lodge just east of Morley. There, Drifting Cloud lectures,

does one-on-one and group counselling and teaches handicrafts.

"I wanted to help our young," said Drifting Cloud of her decision to work at Stoney.

So many of our young are in trouble and I think it is up to the parents and the Elders of the tribe to help," she says. "Otherwise, what good is our culture."

Drifting cloud also credits her belief in her religion for helping her quit alcohol. "I had tried them (religions) all," says Drifting Cloud. "Before I returned to my religion I was a Mormon."

Regardless of the method or tools used, Drifting Cloud hopes to help as best as she can at Stoney. "This is how I can help," she says.

Drifting Cloud's knowledge of many Native languages as well as English also proves to be an asset to her in helping patients who come from different reserves.

Having been on the job for just three weeks, Drifting Cloud is still settling into a routine. And while this is a new experience for her it is an experience she will always remember.



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Wilderness store

Business is great, especially during winter months for the store and gas stop at Tall Cree, says storekeeper Ron Loonskin. The store, located on the gravel road between Fort Vermilion and Slave Lake, meets the needs of the Tall Cree reserve and any weary travellers facing long hours of driving through dust and heavy gravel can take a break.

Ron has been working at the store for over a year. "We could use a better approach to the store. Big trucks have a hard time getting in here for diesel and I'd like to get their business," says Ron.

Ron adds that the store makes enough from its every day customers that it can stay ahead and "it helps people from here when they need things like milk or bread. Then they don't have drive to Fort Vermilion, which is quite a long way."

During the winter business picks up, because more work takes place in the bush and more business people use the road.

"It gets quiet sometimes but I don't mind working here," says Ron.



ROCKY WOODWARD, Windspeaker



MARK McCALLUM, Windspeaker

Vinson to go on European tour

Laura Vinson and Red Wyng prepared for an upcoming tour of Europe by performing entertaining country music for nearly 150 people at a benefit dance for Metis Local 1885 in Edmonton recently.

The Metis entertainer will spend several days overseas with her band, appearing in the Canadian Country Music All-Star Show, which will be performing in major European capitals until November.

The All-Star show will then be entertaining crowds at Barrhead, Alberta (located about 100 miles northwest of Edmonton) on Nov. 28.

Coordinator of benefit Victor Haineault says the Local didn't make any money, but that was never their intention. "The dance was put on for the community, so they could get out and enjoy themselves — and with Laura Vinson singing that's not a hard thing to do," explains Haineault.

Support for the benefit, however, was evident from other Edmonton Metis Locals, notes 1885 president Stan (Butch) Plante. "It seems to be a trend that different locals support and not try to compete with each other when social functions such as this are put on."

Crafty business

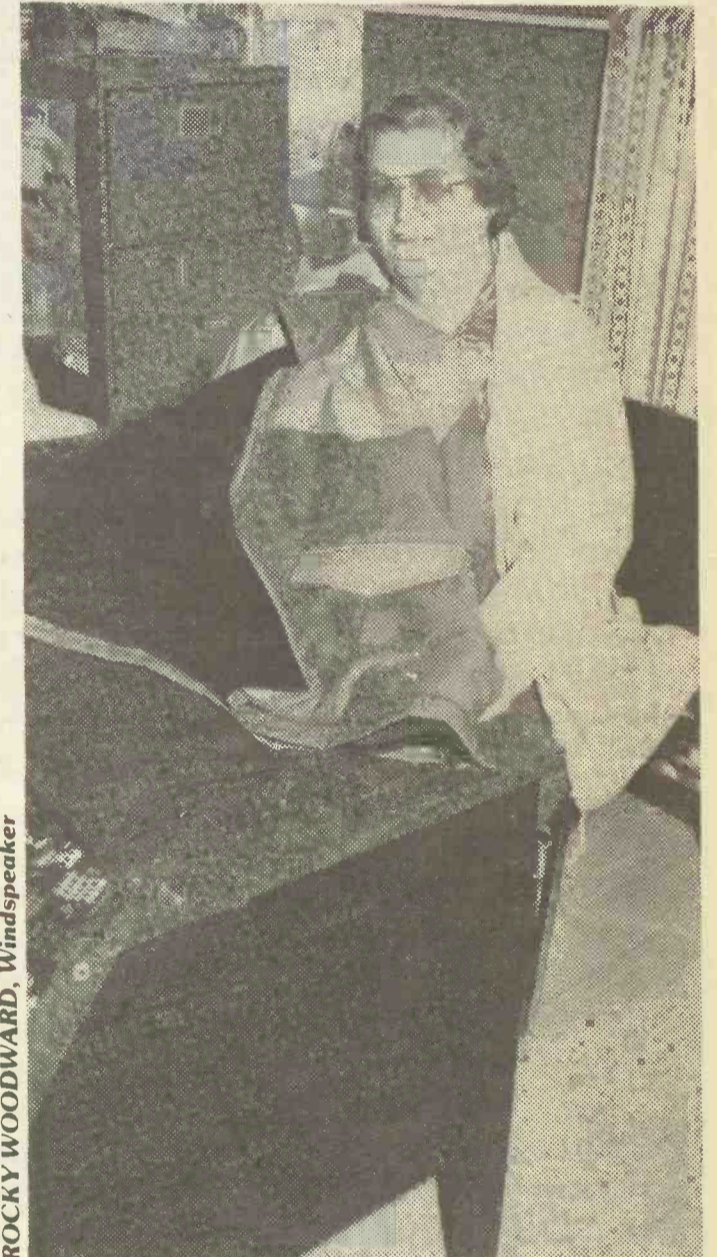
Located at the High Prairie Native Friendship Centre, Kiyheow Industries are already turning a profit by making Native designed clothing of all types. While Windspeaker was visiting the centre, manager of Kiyheow Industries, Dorothy Supolik had just taken an order for about 25 jackets.

The sewing and design department employs six workers and according to the executive director for the centre, Joe Courtepatte, the cost between March 2 and Oct. 9 for the workers was taken care of by the Canada Job Strategy Program.

"We tend to hire students from Grouard who graduate from the Native Arts and Crafts program and the Alberta Vocational Training program will pay for their services. Kiyheow Industries is a tremendous asset to the friendship centre," said Courtepatte.

Kiyheow Industries makes community league jackets, Native traditional clothing which includes moccasins, Native designed gloves and jackets.

Instructor Margaret Louise Cardinal from Saddle Lake, adds her expertise guiding the student workers on the project.



ROCKY WOODWARD, Windspeaker

Saddle back home

According to Clarence Wolf Leg of the Blackfoot reserve, the saddle he holds was used before or near the turn of the 18th century. "The saddle was in a museum but over the years we finally got it back," said Wolf Leg.

Old Sun Community College, located on the reserve was part of the Pincher Creek Aboriginal Film Festival held Oct. 8-11. The college sent many Blackfoot artifacts for viewing which included old photographs of Blackfoot leaders and their people.



ROCKY WOODWARD, Windspeaker

Sports

Rita Houle awards

Past winners honored

By Mark McCallum

The annual Rita Houle Memorial Awards were bigger and better this year with a record 15 candidates vying for the coveted trophy and scholarships.

This year's winners, Shane Edward Peacock and Teddi Littlechild were presented with their awards at the Canadian Native Friendship Centre, Nov. 7

Past award winners were also in attendance and made history this year when they were honored with "keepsake" trophies.

The Rita Houle awards began in 1980 shortly after Houle, an outstanding athlete and volunteer for the centre, died at the age of 20 following a long battle with cancer.

The legacy of Houle lives on in the awards as the judges base their decision on qualities Houle displayed throughout her life. Candidates must display vigor and drive in the areas of athletic competition and within their own communities.

About 200 people watched as CFRN anchor Lisa Miller, master of ceremonies, listed a long line of credits for each talented athlete before this year's male and female "Athlete of the Year" were announced.

Former Edmonton Eskimo great Dave Cutler (who was a judge for the event) presented Shane Edward Peacock with the male Athlete of the Year Award and a \$1,000 scholarship. Fellow athlete Teddi Littlechild, who could not



FORMER EDMONTON ESKIMO DAVE CUTLER and SHANE PEACOCK — Peacock wins award and scholarship

attend the presentations had her mother accept the honor on her behalf.

Although Peacock has every right to blow his own horn for his countless sports and academic accomplishment, the 14-year-old Enoch band member accepted the honor quietly. He downplayed his achievements, saying: "I'm not used to this, winning an award so many people were up for...I feel very happy right now."

In the past two years, Peacock set six records while competing for the Kitastinaw Track and Field Bantam Team. He won six gold and three silver medals at the 1987 Friends in Sports Summer Games.

Peacock was named the

assistant captain of the Enoch Peewee "AAA" hardball team and was awarded the Most Valuable Player award for hitting the most home runs in the Caernarvon Community League this year, something he also achieved in the 1986 season.

Hockey is also another sport Peacock excels in, winning numerous titles and being named the team captain for Enoch clubs in the six seasons he has taken to the ice. The Lethbridge Hurricane Juniors, a Western Hockey League Tier one team, have already put him on their Protection List.

And Peacock, who is currently a live-in resident of Athol Murray, College of Notre Dame, is one of the youngest players to play for the Notre Dame Hounds Senior football team. The extraordinary athlete hopes to finish high school at the college and go on to university, majoring in physical education and

possibly law. To make his dreams complete, he also wants to earn a spot on the Canadian Olympic hockey team in time for the 1992 Winter Games and then try out for the National Hockey League.

"Do you ever sleep?" asked Miller, joking much to the delight of the crowd and Peacock.

At 15, Teddi Littlechild is fast becoming a household name across the province.

The Hobbema band member, who has been awarded the Most Improved Student (for outstanding attendance and academic achievement) by the St. Augustine's school and Ermieskin Education Trustees 11 times since 1982, is the proud owner of 15 trophies, 40 medals and more than 340 ribbons and has finished first about 80 times in major sports, which include swimming, gymnastics, golf and track and field.

A recipient of the Beverly Lightning Award for ac-



Photo Courtesy of CNFC

TEDDI LITTLECHILD ...adds award to her 15 trophies

demics, Littlechild finished in the top 100 Alberta students for a cross-Canada math contest in 1986. These accomplishments made her an easy choice for the province's International Year of the Youth Award, and the Champion's Achiever Award in March 1987.

When she's not in the classroom, Littlechild is usually competing in the swimming pool where she won 11 medals, including three golds, at the Alberta Junior Championships in 1986. She followed up that performance this year by winning three more golds for a total of seven medals at junior and Olympian swim meets, held across the province.

Although Littlechild is "temporarily retired" from gymnastics, she has placed first 15 times in the sport, winning five all-round titles at the 1984 Alberta Finals.

After competing in golf for only two years, Littlechild won the 1987 WIN (Western Indian Native) Golf Association Junior Girl's Championships and also qualified for the Alberta Summer Games golf showdown at Sherwood Park.

Littlechild is a member of the St. Augustine's cross-country team, which placed second overall at the 16th Winfield Meet. And, she took home a first place title at the Annual K of C Free Throw Championships.

Littlechild is putting all of her energy into swimming. She has been to the Alberta Junior Provincial Championships eight times and is currently training five hours a day with the University of Calgary Swim Club for the nationals.

Guest speaker Jim Gladstone, who was the Canadian calf roping champion three times in the late '70s and also holds the World calf roping title, spoke of experiences to the audience and gave the young athletes some sound advice, "set your sights high and never quit."

Gladstone has lived by those few words of advice ever since he entered his first rodeo and lost in 1959. Ten years later, he won his first Canadian title.

Gladstone didn't enter law school until he was in his late '30s and when critics questioned his motives, he would answer: "In seven years when I finish law school I'll be 42; I might as well be a lawyer."

The Cardston, Alberta resident doesn't believe Natives are "disadvantaged," adding that there's plenty of talent in Indians that shouldn't be wasted. Stressing the importance of a "positive self-image," he concluded, "we don't always have a lot of opportunities, but if you work a little hard at it, you can succeed at anything."

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SPORTS ROUNDUP

By Kim McLain

This being national alcohol and drug awareness week gets me thinking about my own drinking habits. And what a drinking habit it was. Every weekend and sometimes on Wednesday nights, two for one night. But notice I said "was."

Now I don't drink anymore. Sometimes people ask me why and I tell them I break out in spots. "Spots?" they always reply and I always say: "Yah, spots, like Cold Lake, Grouard, Calgary..."

I'll bet you're thinking this nut doesn't smoke, doesn't drink, so what is his problem? And I don't blame you — sometimes I wonder myself. If I keep going at this rate, I'll be a monk in Tibet before I'm 30.

IRCA: The Panee Memorial Agriplex at Hobbema came to life last Nov. 7-8 weekend when Alberta's best Indian cowboys met head to head in IRCA rodeo action.

The rodeo, called the Banquet Rodeo is an IRCA sanctioned rodeo for the 1988 season and coincides with the yearly awards and banquet night.

Here are the winners and their categories:

Benji Buffalo, bullriding — Leon Montour, bareback — Louis Littlebear, saddle bronc — Carter Yellowbird, calf roping — Andrew Hunt and Bruce Labelle, steerwrestling — Leslie Roasting and Marcel Sealteaux, team roping — Livia Piche, senior barrels — Tia Fox, junior barrels and Steed Wesley, boys' steer riding.

PANEE: Alberta Indian cowboys eased some tension with good food, awards and dancing last Nov. 7, Saturday night.

The Panee Memorial Agriplex was the venue of the Indian Cowboy Rodeo Association year end banquet where belt buckles and saddles were handed out to the top cowfolk.

Aside from the year end winners, an award was given for the Cowboy of the Year. The award was presented to none other than Gordon Crowchild for his help and devotion to the IRCA. Crowchild, in his 50s, is a top contender in the steerwrestling event.

Of course, the big finale for the Indian cowboys is coming this Nov. 19-20 when the year end winners meet North American's best in Albuquerque, New Mexico.

EDMONTON: Ex Sports Roundup guy Jerome

Alberta's best cowboys meet at Panee

Bear is the skip for the only Native team in Edmonton's Jasper Place curling league.

The Bear has teamed up with Lawrence Courtoreille, Jerome Morin and Collin Courtrielle. Lawrence and Jerome work at the IAA while Collin is a welding student at NAIT.

The team is up against twelve other teams and plays every Monday night. So far, the Bear's team has played four, winning two and losing two.

But the team is already looking forward to playing the Indian curling provincials this spring at Slave Lake. They'd like a chance at taking the championship away from the last year's provincial champ, Dale Spence.

HOBBEMA HAWKS: The Hawks are up against some pretty fierce competition in the Alberta Junior Hockey League.

The Hawks are in their seventh season with the league. They haven't won a championship yet, but had a second, three years back. Last year they placed seventh in a league of nine teams — according to PR man Ted Hodgeson the team is still young.

Half the team is Native — they come from all across Canada. Hopefully some of these players will go on to

play professional hockey like Mark Messier, Troy Murray and the Sutter brothers, all played in this league.

Right now the Hawks are sitting in the middle of the league's standings. They're in the northern division and are third with 7 wins and 9 losses, no ties. The leaders are the St. Albert Saints with 13 wins and 4 losses.

Top goal scorer for the Hawks is Brian Bearskin with 10 goals in 13 games. Marty Yewchuk has the most points with 7 goals and 21 assists in 16 games.

Windspeaker will keep you up to date on the team's standings and even introduce you to a couple of players.

HIGH LEVEL: High Level shouldn't be in sports limbo anymore, they've filled that recreation director position with 33-year-old Brian Sinclair, of Devon.

Brian is a graduate of the recreation administration program at the University of Alberta. That education, along with his extensive work history based in recreation, had Brian outshine 29 other applicants.

Sinclair is filling the position made vacant by Chris McKenna.

Congratulations Mr. Sinclair!

And have a super week everyone...catchya later!

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Success

Band administrators graduate

Students commended for dedication

"Never have I taught a class which was as bright and had as much enthusiasm. You have the qualities for leadership in your communities. You are the winners who will make things happen. The brightest and most productive group I have had the good fortune to teach."

These were only a few of the comments made to the graduates of the Community Vocational Centres Band Administration Program. Fourteen students, looking resplendent in their red graduation gowns and caps, were graduated at a ceremony at the Sawridge Hotel banquet room on Friday evening, Oct. 23, 1987.

The Band Administration Program was offered by the CVC at the request of the Lesser Slave Lake Indian Regional Council. It was funded by the Canada Employment and Immigration Commission and the Department of Indian and Northern Affairs.

Students were employees of their local bands throughout the program. They attended classes two weeks out of every month and kept up with their work responsibilities as well as the requirements of the program.

Two of the courses, Communications 243 and Organizational Behavior 386 were Athabasca University courses. Other courses included Financial Management, practical applications of Computer Accounting using ACPACC,

sources of Funding and how to apply, Stress and Time Management, Public Speaking, Parliamentary Procedures, Political and Legal Issues, Program development and Community Planning. The program began Nov. 12, 1986 and ended Oct. 23, 1987. It was held at the Driftpile Recreation and Community Centre Complex.

On behalf of the students, Robert Moberly of the Bigstone Cree band said the training was very valuable because "now we know the words that the managers are using and we can talk like they can."

Chief Jim Badger, of the Sucker Creek band and vice-president of the Lesser Slave Lake Indian Regional Council, complimented the CVC for its "well known contributions to Indian communities and Indian bands." Students are now able "to state opinions and give valid reasons for them. Graduates, you have the qualities for leadership in your communities, said the chief.

Al Heise, manager of the Slave Lake Canada Employment Centre, said the government of Canada was pleased to be involved in funding this program. He praised the cooperation of all the bands involved and lauded the successful completion of 80% of the students who began. He read a telex from the Honourable Benoit Bouchard, Minister, Employment Immigration Canada, which said "the



The CVC '87 band administrators graduating class proudly pose: L to R (front row) - Clara Yellowknee, Geraldine Anderson, Donna Morrison, senior instructor, Christine Auger and Doreen Calliou. L to R (back row) - Dennis Macknak, instructor, Fred Badger, Robert Moberly, Fred Okimaw, Peter Freeman, Earl Laboucan, Monty Auger, Adrian Yellowknee, Wayne Anderson and Beverly Gill, instructor.

innovative classroom training...will enhance your performance in your chosen fields. It was an honour to have worked with Native bands in the area. I wish you all the best in your future endeavours." Heise added, "A large part for the success rests with the graduates themselves."

Karl Gongos, president of the CVC complimented the graduates who had to drive to Driftpile in the morning, go to school and then drive back to their communities, catch up on their work and drive back

to class the next morning. "You will go forward to face criticisms from those who do not want to move ahead, but these comments are often made by those least qualified to do so. Education is only the start. Through your education you are able to replace cocksure ignorance with educated uncertainty."

The following students received their certificates: Geraldine O. Anderson, director of Social Services, Driftpile Band; Wayne J. Anderson, band manager, Swan River Band; Christine

Auger, secretary and membership clerk, Whitefish Lake band; Monty M. Auger, director of education, Tallcree band; Fred W. Badger, education director, Sucker Creek band; Elaine T. Calahasen, economic development officer, Sucker Creek band; Doreen M. Calliou, bookkeeper, Sucker Creek band; Peter W. Freeman, economic development officer, Driftpile band; Earl H. Laboucan, education and Social Services, Whitefish Lake band; Robert G. Moberly, supervisor of band Social

Services program; Bigstone Cree band; Fred Okimaw, councillor, Driftpile band, H. Adrian Yellowknee, director of education, Bigstone Cree band and Clara Yellowknee, Bigstone Cree band.

The ceremony concluded with a tribute to Donna Morrison who coordinated the program. Each graduate presented her with a long-stemmed red rose.

(Photos and story courtesy of the CVC.)

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Lucy Gladue remembers Life was a challenge

By Marlene Cardinal

Gentle and sweet is the best description of Lucy Gladue, a long-time resident of the nursing home in High Prairie.

Lucy was born May 10, 1908 in Atikameg, a small closely-knit community. She was raised in an Anglican mission. At the age of 17 she married Frank, who was 28 at the time. Together they had eight children, five boys and three girls. They are also blessed with 30 grandchildren and seven great-grandchildren. Lucy has a brother and a sister who are still alive. Her brother lives in a home in Michener. Her sister, Annie Coutrie lives in the J.B. Wood Nursing Home. In the summertime both women visit their brother.

As a young woman with very small children she was often left alone to care for them while her husband was away working. He usually logged, trapped or hunted. Work was mainly seasonal.

Between raising and caring for her little ones and making moosehides, mukluks and crafts, life was very busy for her. She loved to write poems. Life was very hard for her as a young woman. Most of her babies were two years apart.

There was pain in her eyes as she related how her youngest child died of pneumonia. Her husband used to drink which eventually led to her being abused. But she never touched a drop, she despised it for the results it caused.

Her happiest memories were when the family went out camping in the bush,



Photo Courtesy of Marlene Cardinal

LUCY GLADUE
...strong faith sustains her

during these times she often made dry meat or cured moosehides. She remembers how pure and fresh the water was back then because when you dipped your pail in it was clear. People worked a lot harder then because they didn't have the conveniences we have now.

Lucy came to stay at the Pleasant View Lodge because she was and still is sick from bleeding ulcers. Her husband stays with her at the home. Both feel they need the care a home provides. She gets lonely so she goes to visit her sister at the nursing home which is just a short walk away.

Her strong faith in God is what sustains her. When she prays and reads her bible the loneliness goes

away. She taught her children to be thankful for everything even when problems seemed unbearable. She has prayed for her children since they were small and because of her devotion most of her children are saved and love the Lord.

One of her sons is a preacher in Edmonton. She said shyly that she is a born-again Christian. One of her favorite hymns is Amazing Grace; she is happiest when she is singing. She said, "We have only one master and we have to tell people what's in the bible both in Cree and in English."

We could learn a great deal from this dear lady. She's sick and in a home away from her family and yet she still smiles and thanks God for all she has.



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This symposium will be of special interest to professionals in health, educational and social agencies working in the inner city areas. It will also be of interest to political and social leaders responsible for these problems. For more information, contact Continuing Medical Education, 12 - 103 Clinical Sciences Building, University of Alberta, Edmonton, Alberta T6G 2G3. Phone: 432-6346.

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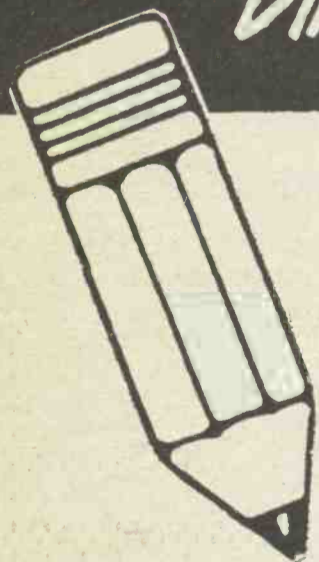
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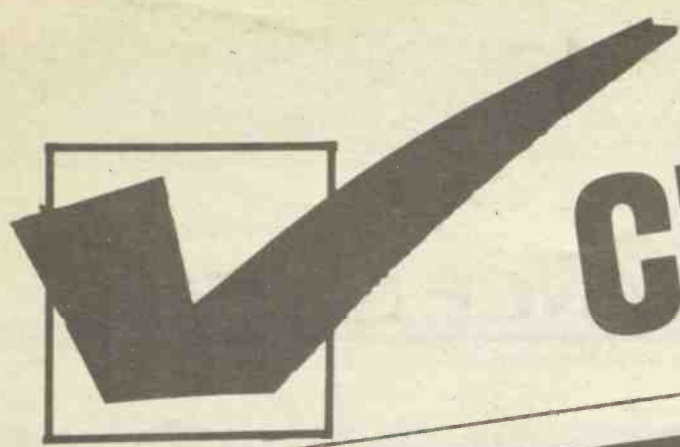
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LUBE, OIL CHANGE & FILTER

10W30 SF-CC Oil)
(Up to 5 litres of

Only 16⁹⁵
(most vehicles)

BRAKES

Front

89⁹⁵

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Service details available on request

FREE SERVICES Winter Safety Check

(most vehicles)

V8 **35⁰⁰** Plus Parts
6 cyl **29⁰⁰** Plus Parts
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WHEEL ALIGNMENT

9⁹⁵

with purchase of four tires

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