

Bannock recipes

VERSION ONE:

- 3 cups flour
- 2 tbsp. baking powder
- 1 tsp. salt
- ½ cup sugar

Cut into the mixture ½ cup margarine or shortening. Add enough cold water to make dry dough. Pre-heat oven to 400-degrees Fahrenheit. Place in a greased pan and bake for 30 minutes.

VERSION TWO:

- 3 cups all-purpose flour
- 2 tbsp. baking powder
- 1½ tsp. salt
- 1½ cups water
- 1 cup blueberries

Mix dry ingredients together. Add the blueberries and bake in a pre-heated oven at 420-degrees Fahrenheit for 20 minutes. Cut in pieces and serve hot or cold. Excellent served with mint tea.

DIABETES-FRIENDLY FRY BREAD:

- 1 ⅓ cups whole-wheat flour
- 2 ⅓ cups all-purpose flour
- 4 tbsp. baking powder
- 3 tbsp. sugar
- ¼ tsp. salt
- 1 tbsp. oil
- 1½ cups of warm water
- non-stick spray

Mix the flours, baking powder, sugar and salt together. Combine the oil and water, and then mix the liquid into the dry ingredients. Cover the dough and let it set for 10 minutes. Divide the dough into 12 pieces and roll or pat each piece into a four or five-inch circle on a floured surface. Heat a large, heavy skillet over medium heat. Spray the skillet with non-stick cooking spray. Place two or three pieces of the dough in the pan. Cook for about 2-3 minutes or until golden brown. Spray the top of the bread with non-stick cooking spray and flip them over. Cook an additional two minutes. Place on a paper towel and eat hot or cold.

First Nations Standing Committee

c/o Hospital Employees' Union
5000 North Fraser Way, Burnaby B.C. V5J 5M3
1-800-663-5813 ext. 7192 or 604-456-7192

If you are Métis, First Nations or Inuit and want to be on our First Nations caucus list, please contact Sharryn Modder, HEU equity officer, at 604-456-7100 or 1-800-663-5813 (ext. 7100). Alternatively, you can email her at <smodder@heu.org>. You do not have to have a status card, live on-reserve or off-reserve to be a part of our caucus. If you believe in your heart that you are of Aboriginal ancestry, please feel free to contact our committee.



Hospital Employees' Union

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FIRST NATIONS



newsletter

SPRING 2012

HEU First Nations Standing Committee



To raise awareness of the uniqueness of First Nations culture in order to improve equality within HEU and the community-at-large.

HEU's 2011 Equity Conference a great success

In March, HEU held its Equity Conference in Vancouver bringing together about 120 representatives and members from the union's five equity caucuses – Ethnic Diversity, First Nations, People with disAbilities, Pink Triangle, and Women's.



Elections were held and the following members were elected to our First Nations Standing Committee: chair Peggy Christianson, vice-chair Jennifer Shelford, plus members-at-large Sheldon Agecouty, Valerie Sailer, Pagent McEachern, Amie Williams and Genevieve Johnny.

Alternates are: Christina Stauffer, Margaret Stinson, Trudy Spiller, Samantha Biggins and Brenda Lee Douglas.

It has been passed that if a member from the First Nations Standing Committee cannot make a meeting, then an alternate will be called in to attend the meeting

A note from the chairperson

I would like to start off my note by thanking everyone for supporting me to represent First Nations. I feel honoured and will do my best over the next two years to work on behalf of First Nations. I would also like to thank the past members of the First Nations Standing Committee. As I stated back in March 2011, I would create an email address for First Nations members to communicate with one another. This has been created on gmail. If you wish the gmail address and password, please feel free to email me at <pegchr@gmail.com>. By creating the gmail address, we can read information about concerns and what is happening with First Nations.

The First Nations Standing Committee has had two meetings since our election. The meetings were held on May 11–12 and October 26–27 at the union's Provincial Office in Burnaby. During those meetings, we set goals for the First Nations Standing Committee. They include:

- **ABORIGINAL DAY** – encourage locals to have a celebration on this “special day”.
- **PATIENT NAVIGATOR** – to have an Aboriginal Patient Navigator at every hospital to provide Aboriginal patients with proper access to community services; to help the patient understand the hospital system; have a spiritual connection; help with discharge planning, community and hospital linkage, and promoting access to community services.
- **PROVINCIAL ELECTION** – will be coming up on May 18, 2013. We're planning to create door-knob cards for the election, and developing a communication plan on how important it is for First Nations to vote.

I also went to an Inclusive Leadership pilot course in April with representatives from each of the equity committees, plus a number of HEU staff and Provincial Executive. The course is about developing an understanding of anti-oppression, understanding the

historical and social context in which oppression occurs in Canada, and developing a strategy within the union to best represent workers from marginalized groups.

There is a four-year plan that all members of the equity committees will be able to attend the Inclusive Leadership training.

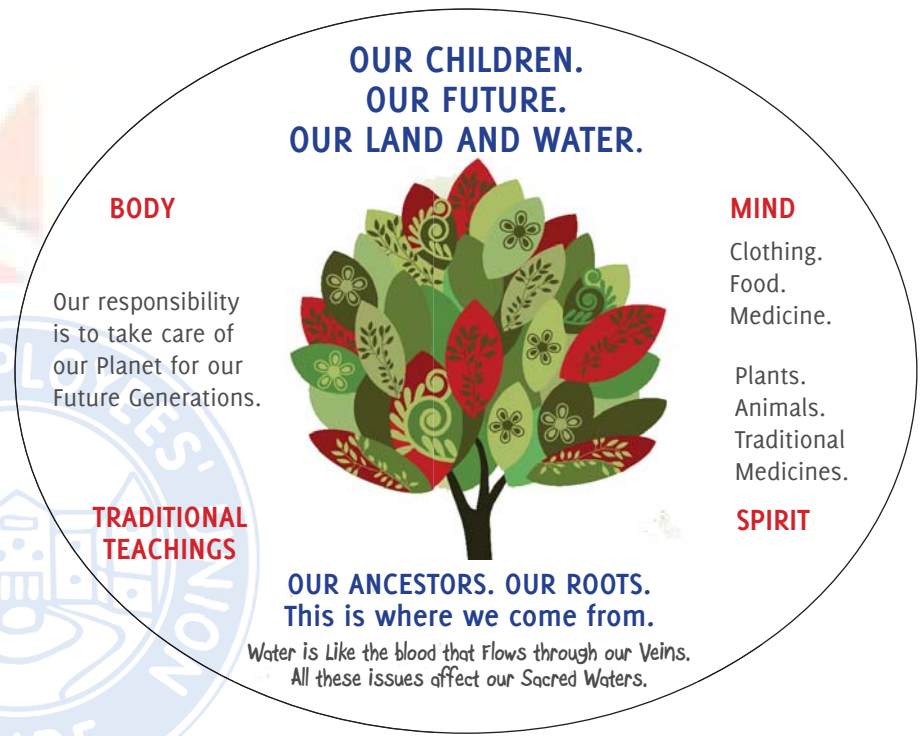
Awareness campaign

Tripartite Health Agreement

October 13, 2011: “The Honourable Leona Aglukkaq, federal minister of health; B.C. Minister of Health Mike DeJong, the B.C. First Nations Health Council and the B.C. First Nations Health Society today signed a landmark legal agreement that will ensure B.C. First Nations have a major role in the planning and management of health services for First Nations through a new first Nations health governance structure.”

Please educate yourself on this issue and know how it can affect your community. Link is <http://www.hc-sc.gc.ca/ahc-asc/media/nr-cp/_2011/2011-133bk-eng.php>.

Water Maintains Life. We need to take care of our water. Without clean water, Life cannot be sustained. Water is not a commodity. It is a "Human Right."



Ongoing issues:

- Highway of Tears (Highway 16): <www.highwayoftears.ca>
- Missing and Murdered Women Inquiry
- Sisters in Spirit
- Enbridge Pipeline: <dogwoodinitiative.org>
- Prosperity Mines (Friends of Nemaiah Valley) <<http://fonv.ca/>>
- Sacred Headwaters: <www.sacredheadwaters.com>

HEU's First Nations caucus has presence at Facilities Bargaining Conference

These are the bargaining demands that the First Nations Standing Committee submitted to the Facilities Bargaining Conference that was held in November.

JUNE 21 STAT HOLIDAY: We want June 21, National Aboriginal Day, to be a paid holiday for all HEU members.

- Because this day will help all Canadians recognize the important contributions of Aboriginal peoples in Canada.
- Because there is no stat holiday in June.
- Because many First Nations collective agreements in HEU and in other unions already provide June 21 as a paid holiday.

SPECIAL LEAVE: We want to use up to five (5) days of “special leave” for traditional First Nations pursuit days, which include things such as game hunting and other traditional food gathering practices.

- Because, according to many of our cultural and spiritual practices, we are required to return home to our reserves and/or traditional territories to assist with food gathering.

SPECIAL LEAVE: We want to use up to two (2) days of “special leave” to attend potlatches in our areas or our reserves.

NAVIGATOR POSITIONS: We want HEU to bargain for new Navigator positions in the facilities subsector.

- Because a Navigator assists people from different cultures to navigate the often confusing health care system.
- Because the Navigator will understand the different cultural practices and beliefs that people bring with them to the health care system, and will help staff and patients incorporate and honour those beliefs while in care.
- Because the Navigator program has proven successful wherever it's been implemented.



The history of "bannock"

The Aboriginal staff of life, bannock, is common to the diet of virtually all North

American First Nations. The European version of bannock originated in Scotland and was traditionally made from oatmeal. The bannock of Aboriginal people, however, consists of corn, nutmeal and flour made from ground plant bulbs.

There are many regional variations of preparing bannock, which include using different types of flour and the addition of dried or fresh fruit. Traditionally, First Nation groups cooked their bannock in various ways: some rolled the bread; some baked the bannock in clay or rock ovens; while others wrapped the dough around a green, hardwood stick and toasted it over an open fire.

There are almost as many words for “bannock” as there are ways of cooking it. Bannock still plays a vital role in the lives of Aboriginal people. Today, bannock is most often deep-fried, pan-fried or oven-baked, and it's one of the most popular and widespread native foods served at potlatches, festivals and family gatherings.

