



Photo by Marta Iwanek

Idle No More protesters blocked one lane of traffic on the Peace Bridge that connects Canada and the U.S. in Fort Erie, Ont. on Jan. 5. Here, Steve Teekens leads the drum circle in a war dance song. For more photos on Idle No More and the protests, see page 4.

## Protesters take aim at Ottawa

*Tyendinaga residents arrive in nation's capital to participate in Idle No More movement*

By Jason Prupas

Drums and chants rang across Parliament Hill Friday as hundreds of First Nations people from all over Canada converged in Ottawa to show support for the Idle No More movement, for Chief Theresa Spence

and for the rest of the 150 other chiefs who arrived to speak with Canadian government officials.

Dan Doreen, a First Nations resident of Tyendinaga Mohawk reserve in Marysville, just east of Belleville, arrived in Ottawa early Friday morning with a bus of

about 20 others to sing and chant in front of Parliament where large crowds had encircled the Hill in a peaceful demonstration. The protest included speeches from various First Nation chiefs who shared their emotionally-charged words to a jubilant and sympathetic crowd.

"Without a doubt, our presence will be felt by Parliament," said Doreen. "A lot of First Nations are frustrated by the current state of affairs, so now is the time to act."

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Photo by Gail Paquette

Four-and-a-half-year-old Ziva Hilton-Jelenic accompanied her mom Milica, a participant to the Stirling Wellness Fair, last Saturday. Ziva, a vegetarian, was nursed until she was four and has never taken any medications. Her mom said she believes this is to why Ziva is the picture of health.

## Health fair teaches good living habits

*Stirling Wellness Fair brings together health-care professionals with non-medical techniques*

By Gail Paquette

For many, the start of a new year is a time of reflection and a determination to change some bad habits and get healthy.

"It is for good reason," said Dr. Dan Boyle. "Without good health, everything else on the list becomes less important."

A practitioner of chiropractic care, Boyle operates Natural Rhythm Healing Centre on Mill Street in Stirling, Ont. He organized the second annual Stirling Wellness Fair on Saturday, Jan. 12, by gathering health-care professionals that use non-medical techniques.

Thirteen vendors, outside of the mainstream government-run medical system, provided samples, mini sessions, introductory offers and advice for reversing and preventing health damages without the use of drugs and surgeries.

"I would like to get off my medication all together," said Betty Anne LeReverend. "But I don't think that is entirely possible. I am here to seek alternative ways and at least reduce my intake."

"People have done it," said Boyle. Sixty-eight-year old LeReverend has suffered from severe arthritis for years and walks with a cane. Recently relocating to Stirling from London, Ont., she was seeking natural health-care professionals close to her new home.

Jaye Yarrien, a registered holistic nutritionist, said food quality, stress levels, lifestyle and exercise all need to be looked at to make healthy lifestyle changes.

"I was diagnosed with fibromyalgia and later with rheumatoid arthritis. Then

they told me I had MS," she said.

With no cure for these diseases, Yarrien was on a host of medication, all of which gave her unwanted side effects. After years of research, she studied to be a registered holistic nutritionist, and recently became a certified nordic pole walking instructor.

"I'm 55 and I'm free from pain. I feel younger than I did at 40," she said.

The Wellness Fair gave her another venue to share her knowledge and expertise as well as make people aware of her practice, Harmony In Health in Brighton.

"There is a lot of information out there and we all get confused," said Yarrien. "I have helped a lot of people to get healthy."

For Jill Detlor, a registered nutritional consulting practitioner, the fair gave her the opportunity to introduce the GSR 120 Unit.

Without the use of blood test, scratch tests or needles, the unit obtains information from the body through one's muscle strength and the body's static electricity.

"Symptoms such as cough, wheezing, watery itchy eyes, sneezing or runny nose often indicate allergic reactions and intolerances to food or the environment," said Detlor. "More extreme complaints include headaches or migraines, arthritis, digestive disorders, memory loss, fatigue, hemorrhoids, acne, rash or hives."

Once these symptoms are diagnosed by what Detlor refers to as a simple, natural and non-invasive way, the body can achieve balance without the use of needles and drugs.

Last year, more than 250 people took advantage of the Wellness Fair. Boyle expected just as many through the doors on Saturday at the Eugene Burrell Community Hall in Stirling.

"It is an opportunity to get information out to people about what is available in this area. People are always looking," said Boyle. "Every time I heal someone they say I wish I had of know about this before."

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*Holistic nutritionist Jaye Yarrien*