

we all need “Old Women” in our lives

Canadian Federation of University Women – Cape Breton Branch

22 November 2007

Cape Breton University

Cheryl Bartlett, PhD

Canada Research Chair
in Integrative Science
(Dept of Biology)

CAPE BRETON
UNIVERSITY

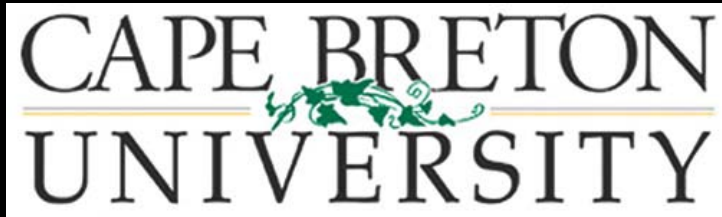


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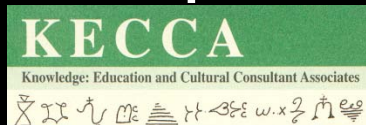
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Wela'ioq / Thank you



Mi'kmaq Elders



The central dilemma of science education today is the teaching of science from only one cultural perspective, and in an incomplete and non-connected manner.

Gregory Cajete, PhD, scientist & educator, Univ. of New Mexico

Indigenous

Western

Integrative Science



Artist Basma Kavanagh

Integrative Science

SCIENCE

education, research, applications,
youth and community outreach

Indigenous

our sciences
our stories

Western

“bringing our knowledges together”

our worldviews

Indigenous

Western

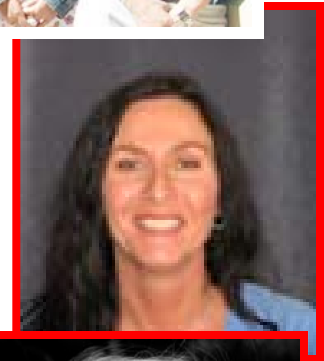
our key concepts & actions

- respect
- relationship
- reverence
- reciprocity
- ritual (= ceremony)
- repetition
- responsibility

- hypothesis
(making & testing)
- data collection
- data analysis
- model & theory
construction

Indigenous

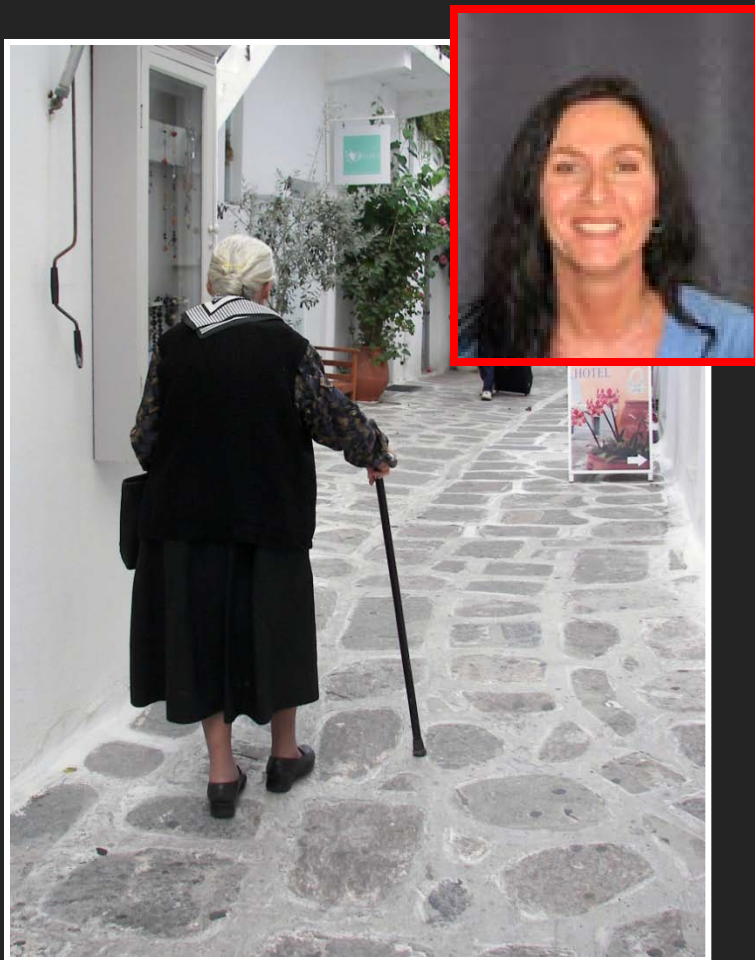
- respect
- relationship
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... we all need
“Old Women”
in our lives



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**Dr. Charlotte Loppie
(researcher)**



Sharing Stories

... we all need
“Old Women”
in our lives



Dr. Marilyn Iwama
(poet)

OLD

OLD

OLD

OLD

... we all need
“Old Women”
in our lives

Dr. Marilyn Iwama
(poet)

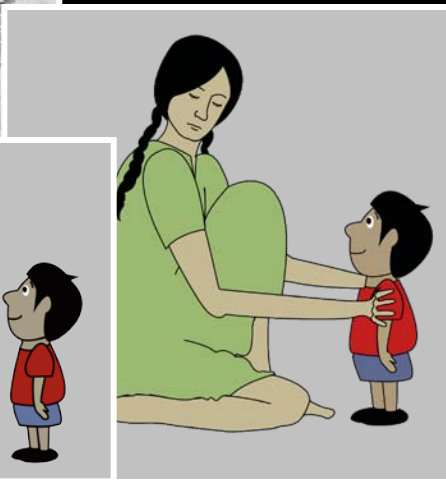
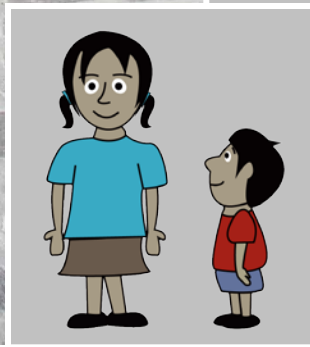


WISE

WISSE

WISE

WISE



Marilyn, Our Poet: Her Thoughts



Oh my oh my oh my.
Wouldn't I love to spend the next months/years/lifetimes pondering and talking about this.

You bet I have thoughts. Where to begin?

What (beyond years) makes us old?
Is it enough to have walked a path similar to one a younger woman is walking?
Is it wrinkles--physical or otherwise? Is it wisdom?
Or can survival alone qualify us as old?

Does the old that children make us (ours or others) characterize a special 'oldness'?

Are we old if we feel young?

Who would I rather be around: the old woman who seems to step wisely on our Mother or
the old woman who keeps making choices that look like what I call 'mistakes'?

Which of those women am I likely to learn more from?

Do old women need young women in a different way that young women need them?

Can a woman do anything to deserve her years?

Do I need Dove ad campaigns to be old well?

Do old women have more in common with old female animals or with old men?

Does being an old woman always have to hurt?

Do we really need to keep menstruating for so many damn years?

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Jane Meader, Elder
(educator)



Sharing Stories

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Grandmother Moon



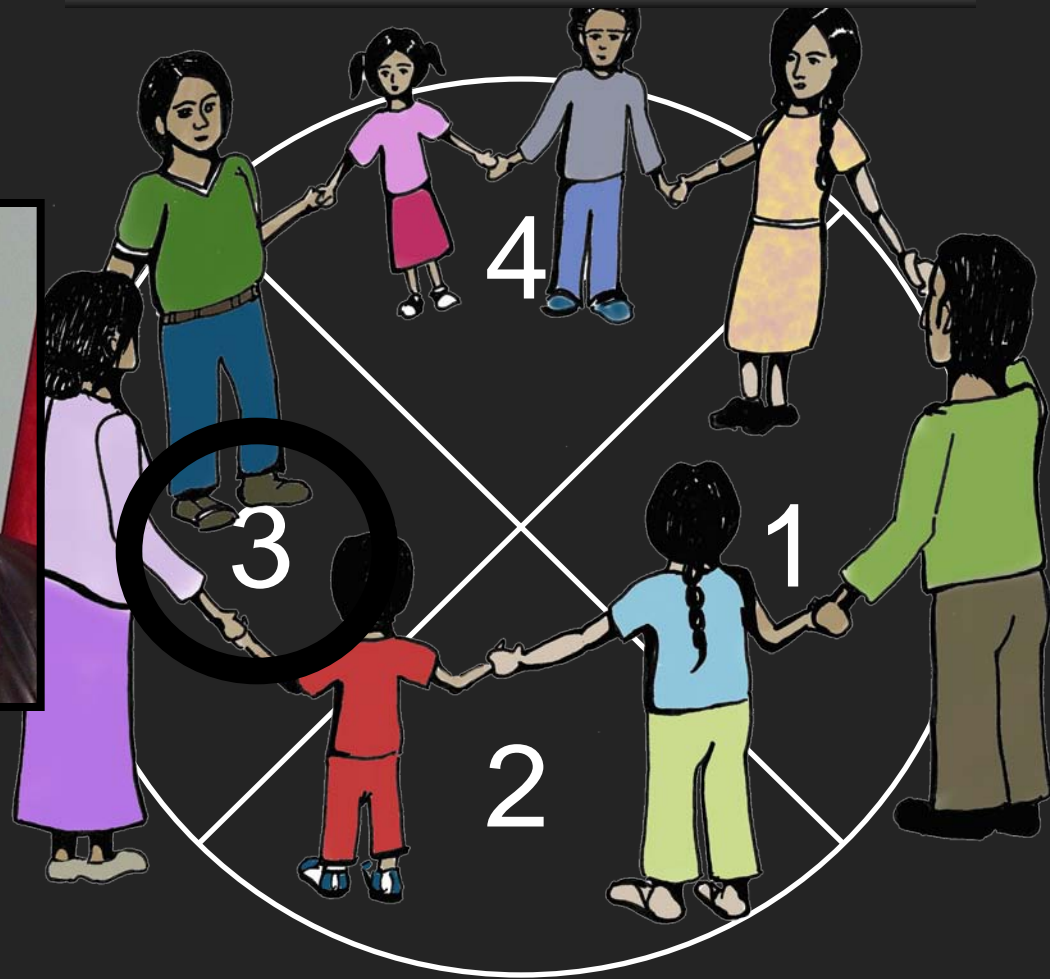




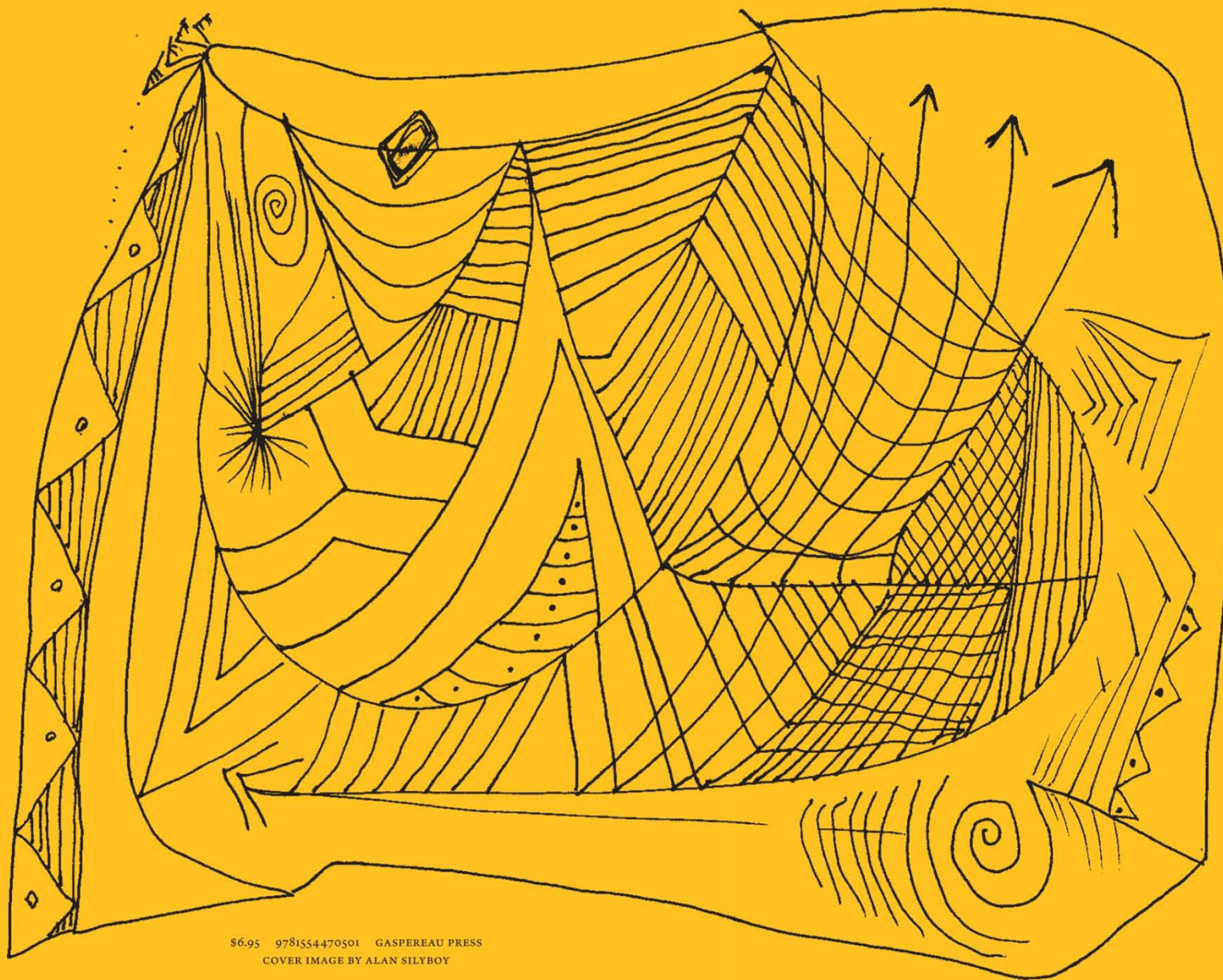
GERALD GLOADE

... we all need
“Old Women”
in our lives

Murdena Marshall, Elder
(educator)



Sharing Stories



I Got It From an Elder

✧
Conversations
in Healing
Language

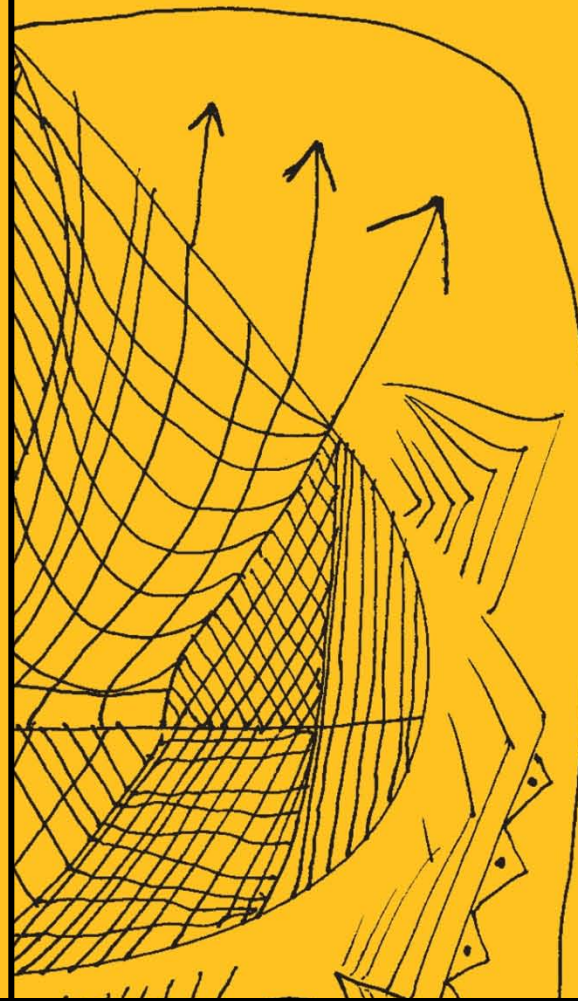
MARILYN IWAMA
MURDNA MARSHALL
ALBERT MARSHALL
IVAR MENDEZ
CHERYL BARTLETT

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COVER IMAGE BY ALAN SILYBOY

I Got It From an Elder



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CHERYL BARTLETT



THE HEALING TENSE ... an example

Mi'kmaq

English

Ketkiayop

I was drunk

Keskiayasa*nek*

I was drunk

We Heal Together

*"... when he goes into this healing tense,
then my attitude has to change ...
everybody in the household ...
everybody ... has to abide with him."*

Murdena Marshall

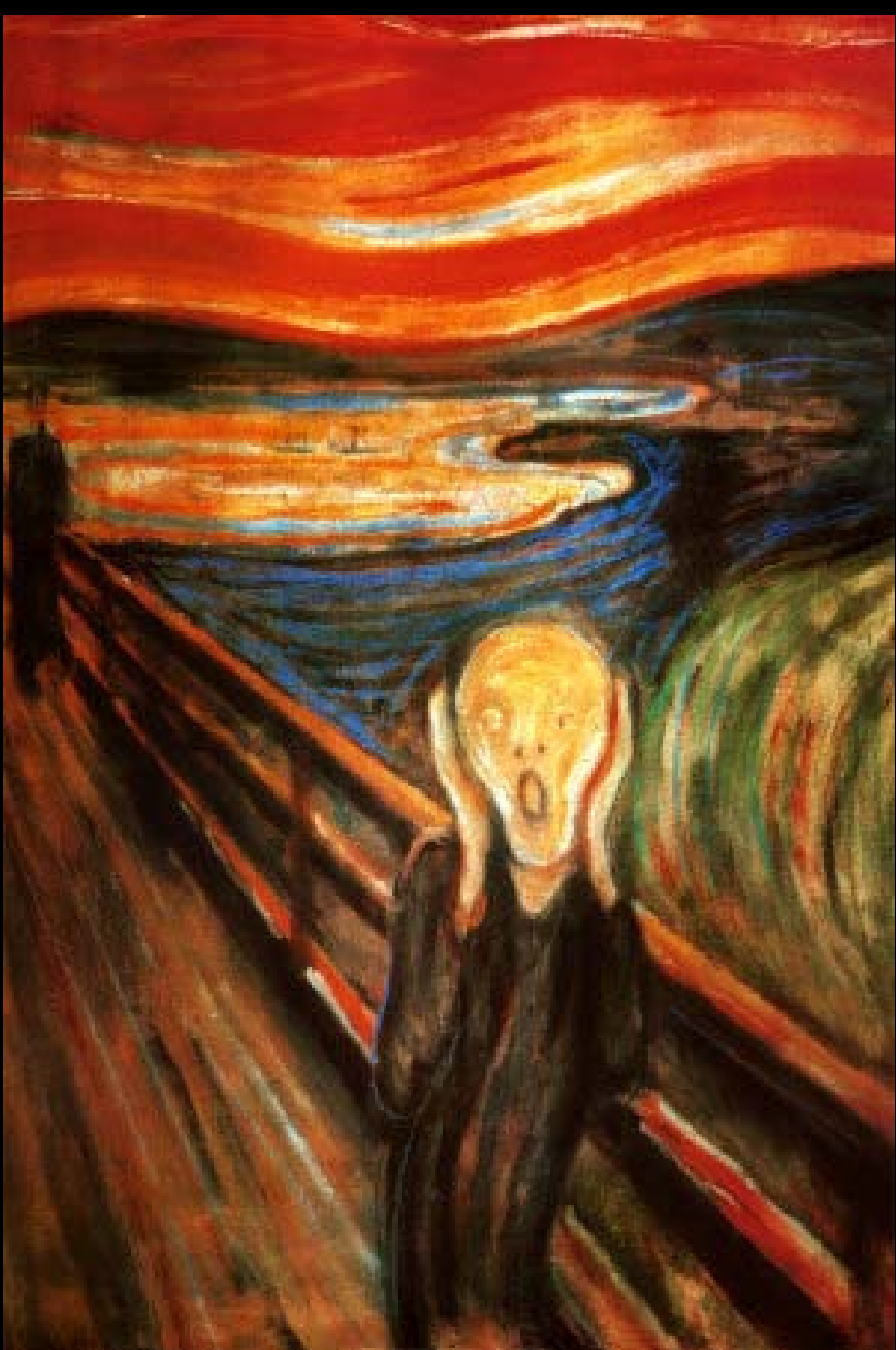
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Dr. Shelley Taylor
and colleagues, UCLA, 2000
(researchers)

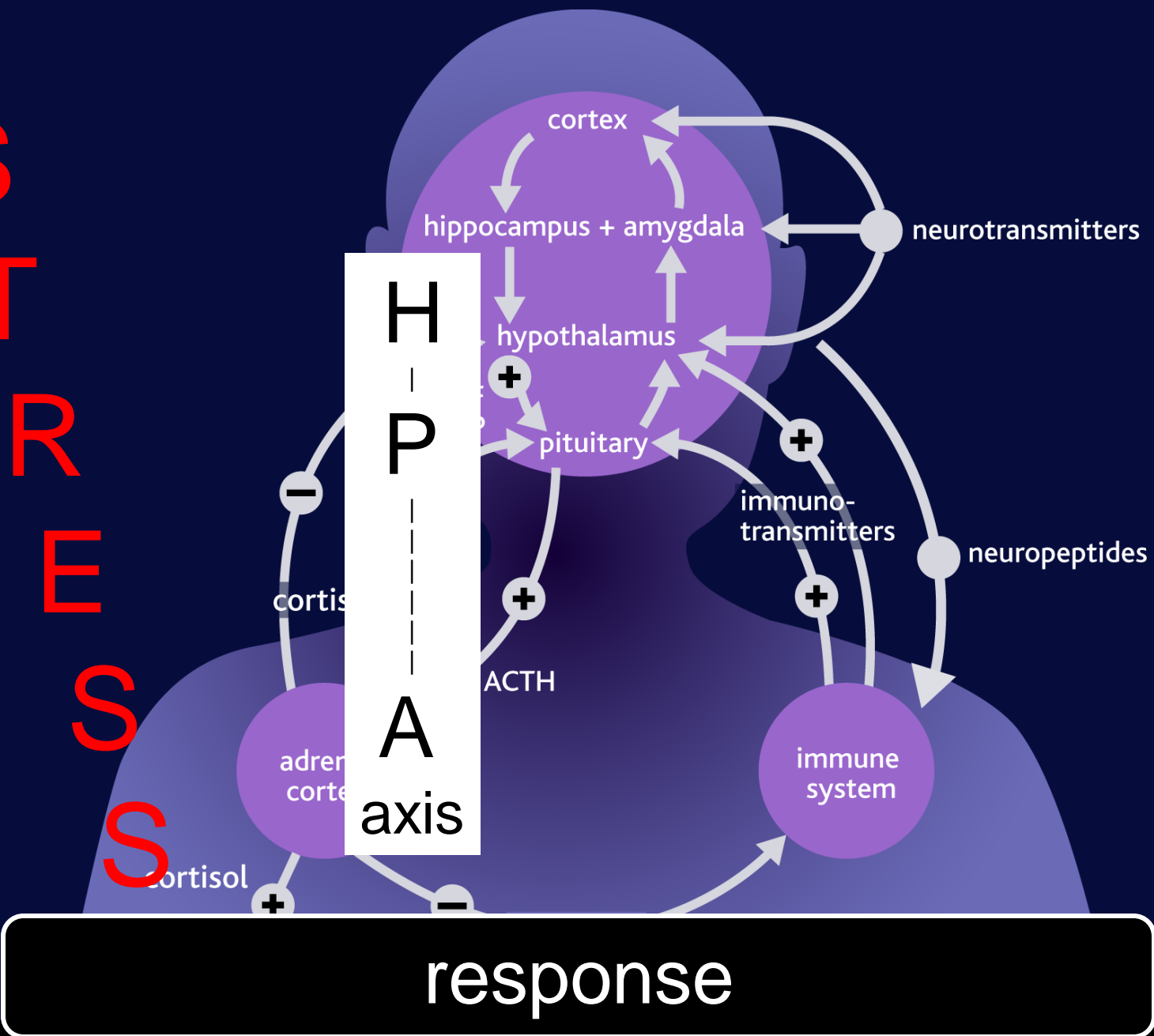


Sharing Stories

STRESSS



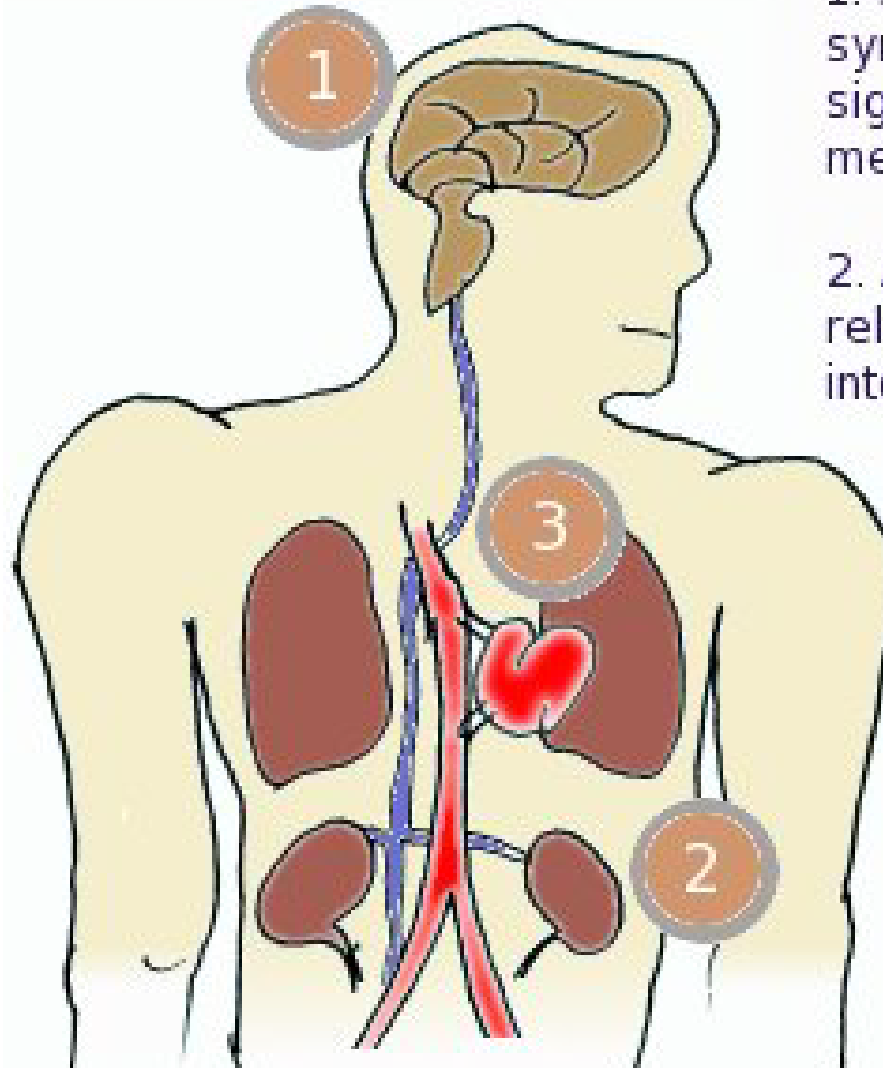
STRESS



response

research: mainly male subjects

STRESS



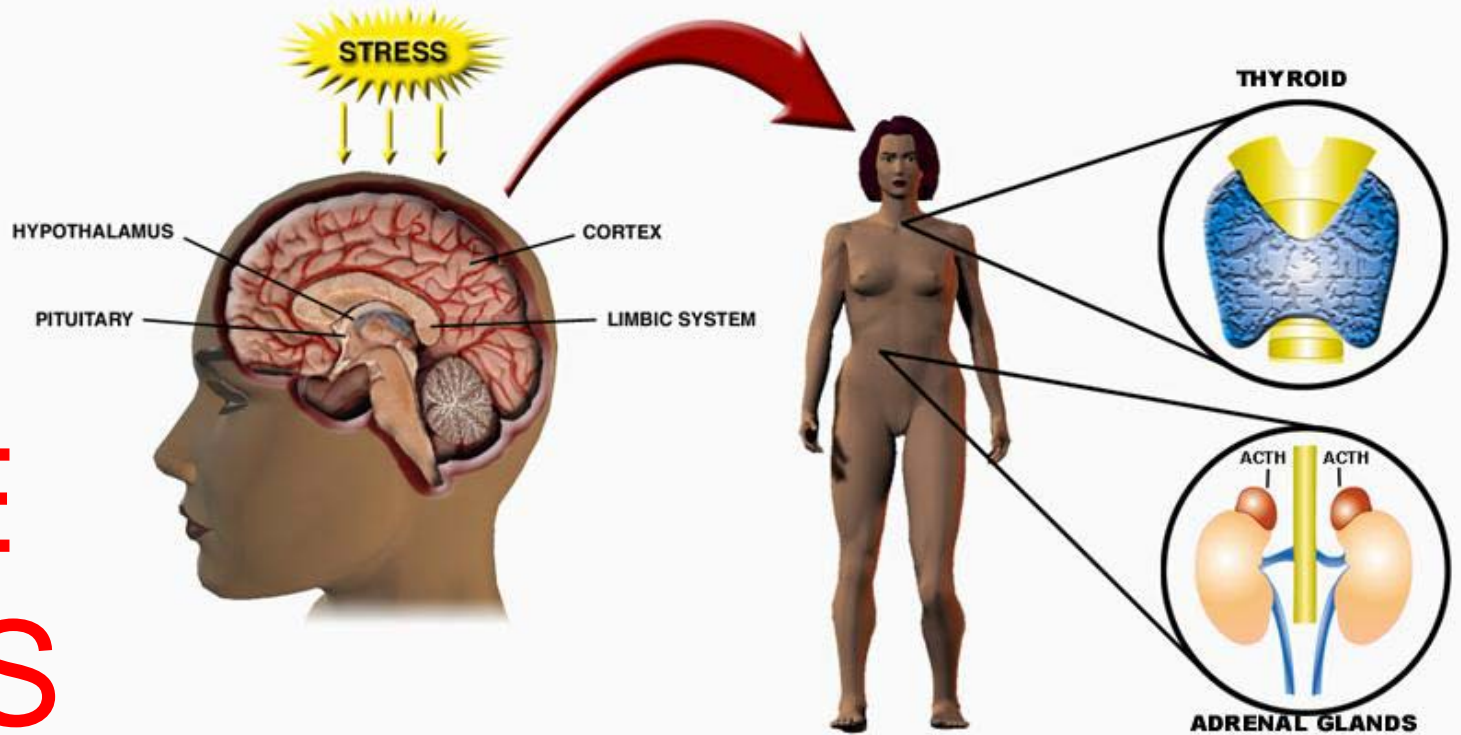
1. Stress causes sympathetic nervous signals to adrenal medullae
2. Adrenal medullae release catecholamines into bloodstream
3. Fight or flight reaction causes reactions in multiple parts of the body

“fight or flight” response

image: <http://www.heartzine.com/heart-disease/fight-or-flight.jpg>

research: female subjects ... different response

S
T
R
E
S
S
S



hormones: esp. oxytocin, also estrogen

“tend and befriend” response

importance of “storytelling circles” for healthy lives

S
T
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S



“tend and befriend”
is the female response

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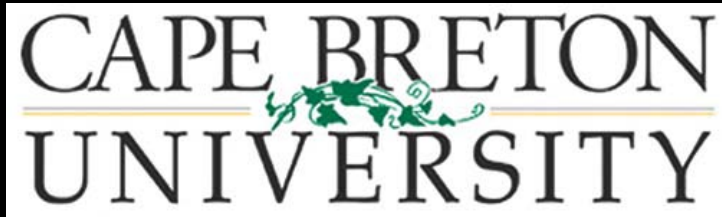
... a “new-old” understanding!!

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