



30th Annual BC Elders Gathering Announcements

Please find 4 pages inside (poster and forms) regarding the upcoming Annual Elders Gathering as well as contact info for the host on the back of each issue.

DEADLINE REMINDER: Elders Transportation Program

*****ALERT: The Website for the BCAAFC is not up-to-date, ask for current deadline for this program when you contact them!**

The Elders Transportation Program supports Elders who want to share and celebrate Aboriginal culture and oral traditions. Elders traveling to heritage, cultural and educational workshops and conferences can apply for funding toward transportation-related travel costs. Travel within British Columbia for distances greater than 200 kilometres one way may be eligible. Applications are accepted between April 1st and May 15th each year. Please contact the BC Association of Aboriginal Friendship Centres or visit their website for application details.

Contact information - For more information on programs and eligibility criteria or to obtain application forms, contact:
BC Association of Aboriginal Friendship Centres
200 - 506 Fort Street, Victoria, BC V8W 1E6
Phone 250 388-5522 Toll-Free 1-800-990-2432 Fax 250 388-5502
Email: info@bcaafc.com Website: www.bcaafc.com

Dear Elders Workers,
Please remember to forward your BC Elders Council sign-up form for your Elders Group (which was faxed out to you several weeks ago at your request). Every group should have an Elder on the Council to have your collective provincial voice heard. Gilakasla, Donna Stirling, BC Elders Council Secretary

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Easy Bakers Corner – New Mexican Chocolate Crinkle Cookies

Combine 1 cup plus 6 Tbsp. of all-purpose flour, 1 1/4 tsp. of baking powder, and 1 tsp. of cinnamon. In another bowl, beat together 5 Tbsp. of butter or margarine and 1 cup of (packed) brown sugar, until creamy. Beat in 2 eggs. Blend. Next add 1 tsp. of vanilla and 3 squares of melted unsweetened chocolate. Mix evenly.

Gradually add the flour mixture and mix together. Form this into a soft dough.

Chill until dough can be handled. (Use the freezer for extra-quick chilling). Shape dough into balls, about 1 inch. Roll balls into 1/4 cup of granulated sugar and 1/2 tsp. of cinnamon mix.

Place on greased cookie sheet. Bake at 350°F for 12 minutes. Cool for a minute on pan before removing to rack to cool.

Makes 2 1/2 dozen cookies

Handy Tips:

1. Sore Throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 Tbsp. six times a day. The vinegar kills the bacteria.
2. Drinking 2 glasses of Gatorade can relieve headache pain almost immediately -- without the unpleasant side effects caused by traditional "pain relievers."
3. Smart splinter remover...just pour a drop of Elmer's Glue all over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

What Can you please share?

The following is a short list of Elders suggestions of what might be shared: Your local Newsletters/Upcoming Local Events/Prayers/Poems/Quotes/Comments/Photo's/Storytelling/Drawings/Articles of Interest/Native Songs Lyrics/Wellness Seminars/Obituaries/Birthday Wishes, etc. **Articles/Submissions are best forwarded to me via email** where possible so they can be posted on the website as is. If you are interested in providing articles, please do, I look forward to hearing from anyone who wants to contribute to the content. D. Stirling

'PRESERVING THE PAST'

New Elder's Website: www.bcelders.com

The *First Ever* Elder's Website "Preserving the Past" is now online (Sept. 2002). Future registration forms, booth forms, maps of the Hosting territory, accommodation information, etc. concerning the Annual Gatherings will all be available on the B.C. Elder's Communication Center Society's Web Site at www.bcelders.com as soon as they are made available from each new host community.

Issues of your Elders Voice Newsletter are posted on the website each month (though all issues still continue to be mailed out to your Elder's Contact People throughout the province - to ensure that no one is left out because of a lack of access to the internet).

Comments? Please feel free to call in to the Communication Center - contact info is on the back page

Disclaimer:

Health articles, etc. are provided as a courtesy and neither the BC Elders Communication Center Society's Board/Members or anyone working on its behalf mean this information to be used to replace your doctor's and other professional's advice. You should contact your family physician or health care worker for all health care matters. Information is provided in the Elders Voice for your reference only. And opinions contained in this publication are not those of Donna Stirling, Coordinator unless her name appears below the material.

Groups who have so far thankfully paid their \$250 ‘Yearly Support Fee’

1. Mamalilikulla-Qwe’Qwa’Sot’Em Band
2. West Moberly First Nations
3. Ktunaxa Nation Council
4. Simpcw First Nation (\$100)
5. Uchucklesaht Tribe
6. Bridge River First Nation
7. T’it’q’et Elders Council
8. Carnegie Community Centre
9. Osoyoos First Nation
10. Qualicum First Nation
11. Wet’suwet’en First Nation
12. Comox First Nation
13. Cook’s Ferry Indian Band
14. BC Assembly of First Nation
15. Tobacco Plains Indian Band
16. Pacheedaht First Nation (\$125)
17. Akisqnuq First Nation
18. We Wai Kum First Nation
19. We Wai Kai First Nation
20. Xaxli’p Band
21. Lower Kootenay Band
22. Chawathil First Nation
23. Adams Lake Indian Band
24. Coldwater Indian Band (\$187.50)
25. Saulteau First Nation
26. N’Quat’Qua Band (\$150)
27. Gitanyow Health Centre
28. Westbank Klux-Klux-Hu-Up Cultural Society
29. Doig River First Nation (omitted from last list)
30. First Nation Summit dba FN Chiefs’ Health Committee

REMINDER: FOR ABOUT \$.68 A DAY YOU CAN SUPPORT THIS BC ELDERS OFFICE

Dear Elders Contact Person,

***If your office has paid, thank you very much for your support, especially to those who paid a partial fee this year because I know that it presented some difficulties.

***If your office/group has Voided the Invoice for this year and faxed it back in to this office then thank you very much as it saves office time having your office accounted for.

***If you are in the process of paying the fee with the new fiscal year upon us then thank you very much... as the number of paid fees are down so far this year and your help is really needed here. Please find a copy of the invoice enclosed in your envelope.

Thank you for your continued support, Donna Stirling, Coordinator

30th ANNUAL BC ELDERS GATHERING

Co-hosted by
the Nuuchahnulth Tribal Council
and the Tseshaht First Nation

Hišukʔiš čawaak

"Everything is one and all is connected"

July 18, 19, 20, 2006

Alberni Valley Multiplex

3737 Roger Street
Port Alberni, BC

The Tseshaht First Nation and the Hupacasath First Nation
welcome you to their traditional territories.

2006

King and Queen

Ben and Grace David

(Cha-chim-si-nup and Masstinuu)

of the

Tla-O-Qui-aht First Nation

Entertainment

BBQ Salmon

Workshops

Self Care

Tours

Lahal

Fashion Shows

Arts & Crafts Vendors

For more information please contact:

Coordinator: Vina Robinson

Toll Free: 1-877-677-1131

Cell: 250-720-7813

Fax: 250-723-0463

Email: vrobinson@nuuchahnulth.org

www.nuuchahnulth.org/bceldersgathering

**30th Annual BC Elders Gathering
July 18, 19, 20, 2006
Alberni Valley Multiplex
3737 Roger St., Port Alberni**

PARTICIPANT REGISTRATION FORM

Name: _____

Address: _____

City: _____ Postal Code: _____

Telephone / or contact #: _____

Band/First Nation: _____

Group Name: _____

Group Leader: _____ Phone: _____

& Email: _____

Medical Concerns/Information/ Allergies: _____

Emergency Contact &
Phone # (incl. area code) _____

I will be traveling by: _____

I will be staying at: _____

Are you Diabetic? Yes
 No

***All Elders and Workers are encouraged to carry emergency medical and contact information in their purse/wallet in the event of an emergency.

**Please MAIL IN completed registration forms to:
NTC: PO Box 1383 Port Alberni, BC V9Y 7M2 Attn: V. Robinson
Or Register On-line at: www.nuuchahnulth.org/bceldersgathering**

(The following meals will be provided for participants:
July 18 – Lunch & Dinner, July 19 – Lunch & Dinner, July 20 – Lunch)

DEADLINE FOR REGISTRATION IS: JUNE 18, 2006. All registrations received after the deadline will be subject to a late fee of \$30.00 per person

****Elders Group Leaders will be asked to check in on behalf of their group****

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**INFORMATION BOOTH
REGISTRATION FORM**

Name: _____

Organization: _____

Address: _____

Telephone: _____ **Fax:** _____

First Nation: _____ **Email:** _____
(if applicable)

Type of Information you will provide: _____

PAYMENT:

- Information booth registration fee is payable with registration. Payment accepted only by certified cheque or money order payable to Nuuchahnulth Tribal Council in the amount of \$500 (no personal cheques will be accepted).
- Upon receipt of registration with payment, you will then receive confirmation of payment and an assigned floor space (there will be no changing spaces)

Set-up can begin at: 1:00 p.m. July 17

BOOTHS ARE TO BE SET UP NO LATER THAN 9:00 a.m. on July 18, 2006

Guidelines/Notes:

- The 30th Annual BC Elders Gathering Committee and volunteers are not responsible for lost or stolen items, or injury.
- Information Booths may not sell food, drinks or raffle tickets
- One table and 2 chairs will be provided for each booth.
- **Notice of Cancellation must be provided no later than: July 7, 2006. Any cancellations after this date will not be issued refunds.**
- No burning will be allowed in the booth area as many Elders have respiratory ailments.
- **If a booth is not set-up by 9:00 am on Day 1 of the Gathering, the booth space will be re-rented with no refund being issued to the original renter.**
- Electrical outlets will not be available.
- If you do not hear from us within 10 days of submitting your registration, please call to confirm that it was received.

Mail completed Information Booth Registration Form to:

PO Box 1383 Port Alberni, BC V9Y 7M2

or Fax to: 250-723-0463 **Attn: Vina Robinson, Coordinator**

For more info. contact Eileen Haggard, Information Booth Coordinator, ph: 1-877-677-1131, email: muquiiht@nuuchahnulth.org

I agree to adhere to all of the above guidelines:

Signature of Applicant: _____ Date: _____

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3737 Roger St., Port Alberni**

**First Nations Arts & Crafts Vendor
REGISTRATION FORM**

Name: _____

Address: _____

Telephone: _____ Fax: _____

First Nation: _____ Email: _____

Type of Craft: _____

PAYMENT:

- Vendor booth registration fee is payable with registration. Payment accepted only by certified cheque or money order payable to Nuuchahnulth Tribal Council in the amount of \$150 (no personal cheques will be accepted).
- Upon receipt of registration with payment, you will then receive confirmation of payment and an assigned floor space (there will be no changing spaces)

Set-up can begin at: 1:00 p.m. July 17

BOOTHS ARE TO BE SET UP NO LATER THAN 9:00 a.m. on July 18, 2006

Guidelines/Notes:

- Vendors are asked to contribute 2 items (which will be collected at the time of Vendor check-in) and will be used for door prizes for the Elders Gathering.
- The 30th Annual BC Elders Gathering Committee and volunteers are not responsible for lost or stolen items, or injury.
- Arts & Crafts vendors may not sell food, drinks or raffle tickets
- One table and 2 chairs will be provided for each vendor.
- **Notice of Cancellation must be provided no later than: July 7, 2006. Any cancellations after this date will not be issued refunds.**
- No burning will be allowed in the booth area as many Elders have respiratory ailments.
- **If a vendor does not set-up their booth by 9:00 am on Day 1 of the Gathering, the booth space will be re-rented with no refund being issued to the original vendor.**
- Electrical outlets will not be available for vendors.

Mail completed Vendor Registration Form to:

PO Box 1383 Port Alberni, BC V9Y 7M2

or Fax to: 250-723-0463 **Attn: Vina Robinson, Coordinator**

Also register online at: www.nuuchahnulth.org/bceldersgathering

For more info. contact Gail Gus, Vendor Coordinator, ph: 1-877-677-1131, email: gailgus@nuuchahnulth.org

I agree to adhere to all of the above guidelines:

Signature of Applicant: _____ Date: _____



BULLETIN

Residential School Compensation Agreement March 10, 2006

Re: The November 20, 2005 Agreement-in-Principle is not final yet

You may already know that the Government of Canada and the various parties involved in residential school lawsuits signed an Agreement-in-Principle (AIP) on November 20, 2005.

The Agreement-in-Principle is not a Final Agreement Yet

In order for the AIP to become a final agreement, it must go through the following stages of approval:

1. Approval by Cabinet (expected by spring 2006);
2. Approval by the courts (expected by summer 2006);
3. Approval by residential school survivors (deadline will be 5-6 months after court approval).

Once finalized, compensation and other options (healing, truth-telling and commemoration) will become available for survivors of residential school (no sooner than a year from now). Residential school survivors will be able to claim compensation in two ways:

1. **Common Experience Payment (CEP)** will be available to every residential school survivor at the following rate:
 - a) \$10,000 for the first year, or part thereof; and
 - b) \$3,000 for each subsequent year, or part thereof.

Survivors who are 65 years of age and older will be eligible to receive an advance payment on their CEP, in the amount of \$8,000.

There is no form available yet for survivors to apply for the CEP or the Advance.

The forms, once ready, will come from a new Government of Canada department—Service Canada.

2. **Independent Assessment Process (IAP)** will be available to survivors who want to pursue compensation for physical and sexual abuse suffered in residential school. Once the AIP is finalized, the IAP will replace the existing Alternative Dispute Resolution (ADR) process, which has been in place since November 2003.

You do not need a lawyer in order to get the CEP.

We have heard that some lawyers are offering to help survivors get their CEP. They are asking survivors to sign a contract. The contracts (called retainer agreements) we have seen include a clause about “Power of Attorney”.

If you sign that agreement, it means that you are giving the lawyer control of any compensation that you may receive, including the CEP. When the CEP is to be paid, it will go to the lawyer, not directly to you.

The lawyer will receive your entire CEP and may be able to take off their “fees” or “disbursements” and you will have not be able to say anything about it. After they have taken off their expenses, they will send you the remainder of the CEP. **Please don’t let this happen.**

The contracts we have seen contain no details on the kind of work the lawyer will do.

Do not sign any agreement from a lawyer until you get advice from someone you trust.

If you have already signed with a lawyer, look over your agreement or have someone you trust read it. If it has the words “Power of Attorney” on it or if it says that any “future compensation” must go to the lawyer then you will have to make a decision about what you want to do.

If you want to keep your lawyer, you should know that you may not get your full compensation. If you don’t want to keep your lawyer send them a letter or contact the Law Society of BC for help.

If you don’t know anyone you can trust, please call us at the Indian Residential School Survivors Society. We will try to help.

You will probably need a lawyer for the IAP.

The Alternative Dispute Resolution Process (ADR) and the process it will become—the Independent Assessment Process (IAP)—is complicated and you may need a lawyer for it.

IRSSS/Community Agency Regional Gatherings

We continue to get many requests for information workshops in communities throughout BC. Our limited resources make it impossible for us to visit every community that requests our presence.

People have varying levels of knowledge and understanding of current residential school issues. People are also at different stages of their healing journey.

We are therefore exploring the possibility of organizing a series of three-day regional gatherings in order to better meet the demand for information and assistance. These sessions are being organized in partnership with community agencies working with residential school survivors.

The regional gatherings will offer the following workshops:

- History and Impacts of Residential Schools
- Trauma and Healing
- Sharing Circles

- Current Residential School Issues (Residential School Compensation Agreement)
- Financial Planning;

Regional Gatherings are currently being considered in the following communities:

- | | |
|-----------|-----------------|
| - Lytton | - Prince George |
| - Kelowna | - Nanaimo |
| - Terrace | - Vancouver |

Host agencies will invite surrounding communities to attend the regional gatherings.

Host agencies and the IRSSS cannot cover travel costs to regional gatherings. Meals will, however, be provided.

Detailed information will be posted on our website as it becomes available.

For Information Contact:

Kanatiio
Indian Residential School Survivors Society
Toll-free: 1-800-721-0066
Phone: (604) 925-4464
Cell: (613) 298-1590
Fax: (604) 925-0020

Leadership Council Expresses Concern About the Disappearances and Murders on the Highway of Tears



Coast Salish Traditional Territory/Vancouver, BC – On behalf of all First Nations in British Columbia, the First Nations Leadership Council expresses deepest condolences and sympathies to the family, friends, and community of 14 year-old Aielah Katherina Saric, whose body was discovered near Prince George on Highway 16, also known as the “Highway of Tears”.

“The First Nations Leadership Council also expresses condolences and sympathies to all the family members of at least nine young women who have gone missing or been murdered since 1990 along the same highway, as this incident surely serves as a reminder of their on-going loss and pain,” said BC Assembly of First Nations Regional Chief Shawn Atleo.

The First Nations Leadership Council shares the concerns of First Nations, local organizations, and RCMP officers who have speculated that some of these cases may be connected, emphasizing that all of the women are between the ages of 14 and 25, and all but one are aboriginal. In a letter to the RCMP on Friday February 17th, the First Nations Leadership Council called for a more coordinated approach to these investigations, highlighting the benefits of combining the expertise of all past and present RCMP officers that have been working these cases individually, and of pooling all available resources in a concerted effort.

“No one wants to repeat the mistakes of the investigations into the missing and murdered women on the Downtown Eastside of Vancouver,” said Chief Stewart Phillip, President of the Union of BC Indian Chiefs. “The lessons learned from that tragedy – namely, the benefits of a coordinated approach and of the swift and dedicated response of law enforcement on behalf of all British Columbians, regardless of race or socio-economic circumstances – could yield positive results for the Highway of Tears investigations.”

The First Nations Leadership Council and the RCMP signed a *Public Safety Cooperation Protocol* in October 2005, demonstrating the intent of First Nations and law enforcement to develop their relationship through mutual respect and trust and outline strategies to address community safety issues.

"In the spirit of the recent *Protocol*, the First Nations Leadership Council is confident that the RCMP is willing to examine options to strengthen their response to these incidents, thus preventing similar tragedies and providing answers and peace of mind to the grieving families," concluded Grand Chief Edward John of the First Nations Summit Task Group.

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The First Nations Leadership Council is comprised of the political executives of the First Nations Summit, Union of BC Indian Chiefs and the BC Assembly of First Nations. The Council works together to politically represent the interests of First Nations in British Columbia and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all First Nations in British Columbia.

For more information:

BC Regional Chief Shawn Atleo, BC AFN (604) 220-5822
Chief Stewart Phillip, UBCIC, (250) 490-5314
Grand Chief Edward John, FNS, (604) 926-9903

The UBCIC is a NGO in Special Consultative Status with the Economic and Social Council of the United Nations

Patients with cancer should ask for brain scans, doctors advise

Feb. 20, 2006

Provided by: Canadian Press

Written by: LAURAN NEERGAARD

WASHINGTON (AP) - No one ever checked whether Leslie Bather's breast cancer was spreading to her brain, until the day tumours caused three frightening seizures. MRI scans can help spot when cancer in another part of the body sends seedlings into the brain, but few patients get routine checks.

Neurology specialists say it's time to change that: More patients are surviving initial tumours long enough for their brains to be at risk, as treatments get better at battling cancer below the neck yet fail to protect the brain. And improved technology is making it easier and safer to treat those new brain tumours, if they're caught early.

"If I were diagnosed with cancer tomorrow, the first thing I'd want is a brain scan," says Dr. Leonard Cerullo, director of the Chicago Institute of Neurosurgery and Neuroresearch.

This type of brain cancer "is becoming a bigger and bigger clinical problem," adds Dr. Frank Lieberman, neuro-oncology chief at the University of Pittsburgh Cancer Cancer.

Already, about 150,000 Americans a year are diagnosed with what is called a "metastatic brain tumour" - cancer that spread into the brain from some other part of the body.

Any cancer can spread to the brain. But lung cancer is the leader; it will happen in up to 40 per cent of lung cancer patients, often very early in their disease.

Up to a third of breast cancer patients will experience a brain metastasis. Also common spreaders are melanoma and kidney and colon cancer.

Not too many years ago, doctors mostly discovered metastatic brain cancer when its victims already were close to dying from tumours riddling other parts of their bodies.

Now, breast specialists in particular are reporting an increasing number of women who beat back cancer elsewhere in the body, only to have it flare in the brain. It seems to be a special concern among users of Herceptin, a powerful drug that targets an aggressive type of breast cancer - everywhere except in the brain, because it's too large a molecule to penetrate the blood-brain barrier, explains Lieberman.

But it's a more widespread concern. While the American Cancer Society doesn't yet have a count of the reported increase, it notes that cancer patients overall are living longer, providing more time for microscopic tumour cells incubating in the brain to take root.

Scientists are beginning to fight back:

-Studies are under way to see if an experimental drug called lapatinib, made by GlaxoSmithKline, can treat breast cancer that spreads to the brain. Lapatinib targets the same aggressive breast cancer as Herceptin does but is thought to easily penetrate the brain.

-Also under study is whether some commonly used cancer drugs could ever cross into the brain, especially if used in conjunction with brain radiation.

-And neurology specialists are urging general oncologists to start checking patients, especially those with lung or breast cancer, for spread to the brain well before symptoms appear.

There are no formal guidelines, but at Pittsburgh, MRI scans - not CT scans that Lieberman calls less sensitive in the brain - are being incorporated shortly after original diagnosis. After that initial scan, Chicago's Cerullo advises including the brain in any routine check for cancer spread.

High doses of whole-brain radiation once were the only treatment for metastatic brain cancer, and could cause such troubling side effects as memory loss, Cerullo says.

Now, treatment is more sophisticated, especially for tumours caught early. Topping the list: radiosurgery, using focused beams of radiation to zap just the cancerous cells and not surrounding healthy brain tissue.

Whole-brain radiation today comes in safer doses with fewer side effects, but when to use it is controversial. Some studies suggest a preventive course could protect certain lung cancer patients, for example.

Lieberman and Cerullo advise patients to ask about a brain scan.

It's advice that Bather, the Chicago patient, echoes. She calls her 2004 seizures "definitely divine intervention" because only then did she get a brain scan - even though tests that same week had found breast cancer spreading in her lungs and liver.

"You want to think you're OK," says Bather, 52, whose brain seems clear after treatment of more than 40 tumour sites, but she still is battling cancer elsewhere. Instead, "what you don't know can hurt you."

Info from CancerHealth@Medbroadcast.com

9 Crucial Safety Tips For Women

1. Tip from *Tae Kwon Do*: The elbow is the strongest point on your body. If you are close enough to use it, do!
2. Learned this from a tourist guide in New Orleans. If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM**. Toss it away from you....chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. **RUN LIKE MAD IN THE OTHER DIRECTION!**
3. If you are ever thrown into the trunk of a car, kick out the back taillights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.
4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc. **DON'T DO THIS!**) The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.**
 - A.) If someone is in the car with a gun to your head **DO NOT DRIVE OFF**, repeat: **DO NOT DRIVE OFF!** Instead gun the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.

5. A few notes about getting into your car in a parking lot, or parking garage:

- A.) Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.
- B.) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.
- C.) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out.

IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)

6. **ALWAYS** take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at NIGHT!)
7. If the predator has a gun and you are not under his control, **ALWAYS RUN!** The predator will only hit you (a running target) 4 in 100 times; **And** even then, it most likely **WILL NOT** be a vital organ. **RUN, Preferably! in a zig -zag pattern**
8. **As women, we are always trying to be sympathetic: STOP.** It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well-educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.

9. Another Safety Point: 'Crying Baby'

Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird. The police told her "Whatever you do, DO NOT open the door."

The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, "We already have a unit on the way, whatever you do, DO NOT OPEN THE DOOR." He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby. He said they have not verified it, but have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night.

Please pass this on and DO NOT open the door for a crying baby ----This e-mail should probably be taken seriously because the Crying Baby theory was mentioned on America's Most Wanted this past Saturday when they profiled the serial killer in Louisiana.

Screening and prevention of colorectal cancer

Colorectal cancer is over 90% preventable through screening, healthy eating, and exercise.

Because most cases of colorectal cancer begin with the development of benign or non-cancerous polyps that can become cancerous, regular screening is critical to find and remove polyps in the early stages.

The Colorectal Cancer Association of Canada (CCAC) recommends that all Canadians be screened starting at age 50, while those with a family history of the disease should be screened earlier.

Current methods of colorectal cancer screening include:

- **fecal occult blood test (FOBT)**, which checks for blood in the stool - a possible indication of pre-cancerous polyps
- **barium enema**, a test that consists of introducing a liquid containing barium into the colon and then taking X-rays to help detect polyps or tumours (see Figure 2)
- **flexible sigmoidoscopy**, a test in which a soft, flexible lighted tube is used to look at the lining of the rectum and lower colon to help detect or rule out the presence of polyps or tumours (see Figure 3)
- **colonoscopy**, which uses a thin, flexible tube with a camera at its tip; it is like the flexible sigmoidoscope but longer. Colonoscopy, which is known as the gold standard for screening, allows a physician to view the entire colon - and remove any polyps that are found, thus preventing colorectal cancer from developing (see Figure 3).

Treatment of colorectal cancer

Treatment options for colorectal cancer include:

- **surgery**: removes the parts of the colon that are affected by cancer (possibly along with surrounding tissues)
- **radiation**: uses beams of energy to kill cancer cells
- **medication**: destroys cancer cells or encourages the body's immune system to attack the cancer cells

In many cases, surgery is the main treatment for colorectal cancer. It may be used alone or in combination with radiation or medications, depending on the stage of the disease.

This article on colorectal cancer has been compiled from materials provided by the Colorectal Cancer Association of Canada.

Leadership Council Condolence Letter: Chief Roy Mussell



The members of the First Nations Leadership Council were profoundly saddened to hear of the passing of Chief Roy Mussell. We extend our deepest condolences to you and your family during this difficult time.

Chief Mussell was a great leader, businessman, environmental advocate, academic, and humanitarian, whose work has made true positive differences in the lives of First Nations people. He served with great distinction as Chief of Skwah First Nation, the Vice-President of the Fraser Basin Council Society, Vice-President of the Ch-ihl-kway-uhk Tribe Society, President of Ch-ihl-kway-uhk Forestry Ltd., as well as in many capacities relating to Aboriginal Human Resources Development Agreements. His contributions to these fields were extraordinary and meaningful, and his presence will be deeply missed.

We were proud to have known Roy – he was a colleague, mentor, and true friend to many. We are confident that Roy's achievements will serve as an inspiration both to us as First Nations people, as well as to many others across the country, for many years to come.

Again, we extend our true condolences to you and your family in this time of grief. We would be honoured to provide any support that you may require; please do not hesitate to contact us if we can contribute in any way.

Yours truly,

FIRST NATIONS LEADERSHIP COUNCIL

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"Celebration of Life" memorial service for Chief Roy Mussell on Wednesday, March 15th at 2:00 pm at the Richard Malloway Memorial Big House (7176 Chilliwack River Road, Chilliwack). Dinner will be served as well. In lieu of flowers, donations may be made to the Roy Mussell Fund for Aboriginal Youth, care of the Fraser Basin Council, 470 Granville Street, 1st Floor, Vancouver, BC, V6C 1V5. Ph: (604) 488-5350

Couple's Relatives Cross Paths Generations Ago

By Candy-Lea Chickite

Prominent city leaders and businessmen, Natives, notorious whiskey sellers, and dedicated lawmen make a hell of a story when they're all intertwined. But when you discover that these people are relatives of both you and your husband, and his are on the opposite side of the law of yours, the story gets even better... While searching for historical documents at the BC Archives website for material to augment my local history/family history story of my husband's Great Uncle Sook Sias, I came across a matter set in 1889 involving the sloop "HESPERUS" and it's Master, and part owner, Captain Walter REYNELL. Several charges were laid against REYNELL for "*supplying intoxicants to Indians*," a booming business for the whites 115 years ago, usually with disastrous results for the Natives.

Documents between Chief Constable STEWART of Nanaimo, the Deputy Attorney General Mr. IRVING of Victoria, William MORESBY jailer and investigator of New Westminster, newspaper clippings from the Nanaimo Free Press, and information from Indian Agent (and JP) R.H. PIDCOCK of Alert Bay outline the diligent pursuit of the law-breaker.

REYNELL's first brush with the law apparently took place in July 1889 when it was charged that he: "*...sometime during three months last past to wit, during the month of July last, on board a vessel of which he was part owner, then lying at anchor near a small Island not far from the Indian Village of (Matlaten), supplied an intoxicant to certain Indians, contrary to the Statute made and provided.*"

Several other incidents culminated in a number of charges:

1. *Supplying intoxicants to NOOLAS, MINNIE and QINNE, at or near a small Island midway between the Wee-way-kim Indian Ranch and a logging camp in Cardero Channel on or about the 11th August 1889.*
2. *Supplying intoxicants to ZACKALT, ZACCHEUS, MARY ANN & KITTY at or near Campbell River on or about the 18th August 1889.*
3. *Supplying intoxicants to ENEAS & MARY at or near Deep Water Bay, Johnstone Strait, on or about the 23^d September 1889*
4. *F.J. WATERMAN, Mr. DODSON & Fred CLUNY charged with conniving at the supplying of intoxicants to Eneas & Mary, as in #3.*
5. *Sloop "HESPERUS" charged at the different times and places, and Indians to be supplied from on board of said sloop.*
6. *Walter REYNELL and F.J. WATERMAN - trading without a license.*

Amusingly, the incident of supplying intoxicants at Deepwater Bay on September 23 came about when REYNELL was headed to Court in Alert Bay to answer to the charges of supplying intoxicants in July! He appeared on September 26 and 27, 1889, pleading "not guilty."

Three witnesses were able to identify REYNELL as the supplier of liquor they purchased on board his ship. Each gave evidence as to the accused selling the bottles, and in most cases accepting the money. They also testified that several of the bottles did not contain liquor. The miscreant who sold them - filled them with vinegar instead... REYNELL made no

objection to the evidence, except when the witness BAG-WA-NI said he saw the man HE paid on board the ship give some of the money to REYNELL. REYNELL denied that he ever received any portion of it. He admitted that he was part owner of the vessel and that liquor was sold to Indians on board his vessel, but said that he was powerless to help it, and blamed another man.

Justice of the Peace PIDCOCK found him guilty, and he was ordered to pay a fine of \$100, and court costs of another \$23. Failure to do so would have resulted in four months imprisonment at hard labour in Victoria.

The matters of the other 6 charges were held in Police Court in Nanaimo beginning on October 16, 1889, REYNELL again pleaded "not guilty." The testimony of several purchasers was given and corroborated by others - REYNELL was the man who sold the liquor from aboard his sloop.

His defense and alibi was that the "*HESPERUS*" was at anchor in plain view in Vancouver's harbour during the dates of at least two of the charges alleged by the prosecution. This is where my relatives and those of my husband, Captain George QUOCKSISTER, collide head on.

George's grandfather's brother ZACCHEUS, of Campbell River, was a material witness for the prosecution. He had been the purchaser of the whiskey, and identified REYNELL as selling it to him on August 18th, 1889. Another brother, Tom ZACHALT also gave evidence that he and ZACCHEUS bought 12 bottles for \$24, and that REYNELL was the supplier.

My great grandfather's brother Captain C.H. CATES of the coal barge "*ROBERT KERR*" testified for the defense. He swore that the "*HESPERUS*" was at anchor in Vancouver on the 18th of August 1889 and he was positive to seeing REYNELL and the sloop from the 25th of July to the 19th of September with the exception of a few days from the 10th to the 15th of August. Charles CATES' brother John CATES also gave evidence, and besides confirming everything that his brother Charles had to say, went on to tell that the reason he remembered seeing REYNELL on August 18th was that his father had just arrived in this part of the country, and that he had taken his father to the waterfront that Sunday and they shared a cup of coffee with RENELL on board the coal barge.

Chief Constable STEWART found it strange that REYNELL's witnesses (and there were a number of them) all remembered the 18th of August so well... Quite frankly, so do I! Charles H. CATES was a very upstanding member of society; I just can't fathom why he would make a statement that, I truly believe, is so contrary to the truth. Perhaps he was giving himself an "out" by saying that he didn't see the vessel or remember details from the 10th to the 15th of August. If, for some reason, the prosecution had the date of the 18th of August incorrect, then his testimony would be clean.

There were numerous liquor-laced frenzies on the Coast resulting from the sale of whiskey that in many cases was pure rotgut. Afterwards there were always outcries that the law prohibiting such sales desperately needed to be enforced. Chief Constable STEWART and the prosecution put forward a very good case to make a dent in the whiskey trade. In the end REYNELL was found guilty on 2 counts and fined \$150 for the charge concerning ZACCHEUS, and \$100 for the charge of the 23rd of September at Deepwater Bay.

Did our relatives have a hand in uniting us nearly 100 years later? Maybe... We are living proof that opposites DO attract!



Does Airborne Really Stave off Colds?

An ABC News Investigation Found That the Product Might Not Work (from abc.com)

Feb. 27, 2006 — Americans catch a billion colds a year in this country and spend triple that — almost \$3 billion — trying to treat them.

But a "Good Morning America" drugstore investigation raises questions about one of America's favorite cold remedies — a product called Airborne.

Victoria Knight-McDowell, the schoolteacher who developed Airborne, appeared on "The Oprah Winfrey Show." The popular talk-show host even endorsed it as a cold fighter. The product's ads are everywhere, and the company says its sales exceed \$100 million.

But now Airborne's CEO, Elise Donahue, is saying that the pill is not a cold remedy.

"I would never sit here and tell you that it's a cure for the common cold," she said. "We don't know if Airborne is a ... cure for the common cold. What Airborne does is it helps your body build a healthy immune system. When you have a healthy immune system, then it allows your body, on its own, to fight off germs."

Donahue said the best proof that the product works was that 40,000 customers contact the company every year. But a number of medical experts and watchdog groups are skeptical that Airborne prevents or cures colds.

"Simply washing your hands during cold and flu season is a much more effective way of preventing colds," said David Kroll, a pharmacologist at Duke University Medical School.

Yet the Airborne box tells users to take the product at the first sign of a cold. An Airborne ad testimonial called it a miracle cold buster. And the company said in a news release Airborne would get rid of most colds in one hour.

"I'm not commenting on that particular press release," Donahue said. "I wasn't with the company then."

Airborne said that a double-blind, placebo-controlled study was conducted with "care and professionalism" by a company specializing in clinical trial management, GNG Pharmaceutical Services.

GNG is actually a two-man operation started up just to do the Airborne study. There was no clinic, no scientists and no doctors. The man who ran things said he had lots of clinical trial experience. He added that he had a degree from Indiana University, but the school says he never graduated.

"I would not define that then as a clinical trial," Kroll said.

Airborne insists the results are valid, but the company is removing all references to the study from its Web site and packaging.

"We found that it confused consumers," Donahue said. "Consumers are really not scientifically minded enough to be able to understand a clinical study."

Now, Airborne is phasing in new packaging. Before, the box said that Knight-McDowell had created it because she was "sick of catching colds." Now, it says she created Airborne because she "needed help supporting her immune system." The word "cold" no longer appears on the new package or in the advertising. All the new packages will be on store shelves by this summer.

Uncontrolled high blood pressure may take a toll on your brain

February 17, 2006

Provided by: MediResource

Written by: ALYSSA SCHWARTZ

TORONTO (MRI) - Here's some news that might make your blood pressure rise (but be careful if it does): Uncontrolled high blood pressure can increase your risk of short-term memory problems and decreased verbal ability as you age.

A study on a group of otherwise healthy, older males found that men with hypertension (high blood pressure) who are unable to control it with medication performed poorly on short-term recall and verbal tests in comparison to other men.

The study, which was published in the journal *Neuropsychology*, involved 357 men involved in a larger, long-term study on aging. The men had an average age of 67, were free of other medical problems and had stable blood pressure status over a three-year period. Hypertension status was defined as normal (below 140/90 mmHg), high (above 140/90 mmHg) but controlled by medication, high and uncontrolled, or untreated.

The men were given a series of tests that looked at different cognitive domains, including memory, verbal and spatial skills.

Regardless of blood pressure status, the researchers found that the men's performance on the tests declined with increasing age. But after analyzing the data, the researchers found a significant interaction between age and hypertension, with older men who had uncontrolled high blood pressure performing significantly worse on tests measuring verbal fluency (the ability to generate words in a specific category) and short-term memory (the ability to immediately recall words on a list).

"Do age effects on cognition vary as a function of hypertensive status?" wrote the authors. "The answer is, yes."

For example, by age 80, participants with uncontrolled hypertension were able to generate seven fewer words than men with normal blood pressure and could remember 1.5 fewer words on the recall test.

Having high blood pressure that was adequately controlled by medication did not appear to affect the men's cognitive abilities. Nor did having untreated high blood pressure - a surprising finding. The researchers speculate this could be because the men in this group may only be at the early stages of hypertension, and able to control their blood pressure through lifestyle changes rather than medication.

The researchers also note that the fact that there was no difference in performance between men with blood pressure that was successfully controlled by medication and men with normal blood pressure suggests that blood pressure medications do not negatively affect men's cognitive abilities.

While the cause behind blood pressure's effect on cognition is unclear, the researchers speculate that it affects processes that occur in the frontal lobe of the brain.

Because of several limits, including the fact that the study population consisted only of men, "future research should sample larger numbers of persons with controlled, untreated and uncontrolled hypertension to confirm the present results."

Senior'sHealth@medbroadcast.com

Fast-Food Ice Dirtier Than Toilet Water

Feb. 20, 2006 — Jasmine Roberts never expected her award-winning middle school science project to get so much attention. But the project produced some disturbing results: 70 percent of the time, ice from fast food restaurants was dirtier than toilet water.

The 12-year-old collected ice samples from five restaurants in South Florida — from both self-serve machines inside the restaurant and from drive-thru windows. She then collected toilet water samples from the same restaurants and tested all of them for bacteria at the University of South Florida.

In several cases, the ice tested positive for *E. coli* bacteria, which comes from human waste and has been linked to several illness outbreaks across the country.

"These [bacteria] don't belong there," said Dr. David Katz, medical contributor to "Good Morning America."

"It's not cause for panic, although it is alarming because what she found is nothing new. You're not more likely to get sick now. But she's done us a favor by sounding the alarm."

Both Roberts and Katz said that the ice is likely dirtier because machines aren't cleaned and people use unwashed hands to scoop ice. Toilet water is also surprisingly bacteria-free, because it comes from sanitized city water supplies.

Support from Big Brother

Roberts got interested in the project after reading a newspaper article about bacteria in airplane water and decided to do something similar. Plus, she said, all of her friends chew on ice, and it drives her crazy.

"I just picked the not-obvious choice," the seventh-grader said of her project.

Her 18-year-old brother, Justus, is also an award-winning science fair veteran who said he has encouraged his little sister's interest in science.

Justus said when Jasmine told him her idea for this project, "I gave her a high five, then said, 'You're a strange little kid.' But I supported her all the way."

The restaurants also have taken notice of Roberts' project. Two began new sanitary policies and have asked her to come back and do her tests again.

"First they appreciated the project," she said. "And one location even asked me to come back and test the temperature of their food."

Germs Are Lurking In Your Office

Feb. 15, 2006 — The flu season is still going strong, and the office can be the place where people are most exposed to illness. A recent study pinpointed some of the top hiding spots for nasty germs.

The study, sponsored by Clorox Disinfecting Wipes, predictably concluded that people should wash their hands and wipe down their workspaces. More importantly, "Germ Doctor" Charles Gerba, professor of environmental microbiology at the University of Arizona, located the Top 5 places where viruses live in the workplace: the desk, computer mouse, telephone, doorknob and light switch.

"Viruses can live for 72 hours on common surfaces like phones and desktops," Gerba said.

In the fall of 2004, Gerba collected samples from private offices, cubicles and conferences rooms in New York, Chicago, San Francisco, Atlanta and Tucson, Ariz. A total of 328 surfaces were tested and analyzed at the university labs.

Gerba said that "presenteeism" — the opposite of absenteeism — was one of the major reasons offices were such hotbeds for germs. Presenteeism is responsible for lost time and productivity because employees go to work despite not feeling well enough to be productive. According to a recent survey by ComPsych, a company that provides employee assistance programs, 77 percent of workers say they come to work sick. It costs companies as much as \$1.5 billion a year.

Common areas, such as conference rooms, are not safe havens for germs because they are more likely to be cleaned than personal space, Gerba said.

"Also, people at meetings are usually sitting relatively still," he said. "They aren't getting up to use phones, computer mice and keyboards."

From Good Morning America

Native Women Have Strengths That AMAZE Men

They bear **HARDSHIPS** and they carry **BURDENS** but they hold **HAPPINESS, LOVE AND JOY**.

They **SMILE** when they want to **SCREAM**.

They **SING** when they want to **CRY**.

They **CRY** when they are **Happy** and **LAUGH** when they are **NEVEROUS**.

They **FIGHT** for what they **BELIEVE** in.

They **STAND** up to **INJUSTICE**.

They **DON'T** take "**NO**" for an answer when they believe there is a **BETTER** solution.

They go **WITHOUT** so their family can have.

They **LOVE** unconditionally.

They **CRY** when their children **EXCEL** and **CHEER** when their friends get **AWARDS**.

They are **HAPPY** when they hear about a birth or a wedding.

Their hearts **BREAK** when a friend dies.

They **GRIEVE** at the loss of a family member, yet they are **STRONG** when they think there is **NO** strength left.

They know that a hug and a kiss can **HEAL** a broken heart.

Native Women come in all **SHAPES & SIZES**.

They'll walk, run or ride on horse back far just to be with you, that is how much they **CARE** about **YOU**.

The heart of a Native Women is what makes the **WORLD** keep **TURNING**.

They bring **JOY, HOPE** and **LOVE**.

They have **COMPASSION** and **IDEAS**.

They give **MORAL** support to their family and friends.

Native Women have **VITAL** things to say and **EVERYTHINGS** to **GIVE**.

HOWEVER, IF THERE IS ONE FLAW IN NATIVE WOMEN, IT IS THAT THEY FORGET THEIR WORTH.

If you want, pass this along to all your native women friends relatives to remind them just how amazing they are.

Rheumatoid arthritis may increase skin cancer risk

Feb. 17, 2006

Provided by: MediResource

Written by: ALYSSA SCHWARTZ

TORONTO (MRI) - Rheumatoid arthritis sufferers who are being treated with disease-modifying drugs, biological response modifiers, or corticosteroids may want to be extra careful about skin cancer screening and sun protection.

A recent study in the *Journal of Rheumatology* found that people who have rheumatoid arthritis have an increased risk of developing non-melanoma skin cancers (NMSC), and that those who are being treated with TNF inhibitors together with another medication called methotrexate, or the medication prednisone, are even more likely to develop skin cancer compared to osteoarthritis sufferers.

In the study, researchers from Stanford University School of Medicine compared self-reported information on skin cancer from 15,789 rheumatoid arthritis patients and 3,639 osteoarthritis patients. Rheumatoid arthritis is an autoimmune condition where the body attacks the joints, causing pain and possible disability, whereas osteoarthritis is a "wear and tear" condition where the cartilage in the joints deteriorates.

After adjusting for skin cancer risk factors such as age and prior history of skin cancer, the researchers found rheumatoid arthritis to be associated with a 19% increase in skin cancer risk compared to osteoarthritis sufferers. Rheumatoid arthritis sufferers who were treated with prednisone or a class of biological response modifiers called TNF inhibitors faced a 28% and 24% increase in risk respectively. The likelihood that the second value was not due to chance alone could not be proven.

"To our knowledge, this is the first large cohort study of the associations between NMSC, rheumatoid arthritis and immunosuppressive medications," wrote the investigators. "The increased hazard for the development of NMSC in patients with rheumatoid arthritis is in concert with that found in other studies of European populations."

Non-melanoma skin cancers tend to be slower-growing and more treatable than melanomas, which grow deep in the skin and can spread to other parts of the body. They are also more common and less deadly than melanomas.

Basal cell carcinoma, the most common type of skin cancer, can appear as a pearly or waxy bump on your face, ears or neck, or a flat, flesh or brown-coloured lesion on your chest or back. Squamous cell cancer, another common non-melanoma skin cancer, appears as a firm, red bump on your face, ears, neck, hands or arms or as a flat, scaly or crusted patch.

As with melanomas, the best defence is to protect yourself from the sun - limiting time outside, covering up, and applying a sunscreen with a minimum SPF of 15 half an hour before you go outside. You should also make it a habit to check your skin, especially your moles, periodically for any changes, and promptly report these changes to your doctor. (From Senior'sHealth@medbroadcast.com)

Quotes

"A schedule defends from chaos and whim."

Annie Dillard

"Work is not always required...there is such a thing as sacred idleness, the cultivation of which is now fearfully neglected."

George MacDonald

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Anyone interested in advertising their products please contact the Elders Voice.

PROVERBS:

Look for the good, not the evil, in the conduct of family members. Jewish
Love and eggs are best when they are fresh. Russian
Love is like dew that falls on both nettles and lilies. Swedish
Love rules without rules. Italian
The loveliest of faces are to be seen by moonlight, when one sees half
with the eye and half with the fancy. Persian
The man who does not learn is dark, like one walking in the night. Chinese

BIBLE QUOTES:

"As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it." Isaiah 55:10-11

"You have heard that it was said, love your friends, hate your enemies. But now I tell you: love your enemies and pray for those who persecute you, so that you may become the sons of your father in Heaven. Matthew 5:43-45

Mail, fax, email, or call in your Special Wishes/Community Events !!

Happy! Happy! Birthday To All Elders Born In April!!

24 Hours a day - 7 days a week - **National Crisis Line** 1-866-925-4419
The Indian Residential School Survivors Society provides free, immediate, confidential, non-judgmental, support for residential school survivors across Canada

Quotations: "True friends know you, and love you anyway."

"Every time I close the door on reality, it comes in through the windows."

"Things are going to get a lot worse before they get worse."

"A male gynecologist is like an auto mechanic who never owned a car."

"I'm not offended by all the dumb blonde jokes because I know I'm not dumb--and I'm not a blonde."

"I refuse to think of them as chin hairs. I think of them as stray eyebrows."

Lily Tomlin

Carrie Snow

Dolly Parton

Janette Barber

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

30th ANNUAL BC ELDER'S GATHERING

Hosts: Nuu-Chah-Nulth Tribal Council and Tseshah First Nation

Dates: July 18, 19, 20, 2006 **Place:** Alberni Valley Multiplex

Address: 3737 Roger Street, Port Alberni, B.C.

For Information Please Contact Coordinator: Vina Robinson

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Email: vrobinson@nuuchahnulth.org