

Volume 10 Issue 9

August 2010

BC ELDERS COMMUNICATION CENTER SOCIETY



ELDERS VOICE

ATTENTION: Elders Contact People Please Remember To Make Copies of The EV Each Month For Your Elders And If You Could Also Make Copies For Your Chiefs and Councils That Would Be A Great Help! Your Help Is Appreciated!!

EV'S 117th Issue!

*****INVOICE Message: Your Help Is Still Needed For This Office**

**THANK YOU!
TO THE GRACIOUS HOSTS
OF
THE 2010 BC ELDERS GATHERING
TO: Host Adams Lake Indian Band and the Secwepemc Nation Bands
And Project Coordinator Susan Matthew
And all who worked on the event for the provincial elders.
You did a wonderful job for everyone, thank you for all your hard work!**

HAPPY BIRTHDAY TO ALL ELDERS BORN IN AUGUST !!

****Beginning in July through to August your BC Elders Council Members will be conducting 50/50 draws in local communities to help fundraise for the BCECCS. Your support is appreciated.**

Any group who does not yet have a member on the BC Elders Council is encouraged to contact the office at bcelders@telus.net

Anyone who has a video or DVD of the Grand Entry for the Port Alberni Elders Gathering in 2006, is asked to please contact Rose at llube@shaw.ca as she has been trying to find more information for awhile now and would appreciate any assistance you could offer.

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Easy Bakers Corner – Carrot Cake by Colleen Karlson, Conayt F.C.

In a large bowl, blend 1 cup of oil, 1 cup of granulated sugar, and 1 cup of brown sugar with a mixer, on low, until well mixed. Add 1 tsp of vanilla. Beat in 4 eggs, one at a time, blending well after each addition.

In a second bowl, stir together 2 cups of flour, whole wheat, 1/3 cup of Dry milk, 1 tsp. of baking soda, 1 tsp. of salt, 1 tsp. of baking powder and 2 tsp. of cinnamon and add to egg mixture until well blended.

Stir in 1 cup of walnuts, chopped, and 3 cups of carrots, shredded, by hand. Pour batter into well greased and floured 10” tube pan or fluted pan.

Bake at 350°F for 50 - 60 minutes. Cool in pan, then top with powdered sugar or frosting of your choice.

HANDY TIPS

- 1. To unseal and then reseal a sealed envelope: put it in the freezer for a few hours, then slide a knife under the flap. The envelope can then be resealed.**
- 2. Crayon marks on the walls? This works wonderfully! A damp rag, dipped in baking soda. The crayon comes off with a little elbow grease.**
- 3. Use an empty toilet paper roll to store appliance cords. It will keep them neat and you can write on the roll what appliance it belongs to.**

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/Storytelling/Drawings/Articles of Interest/Native Songs Lyrics/Wellness Seminars/Obituaries, etc. Submissions are best forwarded to me via email by the 15th of the preceding month. If you are interested in providing articles, please do so, I look forward to hearing from anyone who wants to contribute to the content of your newsletter.

Gilakasla, Donna Stirling

‘PRESERVING THE PAST’ New Elder’s Website: www.bcelders.com

The *First Ever* Elder’s Website “Preserving the Past” is now online (as of Sept. 2002). Registration forms, booth forms, maps of the host territory, accommodation information, etc. concerning the Annual Elders Gatherings are available each year on the BC Elders Communication Center Society’s website www.bcelders.com as soon as they are made available from each new host community.

Issues of your Elders Voice Newsletter are also 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).

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.

BC ELDERS COMMUNICATION CENTER SOCIETY

10th Year GRATITUDE LIST

Of Groups Who Have Thankfully Paid Their \$250 'Yearly Support Fee'
For the Dec. 1st 2009 – Nov. 30th 2010 Year

1. Indian Residential School Survivors Society
2. Ditidaht First Nation
3. Qualicum First Nation
4. Cowichan Elders
5. Tsleil-Waututh Nation
6. Laich-Kwil-Tach Treaty Society
7. BC Assoc. of Aboriginal Friendship Centres
8. Kla-How-Eya Circle of Elders
9. BC Transmission Corporation
10. K'omoks First Nation
11. Douglas Band
12. Kluskus Indian Band
13. Lower Nicola Indian Band
14. Ki-Low-Na Friendship Society
15. Hartley Bay Village Council
16. Squiala First Nation
17. Akisqnuq First Nation
18. Wei Wai Kum First Nation
19. Wet'suwet'en First Nation
20. Kitamaat Village Council
21. McLeod Lake Tse'khene Elders Society
22. Da'naxda'xw First Nation
23. Gitwangak Education Society
24. Quatsino Band
25. Spallumcheen Indian Band
26. Williams Lake Indian Band
27. Bridge River Indian Band
28. Lytton First Nation
29. Lower Kootenay Band
30. Ehattesaht Tribe
31. Xaxli'p Indian Band
32. Adams Lake Indian Band
33. Kwikwetlem First Nation
34. Osoyoos Indian Band
35. Hailika'as Heiltsuk Health Centre
36. Carnegie Community Centre
37. First Nations Health Society
38. We Wai Kai Nation
39. Hesquiaht First Nation
40. Sumas First Nation
41. Kamloops Indian Band
42. Shxwha:y Village
43. Ki-Low-Na Friendship Society
44. Chawathil First Nation
45. Gingolx Elders
46. Doig River First Nation
47. Soowahlie Health Services
48. Union of British Columbia Indian Chiefs
49. Whispering Pines/Clinton Indian Band
50. Seton Lake Elders
51. Dzawada'enuxw First Nation
52. Tobacco Plains Indian Band
53. Cook's Ferry Indian Band
54. Shxw'ow'hamel First Nation
55. Carrier Sekani Family Services
56. Gitanyow Human Services
57. Gitxsan Health Society
58. Simpcw First Nation
59. Ulkatcho Indian Band
60. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation
61. Tansi Friendship Centre Society
62. Ts'kw'aylaxw Elders
63. In-SHUCK-ch Nation
64. Leq'a:mel First Nation
65. British Columbia Assembly of First Nations
66. Tsawwassen First Nation
67. Taku River Tlingit First Nation
68. Nicomen Indian Band
69. Ts'ikt Elders (Nuxalk)
70. Eniyud Health Services (Xeni Gwet'in F.N.)
71. T'IT'Q'ET Elders Council
72. Pacheedaht First Nation (\$125)
73. Yakweakwoose First Nation
74. Nuuchahnulth Tribal Council
75. Mount Currie Band Council
76. Chawathil First Nation
77. Canoe Creek Band
78. Wuikinuxv Nation
79. St. Eugene Golf Resort Casino

47 More Fees Are Needed By The End Of August!!

In Loving Memory of Cynthia Diane MacDonald

This is the Eulogy written for our daughter, grand-daughter, sister, aunt, cousin and friend.

Tragically, Cindy's life ended last Tuesday, June 15th 2010. Our Creator took her home to be with her maternal grand-parents, Billy McLeod & Lizzette Saddleman, as well as her paternal grand-parents Duncan and Viola MacDonald. The angels and Creator have re-united Cindy with her father William MacDonald.

Cindy came into this world on March 5th 1961; she was such a beautiful baby girl, with the most wonderful smile and huge brown eyes. We remember her mischievous giggles and the way she could wrap Dad and Grandpa around her little finger. She was their "little doll" and she knew it.

Cindy spent her early years in Merritt, her later childhood in Lower Nicola and her teen years with her dad and step mom Rena Sam. Rena was like a mom to Cindy.

Cindy was a trained and certified Chef, and a certified hair stylist and she was a recent graduate of N.V.I.T's business certified program.

With her wonderful little winglets that Mom used to put in her hair, it's no wonder that Cindy became a hair stylist. Her many clients were a testimony to her skills. A well known native man, Willard Wallace had this to say about Cindy. "I had long braids , and I wanted to have it cut, but by a native woman who was skilled, I looked and asked around, and was told, go to Zone 2 there is a native woman there, she will cut your hair. So I did, and Cindy was the one who cut my traditional long braids."

Cindy would also be a barber and would often cut Lloyd's hair, of course Maynard and Gene would want one too, so she would say, "I am not getting out my equipment for just one of you, so get your buns over here and sit down."

Because Cindy loved her flower garden, Gene and their friend Sk'lot would help her every year to get her garden ready. Cindy's tomatoes were incredible.

Cindy so loved her mom, she would often visit and they would spend hours together just being mother and daughter. They loved to go shopping together or to simply sit and watch t.v. Mom was Cindy's best friend and she confided in her, prayed with her, and told her funny stories. Cindy had some of the best jokes, and would really get animated acting out the characters in her stories making us all laugh until we cried. I think she learned that skill from her dad. During Christmas dinners you could count on one of them to tell at least one joke.

Bill and Sherri remember happy times with Cindy in Campbell River. She took them out clam digging and then made the best Clam Chowder they've ever tasted. They also remember how she could clean salmon, boy was she fast. One time, they cleaned their entire catch on Bill's front lawn on Irvine Street in Merritt that really got the neighbors "buzzing".

Cindy leaves behind to grieve for her, her beloved Gene. Gene, we are forever grateful that you loved Cindy, we saw the way you looked at her with such love; the way you accepted her unconditionally, which is what we all long for. When we are lucky, we find someone to care for us, to laugh with us, to worry and fret with us and most of all to stand by us. You gave Cindy the opportunity to love and to be loved; being part of your life meant that she could live on the land, close to the water. She could have a huge garden, she could have chickens, dogs, cats and even a pet donkey, her years with you were some of the happiest; Gene, and we will not forget that. Thank you.

Mom remembers how Cindy loved animals and gardening, and how Cindy would often show acts of kindness to those less fortunate than her. Cindy would help out by giving free haircuts and even perms and she would show kindness and generosity by paying for perms out of her own pocket.

Cindy was very close to her sister Colleen. They would often be seen together and both loved the Merritt Music fest. If you couldn't find them, you could hear them! Their laughter was very loud and contagious. Everyone knew they were always up to something.

Cindy, we will miss you dearly. But now it's time to let you go. So, travel safe, "Baby Doll" – go be with our ancestors on the other side. Go and have the peaceful rest that you so deserve. We will see you again one day.

Forever in our hearts.

Your Family and Friends.

On behalf of the family, I would like to thank all of you for your kind words and loving support over the last few days. You have helped to carry our burden of grief and we will never forget your generosity.

Lloyd, Jeanette McMaster, Lorna Mathias & Family, Audrey and Mike Ward & Family. Bill and Sherri MacDonald & Family, Colleen Hanna & Family, Cathy Webster & Family.

Psalm 116:15

"Precious in the sight of the Lord is the death of His saints."

John 14: 1-2-3

- 1. "Let not your heart be troubled; you believe in God, believe also in Me."**
- 2. "In My Father's house are many mansions, if it were not so, I would have told you. I go to prepare a place for you."**
- 3. "And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you maybe also."**
- 4. "And where I go you know, and the way you know."**

For: Tsleil-Waututh Nation

Contact: Brenda Baptiste, Tsleil-Waututh Nation

Primary Phone: 604-924-4176

E-mail: bbaptiste@twnation.ca

Date issued: June 24, 2010, 20:54 e

Attention: Assignment Editor, City Editor, News Editor, Government/Political Affairs Editor

Tsleil-Waututh responds to the Province's eagle article

North Vancouver, BC, NEWS RELEASE, Jun.24 /CCNMatthews/ - The Tsleil-Waututh Nation responded this morning to misinformation contained in a June 24th front page story in the Province newspaper. The article, written by Suzanne Fournier, covers a proposed ceremony by some BC First Nation leaders asserting First Nation's aboriginal rights to harvest fish and wildlife for domestic and ceremonial purposes.

The article incorrectly identifies James Carl Joseph, a man whose conviction in 2008 under the BC Wildlife Act is under appeal, as a Tsleil-Waututh member. It further suggests that Chief Justin George would be a participant in the planned assertion ceremony.

"The Tsleil-Waututh community has been wounded by our association with the discovery of eagle parts on the Tsleil-Waututh reserve in 2005, said Chief Justin George, "at no time has Tsleil-Waututh or any Tsleil-Waututh member ever been implicated in those events. In 2005 and at every opportunity since then, we have tried to teach people about the significance of the eagle and the reverent place that this magnificent animal has in Tsleil-Waututh culture and the cultures of First Nations. The eagle has a special place in the hearts of all North Americans."

In 2005, Chief Negotiator, Leonard George stated; "We honour the eagle. We honour its spirit and its symbol through our ceremonies, our crests and our stories and our songs. Our culture teaches us to respect nature. Harvesting begins with a prayer, continues with respect, uses every part of the plant or animal that can be used and finishes with a prayer of thanksgiving. It is this way that we walk gently on Mother Earth."

Chief Justin George is firm in his support for the recognition and affirmation of aboriginal rights through appropriate assertion of those rights. At the same time, Tsleil-Waututh's commitment to resource stewardship is well known and respected. In 2007, Tsleil-Waututh demonstrated that commitment by abstaining from harvesting their sockeye allocation on the Fraser River so that additional stocks could return to the spawning grounds.

"Our people support all First Nations in advancing the recognition and protection of our aboriginal rights and titles", said Chief George, "But we have been and we remain clear that our support does not extend to the sale of eagle parts."

The Province's article, as far as its reference to James Carl Joseph as a Tsleil-Waututh member and to Chief George's participation in the proposed assertion ceremony is wrong and Tsleil-Waututh requests that the Province Newspaper issue the appropriate retraction.

- END RELEASE - 24/06/2010

Release ID: 201006240003

The Family Caregivers' Network Society congratulates and applauds the British Columbia Law Institute and the Canadian Centre for Elder Law for their new study, *Law Reform to Support Family Caregivers to Balance Paid Work and Unpaid Caregiving*. This is a significant work that tackles a complex issue. Author/researcher Krista James has done a fantastic job of presenting the information so that non-legal minds can grasp the issues.

This will be of interest to family caregivers, all employers, policy makers, researchers and anyone else who wants to know more about the impact of working and caring.

Please see the Media Release below.

Barb MacLean
Executive Director

Media Release

CCEL Announces Online Launch of Family Caregiving Study Paper

for immediate release

Vancouver, 24 June 2010—The British Columbia Law Institute and the Canadian Centre for Elder Law are pleased to announce the online launch of their study paper, *Care/Work: Law Reform to Support Family Caregivers to Balance Paid Work and Unpaid Caregiving*.

The study paper, generously funded by the Law Foundation of British Columbia, considers whether the law recognizes the value of unpaid family caregiving labour and examines to what extent the law assists British Columbians who are managing the double role of worker / caregiver.

Family caregivers look after aging parents, children with disabilities, people coping with mental health issues, addictions and chronic illnesses, cancer survivors, and individuals in post-surgical recovery. Family caregivers care for biological family members, as well as friends and neighbours. They provide a variety of services, including managing medication and appointments, assisting with intimate personal care, providing emotional support, assisting with mobility, shopping and housework, and preparing meals.

As the population ages, more and more British Columbians will find themselves caring for parents and grandparents. Recent statistics suggest that 80% of elder care is delivered through informal care arrangements and over 60% of adults with disabilities require the daily assistance of family members. Many adults are joining the “sandwich generation” who struggle to provide care simultaneously for both children and parents.

“Family caregivers face significant work-related consequences such as short-term and long-term poverty caused by a loss of employment income,” said Staff Lawyer Krista James. “Court decisions suggest a trend of not supporting workers who require workplace accommodation in order to balance work and care. Family caregiving saves the health care system a lot of money. It is time to question whether the law should provide caregivers with more job protection and greater benefits.”

The study paper identifies five areas in need of reform to better support family caregivers: employment law, human rights, tax policy, health policy and pensions.

The study paper and its accompanying documents are available online at <http://www.bcli.org/ccel/publications/study-paper-family-caregiving>.

The Canadian Centre for Elder Law strives to be a leader in law reform by carrying out the best in scholarly law reform research and writing and the best in outreach relating to law reform as they relate to older adults.

By CBC News, cbc.ca, Updated: June 24, 2010 3:34 PM from www.msn.com

First Nations' G20 protest peaceful

Hundreds of First Nations people marched through downtown Toronto on Thursday, waving flags, including upside down Canadian ones, and pounding on drums.

It was the latest in a series of protest marches timed to coincide with the arrival of G20 leaders and other delegates in the city.

Organizers said they were hoping to draw international media attention to aboriginal issues.

"We're here basically to bring attention to the impact that G8 and G20 meetings have and the effect their social and economic policies are going to have on indigenous people, lands and resources," said Russell Diabo, a Quebec Mohawk who is a spokesman for the group Defenders of the Land.

"We have a lot of unresolved issues we need to see addressed domestically, without Stephen Harper talking about going overseas and dealing with development there."

The protesters highlighted issues such as control of land First Nations claim as their own and the still unsolved cases of more than 500 aboriginal women who have been slain or gone missing across Canada in the last three decades.

About 1,000 First Nations protesters walked peacefully along University Avenue chanting and singing. At Toronto City Hall, they continued their protest, watched over by Toronto police.

It was the first large-scale protest of the G8 and G20 summit week and took place without any incidents or arrests.

The march ended with a rally at Toronto's Allan Gardens.

With files from The Canadian Press

By The Associated Press, thecanadianpress.com, Updated: June 23, 2010 8:20 PM

US police find stolen mower in slow getaway

KENNEWICK, Wash. - Police say they caught a man making a slow getaway on a stolen riding mower.

The Tri-City Herald reports officers in Washington state responding to a burglary call Tuesday morning found a 31-year-old man riding the mower in the street, pulling a trailer of other lawn care equipment.

He was jailed for investigation of burglary, theft and drug charges.

From www.msn.com

BACKGROUNDER ON HARMONIZED SALES TAX AND BC FIRST NATIONS

TO: FIRST NATIONS IN BC

DATE: JULY 1, 2010

FROM: FIRST NATIONS SUMMIT (FNS) and UNION OF BC INDIAN CHIEFS (UBCIC)

Purpose In follow-up to FNS and UBCIC resolutions concerning the Harmonized Sales Tax (HST), provide background information on the HST and its implications for First Nations in BC.

Background On September 1, 2009 the provincial government of British Columbia announced its intentions to adopt the Harmonized Sales Tax (HST), which combines BC's 7% Provincial Sales Tax (PST) with the 5% federal Goods and Services Tax (GST). On November 30, 2009, the governments of BC and Canada signed the HST implementation agreement, called the Comprehensive Integrated Taxation Agreement (CITCA). The CITCA provides for the structure and administration of HST. The federal government will administer the HST pursuant to the *Federal Excise Tax Act* and return the provincial component (7%) to the province. The HST will be applied to a slightly increased tax base than the GST is currently applied to, and comes into full effect July 1, 2010. Pursuant to the CITCA, the Government of Canada will transfer three separate payments totaling approximately \$1.6 billion to the province of BC between April 2010 and July 1, 2011 as an incentive to the province to implement the HST. The province is putting this "Assistance Amount" into its general revenue. The current GST credit for low income families will be replaced automatically by an HST credit according to income reported via income tax.

Potential Implications for First Nations in BC First Nations in BC currently have an exemption from taxation for personal and real property situated on reserve, or goods delivered to reserve, as per the *Indian Act* s.87 – **this exemption will be continued.** Off-reserve, First Nations in BC do not have the exemption from taxation for personal and real property, and currently pay both federal and provincial sales tax (the GST and PST); this means that **First Nations in BC will pay the full 12% HST for goods purchased off-reserve that are not delivered to reserve.** According to the 2009 Indian Registry Data, the majority of Status First Nations in BC (67,270) live off reserve and pay full tax, compared to a minority (60,122) that live on reserve. Additionally, First Nations living on reserve typically cannot make all purchases on a reserve, and pay full tax off reserve unless the goods are delivered to the reserve.

Like all British Columbia residents, First Nations will see an increase in items subject to full 12% tax on off-reserve purchases (except those delivered to reserve); however, First Nations will likely feel a greater impact from this increase in expenditure because of the disproportionately high level of poverty experienced.

Work to Date by BC First Nation Organizations The Union of BC Indian Chiefs (UBCIC) resolutions 2009-41 and 2010-21 provide a mandate for work on the HST, and resolution 2009-51 mandated creation of the UBCIC HST Committee. The First Nations Summit passed resolution 0610.09 supporting the campaign against the imposition of the HST and calling for respect of First Nations' rights regarding taxation. Key advocacy points include:

- a) First Nations in BC were not consulted about the new tax regime that will be imposed;
- b) First Nations are sovereign nations who enjoy international recognition through the United Nations Declaration on the Rights of Indigenous Peoples, and Constitutional and judicial recognition of our title, rights, and treaty rights, including the right to tax, and that the province's unilateral imposition of the HST on First Nations is beyond your jurisdiction;

- c) First Nations in BC experience a disproportionately high level of poverty that is rooted in government policies, legislation, and colonialism, and that the HST stands to maintain and further increase our level of poverty.

The FNS and UBCIC will continue to work together to raise awareness about, and pursue solutions to, these key issues for First Nations relating to the HST.

Ontario First Nations' Success in Achieving P.O.S. Exemption from Provincial Portion of HST

Ontario First Nations' current Point of Sale (P.O.S.) exemption from provincial sales tax dates back 30 years.

The P.O.S. exemption means that Ontario First Nations are exempt from provincial sales tax on all goods whether purchased on or off reserve, at the time of purchase. Ontario First Nations assert that the P.O.S. exemption is based on their treaty and inherent rights; the Ontario provincial government asserts that the P.O.S. exemption is based on Ontario's administrative policy. First Nations in British Columbia do not have this same P.O.S. exemption – in BC, First Nations are only exempt from sales tax for goods purchased on-reserve or delivered to reserve.

Following a year of active opposition, negotiations, and threats of protests during the G8 and G20 Summits, the First Nations in Ontario announced on June 18th that they successfully achieved a P.O.S. exemption from the 8% provincial component of the HST off-reserve. This effectively continues the current P.O.S. exemption from provincial sales tax off reserve that First Nations in Ontario enjoy. First Nations in Ontario will continue to be exempt from provincial and/or federal taxation on reserve.

Although Ontario First Nations and the government of Ontario disagree on the basis of the current First Nations P.O.S. exemption, in a Memorandum of Agreement signed May 3, 2010, they recognized that both Parties are committed to the principle of reconciliation and to the continuation of the First Nation P.O.S. tax exemption under the HST, as currently applied in practice in Ontario.

Canada Revenue Agency GST/HST Info Sheets for First Nations

HST and First Nations in BC and Ontario: <http://www.cra-arc.gc.ca/E/pub/gi/gi-072/gi-072-e.html>

Collecting First Nations Tax in a Participating Province: <http://www.cra-arc.gc.ca/E/pub/gi/notice254/README.html>

Important Documents

BC Comprehensive Integrated Tax Agreement (CITCA): http://hst.blog.gov.bc.ca/wp-content/uploads/2010/04/bc_citca_nov09.pdf

Federal *Excise Tax Act*: <http://laws.justice.gc.ca/PDF/Statute/E/E-15.pdf>

BC HST *Excise Tax Act* Amendments:

http://www2.parl.gc.ca/HousePublications/Publication.aspx?Language=E&Parl=40&Ses=2&Mode=1&Pub=Bil1&Doc=C-62_4&File=24

BC Government list of "What's Taxable under the HST and What's Not": https://hst.blog.gov.bc.ca/wp-content/uploads/2010/05/GST_PST_HST_List_v04.pdf

Websites Re. HST

Union of BC Indian Chiefs (details of UBCIC HST work): www.ubcic.bc.ca

Fight HST website: www.fighthst.ca

Canada Revenue Agency website: <http://www.cra-arc.gc.ca/gncy/hrmnztn/menu-eng.html>.

BC Provincial Blog about HST: <http://hst.blog.gov.bc.ca/>

BC Government and HST:

http://www.sbr.gov.bc.ca/business/Consumer_taxes/harmonized_sales_tax/hst.html#1

Chiefs of Ontario & HST: <http://chiefs-of-ontario.org/PageContent/Default.aspx?SectionHeadlineID=246>

First Nations propose aboriginal gaming body

Last Updated: Wednesday, July 21, 2010 | 10:03 AM ET [Comments257Recommend66](#) From www.cbcnews.ca

Casinos operate in every Canadian province except New Brunswick and Newfoundland and Labrador. Of the 70 casinos in Canada, 15 are run by First Nations, according to the Alberta Gaming Research Institute. (Carolyn Kaster/Associated Press)

First Nations leaders are planning to set up a national aboriginal gaming commission to gain more control over the huge revenue generated by native-run casinos.

Casinos on First Nations reserves in Canada generate millions of dollars every year. But some aboriginal groups say they frequently find themselves at odds with federal and provincial authorities over jurisdiction and revenue sharing.

The issue is attracting attention at this week's annual meeting of the Assembly of First Nations in Winnipeg, where some leaders say the time is right for a national First Nations gaming association to gain more control over gambling's riches.

"It's all about sovereignty and jurisdiction and exerting that and occupying the field so that we can in turn have our own First Nations gaming act," said Chief Perry Bellegarde of the Little Black Bear First Nation in Saskatchewan — a province that is home to six First Nations casinos.

Most provinces that have commercial gaming have agreements in place to share revenues with First Nations communities. No such agreement is in place in B.C. — a situation that led B.C.'s First Nations to set up their own gambling authority last month.

Despite the problems generated by gambling, many aboriginal leaders view casinos and video lottery terminals as an effective way of creating jobs on reserves, where high unemployment is a chronic problem.

An American delegate told the AFN conference that First Nations gaming in the U.S. generated \$26 billion US in revenues last year in the 28 states that have casinos on reservations.

Winnipeg Free Press - PRINT EDITION By: Staff Writer 22/07/2010 1:00 AM

Renovation guru Holmes to tackle aboriginal housing

CELEBRITY contractor Mike Holmes is about to wield his hammer to improve some of Canada's aboriginal housing. Holmes and the Assembly of First Nations are working on a pilot project to build new housing units and retrofit some existing homes on a reserve.

They're also planning to set up a centre where aboriginal community planners can learn how to build sustainable and environmentally friendly housing.

Holmes says he wants to help address the "neglect and poor conditions for housing" on many First Nations.

A location for the project, which was announced at the assembly's annual meeting in Winnipeg, is to be chosen in the next few weeks.

The renovation guru and his team tackle shoddy workmanship in people's houses on a weekly television show on HGTV called *Holmes on Homes*.

-- The Canadian Press

Republished from the Winnipeg Free Press print edition July 22, 2010 D5

Research director resigns from reconciliation commission

<http://www.theglobeandmail.com/news/national/research-director-resigns-from-reconciliation-commission/article1636301/>

Further upheaval in senior ranks of residential schools inquiry prompts concerns

By Bill Curry Ottawa — From Monday's Globe and Mail 12 July 2010

Canada's Truth and Reconciliation Commission on Indian residential schools is in the midst of another shakeup of its senior ranks following the resignation of the director of research and the appointment of a new executive director.

The personnel moves come just weeks after the commission's first national event in Winnipeg, which was largely viewed as a success for gathering former students, teachers and religious leaders together to share stories about the boarding schools that operated for decades before almost all were closed in the 1970s.

Already more than a year behind schedule due to the resignations of the original three commissioners who were then replaced in June 2009, the changes at the highest levels of the support staff are prompting concern of further delays to the commission's herculean task.

A product of the 2007 multi-billion out-of-court settlement between former students and the federal government and churches that ran the schools as a joint venture, the commission has a five-year mandate.

But the commissioners are up against a deadline to produce a report by the end of its second year on "historic findings." The problem is that the commission has yet to even get its hands on the church records because of continuing technical negotiations over what form these documents should be in when they are handed over.

The resignation of research director John Milloy, who had only been in the position for a few months, comes after he delivered a face-to-face apology to church leaders during a meeting in Winnipeg over controversial remarks he made expressing his frustration over the pace of the document negotiations. The chair of the commission, Mr. Justice Murray Sinclair, sent a letter of apology to church representatives in April after Mr. Milloy's comments were published.

Dr. Milloy, a Trent University professor and author of a history of residential schools called *A National Crime*, will continue to play a key role with the commission later this year as a special adviser on research to the commissioners.

"I'm sorry to hear he has resigned because I do believe that will stall things for a time," said Cecile Fausak, the United Church's liaison minister for residential schools.

In an interview, Dr. Milloy said his resignation had nothing to do with his remarks, which included a comment suggesting the Roman Catholic Church was afraid of lawsuits against living priests if diaries reveal details about "buggering boys in the basement and that sort of thing."

Rather, he says the position involved far more administrative work than he had expected and that his preference was to leave that to someone else so that he could focus solely on research.

"It's a bigger administrative job than everybody thought it would be," he explained, adding that research projects have all been assigned to others so his move should not delay those plans.

In a statement, the commission said Paulette Regan, a senior program adviser with an academic background in residential schools research, will replace Mr. Milloy as interim director.

In another move, the commission's executive director, Tom McMahon, has been replaced by Kim Murray, a lawyer and law professor from the Kanesatake First Nation of Oka.

Mr. McMahon will also stay on with the commission as general counsel, with a focus on establishing a National Research Centre on residential schools.

Ms. Murray is a graduate of Osgoode Hall Law School who won an award for her work advocating for the rights of aboriginal people who have been detained or incarcerated. She had recently joined the commission as special adviser of "statement gathering and regional liaisons."

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Thursday, September 30, 2010

for the Gala Fundraiser of the Aboriginal Law Student Scholarship Trust

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Program and ticket information to follow

Contact: Tina Dion, ALSST Co-Chair

604-948-5230

ALSST2010@gmail.com

A joint initiative between The Canadian Bar Association, British Columbia Branch and the National Aboriginal Achievement Foundation.

Info from The New Relationship Review at www.eneletters.gov.bc.ca

NAME 'HAIDA GWAI' RESTORED TO ISLANDS

Premier Gordon Campbell (centre) and Minister of Aboriginal Relations and Reconciliation George Abbott (front row, 3rd from left) with the Haida Nation Hereditary Chiefs Council and President of the Haida Nation Guujaaw (back row, left) at the Giving Back the Name With Respect Ceremony in Old Massett June 17, 2010. At the ceremony the Haida Nation formally returned the name Queen Charlotte Islands and restored the name Haida Gwaii.

FINAL AGREEMENT SIGNED WITH THREE TREATY 8 FIRST NATIONS

Minister Abbott and Tribal Chief Liz Logan shake hands after signing the last of ten agreements, including an Amended Economic Benefits Agreement, that make up the Final Agreement, May 20, 2010. The three First Nations signatories are Doig River, West Moberly, and Prophet River.

MINING FOCUSES ON FIRST NATIONS PARTNERSHIPS

Minister Abbott is joined by Gwaans (Beverley Clifton Percival), Chair of the B.C. All-Chiefs Task Force and Gavin C. Dirom, AME BC President and CEO at the Association of Mineral Exploration B.C. Speaker Series event in Vancouver April 30, 2010.

FOUR HOST FIRST NATIONS DAY PROCLAIMED IN BRITISH COLUMBIA

Minister Abbott joins (from L) Four Host First Nations CEO Tewanee Joseph, Squamish Nation Chief Bill Williams, Squamish Nation Councillor Julie Baker and Premier Gordon Campbell in the Legislature May 27, 2010 to proclaim Four Host First Nations Day. May 27th marked the 2,010th day since the Four Host First Nations Society was created.

NISGA'A NATION CELEBRATES 10 YEARS OF SELF GOVERNMENT

Minister Abbott joins Jody Wilson-Raybould, Regional Chief of the B.C. Assembly of First Nations and Shawn A-in-chut Atleo, National Chief of the Assembly of First Nations at the celebrations to mark the 10th anniversary of the Nisga'a Final Agreement on May 11, 2010.

LIEUTENANT GOVERNOR PRESENTS HAND-CARVED CANOE TO PROVINCE

Minister Abbott and (from L) Songhees Elder Elmer George, House Speaker Bill Barisoff, master carver Chief Tony Hunt, Lieutenant Governor Steven Point and Premier Gordon Campbell were on hand at the Parliament Buildings April 27th for a ceremony in which the Lieutenant Governor presented a hand-carved canoe to the Province. The canoe was carved by the Lieutenant Governor with the assistance of Tony Hunt.

ActNowBC Seniors' Community Parks - Riverside Fit Park, Courtenay, B.C.

Set in Riverside Park underneath a towering oak tree and protected by the great weeping California redwood, the yellow and grey exercise units look like garden sculptures guarded by great columns of ten foot high hedging cedars. Outside the cedars, the Courtenay River flows by, often carrying kayakers. In the distance are the fields of Lewis Park. Paths lead from one exercise station to the next. The whole effect is cheerful and inviting.

The motto on the yellow sign in front of the park reads: "Every Move is a Good Move", and since its opening day, folks have been visiting the park, using the equipment, enjoying it and having fun.

I watched a young man do chin ups on the Pull Up Bracket. He was delighted with the equipment and relishing his outdoor workout. I lamented that my chin up days were over, still I was able to have a great but modified workout on the same piece of equipment. My favourite is the Air Walker, because it helps relieve my arthritic hip.

One of the interesting happenings about the Seniors' Community Park is that all ages seem to be enjoying it. I watched a four year old boy figure out how to use the exercise equipment – it took him just minutes. His move from unit to unit was more rapid than mine, but the pleasure was the same.

Some of the park users have made the visit to the park a part of their daily routine. On their regular walk, they stop for more exercise and to socialize and even picnic. The Park is a destination. One of my favourite sights was a gentleman of seventy or so sitting on the Pull Chair, while facing a little girl of ten sitting opposite on the Push Chair. It would have been a great photo op!

One ninety year old user of the Leg Stretcher found it difficult to use as directed (he has knee replacements), but very quickly adapted his approach so that the machine suited his needs. My husband likes this machine and is able to use it as directed and finds it a great part of his overall workout.

For the child that still resides in all of us, the Bonny Rider is very close to a rocking horse. Besides the fun of the ride, it promotes the development of the core, enhances the upper body triceps and strengthens the leg muscles.

Some folk who have been regularly using indoor exercise equipment have decided to transfer their workouts to the Outdoor Seniors' Community Park. The location & the ambience of the sunshine are unbeatable enticements for change. Visitors from other places who do not have such a venue wish that they were as lucky as we are here in Courtenay. And every man, woman or child who visits the park is proof that "Every Move is a Good Move!"

- Isabel Petch

Riverside Fit Park in Courtenay has a winning location and welcoming layout that has proven popular with Comox Valley seniors. Located at 358 Anderton Avenue in Courtenay, right across the street from the Florence Filberg Centre and the Evergreen Seniors Club, Riverside Fit Park features 16 pieces of outdoor fitness equipment, overlooking the gently flowing waters of the Courtenay River.

The equipment is designed to give users a well-rounded workout, with exercises geared towards cardio, core strength, upper and lower body, and flexibility. Individual stations include:

- Push chair
- Pull chair

- Arm wheel
- Tai chi wheel
- Waist trainer
- Surfboard
- Elliptical trainer
- Bonny rider
- Wab board
- Leg stretcher
- Airwalker
- Exercise bars
- Pullup bracket
- Waist/back massage

The park is available for informal drop-in use as well as scheduled classes.

Riverside Fit Park - Contact Information

Location Address: 358 Anderton Avenue, Courtenay, B.C.

[Riverside Fit Park - Google Maps Link](#)

Phone: 250-338-1000 Email: rspence@courtenay.ca

Contact information for City of Courtenay (sponsoring organization)

Phone: 250-334-4441 Email: info@courtenay.ca Website: www.courtenay.ca

By The Associated Press, thecanadianpress.com, Updated: June 22, 2010 9:50 PM

Trapped drunk NZ driver cracks another beer

WELLINGTON, New Zealand - Trapped after flipping his car while drunk driving, a New Zealand man opened another beer as he waited to be rescued.

Paul Nigel Sneddon, 47, pleaded guilty to careless driving and drunken driving in a district court in the North Island city of Palmerston North, the Dominion Post newspaper reported Wednesday.

Sneddon failed to take a corner on June 1, crashed through a wooden barrier, and flipped his car onto its roof.

The newspaper quoted defence lawyer Peter Young as telling the court when Sneddon found he could not open the doors, "he had nothing else to do at that point, so he had another beer."

When police found him trapped in the vehicle his breath-alcohol level was 1,191 micrograms — nearly three times the legal limit of 400 micrograms.

Prosecutor police Sgt. Ollie Outtrim told the court Sneddon went on a drinking bender after losing his job at a bakery.

Asked by an officer how much alcohol he had consumed, Sneddon replied: "Plenty. I've been drinking for four days straight," adding he had just lost his job in a local bakery," Outtrim was quoted as saying.

Judge Gregory Ross fined Sneddon 1,100 New Zealand dollars (\$776) and disqualified him from driving for 10 months.

please observe the following traditions:

- no admission fee (although donations are welcome)
- no drugs or alcohol
- no cameras, recording devices or cell phones
- no pets (unless they are certified working animals)
- whatever you bring in, please take it out with you (garbage, food, etc.) we will be setting up a recycling centre at the medicine wheel site

for more information call:
patricia 604.769.2110
michael 604.831.8964

visit us online
[www.facebook.com](http://www.facebook.com/medicine_wheel)
medicine wheel (request friendship for medicine wheel)

email: medicinewheel@live.ca

notes:

peace

respect

harmony

spirituality



MEDICINE WHEEL

where people gather

august 19 - 22, 2010
welcome everyone from the four directions

a drug and alcohol free event

the medicine wheel grounds are at:
34111 lougheed highway, mission b.c.
(5 km. east of mission on highway#7
just past the information booth)

come prepared for a 4 day healing camp-out (water will be provided)

donations and volunteers are most welcome and appreciated

you are invited to the 2010 MEDICINE WHEEL gathering, which will be held from August 19 to August 22.

the opening ceremony will take place at sunrise on Thursday morning. the sacred fire will be lit and the grounds will be blessed.

please bring a small rock to be placed at the wheel for the closing ceremony. all are invited to bring a gift for the giveaway.

the medicine wheel includes:

- traditional ceremonies
- healing circles
- singing and drumming
- healing sweats
- a moon lodge for women at their sacred time
- a children's teepee with activities and teachings
- a healing teepee (healers/helpers are welcome. if you are a healer/helper please check in at the elder's teepee.)

volunteers are welcome for all aspects of the medicine wheel.

if you wish to volunteer please contact:

michael @604.831.8964 or patricia @604.769.2110

email: medicinewheel@live.ca

Sunday is feast day
(plant your rock and participate in the giveaway).

breakfast and supper are provided for all four days, but please bring your own dishes, cups and utensils.

donations of food will be greatly appreciated.

attention smokers:
no cigarette butts are to be placed on Mother Earth. find a creative solution.

please honour our dress code:

- no provocative clothing
- t-shirts are ok
- we would prefer women to wear skirts
- we would prefer men to wear pants

directions:

the medicine wheel grounds are located at 34111 Lougheed Highway, Mission, B.C. 5 km. east of Mission on Highway #7, just past the "tourist information" booth.

if you are coming from the west, look for a red flag on your left.

if you are coming from the east, look for a red flag on your right.

if you are coming from the north or the south, welcome.

after that, go up the hill and follow the red flags to the medicine wheel grounds.



NEWS RELEASE

For Immediate Release
2010CFD0015-000748
June 22, 2010

Ministry of Children and Family Development
Ministry of Healthy Living and Sport

B.C. BOOSTS BEFORE- AND AFTER-SCHOOL CARE PROGRAMS

VICTORIA – B.C. is making it possible to expand before- and after-school child-care programs for all school-age children and also help families get ready for full-day kindergarten this September, announced Mary Polak, Minister of Children and Family Development.

“While a full school day will eliminate or reduce child-care needs for some families, others who plan to return to work may need child care for the first time,” said Polak. “We are boosting capacity for these families, in particular.”

The new space limits for group facilities that care for school-age children are as follows:

- Facilities with kindergarten and Grade 1 students present can take in four additional children, to a new maximum of 24.
- Facilities with no kindergarten and Grade 1 students present (Grade 2 and up) can increase by five spaces, to a maximum of 30 children.

With approximately 1,100 group school-age facilities licensed across the province – nearly half of them on school grounds – the increase has the potential to create hundreds of new before- and after-school spaces. Each centre that expands is eligible for increased operating funding from the Ministry of Children and Family Development.

“This is about increasing the availability of school-age child care, but it’s also about creating healthy options,” said Ida Chong, Minister of Healthy Living and Sport. “Children in before- and after-school care are more likely to have positive recreational outlets and develop healthy habits for life.”

“As a council, we’ve advocated for consistency between child-care licensing and early years initiatives,” said Jack Keough, Provincial Child Care Council member. “This is a consistent approach from government that gives child-care providers and parents greater flexibility with before- and after-school care programs.”

The Province will invest more than \$300 million in child-care support programs this year and \$144.5 million in capital funding to provide classroom space that will help accommodate full-day kindergarten. This is in addition to B.C.’s three-year, \$280 million commitment to implement full-day kindergarten, which will be available for up to 50 per cent of kindergarten students in September 2010 and for every five-year-old starting school in 2011.

“We know that when many of our youngest learners enter school, they are not quite ready to reach their full potential. Offering full-day kindergarten will provide educators with more time to help their students become better prepared for the rest of their schooling,” said Education Minister Margaret MacDiarmid.

Child-care operators can visit www.hls.gov.bc.ca/ccf/child_care.html to view the revised child-care licensing regulation.

Parents can find information about before- and after-school care at www.mcf.gov.bc.ca/childcare/cc_resource.htm.

For information on full-day kindergarten, visit http://www.bced.gov.bc.ca/early_learning/fdk/.

Young Entrepreneurs

YES

Symposium 2010

Strengthening First Nations
through the spirit of
entrepreneurship

November 22nd – 25th

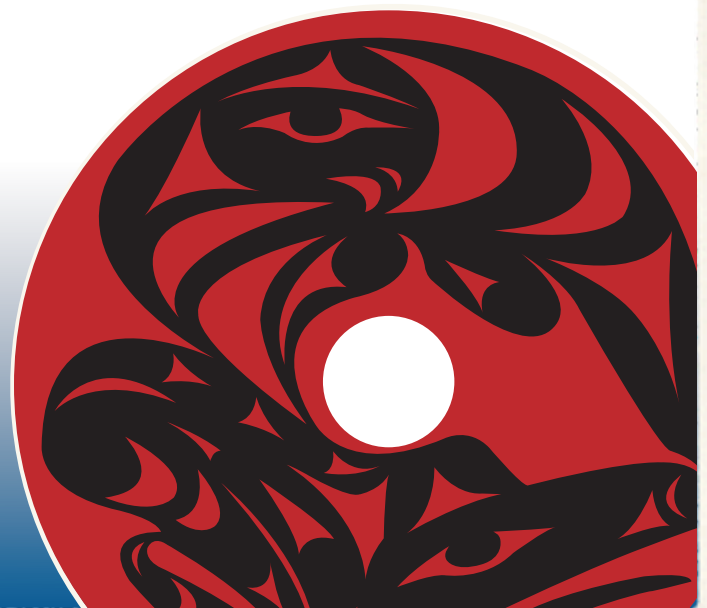
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Stroke

Are you at risk for a stroke?

While anyone can have a stroke, including young healthy people, some of us are more at risk. Stroke has many of the same risk factors as heart disease. Although some risk factors, such as age, cannot be controlled, there are many risk factors that can be controlled.

Risk factors that can be controlled or treated include:

- high blood pressure
- high cholesterol
- diabetes
- blood vessel disease (such as peripheral artery disease or carotid artery disease)
- atrial fibrillation* (a disorder of the heart rhythm where the upper chambers of the heart quiver instead of beating normally)
- heart disease
- transient ischemic attacks* (TIAs; a "mini-stroke" that has symptoms similar to a stroke, but with no lasting brain damage)
- some types of blood disorders (such as sickle cell anemia)
- smoking
- inactivity
- high alcohol consumption (for men, more than 14 drinks per week; for women, more than 9 drinks per week)
- recreational drug use (cocaine, amphetamines, and LSD)

Risk factors that cannot be controlled or treated include:

- age: stroke risk increases as you age
- gender: strokes are more common in men than in women, but women are more likely to die of stroke
- race: people of African descent are more likely than people of European descent to have a stroke
- personal history of heart attack or stroke: if you have already had a stroke or heart attack, you're more likely to have a stroke
- family history of stroke or heart disease

If you're concerned that you might be at risk, speak to your healthcare professional. They will be able to help you find ways to deal with the risk factors that can be controlled.

Preventing strokes

Your best bet in preventing stroke is to identify your risk factors for stroke, and to work on the ones that can be controlled or treated. Your health care professional will be able to help you identify the risk factors that you can work on, and develop a plan that will work for you.

There are many changes that you can make to your lifestyle that will not only reduce your risk of stroke, but also improve your overall health:

Quit smoking and avoid secondhand smoke. Between 5 and 15 years after quitting smoking (depending on how much and how long you smoked), your risk of stroke will be the same as that of someone who never smoked.

Drink alcohol in moderation. Limit yourself to 1 to 2 drinks per day, to a maximum of 14 per week for men or 9 per week for women.

Be active. Try to have at least half an hour of moderately intense physical activity on most days of the week. It can be as simple as going for a walk at lunch. If you are not very active now, check with your doctor before starting a new exercise program.

Try to reach and stay at a healthy weight. Talk to your doctor about a nutrition and exercise program that can help you do this.

Control stress. Be aware of what causes stress for you and find ways to cope. To reduce the amount of stress that you have, you can look for ways to simplify your life or delegate some responsibilities to others. To help deal with the physical effects of stress, some people find exercise, yoga, meditation, and deep breathing helpful. It may take a few tries before you find the method that works best for you.

There are a number of health conditions that may increase your risk of stroke. To control these risk factors:

Have your blood pressure checked regularly. If you have high blood pressure, work with your health care professionals to keep it under control.

Find out whether you have high cholesterol. If so, work with your health professionals to reduce it to a healthy level.

If you have diabetes, work with your health care professionals to keep your blood sugar in a healthy range.

If you have already had a stroke or heart attack, your doctor may provide a program of medications, diet changes, and exercise to help prevent a stroke.

Stroke facts and warning signs

A stroke occurs when the flow of blood to a part of the brain is cut off. This can be due to something (usually a blood clot) blocking the flow of blood to the brain (*ischemic stroke*). It can also be caused by a burst blood vessel bleeding into the brain (*hemorrhagic stroke*). About 80% of strokes are ischemic and 20% are hemorrhagic. Without a blood supply, the brain cells in the affected area start to die.

The effects of a stroke depend on which part of the brain is affected and how severe the damage is. A stroke may affect your ability to move, your ability to speak and understand speech, your memory and problem-solving abilities, your emotions, and your senses of touch, hearing, sight, smell, and taste. In some cases, a stroke can be fatal.

It's important to recognize the warning signs of stroke, because quick treatment can reduce the risk of brain injury and death. A stroke usually comes on suddenly, over a few minutes or hours.

The warning signs of stroke include:

- sudden weakness, numbness, or tingling of the face, arm, or leg (often on only one side of the body)
- sudden confusion, trouble speaking, or trouble understanding speech
- sudden vision loss (often in one eye only) or double vision
- sudden trouble walking, dizziness, loss of balance or coordination, or falls
- sudden severe headache (often described as "the worst headache of my life") with no known cause

If you notice these symptoms, call 9-1-1 (or your emergency medical number if you do not have 9-1-1 service) immediately. Stroke is a medical emergency.

Stroke treatment and rehabilitation

Stroke is a medical emergency. It is important to get emergency medical help right away so that the stroke can be treated.

Strokes can be treated with medications, surgery, or other non-surgical techniques. The exact treatment used depends on the type of stroke, when the stroke started, and the overall health of the person having the stroke. "Clot-busting" medications can be used for certain types of strokes, provided the person reaches the hospital quickly enough (the "window" is within 3 hours of a stroke). This type of treatment can prevent further damage to the brain.

The effects of a stroke depend on which part of the brain was damaged and how severe the damage was. Strokes can affect speech, movement, thinking, vision, and other senses. Not everyone needs rehabilitation after a stroke. But for people who have some level of disability after the stroke, rehabilitation can make a huge difference in their lives. Rehabilitation can help them get some of their old abilities back or learn new ways to adjust to their disabilities.

Rehabilitation starts as soon as possible after the stroke, usually in the hospital, and continues after the stroke survivor goes home. Rehabilitation is done by a team of health care professionals, including doctors, nurses, pharmacists, physiotherapists, occupational therapists, dieticians, and social workers. The survivor's family and friends are also an important part of the team.

Rehabilitation can involve physical exercises to improve balance and muscle control, learning how to use canes or other special equipment, learning to plan healthy meals, improving speech, and learning to deal with emotions such as anger, sadness, or confusion. The survivor's family and friends can be taught to help with the exercises and other rehabilitation activities.

From www.medbroadcast.com

QUOTES

- "Deal with the faults of others as gently as your own." **Robert Louis Stevenson**
- "Curiosity is the key to creativity." **Chinese proverb**
- "The purpose of life is to matter – to count, to stand for something, to have it make some difference to have lived at all." **Leo Rosten**
- "It is great to be great, but is greater to be human." **Will Rogers**
- "Every problem contains the seed of its own solution." **Unknown**
- "Here are the real rules: Don't run with scissors, don't leave the iron on, don't cross against the light, and don't be afraid of a broken heart." **Lise Funderburg**
- "That's what I consider true generosity. You give your all, and yet you always feel as if it costs you nothing." **Simone de Beauvoir**
- "Joy is prayer. Joy is strength. Joy is love. Joy is a net of love by which you can catch souls." **Mother Teresa**
- "Real beauty isn't about symmetry or weight or makeup; it's about looking life right in the face and seeing all its magnificence reflected in your own." **Valerie Monroe**
- Nature is to see a world in a grain of sand, and a heaven in a wild flower, hold infinity in the palm of your hand, and eternity in an hour. **Unknown**

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

**ADDRESS:
1415 Wewaikum Rd.
Campbell River, B.C. V9W 5W9**

**Phone: 1-250-286-9977
Fax: 1-250-286-4809
Toll-Free: 1-877-738-7288
Coordinator: Donna Stirling
Website: www.bcelders.com
Email:
bcelders@telus.net**

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1st OF EACH MONTH.**

**If your area's copy is not
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please call into the office.**

1. Why did we put a man on the moon before we realized it would be a good idea to make luggage with wheels?
2. Why are actors IN movies but ON television?
3. Why do toasters always have a setting that burns the toast?
4. Can you cry under water?
5. What's the difference between unique and very unique?
6. What is a Japanese maple tree called in Japan?
7. Three old buddies are out for a walk.

Old guy #1 says, "Windy, isn't it?"

Old guy #2 says, "No, it's Thursday!"

Old guy #3 says, "So am I. Let's go get milk shakes."

8. A new teacher thought she would use what she learned in her psychology courses. She said to her class, "Everyone who thinks they are stupid, please stand up."

After a few seconds, one boy stood. "Do you think you're stupid?" she asked. "No, ma'am, but I just didn't want you to have to stand there all by yourself."
From www.jokeclean.com

QUOTES: "Don't be too self-critical. Learn to be on your own side."

Unknown

"Everybody has a part of their body that she doesn't like, but I've stopped complaining about mine because I don't want to critique nature's handiwork...My job is simply to allow the light to shine out of the masterpiece."
Alfre Woodard

LEO - The Boss (July 23 - Aug 22) Very organized. Need order in their lives - like being in control. Like boundaries. Tend to take over everything. Bossy. Like to help Others. Social and outgoing. Extroverted. Generous, warm-hearted. Sensitive. Creative energy. Full of themselves. Loving. Doing the right thing is important to Leos. Attractive.

Annual Elders Gathering Grand Entry Photos are on: www.bcelders.com each year!

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

**THANK YOU!
TO THE GRACIOUS HOSTS
OF**

THE 2010 BC ELDERS GATHERING

**TO: Host Adams Lake Indian Band and the Secwepemc Nation Bands
And Project Coordinator Susan Matthew and all who worked on the event for the provincial elders.
You did a wonderful job for everyone, thank you for all your hard work!**