

Volume 7 Issue 1

December 2006

BC ELDERS COMMUNICATION CENTER SOCIETY



ELDERS VOICE

In Recognition

Dear Elders and all First Nations Community Members,

I would like to take a moment to offer my heartfelt thanks to the very talented Mr. Don Burnstick of Burnstick Promotions for his generous donation of \$500 to help this office to run.

Mr. Burnstick has launched the sale of “Redskin” wristbands in support of aboriginal based causes and I am pleased that he chose this effort worthy of his financial support.

His letter of commendation for the work done here was most appreciated as that kind of feedback is always a blessing.

People interested in more information on Mr. Burnstick are invited to checkout www.donburnstick.com.

All my Relations,

Donna Stirling, BCECCS Coordinator, BC Elders Council Sec.

**MERRY CHRISTMAS TO ALL!!
And Have A Safe and
BLESSED NEW YEAR!!**

Inside this issue

Easy Bakers Corner/Handy Tips/Website Information	2
Yearly INVOICES	3
Fire and Safety Tips	4-5
UBCIC Supports United Nations Declaration	6
“I Went To A Party Mom”	7
Quitting Smoking Tips	8
Residential School Settlement Questions and Answers	9-11

Pgs. 12-14: F.N. Leadership Council’s Information Bulletin—Nov. 2006 Issue
Pg. 15: Letter of Thanks to Patty Stirling
Pgs. 16-17: Your Power Outage Checklist from BC Hydro
Pg. 18: The Brick & Thought for the Day
Pg. 19-20: ‘Tis the Season For Cleaning Gutters, Stringing Lights and Falls
Pgs. 20-21: Keeping Your Healthy Smile
Pg. 22: Report To Help FAS Youth
Pg. 23: AFN On Quebec Nationhood
Back Page 24:
 Proverbs/Bible Quotes/Quotes
 Annual BC Elders Gathering Info Corner and
 BCECCS Contact Information

Easy Bakers Corner – Coconut Crunch Apple pie (9-inch pie)

Mix together 1 1/2 cup all-purpose flour and 1/2 tsp. salt. Cut in 1/2 cup shortening until the size of small peas. Mix in 5 to 6 Tbsp. of cold water by the tablespoon until a soft dough is formed. Roll out dough on a floured board. Sprinkle with 1/4 shredded coconut and roll in. Place crust into a 9-inch pie pan. Flute edges or press with fork tines.

Mix 4 cups peeled and sliced apples, 1/2 cup sugar, 1/2 tsp. cinnamon, and 2 Tbsp. all-purpose flour and turn into crust.

Mix 1/2 cup all-purpose flour, 1/4 cup brown sugar (packed) and 1/2 tsp of cinnamon and 1/4 cup (softened) butter or margarine and 1/2 cup shredded coconut and 1/2 cup of chopped walnuts and sprinkle evenly over pie. Bake pie at 400°F for 40 to 45 min. Cool before cutting.

Handy Tips

Take baby powder to the beach: Keep a small bottle of baby powder in your beach bag. When your ready to leave the beach sprinkle yourself and kids with the powder and the sand will slide right off your skin.

Get Rid of Ants: Put small piles of cornmeal where you see ants. They eat it, take it "home," & can't digest it so it kills them. It may take a week or so, especially if it rains, but it works & you don't have the worry about pets or small children being harmed!

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). 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 web site 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).

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.



BC Elders Communication Center Society

1415 Wewaikum Road, Campbell River, BC, V9W 5W9

Ph: 250-286-9977

Fax: 250-286-4809

Toll Free: 1-877-738-7288

Email: bcelders@telus.net

Website: www.bcelders.com

Coordinator: Donna Stirling

ATTENTION: FIRST NATIONS LEADERS
Re: YEARLY INVOICE

Oct. 31st, 2006

Dear First Nations Leaders, Elders Representatives/Workers, Boards of Directors,

Please take note that the yearly invoices due Dec. 01 will be coming out this week so that offices have adequate time to process the request for help.

Some groups in very isolated areas raise the money to pay this fee from small fundraisers which they conduct in addition to their fundraising to *hopefully* be able to attend the Annual Gathering. I understand and am thankful for these and all fees as I know that times are tough and that the added burden of the \$250 support fee takes time and effort to come up with to help things out here.

For those offices that have the resources to pay this support fee without too much of a pinch, I ask that you do so, as this will help cover costs for those groups that cannot help out financially. In life, especially in our communities, I think that that is what we do on a daily basis to help out anyway. We are a generous People and I hope that everyone can help show the government that we put our elders first, as more often than not over the last 7 years they have made it quite clear that they cannot help out with this elders work.

\$250 a year might seem like a lot of money, if you look at it as a subscription to say TV Guide, but I would appreciate it if everyone could remember that this fee has been waived for any group that it has presented a problem for all these years, even when it meant that I was unable to pay myself for almost 6 of those years.

I started this Elders office at the request of Coordinator at the Gathering in 2000 because they wanted the communications gap between the elders and the rest of the world closed and I believe that that is what I have put in place with the Elders Voice, website, email and toll-free number here for the elders to reach me when they need information, etc. As most of you know I do this work here alone except for my 2 children's help each month, so if you could please look at the fee as *a support fee* (at about \$.68 cents a day) rather than a membership or subscription fee that would be great.

I did what I was asked for the elders and if this letter sounds a bit more strongly worded than I would normally use, it is for the simple fact that I believe that after **7th year** of this Provincial Elders Office/Elders Voice operating it shouldn't be fighting for the crumbs under the tables of government or under the tables of some of our own FN offices for support.

I implore everyone to please work together to help make the 'Paid Fees List' for this *ELDERS* office reach where it needs to be so that these efforts need not struggle any longer.

Your help and efforts to help this office over the years are so very much appreciated.

Gilakasla,
Donna Stirling,
BCECCS Coordinator, Secretary, BC Elders Council

GENERAL FIRE SAFETY AND PROTECTION TIPS

Make sure all family members know what to do in the event of a fire. Draw a floor plan with at least two ways of escaping every room. Make a drawing for each floor. Dimensions do not need to be correct. Make sure the plan shows important details: stairs, hallways and windows that can be used as fire escape routes.

Test windows and doors—do they open easy enough? Are they wide enough. Or tall enough?

Choose a safe meeting place outside the house.

Practice alerting other members. It is a good idea to keep a bell and flashlight in each bedroom.



CONDUCT A FAMILY MEETING

Conduct a family meeting and discuss the following topics:

- Always sleep with the bedroom doors closed. This will keep deadly heat and smoke out of bedrooms, giving you additional time to escape.
- Find a way for everyone to sound a family alarm. Yelling, pounding on walls, whistles, etc. Practice yelling "FIRE!"
- In a fire, time is critical. Don't waste time getting dressed, don't search for pets or valuables. Just get out!
- Roll out of bed. Stay low. One breath of smoke or gases may be enough to kill.



BE PREPARED- PLAN AHEAD

Practice evacuating the building blindfolded. In a real fire situation, the amount of smoke generated by a fire most likely will make it difficult to see.

Practice staying low to the ground when escaping.

Feel all doors before opening them. If a door is hot, get out another way.

Learn to stop, drop to the ground, roll if clothes catch fire.

Install smoke detectors

Check smoke detectors once a month and change the batteries at least once a year. Smoke detectors sense abnormal amounts of smoke or invisible combustion gases in the air. They can detect both smoldering and burning fires. At least one smoke detector should be installed on every level of a structure. Purchase smoke detectors labeled by the Underwriters Laboratories (UL) or Factory Mutual **Post emergency numbers near telephones**

Be aware that if a fire threatens your home, you should not place the call to emergency services from inside the home. It is better to get out and place the call to fire authorities from a safe location outside the home.

After a fire emergency

Give first aid where appropriate. Seriously injured victims should be transported to professional medical help immediately. Stay out of the damaged building. Return only when fire authorities say it is safe.

Make sure you have a safe fire escape method for all situations

You may have installed a very expensive home security system. But if you cannot escape the burning structure you have a false level of confidence.

Space Heaters Need Space

Keep portable and space heaters at least 3 feet from anything that may burn. Never leave heaters on when you leave home or go to sleep. Children and pets should always be kept away from them.

Smokers Need To Be Extra Careful

Never smoke in bed or when you are sleepy. Carelessly discarded cigarettes are a leading cause of fire deaths in the United States.

Be Careful Cooking

Keep cooking areas clear of combustibles and wear short or tight-fitting sleeves when you cook. Keep the handles of your pots turned inward so they do not over-hang the stove. If grease catches fire, carefully slide a lid over the pan and smother the flames, then turn off the burner.

Matches and Lighters are Dangerous

In the hands of a child, matches and lighters can be deadly! Store them where kids can't reach them, preferably in a locked area. Teach children that matches and lighters are "tools" and should only be used by adults.

Use Electricity Safely

If an appliance smokes or has an unusual smell, unplug it immediately and have it repaired. Replace frayed or cracked electrical cords and don't overload extension cords. They should not be run under rugs. Never tamper with the fuse box or use the improper size fuse.

Cool a Burn

If someone gets burned, immediately place the wound under cool water for 10 to 15 minutes. If the burn blisters or chars, see a doctor immediately!

Be Careful of Halogen Lights

If you have halogen lights, make sure they are away from flammable drapes and low ceiling areas. Never leave them on when you leave your home or office.

UBCIC Supports the United Nations Declaration on the Rights of Indigenous Peoples

Open Letter to all UN Permanent Missions October 30, 2006

On behalf of Indigenous Peoples of the world, we are writing to ask your Government to assist in the vital objective of adoption of the *United Nations Declaration on the Rights of Indigenous Peoples* by the UN General Assembly before the end of the year, as recommended by the Human Rights Council. We respectfully urge you to vote in favour of the adoption of the *Declaration* when it arises at the General Assembly.

An affirmative vote by your government would be consistent with the solemn commitment of the UN and member States of promoting human rights, as one of the three pillars of the international order. Furthermore, as nation state members of the UN, your Government's recognition of the rights of Indigenous peoples advances the Human Rights Council's work to promote and encourage respect for human rights and fundamental freedoms for all, including the world's indigenous peoples.

As you may know, Indigenous peoples and states have been working on the *Declaration* for more than 20 years. The *Declaration* is long overdue. It is even more critical now to the survival and future well-being of Indigenous peoples, as we face increasingly urgent and adverse impacts from a wide range of human rights violations worldwide.

We now request your help and collaboration, through every means possible, to ensure that the resolution calling for adoption of the *Declaration* remains of a procedural nature and, therefore, fully respects the spirit and intent of the text adopted on June 29, 2006 by the Human Rights Council at its inaugural session.

The *Declaration* was realized with the democratic participation of States and Indigenous peoples. Presently, we kindly request that your government help to maintain this harmonious collaboration, and to lobby other states to commit to the successful adoption of the *Declaration* of the General Assembly this year.

We look forward to the moment that we can celebrate together our collective achievement – not only for our benefit, but also for the benefit of all of humankind. We thank you in advance for the support of your Government to promote and protect the human rights of Indigenous peoples worldwide.

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

“I WENT TO A PARTY MOM”

I went to a party, and remembered what you said.
You told me not to drink, Mom so I had a Sprite instead.

I felt proud of myself, the way you said I would,
That I didn't drink and drive, although some friends said I should.

I made a healthy choice, and your advice to me was right
As the party finally ended, and the kids drove out of sight.

I got into my car, sure to get home in one piece,
I never knew what was coming, Mom something I expected least.

Now I'm lying on the pavement and I hear the Policeman say,
“The kid that caused this wreck was drunk,” Mom, his voice seems far away.

My own blood's all around me, as I try hard not to cry.
I can hear the paramedic say, “This girl is going to die.”

I'm sure the guy had no idea, while he was flying high,
Because he chose to drink and drive, now I would have to die.

So why do people do it, Mom, knowing that it ruins lives?
And now the pain is cutting me, like a hundred stabbing knives.

Tell sister not to be afraid, Mom
Tell Daddy to be brave, and when I go to heaven,
Put “Daddy's Girl” on my grave.

Someone should have taught him, that it's wrong to drink and drive.
Maybe if his parents had, I'd still be alive.

My breath is getting shorter, Mom I'm getting really scared.
These are my final moments, and I'm so unprepared.

I wish that you could hold me Mom as I lie here and die.
I wish that I could say I love you, Mom
So I love you and good-bye.
(poem from the Weiwaikum Times)

Tips for quitting smoking Nov. 14, 2006

Provided by: Canadian Press

(CP) - Here are some tips from the Canadian Lung Association to help smokers butt out for good:

Getting Ready:

-Drink water: With crushed ice if possible, to help flush nicotine and other chemicals out of your system and to satisfy oral cravings. Try using a straw the same diameter as a cigarette.

-Deep breathing: Take 10 deep breaths and hold the last one while lighting a match. Exhale slowly, and blow out the match.

-Delay: Each day, delay lighting your first cigarette by one hour. After the first cigarette, when you have your next craving, delay another 15 minutes to half an hour. By delaying, you are calling the shots and are in control of when to say "No."

-Don't smoke when you first get a craving: Wait several minutes, change your activity or talk to someone. Get out of the situation that makes you want to smoke. After dinner, do the dishes or go for a walk instead of smoking.

-Physical activity reminds you with each deep breath how much better your body will be working. Start a modest exercise regimen, drink more fluids, get plenty of rest and avoid fatigue.

-Smoke only under circumstances that are not especially pleasurable. If you like to smoke with others, smoke alone.

-List all the reasons why you want to quit. Every night before going to bed, repeat one of the reasons 10 times.

-Change eating habits: For example, drink milk, which is often considered incompatible with smoking.

-Don't empty ashtrays: This will remind you how many cigarettes you have smoked each day - and the sight and smell of stale butts will be very unpleasant.

-Save all your cigarette butts for one week in a large container as a visual reminder of the filth smoking represents.

Quit Day

-Throw away all cigarettes and matches. Hide lighters and ashtrays.

-Visit the dentist and have your teeth cleaned to get rid of tobacco stains. Resolve to keep them that way.

-Keep busy: Go to the movies, exercise, take long walks, go bike riding.

-Buy yourself a treat or do something special to celebrate.

-Brush teeth frequently and use a mouthwash.

-The first few days after quitting, spend as much free time as possible in places where smoking is prohibited - libraries, museums, theatres, department stores, churches, smoke-free restaurants.

-Until you are confident of your ability to stay off cigarettes, limit socializing to healthful, outdoor activities or situations where smoking is prohibited. Avoid smokers.

-Change your habits to make smoking difficult, impossible or unnecessary: try swimming, jogging, tennis or handball.

Article is from MensHealth@Medbroadcast.com

Residential Schools Settlement Agreement: Questions & Answers

June 29, 2006

1. What happens now that the Settlement Agreement has been approved by the Federal Government?

The Residential Schools Settlement Agreement will now proceed through a court approval process and a mandatory 5-month notification period. An extensive notification plan will be implemented to inform former eligible students of the court approval process. Pending court approval and acceptance of the Settlement Agreement by eligible former students, it is anticipated that the Common Experience Payment applications would then be made available by Service Canada – this would most likely not be until the spring of 2007.

The Government also announced an Advance Payment program for eligible former Indian Residential School students who are 65 years of age or older as of May 30, 2005, which they can apply for immediately. Applications are available on the internet at: www.irsr-rqpi.gc.ca or www.afn.ca/residentialschools. Applications and additional information is also available by calling: 1-800-816-7293.

2. Who can apply for the advance payment?

Eligible former students who resided at a listed Indian Residential School(s) and who were 65 years of age or older as of May 30, 2005, can apply for the advance payment immediately. See Question #1 for instructions on how to access an application for the advance payment. There is a deadline of December 31, 2006, to apply for the advance payment.

3. Do I need a lawyer to apply for the advance payment?

No, you do not need a lawyer to apply for the advance payment. If you require general assistance to complete the application you can call: 1-800-816-7293.

4. What about former students who are sick, can they apply for the advance payment?

No, there is no advance process for former Indian Residential School students who are sick. The advance payment, as set out in the Settlement Agreement, is for all eligible former Indian Residential School students who were 65 years of age or older as of May 30, 2005. The goal is to get the advance payment out as quickly as possible and the criterion of 65 years of age is the simplest and most practical way to achieve this.

5. What is the Common Experience Payment?

The Common Experience Payment is outlined in the Settlement Agreement as an amount of \$10,000 for the first year or part year spent in a listed Indian Residential School(s), and an amount of \$3,000 for each additional year in attendance. Once the Settlement Agreement is court approved (see Question #1), eligible former students who attended a listed Indian Residential School(s) will be eligible to apply for the Common Experience Payment.

6. What about former students who have passed away?

The Settlement Agreement states that all former students who were still alive on May 30, 2005, will be eligible for the Common Experience Payment. If they passed away before May 30, 2005, there is no legal basis for the Government to compensate on their behalf.

7. What if the former student passed away after May 30, 2005, who would apply for them?

The answer depends on whether or not the deceased person had a will. If they did, the “executor” named in the will would apply on their behalf. The executor would apply for the Common Experience Payment after court certification of the Settlement Agreement (see Question #1). The Common Experience Payment would then go to the estate through the executor and be distributed according to the directions in the will.

If there is no will, the Common Experience Payment would be distributed to the estate according to the rules set out in the applicable provincial or federal legislation. A next of kin would apply to start this process.

8. Do I need a copy of my school records to apply for the advance payment?

No, former students do not need to obtain a copy of their school records in order to apply for the Advance Payment. The Government of Canada will verify eligible former students’ attendance at listed Indian Residential Schools.

9. The Advance Payment application says that the Government will verify my attendance; what happens if the Government has no records of my attendance at a listed Indian Residential School(s)?

In the case where there are no records of a former students’ attendance at a listed Indian Residential School, the Government will review applications on a case-by-case basis as they are received. If the former student has any other proof of attendance, such as a report card, medical report or any other document from the school, they are encouraged to submit a copy. A decision would then be made on an individual case-by-case basis. If there is no proof provided, the claimant will need to apply for the Common Experience Payment after court certification of the Settlement Agreement (see Question #1) and will have the right to appeal the decision.

The Government cannot accept an affidavit from another former student to verify your attendance at a listed Indian Residential School. This is due to the fact that the Government may not be able to verify their attendance either.

10. Will my Advance Payment affect my Social Assistance or Pension Benefits?

The National Chief has advocated that Residential Schools Compensation not be clawed back by other governments (e.g., provinces). Canada has committed to use its best efforts to obtain agreements with such governments to ensure that the receipt of any payments under the Settlement Agreement will not affect other benefits payable to an eligible recipient.

11. Will the Advance Payment be taxable?

As indicated in Section 3.06 of the Settlement Agreement, the Advance Payment and the Common Experience Payment will not be subject to income taxes.

12. Am I eligible to apply for the Advance Payment or the Common Experience Payment if I have settled my claim through either litigation or the Alternative Dispute Resolution (ADR) process?

All former students who resided at a listed Indian Residential School(s) may apply for the Common Experience Payment, after the Settlement Agreement comes into effect (see Question #1), whether or not they have previously settled their claim. This would also apply to eligible former students who meet the criteria to apply for the advance payment (see Question #2).

13. Is there compensation available for children or descendants of former residential school students?

The residential schools settlement is for eligible former students who resided at a listed Indian Residential School(s). There is no compensation available to individuals who did not reside at a listed Indian Residential School.

14. How would an individual apply for a position on the Truth and Reconciliation Commission?

Pending court certification of the Settlement Agreement (see Question# 1), there will be more information available on how to apply for the Truth and Reconciliation Commission. Information will be made available on the Assembly of First Nations website at: www.afn.ca/residentialschools .

15. How do I know if I attended a listed Indian Residential School?

A list of recognized Indian Residential Schools is outlined in the Settlement Agreement which was approved by Canada and will be available on the following website: www.irsr-rqpi.gc.ca

16. I attended a listed Indian residential school during the day and did not reside at the residence; will I be eligible for the Common Experience Payment?

To be eligible for the Indian residential schools settlement you must have resided at the school residence or have been placed in a residence away from the family home by the federal government for the purpose of education.

If the individual attended a listed Indian residential school during the day and was permitted on the school grounds for sports, music lessons or other activities and were abused on the school grounds, they may be eligible to file an abuse claim under the Independent Assessment Process.

17. What if the school/institution I resided at is not on the list of recognized Indian Residential Schools?

There is a list of eligible schools currently recognized in the settlement agreement.

The list of schools can be accessed online at: www.residentialschoolsettlement.ca or by calling 1-866-879-4913. If you would like to request an additional Residential School to be added to the list of recognized schools, you can complete your request online at: www.residentialschoolsettlement.ca or by calling 1-866-879-4913.

If you have additional questions that were not answered in this Questions & Answers document, please call the Federal Government Indian Residential Schools Help Desk toll free at: 1-800-816-7293

The above information can be found at afn.ca



**Union of
British Columbia
Indian Chiefs**

Vancouver Office:
500 - 342 Water Street,
Vancouver, BC V6B 1B6
Tel: 604-684-0231, Fax: 604-684-5726
www.ubcic.bc.ca



**FIRST
NATIONS
SUMMIT**

1200 - 100 Park Royal South
West Vancouver, BC V7T 1A2
Tel: 604-926-9903, Fax: 604-926-9923
Toll Free: 1-866-990-9939
www.fns.bc.ca



**British Columbia
Assembly of
First Nations**

605 - 100 Park Royal South
West Vancouver, BC V7T 1A2
Tel: 604-922-7733
Fax: 604-922-7433
www.bcafn.ca

First Nations Leadership Council

INFORMATION BULLETIN

Feedback and inquiries on these monthly bulletins are welcome; contact information is provided in the column to the left.

Passing of Dr. Frank Calder

The FNLC was deeply saddened at the passing of Dr. Frank Calder. Dr. Calder made significant contributions to the recognition and reconciliation of Aboriginal title and rights in Canada and abroad, and was an advocate of building relationships based on mutual respect and appreciation of lands and resources.

Dr. Calder is best known for his role in demanding a just settlement of Aboriginal title in British Columbia. The 1973 Supreme Court of Canada decision – Calder v. Attorney General of BC – established that Aboriginal title continues to exist, which is the basis for modern land claims negotiations in Canada. This decision – coming after more than 130 years of denial by governments – led Canada to create a land claims policy, and also had a tremendous impact internationally in Aboriginal land claims in New Zealand, Australia, and other countries.

Among Dr. Calder's other achievements: the first status Indian admitted to the University of British Columbia; the first to be elected to the Provincial Legislature, where he served for 26 years; the first elected to Canadian Parliament, and first appointed a Minister of the Crown; the founder of the Nisga'a Tribal Council, the first established in BC; named Chief of Chiefs of the Nisga'a Nation; and recipient of a National Aboriginal Lifetime Achievement Award. Dr. Calder was also named to the Order of Canada, and earned a Doctorate of Divinity, Doctorate of Laws, and Licentiate in Theology.

Fisheries Forum

On October 4-6, 2006, the First Nations Leadership Council hosted a First Nations Fisheries Forum with

the goal of developing a BC First Nations Fisheries Action Plan.

This Action Plan has been developed, and was distributed to all First Nations on October 12, 2006. Based on feedback, a revised Plan has been developed and will be provided by the BCAFN, FNS and UBCIC at their upcoming assemblies. The FNLC will convene a follow-up session on November 29 to finalize the Plan. A joint session with government will take place in mid-December, to present and discuss the final Action Plan.

Bear Mountain Development

On November 16, members of the FNLC, Songhees First Nation and Tsartlip First Nation gathered at the site of the Bear Mountain development after discovering that – without meaningful consultation – the provincial Archaeology Branch had approved removing the roof of a sacred cave and draining a subterranean lake used for spiritual cleansing in order to determine whether the site warranted protection.

"First Nations in this province are outraged at what's happened here," said Grand Chief Stewart Phillip, "It's of paramount importance that all the parties recognize the need to resolve this, particularly the developer, otherwise we're going to have a situation develop here which is going to be just as ugly as the other confrontations across this country. There's no question about that. Sacred issues were very prevalent in the Oka standoff as they were in the Ipperwash conflict."

Hupacasath Chief Judith Sayers said this incident is indicative of "a really large cultural barrier and cultural insensitivity from the archeological branch."

The FNLC supports the Songhees and Tsartlip in their outrage over the destruction of this sacred site and

assisted in organizing a meeting on November 17 to reach an interim solution. Under the New Relationship, work must continue to institute recognition of Aboriginal title, rights and culture across government – including legislative change to ensure the protection of sacred sites.

New Relationship

The themes of all work under the New Relationship are recognition and accommodation. Priority action items are: legislation (amending existing legislation and policy, creating new “recognition” legislation, and implementing a process for First Nations involvement in legislative development); consultation and accommodation; shared decision-making; revenue-sharing; and dispute resolution. In the coming months, the FNLC will be working with First Nations and the provincial government to develop new models for consultation and accommodation.

Another New Relationship priority is revisiting the provincial government’s litigation strategy to be more respectful of, and consistent with, the New Relationship, and in particular to change its traditional “denial” approach. A joint Side Table has been established to make recommendations to improve approaches to the resolution of disputes between First Nations and the province, such as pleadings in litigation. As part of this exercise, the FNLC is also organizing a forum for senior provincial officials, to describe how historical colonial doctrines of denial (i.e. doctrine of discovery) were the genesis of existing government policy and describe why the New Relationship necessitates changes to current Crown litigation policies and practices.

Transformative Change Accord

Work is ongoing to develop the Transformative Change Accord implementation strategy. The Relationships, Education and Health sections are largely complete; preliminary meetings have been held on Housing and Infrastructure; and meetings are scheduled on

Economic Opportunities. A draft strategy for review and feedback by First Nations should be available shortly. The FNLC and provincial government have also committed to collaborative efforts to secure the active participation of the federal government in the implementation of this historic agreement.

Health

The FNLC has been working with Health Canada and BC to move forward on the Transformative Change Accord implementation strategy for health. All three are committed to developing a draft tripartite plan as soon as possible. This plan will then be the focus of a province-wide forum on First Nations health in the spring.

British Columbia will be hosting a national Aboriginal health summit on November 28, 2006. The FNLC is working with the provincial government on the planning and preparation for this event. This summit fulfills Premier Campbell’s commitments to improving Aboriginal health made at the First Ministers Meeting in November 2005.

FNLC members attended the First Nations Health Directors Forum in early November. This event provided the opportunity to engage directly with community experts to receive feedback on the draft health section of the Transformative Change Accord implementation strategy.

The provincial government recently announced that it is holding a *Conversation on Health* until the fall of 2007 – a discussion among British Columbians on how to make British Columbia healthier, and how to improve and renew the provincial health system while strengthening the Canada Health Act. The inaugural event of this conversation was a Congress on Health hosted by Premier Campbell on October 10, and attended by the FNLC. Regional forums, toll-free telephone line, email and online discussions are available to provide feedback, and the FNLC encourages all First Nations to provide input. Please see their

website at www.bcconversationonhealth.ca, phone 1-866-884-2055 or email ConversationOnHealth@victoria1.gov.bc.ca.

New Relationship Trust

(www.newrelationshiptrust.ca)
The term of the first New Relationship Trust Board of Directors expires soon and a process to replace several of the Directors has begun. Each of the member organizations of the FNLC will be appointing a new member through their respective processes. Further information will be available at the upcoming BCAFN, FNS and UBCIC Assemblies in late November and early December.

UN Declaration on the Rights of Indigenous Peoples

Following more than two decades of discussion and development, the United Nations Declaration on the Rights of Indigenous Peoples may finally be considered for adoption during the current 61st session of the UN General Assembly in New York.

Some African countries have recently proposed a “No Action Resolution”, which would result in the Declaration not being considered for adoption during this UN session.

Canada, which for years supported and participated in the drafting of the Declaration, is now actively lobbying against it.

Grand Chief Ed John and National Chief Phil Fontaine traveled to New York on November 15 to urge for the immediate adoption of this critical tool in the protection of Indigenous rights by the United Nations. More information on the Declaration is available at www.ipcaucus.net.

First Nations Forestry Council

FNFC Administration

- ? Interviews for the executive director position will be held in Vancouver on December 1.
- ? The FNFC office location has been confirmed on the 6th floor of 100 Park Royal in Vancouver, BC.

Ecosystem Stewardship Planning

- ? A work plan has been approved by the FNLC and will be funded by the mountain pine beetle transfer agreement.

Communications

- ? Presentations and information packages are being prepared for the upcoming UBCIC, BCAFN and FNS meetings.
- ? The latest newsletter will also be distributed the week of November 20, 2006.

Regional Meetings

- ? The regional meetings are complete and a final report is ready for review by the FNFC, to be distributed shortly thereafter to communities.

Initial Mountain Pine Beetle Funding

- ? Community Futures Development Corporation of the Central Interior First Nations has completed the report for the initial funding.
- ? Program development is underway for the second installment of funding.

Fuel Management

- ? The FNFC has engaged both British Columbia and Canada in order to develop community wildfire protection plans.

Commitments Document (April 19 2006)

- ? The FNFC is working closely with the Ministry of Forests & Range to ensure that the commitments from this document are followed through.
- ? BC has provided the \$8.4 million in a transfer agreement.

New Federal Funding Update

- ? There has yet to be a commitment from the federal government to commit to a meeting that would discuss First Nations priorities.

Forest & Range Opportunities Analysis

- ? A letter was issued from the FNFC to Minister Coleman outlining recommendations forthcoming of the FRO analysis outlining ways to make these agreements economically viable.
- ? A copy of the report is expected to be available at the UBCIC, FNS and BCAFN meetings.

FNLC Meeting Notes

At the recommendation of First Nations, this section of the information bulletin is to describe discussion and decisions of FNLC.

- ? Immediate priority is recognition, consultation and accommodation
- ? FNLC and BC to jointly lobby for federal engagement
- ? FNLC to continue discussions on land use planning with the provincial government
- ? Wildlife Act review and Integrated Pest Management Guidelines consultation process to be improved
- ? FNLC has received provincial legal analysis of section 4 agreements under the *Heritage Conservation Act* and will be striking a working group on this matter shortly.
- ? As follow up to a resolution passed at last year's BCAFN Assembly, a First Nations Justice Forum will be convened in the spring of 2007
- ? FNLC providing input regarding opportunities for First Nations through the new provincial Training Tax Credit Program
- ? Two video pilot projects are currently being produced to improve public awareness about First Nations and the New Relationship
- ? FNLC to explore a 6-month secondment opportunity for a First Nations individual within the Ministry of Economic Development
- ? FNLC to work with BC to develop an internship program for First Nations youth
- ? FNLC met with the First Nations Forestry Council to discuss workplanning and an update on progress
- ? In collaboration with First Nations, BC is undertaking a project to improve the collection, reliability and accessibility of data on First Nations and Aboriginal people
- ? A comprehensive study on the status of First Nations and Aboriginal housing in BC is being conducted to assist in developing the Transformative Change Accord implementation strategy

- ? FNLC met with INAC to discuss INAC's regional strategic plan
- ? Met with RCMP to discuss Crime Prevention Strategy

First Nations Technology Council

The FNLC hosted a Think Tank on Information and Communications Technology Capacity Building. The Think Tank was held to get input from First Nations educators into a program that will be delivered by the First Nations Education Steering Committee in the new fiscal year. The province has contributed \$5m and lobbying continues to secure matching funds from the federal government. The Report is available at http://www.fnctc.info/skills_development.

FNLC is developing a strategy for integrated information management that will include gathering input from communities as to their information management needs and priorities.

Calendar of Events

- November 23-24:** UBCIC Chiefs' Council Meeting (Vancouver)
- November 27-28:** BCAFN Special Chiefs' Assembly (Vancouver Marriott Pinnacle Downtown)
- November 29:** FNLC Fisheries Assembly (Squamish Nation Recreation Centre)
- November 30, December 1:** FNS Meeting (Squamish Nation Recreation Centre)

The First Nations Leadership Council is comprised of the political executives of the BC Assembly of First Nations, First Nations Summit, and the Union of BC Indian Chiefs:

- ? *BC Assembly of First Nations Regional Chief A-in-chut, Shawn Atleo;*
- ? *First Nations Summit Task Group members Grand Chief Edward John, Chief Judith Sayers, Dave Porter;*
- ? *Union of BC Indian Chiefs President Stewart Phillip, Vice-President Robert Shintah; Chief Lynda Price*

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.

Re: Letter of Thanks

November 12, 2006

Dear Community Members,

Since returning home to the Nicola Valley about four years, my husband Lloyd and I have attended a memorial service at the cenotaph on the Shulus Reserve each November 11th to remember and honor the men and women who served in the military during past wars.

The memorial began out of a vision of one man, Patrick (Patty) Stirling who worked to make it all happen. Patty got the ball rolling by gathering photos of soldiers and cataloguing the names of each one with details of their aboriginal descent. These men and women who served were born and raised in the Nicola Valley and Patty's efforts to research their lives is truly a phenomenal legacy to all.

Patty's valuable research dated back to the World War I, though most of it is from WWII, the Korean War and the War in Vietnam, with Patty himself serving in the Navy during the Korean War. All of his research and documentation was no small task and as sometimes background efforts can be overlooked I just wanted to write this letter of appreciation.

Yesterday at the close of the Memorial Ceremony, Patty announced to the people gathered that he would not be there next year to organize the service as he is retiring.

There are many behind the scenes activities that take place to conduct the annual Remembrance Day Service including the fundraising that must be necessary. We are very grateful and appreciative (as I am sure countless people are) of the time you have spent over these years to prepare the agenda for the ceremony, phoning people, arranging for the caterer, booking the hall for the luncheon, and recruiting volunteers, as well as securing the firewood for the outdoor fires at the cenotaph.

Patty is a gentleman who doesn't like to take to the floor and be in the spotlight, a humble and modest man who is owed all of our thanks for all of the years of work he has put in with the Memorial Day Service. Patty's dedication to honor the many soldiers who fought for our country (as he did) so that we may all enjoy freedom is beyond commendable.

Today we would also like to acknowledge Patty's dear wife Donna... Thank you for sharing your husband with us over the years, as he must have needed to spend many hours dedicated to this work and we know that it take two people to make any project like this a success. God bless you both, and may God give back to you double-fold of everything you gave to the people over the years.

Happy Retirement, you sure deserve it!

In friendship and much respect to you both.

Lloyd McMaster, and Jeanette McMaster, BC Elders Council and Conayt Friendship Society

Your Home Outage Preparation Checklist



Before an outage

- Make sure BC Hydro has your current phone number so we can quickly match it to your customer account in case you need to call during an outage. This can be done online at www.bchydro.com/contact or by phoning **1 800 BCHYDRO (1 800 224-9376)**.
- Contact your regional health authority if you or someone you know has special needs during an outage (i.e., is dependent upon electronic life-support systems). If you rely on life-sustaining equipment, be prepared to be self-reliant by having adequate backup in the event of a power outage. If power is out for a longer period, it's important to have a contingency plan, such as moving to a hospital or area that has power.
- Draw up an emergency plan and share it with everyone in your household.
- Check emergency equipment periodically (flashlights, radios, generators, etc.) to make sure they are in working order.
- Protect sensitive electrical equipment (computers, DVD players, televisions, etc.) by installing surge suppressors or other power protection devices.
- Draw up a list of important local telephone numbers: police, fire, poison control centre. Include the BC Hydro phone number: **1 888 POWERON (1 888 769-3766)** for reporting an outage. Post the list near every telephone in your home.

During an outage

- Never go near or touch a fallen power line.** Treat it as though it is live. Stay at least three metres (10 feet) away at all times and do not attempt to remove debris surrounding the line.
- Determine whether the outage is limited to your home.** If your neighbour's power is still on, check your circuit breaker panel or fuse box. When operating a breaker, always face away from the panel. If your neighbour's power is off, call BC Hydro at **1 888 POWERON (1 888 769-3766)** to report the outage. You will be given an estimated time of restoration if known. Your call is valuable, as BC Hydro depends on customers' calls to help us to determine the cause and scope of the outage.
- Turn off electrical appliances.** Appliances or tools left on will start up automatically upon restoration of service; turning them off will prevent injury, damage or fire. If a power surge follows start-up, it could damage sensitive electronic equipment, such as computers, microwaves, and VCRs.
 - Power can be restored more easily by reducing the load on the electric system.
 - Make sure your range is turned off and all other heat-producing appliances, such as your iron, are unplugged. This will minimize the risk of fire when power is restored.

Basic Emergency Kit

Put together an **emergency kit** in case of a lengthy power outage or other natural event. Store the kit in a designated place known to everyone in your household so it is easy to find should the need arise. Basic supplies should include:

- Flashlight(s) in working order
- Battery-powered radio in working order
- Battery-powered clock
- Extra batteries
- Telephone with a cord, if you don't normally use one
 - A telephone with a cord will usually work without electricity, but a cordless one will not (the kind that sits in a recharger base)
- First aid kit, including extra prescription medicine if needed
- Non-perishable, ready-to-eat foods, such as canned meats, fruits and vegetables; granola bars, trail mix, crackers and spreads
- Bottled water: three-day supply (four litres per person per day: two for drinking and two for other uses)
- Manual can opener
- Warm clothing and blankets
- Supplies for those with special needs, if applicable, for example, infants, elderly or disabled persons
- Entertainment: games, cards, books

continued on next page

Your Home Outage Preparation Checklist – *continued*

- Look up outage information.** Use a laptop running on a battery or call someone with Internet access whose power is on, to access outage information by region at www.bchydro.com/outages.
- Never use a camp stove, barbecue, or propane or kerosene heater indoors.** A build-up of carbon monoxide gas in unventilated areas can be deadly.
- Use candles only with caution and in proper candle holders. Never leave burning candles unattended.** They are a potential fire hazard. Use flashlights instead.
- Turn off all lights except one inside your home and one outside.** Keeping one light on inside will indicate to you when restoration has occurred, and a light outside will assist BC Hydro crews in determining whether or not your power has been restored late into the night.
- Refrigerators and freezers.** Keep the doors of your refrigerator and freezer closed to keep your food as fresh as possible. If you must eat food that was refrigerated or frozen, check it carefully for signs of spoilage.
 - Frozen food – If your freezer is full, food will stay frozen for about two days. If it is less than half full, food will stay frozen for about one day. Cover the freezer with blankets, quilts or sleeping bags to further insulate the freezer and help food stay frozen longer.
 - Refrigerated food – To avoid losing the cold air in your refrigerator, don't open doors unnecessarily. Meat and fish spoil quickly at temperatures above 4° C (40° F). Other quick-spoiling foods include milk, custards, creamed foods and any foods containing mayonnaise or eggs. Cooked and cured meat will keep for several days in a closed refrigerator. Hard cheeses keep well, even at room temperature. Again, if in doubt, throw it out. You might also try placing bags of ice in the refrigerator, or place food on ice in a cooler or ice chest.
- Monitor radio.** Listen to the news radio stations in your local area to check for updates.
- Help children cope.** How you react to a power outage gives children clues on how to act. If you react with alarm, a child may become more scared. When talking with children about an outage, be sure to present a realistic picture about what has happened and the expected outcome. Your calming words and actions can provide reassurance. Encourage children to participate in games, arts, crafts and reading. Keep flashlights, note books, magazines, coloured paper and markers, and tape readily available. Plan games to play by flashlight, and what toys will keep them entertained and reassured.
- Anticipate traffic delays – Use extreme caution when driving. Intersections should be treated as four-way stops when traffic lights are out. Anticipate long traffic delays in areas where the power is out.

After an outage

- Occasionally, after restoration, even after your power has come back on, a momentary outage may occur as part of the restoration effort.
- Give the electrical system a chance to stabilize. Turn on the most essential appliances first, and wait 10 to 15 minutes before reconnecting the others.
- Check to make sure your refrigerator and freezer are back on. Check all frozen foods to determine the extent of thawing. Check your freezer guide to determine whether food can be safely refrozen. If food still has ice crystals at the centre, it is safe to refreeze. Dispose of any food that is discoloured or smells spoiled. If in doubt, throw it out.
- Remember to reset your clocks, automatic timers, and alarms.
- Restock your emergency cupboard so the supplies will be there when they are needed again.
- Pull out your emergency kit once a year and make sure it still fits the needs of your household. Replace batteries with fresh ones.

THE BRICK

A young and successful executive was traveling down a neighborhood street, going a bit too fast in his new Jaguar. He was watching for kids darting out from between parked cars and slowed down when he thought he saw something. As his car passed, no children appeared. Instead, a brick smashed into the Jag's side door! He slammed on the brakes and backed the Jag back to the spot where the brick had been thrown.

The angry driver then jumped out of the car, grabbed the nearest kid and pushed him up against a parked car shouting, "What was that all about and who are you? Just what the heck are you doing? That's a new car and that brick you threw is going to cost a lot of money. Why did you do it?"

The young boy was apologetic. "Please, mister...please, I'm sorry but I didn't know what else to do," He pleaded. "I threw the brick because no one else would stop..." With tears dripping down his face and off his chin, the youth pointed to a spot just around a parked car. "It's my brother," he said "He rolled off the curb and fell out of his wheelchair and I can't lift him up."

Now sobbing, the boy asked the stunned executive, "Would you please help me get him back into his wheelchair? He's hurt and he's too heavy for me."

Moved beyond words, the driver tried to swallow the rapidly swelling lump in his throat. He hurriedly lifted the handicapped boy back into the wheelchair, then took out a linen handkerchief and dabbed at the fresh scrapes and cuts. A quick look told him everything was going to be okay. "Thank you and may God bless you," the grateful child told the stranger. Too shook up for words, the man simply watched the boy push his wheelchair-bound brother down the sidewalk toward their home.

It was a long, slow walk back to the Jaguar. The damage was very noticeable, but the driver never bothered to repair the dented side door. He kept the dent there to remind him of this message: "Don't go through life so fast that someone has to throw a brick at you to get your attention!" God whispers in our souls and speaks to our hearts. Sometimes when we don't have time to listen, He has to throw a brick at us. It's our choice to listen or not.

Thought for the Day:

If God had a refrigerator, your picture would be on it.

If He had a wallet, your photo would be in it.

He sends you flowers every spring. He sends you a sunrise every morning
Face it, friend -
He is crazy about you!

God didn't promise days without pain, laughter without sorrow,
sun without rain, but He did promise strength for the day, comfort for the tears, and light for
the way.

Read this line very slowly and let it sink in....
If God brings you to it, He will bring you through it.

'Tis the season for cleaning gutters, stringing lights - and ladder falls

Nov. 08, 2006

Provided by: Canadian Press

Written by: SHERYL UBELACKER

TORONTO (CP) - It must be one of the reasons that autumn is known as "fall." Besides being the time when trees shed their leaves, September through November is also the period when hospitals treat the highest number of injuries for people pitching off ladders.

In Ontario alone, more than 3,200 people ended up in emergency departments after toppling from ladders between late August and early December 2004, says a study released Wednesday by the Canadian Institute for Health Information (CIHI). More than 400 of them had to be admitted to hospital because of the severity of their injuries.

Those autumn tumbles represented well over a third of the 8,300-plus ladder mishaps that took homeowners and workers to hospital for the entire year, the study showed.

"These are all predictable and preventable events," said Philip Groff, director of research and evaluation for SmartRisk, commenting on the CIHI report. "And two-thirds of ladder-related injuries in this country are not the result of working on industrial sites. It's people in their homes who only use their ladders very occasionally."

"So it's a real risk for real Canadians going about their daily business, doing something that's as fun as hanging Christmas lights or not as fun as cleaning the gutters," said Groff, whose national non-profit organization is dedicated to preventing injuries.

Analyzing data from hospitals across Ontario, CIHI found that trips to hospital emergency departments for ladder-related injuries peaked in the month of November, with an average of 30 visits a day.

"It's probably the tip of the iceberg, quite frankly, because what you're not getting are the people who aren't as seriously injured but are going to walk-in clinics or to their family doctors," said Margaret Keresteci, CIHI manager of clinical registries.

Falls of all kinds are the leading cause of injury in Canada, but plummets from ladders are by far the most common type of fall, she said. In the report, CIHI found that more than 80 per cent of those seeking ER treatment for falls were men, with people aged 40 to 59 accounting for almost half of the visits, followed by those aged 20 to 39.

More than 200 of those who dropped off ladders were 80 years of age or older, said Keresteci.

Dr. Jean-Denis Yelle, head of trauma at Ottawa Hospital, said spills from ladders can cause minor injuries, such as bruises, cuts and sprained ankles. More serious problems include broken leg and arm bones and even collapsed vertebrae from the impact of the fall.

But such accidents can also result in severe trauma or even death, Yelle said.

"This is a group that are on the ladder, quite high, and they try to reach something and they lose their balance and they fall head-first rather than feet-first," he said. "And those ones will have significant injury and some die."

Last year, his hospital saw 15 people who had toppled off ladders, one of whom died from head trauma. In 2004, 19 were treated for ladder falls, including three people who died.

Just last weekend, a middle-aged Toronto woman died after falling while up a ladder to trim tree branches. She had suffered a fractured skull.

Keresteci hypothesized that the popularity of TV home-renovation programs may be encouraging more people to become do-it-yourselfers - and that means not only cleaning out leaves from eavestroughs and tacking up holiday decorations atop ladders, but also painting, cleaning windows and performing roof repairs.

Doing outdoor house chores is something she can relate to - as well as, she conceded, falling off a ladder while doing them.

"I have to confess I've done the same thing . . . I had a very bad break in my wrist from exactly that, trying to put Christmas lights up on a second-floor gable," she said of her November 2003 accident. "I over-reached, I didn't get down and move the ladder. I reached sideways and fell."

Not over-reaching is one of the things that Groff of SmartRisk emphasizes when it comes to staying safe while perched precariously on a ladder.

"So often, falls seem to happen because people get a little impatient and they think if I can just get a little more work done at the top of the ladder before I have to climb down and move it again - like to the next stretch of eavestrough - so much the better."

"But the ladder only works if your weight is centred over top of it," he said. "If you shift your weight to the right or the left so that you over-balance it in either direction, you can cause a fall."

Article is from MensHealth@Medbroadcast.com

Keeping a Healthy Smile

Healthy mouths, healthier bodies - is there a link?

Do your body a favour. Go to the dentist. Research shows there may be a link between oral disease and other health problems such as diabetes, heart disease, and stroke, as well as premature and low-birth-weight babies.

Although scientists are only just beginning to understand this link, dentists are encouraging people to make oral health care a regular part of a healthy lifestyle.

Good health requires good nutrition, but if you don't have strong teeth and healthy gums, your ability to eat properly is diminished. Your choice of foods becomes restricted, and you may have difficulties getting all the nutrients you need.

And it only makes sense that chronic infections in the mouth, as are common with people with gingivitis or gum disease, puts strain on the body's immune system.

To help people learn more about preventing oral disease, the Canadian Dental Association (CDA) urges Canadians to talk to their dentist during National Oral Health Month, which occurs every year in April.

Prevention of gum and tooth problems

For your mouth as for your car, it makes good sense to do some maintenance on a regular basis rather than let a problem grow out of hand from neglect. Follow the Canadian Dental Association's Five-Point Prevention Plan to keep youth teeth and gums healthy.

Five-Point Prevention Plan

- 1. Brush your teeth carefully at least once every 24 hours.**
It takes about 2.5 to 3 minutes to do the job right.
- 2. Floss your teeth daily.**
Flossing cleans those areas your toothbrush simply can't reach between the teeth and under the gumline.
- 3. Eat, drink, but be wary.**
Eat a well-balanced diet! Avoid sweet foods and drinks especially between meals. And please don't smoke. Smoking can promote serious dental problems like gum disease and oral cancer.
- 4. Check your gums.**
Check regularly for these signs of gum disease, the leading cause of adult tooth loss: red, puffy or tender gums; gums that bleed even slightly when you brush or floss; persistent bad breath. See your dentist if any occur.
- 5. Don't wait until it hurts.**
See your dentist for preventive checkups and professional cleanings. Regular visits are the best way to prevent trouble and unnecessary expense.

Gum disease

Nine out of ten Canadians will develop gum disease at some time in their lives. It is the most common dental problem, and it can progress quite painlessly until you have a real problem. That's why it is so important to prevent gum disease before it becomes serious.

Gum disease begins when plaque adheres at and below the visible edge of your gums. If plaque is not removed every day by brushing and flossing, it hardens into tartar (also called calculus).

There are two main kinds of gum diseases: gingivitis and periodontitis. If you have gingivitis, your gums may be slightly red, or you may notice nothing at all. In cases of more advanced gingivitis, your gums may become puffy and bleed during brushing. Periodontitis is a more serious form of gum disease involving the bone that supports your teeth. Over time, as a result of the bone loss caused by periodontitis, you may be at risk of losing one or more teeth

Prevention is the most important factor in the fight against gum disease. It is essential to keep your teeth and gums clean. Brush your teeth properly at least twice a day and floss at least once every 24 hours.

Using proper brushing and flossing techniques is equally important. Be sure to see your dentist regularly for professional cleaning and checkups so that he or she can detect any early signs of gum disease and provide appropriate treatment.

Info from Medbroadcast.com

Provided by: Canadian Press

VICTORIA (CP) - Lanny is 17, has an IQ bordering on mental retardation and memory impairment so severe he basically functions without memory.

Lanny's problems stem from fetal alcohol syndrome and his future as he approaches adulthood should be of great concern to the British Columbia government, says Child and Youth Officer Jane Morley.

Not long ago, it occurred to Morley that there were serious gaps in the adult service system faced by youths with the syndrome who were about to become adults. Most youth aren't expected to become completely independent of their families on their 19th birthday, Morley says in her lengthy report on the subject released Thursday. So why should society expect youth in care, especially, youth with significant functional disabilities, to manage on their own? she asks.

Morley examines the problem and how to help deal with it in the report, *A Bridge to Adulthood: Maximizing the Independence of Youth in Care with Fetal Alcohol Spectrum Disorder*.

The report, which contains six recommendations for the provincial government, is about youth in government care with FAS who at age 19 are not eligible for the adult services provided by Community Living B.C. - youth who left on their own.

Community Living B.C. is a provincial Crown agency created to assist children and adults with developmental disabilities. But to be eligible for Community Living B.C. an individual must be diagnosed as having the developmental disability of mental retardation.

Morley profiled six youths, including Lanny, in her report; only one might be eligible for community living assistance under its current criteria.

The recommendations include:

- Expanding eligibility requirements of Community Living B.C. by recognizing low IQ functioning;
- Developing ways to assess FAS individuals to help design appropriate services;
- Developing a plan that would help these youths by involving several related ministries such as Children and Family Development and the regional health authorities;
- Providing funding through the appropriate ministry for more training of people who work with FAS individuals;
- Planning earlier in the FAS person's life so that a process is in place earlier to help as they become adults;
- Developing a transition plan for ages 19-23, especially for those not eligible for Community Living B.C.

"As a society, we have a responsibility to build a bridge to facilitate access to adulthood for the youth in government care who have FASD and cannot be expected to manage the transition to adulthood on their own."

The report also notes that the syndrome is the leading cause of developmental disability among Canadian children.

Although the incidence rates of the syndrome in B.C. is not known precisely, current estimates of the disorder among newborns range from between three and nine per 1,000 births.

From Medbroadcast.com

From www.afn.ca November 23, 2006
First Nations seek clarity on Harper's motion on 'nationhood'

In reference to the motion made by Prime Minister Harper yesterday, the Assembly of First Nations calls upon the Prime Minister to clarify his position in a way that does justice to the status and role of First Nations in Quebec and within Canada as a whole.

National Chief Phil Fontaine commented that "mindful as we are of our own history and identity, we want to be respectful of other communities and traditions in Canada. The AFN has been, and remains, open to recognition of the nature of Quebec society that acknowledges features such as the French speaking majority in that province. It is important, however, that such recognition be carried out in a way that does not dismiss or diminish in any way, the nationhood of First Nations in Quebec and throughout Canada."

AFN Regional Chief of Quebec and Labrador, Ghislain Picard added that "the First Nations of Quebec reserve the right to assert and affirm our status as Nations regardless of what other governments may imply." Furthermore, Picard stated that "the recognition by one government of another is only meaningful through a process of negotiation to confirm mutual understandings of the relationship."

The Aboriginal and Treaty rights of First Nations peoples, as referenced in the *Constitution Act* (1982), already provide for the unique status of First Nations in law. The Royal Commission on Aboriginal Peoples, which delivered its final report 10 years ago this week, provided a comprehensive affirmation of our rights and title, as well as a clear path forward for First Nations and all Canadians. Yet, Canada has failed to act and failed to respond in a manner consistent with Aboriginal and Treaty rights and title.

Indeed, First Nations across Canada are expressing frustration at the lack of action and attention to First Nations issues. At the same time, as putting forward this motion, the Government of Canada is actively opposing the United Nations Declaration on the Rights of Indigenous Peoples. Canada's opposition to this non-binding Declaration that would set only minimum standards for dignity, survival and well-being of the world's Indigenous Peoples is unprincipled and inconsistent.

"The announcement of a larger than anticipated surplus and more tax-cuts by Minister Flaherty today is yet another blow to First Nations" noted the National Chief. "In the full awareness of the growing socio-economic crises in First Nation communities across Canada, First Nations receive neither recognition nor investment."

"Despite this, we believe that Canadians do care, and, if given the chance, Canadians would support our plans to overcome the disproportionate problems in health, education and housing in our communities," said the National Chief. "The challenge is for the Government of Canada to finally act, to finally recognize First Nations, and work with us in the best interest of First Nations peoples and all Canadians. It would be a very sad comment that unless you constitute a block of potential swing ridings, your voice, regardless of your legal entitlements and rights, is meaningless in this country."

"There is space for all in Canada," concluded the National Chief. "The Prime Minister, Stephen Harper, and all subsequent governments must seek a balance of the rights of the Quebecois, First Nations, and the rest of Canadians to ensure the prosperity of this country we all share."

The Assembly of First Nations is the national organization representing First Nations citizens in Canada.

For more information, contact:

Bryan Hendry

A/Director of Communications

613-241-6789, ext. 229

Cell 613-293-6106

bhendry@afn.ca

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

**1415 Wewaikum Road
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**

**'ELDERS VOICE' ISSUES
ARE SENT OUT TO
COMMUNITIES BY THE
1st OF EACH MONTH.**

**If your area's copy is not re-
ceived in a timely manner
please call in to the office.**

TRADITIONAL HEALING CORNER

For Dani's Devil Club Salve Please call: 250-287-8435 H or 287-9460 W
or you can email daniassu@hotmail.com with inquiries or orders.
Anyone interested in advertising their products please contact the EV.

PROVERBS:

Behind every great man there's a great woman.
Better the Devil you know than the Devil you don't.
Discretion is the better part of valour.
Do unto others as you would have them do unto you.
Doubt is the beginning not the end of wisdom.
Better to remain silent and be thought a fool that to speak
and remove all doubt.

BIBLE QUOTES:

Neighbors

"Better a neighbor that is near than a brother who is far off."

Proverbs 27:10

**"Do not plan evil against they neighbor who dwells trustingly beside
you."**

Proverbs 3:29

"Love they neighbor as thysel"

Mark 12:31

Old Age

**"Rebuke not an elder, but treat him as a father. Treat the older
women as mothers."**

I Timothy 5:1-2

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

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

Sagittarius November 23 - December 21

Sagittarius Archers are fun-loving free spirits. They are forgiving and have a great sense of humour. But if wronged, watch out! Archers can zero in on an enemy's weakness and retaliate quickly. Energetic Sagittarius loves to travel and has a talent for gambling. Archers don't like deceit or pretension. Their standards are high; they are loyal, intelligent and honest.

National Survivors Support Line

24 Hours a day - 7 days a week - 1-866-925-4419

The Indian Residential School Survivors Society provides free, immediate, confidential, non-judgmental, support for residential school survivors across Canada.

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

Dear Elders and Elders Support People,

There are NO UPDATES available at this time for next years' Annual Elders Gathering.

The 31st Annual Elders Gathering is being hosted by the Squamish Nation, however an information package with the place and dates for the event have not been released at this time.

Please be patient... often times there is no info package available until sometime in the New Year.

Rest assured that as soon as the Host's information is available it will be featured here and on our web-site www.bcelders.com

PLEASE WATCH YOUR UPCOMING ISSUES OF THE E.V. FOR GATHERING NEWS