



ELDERS VOICE

Dear Elders,

My husband Lloyd and I join the many people who have said their farewells to dear friend Patricia Piatocka. Pat, as we knew her, was a *grand lady* with a powerful presence who worked at using her influence to champion projects such as Coordinating the 2000 Elders Gathering in Campbell River. A great many elders who attended that event said that it was the best they had ever been to and marveled that they had felt like royalty in C.R that July.

I was fortunate to have had conversations with Pat during CR's year of Hosting, and I enjoyed having Pat as a guest on a talk show I hosted in CR at that time at C.R.T.V. Pat spoke eloquently about the Gathering and about our First Nations people and I will always remember the interview fondly.

Sadly, my last conversation with Pat was at the P.G. Elders Gathering this past October. Pat spotted me among the throngs of people, came over, and said 'hey Jan', gave me a big hug, and then told me of her plan to bid for the 2007 Elders Gathering. 'How exciting is that?' she asked me. I was so looking forward to the great event that I know would have taken place at CR again.

Another project that Pat put her efforts into was to help see that the grandchildren of every Bill C 31 would be recognized and given full status by the government. I gave my full support to Pat on this, as like her, my grandchildren are also of that era of Bill C 31. I hope everyone keeps fighting for this.

I feel very blessed to have met this great lady, and to have had the honour of serving on the BC Elders Council with her. We will miss her. Goodbye dear friend, may the great Chief of all Chiefs welcome you home.

In friendship and much respect,
Jeanette (Jan) McMaster, BC Elders Council, Okanagan Nation

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Easy Bakers Corner – Lemon Meringue Rice Pudding serves 5

In a medium saucepan, combine 1 Tbsp. of butter or margarine, 3 cups of milk, 1/4 cup of granulated sugar, and 1/2 cup of rice, long or short grain. Bring to a boil. Stir. Lower heat to a gentle simmer. Cook for about 30 minutes or until rice is tender, stirring occasionally.

Combine 1 1/2 tsp. grated lemon rind, and 2 egg yolks in a small bowl. Stir a few spoonfuls of hot mixture into yolks. Then turn yolks back into hot mixture, stirring until blended.

Place mixture in a 6-by-10-inch baking dish. Cool slightly.

Beat egg whites from the 2 eggs until frothy. Gradually add 3 Tbsp. of sugar. Beat until stiff.

Beat in 1/2 tsp. of vanilla. Spoon meringue over the rice pudding.

Bake at 400°F for 5 to 8 minutes until golden brown. Serve hot or warm.

Handy Tips:

1. To store Christmas lights after the holidays, place the bulbs in an old egg carton and wind the cord around the outside. 2. Sty in your eye, dilute baby shampoo on a Q-Tip and swab the eye. 3. Do not take disposable cameras through the X-Ray machines at the airport - it ruins the films completely. 4. To keep your garbage disposal working properly - do not use for peels/rinds, shells, bones or pasta. 5. To keep drains running smoothly, pour a 1/2 cup of baking soda into the drain and follow it with a 1/2 cup of white vinegar - it will foam. Cover the drain (I use a large lid) and let sit for 30 minutes and then flush with cool water.

What Can you please share?

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

'PRESERVING THE PAST'

New Elder's Website: www.bcelders.com

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

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

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

Disclaimer:

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

I LOST A FRIEND TODAY

I lost a friend today, but the world has lost so much more.

It is with deep regret that I announce the passing of Patricia (Pat) Piatocka (nee Roberts), beloved wife of 51 years to Walter Piatocka, mother of their four daughters Sheryl, Gwen, Julie and Robin, and I am proud to say, member and advocate for the BC Elders Council since it began several years ago.

Pat collapsed while speaking of her concerns at a community health meeting on Sunday evening, and was tragically taken from her family and the world the following evening, Monday, November 28th 2005. As in life, Pat was surrounded by her immediate and extended family members, she always had enough love to go around for all and at the end it was no different, the hallways and family room of the hospital were overly crowded with those who came to pay their respects and wish her off to glory.

Thankfully a great many members of her family were able to travel to Campbell River to hold her hand, kiss her good-bye, and say what they needed to say before her passing, and I know for any of those that didn't have that opportunity that she always knew who loved her and she loved you right back.

To those of you who are perhaps unfamiliar, this beautiful grandmother and great-grandmother comes from the prominent Roberts family of the Weiwaikum Nation, and it is there that Pat worked to serve her community on various boards and committees. Pat Piatocka was the hard working Coordinator of the 24th Annual Elders Gathering held July 2000, and many have said since then that it was the best organized event that they had been to in years, if not the best one ever.

Pat's goal with that most important event was that it be held to the highest standard we could all achieve for the Elders of BC. Pat was disappointed when inadequacies occurred over the years for the elders, such as insufficient food, and she was determined that our event would be a proper, respectful Gathering for the elders (her friends and peers) and charged everyone, including herself, with the duty of seeing that the guests that were coming to our territory were properly provided for and honoured by both the First Nation's community as well as the non-aboriginal community here.

Pat believed strongly that all Bill C-31 First Nations people were not treated fairly when that deal was signed so long ago, and consequently she also became a voice for the children left out of Bill C-31, as she herself had grandchildren that were not allowed to have their native status and band membership. I know that Pat would have continued fighting to change this situation by challenging all First Nations People to rectify the injustice and inequality that Bill C-31 fostered because it is the right thing to do, and I personally hope that no one forgets her views on this matter.

Pat was a pioneer out there on the fishing grounds as the first female skipper in her earlier years, she was a hard working fisherwoman who held her own in the male dominated industry, and career wise, she later put more of her business skills to use as co-owners of both the Big Spring Resort and the Bamfield Inn with her husband and best friend Walter.

Pat enjoyed a good game of Bingo with her friends, sisters and daughters and had the good fortune to be blessed with a great sense of humour. I truly hope that there is bingo to play up there because it will fill the time happily until we can all be together again my friend.

You will be missed by all, Donna Stirling

November 23,2005

Assembly of First Nations National Chief Applauds Historic Reconciliation and Compensation Agreement as a Major Victory For Residential School Survivors

AFN National Chief Phil Fontaine said today's announcement by the federal government represents a major victory and vindication for all residential school survivors and their families.

"This is the largest and most comprehensive settlement package in Canadian history," said National Chief Fontaine. "Today marks the first step towards closure on a terrible, tragic legacy for the thousands of First Nations individuals who suffered physical, sexual, or psychological abuse."

The National Chief, on behalf of the Assembly of First Nations, and the Hon. Frank Iacobucci, on behalf of the Government of Canada, signed an historic and unprecedented Agreement in Principle, which was then approved by Cabinet on November 21st. This agreement meets the overall standard that the AFN has been seeking – that it be demonstrably fair and just to the survivors, and that it would lead and contribute to reconciliation, respect, and recognition.

Less than six months ago, on May 30, the AFN and the federal Cabinet signed a Political Accord that recognized the need for reconciliation and healing. Today's settlement is based in part on the AFN's Report on Canada's Dispute Resolution Plan to Compensate for Abuses in Indian Residential Schools released last November 2004. This includes a national apology; an improved compensation process for victims of sexual and physical abuse, a lump sum payment for former students; and a Truth and Reconciliation Commission with both national and regional processes. The Aboriginal Healing Foundation will receive additional funding for another five years.

The Agreement in Principle also calls for an expedited process to resolve the claims of the elderly. Survivors currently involved in class action lawsuits also qualify for all of the benefits of the settlement package, including compensation. The AFN's report and approach was endorsed by residential schools survivors, lawyers involved in class action cases and the churches.

"While no amount of money will ever heal the emotional scars, this settlement package will contribute to the journey on the path to healing -- not only for all residential school survivors, but for their children and grandchildren. For they too, have suffered and witnessed the affects of this abuse," said the National Chief. "It is also crucial to have dealt with this legacy of the past before moving ahead into historic discussions about our future at the First Minister Meeting."

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

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Transformative Change Accord



The First Nations Leadership Council is pleased to announce that at the conclusion of the First Ministers meeting in Kelowna they were able to secure a made in BC tripartite Transformative Change Accord. The attached accord was signed by Prime Minister Martin, Premier Campbell and the members of the Leader Council at the conclusion of the First Ministers Meeting.

The Leadership Council will review the document with First Nations in the coming weeks.

Transformative Change Accord

-between-

Government of British Columbia

-and-

Government of Canada

-and-

The Leadership Council

Representing the First Nations of British Columbia

The Government of British Columbia, First Nations and the Government of Canada agree that new approaches for addressing the rights and title interests of First Nations are required if First Nations are to be full partners in the success and opportunity of the province.

At the First Ministers' Meeting on Aboriginal issues on November 24th/25th, 2005, First Ministers and Aboriginal Leaders committed to strengthening relationships on a government-to-government basis, and on focussing efforts to close the gap in the areas of education, health, housing and economic opportunities.

This accord respects the agreement reached on November 25th and sets out how the parties intend to implement it in British Columbia.

Two important documents preceded the First Ministers' Meeting:

- First Nations - Federal Crown Political Accord - on the Recognition and Implementation of

First Nations Governments signed in May 2005

- The New Relationship - A vision document setting out an initial work plan to move toward reconciliation of Aboriginal and Crown Titles and Jurisdictions within British Columbia

The goals in each document continue to be pursued and the understandings reached in both serve as the foundation for this tripartite accord.

The purpose of this Accord is to bring together the Government of British Columbia, First Nations and the Government of Canada to achieve the goals of closing the social and economic gap between First Nations and other British Columbians over the next 10 years, of reconciling aboriginal rights and title with those of the Crown, and of establishing a new relationship based upon mutual respect and recognition.

The Accord acknowledges and respects established and evolving jurisdictional and fiduciary relationships and responsibilities, and will be implemented in a manner that seeks to remove impediments to progress by establishing effective working relationships.

The actions and processes set out herein are guided by the following principles.

- Recognition that aboriginal and treaty rights exist in British Columbia.
- Belief that negotiations are the chosen means for reconciling rights.
- Requirement that consultation and accommodation obligations are met and fulfilled.
- Ensure that First Nations engage in consultation and accommodation, and provide consent when required, freely and with full information.
- Acknowledgement and celebration of the diverse histories and traditions of First Nations.
- Understanding that a new relationship must be based on mutual respect and responsibility.
- Recognition that this agreement is intended to support social and economic well-being of First Nations.
- Recognition that accountability for results is critical.
- Respect for existing bilateral and tripartite agreements.

The parties to this Accord acknowledge the importance of First Nations' governance in supporting healthy communities. Actions set out in this Accord and in subsequent action plans will reflect this reality.

The parties understand that new resources will be required to close the gaps and federal and provincial investments on and off reserve will be made available pursuant to the decisions taken at the November 2005 First Ministers' Meeting. The parties also recognize the need to examine how existing resources are expended with the view that transformative change will require different funding approaches.

The Province of British Columbia, the Government of Canada and the First Nations of British Columbia agree to establish a 10 year plan to bridge the differences in socio-economic standards between First Nation citizens and other British Columbians. It is understood that a 10 ten year plan must by necessity evolve over time, and that concrete actions are required at its outset to build the relationships and momentum to achieve the desired outcome.

Accordingly, the parties to this Accord agree to undertake immediate actions in the following areas:

To improve relationships by:

- Supporting a tripartite negotiation forum to address issues having to do with the reconciliation of Aboriginal rights and title;
- Engaging in the review and renewal of claims, treaty implementation and self-government policies;
- Holding an annual meeting of political leaders intended to jointly discuss issues of mutual concern, report on progress and plan ongoing action; and,
- Developing and implementing a communications plan to increase public awareness of the diversity and value of First Nations cultures, including support for the 2008 North American Indigenous Games

Possible Indicators include:

- Concluded Treaties and other agreements
- Increased awareness by the public of diversity and value of First Nation cultures

To close the gap in education by:

- Concluding a tripartite agreement on First Nation jurisdiction over K-12 education;
- Supporting First Nation learners;
- Focusing resources on early childhood learning and post-secondary training, including skills, training and apprenticeships; and,
- Creating a high quality learning environment for First Nation students through curriculum development, teacher certification and the early detection of, and response to, learning disabilities.

Possible Indicators include:

- First Nations children exhibiting readiness for Kindergarten.
- Aboriginal students meeting expectations in reading, writing and numeracy (Foundation Skills Assessment).
- K-12 (or Dogwood equivalent) completion rates .
- Aboriginal students enrolled in post-secondary education (alternatively "highest level of education attained").
- Number of First Nation teachers.
- K - 12 curriculum modules.

To close the gap in housing and infrastructure by:

- Building on-reserve housing units.
- Developing a partnering agreement to address off-reserve housing.
- Exploring the devolution and development of Aboriginal off-reserve housing units to an aboriginal housing authority.
- Supporting capacity development in the area of housing, including building maintenance and standards, and training and employment having to do with housing construction;
- Undertaking measures to ensure the safety of water supply;
- Improving other basic infrastructure such as wastewater systems, roads and fire protection;
- Undertaking comprehensive community planning; and,

- Providing broadband connectivity to First Nation communities.

Possible Indicators include:

- First Nation households in core housing.
- First Nations people trained in construction and maintenance of housing and related infrastructure.
- Number of Aboriginal subsidized housing units .
- Number of on-reserve and off-reserve housing units built.
- On-reserve boil water advisories.
- First Nation communities with broadband access.

To close the gap in health by[1]:

- Establishing mental health programs to address substance abuse and youth suicide;
- Integrating the ActNow strategy with First Nations health programs to reduce incidence of preventable diseases like diabetes;
- Establishing tripartite pilot programs in the Northern Health Authority and the Lytton Health Centre to improve acute care and community health services utilizing an integrated approach to health and community programs as directed by the needs of First Nations; and,
- Increasing the number of trained First Nation health care professionals.

Possible Indicators include:

- Increased life expectancy.
- Age standardized mortality rates.
- Youth suicides.
- Infant (up to one year) and neonatal (up to 28 days) mortality rates.
- Level of incidence of diabetes.
- Level of childhood obesity.
- Practising, certified First Nation health care professionals.

To close the gap in economic opportunities by:

- Providing increased access to lands and resources through interim measures;
- Considering the implementation of revenue sharing arrangements;
- Holding a provincial summit on economic development; and,
- Supporting First Nations business and entrepreneurial development by increasing access to business training, and skills development and considering ways to facilitate greater access to capital funding sources.

Possible Indicators include:

- Employment rates.
- Average weekly and hourly wage levels (LFS data).
- Business start ups.
- Number of entrepreneurs in BC.
- First Nation registered apprentices.

The Parties agree that by December, 2006 a detailed tripartite implementation strategy will be developed laying out specific actions and building upon a shared commitment to undertake as many initiatives as possible in year one of the 10 year plan (2006 - 2016). The Parties understand the collective responsibility for reporting on the progress of closing the socio-economic gaps that exist between First Nations people and other British Columbians. Accordingly, resources will be focussed towards developing the data and information necessary to appropriately monitor and report on agreed upon action plans. Canada, British Columbia and the First Nations of British Columbia agree that regular public reports are necessary. Data collection will respect the privacy of individuals.

For greater certainty, nothing in this agreement shall be construed so as to abrogate or derogate from the protection of any existing or future Aboriginal or treaty rights of the First Nations peoples of British Columbia.

Signed this 25th day of November, 2005.

[ORIGINAL SIGNED]

Canada
Rt. Honourable Paul Martin

Province of British Columbia
Honourable Gordon Campbell

First Nations Leadership Council
Representing the BC Assembly of First Nations:
Regional Chief Shawn Atleo

Representing the First Nations Summit:
Grand Chief Edward John
Grand Chief Doug Kelly
Dave Porter

Representing the Union of BC Indian Chiefs:
Chief Stewart Phillip
Chief Robert Shintah
Chief Mike Retasket

[1] BC First Nations will be supported in the health actions by the direction and contribution from the Assembly of First Nations.

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

V GATHERING OUR VOICES 2006

Aboriginal Youth Conference

Kamloops, British Columbia

Traditional Territory of the Secwepemc People

March 12-15, 2006

**To: Aboriginal Youth Councils, Aboriginal Friendship Centres,
Principals, Teachers, Counsellors/Support Staff & Administration**

PLEASE POST AND DISTRIBUTE

We invite Aboriginal youth (13-24) to gather in Kamloops at **Thompson Rivers University** and take part in a dynamic and educational conference over spring break.

Gathering our Voices 2006 will focus on Aboriginal Health and Justice Issues. The gathering will feature interactive and informative workshops, career and education fair, cultural teachings, group activities, and Youth Talent Showcase!

EARLY REGISTRATION IS \$100 UNTIL FEBRUARY 11, 2006, \$150 from February 12th to event, SO REGISTER EARLY! As an added incentive, for every early registered group/class of 5 youth, the 6th registrant is FREE.

Registration and workshop information will be posted soon at www.bcaafc.com

For further information, contact:

Dianne Biin, Youth Conference Coordinator
youth.conference@bcaafc.com
1-800-990-2432 OR (250) 388-5522



BC Association of
Aboriginal Friendship
Centres



BRITISH
COLUMBIA

Provincial Aboriginal
Youth Councils



Organ Donation: The Gift of Life

The need for donors

There are about 4,000 people in Canada right now who are waiting for a solid-organ transplant. If they receive the organ or organs they need, their lives could be saved or greatly enhanced.

A new lung may turn their gasping breaths into effortless ones; a new liver or kidney could cleanse their bodies of waste; a new cornea could bring into focus their blurred vision.

At the same time, if would-be recipients don't undergo an organ transplant, death or protracted illness may be the result.

Anywhere from 140 to 250 Canadians die each year while waiting for an organ transplant. Underlying this unfortunate statistic is the fact that Canada has one of the lowest rates of organ donation in the industrialized world. About 14 in every one million people in Canada donate, which pales in comparison with countries such as Portugal, Spain, and the United States, which have donor rates ranging from 20 to 32 per million.

The following table shows the discrepancy between the number of people waiting for an organ and the actual number who underwent a transplant in Canada.

Transplants Waiting list

1995	1524	2592
1996	1564	2829
1997	1610	2874
1998	1623	3229
1999	1728	3514
2000	1882	3800
2001	1785	3964
2002	1789	3956
2003	1801	3914
2004	1773	4013

The low donor rate has partly led to demand outstripping the supply. But when the supply is there, lives are forever altered. Thanks to advances in medical technology and surgeon training, many forms of transplants are performed with high success rates. For instance:

- The one-year survival rate for most transplants exceeds 85%.
- Almost 98% of kidney transplants are a success.
- 90% of liver transplants are completed properly.
- 85% of heart transplants are a success.

The main organs and tissues donated after a person dies are kidneys, corneas, heart, liver, lungs, pancreas, bowel, bone, and skin.

So why would you want to donate? Donated organs don't just positively impact the life of the person who receives them, they may also bring purpose to the family of the donor. In fact, studies have shown that families who have donated the organs of a deceased relative feel comforted and consoled knowing their loss has served a dignified purpose.

Provided by: Canadian Press

VANCOUVER (CP) - The B.C. Cancer Agency has developed a new scope to detect oral cancer that will allow dentists to see changes in the mouth not visible to the naked eye.

The VELscope was pioneered with the help of a \$2.5 million grant from the National Institute of Dental Craniofacial Research. The blue light of the portable hand-held scope will enable dentists to see cancerous lesions that they couldn't otherwise detect under white light.

The device was recently showcased in Montreal at an international congress on new technologies, where it was reported that cheek cells could identify lung cancer.

"What we're trying to do is prevent the development of oral cancer, which is a really deadly disease," said Dr. Miriam Rosin, senior scientist at the B.C. Cancer Agency. "If you catch it late the spread is significant and it's very difficult to control," Rosin said.

The scope can be compared to the Pap smear screening for cervical cancer, she said.

Dentists will be able to use the VELscope to determine if patients need more evaluation through scrapings from the mouth. The scope is currently being used in a clinical trial of 400 patients.

Half of those people have already been treated for oral cancer and are being tracked to ensure they don't develop a second cancer in the mouth, Rosin said.

Flu and Cold [Tips on recovery from medbroadcast.com](http://medbroadcast.com)

Knowing how viruses spread, it is understandable that the best way to prevent catching the flu or a cold is good hygiene:

- Wash your hands frequently.
- Avoid touching your eyes, nose, and mouth.
- Use a tissue if you are sneezing or coughing, and then discard the used tissue immediately.
- Clean hard surfaces with a disinfectant.
- Use alcohol-based hand sanitizers.

There are also lifestyle changes that can help you recover quickly from the flu or a cold:

- Drink plenty of fluids (6-8 glasses per day). Try drinking hot fluids to help with nasal and chest congestion.
- Humidify the air using a vaporizer (either cool mist or warm mist works). This will help relieve a sore throat or dry cough.
- Get enough rest. Fatigue can increase the duration of symptoms. Staying in bed will also avoid spreading the infection to others.
- Use saline drops or spray to loosen nasal congestion.
- Use non-medicated hard lozenges or candy to soothe a sore throat or cough.
- Gargle with salt water to relieve a dry throat.

Stop or reduce smoking. People who smoke tend to get colds more often. Their colds also last longer and they cough more frequently.

Aboriginal youth learn the difference between tradition and abuse when it comes to tobacco Nov. 20, 2005

Provided by: Canadian Press

Written by: TIM COOK

REGINA (CP) - When a call went out at her school for volunteers to be part of a stop-smoking program aimed specifically at urban aboriginal youth, Karen Paquin was the first to put up her hand.

The soft-spoken Metis teen had friends who smoked and younger siblings that she didn't want to start, so she jumped at the opportunity to make a difference.

"I just wanted to be a role model," Paquin said. "People look up to you and they have so many expectations of you and if they see you do something good they will want to do something good as well."

Nearly two years later, Paquin - now 19 and in Grade 12 - is one of the leaders in Kickin' Ash, a program that began in Regina and is gaining momentum in schools across Saskatchewan.

The goal is to curb smoking rates that are disproportionately high among aboriginal people with a program that reaches out to kids through the influence of their peers.

"It's important because the highest smoking rate in Canada is aboriginal," says Sue Deranger, one of the program's designers.

"If that is the highest smoking rate and we know that 47,000 Canadians die every year from tobacco related deaths . . . then we need to address this and we need to make sure that our rates go down."

Tobacco is something deeply rooted in native culture and tradition. Consequently, a large part of Kickin' Ash is teaching aboriginal kids about the difference between the sacred uses of tobacco and abuse.

"Tobacco is a sacred plant given to First Nations people," Deranger says. "But commercial tobacco is not that same plant.

"There was very strict rules as to when traditional tobacco was to be used, and it wasn't used like a cigarette one after another."

The program uses a youth mentorship model - teaching older students the facts about smoking and the truth about the traditions. The older students then relay what they've learned to younger kids.

The presentations are interactive, getting kids to come up with skits with an anti-smoking message.

Deranger can remember one student acting as a waiter, serving up the toxins contained in a cigarette to fellow classmates. She can recall another student trying to flirt with girls after he had smoked and being rejected because he smelled.

"That is what is so important, because if you are lecturing kids, 'whatever,' they don't care. They've heard it, they don't care, 'don't lecture me.'" Deranger says.

"But here's kids. It's so interactive that they get involved."

The program was first piloted at Miller Comprehensive School in downtown Regina, where Paquin attends classes.

Paquin herself has done two different presentations at her school and visited four different elementary schools in the city.

"Knowing the fact that they are learning and having fun while you are teaching them, just the reaction that we got was unbelievable. I can't really describe it," Paquin says.

The group has just received a \$64,000 federal grant to train 120 aboriginal mentors in six of the province's largest cities - Regina, Saskatoon, Prince Albert, Moose Jaw, Yorkton and North Battleford.

There is also a visual component to the program. Anti-smoking murals have been painted at a handful of schools across the province and television commercials will begin running on local TV in January.

Deranger says it is important to target urban aboriginal youth because, while on-reserve stop-smoking programs have been quite successful at reducing smoking rates, native kids in the city have been largely forgotten.

Paquin hopes the program continues to spread across the province.

"It will make me feel like I have accomplished something, knowing that we touched people and that they wanted to make it into a bigger organization than it already was," she says.

"Pretty much we were the first people to start Kickin' Ash and I just think it is pretty unbelievable."

Dear Elders, This was emailed in to pass on, author unknown, but still worth a read I think, D. Stirling

Received from a friend who is in the property insurance business. It is well worth reading. This is one of those e-mails that if you didn't send it, rest assured someone on your list will suffer for not reading it. The original message was written by a lady whose brother and his wife learned a hard lesson this past week.

Their house burned down...nothing left but ashes. They have good insurance so the house will be replaced and most of the contents, that is the good news however, they were sick when they found out the cause of the fire. The insurance investigator sifted through the ashes for several hours. He had the cause of the fire traced to the master bathroom.

He asked he sister-in-law what she had plugged in the bathroom. She listed the normal things....curling iron, blow dryer. He kept saying to her, "No, this would be something that would disintegrate at high temperatures". Then her sister-in-law remembered she had a Glade Plug-In, in the bathroom.

The investigator had one of those "Aha" moments. He said that was the cause of the fire. He said he has seen more house fires started with the plug-in type room fresheners than anything else. He said the plastic they are made from is THIN plastic. He also said that in every case there was nothing left to prove that it even existed.

When the investigator looked in the wall plug, the two prongs left from the plug-in were still in there. Her sister-in-law had one of the plug-ins that had a small night-light built in it. She said she had noticed that the light would dim and then finally go out. She would walk in to the bathroom a few hours later, and the light would be back on again.

The investigator said that the unit was getting too hot, and would dim and go out rather than just blow the light bulb. Once it cooled down it would come back on.

That is a warning sign. The investigator said he personally wouldn't have any type of plug in fragrance device anywhere in his house. He has seen too many places that have been burned down due to them.

BC Commits to Negotiations, Canada Still Reneges on Negotiation of Okanagan's Commonage Claim

Okanagan Indian Band

12420 Westside Road, Vernon, BC V1T 7Z3 Phone: 250-542-4328 / Fax: 250-542-4990 Web: <http://www.okib.ca> November 28, 2005

For Immediate Release (Vernon) Okanagan Indian Band Chief Fabian Alexis today reported on high-level meetings in Kelowna on Friday with BC Aboriginal Relations and Reconciliation Minister Tom Christensen and federal Indian and Northern Affairs Minister Andy Scott.

"It was a definite study in contrasts," commented Chief Alexis. "Our Friday afternoon meeting with provincial Minister Tom Christensen was short and decisive while our Friday evening meeting with federal Minister Andy Scott was lengthy and inconclusive."

"Minister Christensen was quick to state British Columbia's clear intention to remain at the bargaining table," said Chief Alexis. "He even went so far to say that he would personally contact federal Minister Scott in order to strongly encourage Canada to do likewise."

"Clearly when it comes to our Commonage Claim negotiations the Okanagan Indian Band and BC are on the same page," noted Chief Alexis. "We both believe that meaningful negotiation is better than litigation and confrontation."

"In contrast", continued Chief Fabian Alexis, "while federal Minister Scott acknowledged our sense of frustration and betrayal and stated his desire to regain our trust, he did not commit to stay at the negotiating table".

"The one positive thing we did get from Minister Scott was a commitment 'not to sign off' on any recommendations from his staff to end negotiations on our Commonage Claim," said Chief Alexis. "Minister Scott also committed to get back to us by tomorrow with a written response on the status of our negotiations."

"Thanks to the strong support we received from all the regional and national aboriginal leaders sitting with us, Minister Scott also opened the door to having the Commonage Claim put forward as a test case under a new policy framework that is being developed," said Chief Alexis. "On this point I am pleased to say that the support from the aboriginal Leadership Council is overwhelming - it is obvious that we are not alone in this struggle and these leaders are to be commended for their commitment to our cause."

"It is incumbent on the Leadership Council to provide unwavering support to the Okanagan Band, wherever this Claim may go, and we extend this support without qualification until the claim is justly resolved", stated Chief Stewart Phillip, President of the Union of BC Indian Chiefs.

Grand Chief Ed John, of the First Nations Summit made clear his desire: "I do not wish to see Canada hiding behind policy limitations or our agreements to review and recommend changes to policy. There is no reason why a claim previously accepted for negotiation by former Minister Robert Nault should not be continued by this government. Moving forward and resolving this

claim in good faith is entirely consistent with the agreement which our joint leadership council has just negotiated with the federal and provincial governments.”

“We stand with the Okanagan Band on this and they can expect our public support which I made clear to all in attendance at Friday’s meeting and in direct discussion with Chief Alexis following the meeting”, stated Shawn Atleo, Regional Chief of the BC Assembly of First Nations.

“The test case is an option we will be pursuing,” commented Chief Alexis, “but the prospect of having our negotiations put on hold while Ottawa does yet another policy review is worrisome and we need to be clear that we have very little patience for further delays.”

“The Commonage, which is Indian Reserve # 9, was taken from us without our knowledge or consent. We were never compensated. We have been waiting a very long time, 130 years, to have our claim resolved. We are determined to negotiate a full and fair restitution for the loss of this land,” concluded Chief Alexis.

For further information please contact Chief Fabian Alexis at (250) 306-2838.

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

UBCIC - Who We Are - Our Vision

One of the main principles of the Union of British Columbia Indian Chiefs is that, despite our differences, we will be stronger if we work together. The goal of the UBCIC is to support the work of our people, whether at the community, nation or international level, in our common fight for the recognition of our aboriginal rights and respect for our cultures and societies. Our goal, the goal of the people, has been to give the aboriginal people of BC a voice strong enough to be heard in every corner of the world. We have, and we continue, to carry out this mission in a number of different ways.

Another major principle behind our organization is the belief that knowledge is power. We are dedicated to information-sharing as well as to the fostering of fundamental and necessary research skills for Indian people in the province.

Our Mission

- to improve intertribal relationships through common strategies to protect our Aboriginal Title
- to hold the federal government to its fiduciary obligations and have them change their extinguishment policy
- to support our peoples at regional, national and international forums
- to continue to defend our Aboriginal Title through the revival of our way of life (political, social, economic and spiritual)
- to build trust, honour and respect so we may achieve security and liberty in our lifetime and continue the healing and reconciliation (decolonization) of our Nations

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

**Healthy Living and Active Lifestyle.....Well-being and Independence
Join the Active Living Coalition for Older Adults (ALCOA)!**

Here's your chance to join ALCOA (Active Living Coalition for Older Adults), a non-profit, National agency committed to enhancing the well-being of seniors and older adults through the promotion of healthy living and active lifestyle. ALCOA encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces daily physical activity.

Currently, ALCOA has a Membership Initiative underway which focuses on reaching out to local, community-based seniors and older adult groups, clubs, organizations across Canada. You can be part of this exciting initiative. By joining ALCOA, your club, group, organization, centre, will enhance its ability to promote healthy and active living to its members, and will be part of important discussions and information-sharing around issues affecting the well-being of older adults across Canada. These discussions might focus on such questions as:

- *What is "ageism" and what impact does it have at the community level?*
- *What are the benefits of using a pedometer to track "active living"?*
- *What is the possible role of active living in delaying Alzheimer's disease?*
- *How much and what kind of physical activity is good for me?*

Please check the ALCOA website (www.alcoa.ca) for our Research Updates, and for information regarding the benefits for Corresponding Members (community-based organizations) and a downloadable Application Form.

Usually, the annual fee for Corresponding Members is \$50. However, during this Membership Initiative, we're offering a **20% discount on the annual fee** for those returning their completed application and cheque (\$40) **by Friday, March 24th, 2006**. Please make your cheque payable to: Active Living Coalition for Older Adults.

Kindly complete and return the Membership Application and your cheque (\$40), at your earliest convenience, by regular mail to: Active Living Coalition for Older Adults, 33 Laird Drive, Toronto, ON M4G 3S8. Please ensure that it reaches us by Friday, March 24th, 2006.

Your membership dues will cover the period from April 1st, 2006 to March 31st, 2007, but we will initiate the process for you to start receiving some membership benefits from the date your application is approved. ALCOA looks forward to welcoming your group to further promote healthy living and active lifestyles for older adults across Canada.

Robyn Young, Project Consultant, ALCOA, 33 Laird Dr, Toronto, ON M4G 3S8
Ph: 416-423-2069; Toll-free: 1-800-549-9799; Email: rsyconsulting@sympatico.ca



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www.festivalboxoffice.com



MEDIA RELEASE

MEDIA CONTACT

Marnie Wilson at 604.685.5575 / mwilson@theartsbiz.com

For Immediate Release / Photos, B-Roll & Interviews Available Upon Request

Talking Stick Festival – Celebrating the Diversity and Talents of Aboriginal Artists

Event: Talking Stick Festival

Venue: Various Venues throughout Vancouver - More Details to Follow Shortly

Dates: January 29th – February 5th, 2006

Times: Varies

Admission: Tickets \$9 - \$18 / Festival Passes \$55 until December 31st only (plus applicable taxes)

Tickets: Available at Festival Box Office at 604-257-0366 or www.festivalboxoffice.com

Information: <http://www.fullcircle.ca/tstick/tstick.html>

Vancouver, BC...From January 29th – February 5th, Vancouver plays host to a citywide celebration of extraordinary Aboriginal Performance and Art. Featuring some of the best emerging and established Aboriginal artists, the Talking Stick Festival honours and celebrates the diversity and talents of Aboriginal artists through a variety of performances including theatre, storytelling, reading, writers, music and dance by local, national and international Aboriginal artists.

In Aboriginal gatherings, a talking stick, stone, or eagle feather is passed around the circle so that anyone who wants to speak has a chance to be heard, with respect and without interruption. Full Circle Artistic Director Margo Kane's eight-day festival features one of Australia's pre-eminent Aboriginal artists, Fiona Doyle. Ms. Doyle, born in 1969, was raised in Weipa's Napranum community on Western Cape York Peninsula. A graduate of James Cook University (2002) and the National Islander and Skills Development Association, Sydney (1991), she continues to freelance in theatre and dance performance. In 2003 she won the national David Unaipon Award for her entry, which was developed into a book. She recently moved to Brisbane with her three daughters and husband. Ms. Doyle has been critically acclaimed for her unique artistic practice that includes theatrical performance, dance and writing.

The Talking Stick Festival was created in 2001 by Full Circle: First Nations Performance to present a unique showcase and forum for talented emerging and professional Aboriginal artists and to introduce both Aboriginal and non-Aboriginal audiences to contemporary Aboriginal artistic practice. Full Circle was established in 1992 to create opportunities for Aboriginal artists, writers and performers to express the reality of First Nations experiences and to work in harmony with First Nations traditions while engaging modern, interdisciplinary theatrical techniques. Full Circle provides an environment that fosters the development of skills, ideas, exploration and collaboration.

Talking Stick runs January 29th – February 5th at various locations throughout the city. A detailed schedule can be found at www.fullcircle.ca/tstick/tstick.html. Tickets are available through Festival Box Office at 604-257-0366 or www.festivalboxoffice.com.

Light therapy lifts the gloom of seasonal affective disorder

By MayoClinic.com

In the depths of winter, you may turn your face to the afternoon sun, seeking out what little light filters through fading gray skies. You may throw open the blinds, leave lights on throughout your home, or even head South for a vacation — anything for a little more light.

For people with a type of depression called seasonal affective disorder, this need for light takes on greater significance. Light may be instrumental in treating potentially debilitating symptoms of the disorder.

Hope through light therapy

People with seasonal affective disorder have a cyclical type of depression that's most often triggered by the onset of fall or winter, when daylight hours wane. In rare cases, the condition develops during summer months. Signs and symptoms of winter-time seasonal affective disorder can include sadness, sleep difficulties, increased appetite, carbohydrate craving, irritability, weight gain, lack of energy, anxiety and problems concentrating. Symptoms can be severe enough to interfere with your daily activities and quality of life for months on end. You may find your symptoms gradually abating with the arrival of spring, and sunnier, longer days.

But what can you do in the meantime, during those dark days when you can't get out of bed, when you skip work, miss deadlines, overeat, or feel overwhelmed by fatigue or despair? Because symptoms can be severe, don't try to ride them out or treat them yourself. Consult your doctor or a mental health professional for help.

There's a good chance that therapy with specialized lights — not your ordinary living room lamp — will help reduce your symptoms and enable you to enjoy life more again.

Light therapy, also called phototherapy, has been used to treat seasonal affective disorder since the early 1980s, and it has many benefits. It's easy to use in your own home, it usually doesn't have major side effects, it's generally safe, and it's cost-effective. In fact, light therapy is now considered standard treatment for seasonal affective disorder.

How it works

Light therapy is typically administered using a light box. Light boxes are made up of a set of fluorescent bulbs or tubes generally encased in small, portable devices of plastic or aluminum. The bulbs are covered with a plastic screen that helps block out potentially harmful ultraviolet (UV) rays that can cause cataracts and skin problems.

Image

The light box can be set on a table or desk, right in your own home or your office. You sit in front of the light box with your eyes open. In order to work, the light from the box must enter your eyes indirectly; skin exposure isn't effective. Don't look directly at the light box because the light can damage your eyes.

Why it works

Researchers are still trying to pinpoint precisely what causes seasonal affective disorder. Some evidence suggests that the disorder arises from abnormalities in how the body manages its internal biological rhythms or matches those rhythms to the 24-hour day. Genetic factors may also be involved. The balance of evidence favors the idea that changes in the light part of the day-night cycle induce biochemical changes that bring on seasonal affective disorder.

While several biochemical alterations have been noted, evidence shows that the hormone melatonin plays a big role. Melatonin helps control your body's internal (circadian) rhythms of body temperature, hormone secretion

and sleep. It's produced in a specific area of your brain during darkness.

During the low-light months of autumn and winter, people with seasonal affective disorder produce more melatonin — enough to cause potentially debilitating symptoms of depression. But exposure to bright light can suppress the brain's production of melatonin, helping regulate your body's internal clock and reducing those symptoms. Researchers also speculate that light therapy causes changes in neurotransmitter activity in certain brain areas. Scientists are studying the effects of bright light on production of the neurotransmitters serotonin and dopamine, two chemicals that also have a role in depression.

Simply sitting in front of a lamp in your living room at home won't relieve symptoms of seasonal affective disorder. Indoor lights don't provide the type or intensity of light that's necessary to treat the condition. The specialized light boxes used for seasonal affective disorder emit light that's comparable to outdoor light just after sunrise or just before sunset.

Keys to success

There are three keys to effective light therapy:

- **Intensity.** To work well, the light you receive must have the right intensity. Light box intensity is recorded in lux, which is a measure of the amount of light you receive at a specific distance from a light source. Light boxes for light therapy usually produce between 2,500 lux and 10,000 lux. Typical therapy is at 10,000 lux. In contrast, the lighting in an average living room in the evening is less than 100 lux, while a bright sunny day may register 100,000 lux.
- **Duration.** Therapy typically involves daily sessions ranging from 15 minutes to two hours. When you start treatment, your doctor may advise therapy in smaller blocks of time, working up to longer periods.
- **Timing.** For most people, light therapy is best used in the morning, after you first wake up. There's a short period of time after waking when your body clock can essentially be turned back by light therapy. In addition, using light boxes at night can make it difficult to sleep.

The most effective combination of intensity, duration and timing varies from person to person, so you may have to adjust your routine to find what works best. Your doctor can guide you about how to make appropriate adjustments for your situation.

An effective treatment

With appropriate light therapy, you may start to feel better in just two to five days. In some cases, though, it can take several weeks. Adhering to a consistent daily routine can help ensure that you maintain those benefits over time. The general recommendation for most people with seasonal affective disorder is to begin treatment with light therapy in the early fall, as soon as the first symptoms start. Treatment generally continues until spring, when outdoor light alone is sufficient to sustain a good mood and higher energy.

Light therapy does require a time commitment. Some people quit because they don't want to spend a lot of time sitting by a light box. But light therapy doesn't have to be boring. You can read, use a computer, write, watch television, talk on the phone or eat breakfast while undergoing light therapy. You may also be able to use a light box at work. Before giving up, talk to your doctor about fitting light therapy into your daily routine. If you interrupt light therapy during the winter months or stop too soon in the spring when you think you're improving, your symptoms may return quickly.

Side effects from light therapy are uncommon. Some people experience eyestrain, headache, agitation or insomnia. You can usually manage these problems by changing the length or timing of your light box treatments — problems are more likely to occur with evening treatment.

A word of caution: Light therapy may not be right for you if your skin is sensitive to light. Light boxes could pose a risk if you have light-sensitive skin, if you take medications that react with sunlight — such as certain antibiotics or anti-inflammatories — or if you have an eye condition that makes your eyes vulnerable to light damage. Even though light boxes are widely available in the marketplace without a prescription, check with your doctor before using a light box to avoid the dangers.

Sometimes light therapy alone isn't enough to effectively treat seasonal affective disorder. If your symptoms haven't decreased within a few weeks, talk to your doctor. An antidepressant or psychotherapy may help. In addition, researchers are studying new devices called dawn simulators that may be used with or instead of light therapy. Dawn simulators provide a low-intensity light while you sleep, gradually increasing in illumination until you wake.

Light therapy may be helpful in conditions other than seasonal affective disorder. Some research shows that it may also help relieve symptoms of obsessive-compulsive disorder, such as rechecking door locks numerous times and repeatedly turning water taps off and on. And it may be useful if you have depression and are pregnant, since some antidepressants may be harmful to the developing fetus.

Light box features

Commercial markets offer a wide variety of light boxes and other light devices used in light therapy. You can buy them on the Internet and at some drugstores and hardware stores. But not all of these products are effective or safe, so check with your doctor before buying one. And to avoid complications, use the device only under your doctor's guidance.

Here are some considerations when buying a light therapy box:

- **Intensity.** Look for a light box that allows you the right intensity at a comfortable seating distance. Some light boxes offer 10,000 lux only when you're within a few inches of the box, while others can reach a distance of nearly two feet.
- **Minimal UV exposure.** Some light devices use full-spectrum light bulbs that give off UV light, which can cause eye and skin damage. Look for devices that produce as little UV light as possible at high intensity or that carefully shield the UV rays they produce.
- **Light direction.** Light should come from above your line of sight, not at it or below it, so make sure you can position the light box appropriately.
- **Blue light.** Exposure to the blue light spectrum should be minimal, since it can create glare or visual difficulties.
- **Cost.** Prices vary greatly, from \$100 to several hundred dollars. Check with your insurance company to see if your benefits will cover the cost.
- **Style.** Some light boxes look like upright lamps, while others are small and rectangular. One design that hasn't yet been proved effective resembles a visor and is worn on your head. Look for a light box with the features you need and that you find attractive.
- **Convenience.** Some light boxes are bigger than others, which can make them less portable. Find one that you can move around easily and that fits the desired location in your home or office.

A brighter future

Light therapy offers a chance to regain the happier mood and brighter outlook you lose to seasonal affective disorder. Although it's generally safe and effective, don't try to treat yourself, or you may risk eye or skin damage. With appropriate light therapy, you may no longer have to endure a seasonal descent into darkness.

Chief Robert Pasco - Finalist, 5th Annual Buffett Award for Indigenous Leadership

The leadership and membership of the Nlaka'pamux Nation Tribal Council and the Union of British Columbia Indian Chiefs are proud to announce that the 2005 Buffett Award for Indigenous Leadership honored finalist Chief Robert Pasco (Paska) of N'teqem, the Chair of the Nlaka'pamux Nation Tribal Council, for his contributions to the improvement of Social, political, economic and in particular, environmental conditions for both Nlaka'pamux and non-Nlaka'pamux communities. Chief Pasco's lifetime of dedication, his vision, his hardwork and his positive approach to finding solutions to environmental challenges were recognized and honoured by his being selected as a finalist for the Ecotrust Buffett Award.

Chief Pasco is the Chief of his Community, Chair of the Nlaka'pamux Nation Tribal Council, an active advocate for sustainability, and educator, a promoter of Nlaka'pamux culture and a fierce protector of the environment. Above all, he acts to protect the Nlaka'pamux title and rights of future generations. Chief Pasco draws upon his traditional knowledge and university training in his work. In addition to his extensive work within Indigenous communities, Chief Pasco has also contributed by being a member of numerous Boards including BC Rail, the Fraser River Management Board, Federal Environmental Review and Native Economic Development.

The Buffet Award ceremony was held on 30 November 2005 in Portland, Oregon. Chief Pasco's award will be used to support the Nlaka'pamux Nation language program.

The Buffett Award nominees are First Nation, Alaska Native or Tribal members over the age of 35 who exhibit extraordinary community leadership with the Salmon Nation Region from Alaska to California. The Buffett Award recognizes Indigenous leadership that improves the social, economic, political or environmental conditions. The Award's intent is to provide resources for the development and transfer of knowledge on Indigenous communities.

For more information contact: Debbie Abbott, Nlaka'pamux Nation Tribal Council – (250) 455-2711

Formation of the First People's National Party of Canada

The First Peoples National Party of Canada (FPNP) announce official organization of Canada's newest political representation. (Sault Ste. Marie, ON)

A coalition of aboriginal and non aboriginal groups have joined together to form the First Peoples National Party of Canada which has just been recognized as Canada's newest Federal Political Party. This Party is eligible for registered party status and is fielding candidates in the upcoming election. The announcement was made yesterday at the national meeting of the Assembly of First Nations on December 6th 2005.

FPNP Mandate: The First Peoples National Party will unite all inhabitants of Canada to build a stronger voice within Canada's House of Parliament. This Party is representative of all citizens of Canada interested in securing honest and respectful representation; a new style of representation, first and foremost for ourselves, our children and our children's children.

Ms. Barbara Wardlaw, a Michipicoten First Nation Ojibwa woman, has accepted the appointment of Interim Leader until a national convention is held. "National recognition with representative seats for First Peoples can be gained in the upcoming federal election. Every vote is critical to unity and success, so time is of the essence," said Ms. Wardlaw.

The political arena is ripe for change. The FPNP encourages all peoples to exercise their right to vote. Ms. Wardlaw and the many supporters of the Party are confident that the time has arrived: It's time to put people first! Vote FPNP! For more information see www.fpnpc.ca, or www.electionscanada.ca

For more information contact Robert Coulter (780) 445-9373 or Barb Wardlaw (705) 255-0090

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PROVERBS:

Don't dig your grave with your own knife and fork.	English
Don't let your sorrow come higher than your knees.	Swedish
Don't think there are no crocodiles because the waters are calm.	Malayan
If you are a host to your guest, be a host to his dog also.	Russian
If you can't go over, you must go under.	Jewish
If you must play, decide on three things at the start: the rules of the game, the stakes, and the quitting time.	Chinese

BIBLE QUOTES:

"Now abideth faith, hope, charity, these three; but the greatest is charity."
1 Corinthians 13:13

"See you a man wise in his own conceit? There is more hope for a fool than for him."
Proverbs 26:12

"I acknowledge my transgressions; and my sin is ever before me. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow, Create in me a clean heart, O God, and renew a right spirit within me."
Psalms 51:3,7,10

"The wicked flee when no man pursues, but the righteous are bold as a lion."
Proverbs 28:1

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

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

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

Quotations:

"Inside every older lady is a younger lady -- wondering what the hell happened." Cora H. Armstrong
"Inside me lives a skinny woman crying to get out. But I can usually shut her up with cookies."
"the hardest years in life are those between ten and seventy." Helen Hayes (age 73)
"My second favorite household chore is ironing. My first being, hitting my head on the top bunk bed until I faint." Erma Bombeck
"A man's got to do what a man's got to do. A woman must do what he can't." Rhonda Hansome

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

Please looked to this corner for info each month with regards to the Elders Gathering. As soon as anything is available from the new host it will be run in the newsletter and posted on our website www.bcelders.com. It usually takes the host a couple of months until they know the place and dates for the event, so please be patient and watch for info right here.

Any space each new host community needs in each issue of this newsletter has always been made available (free of charge) and this will continue to be the practice, as this is the best means for keeping the elders and support people informed about the event.