

**Volume 8 Issue 8**

**July 2008**

**BC ELDERS COMMUNICATION CENTER SOCIETY**



# ELDERS VOICE

**ATTENTION:  
ELDERS SUPPORT PEOPLE  
PLEASE DON'T FORGET TO MAKE  
COPIES OF THE ELDERS VOICE  
EACH MONTH FOR YOUR ELDERS.**

**EV'S 92nd Issue!**

### **IMPORTANT ANNOUNCEMENT**

**The 32 Annual BC Elders Gathering in Prince Rupert is respectfully requesting the financial support of any and all First Nations organizations to help off-set costs of the upcoming Gathering.**

**Please contact: Darlene Harris Wolfe Toll Free at 1-866-622-6180 if you can assist in anyway.**

**Dear First Nations Elders Contact People,  
If your office hasn't been able to pay the \$250 yearly support fees to assist this provincial elders office to operate... could you please consider paying the half year support amount of \$125. Please mail support fees to BCECCS at 1415 Wewaikum Road, Campbell River, BC, V9W 5W9**

**Your assistance is very much appreciated.  
Sincerely, Donna Stirling, Coordinator**

*Quote:*  
**"You will never have a new problem...so many people have come before you that it is impossible that there isn't an answer out there to your problem."**  
**Will Smith**

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## Easy Bakers Corner – Frozen Pumpkin Dessert - for 4 servings

In a medium bowl combine 1 cup of cooked pumpkin, 1/2 cup of granulated sugar, 1/2 tsp. salt, 1/2 tsp. ground ginger, 1/2 tsp. cinnamon and 1/2 tsp. of nutmeg. Stir in 1/2 cup of chopped pecans, toasted.

In a large chilled bowl, fold pumpkin mixture into 4 cups of softened vanilla ice cream. Place 1 cup of gingersnap cookie crumbs in the bottom of a glass serving dish (fish bowl shaped). Spread half of the ice cream mixture on top of it. Then sprinkle with 3/4 of a cup of gingersnap cookie crumbs (to layer).

Spoon on the rest of the ice cream mixture. Sprinkle top with the remaining cookie crumbs. Cover tightly with plastic wrap. Freeze until firm, about 5 hours. Garnish with sliced kiwi, raspberries or other fruit.

### *Handy Tips:*

1. To get rid of pesky fruit flies, take a small glass fill it 1/2" with Apple Cider Vinegar and 2 drops of dish washing liquid, mix well. You will find those flies drawn to the cup and gone forever!
2. Hate foggy windshields? Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser! Works better than a cloth!
3. Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster, and peel them from the bottom up, that's how the primates do it so there's no stringy parts.

## What Can you please share?

The following is a short list of Elders suggestions of what might be shared: Your local Newsletters/Upcoming Local Events/Prayers/Poems/Quotes/Comments/Storytelling/Drawings/Articles of Interest/Native Songs Lyrics/Wellness Seminars/Obituaries/Birthday Wishes, etc. **Submissions are best forwarded to me via email** by the 15th of the preceding month. If you are interested in providing articles, please do so, I look forward to hearing from anyone who wants to contribute to the content of your newsletter. Gilakasla, Donna Stirling

### **'PRESERVING THE PAST'**

**New Elder's Website: [www.bcelders.com](http://www.bcelders.com)**

The *First Ever* Elder's Website "Preserving the Past" is now online (as of Sept. 2002). Registration forms, booth forms, maps of the host territory, accommodation information, etc. concerning the Annual Elders Gatherings are available each year on the BC Elders Communication Center Society's website [www.bcelders.com](http://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

## 8th Year GRATITUDE LIST

Groups who have thankfully paid their \$250 'Yearly Support Fee'  
so far for the Dec. 2007 – Nov. 2008 Year

1. Gingolx Elders
2. Seton Lake Elders
3. Assembly of First Nations (Ottawa)
4. Mamalilikulla Qwe'Qwa'Sot'Em Band
5. Nuu-chah-nulth Tribal Council
6. Hamatla Treaty Society
7. Hailika'as Heiltsuk Health Centre
8. Qualicum First Nation Council
9. Quatsino First Nation
10. Tobacco Plains Indian Band
11. Tansi Friendship Centre Society
12. Tsleil-Waututh Nation
13. Gitsegukla Band
14. Bridge River Indian Band
15. Vancouver Aboriginal Friendship Centre Society
16. Sumas First Nation
17. Tsawwassen First Nation
18. BC Assembly of First Nation
19. Osoyoos Indian Band
20. Carnegie Community Centre Association
21. Wuikinuxv Nation
22. Mowachaht/Muchalaht
23. Wewaikum First Nation
24. Da'naxda'xw First Nation
25. Tseycum First Nation
26. Gitanyow Human Service
27. Uchucklesaht Band Council
28. Chehalis Indian Band
29. In-SHUCK-ch Nation
30. Wet'suwet'en First Nation
31. Douglas First Nation
32. Xaxli'p Indian Band
33. BC Transmission Corporation
34. Squiala First Nation
35. Ts'kw'aylaxw Elders Society
36. McLeod Lake Tse'khene Elders Society
37. Kitamaat Village Council
38. Tsawataineuk Band
39. Cook's Ferry Indian Band
40. Ki-Low-Na Friendship Centre
41. BCAAFC
42. Kwikwetlem First Nation
43. Musquem Indian Band
44. Adams Lake Indian Band
45. Kamloops Indian Band
46. We Wai Kai Nation
47. Tla-o-qui-aht First Nation
48. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation
49. Lower Kootenay Band
50. Carrier Sekani Family Services
51. Doig River First Nation
52. Lower Nicola Indian Band
53. Soowahlie Health Services
54. Tsewultun Health Centre
55. Union of BC Indian Chiefs
56. Fort St. John Friendship Society
57. Nuxalk Nation Elders
58. Hesquiaht First Nation
59. Ehattesaht Tribe
60. Kluskus Indian Band
61. Samahquam Band
62. Canoe Creek Band
63. Homalco Indian Band
64. Mount Currie Band Council
65. Kermode Friendship Society
66. Old Massett Village Council
67. Lytton First Nation
68. Spallumcheen Indian Band
69. Ulkatcho Indian Band
70. Eniyud Health Services
71. Tl'azt'en Nation
72. Shuswap First Nation
73. T'IT'QET Elders Council

Dear Elders Contact Person,

**\*If your office has paid the support fee, thank you very much for your assistance!**

**\*If your office/group has VOIDED the Invoice for this year and faxed it back in to this office.**

**\*If you are in the process of paying the fee with the new fiscal year upon us, then thank you very much.**

**\*Staff changes often occur, so please call into the office if you require the Invoice to be resent to a new Contact Person.**

**Thank you for your continued support!  
Donna Stirling, BCECCS Coordinator**

## **Prime Minister Harper offers full apology on behalf of Canadians for the Indian Residential Schools system** From [www.pm.gc.ca](http://www.pm.gc.ca)

**11 June 2008** Ottawa, Ontario

On behalf of the Government of Canada and all Canadians, Prime Minister Stephen Harper offered an historic formal apology today to former students of Indian Residential Schools and sought forgiveness for the students' suffering and for the damaging impact the schools had on Aboriginal culture, heritage and language.

"The treatment of children in Indian Residential Schools is a sad chapter in our history," Prime Minister Harper said. "Today, we recognize this policy of assimilation was wrong, has caused great harm, and has no place in our country. The Government of Canada sincerely apologizes and asks the forgiveness of the Aboriginal peoples of this country for failing them so profoundly."

Today's apology reinforces numerous other government initiatives designed to address the tragic legacy of Indian Residential Schools, including the ongoing implementation of the historic Indian Residential Schools Settlement Agreement which includes: a Common Experience Payment; an Independent Assessment Process; Commemoration Activities; measures to support healing; and the Indian Residential Schools Truth and Reconciliation Commission.

"The Government recognizes that the absence of an apology has been an impediment to healing and reconciliation," said Prime Minister Harper. "Years of work by survivors, communities and Aboriginal organizations culminated in an Indian Residential Schools Settlement Agreement and the Truth and Reconciliation Commission. These are the foundations of a new relationship between Aboriginal people and other Canadians, a relationship based on knowledge of our shared history, a respect for each other and a desire to move forward together with a renewed understanding that strong families, strong communities and vibrant cultures and traditions will contribute to a stronger Canada for all of us."

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**For: TSLEIL-WAUTUTH NATION**  
**Contact: Leah George-Wilson, Chief, TSLEIL-WAUTUTH NATION**  
**Primary Phone: 604-551-4607**

**Date issued:** June 13, 2008, 12:45 e

**Attention:** Assignment Editor, City Editor, News Editor, Photo Editor, Government/Political Affairs Editor  
**Signing of Tsleil-Waututh Nation Olympic Legacy Agreement**

North Vancouver, BC, PRESS RELEASE, Jun.13 /CCNMatthews/ - The Tsleil-Waututh Nation announced today the signing of their Olympic Legacy Agreement with the Government of Canada. Tsleil-Waututh is a Coast Salish First Nation, one of the 2010 Olympic Four Host First Nations together with Squamish, Lil'wat and Musqueam.

"The Legacy Agreement is an important milestone for the Tsleil-Waututh community", said Chief Leah George-Wilson. "We have been actively supporting the 2010 Games from the original development of the bid. We were there with other British Columbians in Prague when the Vancouver/Whistler award was made. We have consistently participated in promoting the Games and welcoming visitors to our territory."

The Tsleil-Waututh Legacy Agreement has been some time in the making and is a bilateral agreement between Canada and the Tsleil-Waututh. Minister Chuck Strahl of Indian Affairs and Northern Development attended the signing ceremony held at the Tsleil-Waututh Community Centre.

Leonard George is the former Chief and is also the Tsleil-Waututh Chief Treaty Negotiator. "We want to be able to include British Columbia and VANOC as partners in the Tsleil-Waututh Legacy. Our relationship with the Province is strong and we will use all of our creativity to structure their participation so that it meets their interests as well as our own."

The Canada/Tsleil-Waututh Legacy Agreement provides \$17 million to a trust that will principally be used by Tsleil-Waututh to acquire land for future community needs.

"Tsleil-Waututh has already demonstrated that we are prepared to purchase the land that our future generations will require if that is the most appropriate mechanism to meet our needs" said Chief George-Wilson. "We need land for community expansion and to meet the needs of our people for generations to come. We will be focusing our efforts and our resources in that direction."

- END RELEASE - 13/06/2008

**Release ID:** 200806130001

Press release distributed by CCNMatthews 1-866-736-3779

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**Walk4Justice on Cross-Country Trek to Protest  
Missing and Murdered Women  
MEDIA ADVISORY - June 19, 2008**



VANCOUVER, June 19, 2008 - Walk4Justice has a full day, Sept 15, 2008, booked on Parliament Hill to present a petition and address the key issues surrounding marginalized, missing and murdered women and their families. Over three thousand women & children are deemed missing or murdered in the last 10 years, 80% of them are Aboriginal.

The Walk4Justice is calling on the Federal Minister of Justice, the Attorney General of Canada and the British Columbia Attorney General for a full public inquiry into the Missing and Murdered Women of the Downtown Eastside of Vancouver and the Highway of Tears.

The Walk4Justice enjoys wide-spread support including the Native Women`s Association of Canada, Union of BC Indian Chiefs, First Nations Summit, BC Assembly of First Nations, United Native Nations, Amnesty International, BC Government Employees Union, Longshoreman`s Union Local 500, BC Federation of Employees.

Speakers include:

- Barb Charlie and Willie Abrahams, Squamish Elders

- Chief Bill Williams, Squamish First Nation
- Grand Chief Stewart Phillip, Union of BC Indian Chiefs
- Gladys Radek and Bernie Williams Walk4Justice2008
- Lillian George, United Native Nations
- Jenny Kwan, MLA

Details

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**Date: June 21, 2008**

**Location: Trout Lake/John Hendry Park**

**Enter via East 19th Avenue (between Victoria Drive and Nanaimo Street)**

**Time: Light Breakfast – 7:00 a.m.**

**Press Conference – 8:00 a.m.**

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/For further information: Gladys Radek at (778) 839-0072; Rose Shah'traa (778) 839-7951;  
[walk4justice2008@yahoo.ca/](mailto:walk4justice2008@yahoo.ca/)

## ROUTE PLAN

Leaving / Arriving

Vancouver June 21 / Cheam June 21

Cheam June 22 / Merritt June 22

Merritt June 23 / Kamloops June 24

Kamloops June 25 /Mount Robson June 30

Mount Robson July 1 / Edmonton July 3

Edmonton July 6 / Calgary July 8

Calgary July 10 / Medicine Hat July 12

Medicine Hat July 14 / Swift Current July 16

Swift Current July 18 / Regina July 22

Regina July 24 / Brandon July 26

Brandon July 28 / Winnipeg July 30

Winnipeg Aug 1 / Kenora Aug 3

Kenora Aug 5 / Ignace Aug 7

Ignace Aug 9 / Thunder Bay Aug 11

Thunder Bay Aug 13 / Marathon Aug 15

Marathon Aug 15 / Wawa Aug 16

Wawa Aug 17 / Sault Ste Marie Aug 19

Sault Ste Marie Aug 21 / Sudbury Aug 24

Sudbury Aug 25 / Toronto Aug 29

Toronto Sept 2 / Tyendinaga Sept 4

Tyendinaga Sept 8 / Ottawa Sept 12

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

## Canada's Apology a Critical Step for Aboriginal People

Press Release June 11, 2008

(original has logo for UBCIC, BCAFN FN Summit)

COAST SALISH TRADITIONAL TERRITORY/WEST VANCOUVER, June 11 - First Nations Leaders today welcomed Prime Minister Stephen Harper's statement of apology on behalf of Canada for the government's role in the Indian Residential School System. Today the Leadership Council stands in support of residential school survivors and their families. This is also a day to remember those who died because of the residential school system.

"The full story of the residential school system's impact on our people has yet to be told," said Grand Chief Edward John of the First Nations Summit. "The responses to the apology are both individual and collective. It is extremely important that we respect the many survivors who, in their own discretion and time, will consider the Prime Minister's apology and determine how, in their own interest, each of them will deal with it. Collectively, we celebrate and stand on the dignity of who we are and celebrate our survival. Together, we will build for our individual and collective well-being. We ask Canadians to join with us in this important historical moment to talk about and understand the depths and consequences of the multi-layered and intergenerational impacts on our people."

"Despite the best efforts of the residential school system to destroy our language and culture, thanks to the resilience of the survivors and our ancestors, our identity and culture is still very much alive today and will continue to thrive, as will our languages, well into the future," said Regional Chief A-in-chut (Shawn Atleo) of the BC Assembly of First Nations, "I am hopeful today's apology can help the survivors in their individual journeys towards healing and as my Granny Elsie says, that tomorrow all Canadians will work together to 'turn this heavy page' of our dark history".

"For most Canadians it would be considered absolutely criminal to think of children being forcibly removed from their families, experiencing sexual and physical abuse, living in substandard conditions and being stripped of their cultural identity," said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. "By apologizing publicly for the residential school atrocities, we hope that all Canadians will learn from the past and ensure that no such disgusting genocidal programs are ever designed, legislated and carried out in Canada ever again".

Although it would be impossible for an apology from the Government of Canada to rectify the decades of abuse and cultural genocide experienced at residential schools, it is a critical step forward in the path to reconciliation.

The First Nations Leadership Council is comprised of the political executives of the B.C. Assembly of First Nations, First Nations Summit, and the Union of B.C. Indian Chiefs.

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.

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/For further information: Grand Chief Edward John, Political Executive, First Nations Summit, (778) 772-8218; Chief Judith Sayers, Political Executive, First Nations Summit, (778) 838-6743; Grand Chief Stewart Phillip, President, UBCIC: (250) 490-5314; Colin Braker, Communications Director, First Nations Summit: Office: (604) 926-9903, Cell: (604) 328-4094; Ryneld Starr, BC Assembly of First Nations: (604) 922-7733

June 8, 2008

To: Donna Stirling, Coordinator  
BC Elders Communication Center Society  
1415 Wewaikum Road  
Campbell River BC V9W 5W9

Re: Opportunity for Repatriation of the George Terasaki Collection of

Pacific North Coast Antique Aboriginal Artifacts

We have been endeavouring to repatriate BC First Nations cultural heritage materials now housed in the George Terasaki Collection in New York. Mr. Terasaki – an internationally esteemed collector and dealer based in New York City – has long recognized the historic and artistic merit of work created by the ancestors of BC's aboriginal peoples. Over the past 40 years, he has acquired an outstanding collection of Tlingit, Coast Salish, Tsimshian, Haisla, Kwakwaka'wakw, Quinault, Haida and Nuuchahnulth pieces.

Some pieces were recently sold to European collectors. Sadly, these have been lost to us forever.

The entire Collection is currently valued at \$40 million (U.S.). A corporate benefactor is considering purchase of the Collection, so that it may be repatriated and donated to a Canadian cultural institution for conservation and exhibition.

With your help, I believe it is possible to demonstrate to both Heritage Canada and to the corporate benefactor that these legacy materials must be returned quickly. Through letters of support from powerful First Nations community leaders like yourself, the combined voices of the descendants of those historic artisans will be raised in a great shout of support for repatriation of the Terasaki Collection. It is hard to ignore such a shout.

I cannot stress too strongly the need to act swiftly. This is a unique, once-in-a-lifetime opportunity.

With letters in hand, I will be in a much stronger position when approaching potential benefactors, and in the end – if successful – we will all reap the benefits as this treasure comes home.

Anyone who wishes to send a letter of support for the repatriation of this material may either be faxed to me at 604-886-7189 or e-mail it to [goingcoastal@telus.net](mailto:goingcoastal@telus.net), or snail-mail it to me at #25, 622 Farnham Road, Gibsons BC V0N 1V8.

Sincerely,  
Grace Mooney  
Agent for the Sale and Repatriation of the  
George Terasaki Collection of Pacific North Coast Antique Aboriginal Artifacts

PS: For your information and reference, I have attached a letter written by Chief Stan Dixon of the shíshá'lh first nation (publisher of Kahtou newspaper) who has generously offered his support for the repatriation.

PPS: May I also point out that repatriation of this Collection offers a unique opportunity to raise international awareness of BC First Nations culture and heritage as we approach the 2010 Cultural Olympics. The repatriation event, and opening of the Collection's exhibition, will encourage media interest in heritage artwork and offer an opportunity to build links to present-day artists – the descendants of those who created the legacy materials.

**Re: Opportunity for Repatriation of the George Terasaki Collection of Pacific North Coast Antique Aboriginal Artifacts**

The George Terasaki Collection is one of the finest, and largest, private collections of BC First Nations cultural heritage materials. An internationally esteemed collector and dealer based in New York City, Mr. Terasaki has long recognized the historic and artistic merit of work created by the ancestors of BC's aboriginal peoples. Over the past 40 years, he has acquired an outstanding collection of Tlingit, Coast Salish, Tsimshian, Haisla, Kwakwaka'wakw, Quinault, Haida and Nuuchahnulth pieces.

This collection is now for sale. Some pieces have already been sold to European collectors and these have been lost to us.

We understand the balance of the Collection is still available. Repatriated, it can be an important educational and cultural resource.

BC's First Nations recognize that – through repatriation of this Collection in its entirety – a unique opportunity exists to raise international awareness of our culture and heritage, and to show how important it is to all the First Nations as well as to all Canadians that these heritage materials be brought home. BC's First Nations also recognize that swift action is necessary to secure this Collection – or our heritage will drift away, again.

I support the initiative by Grace Mooney, authorized agent for the repatriation of the George Terasaki Collection of Pacific North Coast Antique Aboriginal Artifacts.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

## **INVITATION: TO ALL INDIGENOUS NATIONS/ELDERS**

**Announcement:** On April 2008, the DECLARATION OF SOVEREIGNTY OF "THE ONE NATION" (BEING A NATION CONSISTING OF ALL SOVEREIGN ORIGINAL NATIONS OF THE WORLD) (the "Declaration") was signed by the Traditional Elders of the Algonquin Nation, with subsequent signings of the Declaration by the Atikemik, Cree, and soon to be signed by the Mi'kmaq Nation. The Declaration is currently being signed by various Nations in Australia, New Zealand and Papua New Guinea. There are ongoing discussions with Tibet and Taiwan, who may also be signing.

**Purpose:** To provide for the unification, protection and self-determination of all Indigenous Sovereign Nations under international law, to shelter all traditional indigenous human beings, to enable us to maintain our duty as stewards of the land and all its natural resources for the benefit of all generations yet to come and to educate all humans in our traditional ways.

**Invitation:** To conduct a ceremony consistent with your Traditional ways for the signing of the Declaration to join with all other Indigenous Sovereign Nations in this prophetic unification. If any Indigenous Sovereign Nation so chooses, that Nation is welcome to attend the collective signing ceremony to be held on July 11, 2008, in Washington, D.C., at the conclusion of The Longest Walk ([www.thelongestwalk.org](http://www.thelongestwalk.org)).

**For more information contact:**

Hereditary Chief Gary Metallic, Mi'kmaq	Elder Jacob Wawatie, Algonquin
<a href="mailto:gmetallic@hotmail.com">gmetallic@hotmail.com</a> 603-598-4834	<a href="mailto:wigibiwajak@hotmail.com">wigibiwajak@hotmail.com</a> 819-438-1866
Dr. Yussuf Kly, Int'l Law, U. of Regina	Debra Thomas, Shuswap
<a href="mailto:Yussuf.kly@uregina.ca">Yussuf.kly@uregina.ca</a> 250-483-7369	<a href="mailto:blueraven2008@hotmail.com">blueraven2008@hotmail.com</a>
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## Protect Your Smile with Smart Food & Drink Choices

by Karen Collins, MS, RD, CDN, American Institute for Cancer Research from [msn.com](http://msn.com)

We all know that too much sugar leads to dental cavities. But did you know that researchers are just as concerned about exposure to acid (which could dissolve tooth enamel) from excessive consumption of soft drinks and fruit juice?

Skyrocketing consumption of soft drinks, fruit juice, energy and sports drinks has many health professionals concerned. In addition to the extra calories these drinks provide, they also contain acids that gradually dissolve the enamel of our teeth with long-term exposure. (The enamel is the thin, hard outer layer of our teeth that maintains tooth structure and acts as a barrier to decay. When enamel wears away, teeth become cracked, discolored and more sensitive to hot and cold).

A primary step in preventing this erosion of enamel is to limit carbonated soft drinks, according to the Academy of General Dentistry. Researchers emphasize that regular sugar-containing soft drinks seem to contain more acid and promote more erosion than diet soft drinks. But both types are far more acidic than water. Lemon iced tea and sports drinks have as much erosion-promoting acid as carbonated soft drinks since they too contain phosphoric and citric acids.

Fruit juices are also cause for concern. Although they can be good sources of vitamins and phytochemicals, they are concentrated in sugar and studies show that their natural acid content can promote erosion, too. In one study, immersing slices of enamel from freshly extracted teeth in any of these drinks for 48 hours – equal to less than two years of typical beverage consumption – dissolved an average of four percent of the enamel.

In addition to limiting the amount of consumption, the Academy of General Dentistry recommends consuming acidic drinks in limited time periods – rather than sipping them throughout the day. You can further reduce exposure to the acid by using a straw. Another tip: Don't rush to brush your teeth right after consuming these drinks. Tooth enamel remains softened and more susceptible to mechanical abrasion for about an hour after acid exposure. Instead, rinse your mouth with water or chew sugarless gum to stimulate saliva production, which helps to neutralize acidity.

Of course, enamel erosion isn't the only dental problem associated with poor nutrition. Dental cavities are also problematic. These areas of tooth decay develop when the natural bacteria present in our mouths decompose the remnants of sugary or starchy foods left on our teeth. This process produces acids that dissolve the minerals in our teeth, weakening them and leading to decay. The good news: Our saliva neutralizes these acids and contains minerals that can strengthen our teeth.

Although we most often hear about cavities related to consumption of sweets, researchers say there are other culprits. In addition to sugar, many other types of carbohydrate are also to blame, for example, those found in foods like chips, bread and crackers. While some of these carbohydrate-containing foods supply important nutrients and fiber, when we nibble on these foods all day, our teeth are constantly bathed in carbohydrate. Foods that are sticky (whether jelly beans, raisins or granola bars) pose extra problems by supplying carbohydrate that is harder for saliva to wash away.

The American Academy of Pediatric Dentistry notes another reason for tooth decay – most notable among the youngest patients. Children put to bed with a bottle, experts say, are at increased risk as the milk, formula or juice will pool around teeth during sleep, promoting tooth decay. In a nutshell, tooth damage and decay depend on the amount of carbohydrate, the type of food or drink, and the length of exposure. Saliva can play a large role in helping to wash away the culpable carbohydrate and neutralize the acids that have formed. Some dentists recommend sugarless gum to stimulate saliva flow, but simply limiting between-meal snacking and rinsing the mouth with water is also effective. All this is, of course, in addition to regular brushing and flossing of teeth.

## The Mayonnaise Jar and 2 Cups of Coffee

When things in your lives seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of **sand** and poured it into the jar. Of course, the **sand** filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

'Now,' said the professor as the laughter subsided, 'I want you to recognize that this jar represents your life. The golf balls are the important things-- your family, your children, your health, your friends and your favorite passions-- and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house and your car.

The sand is everything else--the small stuff. 'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

'Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first --the things that really matter. Set your priorities. The rest is just sand.'

One of the students raised her hand and inquired what the coffee represented. The professor smiled. 'I'm glad you asked.

It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend.'

## Hear thunder? Get inside building or metal-topped car without delay: experts Jun. 16, 2008

Provided by: The Canadian Press

Article from [www.medbroadcast.com](http://www.medbroadcast.com)

Written by: Sheryl Ubelacker, Health Reporter, THE CANADIAN PRESS

Christina Wards could hear the thunder and knew a fast-moving storm was closing in, so she hustled her daughter Richelle and other teens practising baseball off the field towards their vehicles.

But as she and Richelle prepared to climb in their van, a bolt of lightning struck a nearby metal fence enclosing the sports field in their hometown of Dawson Creek, B.C. The flash travelled across the ground and engulfed the pair in a massive electrical jolt.

The force lifted Richelle off her feet and blew her across the van's interior, slamming her into the driver's side from the passenger door.

"She was screaming 'My feet, my feet,'" recalls Wards of that day last July. "My own arm was buzzing."

Richelle, now 16, had tingling, numbness and severe sensitivity in her feet and legs for a few days, but suffered no lingering effects.

As lightning strike survivors go, she was one of the lucky ones.

Each year, about 10 Canadians are killed after a close encounter with this dangerous weather phenomenon and an estimated 70 to 160 are injured, often severely.

A 29-year-old man was killed on the weekend after being struck by lightning while building a deck at his parents' Saskatchewan home. His mother was also hit and suffered serious burns.

For the roughly 10 per cent of those who don't survive a lightning strike, many die immediately from cardiac arrest - their heart stops beating from the shock of electricity surging through the body - or from devastating brain injury that can lead to death within days.

Those who do survive can sustain a range of injuries, from minor burns and broken ear drums to severe neurological trauma, says Dr. Mary Ann Cooper, a professor of emergency medicine at the University of Illinois in Chicago and a world-renowned expert on the medical effects of being zapped by lightning.

While most people survive the strike, they frequently have permanent health effects, including chronic pain, thought-processing difficulties and personality changes," Cooper writes in a section on the medical aspects of lightning posted on the U.S. National Weather Service's website. (Cooper was not available for an interview.)

"Patients have difficulty in all areas that require them to analyze more items of information than they can handle simultaneously," writes Cooper, noting that survivors may seem mentally slow, easily distracted and forgetful.

She says those walloped by lightning may initially experience intense headaches, ringing in the ears, dizziness, nausea and vomiting. Over time, they may become irritable and quick to anger because of damage to the brain's frontal lobe. Fatigue and depression are common among those who suffer physical disabilities as a result of a damaged nervous system.

And it's no wonder lightning injuries can be so devastating. A bolt from the blue (or the grey, as the case may be) packs an incredible punch, with a median value of about 25,000 amps - hundreds of thousand of times stronger than the current in a typical house, says Ronald Holle, a meteorologist at Vaisala Inc., which operates lightning detection networks for the United States and Canada.

Lightning flashes travel from towering cumulus clouds to Earth at about 220,000 kilometres per hour. To put that into perspective, the world's fastest fighter jet reportedly has a top speed of about 2,100 km/h.

When lightning hits an object on the ground, its temperature can reach a sizzling 28,000 C.

"It's real hot," says Holle, with understatement.

About 25 million lightning bolts hit the United States and about two million strike Canada each year, mostly during the months of June, July and August, says Holle. "The only thing that keeps people and things from being even worse impacted by lightning ... is that it only lasts a short time," he says. "It's only a few tenths of a second, a flash."

Holle said tall, isolated objects attract lightning. Contrary to popular belief, metal does not attract lightning but it does conduct it. "The flash is coming down from the clouds and in a very simplified way it looks for the closest thing to hit when it gets close to the ground. And if it's a tree, it hits it, if it's a tower, it hits it, if it's a person, it hits it."

"And you cannot control, as a person you can do nothing, to absolutely control that path when you're outside. That's the underlying issue when it comes to safety."

Injury prevention experts have adopted an adage for the public: "When thunder roars, go indoors."

That means running to the nearest substantial building, like a house or store, or inside a fully enclosed metal-topped vehicle (no convertibles), Holle stresses.

"Those are the safe places. Everything else is not guaranteed, is not certain, and you cannot be sure that anything you do is going to work. It doesn't matter what you're wearing, carrying, holding or how you're standing."

Even huddling in an upright fetal position to make oneself as small a target as possible, as was once proposed for those caught outdoors in a thunder storm, is no guarantee of safety, he says.

But what if someone is on the sixth hole of a golf course and a storm suddenly blows in?

Holle won't even go there. "We're stopping this 'what if' stuff and we're trying to get the point across that there are two really, really safe places" - a building or a metal-topped vehicle, he repeats.

That's not to say that being inside an automobile lambasted by lightning is a "happy place. It really can be quite bad."

In about half of cases in which vehicles are struck, the occupants emerge unscathed, while in the other half of cases, those inside come out with burns, numbness in their limbs and hearing loss.

The vehicle may not fare so well.

"Cars get a lot of damage," says Holle, who tracks lightning injuries. "Typically, what I found was the antenna was vaporized or destroyed or half-gone, the tires were blown. Good grief, 50,000 degrees (Fahrenheit) would take care of the tires."

Even inside a building, he advises people sheltering from a storm to keep away from plumbing and wiring and not to use corded telephones (cordless are fine).

"So when the house is hit - when, not if - you don't want to be touching the conducting parts," he warns. "Because the most likely thing is it won't hit the house directly, but it will hit a power pole outside and trace through the power lines and then it can leak into the phone lines and the plumbing in various ways."

"They're all made to conduct electricity. They're all water or metal and so you just don't want to be touching those when it hits because there are lots of people that happens to every year."

## **How to avoid getting zapped by lightning? 'When thunder roars, go indoors'**

### **Some facts about lightning and tips to avoid getting struck:**

#### **WHAT YOU SHOULD KNOW:**

- Lightning is attracted to tall, isolated objects like trees.
- Metal does not attract lightning, but is a prime conductor, as is water.
- Two-thirds of all lightning strikes occur in June, July and August; most occur in the afternoon.
- The average lightning flash packs enough power to light a 100-watt light bulb for more than three months.
- A large proportion of lightning deaths occur in, on or near open water. Many people also die sheltering under trees.
- Nowhere outside is safe from lightning.

#### **WHAT YOU SHOULD DO:**

- Heed the warning: "When thunder roars, go indoors!"
- Take shelter in a substantial building or fully enclosed, metal-topped vehicle. Avoid small structures such as beach cabanas or tents.
- When inside your home or other building, avoid using a corded telephone, except for emergencies. Cordless phones are safe.
- Avoid electrical appliances and plumbing. Don't wash dishes or take a bath or shower.
- Practise the 30-30 Rule: When you see lightning, count until you hear thunder. If it's 30 seconds or less, the storm is within 10 kilometres and dangerous. Seek immediate shelter. Wait 30 minutes after the lightning has stopped before going outside.

Sources: Environment Canada, U.S. National Weather Service, Vaisala Inc.

**PLEASE CONTACT Maria Sampare Directly**

For information and to arrange the giving of Donations.

Megwiich ~ Mary Collins

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**Re: 6<sup>th</sup> Annual Aboriginal "Back to School" Community Picnic**

Surrounded By Cedar Child and Family Services is dedicated to helping urban Aboriginal children and families in the great Victoria area create and maintain connections with their families, communities and culture. Our 6<sup>th</sup> Annual Aboriginal "Back to School" Picnic for Saturday, August 16, 2008 between 11:00am and 3:00pm in Victoria, is quickly approaching and we are seeking your support to ensure that our event will be a success!

The "Back to School" Picnic helps low income Aboriginal families with the cost of sending their children back to school. Your donation will assist with these high costs for the 2008/2009 school year. Our community agencies and businesses will supply lunch, games, crafts and races for the children, youth and their families, as well as the school supplies for the up-coming school year.

Last year, this event helped 550 Aboriginal children and youth from preschool to grade 12 begin the school year with school supplies and a backpack. This year we anticipate the same or more students in need. In the past 5 years we have helped over 1720 students return to school with backpacks filled with school supplies.

We are pleased to announce that tax receipts will be available, upon request, for any donations that are received this year. Support from our community partners is what makes this event a success! We look forward to any support your business may be able to contribute to this event this year.

**How can you help?**

We are accepting the following donations to assist with costs: Monetary, prizes for families, food, refreshments, entertainment, school supplies, computers and gifts for the children. For more information please contact Maria Sampare at 383-2990. We thank you on behalf of the Aboriginal community and the children who will benefit from your generous donations!

In the Spirit of our children and youth

Maria Sampare  
Back to School Picnic Planning Committee  
maria@sccfs.com

[T.R.A.I.L. \(Together Raising Awareness for Indian Life\)](#) is a relatively new program within Native American Boys & Girls Clubs in the US.

T.R.A.I.L. provides a comprehensive health program with activities that center around physical fitness, nutrition, and healthy choices. The goal is to create a positive generational change in lifestyle -- reducing the incidence of obesity and of drug addictions, and heading young people in productive and fulfilling directions for their lives.

The program has expanded from 6 pilot sites in 2003 to 40 sites today, and has reached over 4,500 Native youth in more than 60 Native communities. It has been very successful in getting corporate sponsorship from companies such as Nike.

When I heard about it last week, and heard that it had not yet reached First Nations in Canada, I invited Ron Gurley to come up to BC to tell people about the program so that steps could be taken so that First Nations youth here could benefit too.

[Ron will be available to talk with people on Sunday, July 13, from 5:30 - 7:00 pm](#)  
[and he will give a short presentation on Monday, July 14, from 5:30 - 6:00 pm](#)  
[both are completely FREE and open to EVERYONE -- no advance registration or notice is needed](#)  
[both will take place at the Sheraton Wall Centre Hotel, 1088 Burrard St., in downtown Vancouver](#)

#### [Biographical information on Ron:](#)

Ron Gurley, Projects Manager, Native American Programs FirstPic, Inc., Consulting, Crofton, MD  
Ron is a native of Pryor Creek, Oklahoma and a tribal member of the Cherokee Nation and the Cherokee Elders Council. He holds degrees in Bachelor of Arts Education and Master of Science Education.  
He is in his 37<sup>th</sup> year working with families and youth. During his 22 years in public education he served as a Music Teacher, Counselor, Assistant Superintendent, and Superintendent of Schools.  
Following his career in education, very 4 years were spent as a Case Manager Supervisor in a newly created Social Services Department within the Housing Authority of the Cherokee Nation.  
Ron served as Founder and Chief Professional Officer of Boys & Girls Clubs of Green Country, Inc. located within the Cherokee Nation in Pryor, Oklahoma, from 1997 to 2007. He served as Chairman of NANAC, Boys & Girls Clubs of America's Native American National Advisory Committee, and is presently a board member of Boys & Girls Clubs in Indian County, Inc. Special recognitions include BGCA's Native American Service to Youth Award and the Masters and Mentors Level of the Academy of Boys & Girls Clubs Professionals.  
Since August of 2007 Ron serves as the Projects Manager, Native American Programs, which include AMBER Alert in Indian Country, OJP Funding Initiative, and Methamphetamine Law Enforcement and Community Education Technical Assistance and Training.

Please help me get out the word so that members of First Nations might be able to hear and meet Ron and perhaps help young people here benefit from T.R.A.I.L. or something similar here.

Sincerely,  
Adele Diamond

Canada Research Chair Tier 1 Professor of Developmental Cognitive Neuroscience, Department of Psychiatry, University of British Columbia (UBC), & Division of Child & Adolescent Psychiatry, BC Children's Hospital, Vancouver

[phone:](#) 604 822-7220

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<http://www.devcogneuro.com/People/AdeleDiamond.html>

Conference Organizer: <http://www.interprofessional.ubc.ca/bdl.html>

## **Hand washing: An easy way to prevent infection**

**Hand washing is a simple habit that can help keep you healthy. Learn the benefits of good hand hygiene, when to wash your hands and how to clean them properly.**

Hand washing is a simple habit, something most people do without thinking. Yet hand washing, when done properly, is one of the best ways to avoid getting sick. This simple habit requires only soap and warm water or an alcohol-based hand sanitizer — a cleanser that doesn't require water. Do you know the benefits of good hand hygiene and when and how to wash your hands properly?

### **The dangers of not washing your hands**

Despite the proven health benefits of hand washing, many people don't practice this habit as often as they should — even after using the toilet. Throughout the day you accumulate germs on your hands from a variety of sources, such as direct contact with people, contaminated surfaces, foods, even animals and animal waste. If you don't wash your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose or mouth. And you can spread these germs to others by touching them or by touching surfaces that they also touch, such as doorknobs.

Infectious diseases that are commonly spread through hand-to-hand contact include the common cold, flu and several gastrointestinal disorders, such as infectious diarrhea. While most people will get over a cold, the flu can be much more serious. Some people with the flu, particularly older adults and people with chronic medical problems, can develop pneumonia. The combination of the flu and pneumonia, in fact, is the eighth-leading cause of death among Americans.

Inadequate hand hygiene also contributes to food-related illnesses, such as salmonella and E. coli infection. According to the Centers for Disease Control and Prevention (CDC), as many as 76 million Americans get a food-borne illness each year. Of these, about 5,000 die as a result of their illness. Others experience the annoying signs and symptoms of nausea, vomiting and diarrhea.

### **Proper hand-washing techniques**

Good hand-washing techniques include washing your hands with soap and water or using an alcohol-based hand sanitizer. Antimicrobial wipes or towelettes are just as effective as soap and water in cleaning your hands but aren't as good as alcohol-based sanitizers.

Antibacterial soaps have become increasingly popular in recent years. However, these soaps are no more effective at killing germs than is regular soap. Using antibacterial soaps may lead to the development of bacteria that are resistant to the products' antimicrobial agents — making it even harder to kill these germs in the future. In general, regular soap is fine. The combination of scrubbing your hands with soap — antibacterial or not — and rinsing them with water loosens and removes bacteria from your hands.

### **Proper hand washing with soap and water**

Follow these instructions for washing with soap and water:

- Wet your hands with warm, running water and apply liquid soap or use clean bar soap. Lather well.
- Rub your hands vigorously together for at least 15 to 20 seconds.
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean or disposable towel.
- Use a towel to turn off the faucet.

## Proper use of an alcohol-based hand sanitizer

Alcohol-based hand sanitizers — which don't require water — are an excellent alternative to hand washing, particularly when soap and water aren't available. They're actually more effective than soap and water in killing bacteria and viruses that cause disease. Commercially prepared hand sanitizers contain ingredients that help prevent skin dryness. Using these products can result in less skin dryness and irritation than hand washing.

Not all hand sanitizers are created equal, though. Some "waterless" hand sanitizers don't contain alcohol. Use only the alcohol-based products. The CDC recommends choosing products that contain at least 60 percent alcohol.

To use an alcohol-based hand sanitizer:

- Apply about 1/2 teaspoon of the product to the palm of your hand.
- Rub your hands together, covering all surfaces of your hands, until they're dry.

If your hands are visibly dirty, however, wash with soap and water, if available, rather than a sanitizer.

## When should you wash your hands?

Although it's impossible to keep your bare hands germ-free, there are times when it's critical to wash your hands to limit the transfer of bacteria, viruses and other microbes.

### Always wash your hands:

- After using the toilet
- After changing a diaper — wash the diaper-wearer's hands, too
- After touching animals or animal waste
- Before and after preparing food, especially before and immediately after handling raw meat, poultry or fish
- Before eating
- After blowing your nose
- After coughing or sneezing into your hands
- Before and after treating wounds or cuts
- Before and after touching a sick or injured person
- After handling garbage
- Before inserting or removing contact lenses
- When using public restrooms, such as those in airports, train stations, bus stations and restaurants

## Kids need clean hands, too

You can help your children avoid getting sick by insisting that they wash their hands properly and frequently. To get kids into the habit, teach by example. Wash your hands with your children and supervise their hand washing. Place hand-washing reminders at children's eye level, such as a chart by the bathroom sink for children to mark every time they wash their hands. Make sure the sink is low enough for children to use, or that it has a stool underneath so that children can reach it. Tell your children to wash their hands for as long as it takes them to sing their ABCs, "Row, Row, Row Your Boat" or the "Happy Birthday" song. This works especially well with younger children, who may rush when washing their hands.

Older children and adolescents also can use alcohol-based hand sanitizers. Younger children can use them, too — with an adult's help. Just make sure the sanitizer has completely dried before your child touches anything. This will avoid ingestion of alcohol from hand-to-mouth contact. Store the container safely away after use.

Hand washing is especially important for children who attend child care. Children younger than 3 years in child care are at greater risk of respiratory and gastrointestinal diseases, which can easily spread to family members and others in the community.

To protect your child's health, be sure your child care provider promotes sound hygiene, including frequent hand washing or use of alcohol-based hand sanitizers. Ask whether the children are required to wash their hands several times a day — not just before meals. Note, too, whether diapering areas are cleaned after each use and whether eating and diapering areas are well separated.

A simple way to stay healthy

**Hand washing doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Adopting this simple habit can play a major role in protecting your health.**

Article is from [mayoclinic.com](http://mayoclinic.com)

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Updated 5:33 p.m. PT, Wed., May. 21, 2008  Associated Press

## Mexican donkey freed after acting like a jackass

### Blacky jailed for three days for biting, kicking two men 'like it was rabid'

TUXTLA GUTIERREZ, Mexico - A Mexican donkey has been freed from jail after doing time for acting like a jackass.

The Televisa network on Wednesday showed Blacky gobbling food from a bucket after spending three days in a jail that normally holds people for public drunkenness and other disturbances.

Blacky was jailed for biting and kicking two men near a ranch outside Tuxtla Gutierrez, the capital of the southern state of Chiapas.

Officials freed the donkey after its owner paid a fine of \$36 and the \$115 hospital bill of the men, who suffered bites to the chest and a broken ankle. Authorities say he also must pay \$480 to each man for missed work days.

The victims said the donkey bit Genaro Vazquez, 63, in the chest on Sunday and then kicked 52-year-old Andres Hernandez as he tried to come to the rescue, fracturing his ankle.

"All of a sudden, the animal was on top of us like it was rabid," Hernandez said.

Police said it took a half-dozen men to control the enraged beast.

Chiapas police have thrown animals in the slammer before, including a bull that devoured corn crops and destroyed two wooden vending stands in March.

In 2006, a dog was locked up for 12 days after biting someone. His owners were fined \$18.

Article from [msn.com](http://msn.com)

## GROUNDBREAKING AGREEMENT PROTECTS CHEHALIS' HERITAGE

CHEHALIS - The Province and Chehalis Indian Band have agreed to use the Forest and Range Practices Act to protect an area in the Chilliwack Forest District that contains sacred sites of the Chehalis people, the first time the act has been used in such a way, Forests and Range Minister Rich Coleman announced today.

"The protection of Kweh-Kwuch-Hum ensures that Chehalis cultural and spiritual sites and traditions will not be impacted by forest practices or activities," said Coleman. "The preservation of the area, its history and culture is a result of the Province and the Chehalis' commitment to work together, and demonstrates the New Relationship in action."

The province has issued a government actions regulation order under the Forest and Range Practices Act that creates a 1,072-hectare management area on Kweh-Kwuch-Hum (Mount Woodside) in Chilliwack. The regulation order follows a 15-month policy pilot project involving the Province and Chehalis to increase shared knowledge of the location's spiritual areas, practices and forest management. Kweh-Kwuch-Hum was declared a spiritually sensitive designated area by the Chehalis in July 2006 and is integral to their ongoing cultural and spiritual practices, traditions and history.

"Our people have always known about the rich spiritual history of areas such as Kweh-Kwuch-Hum and have been reluctant to share this information with the general public or other government agencies because we feared it would be misused," said Chehalis Chief Willie Charlie. "We entrusted the Province with sacred information because we believed in the process we were embarking on and it is truly a historic milestone to have this celebration today to have Kweh-Kwuch-Hum protected."

The Chehalis have a long history of respecting Kweh-Kwuch-Hum as sacred and there is archaeological evidence of an established and structured community in the area from 1,500 years ago. Events like weddings, name ceremonies, memorials, potlatch celebrations, and spiritual activities such as rites of passage and the Winter Dance ceremonial continue to take place in the area and its longhouses, as they have done for years and generations before. Aboriginal people from all over the region have traditionally come to Chehalis to participate in Winter Dance activities.

Community growth and support over the past 30 years have been attributed in part, to the cultural and spiritual practices associated with the longhouse. Teachings have increased confidence, pride, and cultural identity among Chehalis youth as well as facilitated the transfer of traditional knowledge, skills and practices.

Prior to the work that resulted in the regulation order, the Chehalis and the Province signed a five-year forestry agreement in 2004 under which the Chehalis received \$2.3 million in forestry revenues and access to 138,640 cubic metres of timber. The Chehalis also operate a woodlot and a licensed sort-yard.

Government actions regulations provide direction for the establishment of land designations that protect forest values including First Nations cultural heritage resources, watersheds, ecosystems, fisheries, species at risk and recreation sites or trails.

-30-

Reference #: 2008FOR0100-000978 Date released: Jun 23, 2008 Region: Coast Forest Region Category: General

Contact(s):

Sophia Proctor, Public Affairs Officer, Ministry of Forests and Range 250 387-4592

Chief Willie Charlie, Chehalis Indian Band, 604 796-2116



## Stó:lō Elders Lodge

7519 Topaz Drive, Chilliwack, BC, V2R 0E8  
Phone: 604-858-5594 or 604-858-5591 Fax: 604-858-5499

***The Lodge is an Assisted Living Facility,  
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please contact:***

**Lodge Manager**

TEL 604-858-5591/604-858-5594

EMAIL [dwagner@stolonation.bc.ca](mailto:dwagner@stolonation.bc.ca)

The Stó:lô Elders Lodge is a ground level building with 15 assisted living suites for seniors and persons with disability. The building is designed to showcase the unique First Nation heritage and culture and is based upon a traditional single-slope longhouse concept.

The curve of the building takes advantage of passive solar radiation to alleviate the perspective of a long dead-end corridor. The clerestory windows along the corridor create lightness and interest in the corridor that is always changing as time passes throughout the day. The unique gas fireplace in the sitting area is an attraction in the common area that provides warmth to the room.

### Food Service

- ❖ 2 home-cooked Meals (Lunch and Dinner)
- ❖ Snacks and drinks available throughout the day

### Common Areas/Amenities

- ❖ TV and Piano Lounge
- ❖ Seating areas by the Fire Place
- ❖ Covered Patio
- ❖ Individual mailboxes
- ❖ Scooter Room
- ❖ Multi-purpose Room
- ❖ Ample parking for tenants and visitors
- ❖ Pet-free environment
- ❖ Indoor smoke-free living

### Housekeeping and Laundry

- ❖ Regular cleaning/housekeeping of suites
- ❖ Weekly laundering of linens, bed sheets and towels

### Social/Recreational Opportunities

- ❖ Varied and planned according to group needs
- ❖ Opportunity for interaction through the Tenants' Council

### Emergency Response System

- ❖ Tenants provided with pendants for emergency.
- ❖ 24 hour /7 day a week emergency response system installed in each unit.

### Neighborhood Amenities

- ❖ Within walking distance to shopping malls, food and grocery establishments and recreation areas.



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***PROVERBS:***

1. A journey of a thousand miles begins with a single step.
2. Every dark cloud has a silver lining.
3. The pen is mightier than sword.
4. There's none so deaf as they that will not hear.
5. Truth is stranger than fiction.

***BIBLE QUOTES:***

"Have mercy upon me, O Lord, for I am in trouble: mine eye is consumed with grief, yea, my soul and my belly. For my life is spent with grief, and my years with signing: my strength faileth because of mine iniquity, and my bones are consumed." Psalms 31:9-10

"But I have trusted in thy mercy; my heart shall rejoice in thy salvation. I will sing unto the Lord because he hath dealt bountifully with me." Psalms 13:5

***Please mail, fax, email, or call in your  
Special Wishes/Community Events !!***

**Happy! Happy! Birthday To All Elders Born in July!!**

**CANCER - The Protector (June 21 - July 22)**

Moody, emotional. May be shy. Very loving and caring. Pretty/handsome. Excellent partners for life. Protective. Inventive and imaginative. Cautious. Touchy-feely kind of person. Needs love from others. Easily hurt, but sympathetic.

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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**

**32nd Annual BC Elders Gathering**

**July 7, 8, 9th 2008 (with early registration on July 6th, 2008)**

**Host: Kaien Island Elders**

**Mailing address is: P.O. Box 22092 Prince Rupert, BC V8J 4P8**

**Phone: (250) 627-5723 Fax: (250) 627-5724**

**Coordinator: Darlene Harris Wolfe**

**Email address: [eldersgathering2008@gmail.com](mailto:eldersgathering2008@gmail.com)**

**Website: [www.eldersgathering2008.ca](http://www.eldersgathering2008.ca)**