

Volume 10 Issue 7

June 2010

EV'S 115th Issue!

BC ELDERS COMMUNICATION CENTER SOCIETY



ELDERS VOICE

ATTENTION:

Elders Contact People
Please Remember To Make Copies of The Elders Voice Each Month For Your Elders
And If You Could Also Make Copies For Your Chiefs and Councils That Would Really Help In Keeping Everyone Up-To-Date On Elders Matters.

RE-INVOICE Message: Your Help Is Still Needed

Dear Elders and Elders Support Workers, Presidents, Chief and Councils, & Boards of Directors

Support Invoices accompany the Nov. issue of the Elders Voice each year dated for Dec. 1st 2010, and now that we are at mid-year groups are asked to please see if you can assist with the costs for this provincial elder's office to operate. If all offices could still help by paying the \$250 yearly support fee or by paying for half a year of support of \$125.

Your consideration is very much appreciated and your help is needed for the elders. If your office/ group needs another copy of the Invoice faxed or emailed please call: 1-877-738-7288 or bcelders@telus.net

Thank you, Donna Stirling, BCECCS Coordinator, Secretary, BC Elders Council

Happy June Birthday Wishes from Lil'wat First Nation to: Jane Rose Gabriel, Kenny Peters, Ronnie Lester, Albert Nelson, James Louie, Sonny James, Tassie Wallace, Pipantsek

"Everyone has the power for greatness, not for fame, but greatness, because greatness is determined by service." Martin Luther King Jr.

"A smile breaks down most barriers." Author unknown

"Success is a journey, not a destination. The doing is often more important than the outcome." Arthur Ashe

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Easy Bakers Corner – Mint Ice Cream Cookie Cups — Makes 24

Pillsbury Bake-Off 1 million dollar winner

Prep Time: 20 minutes

Start to Finish: 45 minutes

Ingredients:

1 package (16 ounces) Pillsbury® Ready to Bake! refrigerated sugar cookies (24 cookies)

4 tsp. sugar

1/3 cup finely chopped Fisher® Chef's Naturals® chopped walnuts

1/2 cup Hershey's® semisweet chocolate baking chips

1/4 cup Smucker's® Seedless red raspberry jam

1 1/2 cups vanilla bean ice cream , softened

14 fresh raspberries

Directions:

- Heat oven to 350°F. Spray 24 mini muffin cups with Crisco® Original No-Stick Cooking Spray. Place 1 cookie dough round in each muffin cup. Bake 15 to 20 minutes or until golden brown.
- Place 2 teaspoons of the sugar in small bowl. Dip end of wooden spoon handle in sugar; carefully press into center of each cookie to make 1-inch-wide indentation. Cool completely in pan, about 20 minutes.
- Meanwhile, in small bowl, mix walnuts and remaining 2 teaspoons sugar; set aside. In small microwavable bowl, microwave chocolate chips uncovered on High 30 to 60 seconds, stirring after 30 seconds, until smooth.
- Run knife around edges of cups to loosen; gently remove from pan. Dip rim of each cup into melted chocolate, then into walnut mixture. Place walnut side up on cookie sheet with sides.
- In another small microwavable bowl, microwave jam uncovered on high about 15 seconds until melted. Spoon 1/2 teaspoon jam into each cup. Freeze cups about 5 minutes or until chocolate is set.
- Spoon ice cream into cups, using small cookie scoop or measuring tablespoon. Top each cup with fresh raspberry. Store in freezer; let stand at room temperature 5 minutes before serving. From www.oprah.com

‘PRESERVING THE PAST’

New Elder’s Website: www.bcelders.com

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

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

*****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

10th Year GRATITUDE LIST

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

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

Permanent Forum on Indigenous Issues
Ninth Session
United Nations, New York
19-30 April 2010
Agenda item 5 Half-day discussion on North America
April 22, 2010

Canada Should Embrace UN Declaration without Conditions or Qualifications

Joint Statement by Assembly of First Nations; Inuit Circumpolar Council Canada; Inuit Tapiriit Kanatami; Native Women's Association of Canada; Assemblée des Premières Nations du Québec et du Labrador; First Nations Summit; Union of British Columbia Indian Chiefs; Chiefs of Ontario; Grand Council of the Crees (Eeyou Istchee); International Organization of Indigenous Resource Development (IOIRD); Quebec Native Women/Femmes Autochtones du Québec; Samson Cree Nation; Ermineskin Cree Nation; Montana Cree Nation; Louis Bull Cree Nation; Innu Council of Nitassinan; Indigenous World Association; First Peoples Human Rights Coalition; Amnesty International; Canadian Friends Service Committee (Quakers); KAIROS: Canadian Ecumenical Justice Initiatives.

Indigenous Peoples and human rights and faith based organizations welcomed the announcement on March 3 that the Canadian government is taking steps to endorse the *United Nations Declaration on the Rights of Indigenous Peoples*. We urge the government to embrace this vital human rights instrument without qualifications.

The *Declaration* provides a principled and normative framework for partnership and reconciliation between states and Indigenous Peoples. Its adoption was heralded around the world by Indigenous Peoples, states, human rights organizations and the United Nations. Its provisions provide much needed guidance to governments, state institutions and society as a whole on how human rights laws and obligations can be best understood and applied to the distinct circumstances and the urgent needs of 370 million Indigenous People around the world.

We are concerned, however, as to what is intended by the government of Canada in stating that it will take steps to endorse the *Declaration* "in a manner fully consistent with Canada's Constitution and laws". In opposing the *Declaration*, the government had claimed that there were unspecified and unsubstantiated incompatibilities between the *Declaration* and the Canadian Constitution. As affirmed in an open letter from more than 100 experts on Constitutional and international law aspects relating to Aboriginal rights in Canada, there is no contradiction between the Canadian Constitution and the *Declaration*.

Furthermore, human rights standards cannot merely condone or sustain the current practices and preferences of states, whether or not those practices and preferences are expressed in domestic law. To limit UN declarations in this way would defeat the purpose of having international standards, which are meant to inspire and guide improved protection for human rights, not simply reinforce the status quo.

To require the provisions of the *Declaration* to be interpreted in accordance with the constitution and laws of each state could serve to legitimize any existing injustices and discrimination in domestic situations. It would also undermine the principle of “universality” that applies to all human rights.

Human rights are generally relative in nature so that the human rights of all are respected. The *Declaration* reflects and builds upon international human rights standards. It does not exist in a vacuum and allows for full consideration of relevant international and domestic law.

In interpreting human rights and related state obligations, domestic courts may choose to consider declarations and other international instruments. Such dynamic interaction between domestic and international law is well-established in Canada.

The *Declaration* is a living instrument that is broadly supported and has universal application. It provides a crucial context and framework towards ensuring justice, as well as the dignity, security and well-being of Indigenous Peoples worldwide.

Of the 4 States that voted against the *Declaration*, Australia and New Zealand have reversed their positions. The United States has not yet endorsed the *Declaration*. Yet it is a favourable step that, in announcing on April 20 its decision to formally review the U.S. position, the Obama government did not seek to impose qualifications on this human rights instrument. It set a high standard by which to judge its own actions and as to what must be achieved:

There can be no just and decent future for our nation that does not directly tackle the legacy of bitter discrimination and sorrow that the first Americans still live with. And America cannot be fully whole until its first inhabitants enjoy all the blessings of liberty, prosperity, and dignity. Let there be no doubt of our commitment. And we stand ready to be judged by the results.

At the opening of this session of the Permanent Forum, UN Secretary-General Ban Ki-moon emphasized the “great importance” of the *UN Declaration* and referred to it as a “landmark document”. The Secretary-General also encouraged all parties to do more, underlining that “we cannot even begin to be content with our progress”.

Recommendation:

We recommend to Canada the following:

That the government of Canada work in genuine partnership with Indigenous Peoples for the unqualified endorsement and full implementation of the *Declaration*; and

That such endorsement and implementation honour the spirit and intent of the *Declaration* consistent with Indigenous Peoples’ human rights.

34th Annual BC Elders Gathering, July 13 – 15, 2010

Sunwave Centre & Okanagan College, Salmon Arm, BC

Contact Susan Matthew: 250-679-2247

Greetings from the BC Elders Gathering Planning Committee. We are only two short months away from this wonderful event. Arrangements have been made for over 30 workshops being hosted at Okanagan College. The workshops range from traditional instruction and concerns such as drum making and preservation of indigenous foods to general concerns of senior's such as health and community issues. We have also planned several excursions during the Gathering. We will have houseboat tours on Mara Lake, Dragon Boat paddles, trips to the Mary Thomas Interpretive Centre and, of course, Bingo and the Casino. All transportation will be provided to and from the excursions.

Entertainment will be ongoing all day but on Tuesday night we will have the international indigenous dance group, Hulavard, followed by a comedy show by Smokey Hontus – an Elder who portrays an even older Elder. Wednesday night it will be time to dust off your dance shoes and polish up on your two step for an old time country dance.

Workshops and excursions will be first come first serve so it is best to register early on July 12th if you can.

Accommodation is getting pretty tight. We have put together a list of people in the area willing to billet or that have B&B's available. Please call Susan if you have any questions or concerns and we look forward to seeing you in Salmon Arm.

James Gjaltema
250-833-5906

Has room in his house for billeting.
Salmon Arm

Karl & Rosemarie Soellig
250-675-2204 (after 6pm)
Billeting for 2, Blind Bay

Frederica
bcrickysbb@telus.net
B&B, Enderby

Blair, Squilax General Store & Hostel
250-675-2977
Can sleep up to 24 plus other accommodation, Chase

Kathy, Suite as it Gets
250-675-4698
Self contained 2 bdrm, sleeps 4 plus 2 B&B rooms, Sorrento

Diana Erickson
250-833-4737,
dianamae@telus.net (email best)
Billeting,, Salmon Arm

Karen Persson
klpersson@gmail.com

4 bdrm house - \$1800 week (not bad rate per person) but can work something out for a shorter time maybe, Canoe (20 min away)

Deb Brown
250-675-3646

2 bdrms with full baths, will do breakfast, Blind Bay

Sherry Bowlby
250-832-8383

1 bdrm, Dble Bed, walking distance to Sunwave, Salmon Arm

South Thompson Inn
250-573-3777

Resort like setting one hour from Salmon Arm, rate is \$169., located between Chase and Kamloops

Julie Allard
250-675-4660

1 room in her home, Blind Bay (25 minutes to Gathering)

Rene Jerome 250-835-8293

Studio suites at White Lake (25 minutes from Gathering)

Dear Elders and Elders Workers,

Please note the Deadline, Registration Fee, and Late Fee below for the 34th Annual Elder Gathering.

Please contact: Susan Matthew smatthew@alib.ca 250/679-2247 ext 247 if you need a Registration Form.

THE REGISTRATION FEE IS \$50.00 PER PERSON

All elders and support workers are encouraged to carry emergency medical and contact information with them at all times in case of an emergency.

Mail in completed registration forms with fee to:
PO Box 588, Chase, BC V0E 1M0
Attention: Susan Matthew

Please ensure that you have registered by June 15, 2010. Registration check-in for the Gathering will begin on July 12, 2010 – 1:00 pm – 8:00 pm

On-site registration will be available July 12, 2010

Late registrations will be subject to a \$25 fee.

Group leaders are responsible for checking-in those Elders who are registered as a group.

NEWS RELEASE

For Immediate Release
2010CFD0010-000516
May 3, 2010

Ministry of Children and Family Development

CELEBRATING B.C.'S CHILD CARE PROFESSIONALS

VICTORIA – Twelve child care professionals who have demonstrated outstanding service to the children and families of British Columbia are the winners of the B.C. 2010 Child Care Awards of Excellence, announced today by Mary Polak, Minister of Children and Family Development and Minister Responsible for Child Care.

“As we kick off Child Care Month in British Columbia, we celebrate the highly-skilled professionals who support the overall health and happiness of our children. Accessible, quality childcare is an integral part of a strong economy,” said Polak. “Working in child care demands considerable skill and results in tremendous rewards for children, caregivers, working families and communities.”

Awards are handed out each year to child-care providers nominated by parents, peers, and community members for the safe, enriching environments they offer children in licensed child-care settings such as group centres, family daycares, out-of-school child care and preschools.

Close to 100 nominations were evaluated using criteria that included supporting child development, involving parents, families and communities, supporting diversity and commitment to ongoing professional development and leadership in the child-care sector.

“Quality child care comes down to the person providing the care,” said Barb Presseau, Fraser Region child care resource and referral co-ordinator. “Just as child care providers respect and nurture children as individuals, let’s take time to celebrate each and every professional for their individual and profound contributions in supporting children and families.”

Many of B.C.’s child care resource and referral centres will hold appreciation events in their communities throughout the month. With well over 5,000 licensed facilities and 10,000 early childhood educators across British Columbia, there are a lot of people to appreciate.

Take some time this month to thank the child care professionals in your community, and mark your calendars; May 20th is Child Care Provider Appreciation Day.

-30-

-more-

BACKGROUND

AND THE WINNERS ARE...

Twelve child-care professionals have been awarded 2010 Child Care Awards of Excellence in six categories. Nine licensed child-care facilities have also received a Child Care Legacy Award in recognition of more than 40 years of service to British Columbians.

General

- Caroline Schier - West Vancouver
- Ellen Ruth Muirhead - North Vancouver

Aboriginal

- Harlen Jones - Enderby (Lenora Pritchard Memorial Award)
- Verna Adolph - Lillooet

Family Child Care Provider

- Soonock Lee - Vancouver
- AnnaRita Best - Nanaimo

Promising New Family Child Care Provider

- Shazmina Herath - Burnaby
- Mata Papadogambros - Coquitlam

Promising New Early Childhood Educator

- Sheila Marie Kennedy - Eagle Creek (Interior)
- Mie Hoshino - Vancouver

Lifetime Achievement

- Christine Eldon - North Vancouver
- Dee Conley - Quathiaski Cove (Vancouver Island)

Child Care Legacy Awards

- University of Victoria Child Care Services - Victoria
- Little Goslings - Vancouver
- Shuswap Daycare - Salmon Arm
- Parkdale Early Childhood Centre - Victoria
- St. James Daycare - Vancouver
- Gingerbread House Parent Participation Preschool - Richmond
- Vancouver Bilingual Preschool - Vancouver
- Whalley Daycare Ltd - Surrey
- Acadia Daycare Centre - Vancouver

Contact: Chris Ash
Media Relations
Ministry of Children and Family Development
250 356-1639

For more information on government services or to subscribe to the Province's news feeds using RSS, visit the Province's website at www.gov.bc.ca.

For: Fraser River First Nations

Contact: See Further Information below, Fraser River First Nations

Primary Phone: 604-518-1844 **Date issued:** May 4, 2010, 12:30 e

Attention: Assignment Editor, Environment Editor, News Editor, Science Editor, Government/Political Affairs Editor

Fraser River First Nations Call For Fisheries Minister's Resignation

Fraser River First Nations Call For the Resignation of Minister of Fisheries & Oceans Due To Poor Management of Fraser River Chinook

Tsawwassen, BC, PRESS RELEASE , May.04 /CCNMatthews/ - First Nations on British Columbia's Fraser River, from the Interior to the Coast, are demanding the resignation of the Minister of Fisheries & Oceans, Gail Shea, over her department's abject failure to effectively manage Fraser River Chinook.

The demand for Minister's resignation comes after repeated attempts by the First Nations to get Fisheries & Oceans Canada (DFO) to close both saltwater based sport and commercial salmon fisheries in the period April to June in order to protect endangered Early Run Fraser Chinook. Spring Chinook numbers have plummeted over the past few years to the point where some of these stocks of fish face certain extirpation if firm measures are not taken immediately to protect them.

The First Nations have held a series of meetings to discuss the status of Chinook runs and they have decided not to fish Chinook in the period of April to June, the time frame that Chinook are migrating through their traditional homelands. The DFO gave a presentation on "Fraser Chinook Status and Proposed Planning Approach" in which they admitted that Escapements are at critical conservation levels for interior Fraser Spring 4(2) Chinook. Nicola escapement was less 500 and 4(2) aggregate escapement averaged only 27% of brood and only 9% of spawners at MSY." While the DFO has belatedly agreed to a series of spot closures to protect Chinook, these closures are considered by First Nations to be wholly inadequate. The First Nations want and expect the DFO to shut down all marine sport and commercial fisheries that could impact Early Chinook destined for the Fraser River. Regrettably, DFO has steadfastly refused to adopt the sweeping and necessary measures demanded by the First Nations. By allowing marine based sport fisheries to continue, the DFO is thumbing its nose at the Supreme Court of Canada decision in R. vs. Sparrow which accords the aboriginal fishery a priority second only to conservation and ahead of both the sport and commercial fisheries. And the continued refusal by DFO to put the brakes on marine based sport fisheries for Early Chinook will only serve to drive these fish closer to extinction.

Chief Fred Sampson of the Nicola Tribal Association asked all First Nations to support his community's efforts to protect and restore Chinook by refraining from fishing. With respect to three tributaries in his people's territory, Chief Sampson stated in an April 14, 2010 letter that in "2009, for these endangered stocks, we had spawning counts of 138, 26 and 461 fish respectively. This is a recipe for extirpation. We are extremely grateful for all those First Nations who have managed to refrain from harvesting these early-timed Chinook. We know how much these first Chinook of the year mean to you - they mean the same to us. We know that the DFO continues to allow sport fisheries to occur on these stocks right now."

In a joint statement, Fraser River First Nations declared that "the call for the Minister's resignation is warranted given that these extremely low runs are the product of years of mismanagement of the Chinook fishery by DFO. The department's refusal to close the fisheries that could impact early-timed Fraser Chinook is unconscionable. At this rate, our early Chinook will soon be extinct, and all of us will lose a key part of our culture and our livelihood. A second inquiry will soon be required with respect to Chinook, as they are disappearing as surely as the Sockeye stocks, the topic of the current Cohen Inquiry. Minister Shea must be held accountable. Her refusal

to answer our letters, which ask the department to take action to save these Fraser Chinook stocks, is irresponsible and unacceptable in light of the very serious conservation concerns," said Chief Sampson.

There are 94 First Nations between the mouth of the Fraser River and its upper tributaries. More than one half of the province's 130,000 First Nations citizens make their home of the Fraser River.

For further information: For media inquiries respecting the Lower Fraser Valley area, please contact Wayne Sparrow of Musqueam First Nation at (604) 518-1844; For media inquiries respecting the upper-Fraser Valley area, please contact Grand Chief Ken Malloway of the Sto:lo Tribal Council at (604) 798-3847; For media inquiries respecting the BC Interior, please contact Chief Fred Sampson of the Nicola Tribal Association at (250) 378-4235

For: Nak'azdli First Nation and Xenigwetin First Nation

Contact: See further information, Nak'azdli First Nation and the Xenigwetin First Nation

Primary Phone: 250-649-8284 **Date issued:** May 11, 2010, 12:00 e

Attention: Assignment Editor, Environment Editor, Energy Editor, News Editor, Government/Political Affairs Editor

First Nations Renaissance: Address Environment before Mining

Vancouver, BC, PRESS RELEASE, May.11 /CCNMatthews/ - Last week the Mining Association of BC said they are celebrating a renaissance in BC's mining sector. The Nak'azdli First Nation and the Xenigwetin First Nation are responding that the real renaissance is the Indigenous Peoples of the world that are standing up to protect the environment to the 'mining at any cost' attitude of many of the BC-based companies.

The Xenigwetin First Nation are in a fight to protect Teztan Biny, a fish bearing lake that Taseko Mines wants to destroy by using it as a waste dump and tailings pond. Chief Marilyn Baptiste states, "the land protects our people and exchanging 20 years of profits to shareholders outside of our community and leaving us with the mess for the rest of history is unacceptable. We don't want this mine and it will never be developed so the investors should move their money elsewhere."

The Nak'azdli First Nation are in another battle in northern BC against Terrane Metals. Nak'azdli has not been consulted and also has environmental concerns. These concerns might be met if the company and the Crown came to the table in good faith. Nak'azdli Chief Fred Sam states, "We are furious that the federal and provincial governments have given environmental approval to this proposal but Terrane has not received a permit from us and we will consider all alternatives to protect our interests. Investors should know this project will never proceed without our support."

Nak'azdli and Xenigwetin want to inform the public that responsible mining could be possible if First Nations are involved from the outset. If the environmental concerns of First Nations are addressed then profit sharing and equity options with the companies and resource revenue sharing with the Crown must both be on the table.

It should be made public that the legal counsel for Terrane Metals and Taseko is the same person and he also advises the Mining Association of BC. These organizations are working together to undermine the authority of First Nations and our constitutionally protected rights.

For further information: Anne Marie Sam, Nak'azdli (250) 649-8284; Chief Marilyn Baptiste, Xenigwetin, (250) 394-7023 ext. 202

MEDIA RELEASE

For Immediate Release

May 19, 2010

MAURINE KARAGIANIS TABLES BILL TO PROTECT FIRST NATIONS HERITAGE OBJECTS AND SACRED SITES

VICTORIA – Esquimalt-Royal Roads MLA Maurine Karagianis is again introducing her Private Members' Bill aimed at better protecting First Nations heritage objects and sacred sites. The *First Nations Heritage Protection and Conservation Act, 2010*, amends the Heritage Protection Act to include a process by which First Nations can trigger protection orders when heritage sites, objects or human remains are discovered.

This is the fourth time that Karagianis has stepped forward to stand up for First Nations heritage protection. She first introduced the bill in October 2007, and again in May 2008, but both times the B.C. Liberal government allowed the proposed legislation to die on the order paper without debate. When she tabled the bill for a third time last October, Speaker Bill Barisoff ruled it out of order.

"I'm not giving up on this issue," Karagianis said. "First Nations heritage objects and sacred sites continue to be threatened, and it's inexcusable that the laws of the province don't offer more protection. I am determined to push government to act because they are failing badly in this area."

"This bill would provide a better set of guidelines and tools that First Nations, local government and the province need. Those tools would help to implement protection, stewardship, and conservation of First Nations heritage and culturally significant areas, their artifacts and their sacred history."

The Esquimalt-Royal Roads MLA says the bill also provides for the creation of a program to accomplish that goal. "I have asked that all MLAs review this bill and support it."

The bill was introduced today, and links to its introduction and a copy of the bill will be available at the Hansard website at: <http://www.leg.bc.ca/39th2nd/votes/progress-of-bills.htm>

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From the office of,

Maurine Karagianis, MLA
Esquimalt-Royal Roads

A5-100 Aldersmith Place,
View Royal, BC V9A 7M8
250-479 8326 | www.maurinekaragianis.ca

Follow Maurine on [Twitter](#) and [Facebook](#)

For: Carrier Sekani Tribal Council

Contact: Terry Teegee, Vice Tribal Chief, Carrier Sekani Tribal Council

Primary Phone: 250-640-3256

E-mail: tteegee@cstc.bc.ca

Date issued: May 20, 2010, 07:00 e

Attention: Assignment Editor, Business/Financial Editor, Environment Editor, News Editor, Government/Political Affairs Editor

ENGOS Do Not Speak for CSTC

Prince George BC, PRESS RELEASE, May.20 /CCNMatthews/ - The Carrier Sekani Tribal Council is calling on all environmental non-governmental organizations (ENGOS) to improve their policies on working with First Nations communities, particularly CSTC communities that have unresolved land and resource claims in British Columbia, Canada. At a minimum these ENGOS should be adhering to, supporting and promoting the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), which sets an international minimum standards on how First Nations and indigenous people should be treated. This includes the free, prior and informed consent of our people to decide what happens in our territories.

Vice Tribal Chief Terry Teegee said, "Recently we've learned that the Nature Conservancy of Canada (NCC) accepted \$2.5 million dollars from Enbridge to plant trees the company removes from its projects. This happened in spite of objections from First Nations to the Enbridge Gateway pipeline project. It is very concerning." Enbridge is currently proposing to build a twin pipeline through CSTC territory. Both inland and coastal First Nation have united to oppose the Enbridge Gateway pipeline project because the risks of oil spills are not worth a couple of jobs and some money.

"The oil that would flow through the pipeline is the dirtiest oil there is. It comes from the Alberta Tar Sands and is Canada's largest contributor to greenhouse gases," noted Teegee. He added, "It's ironic NCC would work tirelessly to conserve pristine places such as the Great Bear Rainforest and most recently in the Boreal Forest, and then take funds from a company that would put it at risk of destruction if a tanker ran aground or pipeline breached. This makes no sense whatsoever."

Yet there is little humour in this irony. Projects like the Enbridge Gateway pipeline will contribute to the cultural genocide of Carrier Sekani people by further destroying our forests and threatening our fish we've survived on for thousands of years. "The cumulative impacts from the mountain pine beetle infestation has forced our people to a tipping point," commented Tribal Chief David Luggi. "ENGOS should be working with our people since we are not going anywhere, we are in the best position to monitor and contribute to the healing of our planet," said Tribal Chief Luggi.

CSTC is calling on ENGOS to work on developing relevant polices with First Nations. "They need to operate with social conscience and credibility. FirstVoices did not accept dirty Enbridge money." Stated Vice Chief Teegee. "We can all work more effectively together, than we can apart. We're open to forming partnerships and alliances, but not when ENGOS compromise our values and integrity of the protection of our peoples and cultures", proclaimed Teegee.

- END RELEASE - 20/05/2010

To my family and friends who helped me in my life. I will always keep you in my prayers.

My Crazy Life-never to live again! April, 2010

Why did I drink? - Because I was alone and unhappy.

I was looking for a companion and I thought I was comfortable with alcohol use. I was pretty. I never found myself as a lady when I drank. All alcohol did was make me sick, broke and more alone. I felt depressed. When I woke up, wondering what I had done on the last night, I realized that I had made bad choices in the relationships, I didn't want. I don't want a relationship with alcohol, because it makes the relationship uneven. It makes a person say words that are not truthful to their heart. Being a drunk never really gave me joy. I was more lost in myself and was hurting more, when I woke up. The money was gone faster, and there were 'friends' that came and went. At times, people really find out who their friends are.

I drank only one time with my sons, and I don't want my grandchildren to see me drunk ever, ever again. Never! I am their teacher. I told myself - 'how can I be their teacher, and tell them right from wrong with a beer in my hand'. I did it once; never again. I want my grandchildren to see my sober life. I want to teach them what I didn't teach my children, not to follow my alcohol path. I want them to change the cycle; it has to stop somewhere. Because I drank, my children drink, but it is never too late to change. I want to better myself, mainly for myself, because otherwise I lose everything inside. And I lost a lot of good mommy time too. When I drank, I thought only about myself and not my children. That's why I stopped so I could enjoy my family. Always leave the past behind, and live the new forever with joy! Look towards the young children. Life is happiness. Children cry for a minute, and then a hug pushes the tears away.

Life is what you teach. Sober or drunk your words hurt. Be careful how you use your words. We are not here to hurt each other. And when I was drunk, I hurt so many people, including myself. We've all done it. Let's live in the now with happiness, and leave the painful past behind; it's gone. Don't keep living it! Being drunk, brings up the past.

I found the new me. I had had to be brought back to life by paramedics and three days later I dreamed. The dream was difficult to express. I woke up one day knowing that I had to join my heart with my mind, but I could not find my heart to join it. My heart was hurting, and it was not connecting. It wasn't until my heart found my mind, that I felt whole and at peace. I could love myself and no one was going to bring me back into the dark, ever again. I'm here for my children, grandchildren, family, and friends. The pain is going. I cry when a baby cries, because I'm there for that hug of joy.

Thank God for helping me. I pray often to give me kindness, love, and freedom of mind. I love myself and will teach the good that I was taught. When I pray, I pray for everyone. People need prayers! So if you read these words this far, help me to pray for others too. We're all human. Be proud of yourself every time you quit drinking. It's a start. Give yourself the power to move on and find better things to do without alcohol. Remind yourself - only you can help find joy and kindness. It's called freedom of life. Bring health back into yourself. Don't judge others -judge yourself first. Give yourself a heart full of happiness. Find yourself before alcohol takes you!

Thank You, M.R.



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News Release

FOR IMMEDIATE RELEASE

May 26, 2010

First Nations Leadership releases Joint Statement from Participating Nations regarding the proposed BC CLEAN ENERGY ACT

Coast Salish Territory/Vancouver – First Nations from throughout British Columbia gathered last week in Coast Salish territory to discuss a variety of matters related to closer collaboration. One of the time sensitive topics of discussion was the proposed BC Clean Energy Act that has passed first reading in the BC Legislature. This proposed act was constructed without First Nations involvement and there was no consultation prior to the introduction of the bill.

The attached Joint Statement on the proposed Clean Energy Act calls for the bill to be delayed until consultation and accommodation of First Nations title and rights occurs. 47 First Nations have already signed this joint statement and many more are anticipated to show support in the coming days.

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May 21, 2010

Honourable Blair Lekstrom
Minister of Energy, Mines and Petroleum Resources
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Victoria, BC V8W 9E2
VIA FAX: (250) 356-2965

Honourable George Abbott
Minister of Aboriginal Relations and Reconciliation
PO Box 9060 Stn Prov Govt
Victoria, BC V8W 9E2
VIA FAX: (250) 953-4856

Dear Honourable Ministers,

First Nations leaders have significant concerns regarding the BC Clean Energy Act, and earlier this week issued the attached joint statement on the proposed legislation.

We understand that there is a confirmed meeting with some of the coastal Chiefs that have echoed these concerns. We fully support this request and encourage that the meeting be held prior to the Committee Stage to allow for amendments to occur prior to the passage of the bill.

Sincerely,

On behalf of the FIRST NATIONS SUMMIT:

Grand Chief Edward John

Dan Smith

Grand Chief Doug Kelly

On behalf of the UNION OF BC INDIAN CHIEFS

Grand Chief Stewart Phillip

Chief William Charlie

Chief Robert Chamberlin

On behalf of the BC ASSEMBLY OF FIRST NATIONS:

Regional Chief Jody Wilson-Raybould

cc. Dave Porter, BC First Nations Energy and Mining Council
Hon. Gordon Campbell, Premier of British Columbia

Joint Statement from Participating Nations Regarding the BC CLEAN ENERGY ACT

May 19, 2010

WHEREAS Aboriginal Title and Aboriginal and Treaty Rights continue to exist in British Columbia;

WHEREAS the First Nations of British Columbia never surrendered jurisdiction over our lands and resources;

WHEREAS the 2005 New Relationship statement agrees to establish processes and institutions for shared decision-making about the land and resources and for revenue and benefit sharing. It agrees to a new government-to-government relationship based on respect, recognition and accommodation of aboriginal title and rights;

WHEREAS the BC government has recently held first reading of the Clean Energy Act. This Act represents the future direction for green energy production and exports. This act was constructed without First Nations involvement and there was no consultation prior to the introduction of the Act. We are told the Act was guided by a Green Energy Task Force however upon review of the legislation it is clear that the majority of the First Nations recommendations were ignored;

WHEREAS the Clean Energy Act exempts significant major hydro and transmission projects from oversight by the BC Utilities Commission; and

WHEREAS the provincial Crown has unilaterally implemented these sweeping changes ignoring the court-recognized legal obligations for meaningful consultation and accommodation in the development of the Clean Energy Act.

We, the assembled Nations from across British Columbia speak with one voice to say:

- 1. We call upon the BC government to amend the proposed Act and incorporate all recommendations that support First Nations involvement in clean energy opportunities.**
- 2. We call upon the Premier and Cabinet to immediately engage in a discussion with First Nations leaders to work out a solution to incorporate our recommendations.**
- 3. We call upon the BC government to delay the bill until adequate consultation and accommodation with First Nations occurs.**

Signed at Chief Joe Mathias Centre, Coast Salish Territory.

By Sari N. Harrar, Prevention

16 Simple Ways to Eat Less

Curb distracted eating for good. Find out if these mindless munching habits are making you fat

You're making all the right food choices — but still weigh more than you'd like. If that's you, consider this tidbit of edible math: When Cornell University researchers asked volunteers to estimate the number of eating decisions they make everyday, most said 15. In fact, they really made about 221 decisions about what to eat — as well as how, when, where and with whom they'd eat.

"So many food decisions are made on mindless autopilot," says researcher and food psychologist Brian Wansink, PhD, author of *Mindless Eating — Why We Eat More Than We Think*. "It's really easier than we think to let small things around us — plate size, package size, people around us, distractions — influence these 200-plus decisions, because we are not aware of them in the first place."

From taste-testing globs of cookie dough to taking second helpings of mac 'n' cheese to settling in for this week's episode of *Desperate Housewives* with a bag of chips, auto-pilot noshing can pad your diet with hundreds of undocumented calories every day. Getting a grip on "amnesia eating" could close hidden diet loopholes so that you can reach your healthy-weight goals — and cut unwanted fat and sugar out. Here, strategies to help you identify situations where you consume excess calories and how to set yourself up for success.

Step inside one scientist's food lab to learn why we eat as much as we do — and 10 ways to stop ourselves from overeating.

1. Plate your main course in the kitchen

Keep your entrée, starches, and high-fat foods in the kitchen. Keeping them off the table allows you to linger over conversation without temptation. Do put plain veggies, salad, or the fruit you're having for dessert out on the table — few of us get the 5-12 produce servings a day nutritionists recommend. Wansink says this advice could cut meal-time calories by 15-20%.

2. Don't jump up to clear the dishes

In one study, volunteers ate 30% more chicken wings when the bones were whisked off the table than when the evidence was left to pile up in plain view. If you're having muffins baked in muffin papers, cookies from a box, ice cream, or any other high-cal food that creates trash, leave the debris out while you nosh so you'll be aware of how much you ate.

3. Use smaller plates and tall, skinny glasses

Buck the trend toward dinnerware fit for a giant. A normal-sized portion looks ample on a slightly smaller plate. And several studies show that everyone from kids to long-time bartenders pour less when they're using tall, skinny glasses than wide, squat ones.

Learn how to downsize with this handy portion control guide.

4. Save wine for dessert

Alcohol often makes for uninhibited eating. If you enjoy a glass of wine or beer with your meal, have it

at the end. Offset the calories by choosing fruit for dessert — how about a bowl of berries with a glass of Merlot, or a rich Chardonnay paired with slices of ripe plums or peaches, or a sparkling white wine with clementines or strawberries?

5. Stop, look, and listen while you eat

Don't talk with your mouth full. Cultivate the art of conversation and prolong your meal by putting your fork down between bites and focusing on table talk. Some couples and families make a point to share positive experiences from their day with each other at meal time. (And turn off the TV during meals!)

6. Divide the food on your plate

Sometimes, the classic restaurant-eating advice to get a to-go container right away and pack half your meal before you begin to eat seems out of place — especially if you're out for a fancy meal or dining with new friends. To avoid overeating, simply mark off what you'll eat and what you'll save for later — i.e., cut off the portion of meat you'll have now, then cut it into bite-size pieces as the meal progresses. Divide that giant mountain of rice into a little 'now' pile and a bigger 'take home' pile. You can do this without fanfare, with a few sweeps of your knife or fork. Once you've eaten your 'now' portions, fold your napkin and put your silverware on your plate.

Have a healthy meal every time with this handy meal balancer.

7. Chew gum while baking

Usually, there's no culinary reason to taste cookie dough or cake batter, so keeping your mouth busy with strong, mint-flavored gum, and your taste buds busy with an assertive flavor such as spearmint could do the trick. Bonus: Choose a sugar-free gum sweetened with xylitol—it may help fight cavity-causing bacteria.

8. Keep baby carrots nearby while cooking

Allow yourself only tiny tastes of your stove-top or oven-ready creations, then crunch on baby carrots when you feel the need to chew on something. Or, have a glass of ice water on hand.

Follow MSN.ca Lifestyle (@MSNcaLS) on Twitter!

Continued: Serve your kids smaller portions, don't skip meals, keep snacks out of sight and more

9. Serve your kids smaller portions

Children, especially preschoolers, tend to take only what they'll eat — and helping them learn to dish out only enough food to satisfy their hunger is a life lesson worth learning (and worth your patience and guidance).

10. Teach the kids to clear their own plates

Even a 4-year-old can walk a plate into the kitchen. If you get out the trash can, they'll love dumping uneaten food in, too. Give their uneaten food to Fido if you feel bad throwing it out, just don't let yourself pick at it!

11. Don't miss meals

Skipping needed food during the day can leave you authentically hungry at night, when your resistance

is lower because you're tired. If you're having trouble finding time for breakfast, settle on one or two morning meals that you can eat on the run or set up the night before. If you find yourself skipping an afternoon snack, try bringing one from home so that it becomes a no-brainer.

Slim is Simple: Try these delicious 400-calorie meal ideas.

12. De-stress by taking care of yourself

Instead of abusing the Chunky Monkey ice cream when you're agitated, soothe your mind and body with a short yoga routine or a few minutes of progressive relaxation: Breathe slowly, then focus on one area of your body at a time. As you exhale, feel tension in that area melt away. Start with your feet, end with your neck, shoulders, head, and face (relax your eyes and even your tongue — you may be surprised by how much tension you're holding in those spots!). Twenty minutes of relaxation could lower levels of the stress hormone cortisol, which can trigger food cravings.

Or, call a friend, write a letter, read a good book, walk outside and admire the moon and stars, pet your dog, or go hug your spouse. Humans are meant to be together — reconnecting is relaxing.

13. Close the kitchen two hours before bedtime

We promise — you'll get used to it in a day or two. If your house has an office nook in the kitchen (as many new homes and condos do), use it for cookbooks only — keep your office in another part of your home to keep yourself out of the kitchen at off-hours.

14. Keep snacks out of sight

Wrap them, pack them, stick them in tough-to-reach, hard-to-see spots in the cupboard, fridge or freezer. In one famous study, office workers ate 23% less candy from a covered, opaque candy dish than from a see-through container.

If you're going to munch on foods, try these 9 tasty fat-fighting snack ideas.

15. Brush your teeth after dinner

This can send a powerful 'eating time's over' message that your brain automatically obeys.

16. Make TV a food-free activity

Most TV shows are punctuated by junk-food and fast-food commercials featuring big, luscious, gooey, cheese-y, chocolate-y images...the kind of 'food porn' that bypasses logic and appeals directly to your ever-hungry inner Labrador Retriever: See food, want food. Small wonder, then, that in a Harvard study of kids eating habits and TV, researchers found that kids ate an extra 167 calories for every hour of TV they watched. We bet the numbers are similar for adults. The best fix — make a no-food-in-front-of-the-TV rule.

The Facts on Vertigo

Vertigo is a condition in which you feel off-balance and dizzy, as if you or your surroundings are moving, spinning, or swaying. It can lead to nausea and disability. Vertigo is most common in elderly people, but it can affect both sexes at any age. It may be a temporary or permanent condition.

Causes of Vertigo

The organ of balance is the *vestibular system* in the ear, a tiny grid of fluid-filled tubes and sacs. There are two identical vestibular systems, located in the labyrinth of each inner ear. As you move, the liquid in the tubes also moves about, and its levels are read by nerve cells. The information is sent to the brain, which uses it to calculate which way is down and what should be the horizontal level.

Any problems with balance originate in the vestibular system, so people who suffer from frequent vertigo are said to have a vestibular disorder. Balance problems may be associated with a ringing in the ears or loss of hearing. Vertigo can also be caused by changes in the parts of the brain (cerebellum and brain stem) that are also involved in controlling balance.

Major causes of vertigo include the following:

benign paroxysmal positional vertigo: This is a common form of vertigo, usually brought on by specific head positions or movements. It is caused by calcium deposits in the ear canal.

head trauma: People who have received a violent blow on the head can suffer temporary or permanent damage to the inner ear, causing balance problems.

labyrinthitis: Untreated bacterial infections of the middle ear can get into the inner ear and damage the labyrinth.

neuronitis: Viral neuronitis is really just viral labyrinthitis that affects the nerves of the vestibular system and not the *cochlea* (the organ for hearing). However, neuronitis can also be caused by a blood clot lodged in the tiny blood vessels that feed the inner ear.

Ménière's disease: This was once called watchmaker's disease because it tends to strike people who do precise, intricate work that requires concentration and careful control of the hands for long periods. Nobody knows what causes Ménière's disease.

Some antibiotics can damage the vestibular system in high doses or with prolonged use.

Acetylsalicylic acid (ASA)*, caffeine, alcohol, nicotine, sedatives, tranquilizers, and several illegal drugs can cause temporary dizziness but do no permanent damage to the balance organs once they are stopped.

Symptoms and Complications of Vertigo

Vertigo is the primary symptom of any balance disorder. If you close your eyes, you'll feel as if you're spinning or falling. Severe vertigo can cause vomiting and stop you from walking.

Because the vestibular system is linked to the brain's movement centre and to the eyes, some people with vestibular disorders find their vision is affected, or their muscles are poorly coordinated or don't go where they're supposed to. The muscles may ache, particularly in the neck and back.

Some people complain of other symptoms during attacks of vertigo, like memory problems or difficulty reading. Most people find the struggle against vertigo physically exhausting. Symptoms can last from a few minutes to hours.

The symptoms of bacterial labyrinthitis are unmistakable. Typically, an ear infection will be followed over days or weeks by a serious deterioration of hearing and extreme vertigo. Viral labyrinthitis may appear weeks or months after a bout of flu or some other viral illness. The vertigo is milder and you may not lose any hearing, though you'll probably have *tinnitus*, a ringing in the ear.

Ménière's disease brings periodic attacks of vertigo and tinnitus, ranging in frequency from once a year to once a day. Hearing may come and go, but it tends to get worse over the long run. About 10% to 15% of people with Ménière's disease have it in both ears.

Neuronitis due to a blood clot causes sudden loss of balance that may leave you unable to walk for weeks. Your hearing may be unchanged.

Diagnosing Vertigo

Many diseases can cause dizziness, especially diseases that involve poor circulation and low blood pressure. The first step of a diagnosis is a complete medical check-up.

Audiometry is a thorough test of various hearing abilities. A device that measures eye movements in various situations, an *electronystagmograph*, provides clues about the nature of the problem. In *platform posturography*, you stand on a movable platform and your responses to movement are recorded.

Treating and Preventing Vertigo

Many cases of even severe vertigo such as in labyrinthitis clear up on their own, but it usually takes time. Depending on the cause of the vertigo, a doctor may recommend any number of treatments, ranging from antibiotics and other drugs to surgery. The doctor may also suggest some exercises that help to build tolerance to vertigo, making episodes less intense and shorter.

If vertigo is due to motion sickness or a certain type of movement, it can be prevented by avoiding the trigger or a technique called *visual fixation*, where you can help prevent vertigo by fixing the eyes on a specific point on the horizon.

Rehabilitation programs can also help people with vestibular damage to recover their balance and coordination and overcome vision problems.

Is MSG A Trigger For Headaches? By David Wilding

Does Monosodium glutamate (MSG) cause headaches? It's a simple enough question but there seems to be no clear-cut answer. Research studies have been inconclusive. Many say that consuming MSG is not worse than eating a high salt diet. Others campaign vigorously against its use.

As far as headache sufferers are concerned, the answer seems to be - if it affects you, avoid it. People seem to have varying tolerance levels for MSG. Some can eat it quite happily, others appear to react to a very tiny amount. Many migraine sufferers believe that MSG will trigger a migraine for them. Even non-sufferers have been known to develop a headache after eating food containing MSG.

If it's known to cause headaches - why is it put into food?

It's all down to money. MSG is a flavor enhancer. The food industry can use cheaper, lower quality ingredients and by adding MSG, the taste is improved. MSG is a cheap additive and so it adds up to more money for the food provider.

MSG makes so much money for them, that MSG manufacturers have got together to finance 'medical research' to prove the MSG is safe. Those who are against the use of MSG say that these research studies are biased as the board who advises the FDA includes many people who work in the food industry.

What sort of food has MSG in it?

Some foods are clearly labeled as containing MSG. Others are not. Anything that has the following in it always contains MSG:

- Hydrolyzed protein
- Sodium or calcium caseinate
- Yeast extract or autolyzed yeast
- Yeast nutrient
- Textured protein
- Glutamic acid

In addition, if you see these words on the packaging, the food often contains MSG:

- Flavoring
- Flavors
- Natural flavors
- Stock / bouillon
- Broth (any kind)
- Carrageenan
- Whey protein concentrate
- Whey protein
- Whey protein isolate
- Soy sauce
- Soy protein isolate
- Soy protein concentrate
- Malted barley
- Malt extract
- Malt flavoring

- Maltodextrin
- Anything 'protein fortified'

It's quite a list, isn't it? But it doesn't stop there. Other potential sources of 'hidden' MSG are sports drinks, chewing gum, bubble gum, colas and candy. It's becoming clear that if your headaches do seem to be triggered by MSG, you need to be vigilant when buying packaged or processed food.

How can MSG affect me? If you are susceptible to it, MSG can cause bring on a Migraine attack and cause other severe headaches. It can also affect all of these bodily systems:

- Cardiac: drop in blood pressure, rapid pulse, angina, arrhythmias
- Circulatory System: fluid retention
- Neurological: light headedness, mood swings, depression, ADD
- Digestive System: nausea, vomiting, diarrhea, cramps, bloating
- Respiratory: shortness of breath, chest pain, runny nose, sneezing
- Skin: rash, numbness, hot flashes, dry mouth
- Urological: prostate swelling, nocturia (having to go to the bathroom in the night)
- Visual: blurred vision or difficulty focusing

How can I find out whether it's MSG that's affecting me, or something else?

If you think you have a problem with MSG, you may wish to try an 'exclusion' diet. Go for 3 weeks with no (or little) MSG. At the end of the 3 weeks, eat something that you know has MSG and see if your symptoms come back.

I can read labels - but what about eating out?

Most airline food contains MSG, unless you choose a vegetarian option. But be careful, even salad dressing can contain it. The fast-food restaurants use of MSG is as follows:

- Kentucky Fried Chicken: Everything contains MSG
- Taco Bell: They claim that there is no MSG in any of their food. However, some people have reported symptoms after eating there.
- Burger King: The Garden Salad and French Fries are clear. Everything else contains MSG.
- McDonalds: Garden Salad with lite Italian Dressing is fine. Iced tea is fine. Apple pie is fine. Everything else contains MSG. McDonalds does have a complete list of their ingredients in their restaurants. MSG is usually found under the 'hidden names' in the list above.

Remember MSG is not a problem for everyone, as far as headaches are concerned. But, it is good to be armed with knowledge, if you have determined you need to avoid it.

More vital information on [substance caused headaches](http://www.headacheheadaches.com/) can be found at <http://www.headacheheadaches.com/> where many different types of headache causes and treatments, are explored.

Article Source: http://ezinearticles.com/?expert=David_Wilding

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OUR LORD'S PRAYER

Our Father who art in heaven,
hallowed be Thy name,

Thy kingdom come,

Thy will be done,

on earth as it is in heaven,

give us this day our daily bread

and forgive us our trespasses,

as we forgive those that trespass against us

and lead us not into temptation,

but deliver us from evil.

For Thine is the kingdom, and the power, and the glory,

For ever and ever. Amen.

***Please mail, fax, email, or call in your
Birthday, Anniversary and other Special Wishes and Community Events !!***

**Happy, Happy, Birthday!
To All Elders Born in June!**

GEMINI - The Chatterbox (May 21 - June 20) Smart and witty. Outgoing, very chatty. Lively, energetic. Adaptable But needs to express themselves. Argumentative and outspoken. Like change. Versatile. Busy, sometimes nervous and tense. Gossips. May seem superficial or inconsistent. Beautiful physically and mentally.

**PLEASE CHECK OUT OUR RE-VAMPED WEBSITE AT:
www.bcelders.com
(Including Grand Entry Photos from the Annual Elders Gatherings)**

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

**34th Annual BC Elders Gathering
Dates July 13,14,15th 2010 (with registration beginning July 12th)
Host: Adams Lake Indian Band and the Secwepemc Nation Bands
Event Location: Sunwave Centre in Salmon Arm, BC
Project Coordinator for the 2010 BC Elders Gathering is Susan Matthew
For info Ph: 250-679-2247 Email: smatthew@alib.ca**

*****Please make Cheques/Money Orders payable to Adams Lake Band Attn: Susan Matthew**