

Volume 7 Issue 4

March 2007



BC ELDERS COMMUNICATION CENTER SOCIETY

# ELDERS VOICE

## 31st Annual BC Elders Gathering

I understand from the calls and emails that I have been getting that people are anxious for an update on the 2007 Gathering, but there is nothing to report at this time. You all know that Squamish is the Host for the next event and I am sure that it will be a great Elders Gathering, but it does take time to set things up each year for this event.

The Host does have plans in the works, and they have dates in mind, but are still negotiating the venues and don't want to put an announcement out until things are settled. So as of today, Feb. 27, 2007 there is no announcement available for release.

I am hopeful that there will be something to offer everyone by way of an update in the next issue of the Elders Voice.

All the best, Donna Stirling, BCECCS Coordinator

### 75th NBBC Anniversary Convention

Dates: March 26-29 2007

Place: Prince Rupert, BC

To contact the Native Brotherhood of British Columbia

Please Call: 604-913-3372 or Fax: 604-913-3374

#### Quote

"It is not your obligation to complete the task of perfecting the world, but neither are you free to desist from doing all you can."

Please check out a slide show of the Grand Entry at the 30th Annual BC Elders Gathering in Port Alberni, BC  
Sorry for the delay in posting to our website ([www.bcelders.com](http://www.bcelders.com))

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BC Elders Gathering Info Corner and BCECCS Contact Information/  
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## Easy Bakers Corner – Chocolate Blizzard Cookies—makes 3 doz.

Preheat oven to 375°F. Grease cookie sheets.

Beat 1 cup unsalted butter, softened, 3/4 cup of brown sugar, packed, and 1/2 cup of granulated sugar, and 1 tsp. of vanilla in bowl until creamy. Beat in 2 eggs, one at a time. Add 2 1/4 cups of all-purpose flour, 1 tsp. of baking soda and 1/2 tsp. of salt, mixing until incorporated. Stir in 1 pkg. (225 g) of white chocolate chips and 1 pkg. (270g) of milk chocolate chips. Melt a 1/2 cup of semi-sweet chocolate chips and drizzle into cookie mixture carefully to create a marble effect. Drop by rounded Tablespoons onto prepared cookie sheet 2” apart.

Bake in center of preheated oven for 10-12 minutes or until cookies are golden and just set. Cool for 3 minutes on cookie sheet and then move to wire rack and cool completely.

### *Handy Tips from cbsnew.com*

**Problem: Dusty lamp shades**

**Solution: Lint roller**

This is a simple way to get all unwanted gunk off your lamp shades. A dust cloth can leave ugly clumps or streaks behind, and blowing on the lamp shade can leave you out of breath, and dust floating onto other surfaces. The lint rollers that have disposable, sticky surfaces work best. Run the roller up and down the outside of the shade.

## What Can you please share?

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

### **‘PRESERVING THE PAST’**

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

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

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**Groups who have thankfully paid their \$250 'Yearly Support Fee' so far  
for the Dec. 2006 – Nov. 2007 Year**

- 1. Quatsino First Nation**
- 2. Burnstick Promotions – Don Burnstick**
- 3. Neskonlith Indian Band**
- 4. We Wai Kum First Nation**
- 5. Wet'suwet'en First Nation**
- 6. Mamalilikulla-Qwe'Qwa'Sot'Em Band**
- 7. Comox First Nation**
- 8. Bridge River Indian Band**
- 9. Squiala First Nation**
- 10. Cook's Ferry Indian Band**
- 11. BC Assembly of First Nation**
- 12. Tsawataineuk Band**
- 13. McLeod Lake Tse'khene Elders Society**
- 14. Lower Nicola Indian Band**
- 15. Osoyoos First Nation**
- 16. Ditidaht First Nation**
- 17. Uchucklesaht Band**
- 18. Adams Lake Indian Band**
- 19. Canoe Creek Band**
- 20. Samahquam Band**
- 21. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation**
- 22. Kamloops Indian Band**
- 23. Saik'uz First Nation**
- 24. Qualicum First Nation**
- 25. Xaxli'p Indian Band**
- 26. Quatsino Band**
- 27. We Wai Kai Nation**
- 28. Lower Kootenay Band Family Health Services**
- 29. Hailika'as Heiltsuk Health Centre**

**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, then thank you all very much, as it saves office time here having your office accounted for.**

**\*If you are in the process of paying the fee with the new fiscal year about to be upon us, then thank you very much for your continued efforts.**

**\*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, Coordinator**

# ASSEMBLY OF FIRST NATIONS BULLETIN

## Indian Residential School Settlement Update

February 7, 2007

*More information can be found on the AFN's website at [www.afn.ca](http://www.afn.ca)*

The National Chief is very proactive in protecting the interests of former Indian Residential School students, and in seeing the residential schools settlement implemented as quickly as possible. The current legal disputes between the Government and the Merchant Law Group could delay this process. Therefore, the AFN is requesting that these parties consent to resolve the legal fees issue separate from the Settlement Agreement to avoid delaying implementation of the agreement for survivors.

The National Chief recognizes that we are losing survivors at a rate of four per day, and that any delay is a delay for justice for the survivors.

There will be a comprehensive Community Outreach Mobile Plan to reach every survivor through community forums and gatherings, in the approximately six month time frame which is set in place by the courts for survivors to consider the settlement. Survivors will have the final say as to whether they choose to accept the IRS settlement agreement or not.

The AFN is also working with the government to ensure that the issue of lost records is addressed and alternative forms to verify attendance are provided for, where necessary, while we prepare for implementation of the Settlement Agreement.

The AFN has also been at the forefront of all discussions preparing for other components of the settlement including the Truth and Reconciliation Commission, Healing and Commemoration.

We thank you for your patience and support as we work through the administrative and legal aspects of this settlement. This is necessary to protect your rights and provide you the certainty you require that you will see compensation, truth sharing, healing and reconciliation for you and your families as a result of this agreement.

## **Union of BC Indian Chiefs Is Less Than Impressed With the Government of BC Throne Speech**

**PRESS RELEASE FOR IMMEDIATE RELEASE February 13, 2007**

(Coast Salish Territory/Vancouver, February 13, 2007) “This year will mark twenty-five years since Section 35 enshrined Aboriginal and Treaty rights in the Constitution of Canada; over 9 years have passed since Delgamuukw, where the Supreme Court of Canada affirmed that Aboriginal Title had not been extinguished in British Columbia; over 2 years have passed since the Haida and Taku decisions, where the Supreme Court of Canada confirmed that the Crown has a constitutional duty of consultation and accommodation,” stated Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. “Yet with all of this overwhelming legal precedence, the Government of BC uses the Throne Speech to state that it will act on a recommendation of a 2001 review dealing with the artwork in the rotunda of the Parliament Buildings. The UBCIC is less than impressed.”

Grand Chief Phillip continued “While the UBCIC wholeheartedly supports new curricula to preserve our languages, the removal of the offensive murals and the vital issue of climate change, we are keenly aware that we are fast approaching two years since we embarked on the New Relationship. We believe that this is an opportunity to build a genuine government-to-government relationship based on respect, recognition and accommodation of Aboriginal Title and Rights. We committed to work together to establish effective approaches for consultation and accommodation, to develop new structures to negotiate government-to-government agreements in areas of shared decision-making regarding ecosystem stewardship planning, management, tenuring and resource revenue and benefit sharing. We simply cannot afford to continue to squander this opportunity.”

“There still exists a huge gap between the current case law and the good words of the New Relationship. BC’s laws, policies, consultation and accommodation frameworks, government negotiation mandates, and litigation strategies are woefully out-of-step. While there is sincerity and commitment to the New Relationship in the Province, it has yet to filter down to the community level. First Nation communities still encounter government resistance where ‘business as usual’ is the rule. What is really needed is legislative reform. It is absolutely imperative that we immediately begin the challenging work of legislative reform. Then and only then will we be able to begin addressing the crushing poverty in our First Nation communities. Rather than report political niceties, BC needs to utilize the Throne Speech to signal significant commitments such as legislative recognition of our Aboriginal Title and Rights” concluded Grand Chief Phillip.

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FOR MORE INFORMATION CONTACT:  
Chief Stewart Phillip (250) 490-5314

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

**Consensus Statement of First Nations Women Leaders**  
**Assembly of First Nations National Forum for First Nation Women Chiefs**  
**Vancouver, BC - February 14, 2007**

First Nations Women Chiefs and Councilors are mad as hell with Crown government interference in our lives and we're not going to take it anymore. For the first time in modern history, First Nation Women Chiefs and Councilors, from all across Canada, gathered in unity at the Assembly of First Nations National Forum for First Nation Women Chiefs ("Forum") in Vancouver, British Columbia on February 12-14, 2007. First Nations Women Chiefs and Councilors express their overwhelming concern and frustration with the current situation facing First Nations communities, families and children.

This Statement represents the unanimous voice of the Women Chiefs and Councilors present at the Forum to address critical issues affecting our Nations, families and our future to compel change and make progress.

**The following statements were adopted by the First Nation Women Chiefs and Councilors:**

1. First Nations Women Chiefs and Councilors honor the spirit and intent of the original relationship between First Nations and the British Crown to live in peaceful co-existence, without interference, and to uphold the unceded Inherent authorities given to us by the Creator.
2. First Nations in Canada are Nations with pre-existing collective rights, responsibilities, languages, cultures, territories and laws.
3. We maintain our authority to be the law-makers and caretakers of our Nations, our families and our land. First Nation holistic laws will continue to guide our decision making in the face of any and all federal, provincial and territorial legislation. The Crown continues to breach this original compact and interfere with this Inherent jurisdiction, thereby creating and perpetuating poverty conditions amongst our peoples.
4. Our collective Inherent and Treaty rights must not be diminished or adversely impacted in the development of federal, provincial and territorial law and policy.
5. The First Nations Women Chiefs and Councilors will stand with First Nations governments to advance a comprehensive plan for accountability of all governments, the protection of collective rights and to eradicate poverty and social injustice.
6. First Nations Women Chiefs and Councilors will ensure that our lands, families and children are cared for; ensure that our rights are respected and upheld; and we will be responsible for the decisions that affect our lives. We will not relinquish our rights at the expense of our lands, families and future.
7. Negotiations and consultations regarding any federal, provincial or territorial initiatives that impact pre-existing Inherent First Nation jurisdictions and Treaty rights must take place with leadership of First Nations governments.
8. Solutions can be achieved locally, regionally, and nationally by working collectively. First Nations Women Chiefs and Councilors call upon the Government of Canada to work together with First Nations to co-create a new future for all our people.
9. The cycle of poverty, violence, lack of access to quality health care and education, and the non-recognition of Inherent First Nations jurisdiction continue to be perpetuated in federal genocide and assimilationist policies and approaches.
10. First Nation Women Chiefs and Councilors are united to oppose attempts by the federal government to unilaterally impose legislation and policy such as its initiatives currently reflected in the matrimonial real property process, and the repeal of section 67 of the Canadian Human Rights Act. These federal initiatives that diminish or adversely impact upon our unceded Inherent authorities will be rejected.
11. We will accomplish this through collective action that supports systemic change. We will stand with the leadership of First Nation governments to advance a comprehensive plan for accountability of all governments; the protection of collective rights; and to eradicate poverty and social injustice in our communities.

**First Nations Leadership Council mourns the loss of respected Dakelh Elder-Statesman Harry Pierre**  
**PRESS RELEASE FOR IMMEDIATE RELEASE      February 20, 2007**

Coast Salish Territory/West Vancouver - The First Nations Leadership Council is deeply saddened by the sudden loss of respected Dakelh Elder-Statesman, Harry Pierre, 65. He died this morning at the Prince George Regional Hospital.

Harry Pierre enjoyed a long political career starting in the 1960s, often serving as Chief of the Tl'azt'en (klaz-den) Nation. He also served a term as Tribal Chief of the Carrier Sekani Tribal Council, elected in 2003. He was one of the founding Chiefs of the Union of B.C. Indian Chiefs in the late 1960s and the Carrier Sekani Tribal Council in the 1970s. He also supported the creation of the First Nations Summit in the early 1990s. As a Summit delegate, he always spoke about the importance of the environment, frequently saying 'protect the land and the land will protect you'.

"Chief Pierre was an outspoken fighter and advocate for our people," said Tl'azt'en Grand Chief Edward John, member of the First Nations Summit's political executive and the First Nations Leadership Council. "He made sure our people always questioned the authority of government to unilaterally impose on our lives and lands without regard to our concerns and rights. One example was in the 1960s when he led our people during an extended blockade against a railway line that was being pushed through our communities and lands. He was also a tireless advocate for First Nations youth and encouraged them to continue to maintain their language and cultural ties to the land.

"He will be sorely missed by family, friends, and colleagues... by his community, by everyone really," added Chief John.

"The Union of BC Indian Chiefs is deeply saddened to learn of the passing of Harry Pierre. We shall greatly miss Elder Pierre's strong, visionary leadership as he relentlessly upheld and defended the rights of his people. His unwavering vision of a just resolution of the Land Question in BC shall serve to guide his People for many generations into the future," said Grand Chief Stewart Phillip, President of the Union of the B.C. Indian Chiefs and member of the First Nations Leadership Council.

"We are deeply saddened by the sudden loss of our highly esteemed elder, Harry Pierre. Words cannot express the deep and meaningful contributions our respected leader made for our First Nations people and communities as he embodied the teachings, values, and political will of our people. He is a mentor, leader, and friend whose legacy will be enduring," said Shawn Atleo, Regional Chief of the B.C. Assembly of First Nations and member of the First Nations Leadership Council.

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

Media contacts:

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Don Bain, UBCIC, (604) 684-0231

Colin Braker, FNS, (604) 926-9903

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

Provided by: Canadian Press

Written by: MARILYNN MARCHIONE

(AP) - Nearly all American women are in danger of heart disease or stroke and should be more aggressive about lowering their risk - including asking their doctors about daily Aspirin use, the American Heart Association said Monday in new guidelines.

It is the first time guidelines have urged all women to consider Aspirin for preventing strokes, although specialists warn that it can cause ulcers and dangerous bleeding. They said it is probably not a good idea for young women with no big health problems.

"We do not want women to go to the drugstore and just start taking this themselves. It is critical that every woman talk to her doctor," said Dr. Lori Mosca, director of preventive cardiology at New York-Presbyterian Hospital and chair of the expert panel that wrote the guidelines.

The guidelines also advise daily exercise and less fat, and declare vitamins C and E, beta-carotene and folic acid supplements worthless for preventing heart disease.

The guidelines were published in the journal *Circulation* with related studies on women's health, including one suggesting that hormone skin patches may be safer than pills for menopause symptoms.

In general, the guidelines aim to get women and doctors to focus on the long-term risk of high blood pressure, smoking, lack of exercise or being overweight - even if a woman's current health seems fine. Even a single risk factor at age 50 greatly raises the chance of heart disease or stroke later, and only about 10 per cent of American women are free of these problems.

"We do not want women to wait until they develop symptoms to begin to take action," Mosca said.

The guidelines were drafted by dozens of groups worldwide, including the American Academy of Family Physicians and the U.S. government. Of the 33 people who wrote the advice, 13 have financial ties to heart drug makers, only three of them to a large degree.

"This is a really good gathering of evidence in women," after years of studies done mostly on men, said Dr. Sidney Smith, heart disease chief at the University of North Carolina at Chapel Hill and past heart association president.

The evidence shows that many more women than thought are at risk of heart disease and stroke - even those whose only weakness was failure to exercise every day. Heart disease is the leading killer of men and women worldwide.

The advice:

-Exercise. Get at least 30 minutes of moderately intense exercise on most and preferably all days, 60 to 90 minutes if you need to lose weight.

-Diet. Eat mostly fruits and vegetables, whole grain and high-fibre foods, fish at least twice a week, and little salt. Limit saturated fat to less than 10 per cent of calories, seven per cent if possible, and trans fats to less than one per cent. Limit alcohol to one drink or less a day.

-Don't smoke. Use nicotine replacement products if needed to stop.

-Weight. Keep body-mass index under 25.

-Supplements. Consider omega-3 fatty acids (fish oil) if you already have heart disease. Do not take extra folic acid or antioxidants like vitamins E, C and beta-carotene, for heart disease prevention.

-Blood pressure, cholesterol. Keep under control, with medicine if needed. Keep LDL or bad cholesterol under 100 if at high risk of heart disease and under 70 if at very high risk.

-Aspirin. Daily use is already urged for women at high risk, and the guidelines now say the dose can go up to 325 milligrams.

All other women should consider 81 milligram "baby Aspirin" daily or 100 milligrams every other day for stroke prevention. The last is controversial. Aspirin is recommended now to prevent heart disease in men 45 and older; but in women, a large study found it prevented heart disease only for those 65 and older.

Aspirin did prevent strokes in women, but again, the benefit was substantial only among older ones, said Dr. JoAnn Manson, a Harvard University women's health expert who helped lead that study.

Putting young women on Aspirin for stroke prevention is not justified by the evidence, Manson warned. In the 10-year study, Aspirin prevented only one additional cardiovascular problem among roughly 35,000 women under 65 and led to 20 cases of bleeding requiring transfusion, she said.

Aspirin also can be dangerous for people whose blood pressure is not under control - another reason women should see their doctor before starting on it, Smith said. Many people are unaware they have high blood pressure.

Dr. Elizabeth Nabel, director of the National Heart, Lung and Blood Institute, said the benefits of low-dose Aspirin must be weighed against the risk of internal bleeding, "and it is important for women to check with their doctor about this."

Mosca conceded that in her own practice, "I would probably limit this to women 45 and above," but would consider it for a younger woman who is overweight, doesn't exercise and has high cholesterol and is unwilling to change her lifestyle enough to lower her risk.

The guidelines also say that estrogen and progesterone supplements, while often justified for menopause symptoms, should not be taken to prevent heart disease. Nor should so-called SERM drugs, such as tamoxifen and raloxifene, which are used to prevent breast cancer in women at high risk of that disease.

Millions of women stopped taking menopause hormones after a landmark study several years ago found the pills raised the risk of heart problems and breast cancer. A new study in *Circulation* gives hope that skin patches may prove safer in one key respect.

A French study found that women, aged 45 to 70, taking estrogen pills were four times more likely to suffer a blood clot than women getting it through a patch or not taking estrogen at all.

"If confirmed, these findings could really benefit women who are in need of these hormones to control their post-menopausal symptoms," said Dr. Alice Jacobs, a Boston University cardiologist and past heart association president.

Article from [WomensHealth@Medbroadcast.com](http://WomensHealth@Medbroadcast.com)



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# First Nations Leadership Council

## INFORMATION BULLETIN

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

### Frank Paul Inquiry

On February 22, 2007 the Solicitor General of BC announced a public inquiry will be held in the case of Frank Joseph Paul, who died in 1998 after Vancouver Police removed him from his cell and left him in an alley to die of exposure.

The FNLC is pleased to hear that this inquiry will move forward. Grand Chief Stewart Phillip indicated that, "For many years, many individuals, groups and organizations marched, lobbied and pushed hard for a full, fair and just investigation and we are pleased to hear that this public inquiry will take place. Although we are awaiting the details of the inquiry, we are willing to work with the police complaints commissioner to ensure that justice is done."

"The family of Frank Paul has long called for an inquiry into the circumstances surrounding his death. We will support them, and the process, in any way we can," said Grand Chief Edward John.

"It is important that we continue to support and encourage justice initiatives, such as this inquiry, which will lead to building and reconciling relationships between First Nations and the justice system," stated Shawn Atleo, BC Regional Chief.

The inquiry is expected to begin within two months.

### First Nations Leadership Council mourns loss of Harry Pierre

The First Nations Leadership Council (FNLC) is deeply saddened by the sudden loss of respected Dakelh Elder-Statesman, Harry Pierre, 65, who passed away on

February 20 at the Prince George Regional Hospital.

Harry Pierre enjoyed a long political career starting in the 1960s, often serving as Chief of the Tl'azt'en Nation. He also served a term as Tribal Chief of the Carrier Sekani Tribal Council. He was one of the founding Chiefs of the Union of B.C. Indian Chiefs and the Carrier Sekani Tribal Council. He also supported the creation of the First Nations Summit. He always spoke about the importance of the environment, frequently saying 'protect the land and the land will protect you'.

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"The Union of BC Indian Chiefs is deeply saddened to learn of the passing of Harry Pierre. We shall greatly miss Elder Pierre's strong, visionary leadership as he relentlessly upheld and defended the rights of his people. His unwavering vision of a just resolution of the Land Question in BC shall serve to guide his People for many generations into the future," said Grand Chief Stewart Phillip.

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contributions our respected leader made for our First Nations people and communities as he embodied the teachings, values, and political will of our people. He is a mentor, leader, and friend whose legacy will be enduring,” said Shawn Atleo.

### **First Nations Leadership Council joins other Indigenous Peoples in accusing Canada of violating the International Convention on the Elimination of all forms of Racial Discrimination**

The FNLC has sent a submission in response to Canada’s report to the United Nations (UN) Committee on the Elimination of Racial Discrimination (CERD). Canada’s report was heard by CERD in Geneva, Switzerland on February 20-21, 2007.

Indigenous Peoples’ submissions were considered along with the Canadian Government’s report during CERD’s review of Canada on Tuesday February 20th, 2007.

The FNLC submission takes exception with Canada’s assertions that it is a champion of human rights in Canada and elsewhere in the world.

“Indigenous peoples in Canada know the true story. Canada has a long history of denial of Aboriginal Title and Rights in this country. We have clearly illustrated in our submission to CERD that Canada has a longstanding policy of denying the existence of Aboriginal Title and Rights which has continually forced Aboriginal people in this country to resort to judicial processes to have the recognition and implementation of their rights legally affirmed”, said Grand Chief Edward John.

“Despite the fact that Section 35 of Canada’s Constitution Act (1982) recognizes and affirms aboriginal and treaty rights, Canada as a matter of policy, systematically and continuously denies and rejects the very existence of Indigenous peoples and Indigenous rights to lands, territories and resources as well as Indigenous rights and authorities to

self government,” stated Shawn Atleo.

“We are utterly astounded at Canada’s shameless hypocrisy as its officials appear before CERD. We fail to see how they can present Canada as a true defender of human rights whether here or elsewhere in the world given the federal government’s recent and shameful denial of Indigenous rights. It is truly disgraceful that Canada was one of only two countries on the UN Human Rights Council to vote against the adoption of the UN Declaration on the Rights of Indigenous Peoples in June 2006”, stated Grand Chief Stewart Phillip.

The Joint Unity Protocol Initiative of Chief Negotiators from BC First Nations also made its own submission to CERD. Robert Morales, the Chair of the Chief Negotiators forum stated, “Canada has not significantly changed its approach on extinguishment and refusal to recognize aboriginal rights and title. Canada refuses to negotiate treaties based on recognition of aboriginal rights and title. Instead it brings a long list of fixed bottom line positions to the table. We ask how that can be considered negotiating”.

The reports submitted by these organizations as well as the Assembly of First Nations (AFN), the Native Women’s Association of Canada (NWAC), and the International Indian Treaty Council (IITC) and the Confederacy of Treaty Six First Nations (CT6FN) address a range of policies and practices violating Indigenous Peoples’ human rights both in and outside of Canada.

### **New Relationship**

There are five key priorities under the New Relationship: achieving recognition; consultation and accommodation (including a new consultation and accommodation framework as a key deliverable for the new year); shared decision-making; revenue sharing; and a review of the Heritage Conservation Act.

Other priorities for 2007 include: ecosystem stewardship planning; Education Forum regarding the underpinnings of provincial policy; litigation side table; and communications.

For three days out of each month, the FNLC meets with provincial officials to set direction, review progress and have high-level discussion on these five priorities. Technical work is mainly achieved through joint working groups.

### **Transformative Change Accord**

Work continues between the FNLC and the province to develop a draft implementation strategy for the Transformative Change Accord. The health plan has been released, and the other sections will soon be ready to distribute to First Nations for comment and advice.

It is hoped that the federal government will fulfill its commitments under the Transformative Change Accord, and engage with the FNLC and BC to develop the comprehensive 10-year plan to improve the quality of life for First Nations in BC – including reconciling title and rights and building a new relationship based on recognition.

### **Fisheries**

A draft BC First Nations Fisheries Action Plan has been developed through two fisheries assemblies (held on October 4-5 and November 29, 2006). The Action Plan was distributed to all BC First Nations in late December, with all feedback due by January 26, 2007. The Action Plan is currently being finalized; the final draft will be distributed again to First Nations in the coming weeks.

The BC First Nations Fisheries Action Plan will be presented to governments during a province-wide Joint Forum on Fisheries on March 5-6, 2007, at the Joe Mathias Recreation Centre. All First Nations are encouraged to designate a representative to attend this

important event. During the Forum, the FNLC will present the Action Plan, high-level representatives from DFO and other federal departments will provide a response, and delegates will discuss next steps in relationship-building and collaboration.

Please contact us (through the information provided in the left-hand column) for further information.

### **Energy Summit**

The FNLC is inviting all BC First Nations to attend a meeting to develop a strategy and action plan for First Nations regarding the energy sectors in BC. This Energy Summit will take place on April 2-4, 2007 at the Chief Joe Mathias Centre in Vancouver.

Historically, First Nations have not been involved in government –to-government decisions as they relate to sustainable development. This must change. The Prime Minister (in the First Nations –Federal Crown Political Accord on Recognition and Implementation of First Nation Governments (RIFNG)) and the BC Premier (in the New Relationship) have committed to jointly develop strategies with First Nations and accommodate our rights and title.

The first day and a half of the Energy Summit will be focused on information sharing and discussion between First Nations, government and industry representatives of the current and numerous energy sectors in British Columbia, including: oil and gas (as well as off shore interests); coal bed methane; hydro electric power, including independent power producers; and alternative and other renewable energy options. The last day and a half is for internal discussion and development of the energy action plan by the Chiefs. An agenda will be distributed in the coming weeks.

Please contact Chris Lewis, BC Assembly of First Nations at (604) 922-7733 or [fisheries@bcfn.ca](mailto:fisheries@bcfn.ca) or Dawn Morris, Carrier Sekani Tribal

Council at (250) 562-6279 or [firstnationsenergysummit@yahoo.ca](mailto:firstnationsenergysummit@yahoo.ca) for more information or a registration form.

### **Health**

On November 27, 2006, the FNLC, Government of Canada and Province of British Columbia signed a First Nations Health Plan Memorandum of Understanding (MoU), and the Leadership Council and BC released a BC First Nations Health Plan. These two agreements are based on the signed tripartite Transformative Change Accord and the BC First Nations Health Blueprint and are designed to close the gaps in health outcomes that exist between First Nations and other British Columbians. For copies of the MoU and Health Plan, please visit [www.bcfn.ca](http://www.bcfn.ca); [www.fns.bc.ca](http://www.fns.bc.ca); [www.ubcic.bc.ca](http://www.ubcic.bc.ca).

Work has begun to implement these plans: A First Nations Health Council is in an early stage of development; and a working group is developing a draft tripartite First Nations Health Plan committed to in the MoU.

A province-wide First Nations Health Conference will be held on April 11-12 in Vancouver. The purpose of this Conference will be to review the draft tripartite First Nations Health Plan and receive advice from health professionals and First Nations on the implementation of the action items.

### **Women's Memorial March**

On February 14, 2007, the 16<sup>th</sup> Annual Women's Memorial March took place. Members of the FNLC attended this important march in honour and remembrance of the many murdered and missing women from Vancouver's Downtown Eastside.

This march is an important event that brings awareness to the increased risk of violence to Aboriginal women, particularly those who live and work in Vancouver's Downtown Eastside.

### **Provincial Throne Speech and Budget**

On February 13, 2007, the provincial Speech from the Throne was delivered, and the provincial budget was released on February 20.

Provincial commitments in the Throne Speech include increased efforts to enhance and preserve First Nations languages and a process to deal with the artwork in the lower rotunda of the Parliament Buildings.

The budget includes funds to enhance reconciliation of Aboriginal title and rights. This year, all of the Ministerial service plans include content on the New Relationship.

### **FNLC Meeting Notes**

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

- The FNLC is hosting a placement of a law student; this student is conducting a survey of all BC First Nations on priorities and processes for the FNLC. We hope that all First Nations can offer their advice.
- A joint working group on consultation and accommodation has been struck and is meeting regularly to produce a draft framework for consideration
- A joint Steering Committee has been formed to oversee the planning of two First Nations Justice Forums in 2007
- FNLC representatives and others toured the Insite safe injection site
- A technical working group to engage in discussions on land use planning with the provincial government
- A joint working group on the *Heritage Conservation Act* has been struck
- Two video pilot projects have been produced to improve public awareness about First Nations and the New Relationship
- A 6-month secondment position (reporting to the FNLC and government) for a First Nations

individual within the Ministry of Economic Development has been filled

- FNLC working with BC to develop and introduce a new internship program for First Nations youth in March
- In collaboration with First Nations, BC is undertaking a project to improve the collection, reliability and accessibility of data on First Nations and Aboriginal people
- A comprehensive study on the status of First Nations and Aboriginal housing in BC is being conducted to assist in developing the Transformative Change Accord implementation strategy.
- FNLC to meet with INAC to discuss BC Region Strategic Plan
- The FNLC is supporting an ECD Forum to be held in Vancouver in mid-March, to discuss appropriate “school readiness” measurement tools, a potential ECD MoU, and a First Nations ECD Action Plan. FNEC will send Invitations to key ECD practitioners in First Nations communities in the coming weeks
- The FNLC met with the Ministry of Advanced Education to review the Post-Secondary Education Strategy
- FNLC and BC preparing the next edition of the New Relationship Progress Report
- FNLC met with the Canada School of Public Service regarding professional development for First Nations employees
- The FNLC is working with the Ministry of Community Services on a brochure on violence against Aboriginal women. Any individuals interested in volunteering as a review committee for the document are encouraged to contact us.

- **March 14-16:** FNS Meeting (Joe Mathias Rec Centre)
- **March 26-27:** UBCIC Chiefs Council
- **April 2-4:** First Nations Energy Summit (Joe Mathias Rec Centre)
- **April 10-11:** BC First Nations Health Conference

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

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

*The Council works together to politically represent the interests of First Nations in British Columbia and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all First Nations in British Columbia.*

### **Calendar of Events**

- **February 22-25:** First Nations Technology Council Conference
- **March 5-6:** Joint Fisheries Forum (Joe Mathias Rec Centre)

# 3rd Annual BC ABORIGINAL WOMEN IN LEADERSHIP FORUM

## Friday, March 16, 2007

**Tsleil-Waututh Nation Community Centre**  
**3010 Sleil-Waututh Drive, North Vancouver, BC**

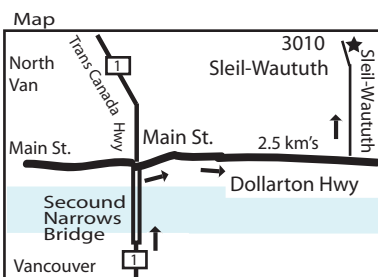
Join us on Friday, March 16th, 2007, as we celebrate together, the achievements of successful Aboriginal women. Hear their journeys to success and life lessons. Discover how to maximize your leadership potential. Explore career and business development opportunities. Network with others.

### *Itinerary*



**Carla Robinson, CBC Anchor**

- |                   |  |
|-------------------|--|
| 9:30am – 10:00am  | Registration & Exhibit Displays  |
| 10:00am – 10:30am | Elder Traditional Welcome and Special Guests   |
| 10:30am – 11:15am | <b>Youth Leadership Panel</b><br>Be inspired and empowered by young women leaders.   |
| <i>Featuring:</i> | Nadia Joe, First Nations Snowboard Team<br>Teara Fraser, Owner and Pilot, Dragonfly Airways<br>Bobbie-Joe Delorme, Diesel Mechanic Apprentice, CPR |
| 11:15am – 12:00pm | <b>Break Out Sessions - Presented by CPR</b>   |
| A)                | "The Authentic Leader in You" Workshop by Denise Findlay, The Grounded Chameleon   |
| B)                | Employer Roundtable - best practices and diversity   |
| C)                | Focus Group – careers in construction & mining   |
| 12:00pm – 1:00pm  | Light Lunch Buffet Reception and Networking  |
| 1:00pm – 2:30pm   | <b>Women in Leadership Panel &amp; Awards Ceremony</b><br>Meet powerful, female role models and mentors.   |
| <i>Featuring:</i> | Carla Robinson, CBC Newsworld Anchor<br>Carmen Moore, Actress<br>Geena Jackson, President, Western Spirit Hot Tub & Spa                            |
| 2:30pm – 3:00pm   | Dessert Reception and Networking   |



*Local Artists will have their works on display and for sale (cash only)*

**This event is FREE with registration required.**

**Register online: [www.womeninleadership.ca](http://www.womeninleadership.ca)**

**For details, phone: 604.980.1772 or email: [info@womeninleadership.ca](mailto:info@womeninleadership.ca)**

Support provided by:



## **2006 diet advised fish, veggies, wine, chocolate; hold the trans fats and sodas** Dec. 31. 2006

**Provided by: Canadian Press Written by: LINDSEY TANNER**

CHICAGO (AP) - Order from a menu of vegetables, fish, wine and chocolate, but hold the trans fats and sugary sodas. That might best sum up the diet headlines of 2006.

The year's biggest nutrition news sometimes echoed what moms and food scientists have been harping on for years. Other times, it seemed too good to be true.

Often, the news centred on food choices many want removed from the table, but in a year that included white-bread icon Wonder Bread baking two whole-wheat versions, there were still plenty of healthy options available.

The year started out sweet, with more data suggesting dark chocolate might be good for the heart, and ended with trans fats grabbing big headlines as New York City became the first in the country to ban these unhealthy fats in restaurant food.

Although moms say to save dessert for last, chocolate news deserves the first look. It made lots of mouths water, but nutrition experts say it needs to be taken with a grain of salt.

A study published in February found lower blood pressure and lower risk of death in older Dutch men who ate the equivalent of one-third of a chocolate bar daily. And research later in the year found improved blood flow in adults who drank flavanol-enriched cocoa. Flavanols are compounds also found in red wine that researchers believe help keep blood vessels healthy.

The two studies build on previous suggestions that chocolate, especially the dark variety, might be good for the heart. But the research is not conclusive and scientists still don't know if there really is a connection.

"Certainly nobody should start eating chocolate because they think chocolate is good for their heart," said Tufts University nutrition professor Alice Lichtenstein. "At this point we don't know." Same goes for red wine.

In November, a headline-grabbing study found that huge doses of a red wine extract called resveratrol seemed to help obese mice live longer, healthier lives. Some scientists think the ingredient, found in grape skin, is one reason French people have less heart disease than Americans.

But no one knows if resveratrol would benefit humans the way it did mice, and it would take enormous amounts of red wine to equal the dose used in the experiment.

A safer approach would be choosing foods with more proven benefits, including fish. The American Heart Association recommends eating fish, especially oily kinds like salmon and tuna, at least twice a week. They contain omega-3 fatty acids that can make blood less likely to form clots that cause heart attacks.

A study published in July said diets high in fatty fish might also reduce risks for a major cause of age-related vision loss.

The Institute of Medicine weighed in, declaring in October that benefits from eating seafood twice a week outweigh risks of mercury exposure. Children and pregnant women, however, are still urged to avoid big predators such as shark, swordfish, tilefish and king mackerel, which have higher mercury levels.

Research in April said a heart-healthy Mediterranean-style diet heavy on fish instead of meat, along with lots of vegetables and grains, appeared to protect against Alzheimer's disease.

More brain-boosting news came in October when researchers reported that eating lots of vegetables appeared to help slow the mental decline sometimes associated with aging.

The best were spinach, kale and collards, which contain vitamin E, an antioxidant believed to help fight cell-damaging chemicals.

What not to eat - and drink - got lots of attention in 2006.

Several reports said sugary sodas are a major cause of obesity, and in May beverage companies agreed to stop selling non-diet fizzy drinks in U.S. schools.

As New York's board of health moved toward its decision in December to ban artificial trans fats from restaurant food, some fast food operators made the move in advance.

And the heart association became the first major health group to recommend specific dietary limits for the fat.

Trans fats, found in many cookies, crackers and fried foods, raise levels of LDL cholesterol, the bad kind that contributes to heart disease.

Health experts said they hoped other cities would follow New York's lead, and also adopt the city's plan to require restaurants to list calories on menus.

"That will have an even greater impact on the nutritional health of our population than just the trans-fat ban," said Dr. Robert Kushner, medical director of Northwestern Memorial Hospital's weight management program in Chicago.

"That will hopefully start to chip away at the increasing prevalence of obesity ... the story that never goes away," Kushner said.

Article from HealthNewsletter @Medbroadcast.com

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## **Aboriginal Language Revitalization Program**

The **Aboriginal Language Revitalization Program** of the En'owkin Centre and the University of Victoria is offering two six-day intensive courses in the 2007 Spring Session. You can participate in these courses for elective credit within the Certificate in Aboriginal Language Revitalization, or take the individual courses on a transfer credit or non-credit basis. We welcome the participation of anyone with a commitment to the preservation and revitalization of Aboriginal languages.

Please register early, as spaces are limited. Full course information is available at <http://www.uvcs.uvic.ca/calr/courses-electives.aspx> -- and details on the program and on the admission/registration process are provided on the Program website at <http://www.uvcs.uvic.ca/calr/>

### **METHODS FOR IMMERSION LANGUAGE TEACHING AND LEARNING**

**Dates:** Monday, March 26 to Saturday, March 31, 2007; 9 am – 4 pm,

**Location:** En'owkin Centre, Penticton, BC

Immersion formats create highly effective environments in which endangered aboriginal languages can be taught and learned. This six-day intensive course for language teachers and others involved in language preservation and revitalization work, provides an introduction to immersion teaching and learning principles and techniques, and explores three practical immersion methods in order to create a foundation for practical applications in a variety of situations and programs.

Topics include the nature of full immersion in real world learning, and modifications required for delivery within structured delivery environment. Three immersion models will be discussed by resource people involved in their development and delivery: elementary school immersion model utilizing total physical response (TPR) methods; a modified adult classroom immersion model, utilizing associative/cognitive method; a small group Master/Apprentice model in which fluent speakers converse with apprentices through full immersion.

**Instructor:** Jeannette Armstrong, Doctor of Letters HC; University of St. Thomas; BFA, University of Victoria; Fine Arts Diploma, Okanagan UC; Executive Director of the En'owkin Program; and Academic Advisor to the Certificate Program in Aboriginal Language Revitalization.

## **LANGUAGE IN FIRST NATIONS CULTURE**

**Dates:** April 30 – May 5, 9 am to 4:30 pm

**Location:** University of Victoria

An intensive examination of the ways in which language is embedded in the cultural heritage and social context of a selected community, with a focus on oral history, including legends, song, dance, and cultural practices, methods, and protocols, along with the impacts and implications of social change on language.

Marianne Nicholson brings to the course her own background as a Dzawada'enuxw member of the Kwakwaka'wakw First Nations of the Pacific Northwest Coast. However, the course draws students from various cultures and each participant is asked to bring the experiences of language and culture from their own background into the learning environment of the course. Ultimately, exploring the experiences from different communities will enable participants to surmise both common denominators in language and cultural relationship as well as strategies in dealing with language and cultural revitalization.

**Instructor:** Marianne Nicolson is a member of the Dzawada'enuxw Tribe of the Kwakwaka'wakw First Nations who reside on the coastal mainland of British Columbia. She holds a BFA from Emily Carr Institute of Art and Design and a MFA in Visual Art from the University of Victoria. As an artist her work has been shown both nationally and internationally at venues such as the National Indian Art Centre, the Taipei Fine Arts Museum, the Jordan National Gallery, the Vancouver Art Gallery and the Art Gallery of Greater Victoria.

You'll also find information on our intensive July and August Summer Institutes that offer core courses in the Aboriginal Language Revitalization Program at <http://www.uvcs.uvic.ca/calr/courses-institutes.aspx> . Please let us know if you have questions...

Lisa Mort-Putland

Program Coordinator, Cultural Management Programs

Continuing Studies, University of Victoria

PO Box 3030 Stn CSC, Victoria, BC V8W 3N6

250 721 6119

Cultural Resource Management Program <http://www.uvcs.uvic.ca/crmp>

Aboriginal Language Revitalization Program <http://www.uvcs.uvic.ca/calr>

Intercultural Education and Training Program <http://www.uvcs.uvic.ca/iet>

**Provided by: Canadian Press**

**Written by: HELEN BRANSWELL**

TORONTO (CP) - Cholesterol may not just be bad for your heart.

A study suggests problems with cholesterol regulation in the insulin-producing cells of the pancreas may be responsible for the development of Type 2 (formerly known as late onset) diabetes.

The work, by scientists at Vancouver's Child and Family Research Institute, was done in mice. And the researchers would have to show that the same mechanism is seen in people.

But if their theory is correct, it could open new avenues for the prevention and control of Type 2 diabetes, a condition the Canadian Diabetes Association estimates affects more than 1.8 million Canadians and rising.

"This is an important observation because it demonstrates a new potential mechanism by which in Type 2 diabetes the beta cells could be dysfunctional," said Dr. Bernard Zinman, a diabetes expert who was not involved in the study.

The article was published online Sunday by the journal Nature Medicine.

The Vancouver research started in the laboratory of Dr. Michael Hayden, director of the institute's centre for molecular medicine and therapeutics.

Hayden is an expert in the genes involved in cholesterol metabolism. That work led to the cloning of a gene called ABCA1 that was shown to play a key role in regulating the amount of cholesterol in the blood.

Hayden's lab has focused on cholesterol and its role in heart disease. But the thesis of one of his graduate students, Dr. Liam Brunham, raised the issue that cholesterol is found in the beta cells - the cells responsible for insulin production - of the pancreas.

"We were perplexed by that, because why is it even in the pancreas and why is it so highly expressed (produced)?" Hayden recalled in an interview.

They consulted Dr. Bruce Verchere, a beta cell expert who heads the institute's diabetes research program. The group decided to see what would happen if they genetically engineered mice to knock out the ABCA1 gene.

The answer was clear.

"The animals developed diabetes. And furthermore, the animals showed a very significant accumulation of cholesterol in the beta cells," Hayden said.

Verchere said all cells, including the beta cells, need some cholesterol, but levels need to be "tightly regulated."

"It has to be there in the right amounts," he said from Vancouver.

"If you can't regulate it and there's too much of it, it's almost like too much of a good thing. That's when the beta cell goes awry."

To the group's knowledge, this is the first paper questioning whether cholesterol dysfunction is responsible for the inability of the beta cells to properly secrete the insulin the body needs to metabolize foods. For Zinman too, it was a novel idea.

"Now whether it has any relationship to people is unclear of course. No one has described this kind of abnormality in people that I'm aware of," said Zinman, director of the Leadership Sinai Centre for Diabetes at Toronto's Mount Sinai Hospital.

He noted, though, that there are competing theories. One is that amylin, a hormone produced by the beta cells, builds up to excess amounts and knocks out the beta cells' ability to function properly.

Zinman suggested it is also possible that the over-production amylin and cholesterol may be the products of some yet unidentified problem that is behind the development of Type 2 diabetes.

Hayden said the group is pursuing other studies that should indicate by year's end whether the cholesterol regulation problems are seen in humans with Type 2 diabetes.

Article from [HeartHealth@Medbroadcast.com](http://HeartHealth@Medbroadcast.com)

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### **Men DO Remember Anniversaries**

**A woman awakes during the night to find that her husband was not in their bed. She puts on her robe and goes downstairs to look for him.**

**She finds him sitting at the kitchen table with a hot cup of coffee in front of him. He appears to be in deep thought, just staring at the wall. She watches as he wipes a tear from his eye.**

**"What's the matter, dear?" "Why are you down here at this time of night?"**

**"Do you remember 20 years ago when you were only 16 and your father caught us in the back seat of my car making love?"**

**"Yes, I remember," said the wife, sitting down beside him.**

**And do you remember when he got his shotgun and said, 'Either you marry my daughter, or I will send you to jail for 20 years'?**

**"I remember that, too" she replied softly.**

**He wiped away the tears again and said, "I would have gotten out today."**

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### **Quote:**

*"A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child."*

## Sleep Disorders

On average we spend a third of our lives sleeping and yet, increasingly, some people are not getting enough sleep. While the amount of sleep needed varies from person to person, sleeping problems occur when our bodies don't get the right amount of sleep we need. On average, adults need between six and nine hours of sleep each night.

Sleeplessness is only a problem if it begins to affect your life in a negative way. For example, if you are experiencing impaired judgement or reaction time, irritability, difficulties concentrating, or anxiousness. Some people experience more chronic sleep disorders such as:

- **Insomnia** – an inability to fall asleep or maintain sleep during the night
- **Sleep Apnea** – a disorder whereby breathing is interrupted
- **Restless legs syndrome** – uncomfortable tingling or sensation in the legs

### Tips for getting a restful night's sleep:

- Set a regular bed time and a regular time for getting up each morning
- Avoid eating heavy meals, consuming alcohol, caffeine, or strenuous exercise just prior to going to bed each night
- Try a relaxing activity such as stretching, having a warm bath, or reading a book with a mug of herbal tea instead

Sleep disorders are quite common and occur in up to 15% of the population. Sleep Disorder Medicine includes diseases such as sleep apnea, narcolepsy and periodic limb movements during sleep. It also involves the management of common conditions such as insomnia, sleep walking and sleep-wake disturbances caused by jet lag and shift work.

The **Sleep Disorders Program at UBC Hospital** is the primary referral centre for people with sleep disorders in British Columbia. It is accredited by the B.C. Medical Association. The Sleep Disorders Program is dedicated to providing excellent patient care; teaching and research for all sleep disorders.

You must be referred by your family physician or specialist. The program focuses on adults. Children are seen occasionally, but special arrangements must be made.

If you have any questions about referral to the Sleep Disorders Program or the services available 604-822-7606.

This article has been provided by Vancouver Coastal Health, [www.vch.ca](http://www.vch.ca)

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## Walking to wellness

Walking to Wellness is a training program providing mental health clients and community centre patrons with a structured exercise program to increase health and well being. The program has been operating since 2004 and is a partnership between two of VCH's mental health teams in Vancouver, West Side and Midtown, and the Mount Pleasant Community Centre.

Midtown recreation therapist **Lisa Hansen** says that, "Walking is an excellent way to achieve cardiovascular fitness. And there are numerous benefits – it's convenient, inexpensive, and easy on your joints, helps reduce stress, burns fat and speeds up your metabolism."

Training programs focus on three events each year: the Fall Classic 5 km (nine weeks), Sun Run 10 km (12 weeks) and Summerfast 10 km (12 weeks). Each program's fitness training is based on commonly used training guidelines that emphasize a gradual progression to build strength and stamina and reduce the risk of injury. Groups meet twice a week with an expectation that each participant will train independently a third time. A participant noted that, "The structure of having to be in a certain place at a certain time, accountable to the group helped me get structure in other areas of my life."

Participants say belonging to a group with common fitness goals increases their feelings of accomplishment by being more socially involved. A participant expressed the belief that, "A group setting has given me more connection to the outside world. Before I was isolated in my apartment and had a hard time reaching out to others. I've needed to belong to a group that brings out the best in me."

The walking program is goal-directed and when people have consistent attendance they tend to enrol in successive programs explains West Side recreation therapist **Bonnie Norquay**. "Participants are encouraged to set mini goals to foster success in achieving the overarching goal of increasing their fitness."

Both Hansen and Norquay have seen walking group participants transfer the skills they've developed through regular exercise, such as commitment and accountability, to other important areas of their lives. One client expressed it this way, "Walking to Wellness has taught me that making a commitment takes hard work and I will use this in other areas of my life."

The first six weeks of each program contains an education component related to fitness and healthy lifestyles. Volunteers also support participants during the walking training. At the end of each event there is a celebratory lunch and all participants are invited to a wrap party to celebrate their fitness achievements and receive a completion certificate.

For more information on the Walking to Wellness program, please contact Bonnie Norquay at 604-873-6733.

This article has been provided by Vancouver Coastal Health, [www.vch.ca](http://www.vch.ca)

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## **Serving lesbian, gay, bisexual and transgender clients in addictions**

Vancouver Coastal Health's Addictions Services is launching Prism Alcohol and Drug Services for lesbian, gay, bisexual, transgender and two-spirit clients\* (LGBT2S).

"We want to deliver services where people can feel safe about being open about themselves and that embrace the full diversity of lesbian, gay, bisexual, transgender and two-spirit communities," says **Devon MacFarlane**, Prism's community developer. "Our first step is to offer new addiction support groups that target different segments of these populations." Prism, over time, will ensure that the full range of addiction services is accessible to LGBT2S populations, and that services for members of these populations are developed and implemented where needed.

Prism responds to two main issues. First, lesbian, gay, bisexual, transgender and two-spirit populations face unique issues relating to substance use and mental health. Some issues are due to the impacts of homophobia, transphobia, marginalization and minority stress. Other factors also come in to play. Research indicates that LGBT2S people are more vulnerable to having problems with the use of alcohol and drugs, and mental health challenges.<sup>1</sup>

Second, members of these populations face persistent barriers to accessing help, and they are very concerned about receiving safe, respectful and competent care, both in out-patient and residential settings. This is a serious concern as many staff working in addictions or in mental health have not had opportunities to learn much about working with LGBT2S populations.

To address this, addiction and mental health services are working to increase the capacity of the system overall, through improving staff competencies. This will begin with a one-day introductory training about working with LGBT2S populations that is being offered to addictions and mental health staff. Staff at VCH and community agencies can register for the course (March 7<sup>th</sup>, 8<sup>th</sup> or 9<sup>th</sup>) at [www.ccrs.vch.ca/catalog.aspx?cid=918](http://www.ccrs.vch.ca/catalog.aspx?cid=918).

For more information, e-mail Devon MacFarlane at [devon.macfarlane@vch.ca](mailto:devon.macfarlane@vch.ca) or phone 604-714-3484 ext. 1-2269, and watch for [www.vch.ca/prism](http://www.vch.ca/prism).

\*Two-spirit is a translation of a term found in many Aboriginal cultures. This term reflects identities and experiences that western cultures would call lesbian, gay, bisexual and transgender.

<sup>1</sup>Gay and Lesbian Medical Association and LGBT Health Experts (2001). *Healthy people 2010: Companion document for lesbian, gay, bisexual and transgender health*. San Francisco: Gay and Lesbian Health Association.

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## **New & Improved: The 2007 Canada Food Guide**

*Dr. Paul Martiquet, Medical Health Officer, Vancouver Coastal Health*

Canada's Food Guide has long been "the" source for what to eat to stay healthy. Over the years, it has evolved as we have become better informed about nutrition and health, and as Canadian society has changed. The 2007 change is but the latest in a long history for the Canada Food Guide (CFG).

In fact, the CFG goes all the way back to July 1942 when it was called the "Official Food Rules." (You have to love it!) It was originally produced during wartime rationing and endeavoured to prevent nutritional deficiencies and to improve the health of Canadians. Since then, it has been revised and transformed many times with new names, looks and contents. But, whatever it's name, the guide has never deviated from its original purpose: to guide food choices and promoting the nutritional health of Canadians.

In 2007, Canadian society has changed enough to mandate a new CFG. For one thing, we are fatter (to be rather blunt about it) and we eat more, meaning we tend to be less fit as well. There are more vegetarians among us, and there is much more cultural diversity. In turn, this has introduced many new foods into our diet. These changes were occurring long before the last revision in 1992, but they have continued and the new guide responds to the ongoing changes.

The new CFG has changed to meet the needs of contemporary Canadian society. It has expanded the types of foods it suggests, added information on trans fats, and even moves into fitness beyond food. After all, what's the use of eating well when you are not getting any physical activity into your life?

The new guide also takes into account the different dietary needs of women and men, and of different age groups. It also suggests that people over 50 years old should supplement their diet with daily supplements of Vitamin D as it is difficult to obtain adequate amounts from diet alone.

The CFG is available in hard copy (see your family doctor or public health clinic, or contact Health Canada), and online from Health Canada in PDF and web form. The best part for many of us, however, is the interactive “My Food Guide” section.

My Food Guide lets you check off some simple choices starting with your age group and gender, then your preferences for each category of foods (those being: Vegetables & Fruit, Grain Products, Milk & Alternatives, and Meat & Alternatives). Add in some exercise options and within minutes the site generates a personalized Food Guide! The examples it uses come from those you selected, and they offer specific serving sizes, and even tell you how many of each you should be enjoying every day.

The key to healthy eating, and what the CFG does best, is to combine a variety of foods across all the categories. This offers up food menus as diverse as you can imagine. The new CFG has taken a positive step in helping people to eat better. It is currently available in English and French (in print and online) and soon in other languages. Health Canada is also working on versions that are geared to First Nations, Inuit and Métis people — available in the spring.

Eating well, getting variety in your diet, and a little daily exercise. You could not ask for more to improve life. Try it!

For more information refer to [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

This article has been provided by Vancouver Coastal Health, [www.vch.ca](http://www.vch.ca)

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## **Cancer: Coping Tips**

### **Cancer in the family**

Families are deeply affected by a member's diagnosis of cancer. Feelings can range from anger to despair to fear. Spouses fear losing their partners, parents fear losing their children, and children fear losing their parents.

Children can have an especially hard time when a parent or sibling is ill. Frequently, they aren't included in discussions, hearing only bits and pieces of conversations. They might be too young to understand what's going on. Kids might also jump to conclusions, assuming the worst. Sometimes, they even blame themselves.

Some excellent books are written specifically for children on how to cope with a parent's cancer. These advise, for instance, that it's often simply a matter of sitting down and talking to children openly, so that they'll have a realistic picture of what's going on.

To help families cope, many hospitals and cancer clinics hold special meetings with family groups, led by counselors or social workers. Spouses benefit from this kind of support by learning more about what their partners are experiencing and ways that they might be able to help. This type of group also offers spouses of people with cancer a chance to talk about their own feelings and fears.

If you're concerned about how to talk with family members or children about cancer, it's important to speak up and ask about what resources are available. Meeting other families who understand your illness, the effects of treatment, and the emotional ups and downs can go a very long way in helping you cope.

Article from [HealthNewsletter@Medbroadcast.com](mailto:HealthNewsletter@Medbroadcast.com)

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

**1415 Wewaikum Road  
Campbell River, B.C. V9W 5W9**

**Phone: 1-250-286-9977  
Fax: 1-250-286-4809  
Toll-Free: 1-877-738-7288  
Coordinator: Donna Stirling  
Website: [www.bcelders.com](http://www.bcelders.com)  
Email:  
[bcelders@telus.net](mailto:bcelders@telus.net)**

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

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

*Zen Sarcasm from [humourmatters.com](http://humourmatters.com)*

1. Do not walk behind me, for I may not lead. Do not walk ahead of me, for I may not follow. Do not walk beside me either. In fact, just leave me the heck alone.
2. The journey of a thousand miles begins with a broken fan belt and a leaky tire.

**PROVERBS:**

History repeats itself.  
In the midst of life we are in death.  
Into every life a little rain must fall.  
It's an ill wind that blows no one any good.

**BIBLE QUOTES:**

**"I have always shown you that you must work hard, as I have. You must help those who cannot work. By so doing you are remembering the words of the Lord Jesus. He said, "It makes you more happy to give something than to get something.:"**  
**Acts. 20:35**

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

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

***Pisces February 19th - March 20th***

***Pisces, symbolized by fish swimming in opposite directions, are of two minds about everything and are easily influenced. They love to hear and tell a sob story. This sensitive Water sign is mysterious, sensuous and in love with love. Ruled by Neptune, the Pisces has a fine dramatic sense fueled by a powerful imagination.***

**National Survivors Support Line**

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

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

**ANNUAL BC ELDERS GATHERING INFORMATION CORNER**

**Dear Elders and Elders Support People,**

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

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

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

**Rest assured that as soon as the Host's information is available it will be featured here and on our website [www.bcelders.com](http://www.bcelders.com)**

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