

Volume 10 Issue 6

May 2010

EV'S 114th 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.

Dear Elders and Elders Support Workers

From: Ministry of Aboriginal Relations and Reconciliation

I want to inform you that the province recently launched a new website specifically for seniors in BC: SeniorsBC.ca. The SeniorsBC.ca website includes introductory videos with closed-captioning, feature stories and profiles of older adults, and a bi-monthly e-Newsletter. I hope you enjoy these new information resources and encourage you to share them with your friends, family and colleagues.

Happy May Birthday Wishes from Lil'wat First Nation to:

- Mary Ann Narcisse-May 2nd
- Donna Bobb-May 2nd
- John Leo-May 5th
- Bernard Dick-May 8th
- Georgena Nelson-May 8th
- Martina Joe-May 9th
- Martin Sam-May 10th
- Mae Joan Pascal-May 11th
- Earl Narcisse-May 23rd
- Loretta Pascal-May 29th
- Larry Williams-May 30th

Inside this issue

Easy Bakers Corner/Handy Tips/Website Information	2
List of Paid Support Fees	3
Message fr. Gathering Host	4
CEDAR Project	5
Associated Press Articles	6
"I Went To A Party Mom"	7
Update From Ottawa	8

Pg. 9: First Nation Memorials
Pg. 10: What is A Will From INAC
Pg. 11: FN Grant Writing
Pg. 12-13: Important "Certification" Step
Pg. 14: Ottawa Cuts Funding To Residential Schools Lobby Group
Pg. 15: Safe Human Food For Cats
Pg. 16: BC's Site C Decision
Pg. 17: UBCIC Letter
Pg. 18: BC FN Energy and Mining Press
Pg. 19: "Get Out Migration"
Pgs. 20-23: BC FN Elders Grant Guidelines and Application
Back Pg: Annual Elders Gathering Info

Easy Bakers Corner – Chocolate Buttercrunch Coffeecake

Preheat oven to 350°F Grease a 10” Bundt pan.

Filling In a bowl combine 1 pkg. (200g) of Chipits SKOR Toffee Bits, 1 cup of semi-sweet chocolate chips, 1/2 cup of chopped pecans, and 1 Tbsp. of brown sugar, packed in a bowl. Set aside.

Cake

In a separate bowl beat 1 cup of unsalted butter, softened and 1 1/4 cups of brown sugar, packed until fluffy. Beat in 4 eggs, one at a time, beating well after each addition. Beat in 1 tsp of vanilla.

In a separate bowl, combine 3 cups of all purpose flour, 1 1/2 tsp of baking powder, 1 tsp of baking soda and 1/2 tsp of salt; stir into butter mixture alternately with 1 1/4 cups of buttermilk.

Spread 1/3 of the batter into prepared pan. Sprinkle with 1/3 of the toffee bits mixture. Continue with 2 more layers of batter and filling, ending with filling.

Bake in centre of preheated oven for 55 minutes or until a toothpick inserted in the centre comes out clean.

Cool in pan on rack for 20 minutes. Serve warm or at room temperature.

TIP The darker your pan, the quicker your cake will bake, so always check to see if ready 5 minutes early.

- HANDY TIPS:**
1. Have grease stains on your carpet? Shake some cornstarch over the grease stain and let set there overnight or at least 8 hours. Vacuum.
 2. Cleaning Woodwork Did you know that cold tea will clean woodwork? Give it a try!
 3. Watering Houseplants? Have snow in your yard? Get some snow place in a pail or pitcher. Let melt and use the melted snow to water your plants! Did you know that snow has minerals in it that plants love?

What Can you please share?

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

Gilakasla, Donna Stirling

‘PRESERVING THE PAST’

New Elder’s Website: www.bcelders.com

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

INVOICE Message:

IT IS THAT TIME OF YEAR AGAIN!

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

Support Invoices accompany the November issue of the Elders Voice each year. Please see if you can assist with the costs for this provincial elder's office to operate by paying the \$250 yearly support fee.

Your consideration is very much appreciated. If your office/group needs another copy faxed or emailed please contact:

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

**ADDRESS:
1415 Wewaikum Rd.
Campbell River, B.C. V9W 5W9**

**Phone: 1-250-286-9977
Fax: 1-250-286-4809
Toll-Free: 1-877-738-7288
Coordinator: Donna Stirling
Website: www.bcelders.com
Email:
bcelders@telus.net**

**'ELDERS VOICE' ISSUES
ARE SENT OUT TO
COMMUNITIES BY THE
1st OF EACH MONTH.
If your area's copy is not received
in a timely manner please call in
to the office.**

From www.jokeclean.com

A couple in their nineties were having trouble remembering things so they went to their doctor for checkups. The doctor told them that they were both physically fine and advised them to write things down to help them remember.

Later that evening while watching television, the husband got up from his chair to go to the kitchen for a snack. He asked his wife if she wanted anything.

"Could you bring me a bowl of ice cream?" she asked. "Sure," he replied.

"Do you think you should write that down to remember it?" she asked.

"No, I can remember that," he said.

"I'd like some strawberries on it, too. Do you need to write that down?" she said.

"No, I can remember that, too. Ice cream with strawberries," he said, becoming a little irritated.

"I'd like some whipped cream on it, too. Can you remember all that? The doctor said you should write things down," she said.

"For goodness sakes, I can remember that. I don't need to write it down. A bowl of ice cream with strawberries and whipped cream," he said, now more than a little irritated.

Off he went to the kitchen. About 20 minutes later he returned with a plate of bacon and eggs.

The wife stared at it for a moment and said, "Where's my toast?"

***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 May!

TAURUS - The Enduring One (April 20 - May 20) Charming but aggressive. Can come off as boring, but they are not. Hard workers. Warm-hearted. Strong, has endurance. Solid beings that are stable and secure in their ways. Not looking for shortcuts. Take pride in their beauty. Patient and reliable. Make great friends and give good advice. Loving and kind. Loves hard - passionate. Express themselves emotionally. Prone to ferocious temper-tantrums. Determined. Indulge themselves often. Very generous.

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**