

Volume 8 Issue 12

November 2008

EV'S 96th Issue!

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



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

Re: It is that time of year again!

Dear Elders, Elders Support Workers, Presidents, Chief and Councils,
Board of Directors

Support Invoices are accompanying this issue. Also attached is a copy of the list of groups who paid the support fee for this past year. Please see if you can assist with the costs for this provincial elders office.

Sincerely, Donna Stirling
BCECCS Coordinator

National Do Not Call List

Starting Sept. 30th, 2008 a National Do Not Call List is available in Canada. It takes 31 days to kick-in once you call in to Register, and then it is supposed to put a stop to all of the telemarketing calls that we all get.

This service lasts for 3 years and then you have to call in to re-register, and people can cancel and take their names off the list at any time if they choose to.

You have to call to register from the land line, fax line, cell phone line that you wish to register (it only took a few tries for me to get through) or you can go to www.dncl.gc.ca to take care of it. Also, there is away to file a complaint if a telemarketing company doesn't stop contacting you.

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BC Elders Gathering Info Corner

Easy Bakers Corner – Mocha Cheesecake serves 6 to 8

Combine 1 1/2 cups of chocolate wafers, finely crushed, 1/3 cup of butter and 1/2 Tbsp. granulated sugar. Butter sides and bottom of an 8-inch springform pan. Press crumb mixture evenly onto bottom of pan.

Melt 2 squares (1 oz. each) sweet chocolate over hot, but not boiling water. Stir until smooth.

Beat 2 pkgs. (8 oz. each) cream cheese until soft and smooth.

Add 4 eggs, one at a time to cream cheese. Gradually add 3/4 cup sugar, mixing until well blended.

Add melted chocolate, and 2 to 3 tsp. of instant coffee and a dash of salt. Stir until blended.

Turn mixture into the prepared pan.

Bake cake at 350°F in center of oven for about 40 minutes or until cake center is almost set. It will firm when chilled.

Let cheesecake cool on counter for about 45 minutes. Cover and chill for at least 4 hours or overnight.

Remove sides of pan. Garnish with chocolate leaves and/or fresh raspberries.

Handy Tips: Leftover snickers bars from Halloween make a delicious dessert. Simple chop them up with the food chopper. Peel, core and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350 for 15 minutes!!! Serve alone or with vanilla ice cream.

Expanding Frosting: When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar and calories per serving.

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

8th Year GRATITUDE LIST

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

- 1. Snuneymuxw First Nation**
- 2.**

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 into the office then thank you also.**

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

Thank you for your continued support!

Donna Stirling, BCECCS Coordinator

First Nations Leadership Council Statement of Support for Xenigwet'in

News Release For Immediate Release October 9, 2008



Coast Salish Territory (Vancouver, BC) – The BC First Nations Leadership Council stands behind and fully supports the position of the Xenigwet'in First Nation in their opposition to the use of Teztan Biny (Fish Lake – west of Williams Lake, BC) as a waste rock and tailings pond.

Parallels can be drawn to the solidarity of the Takla, Kwadacha, Tsay Keh Dene, and Gitksan people when they stood together to protect the destruction of Amazy Lake. In that case, the project proponent tried to convince the environmental assessment panel that killing the lake was in the interest of the public. At the end of that process in 2007, the panel recommended 'no' to the destruction of this lake. The provincial and federal governments subsequently accepted the panel's recommendations and made the right decision to refuse the granting of a permit to Northgate Minerals.

As a matter of public policy, all Canadians and First Nations alike should be concerned about the destruction of natural water bodies for mining waste.

-30-

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.

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.

For more information please contact:

Grand Chief Edward John 778-772-8218
First Nations Summit Political Executive

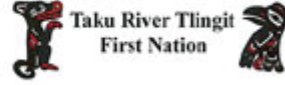
Grand Chief Stewart Phillip
President, UBCIC: 250-490-5314

Ryneld Starr
BC Assembly of First Nations: 604-922-7733

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

BC First Nations Announce Mineral Exploration and Mining Action Plan

MEDIA RELEASE October 9, 2008



Dakelh Traditional Territory/Prince George, BC: A three-day BC First Nations Mining Summit in Prince George, which included a day of meetings between First Nations Chiefs and leaders with government and industry officials, has produced a comprehensive BC First Nations Mineral Exploration and Mining Action Plan.

"Our Summit was driven by the need to find a way to incorporate successive court rulings on aboriginal title and rights into BC mining laws, practices and activities in order to generate economic development that benefits everyone and respects the environment," said Grand Chief Edward John, Political Executive, First Nations Summit. "And our Action Plan is designed to do this."

"The Supreme Court of Canada has ruled that there must be meaningful consultation and participation, respecting Aboriginal title and rights, with First Nations before any project can proceed," said BC Regional Chief Shawn Atleo. "Respecting these decisions, the Mineral Exploration and Mining Action Plan provides an opportunity for First Nations, government, and the mining industry to work together rather than rely on the courts."

Carrier Sekani Tribal Chief David Luggi said: "The key for First Nations – and the stated vision behind this plan – is to ensure that we play a lead role in, and benefit from, a growing, competitive, safe, environmentally responsible and sustainable mining industry. It must uphold our cultural principles as a priority. Our socio-economic objectives are constitutionally protected."

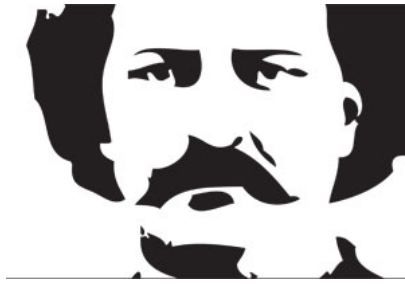
Grand Chief Stewart Phillip, President, Union of B.C. Indian Chiefs said: "Over the three days of the Summit, all parties that spoke agreed on the pressing and urgent need to find a way forward, and that the growing potential for greater conflict, if solutions are not found, has never been greater."

Mineral exploration in BC this year totals \$220 million – up 660% from 2001. In 2007, half of the proposed major mine projects nationwide were located in BC. More than 60% of Canadian exploration and mineral companies are based in BC. The mining sector directly employs 9300 people (on the average earning \$94,000 a year) and another 8,000 are employed in related sectors.

But the industry does not have a good record of past management of mines in BC. As of 2003, there were 1,887 closed or abandoned mines in BC, of which 1,171 are of environmental concern and present public health and safety issues. This record and the risk of it being repeated create a source of conflict for mineral exploration and development. This must be addressed.

First Nations are not opposed to a sustainable mining future for BC but must be a part of it. They have been forced to date to resort to legal action to ensure that their title, rights and interests are protected. The situation is exacerbated by BC's free entry tenure system for mineral staking, in which prospectors acquire mineral rights by registering lands as mineral claims. There are now many thousands of these claims.

The BC First Nations Mineral Exploration and Mining Action Plan, which will now be re-distributed for further feedback and approval from BC First Nations, offers a proactive road map for provincial, federal and First Nations governments to work together with industry to achieve recognition, sustainability, and collective economic benefit.



Compagnie V'ni Dansi

For immediate release
20 October 2008

Media Contact: Andrew Templeton 778 896 2844
andrewtempleton@yahoo.ca

**The Third Annual Louis Riel Day Celebration:
A Vancouver Festival of Métis Dance, Music and Culture**

Vancouver: Compagnie V'ni Dansi invites you to escape the relentless electioneering for one night and celebrate the life of a Canadian folk hero: Louis Riel.

The third annual Louis Riel Day Celebration will be held November 15, 2008 at the Roundhouse Community Centre in Vancouver. In addition to honouring Louis Riel – who inspired the rebirth of the Métis nation – the Festival is a chance to celebrate the breadth and vitality of contemporary Métis culture in Canada.

Building on the success of last year, this promises to be the biggest and best Celebration so far, featuring Juno-nominated and Aboriginal Music Award winner **Wayne Lavallee**; traditional story-telling from **Winston Wuttunee**, one of Canada's premiere aboriginal performers; readings from the acclaimed Métis poet and writer **Gregory Scofield**; traditional powwow and Métis dance from rising star **Madeleine McCallum** and a special performance by **Yvonne Chartrand** of *Marguerite*, a solo piece inspired by the life of Louis Riel's wife.

The evening also features the **Louis Riel Métis Dancers**, with special guest from Regina **Jeanne Pelletier**, and will conclude with the Red River Jig with everyone invited to join in.

Yvonne Chartrand from Compagnie V'ni Dansi said: "As we enter our third year, the Louis Riel Day Celebration has become a fixture on the Vancouver cultural scene. It reflects the unique cultural heritage of the Métis – a blending of French, Scottish, Irish, English, Scandinavian and First Nations. It's a celebration for the entire community of Vancouver."

Compagnie V'ni Dansi is the only company in Canada dedicated to teaching and performing traditional and contemporary Métis dance, creating a unique form of expression. The company shares Métis stories and culture with Aboriginal and mainstream audiences with a special interest in passing our dances on to today's youth. Our mission is to create a repertoire of work that reflects Métis culture. We also seek out contemporary dance and artistic collaborations that bring new light and understanding to these traditions.

What Third Annual Louis Riel Day Celebration, a Festival of Métis Culture
When November 15, 7.30 pm.
Where Roundhouse Community Centre (181 Roundhouse Mews – Davie @ Pacific)
How Adult \$18.00; Student/Senior: \$12.75; Child: \$7.75; Tickets Tonight, www.ticketstonight.ca or by phone: 604.684.2787 special group rates available, please contact Allyson McGrane at 604.873.6373.
Who Compagnie V'ni Dansi, www.vnidansi.ca

NEWS RELEASE

For Immediate Release
2008OTP0248-001521
Oct. 6, 2008

Office of the Premier
BC Achievement Foundation

PROVINCE CELEBRATES ABORIGINAL BUSINESS ACHIEVEMENTS

VANCOUVER - British Columbia's Aboriginal business sector will be celebrated in a new annual award program announced today by Premier Gordon Campbell and Keith Mitchell, Chair of the BC Achievement Foundation.

"The British Columbia Aboriginal Business Awards recognize the important role Aboriginal business plays in the province's economic development," said Premier Campbell. "Award recipients will showcase best practices to be shared amongst all business people throughout our province."

In their inaugural year, these awards will honour business acumen in several categories including Business of the Year, Youth Entrepreneur, Joint Venture and Community-Owned businesses.

"Our thanks to the awards advisory board which includes representation from provincial First Nations organizations and Métis Nation BC," said Mitchell. "The advisory board is committed to ensuring the awards reflect the achievements of the province's Aboriginal Business community. We also appreciate the leadership and support Aboriginal Relations and Reconciliation Minister Michael de Jong has offered this program," he added.

"All Aboriginal people involved in business in British Columbia should consider entering these awards including the small business owner operating out of a home to large joint ventures or community-owned enterprises," said de Jong. "From established businesses to up-and-coming entrepreneurs, these awards will recognize and celebrate their achievements."

An independent jury of business experts will review the nominations and select the award recipients who will be honoured at a Gala Event in January 2009. Deadlines and submission forms are posted at www.bcachievement.com. The deadline for submissions is November 7, 2008.

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Contact:	Bridgitte Anderson	Maria Wilkie	Nora Newlands
	Press Secretary	Communications Director	Executive Director
	Office of the	Ministry of Aboriginal	British Columbia Achievement
	Premier	Relations and Reconciliation	Foundation
	604 307-7177	250 953-3211	604 618-6949

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.



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with Vancouver Coastal Health

We have a variety of positions from front-line worker to support position, from entry level to supervisor to managerial positions in acute care, community or residential, in rural or urban work settings.

www.vch.ca/careers



General Enquiries:
Employee Engagement Corporate Office
10th Floor – 601 West Broadway
Vancouver, BC, V5Z 4C2
Phone: 604-875-5152
Toll Free: 1-800-565-1727



HOW DO I APPLY?

- The best way to send in your application is through the website at www.vch.ca. This allows us to keep a computer record of your resume ensuring it does not get displaced and allows for more efficient processing of your application. Other methods such as faxing or mailing your resume are welcome, but the processing time is longer.

WHAT DO I NEED TO DO BEFORE I APPLY?

- Take time to think about what type of areas you would like to work in as well as what is important to you in terms of **geographic locations** as we may take this into consideration at the referral stage.
- You will also need to have the contact names for three (3) work-related/education-related **References** (ie. Supervisors, instructors) including their working title, relationship to you, phone number, email and fax number. Having all of this information ready will avoid delays to your potential start date! You do not have to provide this with your resume, but you will need it at the interview.

I'LL BE GRADUATING SOON; WHEN DO I SUBMIT MY APPLICATION?

- For new graduates it is recommended that you apply between 1 to 1 ½ months prior to your graduation date. This allows the Recruiters to see what current or upcoming vacancies may be available that may be a match for your qualifications and skills.

DO VCH RECRUITERS WANT TO SEE A RESUME? IF SO, WHAT'S MOST IMPORTANT?

- **YES**, our Recruiters do want to see a resume. The purpose of a resume is to get you an interview. It's your first introduction to a Recruiter. It also helps you clarify and define for yourself where you want to take your career as a health care professional.
- **THERE IS KEY INFORMATION RECRUITERS WANT TO KNOW:**
 - What's your **Objective**? Yes, we know you want a job, but today's new graduates have a wide range of opportunities. Tell us you are a qualified applicant, but if you have a special interest, don't hesitate to mention it!
 - **Tip:** take a look at our current postings at www.vch.ca, click on **Careers**– you'll get a sense of what's available and whether you might already be qualified for a specific opening. Even if you don't have the qualifications for a particular posting, let our Recruiters know what interests you. They want to make the best possible match, and they have up-to-the-minute information on opportunities that may be coming up! Check the postings regularly.
 - What relevant **Experience** have you had? That tree-planting job from a few summers back probably isn't relevant to your health care career. But your practicum or other related work is. Indicating your practicum as a stand-alone category in your resume will be helpful for the Recruiter's reference.
 - What relevant **Education** have you completed? If you are about to graduate, note your graduation date so the Recruiters know when you'll be available.

www.vch.ca/careers

Phone: 604.875.5152

Toll Free Numbers:

Canada/US 1.800.565.1727

United Kingdom 0.800.051.7316

Australia 0.800.648.986

New Zealand 0.800.450.784

- Do you have **Other** relevant skills like a second language, computer skills – remember, Recruiters are looking for the perfect place for you!
- Keep your resume as **Up-To Date** as possible, and provide **chronological** dates of employment/schooling. If you have had a break, it is also important to note your activities at that time (ie. Traveling for a year after graduation) so that the last five years is accounted for.
- Offer as much **Contact** information as you can: address, phone / cell number and e-mail address as applicable. If you are a **qualified** health care worker, rest assured that VCH Recruiters are interested in you! Our Recruiters will work with you to find the best placement for you and for the unit with the vacancy.

WHAT HAPPENS AFTER I SEND IN MY APPLICATION?

- The Recruiter is the first person to review your application and may contact you either by phone or email to clarify any details on your resume as well as to ensure a proper match to the location. Once it is clear what locations are the best match, we will direct your resume to the appropriate hiring manager. You would then be contacted for an interview normally to occur within the next week to two weeks. The process from sending in your application to the time you are initially contacted will normally be within two weeks but can be much sooner.

WHAT CAN I EXPECT AT THE INTERVIEW?

- The interviews will take approximately a half-hour to complete. Normally you will meet with the manager or the manager and supervisor. Along with a request for your references, you may be asked to complete a “Reference Authorization Form”, allowing VCH to contact your references.
- There is no need to be nervous; be professional but relaxed, speak clearly and concisely, and be confident that you have the skills and attributes to be a positive addition to Vancouver Coastal Health.

I’VE BEEN HIRED! NOW WHAT HAPPENS?

- **Congratulations** and welcome to Vancouver Coastal Health! Once you’ve been given a **Verbal Offer** confirming your start date, the hiring manager will need your social insurance number and date of birth, and will contact a Recruitment Associate to input you into our human resource information system.
- The Recruitment Associate will provide you with the **Written Offer Letter**, as well as call you in to complete your **New Hire Paperwork** prior to your start date. You can ask the manager for the phone number for the Associate so that you can follow up on your own, or call 604-875-5152 and ask for the associate for the site you will be working at and occupational area.
- New hires will often start employment attending **Hospital-Wide Orientation**, a day-long orientation that is held once a month covering various information such as the VCH organization, guidelines on Occupational Health, Management of Aggressive Behaviour and other work requirements.
- After Hospital Orientation, you will attend a **Unit Orientation** that can vary from less than a week to a number of months, depending on the work area. Unit orientation can include buddied shifts so that you have an opportunity to become comfortable in your new work environment.

We wish you the best in the completion of your education and we look forward to hearing from you soon!

Minister's Message

The summer of 2008 strengthened British Columbia's appreciation for Aboriginal heritage, culture and achievements. The foundation for the New Relationship – respect, recognition, and reconciliation – has built relationships necessary to continue the advancements made between the Province, First Nations, and Aboriginal organizations.

The largest Aboriginal sport and culture event in North America took place in British Columbia this summer where Aboriginal communities from across Canada and the United States gathered in the Cowichan Valley. The 2008 North American Indigenous Games was a celebration of culture and history, and brought significant economic, sport, and community legacies to First Nations and to our province. My congratulations go out to all the athletes, coaches, volunteers and cultural participants who enthusiastically demonstrated community pride and showcased great hospitality during the week's festivities. The success of the games represented a truly significant achievement for British Columbia and everyone in the Cowichan Valley. The Cowichan Tribes, who hosted the games, avidly demonstrated the spirit of the New Relationship and I am proud of their achievement.

Prior to the Cowichan Games, a Leaders Gathering, held in Saanich on August 2, brought together an unprecedented assembly of more than 110 First Nations and Métis leaders from around British Columbia. Aboriginal representatives met with local politicians, acknowledging the call to action by young Aboriginal leaders at the 'Gathering our Voices' Conference in March 2008, to discuss a provincial strategy that will improve health and lifestyles through sport, recreation and physical activity.

The gathering was a monumental experience for all who attended, and the resulting commitment to an Aboriginal sport, recreation and physical activity strategy will lead to healthier conditions for all Aboriginal communities.

Another mutual accomplishment was reached in May when the Province, Government of Canada and First Nations Leadership Council signed a historic memorandum of understanding, agreeing to work together to develop a comprehensive approach to improve housing for First Nations communities, individuals and families both on and off reserve. The agreement ensures First Nations live in healthy, safe, affordable, and culturally appropriate housing.

Evidence of goodwill resulting from the New Relationship was prominently on display this summer as I toured the West Coast of British Columbia. I was graciously invited to visit First Nations living along the coast, receiving tours of treaty lands and speaking with First Nation leaders and representatives. Ucluelet First Nation, Toquaht First Nation, Uchucklesaht Tribe and Ka:'yu:'k't'h'/Che:k'tles7et'h First Nations also participated in two community celebrations to sign the Maa-nulth Final Agreement.

With the 2008 North American Indigenous Games as leading example, there are positive demonstrations of community spirit and relationship development occurring all over the province. Summer's successes with First Nations partners are a reminder of what British Columbia can accomplish when everyone works together in the spirit of the New Relationship. There is still much more to be done, but I am looking forward to making further progress that will benefit the lives of all British Columbians.

Honourable Michael de Jong

Minister of Aboriginal Relations and Reconciliation Minister Signs Historic First Nations

B.C. Joins Aboriginal Leaders in Commitment to Sports Legacy

More than 110 First Nations Chiefs, Métis leaders and representatives from off-reserve Aboriginal organizations met on the Tsartlip reserve in Brentwood Bay on August 2, 2008 in an unprecedented gathering to hear and respond to a declaration on sport and recreation from B.C. Aboriginal youth. The Province provided \$300,000 in funding toward the event.

The meeting, which included Minister Michael de Jong and Assembly of First Nations National Chief Phil Fontaine, heard from two representatives of First Nations and Métis youth groups who called on the assembled chiefs and government officials to support improving health outcomes for Aboriginal people through sport, recreation and physical activity.

The leaders responded to the call for action by unveiling a strategy based on five pillars under which sport and recreation can make a positive impact on the lives of Aboriginal people – Active Communities, Leadership and Capacity, Excellence, System Development and Sustainability.

“This is an exceptionally significant gathering of Aboriginal leaders. For the first time ever, leaders from every corner of the province are working together on a strategy that creates opportunities for Aboriginal people in sport and healthy living,” said de Jong. “Supporting Aboriginal youth and their families in leading healthy, active lifestyles is an important part of this government’s continuing commitment to close the socio-economic gaps that separate Aboriginal people from other British Columbians.”

The atmosphere of the gathering was overwhelmingly positive, with leaders from across the province joining with youth groups and government to celebrate the unifying nature of sport.

Following a compelling presentation on the ‘five pillars’, the signing of a ceremonial drum by everyone present created a symbolic commitment to take up the challenge to turn intentions into actions. All guests were presented with a miniature copy of the drum to commemorate the event and remind them of their pledge to Aboriginal youth.

Participants at the 2008 Leadership Gathering sign a commemorative drum to signify their commitment to a strategy supporting the improvement of health outcomes for Aboriginal youth through sport, recreation and physical activity.

The gathering took place on the eve of the North American Indigenous Games which was held in Duncan and hosted by the Cowichan Tribes. The event, which attracted about 4,600 Aboriginal athletes and their families from across North America, showcased the best of indigenous youth sport, and exemplified the healthy, active lifestyles theme of the gathering.

“We want this monumental event to leave a lasting and positive impact for Aboriginal people in British Columbia,” said Dan Smith, executive member of the First Nations Summit and First Nations Leadership Council. “This gathering, where Aboriginal leaders have committed to creating an Aboriginal sport, recreation and physical activity strategy, is a pivotal step towards achieving the social legacy that will lead to healthier conditions in our communities.”

On Sunday, August 3, the leaders travelled to Duncan to join thousands of spectators to witness the spectacular Opening Ceremonies of Cowichan 2008 games. The leaders, led by Chief Lynda Price from the Union of B.C. Indian Chiefs, Dan Smith from the First Nations Summit and Chief Ron Mitchell from the Moricetown Band marched proudly at the head of the B.C. team as they entered the stadium to loud applause.

The resounding success of the Leaders Gathering and the North American Indigenous Games is a positive demonstration of B.C. and Aboriginal people working together to highlight the importance of sport and recreation in creating fitter, healthier communities across the whole of B.C.

For more information about this agreement and the New Relationship, visit www.gov.bc.ca/arr. For more photos, click [here](#).

Housing Agreement

On May 21, 2008, the Government of Canada, Province of B.C. and First Nations Leadership Council (a cooperative political working relationship of the BC Assembly of First Nations, First Nations Summit and Union of BC Indian Chiefs) signed a historic memorandum of understanding (MOU), agreeing to work together to develop a comprehensive approach to improve housing for First Nations communities, individuals and families both on and off reserve.

“The Province is committed to improving housing conditions, ensuring First Nations live in healthy, safe, affordable, and culturally appropriate housing across B.C. This agreement is a significant part of the New Relationship because it will facilitate the changes required to close the gaps that exist between Aboriginal people and other British Columbians,” said Minister Michael de Jong, who signed the agreement on behalf of the Province.

Minister of Aboriginal Relations and Reconciliation Michael de Jong signs a Memorandum of Understanding on Housing for First Nations.

Under terms of the agreement, signatories will:

- Acknowledge that working in partnership is necessary to overcome barriers and to address the housing gap between First Nations people and other British Columbians;
- Commit to exploring innovative approaches to improve housing and infrastructure for First Nations, individuals and families, including housing programs currently in place; and
- Set out an initial framework for the collaborative development of interlinked on- and off-reserve housing strategies.

“One of the priorities in Housing Matters BC, our provincial housing strategy, is to improve housing options for B.C. First Nations off-reserve,” said Rich Coleman, Minister of Housing and Social Development. “We’re supporting our housing strategy with over \$50 million targeted to Aboriginal housing initiatives.”

A technical committee representing the parties to the MOU has been formed and is discussing next steps to move forward on the MOU’s objectives. The Government of Canada, Province of B.C. and First Nations Leadership Council will meet annually to discuss progress in implementing the MOU.

The Government of Canada provides assistance to First Nations with the development of their housing and infrastructure on-reserve. The Government of Canada also provides funding for housing renovation programs off-reserve, and supports the Province of British Columbia and communities in their Aboriginal housing strategies off-reserve. The First Nations Leadership Council provides political support and advocacy on issues common to B.C. First Nations, including housing and infrastructure.

Signatories to the memorandum of understanding are: Indian and Northern Affairs Canada; Canada Mortgage and Housing Corporation; the Province of B.C; First Nations Summit; B.C. Assembly of First Nations; and the Union of B.C. Indian Chiefs.

For more information about this agreement and the New Relationship, visit www.gov.bc.ca/arr. For more photos, click [here](#).

25 Fascinating Love Facts *By Laura Schaefer from www.msn.com*

Love is mysterious, fascinating, and when you find it with the right person, there's nothing better. Here are 25 surprising love facts to puzzle over and embrace.

Love is a many-splendored thing ... and a very surprising thing, too. As if you needed proof of that, here are 25 funny little facts about love. Study them, scratch your head over them, and share them with someone you fancy.

1. Men who kiss their wives in the morning live five years longer than those who don't.
2. People are more likely to tilt their heads to the right when kissing instead of the left (65 percent of people go to the right!)
3. When it comes to doing the deed early in the relationship, 78 percent of women would decline an intimate rendezvous if they had not shaved their legs or underarms.
4. Feminist women are more likely than other females to be in a romantic relationship.
5. Two-thirds of people report that they fall in love with someone they've known for some time vs. someone that they just met.
6. There's a reason why office romances occur: The single biggest predictor of love is proximity.
7. Falling in love can induce a calming effect on the body and mind and raises levels of nerve growth factor for about a year, which helps to restore the nervous system and improves the lover's memory.
8. Love can also exert the same stress on your body as deep fear. You see the same physiological responses — pupil dilation, sweaty palms, and increased heart rate.
9. Brain scans show that people who view photos of a beloved experience an activation of the caudate — the part of the brain involving cravings.
10. The women of the Tiwi tribe in the South Pacific are married at birth.
11. The "Love Detector" service from Korean cell phone operator KTF uses technology that is supposed to analyze voice patterns to see if a lover is speaking honestly and with affection. Users later receive an analysis of the conversation delivered through text message that breaks down the amount of affection, surprise, concentration and honesty of the other speaker.
12. Eleven percent of women have gone online and done research on a person they were dating or were about to meet, versus seven percent of men.
13. Couples' personalities converge over time to make partners more and more similar.
14. The oldest known love song was written 4,000 years ago and comes from an area between the Tigris and Euphrates Rivers.
15. The tradition of the diamond engagement ring comes from Archduke Maximilian of Austria who, in the 15th century, gave a diamond ring to his fiancée, Mary of Burgundy.
16. Forty-three percent of women prefer their partners never sign "love" to a card unless they are ready for commitment.

17. People who are newly in love produce decreased levels of the hormone serotonin — as low as levels seen in people with obsessive-compulsive disorder. Perhaps that's why it's so easy to feel obsessed when you're smitten.
18. Philadelphia International Airport finished as the No. 1 best airport for making a love connection, according to an online survey.
19. According to mathematical theory, we should date a dozen people before choosing a long-term partner; that provides the best chance that you'll make a love match.
20. A man's beard grows fastest when he anticipates sex.
21. Every Valentine's Day, Verona, the Italian city where Shakespeare's play *Romeo and Juliet* took place, receives around 1,000 letters addressed to Juliet.
21. When we get dumped, for a period of time we love the person who rejected us even more, says Dr. Helen Fisher of Rutgers University and author of *Why We Love*. The brain regions that lit up when we were in a happy union continue to be active.
22. People telling the story of how they fell in love overwhelmingly believe the process is out of their control.
23. Familiarity breeds comfort and closeness ... and romance.
24. One in five long-term love relationships began with one or both partners being involved with others.
25. OK, this one may not surprise you, but we had to share it: Having a romantic relationship makes both genders happier. The stronger the commitment, the greater the happiness!

Fall lawn care 101 By Roy Berendsohn, Popular Mechanics from www.realestate.msn.com

Many of us neglect our lawns as soon as autumn leaves start to fall. Learn how to put your grass to bed for the winter — and how to give it a healthy head start next spring.

When it comes to lawn care, people tend to think in terms of spring and summer. As soon as the weather turns warm and the grass starts growing, they break out the spreader, the mower and related gear and get to work. What they fail to realize is that not only can they repair summer damage to the lawn in the fall and over the winter, but that they can actually improve the lawn so it will be healthier and have fewer weeds in the spring. For a few quick pointers on this, Popular Mechanics spoke with [Ashton Ritchie](#), a lawn-care expert, author, agronomist and employee of Scotts lawn-care products for nearly three decades.

What is the most important thing a person can do in the fall to see the lawn through the winter and prepare it for next spring?

Feeding is the most important thing you can do for your lawn this fall. Many folks who feed their lawn for the first time in fall remark, "I can't believe the difference in my lawn!" the following spring.

At first, a lot of the improvement in your lawn will be dramatic, as you see recovery from summer damage. But don't stop there. The real improvement comes with the second feeding in late fall.

This second fall feeding helps to lock in the early fall gains in turf vitality and carry them forward into next spring. This late-fall winterizing gives your grass everything it needs to prepare for winter. The roots will absorb and store these vital nutrients. The grass will continue underground root development until the ground freezes solid. Once

spring arrives, the grass plant will quickly tap this stored-up nutrition to stimulate growth and burst into a vibrant, deep green lawn. In fact, a lawn fed twice in the fall will be the first to green up in spring

What is the most common mistake that people make in preparing their lawn for winter?

Homeowners make three common mistakes:

- They let the grass starve, thereby letting the lawn go into the winter without the kind of nourishment that can really build up the roots.
- They allow tree leaves to smother the grass, robbing the lawn of the sunlight it needs for photosynthesis.
- They discontinue mowing. Grass should be mowed until it stops growing. Maintain the same mower height setting throughout the fall. Don't be tempted to mow the grass short going into winter.

Is there anything about leaf removal or mulching that can improve or harm a lawn?

If leaves are quite heavy, and you are using a mulching mower, you might consider depositing the grass clippings and chopped up leaves on your compost pile rather than letting them sit on your lawn. This will help keep the clumps of chopped leaves from smothering the grass.

Is potassium the key to seeing the lawn through the winter? For example, I've noticed that Scott's Winterizer (22-3-14) has a high amount of potassium (14) compared to spring fertilizers.

Scott's Winterizer is high in nitrogen [the first number] and potassium [the last number]. These are the most important nutrients for fall feeding. They work together to nourish the grass plant during that important root-growth period in fall. The phosphorus [the middle number] is the lowest, as mature grass plants do not require much phosphorus. [Note: When seeding, you should use a special starter-type fertilizer that is high in phosphorus.]

Here's an extra tip: Spend a buck or two more for a higher-quality fertilizer. There is a big difference in how fertilizers work, even if they have the same nitrogen-phosphorus-potassium [N-P-K] numbers on the bag.

Are there other tips that you can give our readers about regarding fall watering, dethatching and aerating?

Fall is a great time to go after weeds like clover, ground ivy and dandelions. In fact, you can save time by using a special winterizer weed and feed instead of regular winterizer. Just be sure to apply your weed and feed to moist foliage on a day when rain is not forecast for 24 hours. You will find that come spring your lawn will be virtually free of broadleaf weeds like dandelions.

Also, lawns need about an inch of water a week to thrive. If you are not getting enough rainfall, you may need to water your lawn. Tip: Use a rain gauge to determine how much rainfall you are receiving and how long you should run your sprinklers. It's best to apply a half-inch of water when irrigating to get the water down deep.

Finally, aerate the lawn if you find that it has more than a half-inch of thatch. [Cut a test plug from your lawn and measure the brown, dead material that is between the roots and the green growth.] Aerating will help the thatch to decompose and will open the soil to more oxygen. Leave the plugs on the lawn surface where they can break down.

For more information, visit the [Scotts Web site](#) or call the company at 888-270-3714.

Pikwakanagan declares a "war on drugs"

About 40 Algonquins of Pikwakanagan took part in a community walk Wednesday to demonstrate solidarity against illicit drug use and trafficking in the community.

Organizers said the walk is the first in a series of initiatives organized by the community's relatively new "War of Drugs" Task Force.

The community walk's theme was 'protect the next generation -our children, our future.'

"What we want to try and do is educate people and draw awareness," said Pikwakanagan Chief Kirby Whiteduck. "As a group of concerned individuals including council, we realize that illicit drug use has a negative impact on families, on individuals and on our community."

The walk began at the community health centre, and ended at the Makwa Community Centre. The marchers then had dinner and listened to guest speakers.

Chief Whiteduck explained that last November, the Union of Ontario Indians passed a resolution supporting the First Nations War on Illicit Drug Use and Trafficking. This resolution was passed by Chiefs in Assembly and supported by the Algonquins of Pikwakanagan council.

According to Chief Whiteduck, a local committee was formed to promote the message. The movement was so popular that throughout the spring it grew into a task force.

Chief Whiteduck said the task force has been meeting for months holding discussions with the Ontario Provincial Police to discuss strategies on discovering and eliminating drug trafficking in the community.

Chief Whiteduck takes exception to public opinion that says hard drugs originate from his community. He said the people of Pikwakanagan know that these drugs are being brought to the community where they are sold to children, youth and adults.

The message of Wednesday's walk is that this will not be tolerated.

"I don't know that the problem is more serious here than in other communities. We know there is some use in the community and that does concern us. Drugs have a negative influence and create problems for individuals, breakdown families and marriages and hurt community cohesion," he said.

Explaining further, he said Pikwakanagan is unique in that Algonquin culture, heritage and identity was impacted when his people were resettled onto a small piece of reservation land in 1873.

"We have struggled to revive our culture, language and heritage and we must now protect it again in order that it may be passed down to our future generations. We cannot allow that process to be endangered by harsh substance abuse," Chief Whiteduck said.

Future plans of the task force include holding information sessions, workshops, community walks, and other initiatives task force members feel will help make the community safer and more drug free.

BANANAS *emailed in to pass on (author unknown)*

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression 'going bananas' is from the effects of bananas on the brain. Read on:

Never, put your banana in the refrigerator!!!

This is interesting. After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the

inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around So maybe its time to change that well-known phrase so that we say, 'A banana a day keeps the doctor away!'

PS: Bananas must be the reason monkeys are so happy all the time! I will add one here; want a quick shine on our shoes?? Take the INSIDE of the banana skin, and rub directly on the shoe...polish with dry cloth. Amazing fruit!

“PROBLEM SOLVING COURTS AND COMMUNITIES WORKING TOGETHER”



PROVINCIAL CONFERENCE

**NOVEMBER
25, 26, 27, 2008**

Vancouver Island Conference Centre
101 Gordon Street, Nanaimo BC

THIS CONFERENCE WILL PRESENT VARIOUS MODELS OF COURT SYSTEMS AND COMMUNITY PROGRAMS. MODELS SUCH AS THE NEW VANCOUVER COMMUNITY COURT, GLADUE COURT, FIRST NATIONS COURT, DRUG TREATMENT COURT, TRIBAL COURT AND ABORIGINAL RESTORATIVE JUSTICE PROGRAMS AND MORE. THIS CONFERENCE WILL ENGAGE DIALOGUE ON A SERIES OF COMMUNITY ISSUES WITH KEY GOVERNMENT REPRESENTATIVE, ABORIGINAL COMMUNITY LEADERS, COMMUNITY MEMBERS, JUDICIAL LEADERS AND SERVICE DELIVERY AGENCIES.

Evening Banquet: We are celebrating our 35th Anniversary and cordially invite you to attend and celebrate on November 26th at 6:00 pm at the Vancouver Island Convention Centre Ballroom. Evening event will include a First Nations fashion show, Aboriginal dancers, silent auction, door prizes, and much more.

NATIVE COURTWORKER
AND COUNSELLING ASSOCIATION OF BRITISH COLUMBIA

GUEST SPEAKERS:

Honourable Wally Oppal
Attorney General

Honourable John Van Dongen
Solicitor General and Public Safety

Chief Judge Hugh Stansfield
BC Provincial Court

Judge Thomas Gove
Vancouver Community Court

Judge Marion Buller-Bennett
First Nations Court

Johnathan Rudin, Gladue Court
Aboriginal Legal Services
of Toronto

Judge Emma Dulick
Tribal Courts
Washington State

Scott Fraser
MLA Alberni Qualicum

Justice Richard Schneider
Toronto Mental Health Court

Grand Chief Edward John
First Nations Summit
BC Leadership Council

Bruce Dumont
President, Metis Nation of BC

And others

Conference Fees:
all 3 days for \$95

Evening Banquet Cost:
\$40

Conference Special \$125
for both
Conference and Banquet

**Rates change after
November 14, 2008**

**FOR MORE INFORMATION PLEASE CONTACT:
Native Courtworker and Counselling Association of BC**

Carol-Ann Nickel
Tel: 604-985-5355 Ext 301
Toll Free: 1-877-811-1190
Fax: 604-985-8933
Email: cnickel@nccabc.net
website: www.nccabc.ca

Registration forms available at www.nccabc.ca

Registration deadline: November 14, 2008

Vendor/Info booth space available \$300/table

THE NATIVE COURTWORKER AND COUNSELLING ASSOCIATION OF BC
 "PROBLEM-SOLVING COURTS AND
 COMMUNITIES WORKING TOGETHER"
PROVINCIAL CONFERENCE
 November 25, 26, 27
 VANCOUVER ISLAND CONFERENCE CENTRE
 101 Gordon St., Nanaimo, B.C.

ON-LINE REGISTRATION FORM

OR: Please print complete and fax to 604-985-8933 or save and email to cnickel@nccabc.net

Last Name:		First Name:	
Title:			
Organization:			
Department/Division:			
Street Address:			
City:		Postal Code:	
Phone: ()	Cell: ()	Fax: ()	
Email:		Other Email:	
Dietary Requirements:		Special Needs:	
Emergency Contact:			
CONFERENCE REGISTRATION FEE: \$95 for the 3 days <input type="checkbox"/> BANQUET FEE: \$40 <input type="checkbox"/> will attend <input type="checkbox"/> will not attend OR CONFERENCE SPECIAL: \$125 for both the Conference and Banquet fees <input type="checkbox"/>			
AFTER NOVEMBER 14, 2008 CONFERENCE REGISTRATION FEE: \$110 for the 3 days <input type="checkbox"/> BANQUET FEE: \$50 <input type="checkbox"/> will attend <input type="checkbox"/> will not attend Make cheque or money order payable to Native Courtworker and Counselling Association of BC Mail Payment to: #207 - 1999 Marine Drive, North Vancouver, B.C., V7P 3J3			
HOTEL ACCOMMODATION: Accommodation located in the vicinity of the Vancouver Island Conference Centre will be posted on our website at: www.nccabc.ca			
TRAVEL: Each participant is responsible for their own travel and accommodation arrangements. You can in book your travel by contacting Sandy Sundar at Marlin Travel in Park Royal South, West Vancouver at: 1877-454-1144			
MEALS: Breakfast, lunch and Coffee Breaks will be provided each day of the Conference			

ON-LINE REGISTRATION

OR: Fax your completed Registration form to 604-985-8933.

Or save form and email to cnickel@nccabc.net

REGISTRATION DEADLINE: November 14, 2008

In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence we have 'the rule of thumb'

Many years ago in Scotland, a new game was invented. It was ruled 'Gentlemen Only...Ladies Forbidden'...and thus, the word GOLF entered into the English language.

The first couple to be shown in bed together on prime time TV was Fred and Wilma Flintstone.

Every day more money is printed for Monopoly than the U.S. Treasury.

Men can read smaller print than women can; women can hear better.

Coca-Cola was originally green.

It is impossible to lick your elbow.

The State with the highest percentage of people who walk to work: Alaska

The percentage of Africa that is wilderness: 28% (now get this...) The percentage of North America that is wilderness: 38%

The cost of raising a medium-size dog to the age of eleven: \$ 16,400

The average number of people airborne over the U.S. In any given hour: 61,000

Intelligent people have more zinc and copper in their hair.

The first novel ever written on a typewriter, Tom Sawyer.

The San Francisco Cable cars are the only mobile National Monuments.

Each king in a deck of playing cards represents a great king from history:

Spades - King David

Hearts - Charlemagne

Clubs - Alexander, the Great

Diamonds - Julius Caesar

$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air, the person died because of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

Only two people signed the Declaration of Independence on July 4, John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until 5 years later.

Q. Half of all Americans live within 50 miles of what? A. Their birthplace

Q. Most boat owners name their boats. What is the most popular boat name requested? A. Obsession

Q. If you were to spell out numbers, how far would you have to go until you would find the letter 'A'?

A. One thousand

Q. What do bulletproof vests, fire escapes, windshield wipers and laser printers have in common?

A. All were invented by women.

Q. What is the only food that doesn't spoil? A. Honey

Q. Which day are there more collect calls than any other day of the year? A. Father's Day

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes, the mattress tightened, making the bed firmer to sleep on. Hence the phrase... 'Goodnight, sleep tight'

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

In English pubs, ale is ordered by pints and quarts... So in old England, when customers got unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down.' It's where we get the phrase 'mind your P's and Q's'

Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. 'Wet your whistle' is the phrase inspired by this practice.

1. I love you not because of who you are, but because of who I am when I am with you.

2. No man or woman is worth your tears, & the one who is, won't make you cry.

3. Just because someone doesn't love you the way you want them to, doesn't mean they don't love you with all they have.

4. A true friend is someone who reaches for your hand & touches your heart.

5. The worst way to miss someone is to be sitting right beside them knowing you can't have them

6. Never frown, even when you are sad, because you never know who is falling in love with your smile.

7. To the world you may be one person, but to one person you may be the world.

8. Don't waste your time on someone, who isn't willing to waste their time on you.

9. Maybe God wants us to meet a few wrong people before meeting the right one, so that when we finally meet the person, we will know how to be grateful.

10. Don't cry because it is over, smile because it happened.

11. There's always going to be people that hurt you so what you have to do is keep on trusting & just be more careful about who you trust next time around..

12. Make yourself a better person & know who you are before you try & know someone else & expect them to know you.

13. Don't try so hard, the best things come when you least expect them to.

(emailed in to pass on, author unknown)

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

For information on the Residential School Settlement's Common Experience Payment please call:
Service Canada at 1-866-699-1742

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
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.

PROVERBS:

1. Flattery will get you nowhere.
2. Flattery will get you everywhere.
3. Forewarned is forearmed.
4. Haste makes waste.
5. If at first you don't succeed try, try and try again.
6. It's never too late.

BIBLE QUOTES:

"The Lord looked down from heaven upon the children of men, to see if there were any that did understand, and seek God." Psalm 14:2

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

Psalm 13:5-6

"Offer unto God thanksgiving: and pay thy vows unto the most High."

Psalm 50:14

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

Happy! Happy! Birthday To All Elders Born in November!!

Scorpio—The Intense One (Oct. 23—Nov 21)

Very energetic. Intelligent. Can be jealous and/or possessive. Hardworking. Great kisser. Can become obsessive and secretive. Holds grudges. Attractive. Determined. Loves being in long relationships. Talkative. Romantic. Can be self-centered at times. Passionate and Emotional.

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

There are no updates at this time for the next Elders Gathering, but they will be posted here as soon as they become available.