



# 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.

**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. Thank you, Donna Stirling, BCECCS Coordinator

**HAPPY BIRTHDAY WISHES FOR NOVEMBER TO:**

Hazel Clifton, Jerry Hardy, Stan Frank, and Barbara Whyte from the K'omoks First Nation

And Happy 49th Wedding Anniversary Greetings to Andrew (Fudge) and Florence Alexander who celebrated on the 24th of October. Here's wishing you many more years from the Aqam community.

**Re-running the following message as information has not changed as yet.**

Dear Elders, First Nations Community Members:

Re: Annual Elders Gathering

There is nothing to announce in this issue of your Elders Voice except that the new host group and community is working on the arrangements for 2010. Typically the date for the next event is not announced until Dec. or early in the New Year, so please carry on with your fundraising efforts to attend the event, and book your rooms as soon as the dates are released. Please be assured that the second the dates are available they will be on the front page of the E.V. Sincerely, Donna Stirling, BCECCS

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## Easy Bakers Corner – Banana Crunch Bread

Preheat oven to 325°F. Grease a 8"x4" loaf pan.

For Topping:

Combine 1/2 cup flaked coconuts, 1/4 cup brown sugar, packed , 1 Tbsp. butter and 1 Tbsp. of all purpose flour in a small bowl and set aside.

For Batter:

Mix 1/3 cup canola oil, 3/4 cup of sugar, 1 tsp. vanilla, and 2 eggs in a large bowl. Add 1 cup of mashed banana and stir until incorporated.

Add 1 & 3/4 cups all purpose flour, 1 & 1/2 tsp. baking soda, 1/4 tsp. of baking powder, and a pinch of salt and stir until flour is incorporated.

Add 3/4 cup of white chocolate chips. Pour into prepared pan. Top with remaining 1/4 cup of white chocolate chips and cover with tipping.

Bake in centre of preheated oven for about 65-75 minutes or until toothpick inserted in centre comes out clean. Cool in pan on rack.

Don't worry if bread seems a little darker than you would expect. It is still very moist and delicious.

### HANDY TIPS:

1. Use vertical strokes when washing windows outside and horizontal one for inside windows. This way you can tell which side has the streaks. Straight vinegar will get outside windows really clean. Generally, don't wash windows on a sunny day. They probably will dry too quickly and streak.

## What Can you please share?

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

Gilakasla, Donna Stirling

### 'PRESERVING THE PAST'

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

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

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

\*\*\*Comments? Please feel free to call in to the Communication Center - contact info is on the back page.\*\*\*

### Disclaimer:

Health articles, etc. are provided as a courtesy and neither the BC Elders Communication Center Society's Board/ Members or anyone working on its behalf mean this information to be used to replace your doctor's and other professional's advice. You should contact your family physician or health care worker for all health care matters. Information is provided in the Elders Voice for your reference only. And opinions contained in this publication are not those of Donna Stirling, Coordinator unless her name appears below the material.

# **BC ELDERS COMMUNICATION CENTER SOCIETY**

## **10th Year GRATITUDE LIST**

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

**Repeating Message From the Front Page:**

### **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.

Thank you,

Donna Stirling,  
BCECCS Coordinator  
Secretary, BC Elders Council

# The Biggest Myths About Swine Flu By Lauren Gelman, Prevention

**Believing these swine flu rumours may make you sick. Learn the truth about these 7 common misperceptions.**

**How bad is swine flu, really?** In many ways, it's really not that different from seasonal flu, experts say. But there are some important distinctions.

It's natural to feel a little anxious, if not downright panicky, about the possibility of you or a family member catching the swine flu. But before you worry about worst-case scenarios, let's put some things in perspective. The fact is, seasonal flu — the kind that circulates every fall and winter, year after year — kills 30,000 to 40,000 people. We just don't read about every single hospitalization or complication in the news. In comparison, current government predictions are calling for anywhere from 30,000 to 90,000 swine flu-related deaths this fall. That may sound like a lot, but keep in mind that it's out of hundreds of millions of potential infections — meaning that even as a worst-case scenario, only a small percentage of the US population would get seriously sick.

It's also just an early-in-the season ballpark estimate. Cases could decrease if everyone were to get vaccinated and take all the right precautions, especially washing their hands frequently and staying home when sick, says Robert Belshe, MD, professor of medicine and pediatrics at the Saint Louis University School of Medicine and director of the vaccine center at Saint Louis University, which is conducting clinical trials for the swine flu vaccine.

We're worried about swine flu because it's new — and there are so many misperceptions about how dangerous it is, who's at risk, and the best ways to avoid it. Before you stress further (it's bad for your immune system, you know) read the truth behind these 7 common swine flu rumors. It might mean the difference between getting sick and staying flu free.

## **1. Swine Flu is Much Worse Than Seasonal Flu**

So far, swine flu doesn't seem to be more virulent than seasonal flu (symptoms are largely the same), but it is slightly more contagious. According to a new study from Cornell University, every person infected with swine flu puts 1.5 other people at risk in the few days before they themselves experience symptoms. With seasonal flu, that number is about 1.3.

Part of the reason why swine flu is more transmissible is that most people don't have any immunity to it, unlike other seasonal flu strains, to which we may have been exposed before (this gives our immune system a leg up in fighting off the virus).

## **2. Young, Healthy People Shouldn't Worry**

Unlike seasonal flu, which has the most serious health effects in people older than 65, with swine flu incidences

so far, 75% of serious cases and 60% of deaths have occurred in people younger than 49, according to recent CDC data. But some experts believe that it's not so much that young people are more vulnerable, it's that older adults are less at risk. About one-third of adults over age 60 have some kind of pre-existing immunity to the H1N1 strain, according to CDC data. (There were likely strains similar to the current swine flu circulating when they were children).

What this means for you: Unless you have a chronic condition that's shown to increase complications of swine flu (pregnancy, asthma, diabetes, or heart, kidney, or liver disease), you'll likely battle the flu and come out just fine, says Allison Aiello, PhD, assistant professor of epidemiology at the University of Michigan School of Public Health. But that doesn't mean you should blow off preventive measures. No matter what your age, be a vigilant handwasher and instill the habit in your kids. Get vaccinated for swine flu if you're eligible (as well as for seasonal flu). Avoid people who are sick if you can. And pay attention to symptoms (most commonly fever, sore throat, cough, runny nose, sneezing, muscle aches, fatigue/exhaustion — and in some cases, diarrhea, headache, and a stiff neck). If you feel sick, don't be a warrior. Stay home, rest, and drink plenty of fluids to help ensure that your body fights off the flu instead of developing complications.

## **10 worst things for your immune system.**

### **3. The Flu Vaccine Can Cause the Flu**

"We hear this rumor all the time," says Rachel Vreeman, MD, assistant professor of pediatrics in the Children's Health Services Research Program at the Indiana University School of Medicine. "A lot of people will say, 'I don't want to get the flu shot because I got a minor case of the flu from it once.' " First, you should know that flu shots are made with dead strains of the virus, which means they can't replicate. While you can get swelling and achiness at the injection site and a low-grade fever, this is just how some peoples' bodies respond to the vaccine. They're not symptoms of the flu, only a minor side effect of getting the shot. They should pass in about 24 hours or so.

## **Should you get vaccinated against the swine flu? Discuss it with your doctor .**

### **4. It's Better to Get the Flu Than Get Vaccinated**

Because many swine flu cases in the spring were so mild, there were rumblings of some parents wanting to pull a chicken pox-party move: Bring your healthy kid into contact with a swine flu-infected one, so he could get sick, recover, and develop immunity to the virus on his own. However, most flu experts, including the CDC, could not disagree with this strategy more.

The problem, in a nutshell, is that there's no way to tell how a given person will respond to flu infection. The vast majority will recover well, but in some otherwise healthy children and adults, it can take a serious, even life-threatening turn. "The risk of side effects from the flu vaccine is very low, and right now the risk of contracting the flu is very high," says Belshe.

## **5. If You Get Swine Flu, Go to the ER**

If your flu case is mild, the best thing to do is stay home and treat the symptoms (take a fever/pain reducer, like acetaminophen or ibuprofen, and get plenty of rest and fluids) and avoid infecting others. A trip to the ER will likely just expose you to people who are sicker than you, increase wait times for people who really need the medical attention, and give you the opportunity to unwittingly infect others, says Stephen Morse, PhD, professor of clinical epidemiology at the Mailman School of Public Health at Columbia University. If you're concerned, see your doctor and ask for an antiviral medication, but these are best used for people at risk of flu complications or who have severe cases — most healthy people don't need them. At best, they'll shave half a day to a day off your symptoms. Keep in mind they're most effective within the first 24 hours of symptom onset.

**Of course, if you have risk factors for flu complications, see your doctor right away. And be aware of the following warning signs from the CDC, which should prompt you to get immediate medical attention:**

- 1. Difficulty breathing or shortness of breath**
- 2. Pain or pressure in the chest or abdomen**
- 3. Sudden dizziness or confusion**
- 4. Severe or persistent vomiting**
- 5. Flu symptoms that improve but then return with fever and worse cough**

## **6. Masks Keep You Safe**

The effectiveness of masks for average people (not health care workers) is still debatable. Most experts agree that vaccines and perhaps regular hand washing are far more effective flu fighters than are masks. One time when they may be useful: If you're the one who is sick, donning a mask may prevent the spread of airborne particles that could then infect others. If you're taking care of sick children, wearing a mask might not be a bad idea. But to walk around with one if you're not infected is probably not doing much. In fact, some experts worry that wearing masks might provide people with a false sense of security — and make them less likely to wash their hands as vigorously or observe other healthy protective habits.

## **7. Go Back to Work Once You Feel Better**

This isn't the time to be a hero at the office. Experts urge swine flu sufferers, both kids and adults, to stay home for at least 24 hours after fever goes away without the use of fever-reducing meds. You can still shed some flu virus after symptoms are gone. Based on data from infections last spring, most nonhospitalized people had a fever for 2 to 4 days, which would lead to being out of work or school for 3 to 5 days on average.

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

# Freighter damaged along proposed B.C. shipping lane

## Ship suffers severe damage, raising questions about safety of oil and gas supertanker taking route

Mark Hume/Vancouver— From Friday's Globe and Mail

Last updated on Saturday, Oct. 03, 2009 03:29AM EDT

Questions are being raised about the safety of a proposed shipping channel for oil and gas supertankers on British Columbia's central coast after a freighter struck rocks near Kitimat.

The Petersfield, a 41,000 deadweight ton bulk carrier loaded with soda ash and lumber products, sustained severe damage to its bow during the mishap in Douglas Channel last Friday night.

The freighter, which took on water but did not spill any pollutants, is under tug escort Friday, headed for ship repair yards in Vancouver.

The incident came to light Thursday after the Gitga'at First Nation issued a press release asking what had caused the heavy damage to a ship that came limping into Kitimat harbour.

"The ship currently docked at Kitimat looking like a prizefighter with a broken nose is an ugly reminder of the threat posed by proposed pipelines and tanker traffic to the territory of the Gitga'at First Nation," said the statement issued by the band, which is based in Hartley Bay, on Douglas Channel.

The Gitga'at have long been concerned about the supertankers that will be using the channel if the Enbridge Northern Gateway Pipelines project goes ahead. The proposed pipeline would link the Alberta oil sands to the port of Kitimat, which would be served by ships known as VLCC's, or very large crude carriers, of up to 320,000 deadweight tons. The Exxon Valdez, which ran aground and caused a massive oil spill off Alaska in 1989, was 211,000 DWT.

"Even at its relatively small size, the Petersfield came close to causing environmental damage because she was likely carrying thousands of barrels of fuel," said the statement.

"If, for whatever reason, a ferry or a small freighter cannot successfully navigate our precarious waterways, what assurances can be offered that a VLCC will never hit a submerged pinnacle or unfamiliar islet," the band asked.

The Gitga'at got a close look at a shipping disaster three years ago when the BC Ferries vessel, Queen of the North, ran aground nearby and sank within minutes.

Chris Wilson, Marine Use Planning Co-ordinator for the Haisla band, located near Kitimat, says the band is worried a tanker could spill oil onto shellfish beds.

"If you look at the Exxon Valdez, a lot of the stocks there have not recovered from that yet. It's a long-term impact if there is a spill," he said.

But Steve Greenaway, vice-president of public and government affairs for Enbridge Northern Gateway Pipelines, said there is little chance an oil tanker could have a similar accident.

He said Enbridge experts have travelled the world studying oil-port and tanker technology and are confident a fail-safe system can be engineered for Kitimat.

One safety feature, he said, will see oil tankers tethered to powerful, state-of-the-art tugs as they transit coastal waters.

"We have simulated similar incidents [on computers]," he said of the Petersfield accident. "And we have found the tethered escort acts as a very good safety mechanism. The tug can prevent that type of accident."

Kevin Obermeyer, president and CEO of Pacific Pilotage Authority, said the Petersfield "experienced a gyro data input failure," which knocked out several bridge systems, including steering.

"This resulted in the vessel rapidly going off course in the Douglas Channel, in the vicinity of the western end of Maitland Island," he said in an e-mail.

The Pacific Pilotage Authority provides pilots to guide ships through inshore waters on the B.C. coast.

Carrie Mishima, communications consultant for Canadian Coast Guard, said the Petersfield took on water after hitting the rocks, but did not spill oil.

"It sustained some damage to the forepeak [the forward part of a vessel's hull] but the pumps were able to keep up with the water going in. There was no pollution or injuries or loss of life reported," she said.

Rod Nelson, a spokesman for Transport Canada, said hull damage was inspected by divers after the ship returned to Kitimat.

"Transport Canada inspected the vessel and it was cleared to sail to Vancouver for repairs with a tug escort and at reduced speed ... and our marine inspectors will ensure the vessel is repaired as required prior to the vessel departing," he said.

Mr. Nelson said the Transportation Safety Board is investigating the accident.



September 29, 2009

**Attention: Artisans**

### **2009 CANE Artisan Craft Fair**

I'm writing to inform you that the Annual Artisan Christmas Craft Fair of the Committee for the Advancement of Native Employment (CANE) will be held at Indian and Northern Affairs Canada (INAC) on Melville Street November 26 & 27, 2009 from 9a.m. to 4p.m.

There is no cost for the table; however, we are requesting a **donation** of your Artwork/Craftwork, which CANE will use towards our raffle for Charity. Please let me know what the item will be by November 16, so that the raffle tickets can be made up.

Applications should be sent by Thursday November 12<sup>th</sup>, 2009. This is to ensure that your passes will be ready for the Craft Fair.

- Day pass (application must be in by Nov 12/09)
- One table per person will be reserved
- If you cannot make it please notify co-ordinator within 5 days before the Craft Fair to **cancel** (this will give another Artist an opportunity to participate, as the space is limited)
- The application form can be filled out and sent to co-ordinator (if you wish, you can email the information as seen on the application form)
- Kitchen available if you decide to bring your own lunch

Please let me know as soon as possible if you are interested in participating in the Annual CANE Artisan Craft Fair. My contact information is:

Cindy Tait, Co-ordinator  
1138 Melville Street  
Vancouver, BC V6E 4S3  
Tel: 604.775.5935  
Fax: 604.666.2046  
[Cindy.Tait@inac-ainc.gc.ca](mailto:Cindy.Tait@inac-ainc.gc.ca)

T'ooyaksiy niin – *Thank you*

Cindy Tait

Encl: Application Form



# All Things Christmas CANE 2009

Application / Contract  
For Exhibit Space

CANE Annual  
Artisan Craft Fair

**First Come First Serve for both days**  
First 22 Applications will be accepted

Artist Name:	_____	Tel. Number:	_____
Mailing Address:	_____	Cell Number:	_____
City / Postal Code:	_____	E-Mail:	_____
First Nation Affiliation:	_____	Web-Site:	_____

Description of your Art or Craft: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

your choice of Day(s)      Thursday Nov 26/09:       &/or      Friday Nov 26/09 :

**Cost:** Donate an item to go towards raffle for Charity      Yes:       No:

Artisan Craft Fair contact:

Cindy Tait  
1138 Melville Street  
Vancouver, BC V6E 4S3  
Tel: 604.775.5935  
Fax: 604.666.2046  
[Cindy.Tait@inac-ainc.gc.ca](mailto:Cindy.Tait@inac-ainc.gc.ca)



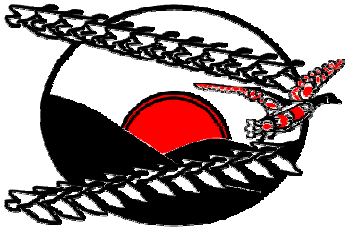
Applications must be submitted by:  
**November 12<sup>th</sup>, 2009**

Guest Day Pass:  
Will be confirmed  
once application  
is received

Indian & Northern Affairs  
BC CANE

CIDM 1431243

*Christmas joy warms the heart*



# THE BC ASSOCIATION OF ABORIGINAL FRIENDSHIP CENTRES

**Hosts:**



## ***“Our Health and Our Environment”***

At

**The Hyatt Regency Vancouver  
Vancouver, British Columbia  
March 10-13, 2010**

*Aboriginal Youth aged (14-24) are invited to take part in a dynamic conference on Aboriginal Health and the Environment. Many workshops, cultural activities, an interactive Health and Environment fair, evening entertainment and afternoon sport and recreation activities will be offered.*

**EARLY REGISTRATION \$125 UNTIL FEBRUARY 5<sup>th</sup>, 2010**

For every registered group of 5 youth, the 6<sup>th</sup> registrant is FREE!

**ACT FAST AS THIS INCENTIVE IS ONLY AVAILABLE FOR EARLY REGISTRATION**

**REGULAR REGISTRATION \$175 FROM FEBRUARY 6<sup>th</sup>, 2010 TO EVENT**

There must be one (1) chaperon for every five (5) participants 14-17 years of age.

*Information available at [www.bcaafc.com](http://www.bcaafc.com)*

For further information, please contact:

**Rosy Steinhauer, Youth Conference Coordinator**

BC Association of Aboriginal Friendship Centres

**E: [rsteinhauer@bcaafc.com](mailto:rsteinhauer@bcaafc.com)**

**P: (250) 388-5522 / 1-800-990-2432**

**F: (250) 388-5502**

## **ON BEING DENIED**

**My tears are gasoline,  
My snot explosive  
I piss sulphuric acid  
and dump brown bombs of hatred**

**Oh, God, yes, I hate  
the murderers of my People  
of my Family  
of my Ancestors  
of my Elders  
of myself  
Oh, God, yes, I hate**

**But their hatred dwarfs mine  
and mine hurts only me  
I bear the hurt alone  
I bear the hurt of the World  
Alone**

**And who will share my pain?  
You?  
Oh, take my hand then, Brother, Sister,  
And let us share the pain of the World  
Let us pool our tears of Sadness  
And drown our Great Grief  
Together  
You & I  
And the People**

**Yes, together**

***Mitakuye Oyasin*  
We are All related  
We are All One**

**\***

***~In the Spirit of Leonard Peltier~***

**[www.whoisleonardpeltier.info](http://www.whoisleonardpeltier.info)**

**[harveyarden@starpower.net](mailto:harveyarden@starpower.net)**

**[www.haveyouthought.com](http://www.haveyouthought.com)**

**<http://www.vimeo.com/5313449--video>**

# OUR LAND IS OUR FUTURE

## UNION OF BRITISH COLUMBIA INDIAN CHIEFS

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Tel: 604-684-0231  
Fax: 604-684-5726  
1-800-793-9701  
Email: [ubcic@ubcic.bc.ca](mailto:ubcic@ubcic.bc.ca)  
Web: [www.ubcic.bc.ca](http://www.ubcic.bc.ca)

October 20, 2009

Honourable Gail Shea  
Department of Fisheries and Oceans Canada

Honourable Steve Thomson  
Ministry of Agriculture and Lands

Dear Ministers

**Re: OPEN LETTER: UBCIC resolution no. 2009-36, BC First Nation's Statement of Solidarity on Aquaculture**

We are writing with respect to Union of BC Indian Chiefs (UBCIC) resolution no.2009-36, BC First Nation's Statement of Solidarity on Aquaculture which was carried at the Union of BC Indian Chiefs Annual General Assembly on September 18, 2009 (enclosed).

The UBCIC Chiefs-in-Assembly have affirmed and endorsed the principles as articulated in the Statement of Solidarity on Aquaculture (UBCIC resolution no.2009-35, enclosed). Accordingly, the Chiefs-in-Assembly call upon senior officials from Ministry of Agriculture and Lands and the Department of Fisheries and Oceans Canada to meet with the First Nations Fisheries Council and the Aquaculture Working Group immediately to discuss the proposed change of jurisdiction of the aquaculture industry from the Province to the Federal Government and ensure that First Nations are full participants on a government-to-government level in these jurisdictional discussions.

Given the timeline provided by the Supreme Court of BC in the *Morton*<sup>1</sup> it is imperative that Federal and Provincial officials meet with the First Nation leadership and engage on this issue as agreed upon in previous meetings between the First Nations Fisheries Council, Ministry of Agriculture and Lands and Pacific Region Department of Fisheries.

If there are any questions or comments please contact Chief Bob Chamberlain, Secretary-Treasurer at (778) 988-9282 or Maureen Grant, Policy Analyst at [mgrant@ubcic.bc.ca](mailto:mgrant@ubcic.bc.ca) or at (604)684-0231.

On behalf of the UNION OF BC INDIAN CHIEFS

Grand Chief Stewart Phillip  
President

Chief William Charlie  
Vice-President

Chief Robert Chamberlain  
Secretary-Treasurer

<sup>1</sup> *Morton v. British Columbia (Agriculture and Lands)*, 2009 BCSC 660

# OUR LAND IS OUR FUTURE

## UNION OF BRITISH COLUMBIA INDIAN CHIEFS

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1-800-793-9701  
Email: [ubcic@ubcic.bc.ca](mailto:ubcic@ubcic.bc.ca)  
Web: [www.ubcic.bc.ca](http://www.ubcic.bc.ca)

### UNION OF B.C. INDIAN CHIEFS 40<sup>TH</sup> ANNIVERSARY ANNUAL GENERAL ASSEMBLY SEPTEMBER 16<sup>TH</sup> – 18<sup>TH</sup>, 2009 HARRISON HOT SPRINGS, B.C.

Resolution no. 2009-36

#### RE: B.C. First Nations Statement of Jurisdiction on Aquaculture

**WHEREAS** First Nations in British Columbia have constitutionally protected title and rights that have been affirmed by the Supreme Court of Canada and by international conventions and local and international treaties, including the *United Nations Declaration on the Rights of Indigenous Peoples*;

**WHEREAS** through the *New Relationship*, the *First Nations-Federal Crown Political Accord on the Recognition and Implementation of Title and Rights*, and the *Transformative Change Accord*, the federal and provincial governments have agreed to work toward the implementation of a government-to-government relationship with First Nations based on respect, recognition and accommodation of title and rights;

**WHEREAS** the judgment in the *Morton* case resulted in a ruling by the B.C. Supreme Court that “fish which are reared in finfish farms on the coast of British Columbia fall under the jurisdiction of Parliament under s. 91(12) of the Constitution Act 1867, and the purpose and legal effect of the specific provincial legislation... was the management and regulation of a fishery” and “the petitioners had demonstrated that the impugned provincial legislation... was *ultra vires* the provincial crown and thus invalid. I ordered that the present provincial regulatory scheme with respect to finfish farming in British Columbia would continue for a further 12 months, to permit the Federal Government to enact legislation for the regulation of finfish farming...”

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Certified copy of a resolution adopted on the 18<sup>th</sup> day of September of 2009 in Harrison Hot Springs, British Columbia

Grand Chief Stewart Phillip, President

2009-36  
Page 1 of 3

**WHEREAS** as a result of the *Morton*<sup>1</sup> case, management of the aquaculture industry will require significant reform in order to balance the management responsibilities and jurisdictions of both the federal and provincial governments. Although it is unclear whether the federal government will assume a more active role in aquaculture management in B.C., what is clear is that B.C. First Nations must be actively involved in any legislative, policy and/or decision-making process to reform the aquaculture industry in B.C.;

**WHEREAS** Article 26 of the *United Nations Declaration on the Rights of Indigenous Peoples* provides that:

1. Indigenous peoples have the right to the lands, territories and resources which they have traditionally owned, occupied or otherwise used or acquired.
2. Indigenous peoples have the right to own, use, develop and control the lands, territories and resources that they possess by reason of traditional ownership or other traditional occupation or use, as well as those which they have otherwise acquired.
3. States shall give legal recognition and protection to these lands, territories and resources. Such recognition shall be conducted with due respect to the customs, traditions and land tenure systems of the indigenous peoples concerned.

**WHEREAS** Article 27 of the *United Nations Declaration on the Rights of Indigenous Peoples* provides that, "States shall establish and implement, in conjunction with indigenous peoples concerned, a fair, independent, impartial, open and transparent process, giving due recognition to indigenous peoples' laws, traditions, customs and land tenure systems, to recognize and adjudicate the rights of indigenous peoples pertaining to their lands, territories and resources, including those which were traditionally owned or otherwise occupied or used. Indigenous peoples shall have the right to participate in this process.

**WHEREAS** Article 29 of the *United Nations Declaration on the Rights of Indigenous Peoples* provides that:

1. Indigenous peoples have the right to the conservation and protection of the environment and the productive capacity of their lands or territories and resources. States shall establish and implement assistance programmes for indigenous peoples for such conservation and protection, without discrimination.
2. States shall take effective measures to ensure that no storage or disposal of hazardous materials shall take place in the lands or territories of indigenous peoples without their free, prior and informed consent.
3. States shall also take effective measures to ensure, as needed, that programmes for monitoring, maintaining and restoring the health of indigenous peoples, as developed and implemented by the peoples affected by such materials, are duly implemented.

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<sup>1</sup> *Morton v. British Columbia (Agriculture and Lands)*, 2009 BCSC 660.

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Certified copy of a resolution adopted on the 18<sup>th</sup> day of September of 2009 in Harrison Hot Springs, British Columbia



Grand Chief Stewart Phillip, President

**WHEREAS** Article 32 of the *United Nations Declaration on the Rights of Indigenous Peoples* provides that:

1. Indigenous peoples have the right to determine and develop priorities and strategies for the development or use of their lands or territories and other resources.
2. States shall consult and cooperate in good faith with the indigenous peoples concerned through their own representative institutions in order to obtain their free and informed consent prior to the approval of any project affecting their lands or territories and other resources, particularly in connection with the development, utilization or exploitation of mineral, water or other resources.
3. States shall provide effective mechanisms for just and fair redress for any such activities, and appropriate measures shall be taken to mitigate adverse environmental, economic, social, cultural or spiritual impact.

**WHEREAS** the principles of reconciliation, respect and recognition of First Nations title and rights must be paramount in any legislative, policy or decision-making process regarding changes to the aquaculture industry. At a minimum, the honour of the Crown requires both the federal and provincial governments to minimize any infringement to title and rights, and to engage in appropriate consultation and accommodation processes;

**WHEREAS** the Aquaculture Working Group was established, by resolution of the Union of BC Indian Chiefs, First Nations Summit and the BC Assembly of First Nations to engage with the province of British Columbia to address and advocate for First Nations title and rights issues that have a bearing on the management and regulation of the aquaculture industry; and

**WHEREAS** the First Nations Fisheries Council has been empowered by First Nations leadership in B.C. to implement the B.C. First Nations Fisheries Action Plan and part of this task includes working to advance title and rights, to build capacity, and to help facilitate discussions with the federal and provincial governments regarding the recognition of First Nations inherent rights with respect to the management of fisheries and aquatic resources.

**THEREFORE BE IT RESOLVED** that the Chiefs-in-Assembly call upon the First Nations Fisheries Council and the Aquaculture Working Group to meet both senior headquarter officials from the Ministry of Agriculture and Lands and the Department of Fisheries and Oceans Canada surrounding the proposed change of jurisdiction over the aquaculture industry resulting from the *Morton* decision and ensure that First Nations are full participants on a government-to-government level in the jurisdictional discussions.

**Moved:** Chief Sidney Douglas, Cheam First Nation  
**Seconded:** Chief Dalton Silver, Sumas First Nation  
**Disposition:** Carried  
**Date:** September 18, 2009

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Certified copy of a resolution adopted on the 18<sup>th</sup> day of September of 2009 in Harrison Hot Springs, British Columbia



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Grand Chief Stewart Phillip, President

2009-36  
Page 3 of 3

**October 2009 – Centre for Aboriginal Health Research (CAHR) published its first book - The Crisis of Chronic Disease among Aboriginal Peoples: A Challenge for Public Health, Population Health and Social Policy.**

Centre for Aboriginal Health Research (CAHR) at University of Victoria and centre director Dr. Jeff Reading are pleased to announce their second publication: [The crisis of chronic disease among Aboriginal Peoples: A challenge for public health, population health and social policy.](#)

This book has been published by the CAHR and will be distributed by Network Environments for Aboriginal Research BC (NEARBC) **FREE** of charge. Michael Smith Foundation of Health Research (MSFHR), Canadian Institutes of Health Research (CIHR) and Network Environments for Aboriginal Research BC (NEARBC) are the funders which made this free distribution possible.

If you wish to receive a hard copy or your organization wish to receive several hard copies of this book, please contact [Rachel Link](#) and provide your mailing address and [the number of copies required.](#)

This book is also made available through various venues including websites such as NEARBC (<http://www.nearbc.ca/index.php>) and CAHR (<http://www.cahr.uvic.ca/>).

Thank you,

Mary Hum-Wan  
Interim Programs Manager  
Network Environments for Aboriginal Research BC  
University of Victoria  
PO Box 1700, Station CSC  
Victoria, BC V8W 2Y2  
Tel: 250-472-5456; Fax: 250- 472-5450

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**Subject:** Connecting Citizens Grant Program Round Two

### **Announcing the Connecting Citizens Grant Program Round Two**

Network BC is pleased to introduce Round Two of the Connecting Citizens Grant Program, the latest in a series of initiatives to bridge the digital divide in British Columbia. This program is a multi-year grant initiative that helps to pay for infrastructure required to deliver high-speed Internet connectivity to more citizens in rural and remote locales of British Columbia.

The Connecting Citizens Grant Program is in response to rural community feedback that last mile infrastructure is critical to providing citizens with high-speed Internet access. This program is an opportunity for you to work with others in your locale to initiate a project for last mile connectivity to homes and businesses. Alternatively, please show your support for improved access to high-speed Internet connectivity by forwarding the following information to organizations/and or individuals positioned to take advantage of this program.

Round Two of the Connecting Citizens Grant Program will see \$1.5 million allocated to program delivery in fiscal 2009/10. Under this program, Network BC will grant up to \$50,000 per application to eligible applicants who can demonstrate an ability to expand Internet service to more British Columbians in rural and remote areas.

Network BC is committed to bridging the digital divide and ensuring that all British Columbians can share in the economic and social benefits that connected communities can bring.

Applications must be received no later than 16:30 PST (4:30pm PST) November 23, 2009. For further information or to apply for a grant for your locale, please refer to the Network BC website at <http://www.network.gov.bc.ca> or call 250 356-6118.

Sincerely,

Wilf Bangert

Wilf Bangert, Executive Director  
Network BC  
Office of the Chief Information Officer  
Ministry of Citizens' Services  
Email: [digitaldivide@gov.bc.ca](mailto:digitaldivide@gov.bc.ca)  
Phone: (250) 356-6118 FAX: (250) 952-0254

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Hello,

Industry and Labour Services of WorkSafeBC has just released a video on how to care to people with dementia - Working with Dementia: Safe Work Practices for Caregivers. The video is relevant to all levels of care, and is appropriate for employers, supervisors, workers, and educators. It would also be helpful for people who are caring for a family member with dementia at home.

The video consists of a series of modules. The introductory module provides general information on dementia. The remaining modules use enactments to portray situations that caregivers may encounter when caring for a person with dementia, and show how to respond in order to stay safe and support the person with dementia. The video can be viewed or downloaded for free at: <http://www2.worksafebc.com/Portals/HealthCare/Home.asp>

To help promote this video, we are hoping that you will consider advertising the either of the attached ads. These are low resolution and would be appropriate for an electronic newsletter, web page or email attachment. If you require an ad for print media or want more information, please email: [indlabr@worksafebc.com](mailto:indlabr@worksafebc.com)

Regards, Industry and Labour Services – Healthcare

Hi Donna,

I'm selling this passenger bus and thought you might know of someone who'd be interested.



**2005 F450 22 Passenger Bus**

**A/C and Heat**

**Large rear storage compartment**

**High back reclining seats with seat belts**

**New tires**

**172,000 kms**

**New Commercial Inspection in place**

**Well serviced and maintained**

**\$34,500 OBO**

**Please pass on the info to anyone you know who may be in the market for a good used bus.**

**Thanks**

**Geoff Greenwell**

**Email: [geoff@okanagannation.com](mailto:geoff@okanagannation.com)**

## I WISH YOU ALL ENOUGH

Recently I overheard a Father and daughter in their last moments together at the airport. They had announced the departure.

Standing near the security gate, they hugged and the Father said, 'I love you, and I wish you enough.'

The daughter replied, 'Dad, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Dad.'

They kissed and the daughter left. The Father walked over to the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, 'Did you ever say good-bye to someone knowing it would be forever?'

'Yes, I have,' I replied. 'Forgive me for asking, but why is this a for ever good-bye?'

'I am old, and she lives so far away. I have challenges ahead and the reality is - the next trip back will be for my funeral,' he said.

'When you were saying good-bye, I heard you say, 'I wish you enough.' May I ask what that means?'

He began to smile. 'That's a wish that has been handed down from other generations. My parents used to say it to everyone..'

He paused a moment and looked up as if trying to remember it in detail, and he smiled even more. 'When we said, 'I wish you enough,' we were wanting the other person to have a life filled with just enough good things to sustain them.'

Then turning toward me, he shared the following as if he were reciting it from memory.

I wish you enough sun to keep your attitude bright no matter how gray the day may appear.

I wish you enough rain to appreciate the sun even more.

I wish you enough happiness to keep your spirit alive and everlasting.

I wish you enough pain so that even the smallest of joys in life may appear bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess..

I wish you enough hellos to get you through the final good- bye.

He then began to cry and walked away.

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them; but then an entire life to forget them.

**For:** Okanagan Nation Alliance

**Contact:** Grand Chief Stewart Phillip, Chairperson, Okanagan Nation Alliance

Primary Phone: 250-490-5314

**Date issued:** October 23, 2009, 20:05 e

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

**Okanagan Nation Maintains Opposition to Clear-cut Logging**

*Supports the Okanagan Indian Band Protecting Brown's Creek*

Vernon, BC, PRESS RELEASE, Oct.23 /CCNMatthews/ - The Okanagan Nation Alliance (ONA) is currently undertaking the necessary steps to prevent clear-cut logging of the Brown's Creek Watershed. The Province's claim to title and jurisdiction to the Brown's Creek Watershed is challenged by the Wilson case by the Okanagan Nation in the watersheds in a dispute that has been before the Courts for over a decade.

Tolko was granted TFL 49 despite strong objections from the Okanagan Nation Alliance and the Okanagan Indian Band. The Courts granted the Okanagan Indian Band a preservation order to allow the preservation of evidence and trail-mapping evidence necessary to prove their Aboriginal Title. While the evidence is being collected, Tolko has decided it will log the litigation area and they issued notice and began logging on October 21, 2009. Okanagan leaders and members from many Okanagan communities organized themselves in defence of Okanagan Title and Rights and the carrying out of stewardship responsibilities entrusted to the Okanagan Nation.

Tolko informed the Okanagan Nation that it would be seeking an injunction in response to the Okanagan Nation activities within the Brown's Creek Watershed.

The Okanagan Nation stands committed to the protection and preservation of evidence of Okanagan Title and Rights through supporting the Wilson litigation which has been on-going in good faith for ten (10) years.

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**BROWN'S CREEK LOGGING DISPUTE UPDATE**

October 23, 2009

The Province's exclusive claim to title and jurisdiction to the Brown's Creek watershed has been the subject of a major legal challenge by Dan Wilson on behalf of the Okanagan Indian Band (Wilson case) this significant legal challenge has been before the courts for the last 10 years.

In spite of strong objections by the Okanagan Indian Band and the Okanagan Nation Alliance, Tolko was granted TFL 49.

Within the context of the Wilson case, the Okanagan Indian Band was granted a court-ordered Preservation Order to allow for the preservation of archaeological evidence and the mapping and documentation of cultural evidence.

While this vital archaeological evidence is being collected, Tolko made a unilateral declaration of their intent to commence clear-cut logging operations within the litigation area on October 21, 2009. In response, member communities of the Okanagan Nation Alliance have joined Chief Fabian Alexis of the Okanagan Indian Band and Chief Tim Manuel of the Upper Nicola Band in their fight to protect the Brown's Creek watershed. Grand

Chief Stewart Phillip, Chair of the Okanagan Nation Alliance and approximately 25 community members have assisted in the establishment of a check point at Bouleau Lake to monitor and manage the flow of traffic within the Brown's Creek watershed. The check-point site has been in operation for the last couple of days.

On Thursday, Tolko officials (Murray Wilson/Jim Knight) attended the check-point site and hand delivered a threatening letter from their legal counsel (Bull, Housser & Tupper-Daniel Bennett).

The letter demanded that all OKIB, UNB and ONA members immediately cease and desist from obstructing Tolko's effort to commence logging operations in the litigation area. Further, Tolko indicated they were intending on seeking an injunctive relief. When approached by Tolko representatives, there was no physical blockage of the road. Chief Alexis asked Jim Knight that Tolko respect Okanagan land, culture and watersheds and allow the elders, witnesses to continue working and mapping in the area. Today, through their legal counsel (Mandell-Pinder), OKIB, UNB, and ONA have responded to Tolko's recent legal intimidation tactics.

Based on legal discussions between legal counsels for both parties, it appears an Injunction Hearing will be held as early as November 19/20, 2009. Legal counsel for the OKIB, UNB and ONA offered to recommend that their clients 'stand down' in the event that Tolko agrees not to commence any logging activities until after the Injunction Hearing of November 19/20, 2009.

PDF COPY OF FULL CORRESPONDENCE:

[http://www.ubcic.bc.ca/files/PDF/ONA\\_BrownsCreek\\_102309.pdf](http://www.ubcic.bc.ca/files/PDF/ONA_BrownsCreek_102309.pdf)

- END RELEASE - 23/10/2009

For further information:

Chief Fabian Alexis, Okanagan Indian Band (M) 250-306-2838; Grand Chief Stewart Phillip, ONA Chairperson (M) 250-490-5314; Chief Tim Manuel, Upper Nicola Band (M) 250-378-1986

**Release ID:** 200910230002

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

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**JOKE (emailed in to pass along)**

Four Catholic men and a Catholic woman were having coffee.

The first Catholic man tells his friends, "My son is a priest, when he walks into a room, everyone calls him 'Father'."

The second Catholic man chirps, "My son is a Bishop. When he walks into a room people call him 'Your Grace'."

The third Catholic gent says, "My son is a Cardinal. When he enters a room everyone says 'Your Eminence'."

The fourth Catholic man then says, "My son is the Pope. When he walks into a room people call him 'Your Holiness'."

Since the lone Catholic woman was sipping her coffee in silence, the four men give her a subtle, "Well....?"

She proudly replies, "I have a daughter, slim, tall, 38D breasts, 24" stomach and 34" hips. When she walks into a room, people say, "Oh, My God."



# NEWS RELEASE

FOR IMMEDIATE RELEASE Oct 1, 2009

## **Jody Wilson-Raybould Elected New BC Regional Chief for the BC Assembly of First Nations**

West Vancouver BC. – Jody Wilson-Raybould of the We Wai Kai First Nation was elected BC Regional Chief for the BC Assembly of First Nations today at Chief Joe Mathias Centre in North Vancouver during the BCAFN Annual General Meeting. Wilson-Raybould won on the 3rd ballot garnering 54% of the vote.

### Results of 3<sup>rd</sup> Ballot

169 total ballots cast. 1 spoiled ballot

Jody Wilson-Raybould 91 (54%)

Shane Gottfriedson 77 (46%)

Jody Wilson Raybould's traditional name is Puglaas. She comes from the Musgamagw/Laich-Kwil-Tach people, part of the Kwakwaka'wakw, the Kwak'wala speaking people. She is a member of the We Wai Kai First Nation and lives in Cape Mudge Village, Quadra Island. Jody holds a Bachelor of Arts in History and Political Science. She obtained her law degree at UBC and was once a Provincial Crown Prosecutor in Vancouver's downtown eastside. She has been an elected commissioner to the BC Treaty Commission since 2003.

"I am honoured to have been elected by our chiefs in assembly and by our communities to this position," said the Regional Chief, "This is an office of all of our chiefs and nations and I look forward to working with each nation as we move forward and implement our aboriginal title and rights including treaty rights," she concluded.

### **Press Conference:**

When: Friday October 2, 2009 10:00am

Where: Westin Bayshore Hotel Vancouver

The BCAFN is a Political Territorial Organization (PTO) whose members are the 203 First Nations in British Columbia. The BCAFN is inclusive in its representation including First Nations involved in the treaty process and those that have chosen not to engage. In addition, the modern and historic treaty First Nations of BC are also members, which include the Nisga'a Nation, and the Douglas and Treaty 8 First Nations. An elected Regional Chief provides the political leadership and activities for the BCAFN, and this role is a three-year term, elected by the Chiefs of the First Nations of BC.

The Regional Chief represents the regional concerns of the BCAFN constituents on the AFN Executive Committee to ensure that regional perspectives are included in National political discussions and decision-making. The Regional Chief also holds specific portfolios that deal with national policy issues and concerns. The Regional Chief hosts regional assemblies that allow for the First Nations leadership of BC to engage in open socio-political discussion in order to provide direction and mandates to the Regional Chief that are community-driven.

-30-

### **For further information, contact:**

Anna Celesta

Cell: 604-378-5611

jodywilsonraybould@shaw.ca

**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 received  
in a timely manner please call in  
to the office.**

**The Real Definition of Words When Used By Women**

1. Fine - I am right. This argument is over. You need to shut up.
2. That's Okay - One of the most dangerous statements a women can make to a man. "That's okay" means she wants to think hard and long before deciding when and how you'll pay for your mistake.
3. Nothing - The calm before the storm. This means "Something" and you better be on your toes. Note: Arguments that start with "Nothing" usually end with "Fine" (See #1).
4. Five Minutes - If getting dress, this means half an hour. (Don't be mad about this. It's the same definition for you when it's your turn to do some chores around the house.
5. Go Ahead - This is a dare, not permission. (Don't Do It!)
6. Loud Sigh - Not actually a word but rather a non-verbal statement often misunderstood by men. It means she thinks you are an idiot and wonders why she is standing here wasting her time arguing with you about "Nothing." (See #3)

From [www.jokeclean.com](http://www.jokeclean.com)

***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 November!!**

**SCORPIO** - The Intense One (Oct. 23 - Nov. 21)

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

**PLEASE CHECK OUT OUR RE-VAMPED WEBSITE AT: [www.bcelders.com](http://www.bcelders.com)**

**ANNUAL BC ELDERS GATHERING INFORMATION CORNER**

***Special Thanks to the 2009 Host!!!***

***Info on the 2010 Gathering is not available from the new host as yet, but they  
are working on it.***