

Volume 7 Issue 12

November 2007



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

Remembrance Day - November 11th "LEST WE FORGET"

To have an application sent to you for the Residential School Settlement's Common Experience Payment please call Service Canada at 1-866-699-1742

32nd Annual BC Elders Gathering
July 7, 8, 9th 2008
(with early registration on July 6th, 2008)

Host: Friendship House Association of Prince Rupert
Address: 744 Fraser Street
Prince Rupert, BC
V8J 1P9
Phone: (250) 627-1717
Fax: (250) 627-7533

Dear Elders and Elders Support Workers,

There are no forms available as yet for 2008 and the Coordinator's name is to be announced soon, though rest assured they are all busy working on next year's event.

Look for an updates on the 2008 event in upcoming issues of the EV.

All the best, Donna Stirling, BCECCS Coordinator

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BC Elders Gathering Info Corner
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Proverbs/Bible Quotes/Quotes/Zodiac

Easy Bakers Corner – Vineyard Breakfast Cake - makes 1 loaf

Beat 1/2 cup of unsalted butter or margarine until light and creamy. Use an electric mixer, if possible. Beat in 2 1/4 cups of powdered sugar. Combine until fluffy. Add 1/2 tsp. of almond extract and 3 eggs, one at a time, beating after each addition.

In a separate bowl, combine 1 1/2 cups of all-purpose flour, 1 tsp. of baking powder and 1/2 cup of cornmeal, whole –grain, if possible. Stir with a whisk or a spoon to thoroughly combine. Add to butter mixture in two batches, beating after each addition.

Pour into a greased 9-by-5-inch loaf pan. Bake at 325°F for 50 minutes.

*Turn off oven. Let cake remain in oven for 1 hour.

Remove for pan and let cool. East and Tasty.

Handy Tips: Did You Know? Now look what you can do with Alka Seltzer®.....

Polish jewelry. Try dropping two tablets into a glass of water and immersing the jewelry for two minutes.

Clean a Thermos® type bottle. Fill the bottle with water, drop in four tablets, and let soak for an hour (or longer, if necessary).

Unclog a drain. Clear a sink drain by dropping three tablets down the drain followed by a cup of white vinegar. Wait a few minutes and then run the hot water.

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 (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

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8th GRATITUDE LIST

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

- 1. Gingolx Elders**
- 2. Seton Lake Elders**
- 3.**

Dear Elders Contact Person,

***If your office has paid the support fee, thank you very much for your assistance!**

***If your office/group has VOIDED the Invoice for this year and faxed it back in to this office, then thank you all very much, as it saves office time on this end having received a reply from you.**

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

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

Thank you for your continued support!
Donna Stirling, BCECCS Coordinator

National Aboriginal Veterans Association

HISTORY OF THE ORGANIZATION

In early 1981 a group of retired aboriginal veterans from the Canadian Armed Forces held a meeting and through their vision a new organization was born. Several associations were already in place such as the Royal Canadian Legion, Korean Veterans Association and numerous other Regimental Associations. However there was no organization or association strictly for the Aboriginal Veterans.

These founding members realized that although the aboriginal veterans served proudly alongside their fellow countrymen and women and allied forces, they felt a separate organization was necessary in order to remember their fallen comrades of Aboriginal blood.

The document came into existence on the 8th of Apr. 1981 and was titled the *National Indian Veterans Association*. It must be remembered several injustices were suffered by the Aboriginal Veterans and they felt a national organization with a definite set of goals and aims would enable them to present a unified voice to air their concerns.

It is not necessary to elaborate on these injustices. This will only bring injury to the wounds that are still festering and will still take some time to heal completely. Mention should be made though that no start up funds or grants were given to the veterans, any moneys received were through their own initiatives and fund raising.

The organization then and now consists of a President, Vice-President, Secretary, Treasurer and Sgt. At Arms. Meetings are held as required with a national meeting and special meeting at least once a year. There is no national office, but it is generally acknowledged to be in the home province of the national secretary.

Through an act in parliament the definition of Aboriginal was clearly defined, thus the constitution was amended to read as it exists today, and that is *National Aboriginal Veterans Association*.

Of course it has always been the aim of the association to work cooperatively with the Royal Canadian Legion and Department of Veterans Affairs, but in recent years we have been actively involved with maintaining and securing any benefits for our veterans. We also provide, as much as possible, a presence at the traditional cultural ceremonies whether they be funerals, or powwows.

Over the years, the association has grown in size and we now have a membership in several of the provinces and territories. It is the goal and aim of the present executive to have a large viable chapter in each province and territory of this great country. We know this is possible and hopefully this article will bring us more membership.

On the 21st of June 2000, a Medals Ceremony was held in Ottawa, and a selected few Aboriginal Veterans received their medal. June 21st 2001 marked the finalization of our [War Monument Project](#) with the unveiling and dedication. The Governor General and several other distinguished guests were on hand for the ceremony and wreath laying.

Above Information was found at www.magma.ca

National Aboriginal Veterans Monument

On June 21/01 on the occasion of National Aboriginal Day, a national monument to the Aboriginal Veterans was unveiled in Ottawa.

The unveiling is the result of the hard work and perseverance of the National Aboriginal Veterans Association (NAVA), the Congress of Aboriginal Peoples and Senator Nick Taylor. The work of artist Lloyd Pinay, the monument is reflective of all Aboriginal Peoples in Canada; Indians, Métis and Inuit.

Canadian Native Veterans have reason to be proud of their wartime contributions. More than 7,000 Indians served in the First and Second World Wars and the Korean War, and an unknown number of Inuit, Métis and non-status Indians also participated. One Aboriginal Veterans group estimates that 12,000 Natives served in the three wars. On each occasion, Aboriginal members of the armed forces soldiers overcame cultural challenges and made impressive sacrifices and contributions to help the nation in its efforts to restore world peace. It was an incredible response - consistent with a remarkable tradition.

A Day of Remembrance

Why Remember?

“We must remember. If we do not, the sacrifice of those one hundred thousand Canadian lives will be meaningless. They died for us, for their homes and families and friends, for a collection of traditions they cherished and a future they believed in; they died for Canada. The meaning of their sacrifice rests with our collective national consciousness; our future is their monument.” (*Heather Robertson, A Terrible Beauty, The Art of Canada at War. Toronto, Lorimer, 1977.*)

These wars touched the lives of Canadians of all ages, all races, all social classes. Fathers, sons, daughters, sweethearts were killed in action, were wounded, and many of those who returned were forever changed. Those who stayed in Canada also served - in factories, in voluntary service organizations, wherever they were needed.

Yet, for many of us, war is a phenomenon viewed through the lens of a television camera or a journalist's account of battles fought in distant parts of the world. Our closest physical and emotional experience may be the discovery of wartime memorabilia in a family attic. But even items such as photographs, uniform badges, medals, and diaries can seem vague and unconnected to the life of their owner. For those of us who were born during peacetime, all wars appear to be far removed from our daily activities.

As Canadians we often take for granted our current way of life, our freedom to participate in cultural and political events, and our right to live under a government of our choice. The *Charter of Rights and Freedoms* in our constitution ensures that all Canadians enjoy protection under the law. The Canadians who went off to war in distant lands went in the belief that such rights and freedoms were being threatened. They truly believed that "Without freedom there can be no ensuring peace and without peace no enduring freedom." (King George VI at dedication of National War Memorial, Ottawa, May 21, 1939.)

In remembering their service and their sacrifice, we recognize the tradition of freedom they fought to preserve. These men and women had faith in the future and by their acts gave us the will to preserve peace for all time. On Remembrance Day, we acknowledge the courage and gallantry of those who served their country.

During times of war, individual acts of heroism occurred frequently; only a few were recorded and received official recognition. In remembering all who served, we recognize the many of willingly endured the hardships and the fear so that we could live in peace.

What Should We Remember?

Formal records tell us about the size and strength of armies, military strategy, and the outcome of battles. Such information is vital, yet to fully appreciate military history we must try to understand the human face of war. Loss of comrades, extreme living conditions, intense training, fear, as well as mental, spiritual and physical hardship helps illuminate what the individual sailor, soldier and airman experienced in battle.

The First World War 1914-1918

In the First World War, the Canadians' first major battle occurred at Ypres, Belgium, on April 22, 1915, where the Germans used poison gas. As approximately 150 tonnes of chlorine gas drifted over the trenches, Canadian troops held their line and stopped the German advance in spite of enormous casualties. Within 48 hours at Ypres and St. Julien, a third of the Canadians were killed.

Using outdated 19th century military strategy, Allied generals believed that sending wave after wave of infantry would eventually overwhelm the enemy. Soaring casualty rates proved that soldiers attacking with rifles and bayonets were no match for German machine guns. Each side dug in and soon the Western Front became a patchwork of trenches in France and Belgium stretching from Switzerland to the North Sea.

In April 1917, Canadians helped turn the tide of battle when they won a major victory at Vimy Ridge. This triumph came at high cost: more than ten thousand casualties in six days. Even with this victory, the war continued for more than a year. Finally, on November 11, 1918, the Armistice was signed and the Canadians took part in the triumphant entry into Mons, Belgium. Throughout this conflict, Canadians proved that they could pull their weight, and by their effort earned for Canada, a new place among the nations of the world.

The Second World War 1939-1945

During the Second World War, Canadians fought valiantly on battlefronts around the world. More than one million men and women enlisted in the navy, the army and the air force. They were prepared to face any ordeal for the sake of freedom. When the war was over, more than 42,000 had given their lives. On the home front as well, Canadians were active as munitions workers, as civil defence workers, as members of voluntary service organizations, and as ordinary citizens doing their part for the war effort.

In December 1941, Canadian soldiers were participants in the unsuccessful defence of Hong Kong against the Japanese; 493 were wounded and 557 were killed in battle or at the hands of the Japanese as prisoners-of-war (POWs). The situation faced by the Canadian POWs was horrible; they laboured long hours and were given very little to eat. The daily diet was rice - a handful for each prisoner. Occasionally, a concoction of scavenged potato peelings, carrot tops and buttercups was brewed.

Canadians played a leading role on the European front. On August 19, 1942, Canadians attacked the French port of Dieppe. Canadians made up almost 90 per cent of the assault force. The raid was a disaster. Out of a force of 4,963 Canadians, 3,367 were killed, wounded, or became POWs.

Canadians played an essential role as the war continued. They participated in the conquest of Sicily in 1943, and defeated the Nazis in Italy despite fierce resistance especially at Ortona and Rimini. On June 6, 1944, D-Day, Canadians were in the front lines of the Allied forces who landed on the coast of Normandy. All three

Canadian services (Navy, Army, and Air Force) shared in the assault. In Normandy, the fighting was fierce, and the losses were heavy. Approximately 14,000 Canadians landed on Juno Beach and suffered 1,074 casualties (including 359 fatalities).

Canadians encountered fierce resistance from the German occupiers as they fought through Northwest Europe, particularly at Caen and Falaise, France, as well as the formidable task of clearing the English Channel ports in France and Belgium. They also saved the Allied advance from stalling by defeating the Nazis in the Scheldt estuary of Belgium and Holland - intense fighting over flooded terrain.

In May 1945, victory in Europe became a reality and millions celebrated V-E Day. Still ahead lay the final encounter with Japan. Then, on August 6, 1945, the United States dropped the first atomic bomb on Hiroshima. Three days later, a second bomb destroyed Nagasaki. On August 14, 1945, the Japanese accepted the Allied terms of unconditional surrender and the Second World War was over.

The Korean War 1950-1953

The hard-fought end to the Second World War did not provide Canadian troops with a long peace. By 1950, Canadian soldiers were mobilized on behalf of the United Nations (UN) to defend South Korea against an invasion by North Korea. By 1951, the People's Republic of China had joined North Korea against the UN force. In Korea, the Canadians fought at Kapyong, at Chail-li, in the advance across the Imjin River, and in the patrolling of the Chorwon Plain. When the hostilities ended in 1953, Canadians stayed as part of the peacekeeping force.

The conditions in Korea were often difficult, with harsh weather, rough terrain, and an elusive and skillful enemy. In their own camp, they had to deal with casualties, illness and limited medical facilities. The winter of 1951 was especially severe. They were living twenty-four hours a day in trenches, which provided some protection but little comfort.

Altogether, 26,791 Canadians served in the Korean War and another 7,000 served between the cease-fire and the end of 1955 when Canadian soldiers were repatriated home. There were 1,558 casualties, 516 fatal. While Canada's contribution formed only a small part of the total United Nations effort, on a per-capita basis, it was larger than most of the other nations in the UN force.

From all of these records of wars, the observations of the individuals who took part stand out as reminders of the true nature of conflict. Through knowledge of the realities, we may work more diligently to prevent them from happening again.

How Do We Remember?

On November 11, especially, but also throughout the year, we have the opportunity to remember the efforts of these special Canadians. In remembering, we pay homage to those who respond to their country's needs. On November 11, we pause for two minutes of silent tribute, and we attend commemorative ceremonies in memory of our war dead.

Following the First World War a French woman, Madame E. Guérin, suggested to British Field-Marshal Earl Haig that women and children in devastated areas of France could produce poppies for sale to support wounded Veterans. The first of these poppies were distributed in Canada in November of 1921, and the tradition has continued ever since, both here and in many parts of the world.

Poppies are worn as the symbol of remembrance, a reminder of the blood-red flower that still grows on the former battlefields of France and Belgium. During the terrible bloodshed of the second Battle of Ypres in the spring of 1915, Lieutenant-Colonel John McCrae, a doctor serving with the Royal Canadian Army Medical Corps, wrote of these flowers, which lived on among the graves of dead soldiers:

*“In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing,
Fly Scarce heard amid the guns below.” John McCrae*

The flowers and the larks serve as reminders of nature's ability to withstand the destructive elements of war by men, a symbol of hope in a period of human despair. In Canada, traditionally the poppies which we wear were made by disabled Veterans. They are reminders of those who died while fighting for peace: we wear them as reminders of the horrors of conflict and the preciousness of the peace they fought hard to achieve.

The two minutes of silence provide another significant way of remembering wartime while thinking of peace. Two minutes are scarcely enough time for thought and reflection. As we pause and bow our heads, we remember those brave men and women who courageously volunteered for the cause of freedom and peace.

For those who lived through these wars, remembering means thinking of comrades. It evokes memories of men and women who never returned home. Those born after the wars might picture the youthful soldiers who eagerly joined up from high schools, businesses and farms across the country, only to meet death while fighting against the enemy. They may imagine the anguish of a man leaving a new wife, a young family, an elderly mother. The important thing for all of us to remember is that they fought to preserve a way of life, Canadian values, and the freedom we enjoy today and often take for granted. Remember that the silence is to honour their sacrifice and memory.

There are memorials to commemorate the service of Canadian troops in Canada and overseas. The National War Memorial in Ottawa was originally designed to recognize those who served in the First World War. It has been rededicated to symbolize the sacrifice made by Canadians in the Second World War, in Korea, and in subsequent peacekeeping missions. The National War Memorial symbolizes the unstinting and courageous way Canadians give their service when values they believe in are threatened. Advancing together through a large archway are figures representing the hundreds of thousands of Canadians who have answered the call to serve; at the top of the arch are two figures, emblems of peace and freedom.

The Tomb of the Unknown Soldier is located next to the National War Memorial and contains the remains of an unknown Canadian First World War soldier who was exhumed from a cemetery near Vimy Ridge. The Tomb and its Unknown Soldier represents all Canadians, whether they be navy, army, air force or merchant marine, who died or may die for their country in all conflicts - past, present, and future.

The Books of Remembrance which lie in the Memorial Chamber of the Peace Tower are another record of the wars. In addition, most cities and towns across the country have dedicated a monument, a building, or a room to their native sons and daughters who gave their lives. These commemorative locations are an enduring record of the losses suffered by communities as Canadians went forward to fight for what they believed was right.

One day every year, we pay special homage to those who died in service to their country. We remember these brave men and women for their courage and their devotion to ideals. We wear poppies, attend ceremonies, and visit memorials. For one brief moment of our life, we remember why we must work for peace every day of the year.

Above information was found at Veterans Affairs Canada

Carrier Sekani Tribal Council



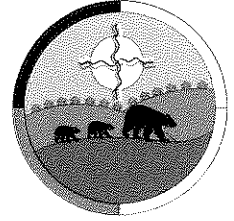
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October 9th, 2007

Northgate Minerals Inc. Exposed

The CSTC is exposing the inappropriate comments toward First Nations found at three different sites: a Northgate investor website where backers have commented on the now defunct Kemess North proposal, a recent editorial in the Northern Miner magazine, and comments by Northgate Minerals CEO Ken Stowe at a Mining forum in Denver, Colorado.

- 1) At a Yahoo website Northgate investors are quoted using hateful comments toward First Nations, some of them threatening the lives of First Nations. These comments are too offensive to quote but if you want to see for yourself, here are the links:

http://messages.finance.yahoo.com/Stocks_%28A_to_Z%29/Stocks_N/threadview?m=tm&bn=24970&tid=90193&mid=90193&tof=15&rt=2&fit=2&off=1

http://messages.finance.yahoo.com/Business_%26_Finance/Investments/Stocks_%28A_to_Z%29/Stocks_N/threadview?bn=24970&tid=77367&mid=77371

- 2) The October 1st, 2007 editorial in the Toronto-based Northern Miner titled 'Northgate in Limbo' uses extremely offensive language. Here is an example from the editorial: *Why exactly a government-funded environmental panel comprised of university educated professionals should blithely accept that stone-age-inducing, shamanistic values such as "water is sacred" should automatically trump the values of Western civilization and modern science, is unstated. Pity.*

The full article can be found at:

http://www.northernminer.com/issues/ISarticle.asp?id=190557&story_id=44473121905&issue=10012007

- 3) Finally Northgate CEO, Ken Stowe gave an offensive presentation at a mining conference in Denver, Colorado on September 25th, 2007. This presentation was after the joint panel announcement on the Kemess North proposal. Among a number of slanderous comments about First Nations Chiefs he is further quoted as saying sarcastically that "First Nations were quoted by the joint review panel that they speak to bears, so it's pretty hard to talk science." First Nations have a sacred relationship with

Mother Earth including the wildlife, water, and the air and comments such as Ken Stowe's are unfair and misunderstood.

The presentation can be found at:

http://events.onlinebroadcasting.com/denvergold/092407/index.php?mode=1&sel_date=2
(skip registration)

CSTC Tribal Chief David Luggi is surprised at the inappropriate comments by Northgate CEO Ken Stowe. Chief Luggi states, "I expect more from a CEO who claimed to respect and want to understand First Nations. These views need to be exposed for what they are, comments from an emotionally disturbed man. We want to inform the Canadian authorities, investors in this company, and other First Nations that may come into contact with this company in the future- such as those in Ontario that are being impacted by the Young-Davidson proposal that Northgate recently purchased."

This is the man who in 2004 sat face to face with the Chiefs and committed not to go ahead with the project if the impacted First Nations did not support it. When asked to clarify the commitment the Vice President commented, "Circumstances have changed- commodity prices are higher."

The Carrier Sekani Tribal Council will bring an official complaint to the responsible authorities as we believe these comments are a hate crime under the Criminal Code of Canada.

Tribal Chief Luggi further states, "We seek a formal clarification from both the Mining Association of BC and the Association for Mineral Exploration as Northgate is a member to both of these organizations."

-30-

Contact:

Tribal Chief David Luggi

Cell: 250 640 6622

Comments from the First Nations Leadership Council regarding federal Speech from the Throne

FOR IMMEDIATE RELEASE October 16, 2007



Coast Salish Territory/Vancouver – The First Nations Leadership Council, while pleased with the federal government’s commitment to issue an apology to the Residential School survivors as well as the commitment to the creation of an independent specific claims body, sees many gaps in today’s Speech from the Throne.

“The First Nations Leadership Council and many other First Nations organizations have long called for an apology from the federal government as a necessary part of the healing and reconciliation process for the victims of the government and church run residential school system”, said Grand Chief Edward John of the First Nations Summit. “This apology will be a critical component in allowing our people to move forward from this dark, disturbing and painful time in our history. The First Nations Leadership Council looks forward to more details on the nature, content and timing of the apology”.

Grand Chief John, a residential school survivor and one of the early First Nations activists in BC to get both governments and churches to deal with residential school abuses, also paid special recognition to all the residential school survivors who bravely launched court cases which ultimately brought the governments and churches to the table and laid the groundwork for today's announcement of a pending apology.

BC Assembly of First Nations Regional Chief A-in-chut (Shawn Atleo) is encouraged by the promises the Conservative Government has made regarding First Nations issues in the Speech from the Throne. “As the Harper Government sets its agenda for the coming session of parliament, First Nations people see a tremendous opportunity to see further progress on important issues”, he said, “I am especially pleased to see a commitment to introduce Specific Claims Legislation.”

Since July of this year, Regional Chief A-in-chut (Shawn Atleo) has served as Co-chair of the Specific Claims Task Force. Working in conjunction with Canadian representatives the task force has sought ways to develop specific claims legislation and reforms that will introduce much needed independence and impartiality into the specific claims resolution process. At the time the task force was struck, First Nations across Canada expressed cautious optimism at an effort to bring a new approach to resolving specific land claims. It is hoped new legislation would help reduce the current backlog of over 1000 claims (50% of which are in BC).

“If you have heard one Federal Throne Speech, you have heard them all. All they are is a collection of warm fuzzy commitments and political posturing. The time for political poetry is over. First Nations communities are in desperate need of concrete, tangible results”, said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. “Given the unprecedented budget surpluses, there is no good

reason why the Government of Canada can not immediately commit to a process of true reconciliation of Aboriginal Title and respect for our Aboriginal and Treaty Rights”.

“We call on Canada to identify in the upcoming budget increased funding for programs protecting women and children from violence – lest we forget the many missing and murdered women of the Highway of Tears and from Vancouver’s downtown eastside. Canada should also reconsider its limited approach to specific claims by truly reflecting the real-world value of the lands lost in their offers of resolution”, added Grand Chief Phillip.

The First Nations Leadership Council will be looking to the next federal budget as a stronger indication on whether the current federal government will step up to address the desperate and deplorable socio-economic circumstances faced by our communities.

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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, Political Executive, First Nations Summit: 778-772-8218

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

Regional Chief Shawn Atleo, BC Assembly of First Nations: 604-220-5822

Colin Braker, Communications Director Office: 604-926-9903 First Nations Summit: Cell: 604-328-4094

Quick treatment following mini-strokes lowers risk of repeats, studies show Oct. 10/07

Provided by: Canadian Press

Written by: Maria Cheng, Medical Writer, THE ASSOCIATED PRESS

LONDON - Treating patients quickly for mini-strokes could dramatically cut the risk of a major stroke later, report several studies that could change standard treatment and potentially save millions of people from stroke's damaging effects.

In research published Tuesday, British and French doctors found that patients treated within 24 hours of having a mini-stroke cut their chances of having a more serious stroke in the next three months by 80 per cent.

Such large reductions in risk are rare, said Dr. Peter Rothwell of Oxford University, lead author of a study published in The Lancet medical journal. "We normally get excited about 10 to 15 per cent." Rothwell said that minor strokes should now be classified as medical emergencies.

"The health care system needs to be changed to respond to these people quickly," he said. "The current delays in treatment in the United Kingdom are no longer acceptable."

In the U.K., most patients who have small strokes are referred by their doctors to specialist clinics. Many wait several weeks before being treated. In the United States too, many people are sent home within a day if their symptoms seem to resolve.

Worldwide, nearly 15 million people have a stroke every year, and it is one of the leading killers in the industrialized world.

Mini-strokes, or transient ischemic strokes, have the same symptoms as a big stroke, including facial numbness, slurred speech, paralysis on one side of the body, blurry vision or a sudden headache. But in small strokes, the symptoms last less than a day.

Rothwell's research was drawn from a larger population of nearly 100,000 people being studied for vascular disease. Of 1,278 patients who had a stroke or a mini-stroke, he and colleagues examined roughly 600 people who had mini-strokes.

In the first part of the study, 310 mini-stroke patients were observed as they received standard care, under British medical guidelines. They were referred to an outpatient clinic. After a normal wait of about three weeks, these patients were typically prescribed drugs, including aspirin, to lower their blood pressure and cholesterol, and to prevent clotting.

In the second part of the study, about 281 other patients were given these same medications within 24 hours of their suspected mini-stroke.

The researchers found that the patients treated immediately had only about a two per cent chance of having a major stroke in the next three months. In comparison, patients who weren't treated as quickly had about a 10 per cent chance of having a major stroke in the next three months.

And among those who got delayed treatment, 32 had a bigger stroke. Among those in the group that got fast treatment, only six had a more serious stroke.

The study was funded by Oxford University. Rothwell has occasionally consulted for pharmaceutical companies that make drugs used in stroke prevention.

Similar research was published in *Lancet Neurology*. Dr. Pierre Amarenco of Bichat-Claude Bernard University Hospital in Paris and colleagues set up a 24-hour clinic to treat patients with suspected mini-strokes.

Among the 1,085 patients followed, the chance that patients would have another stroke within 90 days was a little over one per cent. That compares to a predicted stroke rate of nearly six per cent, based on historical medical data.

The Paris study was funded by a French non-profit organization. The authors said they had no conflicts of interest. Doctors increasingly say that small strokes should be seen as warning signals for a more dangerous stroke later on, in the same way that chest pain can be a red flag for an imminent heart attack.

"We need to think of transient ischemic strokes as the 'angina' or 'acute coronary syndrome' equivalent for the brain," said Dr. Ralph L. Sacco, chairman of neurology at the University of Miami, who was not connected to the study. Sacco said that patients who have mini-strokes are at high risk of a more serious stroke and should be monitored more carefully.

The British Stroke Association said that Rothwell's study should lead to faster treatment of mini-strokes.

"We clearly should not be evaluating stroke symptoms in a leisurely sort of way," said Dr. Larry Goldstein, director of Duke University's Center for Cerebrovascular Disease, who was not connected to the studies. "The main message from these studies is that treatment delays can be dangerous."

Article is from SeniorsHealth@Medbroadcast.com

Cholesterol: Change your lifestyle, change your level

Lifestyle changes

Lifestyle changes are an important part of cholesterol control. For some people, lifestyle changes alone are enough to keep cholesterol at a healthy level. Others will need medications plus lifestyle changes. In this section you will learn about some of the lifestyle changes that can help control cholesterol, and get tips to help you make the changes.

Even if you are taking medications to lower your cholesterol, remember that lifestyle changes are still important. Think of your medication as part of a heart-healthy program involving diet and exercise.

Healthy body weight

The new Canadian Cholesterol Guidelines recommend maintaining a healthy body weight to control cholesterol. You can tell if you are at a healthy weight by [calculating your BMI \(Body Mass Index\)](#). The Canadian Cholesterol Guidelines recommend keeping your BMI under 25. Health Canada considers a healthy BMI to be between 18.5 and 24.9.

The best way to maintain a healthy weight is by eating a [healthy diet](#) and [exercising](#).

Diet and nutrition

By eating a healthier diet, you can improve your cholesterol and decrease your risk of heart disease and stroke. Here are some tips:

- Eat lower-fat foods. Replace harmful fats with healthier fats. Saturated fats, trans fats, and cholesterol are the harmful fats. Healthier fats include poly- and mono-unsaturated fats and omega-3 fatty acids. Choose low-fat dairy products and lean meats - they have less fat overall, and are lower in saturated fats as well. When cooking, use oils with healthy fats such as olive, sunflower, safflower, and corn oil.
- Eat more vegetables and fruit. Aim for 5 to 10 servings per day.
- Increase the amount of soluble fibre in your diet. Foods such as oat bran, oatmeal, high-fibre cereals, legumes (such as beans, peas, and lentils), and fruits high in pectin (such as strawberries, oranges, apples, and grapefruit) are good sources of soluble fibre.
- Try to eat fewer sweets, such as cookies and cakes.
- Talk to your doctor or dietitian about establishing healthy habits and perhaps even about how many calories you should take in each day to maintain a healthy weight.
- When eating out in a restaurant, try to select "Heart Healthy" choices if possible. This includes dishes that are steamed, baked, or roasted. Avoid foods that are fried, deep-fried, or breaded. Also avoid foods with creamy sauces. Ask for low-fat dressings or sauces, and get them on the side. Don't be afraid to ask how something is prepared or to make a special request. And beware of portion sizes. Many restaurants serve more food than you need for a single meal. Don't feel that you have to eat everything on your plate. Ask for a smaller portion size, share with a friend, or plan to take the leftovers home for a later meal.

Making these changes in your diet can be tough. The key is to do "everything in moderation." Enjoy the occasional sweet or fatty food - just don't make it a habit. Talk to your doctor and dietitian about which diet changes are right for you.

Exercise

Regular exercise will help you lose weight and control your cholesterol. Here are some exercise tips:

- Aim for 30 minutes of aerobic exercise on most days of the week (at least 3 to 5 days per week). Aerobic exercise is exercise that increases your heart rate, such as swimming, walking, jogging, or cycling.
- If you're having trouble getting motivated, arrange to exercise with a friend or join a group class. Choose exercise activities that you will enjoy.
- You should be comfortable and able to talk while exercising. If you feel dizzy, weak, or short of breath, or if you are in pain, stop.
- There are other simple ways to increase your level of physical activity. Try taking the stairs or parking your car further away than usual. Gardening, yard work, and other household chores can also give you some exercise.

Be sure to check with your doctor before starting an exercise program, especially if you have heart disease or are taking any medications. Start slowly by setting goals that you can achieve and then challenging yourself as you become more fit.

Quitting smoking

Smoking can increase triglycerides and lower HDL-C. Smokers have a 70% higher risk of heart disease than non-smokers. Here are some tips on quitting smoking:

- The benefits of quitting start in the first 24 hours after your last cigarette.
- There are many ways to quit smoking, including nicotine replacement, support programs, and going "cold turkey." Each person is unique and needs to find the way that works best for them. Talk to your doctor or pharmacist about what is right for you.
- Visit the [Health Canada website](#) for links to programs and tips.
- If you have already tried to quit and failed, don't worry! It usually takes many tries before you can quit for good. And each time you try, you get closer to your goal.

Moderate alcohol intake

Too much alcohol can increase your TG levels and your blood pressure. Here are some tips on keeping your alcohol consumption at a heart-healthy level:

- If you are a man, do not have more than two drinks per day.
- If you are a woman, do not have more than one drink per day.
- Keep in mind that one drink is equivalent to:
 - 360 mL (12 oz) of beer - about one beer, OR
 - 150 mL (5 oz) of wine - about one small glass of wine, OR
 - 45 mL (1.5 oz) of 40% (80-proof) spirits (hard liquor) - about one shot
- Avoid situations that pressure you into drinking too much. Get support from your family and friends, and tell them you are trying to cut back on drinking.

If you are concerned about how much you are drinking, talk to your doctor.

Article from HealthNewsletter@Medbroadcast.com



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First Nations Leadership Council

INFORMATION BULLETIN

Leadership Council

On March 17, 2005, the Regional Chief of the BCAFN, the Task Group of the FNS, and the political executive of the UBCIC signed the *Leadership Accord*.

The purpose of the Accord is to: affirm mutual respect; formalize a cooperative working relationship to politically represent the interests of BC First Nations and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all BC First Nations; and focus on a range of issues and initiatives of common interest or concern among BC First Nations, including consultation and accommodation, national processes, and social and economic program and service issues.

Work under the Leadership Accord is guided by the following principles:

- The Parties recognize and respect each other's respective mandate;
- The Parties will be mindful that they each represent a diversity of perspectives on issues relating to Aboriginal title, rights and interests;
- The Parties commit to work to advance the interests of First Nations in political level discussions amongst themselves and with governments;
- The Parties will represent their respective memberships in any discussions that directly involve government and industry.

Through the Accord, the Parties commit to engage in an ongoing process of dialogue through regular leadership meetings to achieve the purposes of this Accord and, where possible, develop common understandings, strategies and/or positions on identified issues of mutual concern or priority. The Parties also agree to establish working groups on identified issues

of concern or priority to advance those issues politically.

The relationship established through the *Leadership Accord* remains strong. Although some successes have been achieved (New Relationship, Transformative Change Accord, New Relationship Trust, others), much remains to be done. The mandate of the FNLC is determined only through the mandates of each of its participating organizations – the BCAFN, FNS, and UBCIC – as established via resolution of their respective memberships.

The FNLC is a political process, not a new organization. Its purpose is to generate political power through cooperation and collaboration between the existing provincial First Nations organizations. Although the FNLC works with governments to develop frameworks for issues such as shared decision-making and consultation and accommodation, these efforts are never to impede government-to-government discussions and negotiations between individual First Nations and governments.

The staff of the three participating FNLC organizations are responsible for following up on resolutions passed at their respective Chiefs' assemblies, and work together on issues where all three organizations have a mandate.

The BCAFN, FNS and UBCIC are committed to maintaining unity on matters of common concern to benefit all BC First Nations, as well as to respecting the autonomy of each organization in achieving progress on issues specific to their respective memberships.

UN Declaration on the Rights of Indigenous Peoples

On September 13, the United Nations General Assembly adopted the Declaration on the Rights of Indigenous Peoples by an

overwhelming majority of 143 in favour, 4 opposed and 11 abstentions. This Declaration, which has been in development for more than two decades, is intended to recognize the collective rights of Indigenous Peoples. Fundamental human rights which have been upheld in this Declaration include the inherent rights related to our traditional lands, territories and natural resources, our self-determination, our unqualified recognition as Peoples, our own cultures, languages and identities.

The FNLC and the AFN will be hosting a conference on November 26-27th to raise awareness about the Declaration and counter the misconceptions advanced by the Canadian government.

Federal Engagement

On August 21, 2007, the FNLC met with the Minister of Indian and Northern Affairs, Hon. Chuck Strahl and the Minister of Aboriginal Relations and Reconciliation Hon. Michael de Jong.

During the meeting, the FNLC provided an update to the new Minister on ongoing work with his predecessor, the Hon. Jim Prentice, and emphasized the need for continuity in this work. Minister de Jong supported the need for continuity, and for federal engagement through a tripartite New Relationship-type arrangement.

It was agreed that the Parties will work to develop a tripartite document, setting out commitments to improve policy (i.e. Comprehensive Claims Policy, Specific Claims Policy, Inherent Right of Self-Government Policy), process (i.e. negotiations processes), and quality of life (i.e. education, children and families, etc.) issues. A follow-up meeting has been scheduled for October 26, 2007.

New Relationship

In the New Relationship, commitments were made to a new government-to-government relationship based on respect,

recognition and accommodation of aboriginal title and rights and to reconciliation of Aboriginal and Crown titles and jurisdictions. First Nations and the Province also agreed to establish processes and institutions for shared decision-making about the land and resources and for revenue and benefit sharing. The New Relationship acknowledges that aboriginal title includes the inherent right for the *community* to make decisions as to the use of the land.

On September 20th, the FNLC and the Province of BC issued a Joint Statement on the New Relationship highlighting that the Province and FNLC are undertaking work to develop frameworks and tools to assist the Province and BC First Nations to implement the New Relationship. The FNLC and Province respect First Nations autonomy and recognize that First Nations are the holders of Aboriginal Title and Rights. The purpose of the New Relationship is to bring about policy changes and set a course forward that will be of benefit to all First Nations.

The New Relationship must not be used as an excuse not to engage with First Nations directly and the policy level discussions are not intended to impede upon or displace First Nations negotiations with the Crown. In fact, these community-level government-to-government negotiations provide valuable insights and guidance to broader discussions.

Each First Nation has the right to a government-to-government relationship with the Crown, and the authority to enter into negotiations and agreements to suit the unique circumstances of the community.

A joint FNLC-BC Recognition Working Group is tasked with the main deliverables from the New Relationship document – producing principles & mechanisms for: recognition & Honour of the Crown, consultation/accommodation, shared decision-making, revenue & benefit sharing, and other matters. This

group is currently focused on Recognition legislation as the first priority as mandated by the Chiefs by UBCIC resolution 2007-47 and FNS resolution #0907.20.

Other working groups achieving progress under the New Relationship include the Resolutions Strategy Side Table; Telling Our Stories Committee; Crown Land Allocation Framework Working Group; Aquaculture Working Group; First Nations Heritage Conservation and the Ecosystem Stewardship Planning Working Group.

For three days out of each month, the FNLC meets with provincial officials to set direction, review progress and have high-level discussion on progress under the New Relationship and other matters of common concern.

Fisheries

A key item in the BC First Nations Fisheries Action Plan is the establishment of a BC First Nations Fisheries Council. The FNLC was mandated, through resolution, to hold a province-wide meeting, open to all BC First Nations, to develop the First Nations Fisheries Council concept. This BC First Nations Fisheries Council Forum was held on May 29-30, hosted by Musqueam Nation at the Crown St. Gym. Delegates to the Forum developed a “BC First Nations Fisheries Council Concept Paper”, which was adopted by resolutions of the BCAFN, FNS and UBCIC. The FNLC has sent a call for applications to the BC First Nations Fisheries Council to all BC First Nations and will make appointments to the Council in early November.

Aquaculture Working Group

On September 5-6, the FNLC Aquaculture Working Group met with the Provincial government. The purpose of the Working Group is to work with provincial representatives to make recommendations to Cabinet on aquaculture matters in BC, in the spirit of the New Relationship and guided by the BC First Nations Fisheries Action Plan.

Housing and Infrastructure

The FNLC is working with federal and provincial governments to develop a high-level Memorandum of Understanding on Housing and Infrastructure. This MoU will commit the Parties to work collaboratively to develop interlinked on- and off-reserve housing and infrastructure strategies by Fall 2008.

Economic Development

The FNLC hosted a meeting in July to discuss BC First Nations economic development and human resource development. The meeting was attended by federal and provincial governments, First Nations representatives, and the business community. This group agreed to explore the signing of a Memorandum of Understanding to establish an Economic Development Partners Group – an advisory body on First Nations economic development. A small working group has been struck to develop this MoU and a framework for a province-wide BC First Nations Economic Development Strategy.

A draft outline of the BC First Nations Economic Development Strategy has been completed, and will be reviewed by BC First Nations at regional forums through the fall/winter. We encourage Chiefs, Councils and economic development officers to attend these important sessions in order to provide input into the development of a province-wide economic development strategy. For more information on these sessions, please contact us, or Torrine Johnson at Tel. 604-775-6279; Fax 604-775-7149; E-mail JohnsonT@inac-ainc.gc.ca

Based on the feedback from these sessions, a more comprehensive draft will be developed and reviewed by BC First Nations at an Economic Development Forum in February 2008.

Technology

Following the September Land Referral Workshop co-hosted by Carrier Sekani Tribal Council, FNTC will be working with the Integrated Land Management Branch to host a

working group on a project known as GeoBCGateway. This project is to develop a web page to provide First Nations, regardless of their technological sophistication with simplified access to government natural resource information and analysis tools. It will also provide a platform to develop e-services.

FNTC has received approval from BC Chiefs to create a Common Services Organization, whose first function will be to provide network and information and communications technology support, including ISP services and a centralized Help Desk. Further services, such as GIS, multi-media, information management could be developed as the Common Services Organizations develops.

FNTC is hosting an Information Management Forum November 26-27. The focus of the IM Forum is "Information Management Needs and Responsibilities of Self-Governing Nations: Looking through the Information Lens at First Nations Governance". FNTC expects a working group to result from this forum that will address common community information needs, including skills and human capacity, structures and processes needed to support and information management plan, data standards, storage and security.

Health

The First Nations Health Council is currently developing workplans and budgets pursuant to the *Transformative Change Accord: First Nations Health Plan* and the *Tripartite First Nations Health Plan*. Priority areas for this year include: community health plans; governance structure for First Nations health in BC; mental health and addictions (including healing residential school traumas); ehealth; and chronic disease management (including a First Nations ActNow program). Community engagement is also a key priority, and dialogue sessions will be held throughout the province in the fall.

Children and Families

At the June 2007 BCAFN AGA, the Chiefs directed the Regional Chief to pursue a province-wide assembly to discuss the development of a strategy to address First Nations jurisdictions over First Nations Children, Families and Communities.

At the September 2007 UBCIC and FNS Chiefs' assemblies, the Chiefs mandated the FNLC to convene a "FNLC Child at the Centre Chiefs' Forum" to bring together Chiefs/leaders, along with key political and technical partners, to review, discuss and finalize a First Nations Child at the Centre Action Plan, which will set out a vision, principles, key topics and actions assisting First Nations to address and advance issues related to children and families. They mandated that the Forum follow the same format as FNLC forums (i.e. information sharing, review and discussion of "Discussion Paper" prepared in advance, and finalization of Discussion Paper into an Action Plan). This Forum will be held on December 4-6, 2007. Further details will be made available soon.

Early Childhood Development

A group of individuals and organizations with an interest in Early Childhood Development (including the FNLC, First Nations Education Steering Committee, First Nations Schools Association, Aboriginal Human Resource Development Agreements, First Nations Health Council, BC Aboriginal Child Care Society and others) have been meeting to discuss ways to improve coordination and collaboration amongst themselves, to improve the lives of BC First Nations children. The group ("BC First Nations Early Childhood Development Council") has produced a Memorandum of Understanding that was approved at the June BCAFN meeting. This important issue will be further discussed at a province-wide First Nations "Child at the Centre" Forum in December.

Culture and Heritage

The existing *Heritage Conservation Act* and associated management regime does not recognize Aboriginal Title and Rights, nor does it adequately address the needs and interests of First Nations as it relates to their culture and heritage resources. A Joint Working Group on First Nations Heritage Conservation has been created to work with BC to a) make recommendations with respect to amendments to the *Heritage Conservation Act*, b) identify culture and heritage site management possibilities within the existing legislative regime and c) improve the protection and conservation of First Nations heritage sites, cultural property, ancient human remains and sacred and spiritual sites.

Forestry

The First Nations Forestry Council is achieving progress on a number of initiatives, including: Aboriginal Forest Strategy Working Group; Sappier & Gray Working Group; new First Nations Wood Products Technical Support Program; Ecosystem Stewardship Planning; Fuel Management; Mountain Pine Beetle Planning and Programs; and many others.

The First Nations Forestry Council is planning to hold a province-wide First Nations Forestry Forum in the spring to review and develop a *BC First Nations Forestry Action Plan*.

A new website for the Forestry Council will be launched in October and will include background information on all initiatives. This website can be viewed at www.fnforestrycouncil.ca.

Frank Paul Inquiry

The Solicitor General of British Columbia announced in February 2007, that an inquiry would be conducted into the death of Frank Paul, a Mikmaq male from Big Cove First Nation, who lived in the downtown eastside area of Vancouver. In December of 1998 Mr. Paul's lifeless body was found in an alleyway in the downtown eastside of Vancouver. The inquiry, which many have been calling for

over the last 9 years, will look into the roles that various institutions, including the Vancouver Police Department, Ambulance Service, Coroner's office, Crown Counsel office, and others had in the events leading up to and after the death of Mr. Paul.

The First Nations Leadership Council has been closely monitoring this situation and met with the Solicitor General and Attorney General of British Columbia on numerous occasions. The FNLC formally requested to the Attorney General that they, along with the family of Frank Paul be granted standing during the inquiry.

The FNLC applied for standing to the Inquiry commissioner and was recently notified that this standing was granted. The inquiry will begin in November 2007 and should continue until spring of 2008. The inquiry Commissioner has until no later than May 31, 2008 to provide a final report and recommendations.

FNLC Meeting Notes

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

- FNLC met with UN Special Rapporteur on Adequate Housing on Oct. 16th to present the pressing housing issues facing our communities. In the coming weeks, the FNLC will be preparing a formal written submission to the Rapporteur.
- FNLC met with Minister Coleman and Minister de Jong on Oct. 16th to determine a way to resolve FRA viability.
- FNLC met with Minister Bond and Minister Reid on Oct. 16th to discuss the upcoming "Child-at-the-Centre" Forum, ECD and Child Care Spaces.
- FNLC has developed a Memorandum of Understanding with the Representative for Children and Youth
- FNLC has developed a template Declaration / Protocol to sign with First Nations organizations

to improve coordination and collaboration on all matters

- FNLC participating in Cabinet Committee on Climate Change.
- FNLC and BC have established a new youth internship program.

Calendar of Events

- **November 21-22:** UBCIC Chiefs Council
- **November 26-27:** UN Declaration on the Rights of Indigenous Peoples Conference
- **November 28-30:** First Nations Summit meeting

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

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

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

**PRESS RELEASE
FOR IMMEDIATE RELEASE
October 23, 2007**

CONTINUED SUPPORT FOR THE HIGHWAY OF TEARS INITIATIVE URGENTLY NEEDED

On October 12, the RCMP stated that their investigation of missing and murdered women in the Highway of Tears investigation had expanded from nine to 18 women. Their review expanded the geographic scope of the Highway of Tears from the 800 kilometers between Prince George and Prince Rupert to now include the Kamloops to Prince George corridor.

“It has been 16 months since the Highway of Tears Symposium where recommendations were brought forward to provide clear direction on how all communities must work together with government ministries and RCMP in a collective effort to prevent more tragedies along the Highway of Tears” stated Lisa Krebs, Coordinator for the Highway of Tears Initiative. “With the RCMP now expanding the number of cases and area, it is vitally crucial that we all work together to implement the report’s recommendations.”

The Highway of Tears Symposium held in Prince George in March 2006 was organized by First Nations and Aboriginal organizations in the Prince George area to address the numerous disappearance and murders that have occurred along Highway 16, the Highway of Tears, over the past two decades. The symposium’s participants included the victims’ families, provincial ministries, senior officers of the RCMP, elected officials, and concerned citizens. The Highway of Tears Recommendations Report and its 33 recommendations were released on June 21, 2006.

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs and member of the First Nations Leadership Council observed, “We must learn from and act upon the recommendations of the report. The recommendations were written by those who cared, loved and cherished the missing and murdered women of the Highway of Tears. We cannot allow these tragedies to fall by the wayside; we must continue to fully support the great efforts to implement the recommendations. Doing so, we hope we can aid in the expanding investigations and perhaps prevent another senseless and tragic death.”

The first recommendation to be acted upon was to hire Lisa Krebs as Coordinator for the Highway of Tears Initiative. Krebs has worked extensively on education and awareness campaigns, organized community forums that address and formalize the various recommendations of the Recommendations Report, and acting as the liaison between families, communities and the RCMP.

“It is due to ongoing work, which Krebs plays a major role in, that significant and tangible changes have occurred within our region. The RCMP has altered their protocol allowing officers to stop and speak to hitchhikers. It is due to the coordinated efforts of RCMP, surrounding communities and Krebs that there has been a more focused effort on resolving these disappearances and murders,” said Rena Zatorski, Councillor for the Lheidli T’enneh Band.

“There is an immediate need for provincial funding to continue with the much needed work. John Les, Minister of Public Safety and Solicitor General, publicly stated his dedication and resolve in contributing resources to the Highway of Tears Initiative. Moreover, Premier Campbell has dedicated himself to creating a New Relationship with First Nations. It is very unfortunate that there is no provincial funding dedicated to the Highway of Tears Initiative to bring peace to the families of the victims, to organize educations/awareness campaigns and to coordinate preventative measures,” concluded Mary Teegee, Director for the Carrier Sekani Family Services.

FOR MORE INFORMATION CONTACT:

Lisa Krebs, Coordinator for the Highway of Tears Initiative – (250) 614-3168

Grand Chief Stewart Phillip

President, Union of BC Indian Chiefs – (250) 490-5314

BACKGROUND: HIGHWAY OF TEARS INITIATIVE PROGRESS REPORT

HIGHWAY OF TEARS INITIATIVE PROGRESS REPORT

1. Victim Prevention

- Community Forums (10, 11, 12 – hoping to develop 13 from the info we gather)
 - The *Highway of Tears Community Forums* is the first formalized initiative to actually address recommendations from the *Recommendations Report*.
 - Forums Completed to date include: Nakazdli – June 12, 13; Moricetown – June 15, 16; Stellat'en – July 5, 6; Hazelton – July 17, 18;
 - Next Forums: Burns Lake – October 19, 20; Terrace – TBA; Prince Rupert – TBA.
- Signage (9)
 - Signs have been placed in Moricetown, Terrace and through donations, funding exists for an additional three (3) signs, location TBA.
- Education and Awareness (14)
 - Workshops at two youth conferences (over 150 youth);
 - 12 presentations, 2 major conferences
 - Over 30 interviews with media, locally and provincially;
 - HoT CD – Contribution Agreement;
 - CNC – Street Humanities Bench / HoT Bench;
 - Support for one youth at Future Cents
 - 2 Screenings of Film “Finding Dawn” (over 350 people);
 - Discussions around Donation of Highway of Tears Art Exhibit;
 - Loose linkages to other Communities’ local campaigns, such Smithers Community Action Committee.
- RCMP Patrols Highway 16 (2)
 - RCMP have changed their protocol to state that an officer must stop to speak to hitchhikers “if duties permit”.
- Hitchhiker detection program for Highway 16
 - BCGEU Safety Committee wants to collaborate on a program to “detect” and register hitchhikers. A proposal is forthcoming to Telus re: a 1-800 number to begin this important step.

2. Emergency Planning and Team Response

- Smithers Community Action Group (1-6)
 - Multi-agency, local approach to finding Smithers-based solutions to implementing the HoT Symposium Recommendations.
 - First meeting was held on November 16, 2006 over 150 people attended.
 - Similarly to the HoT Symposium, break out sessions discussing the four main themes were facilitated. The Smithers Community Action Group continues to meet and address the Recommendations.

3. Victim Family Counselling and Support

- Support for Families – 1 Healing Walk / 1 annual walk
- Community Forums (6)
 - The Victim Services (VS) portion of the Forums is to discuss and identify:
 - Victimization;
 - How VS could meet the needs of the Aboriginal Community;
 - Reducing the barriers to accessing Victim Services within rural communities and;
 - People in the communities that may be doing this role already and to provide training and support for them.
- Website (4)
 - Proposal to create an interactive website, similar to the Air India website for families to receive information and updates and to connect and support each other. At this time, support is being gathered by questionnaire for families of all 18 of the missing and murdered women.
- Healing Camps (4)
 - A proposal to provide the families with two healing camps per year.
 - These camps will coincide with the biannual updates from RCMP and focus on support for the families.
 - Camps will be held in the Wet'suwet'en traditional territory and focus includes:
 - Traditional Healing, Talking Circles and Elder support;
 - Grief and loss Counseling;
 - Self-care and support planning for families within their own communities;
 - Inter-family and media communication skills.

4. Community Development and Support Strategy

- Governing Body (2) is in place, first meeting happened on December 8, 2006 and continues to meet regularly. There are representatives from each of the five stakeholder Groups identified in the symposium report.

Provided by: Canadian Press

Written by: Maria Cheng, THE ASSOCIATED PRESS

BARCELONA, Spain - All types of alcohol - wine, beer or liquor - add equally to the risk of developing breast cancer in women, American researchers said Thursday.

"This is a hugely underestimated risk factor," said Dr. Patrick Maisonneuve, head of epidemiology at the European Institute of Oncology in Italy, who was not connected to the study. "Women drinking wine because they think it is healthier than beer are wrong," he said. "It's about the amount of alcohol consumed, not the type."

Previous studies have shown a link between alcohol consumption and breast cancer, but there have been conflicting messages about whether different kinds of alcohol were more dangerous than others.

The researchers, led by Dr. Arthur Klatsky of the Kaiser Permanente Medical Care Program in Oakland, Calif., revealed their findings at a meeting of the European Cancer Organization in Barcelona.

Researchers analyzed the drinking habits of 70,033 women of various races and asked them questions during health exams between 1978 and 1985. By 2004, 2,829 of these women had been diagnosed with breast cancer.

Klatsky and his colleagues looked at which types of alcohol the women drank, as well as their total alcohol intake. They compared that to women who had less than one drink a day.

Researchers found no difference in the risk of developing breast cancer among women who drank wine, beer, or liquor. Compared with light drinkers - those who had less than one drink a day - women who had one or two drinks a day increased their risk of developing breast cancer by 10 per cent. Women who had more than three drinks a day raised their risk by 30 per cent.

"A 30 per cent increased risk is not trivial," Klatsky said. "It provides more evidence for why heavy drinkers should quit or cut down." Some experts said that people might be confused by suggestions that drinking red wine is healthy, since some studies have suggested that it protects against heart disease.

"None of these mechanisms have anything to do with breast cancer," Klatsky said. Though it is not entirely clear how alcohol contributes to breast cancer, some experts think it raises hormone levels in the blood to levels that could potentially cause cancer.

Still, doctors said that other factors, such as genetics, obesity, and age, were more important in raising the breast cancer risk than was alcohol consumption.

More public education may be needed. "Alcohol has had a lot of good publicity. People may not realize the risk they're taking when they have a few drinks," said Tim Key, of the Cancer Research UK Epidemiology Unit at Oxford. Key was not involved in the study.

According to data published in the British Journal of Cancer in 2002, four per cent of all breast cancers - about 44,000 cases a year - in the United Kingdom are due to alcohol consumption.

Only a small proportion of women are thought to be heavy drinkers. But experts now say there is enough evidence to blame alcohol for breast cancer - and to start educating the public.

"Any alcohol consumption will raise your breast cancer risk," Key said. "Women don't have to abstain from alcohol entirely, but they need to be aware of the risks they're taking when they have a few too many drinks."

Provided by: Canadian Press

Written by: Lindsey Tanner, THE ASSOCIATED PRESS

CHICAGO - Beth Meter is a cardiac nurse who has seen plenty of heart attacks, so when her son complained of sudden crushing chest pain that spread to his arm, she was certain he was having one.

Doctors at first didn't believe her. That's because her son had just turned 13.

A report from Ohio doctors documenting nine cases over 11 years in kids as young as 12 says heart attacks in children are a rare but under-recognized problem.

For Beth's son, Dan, it took a month to see a specialist who confirmed the diagnosis. Luckily, 1½ years later, the Strongsville, Ohio, teen is on heart medicine but is doing well.

"Pediatricians need to understand that this is a true and real condition," Mrs. Meter said. "Don't just push aside any kid that's complaining of chest pain."

Dan Meter was among children included in a report by Drs. John Lane and Giora Ben-Shachar at Akron Children's Hospital in Akron, Ohio. All were stricken between 1995 and 2006 and most were treated at the Akron hospital. Lane treated a few of the earlier patients when he was at Rainbow Babies and Children's Hospital in Cleveland.

All lacked common risk factors for heart problems, such as obesity, family history, high blood pressure, unhealthy cholesterol levels and drug abuse.

The cause of their heart attacks was most likely a heart spasm that briefly cut off blood supply, Lane said. It is also a rare cause of heart attacks in adults.

All but one of Lane's patients were boys. Doctors are uncertain whether girls face a lower risk because there's little in medical literature about this type of heart attack.

Lane called it "an under-appreciated phenomenon." His report appears in October's issue of the medical journal Pediatrics.

Chest pain is a common symptom in children, but 95 per cent of the time, it's not heart-related and it is rarely life-threatening, said Dr. Reginald Washington, a Denver children's heart specialist.

Muscle strains and stress are among common causes of kids' chest pain. Most heart-related chest pain in kids is caused by infections, structural abnormalities or problems other than heart attacks, Washington said.

He said the Akron doctors' report "does a good job of telling physicians" they shouldn't dismiss heart attack as a possibility in children.

Lane said parents should consult a doctor any time a child has sudden chest pain. A heart attack in children is typically a crushing-type pain that radiates to the arm or jaw or neck - similar to adults' symptoms, Lane said.

**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
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.

Quotes

"Great minds discuss ideas; Average minds discuss events; Small minds discuss people."

"He, who loses money, loses much; He, who loses a friend, loses much more; He, who loses faith, loses all."

PROVERBS:

"Over a long distance, you learn about the strength of your horse; over a long time, you learn about the character of your friend."
Chinese

"I hear and I forget; I see and I remember; I do and I understand."
"Not only can water float a boat, it can sink it also. "
Chinese

BIBLE QUOTES:

"I will sing of the mercies of the Lord forever: with my mouth will I make known thy faithfulness to all generations. For I have said, Mercy shall be built up forever: thy faithfulness shalt thou establish in the heavens."
Psalm 89: 1-2

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

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

Scorpio – Water October 24 - November 22

Scorpio the scorpion possess deep wells of powerful passions. Ruled by Mars and Pluto, Scorpion have unswerving loyalty and tremendous energy. Their intensity and staying power are legendary. With a psychic turn of mind, this Water sign has an understanding of the heart and an awareness of life's secrets, able to confront the mysteries of the universe. Scorpions are fierce competitors. Control of all situations is essential for them.

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

32nd Annual BC Elders Gathering
July 7, 8, 9th 2008
(with early registration on July 6th, 2008)

Host: Friendship House Association of Prince Rupert
Address: 744 Fraser Street, Prince Rupert, BC, V8J 1P9
Phone: (250) 627-1717 Fax: (250) 627-7533