

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



Dear First Nations Elders Contact People,

If your office hasn't been able to pay the \$250 yearly support fee to assist this provincial elders office to operate could you please consider paying the half year support amount of \$125.

Please mail support fees to BCECCS at 1415 Wewaikum Road, Campbell River, BC, V9W 5W9

Your assistance is very much appreciated.

Sincerely, Donna Stirling, Coordinator

Quotes

"Embracing failure is the key to success, because it is part of success, not the opposite of success." Unknown

"You can't possibly know other people, what drives them, if you don't understand their religion." Washington Post

"Informed decision-making comes from a long tradition of guessing and then blaming others for inadequate results." Scott Adams

"It is time to break through the barriers that have held you back and held you down for such a long time. It is time to reach out and indelibly etch your place in history." G. Hickman

"The only way of finding the limits of the possible is by going beyond them onto the impossible." Arthur C. Clarke

Inside this issue

Easy Bakers Corner/Handy Tips/Website Information 2

List of Paid Support Fees 3

Press: Indigenous Child Care at the Centre Action Plan 4-5

FNLC Info Bulletin—Aug. 6-11

Press: Chehalis Indian Band 12

Only in Canada/Ever Wonder 13

Astronaut Technology in Shoe Insoles Could Prevent Falls 14

Pg. 15: MDs in US Urged To End Prostate Screening In Elderly Men

Pg. 16: Press: United Native Nations Society

Pg. 17: Community Gardens Make a Comeback in First Nations Communities

Pg. 18: Join the RCMP

Pg. 19: RCMP Law Enforcement Preparation Program (LEPP)

Pg. 20: RCMP Aboriginal Youth Training Program

Pgs. 21-23: Men's Health—Andropause

Back Page: BCECCS Contact Info

Proverbs/Bible Quotes/Horoscope

BC Elders Gathering Info Corner

Easy Bakers Corner – Best Ever Chocolate Bars—makes 20 bars

For crust: Measure 1 cup all-purpose flour and 1/2 tsp. baking powder into a bowl. Add 1/2 cup of butter or margarine, either with a pastry blender or fingers, blend butter into flour mixture until consistency of corn-meal.

Add 1/4 cup of powdered sugar and 1 tbsp. Grated orange or lemon peel. Press mixture evenly onto the bottom of an 8-inch square baking pan. Pre-bake crust for about 7 minutes at 350°F.

For middle layer:

Spread 1 cup of semi-sweet chocolate chips over hot crust. As soon as the chips melt, spread chocolate evenly over crust. If chips don't melt quickly, put pan back in the oven for a few minutes.

For top layer: In a bowl combine 3 eggs, 3/4 cup of granulated sugar, 2 Tbsp. lemon juice or 3 Tbsp. orange juice, 1 Tbsp. grated orange or lemon peel, dash of nutmeg, 3 Tbsp. all-purpose flour, 1/2 tsp. baking powder and mix thoroughly.

Pour mixture over chocolate layer.

Bake at 350°F for about 25 minutes or until top is slightly browned. Cool. Dust with powdered sugar.

Cut into even squares and serve.

Handy Tips:

Easy Deviled Eggs - Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done for easy clean up.

What Can you please share?

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

'PRESERVING THE PAST'

New Elder's Website: www.bcelders.com

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

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

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

Disclaimer:

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

BC ELDERS COMMUNICATION CENTER SOCIETY

8th Year GRATITUDE LIST

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

1. Gingolx Elders
2. Seton Lake Elders
3. Assembly of First Nations (Ottawa)
4. Mamalilikulla Qwe'Qwa'Sot'Em Band
5. Nuu-chah-nulth Tribal Council
6. Hamatla Treaty Society
7. Hailika'as Heiltsuk Health Centre
8. Qualicum First Nation Council
9. Quatsino First Nation
10. Tobacco Plains Indian Band
11. Tansi Friendship Centre Society
12. Tsleil-Waututh Nation
13. Gitsegukla Band
14. Bridge River Indian Band
15. Vancouver Aboriginal Friendship Centre Society
16. Sumas First Nation
17. Tsawwassen First Nation
18. BC Assembly of First Nation
19. Osoyoos Indian Band
20. Carnegie Community Centre Association
21. Wuikinuxv Nation
22. Mowachaht/Muchalaht
23. Wewaikum First Nation
24. Da'naxda'xw First Nation
25. Tseycum First Nation
26. Gitanyow Human Service
27. Uchucklesaht Band Council
28. Chehalis Indian Band
29. In-SHUCK-ch Nation
30. Wet'suwet'en First Nation
31. Douglas First Nation
32. Xaxli'p Indian Band
33. BC Transmission Corporation
34. Squiala First Nation
35. Ts'kw'aylaxw Elders Society
36. McLeod Lake Tse'khene Elders Society
37. Kitamaat Village Council
38. Tsawataineuk Band
39. Cook's Ferry Indian Band
40. Ki-Low-Na Friendship Centre
41. BCAAFC
42. Kwikwetlem First Nation
43. Musquem Indian Band
44. Adams Lake Indian Band
45. Kamloops Indian Band
46. We Wai Kai Nation
47. Tla-o-qui-aht First Nation
48. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation
49. Lower Kootenay Band
50. Carrier Sekani Family Services
51. Doig River First Nation
52. Lower Nicola Indian Band
53. Soowahlie Health Services
54. Tsewultun Health Centre
55. Union of BC Indian Chiefs
56. Fort St. John Friendship Society
57. Nuxalk Nation Elders
58. Hesquiaht First Nation
59. Ehattesaht Tribe
60. Kluskus Indian Band
61. Samahquam Band
62. Canoe Creek Band
63. Homalco Indian Band
64. Mount Currie Band Council
65. Kermode Friendship Society
66. Old Massett Village Council
67. Lytton First Nation
68. Spallumcheen Indian Band
69. Ulkatcho Indian Band
70. Eniyud Health Services
71. Tl'azt'en Nation
72. Shuswap First Nation
73. T'IT'QET Elders Council

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.**

***If you are in the process of paying the fee with the new fiscal year upon us, then thank you very much.**

***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**

First Nations Chiefs unite to give rise to Indigenous Child at the Centre Action Plan July 25, 2008 FOR IMMEDIATE RELEASE

Coast Salish Territory/ North Vancouver –First Nations Chiefs from across B.C. gathered at the Chief Joe Mathias Centre in North Vancouver this week to affirm their commitment to secure the individual and collective survival, dignity, and well being of First Nations children. The result was the One Heart, One Mind Statement of Solidarity and Cooperation. Through this, Chiefs have given overwhelming support to the Indigenous Child at the Centre Action Plan. The Plan will support First Nations in their efforts to design, deliver, and evaluate programs and services for our children, families, communities, and Indigenous Nations in a way that is consistent with our common cultural beliefs and systems that improves our overall quality of life.

"With 203 different First Nations across the province, we are a diverse people. Each community knows what is best for their children", said B.C. Assembly of First Nations Regional Chief A-in-chut (Shawn Atleo). "What has been accomplished here is a sense of unity and support for each community driven process to secure the health and well being of our children and ensure they remain connected to their families, communities, and Indigenous Nations."

An interim Child and Wellness Council has been established to gather further input for the Child at the Centre Action Plan to ensure it reflects the knowledge of front line workers, youth, the community and leadership. The Council will then develop a workplan to advance and implement the Child at the Centre Action Plan.

"Nothing is more important to our communities than for our children to be given the best environment in which to grow, thrive and prosper," said Chief Ed John, First Nations Summit Task Group member. "It was a momentous occasion to see our many First Nations communities come together, set aside differences, and commit to putting our children at the centre."

"We recently watched the Prime Minister make a long awaited apology to victims of Canada's Residential Schools. It was a welcome gesture which will begin to heal the lasting effects of the schools," said Grand Chief Stewart Phillip of the Union of BC Indian Chiefs. "But it is only the first step of a larger journey. We've taken a very historic step this week in the long road to heal our communities and provide a bright future for our children. We trust the Governments of BC and Canada will join us," he added.

-30-

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

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

For more information please contact:

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

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

Ryneld Starr
Communications Officer
Office of the BC Regional Chief
Assembly of First Nations: 604-922-7733

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One Heart, One Mind: Statement of
Solidarity & Cooperation

WHEREAS the Aboriginal Nations have an inherent right of self-determination including jurisdiction relating to the children and families of those Nations;

WHEREAS Indigenous People have the Right to Self-Determination and the Right to Survival, Dignity and Well-Being.

WHEREAS our children and our families are our foundation now and in the future. They must be honored, respected, and recognized for their inherent value regardless of age, gender, circumstance, ability, sexual orientation, residency or Nationhood.

WHEREAS the negative impacts of colonization, separation from family and community, past and present Federal and Provincial policies, regulations, Acts and legislation must be addressed through lasting, culturally appropriate solutions that are community driven.

WHEREAS Aboriginal People as defined by Section 35 of the Constitution of Canada recognize that our children and families are

the cornerstone of our Nations.

WHEREAS despite the geographic challenges, cultural diversity, and mainstream systemic barriers, we assert that “we are all here to stay.”

WHEREAS we embrace the following principles to ensure we are successful in our endeavors:

- 1) Our children are sacred.
- 2) Aboriginal children are connected to their families, extended families, communities and Indigenous Nations and have a right to understand, respect and honor their own identity.
- 3) That relationships are built upon mutual trust, transparency, openness, respect and accountability.
- 4) We have a shared responsibility to ensure our children, families and communities are held central to our present and future as Aboriginal people.
- 5) Decision making must be informed by, and in the context of, our Aboriginal communities.
- 6) That differing views contribute to the process and we are committed to working through issues on a consensus building model for the greater good of our children.
- 7) We realize that holistic, culturally grounded approaches are crucial to achieving the balance required for healthy and effective relationships at the individual, family, community and governance levels.

WHEREAS to bring positive change and to advance our common purpose:

- 1) Our jurisdiction over the health and well-being for Aboriginal children and families is acknowledged, respected and honored.
- 2) The interests of all Aboriginal people are considered in decision-making.
- 3) Our unique identities are respected, while pursuing collective goals.
- 4) The protection and integrity of our inherent connection to our land and resources is important for the vested interest of our future generations.
- 5) That administration and delivery for the health and well-being of our children at the local, regional, provincial and national levels is coordinated to maximize efficiency and ensure success without compromising quality or accountability.
- 6) Fair and equitable access to opportunities exists for Aboriginal stakeholders that have a vested interest in the future of our children and families.
- 7) That self-sufficiency for Aboriginal families and communities will be the constant underlying objective in our mission to effect positive change.

WHEREAS our voices are unified in our pursuit of the individual and collective survival, dignity and well-being of our children, families, communities, and Indigenous Nations and agree that:

- 1) The Rights of the Child are paramount and protected;
- 2) The Right of Indigenous families and communities retain shared responsibility for the upbringing, training, education and well-being of their children, consistent with the UN Convention on the Rights of the Child and the UN Declaration on the Rights of Indigenous people, will be upheld.
- 3) We will come together as Indigenous peoples to exercise our Right to assume responsibility for the safety, survival, dignity and well-being of our children through the design, delivery and evaluation of programs and services for our children and families.
- 4) We will seek the resources necessary to build capacity where needed and to address gaps in services with a view to long term sustainability.

WHEREAS the Residential School Apology made by the Government of Canada makes the following recognitions:

- Two primary objectives of the residential schools system were to remove and isolate children from the influence of their homes, families, traditions and cultures, and to assimilate them into the dominant culture.
- These objectives were based on the assumption aboriginal cultures and spiritual beliefs were inferior and unequal.
- Indeed, some sought, as it was infamously said, “to kill the Indian in the child.”
- Today, we recognize that this policy of assimilation was wrong, has caused great harm, and has no place in our country.
- The government of Canada built an educational system in which very young children were often forcibly removed from their homes, often taken far from their communities.
- The government now recognizes that the consequences of the Indian residential schools policy were profoundly negative and that this policy has had a lasting and damaging impact on aboriginal culture, heritage and language.
- The legacy of Indian residential schools has contributed to social problems that continue to exist in many communities today.

THEREFORE BE IT RESOLVED THAT we affirm our commitment made on November 29, 2007 to the ‘All Our Relations’ A Declaration of the Sovereign Indigenous Nations of British Columbia and on January 25, 2008 to the ‘Walking Together to Keep Indigenous Children at the Centre’ Declaration of Commitment.

THEREFORE BE IT RESOLVED THAT we the undersigned commit to working in Solidarity and Cooperation to design, deliver and evaluate programs and services for our children, families, communities, and Indigenous Nations in a way that is consistent with our common cultural beliefs and systems that improves our overall quality of life.

FURTHER BE IT RESOLVED THAT qualified support for the Indigenous Child at the Centre Action Plan will require further opportunity for input into the Action Plan through engagement at the Union of BC Indian Chiefs, First Nations Summit and BC Assembly of First Nations meetings.

FURTHER BE IT RESOLVED THAT we commit to the establishment of an Interim Chiefs Child and Family Wellness Council that will take primary responsibility to:

- Amend the Indigenous Child at the Centre Action Plan to reflect input from community, front-line workers and leadership;

- Develop a workplan to advance and implement the Indigenous Child at the Centre Action Plan; and
- Develop the Terms of Reference for the First Nations Child and Family Wellness Council.

FURTHER BE IT RESOLVED THAT we commit to working with an Indigenous Child at the Centre Caucus, to be developed, to promote unity, communication, collaboration and cooperation for the health and well-being of our children.

FINALLY BE IT RESOLVED THAT as Indigenous People, bound by One Heart and One Mind, we affirm our commitment, our unity, and our moral, spiritual, traditional, and political accountability to work together in a Nation-to-Nation and community-driven process to secure the individual and collective survival, dignity and well-being of our children.

Signed this 23rd day of July, 2008.

First Nations Leadership Council Information Bulletin - August 2008 VOLUME 3, ISSUE 6 AUGUST 2008



Children & Families

On July 21 – 23, 2008, the Indigenous Child at the Centre II – BC First Nations Chiefs' Forum was held at the Chief Joe Mathias Centre. The primary purpose of the Forum was to continue the work arising from the first Indigenous Child at the Centre Forum, held on January 23 – 25, 2008. This second Forum provided the opportunity for First Nations leaders and key technical partners to embark on positive and solution-oriented dialogue concerning the health, safety and well-being of our children, youth, families and communities.

One outcome of the Forum is a "One Heart, One Mind Statement of Solidarity and Cooperation" in which it was affirmed that as Indigenous People, bound by One Heart and One Mind, we affirm our commitment, our unity, and our moral, spiritual, traditional, and political accountability to work together in a Nation-to-Nation and community-driven process to secure the individual and collective survival, dignity and well-being of our children. The Statement will be available at the upcoming meetings of the Union of BC Indian Chiefs, the First Nations Summit, and the BC Assembly of First Nations for those that were unable to attend the Forum and wish to sign and support the Statement of Solidarity and Cooperation.

Through this Statement, Chiefs provided qualified support for the Indigenous Child at the Centre Action Plan, subject to the opportunity for further community input through engagement at the Union of BC Indian Chiefs, First Nations Summit, and BC Assembly of First Nations meetings.

The Statement also supported in-principle the establishment of an Interim Chiefs Child and Family Wellness Council that will take primary responsibility: to amend the Action Plan to reflect further input; to develop a workplan to advance and implement the Action Plan; and to develop a Terms of Reference for the First Nations Child and Family Wellness Council. Membership on the interim Council was determined through Regional Caucus sessions during the Forum. To date, the members of the Interim Council are: Chief Betty Patrick, Bev Clifton-Percival, Sandra Jack, Chief Wayne Christian, Chief Robert Pasco, Chief Judy Wilson, Chief Leah George-Wilson, Kathy Bedard Sparrow, Chief Maureen Chapman, and Chief Willie Charlie. The Chiefs of Vancouver Island determined that they would select their member(s) following traditional ceremonies, and their selection(s) will be announced in the near future.

In follow-up to the Forum, the FNLC will be providing a package to all First Nations communities, which will include the draft Action Plan, forum transcripts, and other relevant information. All information and upcoming activities will be made available on the websites of the Union of BC Indian Chiefs, First Nations Summit, and the BC Assembly of First Nations.

Recognition Legislation

A joint FNLC-BC Recognition Working Group is tasked with a number of 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 a priority.

The Province has appointed Geoff Plant to lead the BC negotiating team. There have been meetings since April to discuss the FNLC's recognition legislation proposal. This is an opportunity to implement real, on-the-ground results of the New Relationship across the province. The FNLC has expressed its expectation that recognition legislation will be announced in the upcoming Fall or Spring session.

Housing and Infrastructure

On May 21, 2008, the FNLC, Province of BC and the Government of Canada signed a Housing Memorandum of Understanding to improve coordination and collaboration, and commit the parties to develop complementary on- and off-reserve housing and infrastructure action plans.

A technical committee representing all parties to the MoU has been formed, and is responsible for overseeing the development of interlinked on and off reserve housing strategies in support of First Nations individuals and families. The political Parties to the MoU will meet annually to discuss progress in implementing the MoU.

The province hosted a series of regional engagement sessions on off-reserve Aboriginal housing across the province. Based on the findings of this engagement, the FNLC, other Aboriginal organizations, and the Province of BC are working to develop the off-reserve Aboriginal housing plan.

The off-reserve Aboriginal housing plan will be coordinated with an on-reserve housing and infrastructure action plan that will be collaboratively developed between First Nations and the federal government in the coming months. A Forum to engage with First Nations on the content of the off-reserve Plan is being targeted for November.

Economic Development

In February 2008, a province-wide First Nations Economic Development Forum was held to review and provide feedback into a draft BC First Nations Economic Development Action Plan. This feedback has now been incorporated, and a revised draft available to all BC First Nations and organizations with an interest and expertise in economic development. We encourage you to comment on this draft, which will be revised again before being considered for approval by resolution in the fall. Please contact one of our offices for a copy of the draft Action Plan.

Frank Paul Inquiry

The Frank Paul inquiry, which began in November, 2007, wrapped up in early May, 2008.

After sitting for over fifty days, the Frank Paul inquiry wrapped up in early May, 2008. Over the course of the inquiry the Commissioner was unable to evaluate all evidence and call all witnesses forward. This was due to the Crown Criminal Justice Branch appealing a decision made by the Commissioner compelling the Crown prosecutors, involved in the Frank Paul case, to testify at the Inquiry. The Criminal Justice Branch believes that no Crown prosecutor should have to testify at this inquiry, as it would have a "chilling effect" on the administration of justice. The appeal of this decision was heard in BC Supreme Court on May 26-28, 2008. In a decision handed down on June 24, Supreme Court Justice Melnick ruled that the Crown had waived immunity and solicitor-client privilege thus allowing the Commissioner discretion as to whether or not Crown prosecutors should have to testify.

Since this decision was handed down, the Ministry of the Attorney General has indicated it will be appealing the Supreme Court's ruling. The amount of time this appeal will take is undetermined and will further delay a final report from the inquiry.

Updates on the Frank Paul inquiry can be found at the website www.frankpaulinquiry.ca.

Health

In June, the BC Assembly of First Nations, First Nations Summit and the Union of BC Indian Chiefs passed resolutions supporting the Health Governance work of the First Nations Health Council. Specifically, the Chiefs supported the establishment of a Governance Caucus within each of five regions - North, Interior, Fraser, Vancouver Coastal, and Vancouver Island. Each Caucus will be composed of two representatives per First Nation within that region for a total of 406 Caucus members. In addition, each region will appoint a representative to the First Nations Interim Health Governance Committee (FNIHGC) to work alongside representatives from BCAFN, UBCIC and FNS. This will bring total membership of the FNIHGC from 3 members to 8 members.

Regional Governance Caucus meetings will be conducted throughout the late summer and fall of 2008. A provincial meeting of the entire Governance Caucus will take place in fall or winter of 2008 in order to review the findings

and direction of the regional sessions and to determine an approach to a new governing structure for First Nations health in BC.

The First Nations Health Council launched a Fit Leadership Program at recent FNS and UBCIC Assemblies. At these assemblies, Chiefs received step-counters and wellness diaries to track their fitness progress as leadership. Physical Activity Specialist Dr. Rosalin Hanna introduced the wellness diaries and discussed fitness with the Chiefs.

On July 2 & 3, in the wake of the federal apology to residential school survivors, the First Nations Health Council, in partnership with Indian Residential School Survivors Society and First Nations and Inuit Health, hosted a two-day forum to map out existing mental health services available to survivors and survivors' families. The purpose of the forum was to find out what is available, what is working, and where regional and absolute gaps in service exist. The forum is the first of several dialogues aimed at addressing the needs of survivors and intergenerational survivors. The data collected will inform a 10-year mental health plan for First Nations in BC.

BC First Nations Fisheries Council

The First Nations Fisheries Council recently completed a series of community meetings focused on dialogue about long term organizational development and work planning. The Council would like to thank everyone who came out to the meetings in Nanaimo, Prince Rupert, Port Hardy, Prince George, Kamloops, and Abbotsford. A follow up report is currently being completed and will be available by early August.

The First Nations Fisheries Council continues to work with government on issues related to the engagement of First Nations in the development of Pacific Integrated Commercial Fisheries Initiative (PICFI), moving forward dialogue relating to the requirement to satisfy local First Nations issues relating to access to fish, and working to protect and improve our fisheries resources. The interim members of the BC First Nations Council are Grand Chief Doug Kelly (Tseem Th'ewali) (Stó:lō Tribal Council) – Chairman, Michelle Corfield (Nuu-chah-nulth Tribal Council), Percy Starr (Kitsao Nation), Howie Wright, M.Sc., R.P.Bio., (Gitksan Nation/Okanagan Nation Alliance Fisheries Department), Chief Allan Claxton (Tsawout First Nations) and Chief Thomas Alexis (Tl'azt'en Nation).

The Fisheries Council hosts a bi-weekly information-sharing conference call for the leadership and staff of Regional First Nations Fisheries organizations. For more information, or if you would like to be included in the call, please contact Brenda McCorquodale, Executive Director, at fishcouncil@bcafn.ca.

A master calendar of fisheries meetings and conferences in B.C. is currently being developed. If you would like information about your meetings included please contact the Council or check out the Council's new website at www.FNFisheriesCouncil.ca.

There may be opportunities related to Communications and Policy Analysis work for First Nations contractors in B.C. If you are interested in getting on an e-mail alert list related to fisheries-oriented contract opportunities, please provide your relevant contact information and a c.v. to the Council at fishcouncil@bcafn.ca.

The Council is currently working with governments to facilitate appointments to two important groups:

Coastal Community Economic Development

Western Economic Diversification is developing a new Steering Committee which will make recommendations about economic development funding for coastal communities. They are seeking two First Nations representatives who should have some experience in coastal community economic development, fishing, or other marine-related industries.

Steering Committee members will:

- possess a coast-wide understanding of Aboriginal community economic development issues and aspirations;
- have knowledge of the fishing industry, Aboriginal fishing traditions, or other First Nations marine industry interests;
- will contribute this knowledge to discussions of funding proposals;
- are able to participate in funding decisions at the meetings;
- are willing and able to attend all of the meetings; and
- are willing to review the funding applications prior to the meeting.

The appointment is for 24 months. WED will provide travel expenses for meetings (5 meetings 1 – 2 days each, usually in Vancouver) but does not reimburse Steering Committee members for their time.

If you are interested in becoming a Steering Committee member or would like to nominate someone else who should be considered for these positions, please forward a resume which includes the relevant experience of the candidate to the First Nations Fisheries Council at fishcouncil@bcafn.ca by August 15/08.

Pacific Salmon Commission – Commissioner Position

Fisheries and Oceans Canada is seeking nominations for a vacant First Nations position as a Commissioner on the Pacific Salmon Commission. There are currently two dedicated First Nations Commissioner positions, one currently

occupied by Russ Jones from the Haida Nation, and the other position is vacant. Additional details about the position, including a description of the requirements, reimbursement, and term are available on the First Nations Fisheries Council Website at www.fnfishcouncil.ca under the "News" page.

If you are interested in this position or would like to nominate a qualified candidate, please forward a resume which includes the relevant experience of the candidate to the First Nations Fisheries Council at fishcouncil@bcfn.ca by August 15, 08. The First Nations Fisheries Council will work to develop a short list of candidates for the consideration of DFO. Organizations are also able to submit nominations directly to DFO at Attn: Corey Jackson, Fisheries and Oceans Canada, Policy Branch, Pacific Region, 200-401 Burrard Street, Vancouver, BC V6C 3S4.

BC First Nations Forestry Council

Forest Fires

As forest fires continue to burn across the province, the threat to First Nations communities becomes ever greater, particularly for the 103 communities in the areas of forest destroyed by the mountain pine beetle. All communities should have basic wildfire response and evacuation plans in place and any that do not are urged to contact the First Nations Forestry Council.

The FNFC continues to request that community elders, band councils and youth help persuade the governments to provide better services, for wildfire protection, by writing personal letters to the Prime Minister, Premier, local politicians and media describing the dangers their communities face. Information on how to reach politicians and media, and pointers on the key messages for any letters, has been sent to all communities. Copies can be obtained by emailing admin@fnforestrycouncil.ca

Trade Mission to China

The BC First Nations Forestry Council completed a highly successful weeklong trade mission to China in July and returned home with commitments from major Chinese companies to pursue forestry and mining business and education opportunities.

The delegates that participated on this mission were: BC First Nations Summit executive member Grand Chief Ed John, FNFC board members Dave Porter and Cook's Ferry First Nation Chief David Walkem; Lennard Joe - a First Nations forester from Merritt, and Frank Brown, a member of the Heiltsuk First Nation.

The team met with key Chinese buyers and investors in the Chinese wood industry in Beijing and the major cities of Qingdao, Nanjing, Taiching and Shanghai to promote the wide range of BC First Nations coastal and interior forestry products.

The delegation signed a Letter of Intent to pursue contracts for BC First Nations forestry products with Qingdao Liangmu, which is the largest forestry remanufacturing company in the province of Shandong. The company operates 14 factories in this province of 100 million people and is interested in BC western hemlock, spruce, pine, subalpine fir and Douglas fir.

The delegation also encountered interest in mining opportunities with First Nations. This led to the signing of a Memorandum of Understanding Zhongchuan International Mining Holding Company Ltd, which has holdings throughout China and the world, to pursue investment opportunities. The company also accepted an invitation to attend the BC First Nations Mining Summit in Prince George in October.

Discussions were also held with the Zhejiang Forestry University with a view to sending BC First Nations students to China on language and forestry university exchanges.

For more information, including prominent national and international news coverage of the trade mission, please visit our website: www.fnforestrycouncil.com

BC First Nations Energy Working Group

In April 2006 First Nations gathered at the Chief Joe Mathias Centre to develop an action plan on energy. This action plan was developed by nearly 200 First Nations in attendance and was ratified through resolutions at the Union of BC Indian Chiefs, First Nations Summit, and BC Assembly of First Nations assemblies.

Representatives on the First Nations Energy Working Group are: Chief Roland Willson - West Moberly First Nations, Chief Nelson Leon - Adams Lake Indian Band, Vice President Arnie Bellis - Council of the Haida Nation and Dave Porter, First Nations Leadership Council.

In June 2008 the First Nations representatives met with the Deputy Ministers of Energy Mines and Petroleum

Resources, Aboriginal Relations and Reconciliation, and the Climate Change Secretariat. They are working with the three ministries to find mutual interests that are identified in both the BC First Nations Energy Action Plan and the BC Energy Plan to ensure that individual First Nations have access to energy-related information and programs (such as the Remote Community Energy Program, Innovative Clean Energy Fund, Bio-energy opportunities, etc.). A follow up meeting with these three Deputy Ministers is expected in August.

BC First Nations Mining Summit

The Carrier Sekani Tribal Council, Kaska Tribal Council, Taku River Tlingit First Nation, and BC First Nations Leadership Council will co-host a mining summit open to all BC First Nations.

When: October 7-9, 2008

Where: Prince George Civic Centre

Planning is currently underway to develop a draft action plan and background information paper for review by the Chiefs and other First Nations delegates. The intention is to create a First Nations Mining Action Plan that will set a list of principles and goals for sustainable mining development in British Columbia and actions to implement them in a timely manner.

A potential memorandum of understanding(s) with the Crown and industry may be brought to the Chiefs for consideration. This matter will be discussed at the September gatherings of the Union of BC Indian Chiefs and the First Nations Summit.

For registration and more information visit www.bcfnms.ca

Contact Paul Blom, Natural Resources Director,
Carrier Sekani Tribal Council at 250-562-6279 or email info@bcfnms.ca or Chris Lewis at BC Assembly of First Nations 604 922-7733.

Walk4Justice Campaign

The Walk4Justice campaign seeks to stand for justice, closure, equality, basic human rights and accountability for missing and murdered women and the families and children they left behind.

The National Walk4Justice campaign left Vancouver, BC, on June 25, 2008 with plans to arrive in Ottawa, ON in September for opening day of the fall sessions of parliament.

ALL DONATIONS ARE WELCOME!
NO DONATION IS TOO SMALL!

On behalf of the Walk4Justice, the Union of BC Indian Chiefs is collecting donations.

Cheques can be made out to the Union of BC Indian Chiefs - Walk4Justice and send to:
500 - 342 Water Street
Vancouver BC V6B-1B6
Donations can be deposited at any Scotiabank:
Transit number 10140, Account number 00271-11.

Supported by Amnesty International, BC Government Employees Union, United Native Nations, Union of BC Indian Chiefs, First Nations Summit, Native Women's Association of Canada, Longshoreman's Union Local 500, BC Federation of Employees, and many, many others....

The petition site: Please visit and sign.
<http://www.petitiononline.com/glradek/petition.html>

Leaving / Arriving

1. Vancouver June 21 / Cheam June 21
2. Cheam June 22 / Kamloops June 24
3. Kamloops June 25 / Mount Robson June 28
4. Mount Robson July 1 / Edmonton July 3
5. Edmonton July 6 / Calgary July 8
6. Calgary July 10 / Medicine Hat July 12
7. Medicine Hat July 14 / Swift Current July 16
8. Swift Current July 18 / Regina July 22
9. Regina July 24 / Brandon July 26

10. Brandon July 28 / Winnipeg July 30
11. Winnipeg Aug 1 / Kenora Aug 3
12. Kenora Aug 5 / Ignace Aug 7
13. Ignace Aug 9 / Thunder Bay Aug 11
14. Thunder Bay Aug 13 / Marathon Aug 15
15. Marathon Aug 15 / Wawa Aug 16
16. Wawa Aug 17 / Sault Ste Marie Aug 19
17. Sault Ste Marie Aug 21 / Sudbury Aug 24
18. Sudbury Aug 25 / Toronto Aug 29
19. Toronto Sep 2 / Tyendinaga Sep 4
20. Tyendinaga Sep 8 / Ottawa Sept 12

Technology/Information Management

FNTC has received funding from both GeoConnections and the Integrated Land Management Bureau to develop a Strategy and Action Plan for the development, deployment and long-term maintenance of shared land and resource information services to support First Nations in BC.

The project consists of 4 main sections:

- 1: Research and documentation of current IM/IT initiatives, mandates, policies, legislation and relationships affecting the Natural Resources sector within the BC provincial government and BC First Nations.
- 2: Analysis of the policies and legislations that hinder and/or support information management in the natural resource sector between First Nations and BC.
- 3: Analysis of the key existing systems First Nations in BC have developed for information management in the natural resource sector.
- 4: Develop a Strategy and Action Plan that will document land and resource IM/IT requirements to be submitted as a Phase II proposal to GeoConnections, ILMB and other funding partners.

The First Nations Leadership Council

The FNLC 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, Grand Chief Doug Kelly, Dan Smith
- Union of BC Indian Chiefs President Grand Chief Stewart Phillip, Vice-President Chief Robert Shintah, Chief Lynda Price

The FNLC, through the Leadership Accord, 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.

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. 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 20, 2007 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.

Calendar of Events

- September 17-19: UBCIC Annual General Assembly (Vancouver)
- September 24-26: First Nations Summit Meeting (North Vancouver)
- October 7-9: BC First Nations Mining Summit (Prince George)

For: Chehalis Indian Band

Contact: William Charlie, Chief, Chehalis Indian Band

Primary Phone: 604-702-8520 Secondary Phone: 604-796-2116

Date issued: July 30, 2008, 18:29 e

Attention: Assignment Editor, City Editor, Environment Editor, News Editor, Government/Political Affairs Editor

Chehalis Indian Band Closes BC Forestry Campground at 20-Mile Bay

Agassiz, BC, PRESS RELEASE, Jul.30 /CCNMatthews/ - On July 30th, 2008, the Chehalis Indian Band closed the provincial forestry campground at 20-Mile Bay on West Harrison Lake, under authority of Chehalis Indian Band Council Resolution.

The 20-Mile Bay campground and surrounding area has been the subject of controversy, since 2003, when the Douglas First Nation were awarded a 5-year contract to manage the site.

What Chehalis find most disturbing about this situation is that the campground is situated directly on top of the Chehalis ancestral tribal village of St'epsum ('narrow neck', 'a place to rest your head').

The situation intensified in January of 2006, when Chehalis learned that the 20-Mile Bay campground and adjacent lands were identified as 'Treaty Settlement Lands' by the In-SHUCK-ch Council (made up of 3 Lower Lillooet Bands: Douglas, Skatin, and Samahquam First Nations). This surprise announcement was done without any prior consultation with the Chehalis Indian Band, and fully supported by the BC Treaty Commission.

The situation was further exacerbated in March of 2008, when the Ministry of Tourism, Sports & the Arts re-awarded the management contract for 20-Mile Bay to the Douglas First Nation, against the explicit wishes of the Chehalis Indian Band, and contrary to a previous commitment by the Ministry of Forest and Range made to Chehalis.

To emphasize their ancestral connection to 20-Mile Bay, the Chehalis Indian Band hosted a community gathering at St'epsum, on Friday, July 25th, 2008, with the following objectives:

1. To acknowledge the Chehalis ancestors 'Kuya' and 'Xoyet-thet', who originated at the village of St'epsum.
These traditional names have been carried through the ages by Chehalis people, including recently deceased elders Johnny Leon and Peter Williams, respectively.
2. To erect a memorial marker commemorating Chehalis ancestors from St'epsum and buried on Long Island (Hikw Tl'tsas 'Island of the dead'), including Kuya, Xoyet-thet, their ancestors, and more recently, Benedict and Angela Leon, brother and sister of the late Johnny Leon, who were buried here in the 1920's.
3. To perform a traditional ceremonial burning and ground blessing ceremony to acknowledge our Chehalis connection with our ancestral village.
4. To erect Chehalis markers demarking the site as a Chehalis tribal village.
5. To have a naming ceremony, where ancestral names connected with St'epsum village were bestowed upon three Chehalis Band members.

Since 2002, the Chehalis Band has been concerned about how the site has been treated by the visiting public and managed as a wilderness campground. The Band has formally protested to the Ministry of Forests and Range and, more-recently, the Ministry of Tourism, Sports and the Arts. Chehalis have noted on numerous occasions to government that they have several family lines connected to this place and that several Chehalis ancestors from St'epsum village are buried nearby on Long Island.

In the past several years, and again recently, Chehalis sent staff, including a Parks maintenance crew, up to 20-Mile Bay and were shocked at the amount of garbage and abuse of the site.

Chehalis repeatedly proposed to government that Chehalis should assume management. This proposal has been repeatedly rejected. Therefore, the Chehalis Indian Band has been left with no option but to close the site to the public, until further notice. By these actions, the Chehalis Indian Band is reclaiming its sovereign jurisdiction over its ancestral tribal village.

Chief William Charlie Cha-qua-wet
- END RELEASE - 30/07/2008

For further information:

Chief William Charlie: (604) 796-2116 or (604) 702-8520 (cell) -- Councilor Boyd Peters (604) 796-2116 or (604) 703-6279 -- AR&T Heritage Resources Advisor, Gordon Mohs (604) 796-2116

Release ID: 200807300006

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

Only in Canada (emailed in to pass on in the EV) author unknown

Only in Canada do people order double cheeseburgers, large fries, and a diet coke.

Only in Canadado banks leave both doors open and then chain the pens to the counters.

Only in Canada do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.

Only in Canada do we buy hot dogs in packages of ten and buns in packages of eight.

Only in Canada do they have drive-up ATM machines with Braille lettering.

EVER WONDER ...

Why the sun lightens our hair, but darkens our skin ?

Why women can't put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?!

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

Astronaut technology in shoe insole could prevent falls among elderly people Jul. 31, 2008

Provided by: The Canadian Press Written by: Jay Lindsay, THE ASSOCIATED PRESS

BOSTON - Scientists working to help astronauts regain balance after extended flights in zero gravity say they've found a way to use the research to help elderly people avoid catastrophic falls.

An "iShoe" insole contains sensors that read how well a person is balancing. The point is to gather information for doctors and to get people to a specialist - before they fall.

Erez Lieberman, a graduate student who developed the technology while working as an intern at NASA, says a damaging fall is preceded by numerous warnings, similar to how high cholesterol and elevated blood pressure point to a coming heart attack.

"You gradually get worse and worse at balancing," said Lieberman, who studies in a joint Harvard-Massachusetts Institute of Technology health science and technology program. "If you know the problem is there, you can start addressing the problem."

The National Osteoporosis Foundation estimates 300,000 people annually suffer hip fractures, which are often caused by falls. An average of 24 per cent of hip fracture patients age 50 and over die within a year of the fracture.

Many fall victims who don't die within a year end up being disabled the rest of their lives. "It's a huge issue," said Elinor Ginzler of the AARP. "It significantly impairs your ability to stay independent, which is what people want."

The idea for the iShoe came to Lieberman while he was working at NASA last summer on a project to help astronauts regain balance after months in zero gravity. The work is part of preparations for long space missions, such as trips to Mars, that require astronauts to perform complicated tasks on the terrain soon after landing.

The balance research seemed to Lieberman to have obvious earthly applications for the elderly. He and Katharine Forth, a visiting scientist at NASA who also works on the iShoe, had been touched personally by the issue of elderly falls, with each seeing a grandmother's health rapidly deteriorate after such an accident.

"It was something that has kind of been on my mind in general, and once I started looking at balance it became very clear it would have applications in that direction," Lieberman said. NASA tests balance with an expensive device about the size of a phone booth. Lieberman and Forth say the iShoe insole, slipped inside any shoe, solves the problem of portability and affordability, since the device would cost about US\$100.

The iShoe researchers used some of their own work and previous NASA data to determine how pressure is distributed on the foot by people with balance problems, compared to those with good balance.

They then were able to determine certain pressure patterns that show up when people are struggling with balance.

The iShoe, with a half dozen sensors, is not an instant alarm, though it will send out a signal if the wearer actually falls. It's more like a data recorder that the user can bring to a doctor or balance specialist for help if the dangerous pressure patterns are seen.

Balance problems are caused by many factors, including deteriorating muscle tone, bad vision and inner ear problems, and the possible solutions can be as simple as a tai chi exercise to build strength. "Poor balance isn't something you have to accept. ... You can help yourself, you can improve balance," Forth said.

The iShoe has a way to go to reach the market. It's still being tested to ensure it can hold up under constant foot pounding, and Lieberman and Forth are still perfecting the software that identifies the faulty pressure patterns. Research involving elderly people is just getting under way.

Lieberman estimates US\$1 million is needed for a broad clinical trial, and US\$3 million to US\$4 million to bring the insole to market. The company has applied for a patent and as well as federal funding. Once funding is obtained, the iShoe could be for sale in 18 months, Lieberman said.

Dr. Robert Lindsay, a professor of medicine at Columbia University and a trustee at the osteoporosis foundation, said to be of any use the iShoe would have to be affordable, durable, and collect data that's easy for physicians to read.

But he said he's not aware of other technology that can do what the iShoe aims to - provide objective data in an area of medicine where doctors are now forced to depend on subjective data, such as self-reporting by patients and their own visual analysis. "If they have a sensor that can detect differences in balance, it is fairly easy to train the elderly, using physical therapy, to improve their balance," Lindsay said. "It would be a good tool."

NEW YORK - Doctors should stop routine prostate cancer screening of men over age 75 because there is more evidence of harm than benefit, a federal task force advised on a hotly debated topic.

The U.S. Preventive Services Task Force, which made the recommendation Monday, reported finding evidence that the benefits of treatment based on routine screening of this age group "are small to none." However, treatment often causes "moderate-to-substantial harms," including erectile dysfunction and bladder control and bowel problems, the task force said. The new guidance is the first update by the task force on prostate cancer screening since 2002. Its last report concluded there was insufficient evidence to recommend prostate screening for men of all ages.

In recent years, there has been a growing debate about the value of the somewhat imprecise PSA blood test to detect cancer, as well as the value of treating most prostate cancers. A positive result from the test must be confirmed by a biopsy. And even then, there is no foolproof method of identifying aggressive tumours from slow-growing ones. A number of experts contend patients are being overtreated.

"The issue of screening for prostate cancer is frankly an area of medicine that remains somewhat unsettled," said Dr. Durado Brooks, a prostate cancer specialist for the American Cancer Society. "While it's clear there is benefit to a significant number of men, it's equally clear that many men end up being diagnosed and treated for cancers that would likely not have caused them any significant harm."

Most major U.S. medical groups recommend doctors discuss the potential benefits and known harms of prostate screening with their patients and make individual decisions. And most agree such testing shouldn't occur before age 50.

The federal task force, which sets the nation's primary care standards, reviewed past research in reaching its conclusion and "could not find adequate proof that early detection leads to fewer men dying of the disease," task force chairman Dr. Ned Calonge of Denver said in a statement.

The cancer society's advice for screening differs from the task force's because it doesn't set a fixed age to stop screening, Brooks said. It suggests that men shouldn't be offered screening if they aren't expected to live another 10 years.

"That's because every 75-year-old is not created equal," said Brooks. While some have health problems and aren't likely to live long, others are "very active, very vigorous and have minimal health issues, and many of those men are going to live into their late 80s or 90s," Brooks said.

Prostate cancer is the most common cancer in American men - about 220,000 cases will be diagnosed this year. It is the second leading cause of cancer deaths in men. But most tumours grow so slowly they never threaten lives.

Earlier this year, a study found that older men who already had early-stage prostate cancer were not taking a big risk by not treating it right away. The vast majority were alive 10 years later without significantly worrying symptoms or had died of other causes. Prostate cancer treatments are tough, especially on older men. Some doctors instead recommend "watchful waiting" to monitor signs of the disease and treat only if they worsen, but smaller studies give conflicting views of the safety of that approach.

The new guidelines from the Preventive Services Task Force were published in this month's *Annals of Internal Medicine*. On the Net: <http://www.annals.org/content/vol149/issue3/>

For: United Native Nations Society

Contact: David Dennis, President, United Native Nations

Primary Phone: 604-868-4283

Secondary Phone: 604-688-1821

E-mail: dave@unns.bc.ca

Date issued: August 17, 2008, 23:12 e

Attention: Assignment Editor, City Editor, News Editor, Government/Political Affairs Editor

United Native Nations Election Results

Vancouver, BC, PRESS RELEASE, Aug.17 /CCNMatthews/ - The United Native Nations Society held its 39th Annual General Assembly in Westbank, BC this past weekend. In accordance with the UNN Constitution and By-laws, an election by secret ballot was held for the positions of President and Vice-President. The election results are as follows:

Position for President - David Dennis 61, Lillian George 58

Position for Vice-President - Kelly L'Hirondelle 64, Dan Smith 54

The UNN electoral officer declared David Dennis elected as President and Kelly L'Hirondelle elected as Vice-President.

David Dennis, President of the United Native Nations, stated shortly after the election results were announced "I am truly honoured to be entrusted with the office of President of the UNN. I extend my thanks to Lillian George for her hard work and dedication to the UNN. The UNN has always been a strong advocate for Aboriginal People in areas such as housing, education, justice, health and social services. I pledge to our members that we will work collectively with the whole of our membership, with Sovereign Nations, First Nations and Aboriginal Organizations, for the benefit of our communities, our families and ultimately for our children."

Kelly L'Hirondelle, Vice-President of the United Native Nations, said, "I look forward to the challenges and opportunities that come with the office of Vice-President. I am sincerely thankful to the members, especially the Elders and the Youth, and I pledge that I will listen and pursue their concerns and interests."

- END RELEASE - 17/08/2008

For further information:

Kelly L'Hirondelle, UNN Vice-President (604) 722-1393

Release ID: 200808170001

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

Community Gardens Make a Comeback in First Nations Communities

Victoria, B.C. - August 19, 2008 First Nations communities around B.C. are reclaiming their horticultural roots, thanks to a joint federal provincial funding program.

In the last five years, almost 40 communities have received grants through the Aboriginal Agriculture Initiative (AAI) to establish community and allotment gardens, build greenhouses and watering systems, and buy tools, bedding plants and seeds. The intention, according to Archie Deneault, chair of the AAI Advisory Committee, is to help Aboriginal people achieve self-sufficiency through participation in viable, diverse agri-food opportunities.

Says Deneault: "These projects are in harmony with our traditional values. Our priorities are to increase Aboriginal awareness of and involvement in agriculture, to develop land for agriculture use, and to increase participation in agriculture by Aboriginal women and youth."

The communities that have received funding have reported numerous successes in terms of individual as well as community wellness. In addition to promoting healthy lifestyles through the consumption of fresh, local produce, communities take great pride in their gardens. In some instances, there's a positive economic impact as excess produce is sold for extra income. Community gardens can also be a springboard to more market-oriented, commercial agricultural production.

Near 100 Mile House, B.C., the Canim Lake Band is engaged in the award-winning BEADS endeavour that involves training Band members in horticultural techniques, including traditional gathering and preservation of indigenous foods. The goals of the project are to become self-sustaining in the area of horticulture and vegetable production and to create employment for chronically unemployed Band members.

A community garden is also central to the initiative underway in the Nemiah Valley, near Alexis Creek, B.C., where the Xeni Gwet'in First Nations Government operates the ?Eniyud Health Services Root Cellar and Greenhouse Project. This undertaking benefits the local Xeni Gwet'in community by providing healthy, clean, locally-grown vegetables and by contributing to the ecological integrity of the local bioregion.

For its part, the Neskonlith Indian Band near Chase, B.C. received funding for a project called Promoting Healthy Food and Healthy Families by Allotment Gardening. This initiative allows Neskonlith community members to come together and grow nutritious food while creating a beautiful destination where community members can spend time.

These are just a few examples of the kinds of projects being funded through the Aboriginal Agriculture Initiative. AAI funds are provided through the Agri-Food Futures Fund (AFFF), a partnership between the Government of Canada, the Province of British Columbia, and the Investment Agriculture Foundation of B.C. (IAF). The IAF is a not-for-profit organization that manages and distributes federal and provincial funds in support of innovative projects to benefit the agriculture and agri-food industries in B.C.

The AAI continues to look for creative ideas to grow aboriginal agriculture. Funding is available for eligible projects that fit within at least one of the AAI's strategic priorities. The next deadline to apply for funding is September 23, 2008. To learn more, please visit the AAI website at www.iafbc.ca/aai.

-30-

For more information, media may contact:

Gayle Farrell
Investment Agriculture Foundation of B.C.
604-731-9912



Join the RCMP

RCMP Information Sessions

To find out where and when the next information session will be found on the RCMP website:

www.rcmp-grc.gc.ca

then click on Careers/Recruiting and choose your area.

All information sessions will be open and pre-registration is not required.

The RCMP Police Aptitude Test (RPAT) will be announced at the information session. RPAT dates will be held 1-2 months following each information session.

In order to write the RPAT, candidates must attend an information session and pre-register for the exam.

The Royal Canadian Mounted Police offers a challenging and exciting career to those interested in making a difference in their communities and their country. We are looking for people from all walks of life to join Canada's national police service.

In fact, there has never been a better time to apply! Due to retirements and increasing demands for police officers across the country, the RCMP plans to train up to 2,000 cadets each year. And we are looking to actively recruit potential employees and police officers from Aboriginal communities.

Career opportunities include:

- | | |
|-----------------------------|---------------------|
| General Duty | Aboriginal Policing |
| Marine Services | Crime Prevention |
| Federal Policing | Customs & Excise |
| Protective Policing | Economic Crime |
| Drug Investigation | Foreign Missions |
| Airport Security | Forensic Services |
| Border Integrity | Traffic Services |
| Crime Analysis | Explosive Disposal |
| Emergency Response Team | |
| VIP / Diplomatic Protection | |

There are numerous job possibilities for regular, civilian or public service members. We also offer job security and an attractive pay and benefits package.

Regular Member Salary:

- | | |
|-----------------|----------|
| At engagement: | \$44,513 |
| After 6 months: | \$57,835 |
| 12 months: | \$62,751 |
| 24 months: | \$67,667 |
| 3 years: | \$72,125 |



Basic Requirements:

- Be a Canadian citizen
- Be of good character
- Be proficient in either official language (English or French)
- Have a Canadian secondary school diploma or equivalent
- Have a valid unrestricted Canadian driver's licence
- Be at least 19 years of age at engagement
- Meet physical / medical requirements
- Be willing to relocate anywhere in Canada

Recruiting process takes between 8-12 months. The process includes:

Information Session

Written Test - RCMP Police Aptitude Test (RPAT)

Physical Test – Physical Ability Requirement Evaluation (PARE)

Interviews – Suitability Interview

Good Character Verification –

Background check & Pre-employment polygraph

Medical/Dental/Psychological

Enrollment as a Cadet - 24 week training at Depot in Regina.

For more information, please contact
Aboriginal Recruiting
Cst. Dee Stewart
(604) 264-2712



Law Enforcement Preparation Program (LEPP)

Overview of NVIT

As a designated Provincial institute under the BC College and Institute Act, Nicola Valley Institute of Technology (NVIT) offers provincially accredited courses that are transferable to other universities, colleges and institutes across BC and four-year degree programs in affiliation with other institutes.

By combining academics with Aboriginal values, NVIT students effectively preserve traditional culture by nurturing a balanced learning environment. With a student body of approximately 700 learners, the Aboriginal governed public post-secondary institution offers students a supportive, culturally relevant education. On-campus Elders provide wisdom, strength, leadership and direction to students seeking traditional Aboriginal spiritual and cultural values.

The institute prepares students to succeed as Aboriginal leaders in the natural environment, social services and economic development sectors.

The RCMP supports LEPP and is actively involved as instructors within the program.



The Law Enforcement Preparation Program (LEPP) is designed as a preparatory program to equip students with the required knowledge and skills to pass various entrance requirements for law enforcement (including the RCMP's Police Aptitude Test – known as RPAT), regulatory agencies or as a base entry to other related fields of study.

LEPP provides a means to achieve a secondary school certificate or equivalent necessary in entering law enforcement or regulatory services.

Program runs for three semesters
September – August.

Career Paths:

RCMP, Municipal Policing, Regional Policing, Aboriginal Policing, Sheriff or Bailiff Services, By-Law Enforcement Services, Correctional Services, Native Court Workers, Security Services or Counsellors.

Basic Requirements:

- Completed application form
- Be at least 18 years of age by the end of the program
- Official high school transcript noting English & Math 10 completion
- Medical clearance form (citing the applicant is fit enough to be administered a physical obstacle course)
- Class 5 BC Drivers Licence (by the end of the program)
- Personal assessment questionnaire

Testimonial:

"Not only did LEPP help me decide where I wanted to go with my career, but it taught me the importance of having First Nations people involved in law enforcement."

Roberta Chouinard
2006 Graduate

For more information, please contact the Nicola Valley Institute of Technology (NVIT)
Toll Free: 1-800-682-3300
Phone: (250) 378-3300
Fax: (250) 378-3332
Website: www.nvit.ca



Aboriginal Youth Training Program

RCMP Aboriginal Youth Training Program

Prepares Aboriginal youth mentally and physically.

Develops candidates as role models in their communities and demonstrates positive alternatives to other Aboriginal Youth who may be contemplating crime or suicide behavior.

Builds and enhances the self-esteem of Aboriginal youth by integrating Aboriginal culture into the Program.

Encourages Aboriginal youth to pursue careers in the RCMP and other police forces, justice-related fields or in the general work force.

Provides incentive for Aboriginal youth to seek continuing education.

Through the RCMP's Aboriginal Youth Training Program, youth of Aboriginal ancestry can work with the RCMP as sworn peace officers and gain valuable work experience.

Not only can participants train at the RCMP's Training Academy (Depot) for three weeks but they also spend the summer months assisting police officers in various aspects of regular police duties.

Duration:

- 17 weeks between May and August
- 3 weeks training in RCMP DEPOT – Regina, SK (problem solving, law, public speaking, police defensive tactics & cultural awareness) followed by 14 weeks in the field

Posting:

- At any RCMP Detachment in BC between May - August

Duties:

- Aboriginal policing duties, community policing in uniform and unarmed

Salary:

- Minimum \$20.74 hour

Deadline to apply:

- Send a **RESUME** by December to Cst. Stewart



2006 AYTP Cadets Simon Courtoreille (left) and Roberta Chouinard (right)

Basic Requirements:

- Be a Canadian citizen
- Be of First Nation, Metis or Aboriginal Descent
- Be of good character
- Be between 19-29 years of age
- Have completed Grade 12 or equivalent
- Be in good physical condition
- Have a valid BC's Drivers Licence
- Be able to pass an enhanced reliability security check

Testimonial:

"The Aboriginal Youth Training Program was a positive experience. I have decided to continue on and make the RCMP my career choice. "

Simon Courtoreille
2006 AYTP Cadet

**For more information, please contact the Aboriginal Policing Program Coordinator
Cst. Dee Stewart
(604) 264-2712**

What is Andropause? From www.andropause.com

By the time men are between the ages of 40 and 55, they can experience a phenomenon similar to the female menopause, called andropause. Unlike women, men do not have a clear-cut signpost such as the cessation of menstruation to mark this transition. Both, however, are distinguished by a drop in hormone levels. Estrogen in the female, testosterone in the male. The bodily changes occur very gradually in men and may be accompanied by changes in attitudes and moods, fatigue, a loss of energy, sex drive and physical agility.

What's more, studies show that this decline in testosterone can actually put one at risk for other health problems like heart disease and weak bones. Since all this happens at a time of life when many men begin to question their values, accomplishments and direction in life, it's often difficult to realise that the changes occurring are related to more than just external conditions.

A gradual hormonal decline

Unlike menopause, which generally occurs in women during their mid-forties to mid-fifties, men's "transition" may be much more gradual and expand over many decades. Attitude, psychological stress, alcohol, injuries or surgery, medications, obesity and infections can contribute to its onset.

Although with age, a decline in testosterone levels will occur in virtually all men, there is no way of predicting who will experience andropausal symptoms of sufficient severity to seek medical help. Neither is it predictable at what age symptoms will occur in a particular individual. Each man's symptoms may be also different.

Is this a new phenomenon?

Yes and no. In fact, andropause was first described in medical literature in the 1940's. So it's not really new. But, our ability to diagnose it properly is. Sensitive tests for bioavailable testosterone weren't available until recently, so andropause has gone through a long period where it was underdiagnosed and undertreated. Now that men are living longer, there is heightened interest in andropause and this will help to advance our approach to this important life stage which was identified so long ago.

Increased diagnostic capability

Another reason why andropause has been underdiagnosed over the years is that symptoms can be vague and can vary a lot among individuals. Some men find it difficult to admit that there's even a problem. And often physicians didn't always think of low-testosterone levels as a possible culprit. So these factors often led doctors to conclude that symptoms were related to other medical conditions (i.e. depression) or were simply related to ageing and often encouraged their patients to accept that "they were no longer spring chickens".

This situation is changing. New blood testing methods are available and there is an increased interest in men's ageing among medical researchers. So much attention is being focused on andropause that major efforts are underway to quickly share emerging scientific information with the international medical community.

Causes

Starting at about age 30, testosterone levels drop by about 10 percent every decade. At the same time, another factor in the body called Sex Binding Hormone Globulin, or SHBG, is increasing. SHBG traps much of the testosterone that is still circulating and makes it unavailable to exert its effects in the body's tissues. What's left over does the beneficial work and is known as "bioavailable" testosterone.

Andropause is associated with low (bioavailable) testosterone levels. Every man experiences a decline of bioavailable testosterone but some men's levels dip lower than others. And when this happens these men can

experience andropausal symptoms. These symptoms can impact their quality of life and may expose them to other, longer-term risks of low-testosterone. It is estimated that 30 percent of men in their 50s will have testosterone levels low enough to be causing symptoms or putting them at risk.

Importance of Testosterone

Testosterone is a hormone that has a unique effect on a man's total body. Testosterone is produced in the testes and in the adrenal glands. It is to males what estrogen is to females.

Testosterone helps to build protein and is essential for normal sexual behavior and producing erections. It also affects many metabolic activities such as production of blood cells in the bone marrow, bone formation, lipid metabolism, carbohydrate metabolism, liver function and prostate gland growth.

Impact of Low Testosterone

When there is less testosterone available to do its work, the testosterone target-organ response decreases, bringing about many changes. There is great variability in testosterone levels among healthy men so not all will experience the same changes to the same extent. But typical responses to low bioavailable testosterone levels include:

- Low sex drive
- Emotional, psychological and behavioral changes
- Decreased muscle mass
- Loss of muscle strength
- Increased upper and central body fat
- Osteoporosis or weak bones and back pain
- Cardiovascular risk

Why should andropause be taken seriously?

Apart from the impact that andropause may have on your quality of life, there are other longer-term and silent effects of andropause that are harder to track: increased cardiovascular risk and osteoporosis.

Andropause & Osteoporosis

In a healthy individual, bone tissue is constantly being broken down and rebuilt. In an individual with osteoporosis, more bone tissue is lost than is regenerated. We've all heard of women suffering from weaker bones, or osteoporosis, after menopause. In men, testosterone is thought to play a role in helping to maintain this balance. Between the ages of 40 and 70 years, male bone density falls by up to 15 percent.

Unfortunately, with advancing age and declining testosterone levels, men, like women, seem to demonstrate a similar pattern of risk for osteoporosis. What's more, approximately one in eight men over age 50 actually have osteoporosis. The incidence of hip fractures rises exponentially in ageing men, as it does in women, starting about 5 to 10 years later. In Canada, 20-30 percent of osteoporotic fractures occur in men. The incidence of fractures has been increasing in men, whereas it seems to be stabilizing in women - likely due to their lifestyle changes, calcium supplements and hormone replacement therapies (HRT).

Low bone density puts one at risk of frequent fractures, associated pain, and in many cases, loss of independence. Wrists, hips, spine and ribs are most commonly affected.

Two important consequences of osteoporosis are often seen as a slow but progressive rounding of the shoulders as well as a loss of height and back pain. Particularly devastating seem to be hip fractures, up to one third of patients never seem to regain full mobility.

Cardiovascular risk*

It is now well accepted that women's risk of atherosclerosis (hardening of the arteries) increases after menopause. Estrogen replacement therapy seems to reverse this trend. New evidence suggests that a similar phenomenon occurs in men as their testosterone levels diminish with age. While research is not as complete as for women, the clinical findings point to an association between low-testosterone levels and an increase in cardiovascular risk factors in men.

*A cause and effect relationship has not yet been established in large clinical trials. Further clinical research is needed into this important area of study.

Diagnosis

Andropause is often underdiagnosed because symptoms can be vague and can vary a lot among individuals. Some men find it difficult to admit that there's even a problem. And often physicians didn't always think of low-testosterone levels as a possible culprit.

So these factors often lead doctors to conclude that symptoms were related to other medical conditions (i.e. depression) or were simply related to ageing and often encouraged their patients to accept that "they were no longer spring chickens". But this situation is changing. New blood testing methods are available and there is increased interest in men's ageing among medical researchers. In fact, so much attention is being focused on andropause that major efforts are underway to quickly share emerging scientific information with physicians worldwide.

Testosterone Replacement Therapy

In many instances, testosterone replacement in men with andropause can be highly effective and beneficial. It's not for every man, of course, even those who show symptoms on the previous [quiz](#) may have other health problems at the root of it all. Still you should discuss with your doctor if you would be a good candidate for testosterone replacement therapy.

What should I expect from testosterone replacement?

In various clinical studies, very good responses to testosterone have been reported for men with low-testosterone and they include:

- Improvement in mood and sense of well-being
- Increased mental and physical energy
- Decreased anger, irritability, sadness, tiredness, nervousness
- Improved quality of sleep
- Improved libido and sexual performance
- An increase in lean body mass, a decline in fat mass
- An increase in muscle strength (hand grip, upper and lower extremities)
- Potentially, a decrease in the risk of heart disease

With testosterone therapy, one's attitude improves, reinforcing self-esteem and self-confidence at work, as well as an increased energy at home and in social activities. Most men will feel more vigorous; experience improved energy levels, mood, concentration, cognition, libido, sexual performance and an overall sense of well-being. These effects are usually noted within 3 to 6 weeks.

Other potential benefits include maintenance or improvement in bone density, improved body composition, muscle mass and muscle strength, as well as improvement in visual-spatial skills.

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

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

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

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

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

If your area's copy is not received in a timely manner please call in to the office.

PROVERBS:

1. Youth and white paper take any impression.
2. The world is big, its troubles still bigger.
3. Words must be weighed and not counted.
4. When the wine goes in, the wit goes out.
5. Where there's a will there's a way.
6. Give someone nuts and he will throw the shells at you.

BIBLE QUOTES:

"Though a host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident. For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me: he shall set me up upon a rock." Psalm 27:3, 5

"I will praise thee, O Lord, with my whole heart; I will shew forth all thy marvelous works." Psalm 18:46

"How long will you hesitate between two opinions?" I Kings 17:16

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

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

VIRGO - The perfectionist (Aug 23—Sept 22)

Dominant In relationships. Conservative. Always wants the last word. Argumentative. Worries. Very smart. Dislikes noise and chaos. Eager. Hardworking. Loyal. Beautiful. Easy to talk to. Hard to please. Harsh. Practical and very fussy. Often shy. Pessimistic.

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

Held July 7, 8, 9th 2008 and Hosted by: Kaien Island Elders

CONGRATULATIONS TO THIS YEARS HOST, YOU ALL WORKED VERY HARD AND SHOULD BE VERY PROUD OF THE RESULTS!!

Special thanks to Darlene Harris Wolfe for all of the efforts you made for the thousands of elders and support people who were coming to your territory. Your work as Coordinator deserves special mention. The elders thanks you and so do I, job well done!! Donna Stirling, BCECCS

P.S. The next Elders Gathering will be in Terrace, watch the EV for updates from the new host!