

Volume 10 Issue 10

September 2010

BC ELDERS COMMUNICATION CENTER SOCIETY



ELDERS VOICE

ATTENTION: Elders Contact People
Please Remember To Make Copies of The
EV Each Month For Your Elders And If
You Could Also Make Copies For Your
Chiefs and Councils That Would Be A Great Help, And Much Appreciated!

EV'S 118th Issue!

*****INVOICE Message: Your Help Is Still Needed For This Office**

THEY DATES ARE ANNOUNCED!!

Hosts: Sto:lo and Coast Salish

35th Annual BC Elders Gathering

July 12, 13, 14, 2011

**LOCATION: The Fraser Valley Trade & Exhibition Centre or Tradex
1190 Cornel Street, Abbotsford**

HAPPY BIRTHDAY TO ALL ELDERS BORN IN SEPTEMBER !!

SPECIAL THANKS TO THE 1ST PARTICIPANTS IN:

'HAVE A FUNDRAISER FOR THIS ELDER'S OFFICE EVENT'

1st - Shirley Matilpi, BC Elders Council and The Namgis Elder's Group - \$200

*BC Elders Council Members will be conducting 50/50 draws in local communities to help fundraise for the BCECCS. Your support is appreciated.

**Any group who does not yet have a member on the BC Elders Council is encouraged to contact the office at bcelders@telus.net

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QUOTE:

“Beauty is no quality in things themselves; It exists merely in the mind which contemplates them; and each mind perceives a different beauty.”

Easy Bakers Corner – Glazed Lemon Nut Bread, Conayt F.C.

Recipe by Jeanette McMaster

Stir together 2 cups all-purpose flour, 1 tsp baking powder, 1/2 tsp baking soda, 1/4 tsp salt; set aside. Beat 1 and 1/4 cup granulated sugar and a 1/2 cup shortening in a large bowl, on medium speed of electric mixer, until fluffy. Add 3 eggs, one at a time, beating after each addition. Gradually add 1/2 cup lemon juice. Add 1/2 cup of milk, alternating with the dry ingredients. Stir in 3/4 cup chopped pecans. Pour into a break pan and bake at 325°F for 60-65 minutes or until toothpick inserted, comes out clean. Let cooled slightly, then poke holes with a toothpick or fork in bread about 1 inch apart.

Lemon Glaze:

Stir together 1/4 lemon juice and 1/3 cup icing sugar. Slowly pour half the glaze over the warm bread. Cool for 10 minutes. Remove bread from pan, place on rack over wax paper; pour remaining glaze over. Cool completely and enjoy.

HANDY TIPS

1. Spray a bit of perfume on the light bulb in a room (be sure the bulb is cool). This creates a nice light scent (depending on the perfume used) in the room when the light is turned on.
2. Place fabric softener sheets in dresser drawers and your clothes will smell freshly washed for weeks. You can also do this with towels and linens.
3. Use air-freshener to clean mirrors. It does a good job, leaves a lovely smell to the shine.

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, 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).

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.

BCECCS 10th Year GRATITUDE LIST

Dec. 1st 2009 – Nov. 30th 2010 Year (\$250)

1. Indian Residential School Survivors Society
2. Ditidaht First Nation
3. Qualicum First Nation
4. Cowichan Elders
5. Tsleil-Waututh Nation
6. Laich-Kwil-Tach Treaty Society
7. BC Assoc. of Aboriginal Friendship Centres
8. Kla-How-Eya Circle of Elders
9. BC Transmission Corporation
10. K'omoks First Nation
11. Douglas Band
12. Kluskus Indian Band
13. Lower Nicola Indian Band
14. Ki-Low-Na Friendship Society
15. Hartley Bay Village Council
16. Squiala First Nation
17. Akisqnuq First Nation
18. Wei Wai Kum First Nation
19. Wet'suwet'en First Nation
20. Kitamaat Village Council
21. McLeod Lake Tse'khene Elders Society
22. Da'naxda'xw First Nation
23. Gitwangak Education Society
24. Quatsino Band
25. Spallumcheen Indian Band
26. Williams Lake Indian Band
27. Bridge River Indian Band
28. Lytton First Nation
29. Lower Kootenay Band
30. Ehattesaht Tribe
31. Xaxli'p Indian Band
32. Adams Lake Indian Band
33. Kwikwetlem First Nation
34. Osoyoos Indian Band
35. Hailika'as Heiltsuk Health Centre
36. Carnegie Community Centre
37. First Nations Health Society
38. We Wai Kai Nation
39. Hesquiaht First Nation
40. Sumas First Nation
41. Kamloops Indian Band
42. Shxwha:y Village
43. Ki-Low-Na Friendship Society
44. Chawathil First Nation
45. Gingolx Elders
46. Doig River First Nation
47. Soowahlie Health Services
48. Union of British Columbia Indian Chiefs
49. Whispering Pines/Clinton Indian Band
50. Seton Lake Elders
51. Dzawada'enuxw First Nation
52. Tobacco Plains Indian Band
53. Cook's Ferry Indian Band
54. Shxw'ow'hamel First Nation
55. Carrier Sekani Family Services
56. Gitanyow Human Services
57. Gitxsan Health Society
58. Simpcw First Nation
59. Ulkatcho Indian Band
60. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation
61. Tansi Friendship Centre Society
62. Ts'kw'aylaxw Elders
63. In-SHUCK-ch Nation
64. Leq'a:mel First Nation
65. British Columbia Assembly of First Nations
66. Tsawwassen First Nation
67. Taku River Tlingit First Nation
68. Nicomen Indian Band
69. Ts'ikt Elders (Nuxalk)
70. Eniyud Health Services (Xeni Gwet'in F.N.)
71. T'IT'Q'ET Elders Council
72. Pacheedaht First Nation (\$125)
73. Yakweakwoose First Nation
74. Nuuchahnulth Tribal Council
75. Mount Currie Band Council
76. Chawathil First Nation
77. Canoe Creek Band
78. Wuikinuxv Nation
79. St. Eugene Golf Resort Casino
80. Toosey Band (\$125)
81. Heskèn`scutxe Health Services

THANK YOU

The Adams Lake Community, Chief and Council and Elders Gathering Planning Committee would like to extend its heart felt gratitude to all volunteers, facilitators, excursion hosts, entertainers, donors and sponsors who worked so hard to make the 34th Annual BC Elders Gathering in Salmon Arm a great success.

It could not have happened with out your invaluable support and commitment to the BC Elders.



Founder welcomes elders

Tribal Meetings: Ernie Philip co-founded the Elders Gathering over 30 years ago.

By Martha Wickett - Salmon Arm Observer

Published: July 06, 2010 6:00 PM

Updated: July 06, 2010 11:53 PM

More than 30 years ago, two First Nations men decided they'd like to see native elders from all regions gather as they had always done in the past.

Ernie Philip and Art Shofley's idea of an elders' conference began in Chilliwack in 1977 with just 34 people.

"To me, it's gone very far, to a very high level," said Philip, who is a member of the Little Shuswap Band. "It's about time. In the past we used to have big meetings in big areas. Tribal meetings. Before contact."

Philip explained that missionaries and governments outlawed natives taking part in such gatherings, a way of forcing them to lose their culture and forget their past.

This year's 34th Annual B.C. Elders Gathering, which is hosted by the Adams Lake Band, is expected to attract more than 2,000 First Nations elders from around the province. Co-hosted by the Shuswap Nation Tribal Council, it will run from Tuesday, July 13 to Thursday, July 15 at the Sunwave Centre. Opening ceremonies begin at 9 a.m. Tuesday.

Philip would like to see more non-natives learn about First Nations culture, and the elders gathering is one of many ways to do so.

The days will feature workshops and entertainment, as well as excursions that will include trips to R.J. Haney Museum and local vineyards.

On the evening of the first day, featured entertainer will be comedian Smokey Hontus, "an older lady who plays an even older lady," says Susan Matthew, project co-ordinator. The next night will feature a dance with country and western performer Wylie.

Each year a king and queen is chosen to preside over the gathering.

This year's guests of honour will be Adams Lake elders J.D. and Ethel Billy.

J.D. and Ethel work with the Adams Lake Band Elders Group so that elders play an active part in community life. From the beginning, Ethel was an avid supporter of Chief Atahm School where, today, children are taught exclusively in Secwepemctsin, their native language.

Both Ethel and J.D. have been key in promoting the sobriety drive in the Chase area. J.D. was a founding board member of the Round Lake Treatment Centre.

The public is welcome to attend the elders' conference. The main stage will be in the Spectator arena and workshops will be held at Okanagan College. Access to the workshops will be for elders only, but the public is invited to watch entertainment, see arts and crafts, visit vendor booths and go to the storytelling tent that will be next to the duck pond at Okanagan College.

"Traditional stories will be told but people can also share their personal histories," said Matthew.

As for Philip's history, he attended the Kamloops Indian Residential School, where he went from being "free as a breeze" at home with his loving parents and grandparents to being mentally, physically and sexually abused at the school.

"They took my identity, my pride, my respect, my manhood, my everything. They just walked right over it."

Life outside the school became more difficult, too. He remembers the pain of attending the Salmon Arm theatre, where natives were forced to sit in a corner in the back and were refused refreshments.

Despite his history, Philip hasn't let hatred rule his life.

"For myself, I smile all the time. I have good humour and good understanding."

A grand champion fancy dancer, Philip, who is 80 but moves with the grace and ease of a much younger man, understands the importance of reviving and sharing his culture. He has travelled all over the world, dancing and giving talks.

He hopes that non-natives in Canada will begin to take the same interest in First Nations culture that some Europeans do. He encourages residents to come to the elders gathering, as well as the Squilax Pow Wow, which is coming up July 16 to 18.

At the elders gathering, a bus service will be running throughout the conference from the Sunwave Centre to the downtown and the Mall at Piccadilly.

Subject: Disease secrecy ramps up

Dear Salmon People:

Please see letter below to the BC government. It just came to my attention that the salmon feedlot owners are refusing to allow government to test the fish in their pens for disease as of April 1 2010, they will not even give them access to their dead fish. I don't know how these feedlots are getting away with this, but they must have reasons for such extreme secrecy. This will become law in December if you don't oppose the new proposed federal regulations. The feds are allowing public comment for only 30 more days in the middle of summer when everyone is resting and on vacation. Unfortunately, this is up to you, if enough people oppose this they will be rewritten and the federal government will know BC is serious about wild salmon, if not I can't do much more.

Here is the petition:

<http://spreadsheets.google.com/viewform?formkey=dElVTFY0d1JqMGRYR2F6Vnp3QjEzRnc6MQ>

Dear British Columbia MLAs

I have been writing to Dr. Mark Sheppard vet at BCMAL about whether or not IHN virus is a reportable disease for salmon feedlots. The Canadian Food Inspection Agency made 23 fish diseases "immediately notifiable diseases" last December, so it would seem an easy question for him to answer, but he refused to say "yes" or a "no." And now I know why.

The reason for my question is because the decline in productivity of Fraser sockeye is alarmingly correlated with massive IHN outbreaks in salmon feedlots on the Fraser sockeye migration route going back to 1992. These outbreaks were kept secret in some cases from MELP. Government took no action to remove the highly infectious fish and the virus spread to other feedlots exposing many generations of Fraser sockeye to highly unnatural pathogen levels. DFO scientists have published papers stating IHN is lethal to sockeye and should not

be allowed to thrive in salmon feedlots, but DFO and the province stood by and did nothing. DFO has found IHN in Fraser sockeye in the years of the IHN epidemics.

The correlation is so alarming we have to know what is going on in the captive salmon if we are going to protect the wild salmon. We all know feedlot disease amplification is dangerous to humanity, and food security. The sockeye scientists report this generation of Adams sockeye has been one of the least affected by the decline. We need to backtrack through the years that this run was exposed to the salmon feedlots and examine if there were disease outbreaks or not. Unless we can learn these things we are running blind and can only blame ourselves for the problems.

On March 1 the Office of the Information & Privacy Commissioner for British Columbia Order F10-06 decided that the salmon feedlot disease records in the possession of BCMAL had to be released to an FOI applicant. In the decision adjudicator, Michael McEvoy, quotes the four big biggest companies in BC stating that if their disease records are released to the public they would never give government access again. This suggest extortion.

On April 1 they apparently made good on their threat:

"Fish Health and Lice Monitoring audits by BCMAL ceased as of April 01, 2010 when live fish and carcasses were no longer volunteered, or made available, to BCMAL Fish Health Program staff.":
http://www.al.gov.bc.ca/ahc/fish_health/Summary_FH_HMP_Q2_2010.pdf

Do you MLAs realize you have allowed an industry that is unconstitutional in nature to threaten government? These salmon feedlot-owners refuse to allow the government of British Columbia access to "their" dead fish even though they do not clearly own those fish.

Canada knew this industry was unconstitutional in 1984 and had a report commissioned by the federal government which offered 3 courses of action to amend this....none of which were taken. Instead the industry was unlawfully transferred to the Province in an attempt to hide the fact that no one in Canada is allowed to privatize ocean spaces, nor own fish in the ocean. In an LOU (Jan 23, 2001) British Columbians paid \$70,000 for a database containing salmon feedlot disease information that is so secret BCMAL promised to not even give it to their enforcement officers. The disease information BCMAL does release is so incomplete it failed to report the IHN epidemic in Broughton in 2003.

All of you have now stood by while this industry took a bold step step exerting powers the Constitution of Canada does not offer. I realize you are almost free of regulating this industry, but you are now responsible for 5 months of no fish health audits of salmon feedlots and you continue to lease the land of British Columbia to this industry. The Crown Lands Mission Statement is

Excellence in the administration of Crown land to provide the greatest benefits for British Columbians.

I ask you is it "excellence" and in the interests of British Columbians to allow these companies to successfully threaten government and make up their own rules?

None of this is legal, the displacement of the public from public waters, the industry pretending they own the salmon in the ocean, allowing these corporations to prevent government from examining the health of fish in Canadian waters, and your regulation of this industry for the past 20 years.

If the governments of Canada refuse to adhere to the Constitution we are no longer a democracy.

Alexandra Morton

New poll results suggest Canadians don't think aboriginals' quality of life has improved in the 20 years since the Oka standoff.

Twenty years after the 78-day standoff between the Mohawk nation of Kanesatake and the town of Oka over disputed land in Quebec, the majority of Canadians don't believe the quality of life for aboriginals in Canada is getting better, according to a new poll.

The poll, conducted by Ipsos Reid on behalf of Canada.com, found that just over four in 10 Canadians (43 per cent) believe life has got better for aboriginals in the past 20 years.

Forty-nine per cent believe there has been no change and eight per cent polled said life for aboriginals has got worse.

During the summer of 1990, local Mohawks of Kanesatake erected road blocks and barricades, blocking access to a piece of land they claimed was sacred; the city of Oka planned to use the same land, located about 70 kilometres north of Montreal, for the final nine holes of an 18-hole golf course. Luxury condominiums were also planned around the site.

The Quebec provincial police stormed the barricade and one officer, Marcel Lemay, was shot dead.

Negotiations between the parties resulted in the standoff ending 78 days after it started, however, land and governance disputes continue to this day.

Among the 43 per cent who believe the situation is improving, 56 per cent credit the efforts of aboriginals and their leaders, while 44 per cent credit governments and politicians. Among those who say the situation is getting worse, 59 per cent blame the government and politicians, while 41 per cent blame aboriginals and their leadership.

John Wright, senior vice-president of Ipsos Reid, says the results of the survey show "a genuine frustration on behalf of Canadians on how to solve this issue."

He said Canadian perceptions about aboriginals are made on the basis of what is prominently brought to their attention. And while headlines vary by location, it's often negative news.

Overall, six in 10 Canadians agree that "governments do enough to help the aboriginal peoples of Canada." Four in 10 disagree.

Chris McCormick, deputy grand chief of the Association of Iroquois and Allied Indians, is one of the dissenters.

He just finished taking part in negotiations between Ontario's First Nations, the province of Ontario and the federal government on maintaining the provincial-sales-tax exemption for goods purchased off-reserve by status Indians after the HST implementation.

He said First Nation communities had to threaten road blockades and barricades before the two governments sat down with them and negotiated.

In the end, the sales-tax exemption was maintained.

"To be fair, it's good and it's bad," McCormick said about the aboriginal quality of life since the so-called Oka Crisis.

He said he's frustrated that Canada has still not signed on to the United Nations Declaration on Rights of Indigenous Peoples.

Overall, he said, governments don't treat aboriginals as equal partners.

However, McCormick applauded the government over the creation of Nunavut.

"That was a major milestone," he said.

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Friday, 23 July 2010 22:20 Article from www.indigenouspeoplesissues.com

Assembly Of First Nations Sets Out Vision For First Nations Control Of First Nations Education

Assembly of First Nations National Chief Shawn A-in-chut Atleo and First Nations Chiefs and delegates from across Canada confirmed a new comprehensive plan to directly address critical education needs facing First Nation communities.

"This is an important confirmation of the clear priority every First Nation leader places on education. We are all agreed on the way forward and the imperative of supporting all First Nations learners and improving education outcomes for our children," National Chief Atleo stated. "Education has been used as a weapon against us in the past, as during the residential schools era, but it can now be a tool to unlock the full potential of First Nations people and communities. In the spirit of the Federal government's Apology for residential schools, we call on Canada to work with us to give life to our right to education. The resolution achieved by the First Nation leadership across Canada sets the vision and the path forward for this desperately needed progress."

Rather than relying on external reports, it's time that our people lead the way. We compel and encourage Canada to work with us, as they committed, hand-in-hand to strengthen and reform First Nation education."

The paper affirmed and released today, First Nations Control of First Nations Education 2010, is a blueprint for change. It reflects the important vision articulated by First Nations' leaders and educators in 1972 in the report "Indian Control of Indian Education." Since the release of that report First Nation education outcomes have improved with more than 500 First Nations schools having been built, and more than 40 Indigenous Institutes of Higher Learning having been established with thousands of First Nations post-secondary student graduates.

"Not only do we need to educate our own people, but we need to educate all Canadians about our cultures, our histories and our experiences," said Ashley Julian, AFN Youth Council Co-chair and Dalhousie University student. "The current education systems are accepting the status quo. It's time to write and implement our own curriculums. 'First Nations Control of First Nations Education' is a blueprint to utilize education the way it should be: to teach, to learn and to provide opportunities for my generation and for those younger and older. We need to engage and empower our Elders to teach the languages, to share their stories for the benefit of First Nations and all Canadians. This will enrich the education systems for all of us."

"First Nations have taken steps to improve the education outcomes of their children, but clearly much more

needs to be done. Our students face unfair inequities in funding and lack access to critical support services which creates barriers to success. We must address these head on in order that our children can be supported to achieve comparable outcomes to other students in Canada," National Chief Atleo stated. "The report we are issuing today will help build stronger First Nations and a stronger Canada for all of us."

First Nations Control of First Nations Education, prepared by experts in the field, identifies a strategy that provides clear policy objectives and activities focused on achieving success in First Nations education, these include:

1. Ensuring First Nation lifelong learners have access to an education system with programs and services grounded in First Nations languages, values, traditions and knowledge.
2. Building and sustaining First Nations' community and institutional capacity to deliver a wide spectrum of quality programs and services across the lifelong learning continuum.
3. Full and effective implementation of First Nations control of First Nations education by federal, provincial, territorial and First Nations governments.

First Nations call on the federal government to endorse First Nations Control of First Nations Education 2010 and work in partnership with First Nations to fully implement this blueprint for real, lasting and positive change.

The First Nation Control of First Nation Education 2010 policy paper can be downloaded at this address: www.afn.ca

The Assembly of First Nations is the national organization representing First Nations citizens in Canada.

Do you find yourself looking at others your own age and thinking, "Surely I can't look that old?" If so, you'll love this one! From www.jokeclean.com

I was sitting in the waiting room of my new dentist. It was my first appointment. I noticed his diploma on the wall, which had his full name.

Suddenly, I recalled a tall, dark haired, handsome boy with the same name had been in my high school class nearly 50 years ago. Could this be the same boy I had a secret crush on, way back then?

When I saw him, however, I quickly discarded that thought. This gray haired, balding man with the deeply wrinkled face was way too old to have been my classmate. Hmmm! Or could he?

After he examined my teeth, I asked him if he had attended Northampton High School.

"Yes, I did!" he said. "I'm a Konkrete Kid." He gleamed with pride.

"What year did you graduate?" I asked.

"In 1959," he said. "Why do you ask?"

"I was in your class!" I exclaimed.

He looked at me closely. Then, that ugly, wrinkled, old, fat, bald, gray, decrepit SOB asked, "What did you teach?"

Press Release

**UBC Institute for Aboriginal Health –
Aboriginal Health and Community Administration Program Certificate**

The University of British Columbia's *Institute for Aboriginal Health* and department of *Continuing Studies* are once again offering the **award-winning*** *Aboriginal Health and Community Administration Program* (AHCAP) designed to address the need for increased capacity in administration skills. The program helps workers develop the knowledge and skills necessary to provide effective administration of Aboriginal community-based health programs and facilities.

The need for improved capacity among First Nations has been widely described by Aboriginal People. For example, the 1996 Royal Commission on Aboriginal People reported "*Developing Aboriginal human resources is essential to ensure the success of the new approaches to health and healing we recommend. Without the necessary Aboriginal administrators and service providers, it will not be possible to improve Aboriginal health and social conditions.*" The AHCAP program is designed to address this need for Aboriginal administrators among First Nations, Inuit and Métis communities and organizations.

The program uses an innovative approach called "mixed mode delivery", combining on-line courses with residency at UBC allowing for face-to-face instruction and interaction among students. This method allows participants from remote communities to participate in the program while continuing to work for their respective communities. Through mixed mode delivery students can participate on a part-time basis while working in different communities throughout British Columbia.

"AHCAP is an innovative program that brings together Aboriginal students and instructors from all over British Columbia in a culturally relevant and interactive way. The mix of on-line learning and face-to-face instruction allows for the use of real case scenarios from real people making the learning relevant and interesting. The program uses the cohort style of learning similar to what is used in programs such as MBA."

Shaunee Casavant – AHCAP Instructor

Developed by the Institute for Aboriginal Health, in partnership with UBC Continuing Studies, AHCAP (Aboriginal Health and Community Administration Program) is a certificate that is offered through Continuing Studies at UBC. The ten-month program includes courses such as *Communication & Leadership, Fundamentals of Administration, Policy & Research, Management of Information Technology, and Community Health Issues.*

* **AHCAP** has been recognized as an outstanding program, winning the *University Continuing Education (UCEA) 2006 Outstanding Program Award, Non-credit* and the *Canadian Association for University Continuing Education (CAUCE) 2006 Award of Program Excellence* and in **2009 won the CAUCE Award for Rack Card Design.**

The University of British Columbia Continuing Studies delivers the program – administration and registration of students – in consultation with the Institute for Aboriginal Health which oversees the content and teaching -- curriculum development and instructor hiring. A partnership between the First Nations House of Learning and the College of Health Disciplines at UBC, the Institute for Aboriginal Health was created in 1998, out of its predecessor the First Nations Health Careers Program. Comprised of representatives from Aboriginal communities, organizations and governments, the IAH Advisory Council provides advice and direction to the Institute.

In 2003 the UBC Aboriginal Health Care Administration Program (AHCAP) was initiated by the Institute for Aboriginal Health (IAH) at UBC in response to Aboriginal community consultation and BC Ministry of Health priorities. In the past two years the name and focus has been revised to include the term 'community' in order to reflect the broader implication of health, beyond the delivery of individual health services.

A survey of AHCAP Alumni was conducted in February 2008 to assess the program and identify its strengths, weaknesses, and suggestions for improvement. Of the responses received to the survey it is clear that most of the AHCAP Alumni found the program very useful and the majority has continued with work and study in their field. The results of the survey, as well as consultation with the IAH Advisory Council, are being used in a review of the curriculum for the coming session, with minor modifications being made to a successful program and plans to offer a second year once curricula have been developed.

Who Should Take this Program?

The Aboriginal Health and Community Administration Program (AHCAP) has been designed to benefit health and community administration staff currently and potentially employed in the Aboriginal health care field across British Columbia. The AHCAP program certificate is intended to be a part-time program for working adults, or for those with substantial responsibilities.

“Having attended and completed the AHCAP offered by UBC, this program not only was filled with relevant course content applicable to Community Health management, as well it was designed in a way that allowed first nations to study at home in our communities. The on-line dialogue site meant that we had open communication and support with one another as students as well as instructors. I work in a community of approximately 1,500 people, as Director of Health Services for Heiltsuk, I believe this program gave me the necessary tools to work in the environment that I do. I highly recommend this program for communities.”

Louisa Willie, Heiltsuk Nation

The AHCAP Program is supported by Aboriginal Health Human Resources Initiative (AHHRI) through Health Canada & the First Nations Chief's Health Committee. The Aboriginal Health Human Resources Initiative (AHHRI) supports health human resources strategies responding to the unique needs and diversity among Aboriginal groups. Goals of the AHHRI program include: To increase awareness of First Nations, Inuit and Métis youth about health careers and increase the number of students entering into, and succeeding in health career studies; and, to establish standards of practice and certification for community-based para-professional health care workers. The AHCAP program fits well with these AHHRI initiative goals and we would like to express our thanks for their support.

The next offering starts January 2011: Application deadline is **Friday, October 15, 2009.**

For information regarding course content and other information about the AHCAP program call Kerrie Charnley, Education Coordinator at the Institute for Aboriginal Health at (604) 822-1795 or view the Institute for Aboriginal Health website at www.iah.ubc.ca . Information can be viewed online at www.cic.cstudies.ubc.ca/ahcap .

Please circulate widely. Thank you.

NEWS RELEASE

For Immediate Release
2010CFD0017-000873
July 30, 2010

Ministry of Children and Family Development

PENTICTON INDIAN BAND CELEBRATES NEW CHILD-CARE CENTRE

PENTICTON – The Penticton Indian Band is celebrating the opening of the brand-new Little Paws Children’s Centre, the first on-reserve child-care centre for the Band, announced Children and Family Development Minister Mary Polak.

The new facility, created with the help of \$223,000 in major capital funding previously received from the ministry, brings under one roof 47 child-care and preschool spaces – 37 of which are new – for members of the community.

“B.C. is a leader in the creation of on-reserve child-care spaces. The Little Paws Children’s Centre is a great example of how Aboriginal and First Nation communities in B.C. are bringing new and needed services to their communities,” said Polak. “Having an on-reserve child-care option makes it easier for parents of this Band to work and continue their education, while ensuring their children are being cared for and learning in a culturally-relevant, safe and supportive environment.”

The Penticton Indian Band, a member of the Okanagan Nation, recently constructed a brand-new, purpose-built log building that will accommodate 12 infant/toddler spaces, 25 spaces for 30 months to school-aged, as well as 10 Aboriginal Head Start pre-school spaces, a program previously offered on the reserve and funded by the federal government. The centre plans to offer a morning and afternoon session of preschool, benefiting up to 20 children.

“The opening of this centre is a great moment for us. For many years we have said that children are our greatest resource, and we will remain committed to making education and training a priority for our community,” said Chief Jonathan Kruger. “There have been many important people who have worked very hard to bring this long-awaited and much-needed project to completion. We’re grateful to the ministry, whose financial support was a key piece in this project.”

To incorporate First Nation culture into the programming at the centre, children will take part in daily Okanagan language and stories, weekly cultural outdoor days and will benefit from regular visits from Band Elders. The centre is also ensuring that staff members receive cultural training and training in the Okanagan language.

“I’d like to congratulate the members of the Penticton Indian Band for their work in creating a new, family-friendly facility that will serve their community well,” said Penticton MLA Bill Barisoff. “This project has been underway for many years now and it is exciting to see the doors being opened.”

Since 2003, nearly \$7 million has been invested in capital projects to expand the number of licensed child-care spaces for Aboriginal and First Nations children in British Columbia.

Media Contact: Christine Ash Media Relations Manager Children and Family Development
250 356-1639 250 812-3616 (cell)

First Nations House of Healing Program Schedule 2010/11



2010-2011 Program Name/Program Definition	Start Date	End Date	Application Deadline
Train the Trainers 1 7 day Training for Front Line Workers	Oct. 24	Oct. 30	Sept.24
Reclaiming Wellness 11 day program – Introduction to Healing	Oct. 31	Nov.10	Oct.1
Finding the Beat of Your Drum 11 day Intergenerational Program	Nov.30	Dec.10	Oct.29
Train the Trainers 11 6 day Training for Front Line Workers	Dec.10	Dec.15	NA
Breaking the Silence 5 day Program for Lateral Violence	Jan. 3	Jan.7	Dec.3
Rekindling Our Spirit as Women 14 day Sexual Abuse Program for Women	Jan.8	Jan.21	Dec.10
Releasing with the Tides 11 day Residential School Survivors Prog.	Jan.22	Feb.1	Dec.10
Keeping the Circle Strong 11 day Grief & Loss Program	Feb.2	Feb.12	Dec.17
Returning to Spirit 9 day Program – Affects of Suicide	Feb.23	Mar.3	Jan.21
Train the Trainers 111 6 day Training for Front Line Workers	Mar.4	Mar.9	NA
Rekindling Our Spirit as Men 14 day Sexual Abuse Program for Men	Mar.10	Mar.23	Feb.11
Transformation 7 day Shame Program	Mar.25	Mar.31	Feb.26
Emotional Fitness 11 day Anger Program	Apr.1	Apr.11	Mar.4

Please note: Schedule is subject to change or cancellation. Applicants will be notified.

First Nations House of Healing 534 Centre Street Nanaimo, BC V9R 4Z3

Telephone: 250-753-0590 or toll free 1-877-777-4842

For further information please contact an Outreach Coordinator:

Stan Matthew (Northern Worker) ext. 251 or Marina White (Southern Worker) ext. 224

Fax: 250-753-0570 or toll free 1-877-753-0573

Email: fnhh@intertribalhealth.ca

Website: www.intertribalhealth.ca



THE SECOND
BC Aboriginal
BUSINESS AWARDS

SUBMISSION DEADLINE: SEPTEMBER 15, 2010



PRESENTED BY
BRITISH COLUMBIA

ACHIEVEMENT FOUNDATION

GENEROUSLY SPONSORED BY



NOMINATION FORM

NOMINEE: *(An individual or business may self-submit or be nominated)*

NAME:

ADDRESS:

EMAIL:

TEL:

IDENTITY: FIRST NATION

MÉTIS

INUIT

COMPANY NAME:

COMPANY ADDRESS:

NOMINATOR: (IF APPLICABLE)

NAME:

ORGANIZATION:

ADDRESS:

E-MAIL:

TEL:

CATEGORY: (please select one)

- Aboriginal Business of the Year Awards
Businesses must be at least 51 per cent Aboriginal owned and operated.
- one-to-two person enterprise
 - two-to-ten person enterprise
 - 10 persons or more enterprise
- Young Female Aboriginal Entrepreneur of the Year Award
- Young Male Aboriginal Entrepreneur of the Year Award
- Aboriginal Community-Owned Business of the Year Award
Businesses must be 100 per cent community-owned to be eligible for this award.
- Aboriginal Joint Venture Business of the Year Award
If your business is entering the Joint Venture award category, please include the following information about the business with which you partner.

COMPANY NAME:

COMPANY ADDRESS:

CONTACT PERSON:

E-MAIL:

TEL:

FAX:

WEBSITE:

NOMINATION PACKAGE REQUIREMENTS

Please note that all materials received are strictly confidential between the BC Achievement Foundation and the nominee (and nominator, if applicable). Please ensure that you have included the following:

- ✓ Completed nomination form
- ✓ A Business Statement containing two sections (each section up to 250 words)
 - Section one:** explanatory statement on the nature/purpose of your business (*see below*)
 - Section two:** overview of your business (*see below*)
- ✓ Two reference letters from individuals who can describe the impact and value of your business.
- ✓ Supporting documents – up to five additional pages of further testimonials, career resume, certificates, media coverage may be submitted in the nomination package. Please do not include videos.

BUSINESS STATEMENT

SECTION ONE: NATURE/PURPOSE OF BUSINESS

Please explain the nature/purpose of your nominee's (or your) business in no more than 250 words. The judges need to have an understanding of the business to evaluate the submission guided by its viability, sustainability and competitiveness. Please ensure the business' ownership structure is clearly articulated and that the following information is included.

- Number of employees:
- Number of Aboriginal employees:
- Revenue: (Please provide revenue information for the past two years)
- Number of years in operation:

BUSINESS STATEMENT

SECTION TWO: OVERVIEW OF BUSINESS

Briefly explain your nominee's or your business, describing its influences and challenges including a description of its organizational environment and relationships. We expect entrants to be good corporate citizens with accomplishments in areas such as environmental responsibility and sound employee relations (up to 250 words).

Please send your completed nomination form and all supporting documents to:

THE BC ABORIGINAL BUSINESS AWARDS

The British Columbia Achievement Foundation
c/o 6209 Angus Drive,
Vancouver, BC V6M 3P2

Website: www.bcachievement.com

Email: info@bcachievement.com

Toll-free: 1-866-882.6088 Telephone: 604.261.9777

Deadline for Submissions: September 15, 2010

ABOUT THE AWARDS



The British Columbia Aboriginal Awards celebrate the province's Aboriginal business sector and its contribution to the provincial economy.

The awards recognize business acumen in seven categories. An independent jury representing Aboriginal business expertise will review nominations and select recipients in accordance with the awards' criteria. A gala celebration in December 2010 will honour the award recipients.

All Aboriginal people involved in business in British Columbia should consider entering these awards.

Whether you are a small business owner or a sole proprietor running a business out of your home, managing a large staff of a community-owned enterprise or creating opportunities through a joint venture agreement, or you are growing a business from the ground up as an entrepreneur, these awards will recognize and celebrate your achievements.

The award categories allow for the unique strengths and diversity within the business community and recognize motivation, focus and achievable goals. BC Aboriginal Business Awards' recipients will serve as examples of excellence and inspiration while showcasing best practices to be shared amongst all business people, whether they are those already involved in business or those considering a business career.

CATEGORIES

BUSINESS OF THE YEAR AWARDS

Businesses must be at least 51 per cent Aboriginal-owned and operated.

The Business of the Year Award recognizes business achievement and celebrates the entrepreneurial spirit in three categories:

- one-to-two person enterprise
- two-to-10 person enterprise
- 10 or more person enterprise

YOUNG FEMALE ENTREPRENEUR OF THE YEAR YOUNG MALE ENTREPRENEUR OF THE YEAR

The Young Entrepreneur Award recognizes achieved success in the start-up and operation of a new or existing business. Entrants must be under 30 and awards will be presented to both a male and female youth entrepreneur of the year.

COMMUNITY-OWNED BUSINESS OF THE YEAR AWARD

To be eligible for this award, businesses must be 100 per cent community-owned. The award will celebrate the contribution this unique business undertaking has made to capacity building and strong economic foundations in British Columbia's Aboriginal communities and in the wider economy.

JOINT VENTURE OF THE YEAR AWARD

The Joint Venture Award promotes and celebrates efforts that contribute to the economic well-being of the area; increase the employment of Aboriginal people; provide learning or training opportunities to Aboriginal people and businesses; and show a commitment to the community in which they operate. The joint venture can be with either an Aboriginal or non-Aboriginal partner.

ELIGIBILITY

- All nominees must be Aboriginal (First Nations, Métis, or Inuit).
- Individuals are welcome to nominate themselves for a BC Aboriginal Business Award or be nominated by a second party.
- You may enter only one category.
- Please ensure that if you are nominating a business or a business person for an award that you have the business' or business person's approval for the nomination.
- If unsuccessful, an entrant may re-apply the next year or in following years.
- Non-profit or charitable groups, government agencies and institutions are not eligible for these awards.

CRITERIA

The jury panel will evaluate submissions guided by the viability, sustainability and competitiveness of your business.

SELECTION

An independent panel of judges representing Aboriginal business expertise throughout British Columbia will adjudicate the BC Aboriginal Business Awards. The judges' panel will be solely responsible for the review, evaluation and selection of award recipients.

WHY NOMINATE/PARTICIPATE IN A BC ABORIGINAL BUSINESS AWARD?

In British Columbia's competitive and changing marketplace, it is important to focus on ways to set your business apart from the rest. Recognition by your peers and the community will position your business as a leader to current and potential customers, as well as to your employees and the community-at-large.



ADVISORY BOARD

JACOB BEATON

President, CopperMoon Communications Inc.

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CEO, Women's Enterprise Centre of BC

JUDITH SAYERS

Entrepreneur-in-Residence, Faculty of Business, University of Victoria

SUPPORTING ORGANIZATIONS

The BC Aboriginal Business Awards are supported by:

BC Assembly of First Nations

First Nations Summit

Métis Nation BC

Union of BC Indian Chiefs

BC Ministry of Aboriginal Relations and Reconciliation

AWARD SPONSORS

BC Hydro, Founding Sponsor

Encana

BC Ministry of Aboriginal Relations and Reconciliation

Privacy Policy: The British Columbia Achievement Foundation is committed to protecting the privacy of people through responsible management of information received. Submissions are confidential between the submitter and the awards' program. To view the complete privacy policy, visit www.bcachievement.com or call the office for a copy.

CONGRATULATIONS TO THE 2009 INAUGURAL AWARD RECIPIENTS

YOUNG FEMALE ABORIGINAL ENTREPRENEUR OF THE YEAR:

Recipient: Cristy Johnson, Cristy's Jewelry Designs, Victoria

YOUNG MALE ABORIGINAL ENTREPRENEUR OF THE YEAR:

Recipient: Jacob Beaton, CopperMoon Communications Inc., Hazelton

OUTSTANDING BUSINESS ACHIEVEMENT:

Dean Cloutier, Shrapnel Designs, Vancouver

Alano Edzerza, Edzerza Gallery, Vancouver

BUSINESS OF THE YEAR - ONE TO TWO PERSON ENTERPRISE:

Recipient: Tryna Gower Photography, Dawson Creek

OUTSTANDING BUSINESS ACHIEVEMENT:

Artifaax, Vancouver

Bikram's Yoga College of India, North Vancouver

BUSINESS OF THE YEAR - TWO TO 10 PERSON ENTERPRISE:

Recipient: Chase Office Interiors Inc., West Vancouver

OUTSTANDING BUSINESS ACHIEVEMENT:

Little Miss Chief Gourmet Products, Westbank

Wind Spirit Art Gallery, Powell River

BUSINESS OF THE YEAR - 10 OR MORE PERSON ENTERPRISE:

Tie - Recipients: BC General Contracting Inc., Westbank; and Tin Wis Best Western Resort, Tofino

OUTSTANDING BUSINESS ACHIEVEMENT:

Chinook Cove Contracting Ltd., Kamloops

Paul Paquette and Sons Contracting Ltd., Chetwynd

COMMUNITY-OWNED BUSINESS OF THE YEAR:

Recipient: Metlakatla Development Corporation, Prince Rupert

OUTSTANDING BUSINESS ACHIEVEMENT:

Doig River Energy Ltd., Fort St. John

Ivy Green Husky, Ladysmith

Pine Acres Home, Westbank

JOINT VENTURE BUSINESS OF THE YEAR:

Recipient: Nicola Pacific Forest Products Ltd., Merritt

Partner – Ardeu Wood Products Ltd.

OUTSTANDING BUSINESS ACHIEVEMENT:

Referral Tracking System: Neskonlith and Adams Lake Bands

Partner - DR Systems Inc.

Takaya Development Ltd Partnership: Burrard Indian Band

Partner – Native Strategic Investments

INDIVIDUAL ACHIEVEMENT AWARD RECIPIENTS:

Dorothy Grant

Angelique Merasty Levac

THE BC ACHIEVEMENT FOUNDATION

The British Columbia Achievement Foundation was established and endowed by the Province of British Columbia in 2003 to celebrate excellence and achievement in the arts, humanities, enterprise and community service. As well as the BC Aboriginal Business Awards, the Foundation offers the BC Community Achievement Awards, the BC National Award for Canadian Non-Fiction, The Carter Wosk BC Creative Achievement Awards for Applied and Design and the BC Creative Achievement Awards for First Nations' Art.

Information Bulletin

VOLUME 4, ISSUE 7 SUMMER 2010



MCIVOR

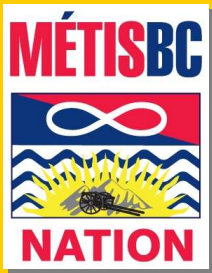
In April 2009, in *McIvor v. Canada (Registrar, Indian and Northern Affairs)*, the BC Court of Appeal ruled that Indian Act registration provisions – and the ability to pass on eligibility for registration – discriminate based on whether an individual traced their status through male or female ancestors.

As a result, the BCCA struck two sections of the Indian Act - 6(1)(a) and 6(1)(c)– and gave Parliament one year to fix the discrimination. Throughout the late summer and fall of 2009, Indian and Northern Affairs Canada (INAC) held limited engagement sessions on its proposed approach to addressing the decision of the BCCA.

On March 11, 2010, the Minister of Indian Affairs and Northern Development tabled Bill C-3: Gender Equity in Indian Registration Act to respond to the *McIvor* decision.

BCAFN Regional Chief Jody Wilson-Raybould, and UBCIC President Grand Chief Stewart Phillip presented on the Bill to the Standing Committee on Aboriginal Peoples and Northern Development during its hearings in May. Along with other witnesses, including Sharon *McIvor*, the submissions provided evidence supporting an end to gender discrimination in the Indian Act through Bill C-3 and encouraged Canada to go further and remove remaining areas of discrimination not addressed in Bill C-3. It was also made clear that the Government of Canada will need to ensure that no further financial hardship or strain be imposed on First Nations' governments or their citizens as a result of any amendments to the Indian Act registration provisions.

Most recently, on July 2, 2010, the BCCA gave Parliament an extension until January 31, 2011 to respond to the *McIvor* decision and amend the Indian Act. It is expected that the Bill will follow parliamentary process and proceed to 3rd Reading when the House sits in the Fall, followed by Senate review and finally to receive royal assent.



Skills Enhancement for Aboriginal Learners

What will this program do?

- Build up your Essential Skills
- Give hands-on experience in skills to support you into industry jobs or technical training
- Qualifications in several industry certificates
- Provide practical experience placements

Through the Skills Enhancement for Aboriginal Learners (SEAL) Program, MNBC will provide clients with a program specifically for the under skilled individual needing to enhance the skills needed for work, learning, and life. This program will be 6 weeks in length, have multiple intakes and will include.

This program will be 6 weeks, with a practicum and will include:

- *Essential Skills and TOWES Testing and Assessments*
- *Numeracy Upgrading*
- *Career Exploration*
- *One on one counseling with Job Support Coaching*
- *Certificates in World Host (formerly Super Host),*
- *Several industry safety certificates*
- *Resume Preparation/Interview Skills*
- *Job Placement Practicum's*
- *Continuing support for after program job placement and retention*



This program is designed to assist **Aboriginal people**, 18 years of age and older, that are having trouble getting and keeping sustainable employment. The program is specifically designed to help individuals move forward past their personal blocks that stop their positive growth. Support throughout and after the program is designed to keep the participants on track and make sure that issues that are hindering their success are minimized. This support along with skill building, real world practical experience and industry required certificates will help Aboriginal people move **forward**.



Essential Skills are the skills needed for work, learning and life. They provide the foundation for learning all other skills and enable people to evolve with their jobs and adapt to workplace change.

Métis Employment & Training Program
– Lower Mainland
#201-10114 King George Hwy Surrey, BC V3T 2W4
1-604-582-4791
colleenrose@mnbc.ca – www.mnbc.ca



Funding provided through the following sponsors



A tendon is a tough yet flexible band of fibrous tissue. The tendon is the structure in your body that connects your muscles to the bones. The skeletal muscles in your body are responsible for moving your bones, thus enabling you to walk, jump, lift, and move in many ways. When a muscle contracts it pulls on a bone to cause movements. The structure that transmits the force of the muscle contraction to the bone is called a tendon.

Tendons come in many shapes and sizes. Some are very small, like the ones that cause movements of your fingers, and some are much larger, such as your Achilles tendon in your heel. When functioning normally, these tendons glide easily and smoothly as the muscle contracts.

Sometimes the tendons become inflamed for a variety of reasons, and the action of pulling the muscle becomes irritating. If the normal smooth gliding motion of your tendon is impaired, the tendon will become inflamed and movement will become painful. This is called **tendonitis**, and literally means inflammation of the tendon.

Causes of Tendonitis There are hundreds of tendons scattered throughout our body, but it tends to be a small handful of specific tendons that cause problems. These tendons usually have an area of poor blood supply that leads to tissue damage and poor healing response. This area of a tendon that is prone to injury is called a "watershed zone," an area when the blood supply to the tendon is weakest. In these watershed zones, they body has a hard time delivering oxygen and nutrients necessary for tendon healing--that's why we see common tendon problems in the same parts of the body.

Tendonitis is most often an overuse injury. Often people begin a new activity or exercise that causes the tendon to become irritated. Tendon problems are most common in the 40-60 year old age range. Tendons are not as elastic and forgiving as in younger individuals, yet bodies are still exerting with the same force.

Occasionally, there is an anatomical cause for tendonitis. If the tendon does not have a smooth path to glide along, it will be more likely to become irritated and inflamed. In these unusual situations, surgical treatment may be necessary to realign the tendon.

Symptoms of Tendonitis Tendonitis is almost always diagnosed on physical examination. Findings consistent with tendonitis include:

- Tenderness directly over the tendon
- Pain with movement of muscles and tendons
- Swelling of the tendon

X-rays & MRIs: Are They Necessary?

Studies such as x-rays and MRIs are not usually needed to make the diagnosis of tendonitis. While they are not needed for diagnosis of tendonitis, x-rays may be performed to ensure there is no other problem, such as a fracture, that could be causing the symptoms of pain and swelling. X-rays may show evidence of swelling around the tendon.

MRIs are also good tests identify swelling, and will show evidence of tendonitis. However, these tests are not usually needed to confirm the diagnosis; MRIs are usually only performed if there is a suspicion of another problem that could be causing the symptoms.

Once the diagnosis of tendonitis is confirmed, the next step is to proceed with appropriate treatment. Treatment depends on the specific type of tendonitis. You can learn more about these specific types of tendonitis and treatments of tendonitis on the following pages.

Tendonitis can occur in any tendon in the body, but tends to occur in one of a small handful of the hundreds of tendons scattered throughout our body. The reason these tendons are prone to injury is the result of problems with the blood supply to the area of concern. In these situations, poor blood supply within the so-called "watershed zone" of the tendon leads to a tendency for problems. Some of the types of tendonitis that are seen most frequently include:

- **Wrist Tendonitis**
Wrist tendonitis is a common problem that can cause pain and swelling around the wrist. Wrist tendonitis is due to inflammation of the tendon sheath. Treatment of wrist tendonitis usually does not require surgery.
- **Achilles Tendonitis**
Achilles tendonitis causes pain and swelling in the back of the heel. Understanding this common problem can help with treatment and help to avoid serious complications such as Achilles tendon rupture.
- **Posterior Tibial Tendonitis**
Occurring near Achilles tendonitis, posterior tibial tendonitis is less common, but should be considered in people with symptoms on the inner side of the ankle. Left untreated, posterior tibial tendonitis can result in a flat foot.
- **Patellar (Kneecap) Tendonitis**
Patellar tendonitis, or inflammation of the patellar tendon, is a condition often called Jumper's Knee. Treatment of patellar tendonitis usually consists of rest and anti-inflammatory medication.
- **Rotator Cuff Tendonitis**
Many patients who have pain are told by their doctor they have shoulder bursitis or rotator cuff tendonitis; learn more about rotator cuff tendonitis and available treatments.
- **Tennis Elbow (Lateral Epicondylitis)**
Tennis elbow is actually a type of tendonitis that causes pain over the outside of the elbow. Commonly associated with people who play tennis, lateral epicondylitis can occur in people who perform other sports or repetitive activities of the wrist and elbow.

Below is some advice for tendonitis treatment and avoiding recurrences of this problem. As with any treatment program, talk with your doctor before you begin tendonitis treatment! In order to aid healing you should:

- **Rest and Protect The Area**
Tendonitis treatment must begin by avoiding aggravating movements. This may mean taking a break from a favorite activity for a period of time, but this is a necessary step to allow the inflamed tendon to heal. It is also recommended in tendonitis treatment to try alternative activities; for example, if you are a runner who is experiencing knee pain due to tendonitis, try incorporating swimming into your workout schedule. Often a splint or brace will be prescribed to help protect the area.
- **Apply an Ice Pack**
Icing the area of inflammation is an important aspect of tendonitis treatment. The ice will help to control the inflammation and decrease swelling. By minimizing inflammation and swelling, the tendon can return to its usual state and perform its usual function.
- **Take Anti-Inflammatory Medications**
Nonsteroidal anti-inflammatory medications (NSAIDs) include a long list of possibilities such as Ibuprofen, Motrin, Naprosyn, Celebrex, and many others.

Tendonitis treatment can be improved by these medications that will decrease pain and swelling. Be sure to talk to your doctor before starting these medications.

- **Cortisone Injections**

If the symptoms of tendonitis are persistent, an injection of cortisone may be considered. Cortisone is a powerful anti-inflammatory medication, but instead of being given by mouth, it is injected directly to the site of inflammation. This can be extremely helpful for situations that are not improved with rest.

Not all types of tendonitis can be addressed with cortisone injections! For example, Achilles tendonitis is rarely injected with cortisone because of concerns about possible rupture of the tendon.

To prevent the return of tendonitis symptoms:

- **Strengthening and Physical Therapy**

Proper strengthening technique can help you avoid tendonitis by using your muscles in a safe, more efficient manner. For example, patients with rotator cuff tendonitis can learn ways to move the shoulder that will not cause inflammation. *Do not begin exercises until the inflammation of tendonitis has resolved!*

- **Take Breaks**

Alternate repetitive tasks with breaks to relieve stress on the tendons. Don't perform one activity continuously for hours at a time. For those with exercise-related tendonitis, try to vary your workouts to relieve the repetitive stress of one exercise activity.

- **Protect the Tendons**

Some patients who have chronic tendonitis will find relief by protecting the affected area when performing certain activities. For example, wrist splints can be worn while gardening, or Chopat straps (patellar tendonitis) can be worn while playing sports.

The steps listed above are usually adequate tendonitis treatment, and most patients have resolution of their symptoms. Learning to avoid activities that may cause a tendonitis flare-up can also be important.

Tendonitis due to underlying conditions such as arthritis and gout are more difficult to treat and recur more frequently. The best management in these situations is to do your best to avoid flare-ups of gouty attacks or arthritic episodes, and to avoid activities which you have learned cause tendonitis.

Information from www.orthopedics.about.com

By The Associated Press, thecanadianpress.com, Updated: August 10, 2010 3:35 PM

Video shows woman smashing window over McNuggets

TOLEDO, Ohio - A security video from a McDonald's shows a woman punching two restaurant employees and smashing a drive-thru window because she couldn't get Chicken McNuggets.

The tantrum caught on tape in Toledo earlier this year shows the customer reaching through the drive-thru window, slugging one worker and then another. She then grabs a bottle out of her car and tosses it through the glass window before speeding off.

It happened early on New Year's Day. Police say Melodi Dushane was angry that McNuggets weren't being served because it was breakfast time.

Dushane says she was drunk at the time. She was sentenced to 60 days in jail last month and ordered to pay McDonald's for the broken window.

The video was released Monday when it became public record.

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

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

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

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

By The Associated Press, thecanadianpress.com

Hail yes, it's big: US lab gets record hailstone

This photo taken July 24, 2010 provided by the NOAA National Weather Service shows a hailstone that was found by a ranch hand in Vivian, S.D., on June 23, 2010. The hailstone has set U.S. records. It measured 8 inches in diameter and weighed 1 pound, 15 ounces. The previous record for diameter was 7 inches for a hailstone found in Aurora, Neb., in 2003. The previous record for weight was 1.67 pounds for a stone in Coffeyville, Kan., in 1970. (AP Photo/National Weather Service)

BOULDER, Colo. - North America's heaviest hailstone ever might also be its most-travelled.

A 1-pound, 15-ounce (.875-gram) hailstone that fell in South Dakota, on July 23 has been taken to National Center for Atmospheric Research in Colorado, about 370 miles (600 kilometres) away.

Charles Knight, a scientist at the centre, plans to cast plaster replicas for researchers, a South Dakota museum and Leslie Scott, the ranch hand who found it.

Knight says he'll then cut it in two and photograph its internal rings.

The hailstone is being stored in a freezer, but the lab isn't taking any chances. A tweet announcing the hailstone's arrival said, "Hey, keep that away from the margarita mix!" Federal climate officials have confirmed it was the heaviest ever recorded on the continent.

QUOTES :

"Every part of this Earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing and humming insect is holy in the memory and experience of my people."
Chief Seathl

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.

Annual Elders Gathering Grand Entry Photos are on: www.bcelders.com each year!

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

THEY DATES ARE ANNOUNCED!!

**Hosts: Sto:lo and Coast Salish
35th Annual BC Elders Gathering
July 12, 13, 14, 2011**

**LOCATION: The Fraser Valley Trade & Exhibition Centre or Tradex
1190 Cornel Street, Abbotsford**