

Volume 5 Issue 7

June 2005



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

Dear Elders Support People,

Thank you very much for your help with making copies of this newsletter for your local elders for the last 41/2 years, your efforts are very much appreciated by everyone involved with this Elders Communication Network.
Sincerely, Donna Stirling

To Chief Robert Sewid, A Very Happy 70th Birthday (June 16th) Love your Wife, Children, Grandchildren & Great Grandchildren!!!!

Youth Suicide Prevention Walk

Making a Difference, One Step at a Time

Anyone interested in supporting this effort please make cheques payable to:

Youth Suicide Prevention Walk

166 Wakesiah Avenue, Nanaimo, B.C., V9R 3J9, Canada

Web: www.theyouthsuicidepreventionwalk.com

ELDERS COMMUNITY EVENT AND DANCE

Friday, July 8, 2005 — 3:00 pm - 8:00 pm at 1607 East Hastings

Vancouver Aboriginal Friendship Center Gym

Craft tables, food concessions, cake walk, loonie/toonie draws, carnival games, bachelor auction, bingo, 50/50's, and performances.

Dance to classic rock n roll, jiggling music & some old school from 6 to 8 pm

Admission: \$1. (one loonie) Tables available for \$5.

Funds to go to the Our Elders Speak Wisdom Society for travel to the Elders Conference. Partial proceeds to Elders Conference.

To donate prizes for the Elder's Draws or for more info:

Call Kat at (604) 253-1020

Anyone with information to share on how to go about cleaning a deer hide jacket is asked to please call Vicki at 250-564-5638 or email: katla@shaw.ca

Inside this issue

Easy Bakers Corner

2

What can you share?

2

www.bcelders.com

2

Invitation to join Council

3

Legal Advice—Tips

4

50 Prizes To Win

5

Pg. 6: Registration Form - 29th Annual Elders Gathering in Prince George

Pg. 7: Booth Form - 29th Gathering

Pg. 8: What We Should Be Eating Daily

Pg. 9: Grapefruit Juice and Medication

Pg. 10: Language Revitalization

Pg. 11: Fountain Lake Pilgrimage

Pg. 12: Huu-ay-aht Press Release

Pg. 13: Cowichan Tribes Mourn the Loss of Carving Legend Simon Charlie

Pg. 14: Nuu-chah-nulth Tribal Council

Pg. 15: Kidney Failure and Petting Zoos

**Back Page: Bible Quotes/Proverbs/
AND BC Elders Gathering Info Corner**

Easy Bakers Corner – Peanut Butter Raisin Candies - makes 50

In a bowl, combine 5 Tbsp. of butter, 1 cup of creamy style peanut butter and 2 cups of powdered sugar. Stir together with a wooden spoon until just blended (don't use a mixer - it will cause the centers to be too soft).

Add 1/2 cup of raisins quickly. Refrigerate for about a 1/2 hour.

With fingertips, form mixture into small even balls. Place on a baking sheet, lined with waxed paper. Refrigerate until candies are firm. Let dry at room temperature before dipping.

In the top of a double boiler, melt 8 oz. of semisweet chocolate over hot, not boiling water. Remove from heat. Dip candies in the melted chocolate or pour the melted chocolate over the candies on a baking sheet. Let stand in a cool place until ready to serve.

Handy Tips: Windows: Don't wash windows on a sunny day, they will dry too fast and probably streak. When washing windows use vertical strokes when doing the outside and horizontal for inside windows. This way you can tell which side has the streaks. Always wash windows from top to bottom. Consensus of opinion has it that crumpled up black and white newspaper dipped in vinegar is the absolute best way to wash windows. Dip paper in vinegar and wipe glass until it is almost dry, then shine with a dry newspaper or cloth. ***To remove hair spray film from mirrors wipe with rubbing alcohol.

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/Photo's/Storytelling/Drawings/Articles of Interest/Native Songs Lyrics/Wellness Seminars/Obituaries/Birthday Wishes, etc. If you are interested in providing articles, please do, I look forward to hearing from anyone who wants to contribute to the content. Donna Stirling

'PRESERVING THE PAST' New Elder's Website: www.bcelders.com

The *First Ever* Elder's Website "Preserving the Past" is now online (Sept. 2002). Future registration forms, booth forms, maps of the Hosting territory, accommodation information, etc. concerning the Annual Gatherings will all be available on the B.C. Elder's Communication Center Society's Web Site at www.bcelders.com as soon as they are made available from each new host community.

Issues of your Elder's Voice Newsletter are 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.

NOTICE: TO ALL BC ABORIGINAL ELDERS

You are invited to have your esteemed ELDER join the BC Elders Council

The BC Elders Council is approaching every First Nation community in BC in these issue as they are looking to join Elders together into Regional Elders Advisory Boards that will be made-up of *existing* and *new* BC Elders Council Members. There goal is to insure that each community feels that they are included and active in what is happening for the Elders in BC and the provincial Elders Council wishes to encourage an aboriginal elder from each local group to join the Council.

There will be 6 (perhaps 8) Regional Elders Advisory Boards and they will consist of BC Elders Council Members who represent their area's Band/Elder's Group/Society. There are currently **45** members on the BC Elders Council and they are hoping that groups will meet and then call into the Communications office (**toll-free 1-877-738-7288**) to see that the name of your chosen **ELDER (55 and up)** is entered on the BC Elders Council list.

The BC Elders Council travelled and met in Campbell River, May 28—31 2004, these meetings were the first *full* meetings the Council has been able to have since formation in 2002. It has been difficult to meet because this *first ever* Provincial Aboriginal Elders Council had no financial help until quite recently and up until now Council communication had been through email, mail, fax, and phone calls. The minutes from this full weekend of meetings will be forwarded to each new member immediately to bring everyone up-to-date.

The BC Elders Council is extremely grateful to the Provincial Health Services Authority who made these meetings in May possible, the PHSA thankfully agreed that it was important to fund the BC Elders Council so that the Council could meet to gather and share important information - particularly on the chronic disease **DIABETES**; which is plaguing our communities. And, upon returning home the Council was then able to take that valuable information with them to share with their community members. The PHSA knew that the Elders are an important key to communicating back home.

During the course of the meetings, future provincial meetings were discussed and the difficulties faced in trying to find reliable funding quarterly, or even yearly to allow for large scale meetings (though funding for future provincial meetings will continue to be sought out), consequently the idea of having Regional Elders Advisory Boards made up of BC Elders Council Members was born.

These Regional Elders Advisory Boards could meet much more frequently and then send in their 'Regional Reports' on your discussions, progress, solutions, goals, stumbling blocks, questions, etc., to be printed in the monthly Elders Voice so that you can all communicate on a provincial level with one another. (The Elders Voice is mailed out to every community and posted on the Elders Website www.bcelders.com for people to access who have computers).

Your Regional Elders Advisory Boards will be in a position to discuss problems, solutions, financial issues, funding concerns for the Annual Gathering, and for your Elders in general, health concerns, language concerns, now and future homecare/housing needs, etc., with all of these issues being examined from your Elder's point of view.

These Boards promise to become the driving force for changes and improvements for our Aboriginal Elders in BC. Please call the above toll free number for further information on the BC Elders Council and the Regional Elders Advisory Boards.

Gala Kasla

Some Excellent Legal Advice emailed in to pass on in the Elders Voice

ATTORNEY'S ADVICE - A corporate attorney sent the following out to the employees in his company.

1. The next time you order checks have only your initials (instead of first name) and last name put on them. If someone takes your checkbook, they will not know if you sign your checks with just your initials or your first name, but your bank will know how you sign your checks.
2. Do not sign the back of your credit cards. Instead, put "PHOTO ID REQUIRED".
3. When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.
4. Put your work phone # on your checks instead of your home phone. If you have a PO Box use that instead of your home address. If you do not have a PO Box, use your work address. Never have your SIN# printed on your checks. (DUH!) You can add it if it is necessary. But if you have it printed, anyone can get it.
5. Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. I also carry a photocopy of my passport when travel either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a name, address, SIN, credit cards.

Unfortunately, I, an attorney, have firsthand knowledge because my wallet was stolen last month. Within a week, the thief(s) ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record information online, and more. But here's some critical information to limit the damage in case this happens to you or someone you know:

1. We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.
2. File a police report immediately in the jurisdiction where your credit cards, etc. were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one).

But here's what is perhaps most important of all: (I never even thought to do this.)

3. Call the two national credit-reporting organizations immediately to place a fraud alert on your name and Social Insurance number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit.

By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them dead in their tracks.

Now, here are the numbers you always need to contact about your wallet, etc. has been stolen:

- 1.) Equifax Canada: 1-877-249-2705
- 2.) TransUnion: 1-877-525-3823



BC ELDERS COMMUNICATION CENTER SOCIETY

'ELDERS VOICES PRESERVING THE PAST'

1420 C. 16th Avenue, Campbell River, B.C. V9W 2E3 Ph: 250-286-9977 Fax: 250-286-4809
Contact: Donna Stirling Toll Free at 1-877-738-7288 or Email: bcelderscommcenter@telus.net

View Prizes: June 1st 2005 at www.bcelders.com

50 PRIZES!

BC Elder's Prize Draw Date: Sept. 15th 2005

TICKETS: \$5 EACH

- 1st 18K Gold Raven Pendant by Bussie McGuire (thru Diane Brown—Skidegate)
- 2nd Raven Print by Terry Williams (Diane Brown—Skidegate)
- 3rd Fringed Native Cape by Shawna Moore (thru Amanda Zettergreen, BC Elders Council)
- 4th Moccasins from the BCECCS
- 5th Kwakiutl Print by Victor Moon
- 6th–10th (5) *different* Print by Fred Anderson Jr. (thru Willie Walkus, BC Elders Council)
- 11th–16th (6) *different* Prints by Ross Hunt (thru Jeanette McMaster, BC Elders Council)
- 17th Union of BC Indian Chiefs Logo Golf Shirt
- 18th Union of BC Indian Chiefs Logo Vest
- 19th Baby Jacket & Bonnet by Elaine Brookes (Scotland)
- 20th Photo of Eagle (Cochise) by Terry Bailey plus Tartan Throw (Scotland),
- 21st Knitted Shawl by Diane Bailey plus Headband & Belt by Joanne Bailey (Scotland)
- 22nd Juxtaposition #1 Print by Darcy Brown-Desjarlais (Moberly Lake)
- 23rd (5) Small Native Crafts by Artists with the Fraser Canyon Cultural Group
- 24th Spirit Whale Print by John Sharkey (thru Marilyn Ferry)
- 25th Frog Print by V. Morris
- 26th to 32nd (7) Kwakiutl Frog Prints by Tom Hunt (thru BCECCS)
- 33rd Beaded Corsage by Gloria Adams (thru Jeanette McMasters, BC Elders Council)
- 34th Simpcw Logo Fleece Throw (Simpw Health Centre)
- 35th (2) "Spirit Of Life" Books by Jaye Lowe/Sm. Carving by D. Alfred (thru Shirley Matilpi, BC Elders Council)
- 36th Framed Raven Print by Joe Wilson from Virgie (Eugenia) Inyallie & Tsekani FN
- 37th Framed Eagle Print by Michael Antoine, from Virgie (Eugenia) Inyallie & Tsekani FN
- 38th Kahtou News Membership plus \$25 Gift Cert. London Drugs donated by Kat Norris
- 39th Embossed Print by Sonny Assu
- 40th Intaglio Print by Sonny Assu
- 41st (2) T-Shirts from Kyuquot FN plus (3) Crocheted Pieces by Hilda Hanson
- 42nd Cedar Hat by Louise Reid (thru Qualicum FN)
- 43rd Hand Dyed Silk Scarf by Sharon Recalma (thru Qualicum FN)
- 44th Painting by Teresa Planes (thru Debbie & T'Sou-ke Nation)
- 45th Crooked Paddle by Johnathan Rice (thru Debbie, T'Sou-ke Nation)
- 46th Painting by Herbie Woods (thru Debbie & T'Sou-ke Nation)
- 47th & 48th Cedar Feathers by Randy Frank (thru Carolyn Frank, Komox FN)
- 49th Prize donated by Willard Charlie, T'it'q'et Elders Group
- 50th Pine Needle Basket by Many Hands Women's Circle (thru St. Mary's Band Health Centre)

Profits from this Annual Provincial Elders Art Raffle will be divided equally 2 - ways

1. An 'Elder's Group Draw' - with one winning group (who has helped with this raffle) receiving 1/2 of the profits to help send their group to the Gathering (when this raffle gets more successful there will be more than one group draw held).
2. The other 1/2 of the Draw's profits will be used for the communication center's office expenses so that it may operate for the Elders in BC.

****Stubs & Profits must be received at the above address (in Campbell River) by noon September 15, 2005**

****Winners' names will be posted in the Elders Voice Oct. 2005 issue available online at www.bcelders.com**



Carrier Sekani Tribal Council

1460- 6th Ave.

Prince George, B.C.

V2L 3N2

Phone: (250) 562-6279 or 1-800-280-8722



REGISTRATION FORM

29th ANNUAL BC ELDERS GATHERING

OCTOBER 4-6th, 2005 at the Prince George Civic Centre
(808 Civic Plaza, Prince George, BC V2L 5T6)

NAME:
ADDRESS:
TELEPHONE:
BAND/ NATION/ELDER'S GROUP:
BIRTHDATE:
MEDICAL CONCERNS/INFORMATION/ ALLERGIES:
CAREGIVER/ELDERS WORKER'S NAME (traveling with elder):
Volunteer:
Skills:
Address/ Ph#:
Dates & times to volunteer:

ALL Elders and Workers are encouraged to have emergency medical information in their wallet or purse so that in the event of a medical emergency it will accessible for medical personnel.

PLEASE COMPLETE FORM AND **RETURN BY MAIL-IN ONLY**

MAIL TO: #200-1460 SIXTH AVENUE, PRINCE GEORGE, B.C. V2L 3N2

DEADLINE FOR REGISTRATION IS SEPTEMBER 08, 2005

ANY REGISTRATIONS RECEIVED **AFTER** THIS DATE WILL BE SUBJECT
TO A FEE OF \$30.00

PAYABLE IMMEDIATELY TO CARRIER SEKANI TRIBAL COUNCIL

****Elders Coordinators** will be asked to check-in on behalf of their group to pick up their packages and blank nametags, etc. **Individual check-in line** will be set up for those Elders traveling on their own.



Carrier Sekani Tribal Council

1460- 6th Ave.

Prince George, B.C.

V2L 3N2

Phone: (250) 562-6279 or 1-800-280-8722

Fax: (250) 562-8206



BOOTH REGISTRATION FORM FOR THE 29TH ANNUAL BC ELDERS GATHERING

NAME: _____

ADDRESS: _____

TELEPHONE: _____

BAND/NATION: _____

BIRTHDATE: _____

BOOTH TYPE: BOOTHS ARE TO BE SET UP BY 9:00 a.m. on October 4th

Arts/Crafts Booth @ \$110.00 ↑

Commercial Booth @ \$250.00 ↑

Concession Booth @ \$300.00 ↑

Booths are payable in advance, certified cheque or money order only

This is on a first come, first serve basis

NOTE:

- Information booths are free but must be registered in advance.
- The 29th Annual BC Elders Gathering Committee is not responsible for lost or stolen items.
- Security will be on duty 24 hours each day.

Please complete and return as soon as possible.

Mail to: #200 - 1460 Sixth Avenue, Prince George, BC V2L 3N2

Call toll free at 1-800-280-8722 if you have any questions.

What You Should Eat Daily

From the show [Insiders' Guide to Make You Younger and Healthier](#) at Oprah.com

Dr. Michael Roizen, co-author of [You: The Owner's Manual](#) with Dr. Mehmet Oz is renowned worldwide for his revolutionary anti-aging research. Dr. Roizen says the keys to looking younger and staying healthy are found in certain foods you should eat every day, and other foods you should eat several times a week. "You want to eat a handful of nuts every day," Dr. Roizen says. "Walnuts and almonds are excellent. And you want to eat five handfuls of fruits and vegetables every day. Then you want some whole grains and some whole grain cereal."

"Don't make the mistake of whole wheat being whole grain," Oprah says. "There is a difference. It should say *whole grain*."

Dr. Roizen cautions against eating foods like corn too often, because the body absorbs sugar differently. He says it is important to eat some fat, like nuts, before eating sugars. "Having the walnuts or almonds a little bit before you have [sugar] slows your stomach from emptying," Dr. Roizen advises. "One, you feel full and you don't eat as much. And, two, because sugar's absorbed after the stomach, in the intestine, you keep your blood sugar level more constant."

In recent years, there has been conflicting information about fish. On the one hand, fish is consistently regarded as a terrific source of low-fat protein. On the other hand, there are serious concerns about mercury and other environmental impurities, and their effects on children, pregnant women and the elderly.

Dr. Roizen says you just have to remember a few great fish—tilapia, salmon, flounder, cod and mahi-mahi. "Those are the fish that have none of the toxic chemicals, none of the PCBs, and very low content of mercury." According to Dr. Roizen, you should eat a serving of these fish three times a week.

Dr. Roizen beams when he talks about one particular food: tomatoes. "They decrease cancer and they decrease arterial aging, heart disease, stroke, memory loss, impotence, wrinkling of the skin," he says. "In fact, Dr. Oz and I think a small town should be named after aspirin: it's that important. But a whole *country* should be named after tomatoes!"

So should they be raw or cooked? "It takes 165 raw tomatoes to equal 10 tablespoons of tomato sauce," Dr. Roizen says. "So it's much easier to have tomato sauce." Dr. Roizen adds that it doesn't matter what kind of tomato sauce you have, "as long as it's cooked, and you eat it with a little olive oil and a little healthy fat because it's much better absorbed with it."

Dr. Roizen says that it is important to drink eight glasses of fluid every day. "It helps move the poop and gives you better hydration. It actually cuts down on wrinkles, too, because you hydrate your skin when you take it internally." On top of this, you should have the glass of red wine, which is good for your heart, and milk or a milk substitute with vitamin D and calcium. If you prefer not to have the milk, you can get vitamin D and calcium in fortified orange juice or in vitamins.

"There are two vitamins that really are as good as tomatoes and should have a country named after them. They are folate, which decreases arterial aging, decreases blood pressure and decreases cancer rate. [It will say] either folate or folic, they're the same, and you want 800 micrograms a day. And vitamin D: you want 400 international units a day. Those two together decrease cancer rates substantially."

Dr. Roizen also says that calcium and magnesium are crucial vitamin supplements. Even in a daily multivitamin, there is not enough calcium. Most women can only absorb 600 milligrams at a time, though you need 1,200 milligrams everyday. Therefore, it is important to have another 600 milligrams of calcium at least 6 hours after the first.

Grapefruit juice and your medications

Can drinking grapefruit juice be dangerous? If you are taking certain medications, the answer is yes.

How can grapefruit juice affect your medications?

Grapefruit juice can block your body from metabolizing (breaking down) some medications. This can lead to dangerously high levels of medication in the body, which may increase the risk of serious side effects. For a few drugs, it can lead to decreased effectiveness because these drugs need to be metabolized in order to become active.

Do you have to drink a lot of grapefruit juice to affect your medications?

No. The effects have been seen with as little as one 250 mL (8 ounce) glass of grapefruit juice.

Is it just the juice, or also the fruit itself?

Both grapefruit juice (either fresh or frozen) and the fruit itself can affect certain medications.

Can I avoid the problem by taking my medications and grapefruit juice at different times of day?

No. The effects of grapefruit juice on medications can last up to 3 days, so taking them at different times of day will not help.

Can orange juice affect your medications too?

Naturally sweet orange juice has not been shown to affect medications the way grapefruit juice does. But tangelos (which are related to grapefruit), lime juice, and Seville (sour) oranges may affect medications.

Which medications are affected by grapefruit juice?

Many medications may be affected by grapefruit juice, including medications for:

- allergies
- anxiety
- cancer
- convulsions
- depression
- erectile dysfunction
- heart problems
- high blood pressure
- high cholesterol
- HIV/AIDS
- infections
- sleeping problems
- transplants

Not all medications for these conditions are affected by grapefruit juice. As well, grapefruit juice may affect medications for conditions other than those listed here.

Check with your pharmacist or doctor to see whether your medications could be affected by grapefruit juice. If you are taking any natural health products, check the labels to see if they contain grapefruit, tangelo, Seville orange, or lime juice. Avoid these fruits and juices until your doctor or pharmacist has told you it's safe to have them.

Certificate in Aboriginal Language Revitalization

Press Release

An innovative program that strengthens participants' understanding of the dynamics of language loss and recovery along with their ability to work in culturally appropriate ways on Aboriginal language revitalization initiatives is being introduced in July 2005 at the En'owkin Centre in Penticton. The new **Certificate in Aboriginal Language Revitalization** is a partnership program of the En'owkin Centre and the Department of Linguistics and the Division of Continuing Studies at the University of Victoria that has been developed in response to the critical state of Aboriginal languages throughout the province and around the world. The program combines intensive 4-week summer institutes with community-based courses in the fall and spring to offer a seven-course program that brings together people from First Nations communities across British Columbia and beyond, as well as others with an interest in language revitalization.

"As language is so integrally tied to culture, identity and community well-being, the En'owkin Centre has been envisioning and working toward language revitalization programming for a number of years -- and we're very excited to see it coming together in such an accessible format. And we are excited to continue our long-standing partnership with the University of Victoria as it once again underlines the importance of collaboration" says Jeannette Armstrong, Executive Director of the En'owkin Centre. As the Centre also offers a Certificate in Foundations in Indigenous Fine Arts with the University, the new program builds on this experience.

The strong focus on language revitalization strategies, the institute and community-based course formats, and the academic structure leading to a Certificate make this innovative program unique in North America. Interactive instructional activities will encourage participants to focus on their own language dynamics to ensure that their studies are relevant to community needs. The factors that influence language loss and recovery, key strategies for language revitalization, linguistic structures, language learning and teaching methods, appropriate community interactions, and field methods for documenting and recording threatened languages will all be considered.

The En'owkin Centre and the University have worked closely with the First Peoples' Heritage, Language, and Culture Council and with the support of the Aboriginal Special Projects Fund of the British Columbia Ministry of Advanced Education, in the design of the program. Further information can be obtained from the En'owkin Centre at 250-493-7181 or from the program website at <http://www.uvcs.uvic.ca/calr>

YOU ARE INVITED
TO THE FOUNTAIN LAKE
PILGRIMAGE

By The Descendants of
Louis and Bertha Bob
And
The People of Fountain

Spread the word.
Invite your family and friends
and plan now to attend yourself.

COME TO
THE 12TH ANNUAL
PILGRIMAGE
IN HONOUR OF OUR BLESSED
MOTHER MARY

Fountain Lake, Lillooet, B.C.
August 12, 13, 14, 2005

Come prepared to be self-contained
for your entire stay – no stores or
supplies close by.

Bring your own camp stoves to
diminish fire hazards. Bring your
tents, campers, and motor homes
or sleep under the stars.

No drugs, alcohol
or soliciting allowed.

Enjoy a quiet family weekend of
prayer, adoration and silence; renew
acquaintances or meet new friends
at the Fountain Lake Pilgrimage.

Pilgrims can bring fishing rods and
swim suits.

PROGRAM

Friday:

5:30 P.M. Mass
7:30 P.M. Benediction and Prayer

Saturday:

7:30 A.M. Rosary
8:00 – 9:00 Mass
9:00 – 10:30 Breakfast
10:45 – 11:45 Talk 1
12:00 – 1:15 Angelus & Lunch
1:30 – 2:30 Talk 2
3:00 – Way of the Cross & Chaplet
4:30 – 5:30 Talk 3
5:30 – 8:00 Supper
8:00 – Family talent show, skits,
music, etc.
– Living Rosary by candle light

Sunday:

7:30 A.M. Morning Prayer & Rosary
10:00 A.M. Mass
Act of Consecration

Pilgrim pool (potluck) for a
community meal before departing.

Confession available during entire
weekend. Also sharing circles.

Contacts: Fr. Bob Haggerty
Ph: 250-256-4564
Cecil and Debbie Mitchell
Ph: 250-256-7644

Huu-ay-aht First Nation Press Release

Supreme Court Rejects BC Forestry Program as Unconstitutional

http://www.dogwoodinitiative.org/Pages/newsroom/newsstories.php?filepath=http://www.dogwoodinitiative.org/news_stories/archives/001016.html

PORT ALBERNI, BRITISH COLUMBIA – In another major court victory for First Nations, the Huu-ay-aht First Nation (HFN) have received a decision from the Supreme Court of British Columbia which holds that the BC Ministry of Forests program designed to address aboriginal interests on forestry matters fails to meet the Province’s constitutional duty to First Nations.

The Province had established a program of resource and revenue sharing based upon First Nations’ population. The program, called the “Forest and Range Agreement Program”, did not consider a First Nation’s claim to territory or the extent of forestry operations within that territory.

The Court, in its decision released May 10, 2005, rejected the “quick and easy” population based formula contained in the policy, and directed the Province to consider the individual interests of an affected First Nation.

The decision sends the Ministry of Forests back to the drawing board. In its decision the Court states:

“To fail to consider at all the strength of the claim or degree of infringement represents a complete failure of consultation based on the criteria that are constitutionally required for meaningful consultation. While a population-based approach may be a quick and easy response to the duty to accommodate, it fails to take into account the individual nature of the HFN claim...The government acted incorrectly and must begin anew a proper consultation process based upon consideration of appropriate criteria.”

The decision is the result of a challenge to provincial policy brought by the Huu-ay-aht First Nation, whose traditional territory is located on the western coast of Vancouver Island. The Huu-ay-aht territory includes some of the richest veins of timber in the country, and from 1940 until present, over 40 million cubic metres of timber has been logged from the area. The logging has claimed a majority of the old growth forest in the territory. The main logging company operating in the territory is Weyerhaeuser (previously MacMillan Bloedel). The Huu-ay-aht have been in negotiations with the Province seeking an agreement that will assist the Huu-ay-aht to participate in the forest economy within its own territory.

“This ruling is an important victory for our people. For decades we have watched the timber and revenue flow out of our territory, while our people received few benefits and our land has been decimated.” said Chief Robert Dennis of the Huu-ay-aht First Nation, following the Court’s seminal decision. “The Court has now told the Provincial government that it must share resources in proportion to what we are losing from our territory. The Province and the logging operators can no longer pretend we don’t exist. They can no longer carry on business as usual.”

The Court characterized the Province’s conduct towards the Huu-ay-aht as “intransigent” and found that the government failed to accord the Huu-ay-aht the honourable treatment that the Crown is constitutionally obligated to provide to aboriginal people.

For further information contact:

Chief Robert Dennis
Huu-ay-aht First Nation: 250-723-0100

Greg J. McDade Q.C.
Ratcliff & Company: 604-988-5201

Cowichan Tribes Mourn Loss of Carving Legend Simon Charlie

COWICHAN VALLEY, BC * Simon Charlie, renowned First Nations carver and respected Elder, passed away Tuesday evening, May 3rd after a sudden re-occurring illness. He was 85.

For his contribution to art and culture and forging ties with other communities, Charlie received the Order of British Columbia in 2001 and the Order of Canada in 2003. Charlie was a cultural ambassador. He took pleasure in teaching heritage, culture, and traditions as well as carving to both First Nations and non-First Nations. He was passionate about his Cowichan culture and heritage; he embraced learning from other cultures and was a strong advocate of sharing the creative process.

"Simon contributed to our community in so many ways. He honoured us by sharing so much of his life with us, as a teacher, as a leader, as a role model," said Harvey Alphonse, Chief of Cowichan Tribes. "He inspired us to each find our own unique gift we bring to the world. He challenged us to step forward and be proud of whom we are. He provoked us to set aside our differences and work together in harmony. We are truly going to miss his smiling face."

Charlie is survived by his wife Violet, Children, Lus chiim (Darlene), Paul (Brenda), Wayne, (Esther), Della, Vivian (Ernie), David, Violet (Roger), Myra (Leonard), Richard and numerous grandchildren and great grandchildren.

People can pay their respects at the following time and places:

Friday, May 6 * Noon to 1 pm: Viewing at First Memorial Funeral Home 375 Brae Street, Duncan

Friday, May 6 * 7 pm: Prayers at Somena Big House Allenby Road, just before bridge

Saturday, May 7 * 9:30 am: Catholic service at Somena Big House

Internment to follow at St. Ann's Cemetery

The Charlie family requests that no pictures or videos be taken, and that they will not be available for interviews at this time.

Huy ch q'u

Mary Venneman, Manager, Communications Local 412

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PLEASE DISTRIBUTE VIA EMAIL TO ALL THAT MAY BE INTERESTED

There are many of her friends and former co-workers in Prince Rupert that may not know of her death.

*I would like the link published along with the attachment. I would also like to state that my mother survived through many struggles, which included the accident, breast cancer, spousal abuse, and residential school.

<http://www.legacy.com/can-vancouver/LegacySubPage2.asp?Page=LifeStory&PersonID=3544437>

I have finally saved enough money to post my mother's death, please follow the link above. Please take some time to read the posting and maybe sign the guest book. I will be working on saving money to have this guest book online permanently. I do not want my mother's death to be forgotten, especially how she was thrown into this path of life. I have color prints of her eulogy available for \$10, this price is to cover the cost of the printers and postage. To assist me with this goal, please send your donations to my address below, every dollar counts.

Sincerely, Leona Brown

#204-1389 Commercial Drive, Vancouver, BC V5L 3X5

NUU-CHAH-NULTH TRIBAL COUNCIL

**MEDIA RELEASE
FOR IMMEDIATE RELEASE**

May 19 2005

CANADA CLAIMS THAT NUU-CHAH-NULTH FIRST NATIONS DO NOT EXIST

One year and four months after ten Nuu-chah-nulth First Nations initiated a court case to confirm their Aboriginal Title and Rights to their fisheries resources, Canada has finally responded denying every aspect of the Nuu-chah-nulth case.

Nuu-chah-nulth Tribal Council Co-Chairs Shawn Atleo and Archie Little were insulted and offended by Canada's Statement of Defence.

"Canada denies Nuu-chah-nulth aboriginal title, rights, governance, societies, inter-relationships, economies; according to Canada nothing existed until the European explorers arrived", said Atleo. "About the only thing Canada is willing to admit is that our First Nations are Indian Bands created by Canada under the Indian Act."

"Canada's defence is an insult to all First Nations", said Little. "Why has Canada been negotiating treaties with Nuu-chah-nulth for the last 10 years if they claim we have no rights? Canada's lawyers are demanding that Nuu-chah-nulth prove that we lived and fished in our territories. Canada would rather drag out a long court fight than deal honourably by settling Nuuchahnulth Title and Rights."

"Canada's defence flies in the face of Prime Minister Martin's commitment to improve the lives of aboriginal people", continued Atleo. "If Canada is serious about this commitment they would be negotiating in good faith, not forcing Nuu-chah-nulth to go to court to confirm our right to make a living from our sea resources."

Please contact satleo@nuuchahnulth.org for the following background material:

Nuu-chah-nulth Statement of Claim (December 16, 2003)

Canada's Statement of Defence (April 26, 2005)

May 4, 2005 memorandum re: Canada's Statement of Defence

Contact:

**Nuu-chah-nulth Tribal Council Central Region Co-Chairman
Shawn Atleo 250-720-9003**

**Nuu-chah-nulth Tribal Council Northern Region Co-Chairman
Archie Little 250-720-7955**

Florida officials report kidney failure in 7 children who visited petting zoos

Provided by: Canadian Press

ORLANDO, Fla. (AP) - Seven children have contracted a life-threatening kidney infection, which health officials said may be the result of a rare infection picked up at petting zoos.

Five of the seven were hospitalized in critical condition, including one on dialysis, the Orlando Sentinel reported in its Thursday editions. Another had been upgraded to stable condition, said Dr. Mehul Dixit, who is treating some of the children at Florida Hospital Orlando.

One child was treated at Arnold Palmer Hospital for Children & Women and released several weeks ago.

The children all touched animals recently at area fairs, including the Central Florida Fair in Orlando and the Florida Strawberry Festival in Plant City. They might have been exposed to the bacteria through the animals' feces, officials said.

Health officials are also investigating whether they contracted the disease from contaminated food or beverages.

The potentially dangerous kidney condition - hemolytic uremic syndrome, or HUS - is a rare complication arising from an infection most commonly associated with E. coli, a bacterium found in undercooked beef or contaminated food.

Bill Toth, a spokesman for the Orange County Health Department, said not all the children showed signs of E. coli exposure, and investigators were running additional tests.

Officials said three of the children tested positive for a different bacterium - Staphylococcus aureus - that can sometimes lead to the kidney problem.

Central Florida Fair manager Charles Price said petting zoo exhibits are inspected by health officials and veterinarians.

"We have hand-washing stations everywhere," he said. "A fair today is not like it was 15 years ago. We are under extreme scrutiny."

An official with the Strawberry Festival wouldn't comment.

Last fall, 15 children developed the life-threatening kidney ailment in North Carolina, and a petting zoo exhibit at the state fair in October was determined to be the likely source. In all, 108 people, more than half of them small children, were affected by E. coli traced to the fair, though most had far milder symptoms than the 15.

About 73,000 cases of E. coli infection are reported in the United States each year; an average of 61 prove fatal.

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

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Email:
bcelderscommcenter@telus.net**

**'ELDERS VOICE' ISSUES
ARE SENT OUT TO
COMMUNITIES BY THE
1st OF EACH MONTH.
If your area's copy is not re-
ceived in a timely manner
please call in to the office.**

TRADITIONAL HEALING CORNER

First Nations communities have much to offer in the way of traditional healing. If you can provide info of who and what is available in your area, please call in to the office on the toll free line to talk.

PROVERBS:

The first drink with water, the second without water, the third like water. Spanish
God gave teeth; He will give bread. Lithuanian
Gossip needs no carriage. Russian
A good painter need not give a name to his picture, a bad one must. Polish
Good men must die, but death cannot kill their names. Spanish
Do not throw the arrow which will return against you. Kurdish

BIBLE QUOTES: "By grace are ye saved through faith; and that not of your own doing; it is the gift of God, not of works, lest any man should boast." Ephesians 2:8-9
"If we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanses us from all sin." I John 1:7
"Lay up for yourselves treasures in heaven, where neither moth nor rust corrupts and where thieves do not break through nor steal, for where your treasure is, there your heart will be also." Matthew: 20-21
"Carry each other's burdens, and in this way fulfill the law of Christ." Galatians 6:2

Quotations:

"Luxury need not have a price - comfort itself is a luxury." Geoffrey Beene
"The most beautiful makeup of a woman is passion. But cosmetics are easier to buy." Yves Saint Laurent
"Intuition is a spiritual faculty, and does not explain but simply points the way." Florence S. Shinn
"Home is a definition of God." Emily Dickinson
"Not mine, but they will be done." Elvis' Mother's Headstone

Mail, fax, email, or call in your Special Wishes/Community Events !!

Happy! Happy! Birthday To All Elders Born In June!!

24 Hours a day - 7 days a week - **National Crisis Line 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

The Host for the 29th Annual BC Elders Gathering is the Carrier Sekani Tribal Council in Prince George and they can be reached at **1-800-280-8722** or by email at agrant@cstc.bc.ca. The dates for the Gathering are **October 4,5,6 2005** at the Prince George Civic Centre.

The Registration Form & Booth Form are on page 6 and 7 of this issue and can be printed from the Elder's website, just go to www.bcelders.com and click on Annual Elders Gathering at the top of the page.

Sincerely, Donna Stirling, BCECCS Coordinator, BC Elders Council Secretary