



# ELDERS VOICE

**Info about the Elders Gathering is on the back page of issue.**

**Dear Elders and Elder’s Support People,**

**Raffle:** Please note a few changes with the Annual Raffle on page 15 of this issue. Someone will be contacting each group’s Elders contact person to inquire whether you can assist with the raffle.

If you have an artist that could benefit from having a piece they donated to the Annual Elders Raffle featured on the Elder’s website, then please approach them soon to contribute a prize with their bio and contact information. The prizes will be on the website for a full year till each new year’s prizes are posted.

If you have a prize but no artist’s info, then Elder’s Groups are invited to post their group photo or group’s information on the website beside their donated prize.

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\*\*\*Please remember to email or fax in whatever information you have with regards to your past Gatherings’ Kings and Queens - their names/dates you hosted/Territory, etc. to this office to be listed.

Also, if possible, please forward in (asap) your financial figures with regards to how much each of your groups paid this past July to attend the Gathering in Kamloops as this info is being collected as it might benefit to the provincial elders down the line. Group’s names will be held in strictest confidence and only the totals will be used to show the Government, our own First Nations Leaders and potential Corporate Sponsors just how much your Annual Gathering brings in in revenue to this province each year. Thanks, Donna Stirling

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## Easy Bakers Corner – Brown Sugar Refrigerator Crisps- 6 dozen

In a mixer bowl, cream together 2 eggs (slightly beaten), 2 cups of brown sugar (packed), 1 cup of butter or margarine and 3 tsp. of vanilla.

In separate bowl, combine 3 1/2 cups of unsifted all-purpose flour, 1 tsp. of baking soda, and 1/2 tsp. of salt. Add egg mixture to dry mixture and blend well. Stir in 1 cup of finely chopped walnuts (optional).

Divide dough in half. Roll each half into a log, 2-inches in diameter, in wax paper. Twist ends to shut. Refrigerate until firm, at least overnight, but will keep for about 1 1/2 weeks in fridge when sealed tightly.

Cut rolls into 1/4-inch thick slices. Set slices, 1-inch apart, on ungreased cookie sheets.

Bake at 350°F for 10 to 12 minutes or until golden crisp.

Serve hot or remove while hot onto rack to cool.

**Handy Tips: Bleach:** Don't use bleach on wool, silk, leather, linen or rayon.

**Garbage Disposals:** Do not use your disposal for peels, rinds, shells, bones or pasta; they plug it.

**Clogged drains:** pour a cup of baking soda down the drain. Wait a few minutes, then pour in 1 cup of vinegar. Follow with 1/2 gallon of boiling water.

**Washing your shower curtain:** Wash in washing machine filled with warm water with a couple of bath towels. Add 1/2 cup of detergent and 1/2 cup of baking soda. Wash, then add 1/2 cup of white vinegar to the rinse cycle. Do not spin dry. Hang immediately so wrinkle will disappear.

**New shower curtain:** To prevent mildew on a new shower curtain, soak it in salt water before hanging.

## 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](http://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](http://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 42 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, 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 week-end 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](http://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

## Reaching Out To The World

### From the Oprah Winfrey Show: January 24<sup>th</sup> 2005

As she often does, journalist Lisa Ling risked her life to tell us a very important story. She recently travelled to the Democratic Republic of the Congo to uncover what's been happening to women in the middle of this war-torn country. The country's most recent conflict stems from a struggle for resources and power, both among domestic and foreign interests—**FOUR MILLION PEOPLE** have already been massacred. Lisa spoke to brutalized women in the village of Bukavu who are speaking for the first time in hopes the world will hear their voices. Every single day in the Congo, rape is used as a vicious weapon against women in this war.

"More than any other place I've been, life in the Congo can really be like living hell," Lisa says. "If you're a woman, you're constantly in danger of rebels who are hiding in the forest coming and attacking your village and gang raping you, possibly in front of your children."

**Lisa:**

Women in the Congo are considered "war booty," essentially. They are the ones who are suffering the most. The villages are attacked in the middle of the night by young soldiers. They violently rape the women. They've killed so many people already in six years. **FOUR MILLION PEOPLE**—and no one is paying attention. ... This is happening right now.

**Oprah:**

It's happening right now. And I feel a responsibility that we have a voice to let people know what's going on, and to not to do that, I think, would be a crime.

**Oprah:** "...now that you know you can't pretend you don't".

### Women for Women International

Get connected to a woman in need through [Zainab Salbi's](#) organization. The goal of Women for Women International is to take women from victim to survivor to active citizen. With the Emergency Response Fund, Women for Women International can move quickly to help women in post-conflict societies. You can join the Global Voices program, and support skills and leadership training for a community of women. As a sponsor, you can provide direct financial aid and emotional support through letter writing. For example, \$27 a month for one year will provide lifesaving assistance to a woman in the Democratic Republic of the Congo.

**Contact Information:**

Women for Women International,  
1850 M Street, NW Suite 1090,  
Washington, DC 20036  
PH: 202-737-7705  
FAX: 202-737-7709  
[www.womenforwomen.org](http://www.womenforwomen.org)

This information is from [www.Oprah.com](http://www.Oprah.com)

## Assistive Technology in First Nations Communities

Dear BC Elders,

Assistive technology can play an important role in maintaining independence and generally improving the quality of life for people with disabilities and seniors. It can also reduce the burden on caregivers and help contain health care costs. Assistive technology (AT) is defined as any device, product or system that increases the physical functioning or independence of persons with disabilities. This can be anything from a cane or walker to something as complex as a computer system that allows a person to control his or her home environment. Assistive technology can benefit people with physical limitations, cognitive disabilities, illness and the elderly.

The Neil Squire Foundation Research and Development group focuses on creating and assessing assistive technology. We are interested in finding out if First Nations people have unique needs for assistive technology that have previously not been considered. We would like to find out which types of assistive technology are currently being used, what barriers exist to using and accepting new assistive technologies, and if there is a need for specialized assistive technologies for First Nations communities. For example, many First Nations people in Canada live in remote communities, often in places with extreme weather conditions and inconsistent sources of power. Some assistive technologies appropriate in more urban settings may not work under these conditions. There may also be cultural influences that affect which types of technologies are most likely used or accepted. Assistive technology support services may not be adequately serving the needs of these communities.

The Canadian Institute for Health Research (Institute of Aboriginal Peoples' Health) offers research grants to examine a variety of issues important to Aboriginal Health. We are planning to submit a proposal based on assistive technology in aboriginal communities to the March 1st 2005 competition. We see the first year of this research being dedicated to working with BC aboriginal community members to develop questionnaires and pilot them in BC. Years two and three of the research will involve rolling out the questionnaires to other communities in BC. The questionnaires would be aimed at identifying gaps in technology or services that could be addressed in subsequent projects. We can imagine these being things like adapting specific pieces of equipment to be culturally or geographically relevant, or creating education centres where people can try out and learn about assistive technologies in a non-threatening environment. We anticipate looking to other sources of funding to follow up with the projects defined from the survey results.

As keeping the project relevant to aboriginal communities is vital to the success of this project, we are hoping to get involvement from aboriginal communities during all phases of this research.

We are hoping to establish an advisory committee to help steer the project direction, ensure cultural appropriateness of our research tools, and review project progress. We see the advisory committee being made up of community elders, community health representatives, and people with disabilities. We will also seek to hire community representatives to recruit participants (seniors and people with disabilities), conduct one-on-one interviews, and help interpret results.

We believe this work is very relevant to the Aboriginal communities in Canada and the potential outcomes could have a great impact on aboriginal people with disabilities. If you are interested in finding out more about this research, please contact Johanne Mattie.

Johanne Mattie  
Neil Squire Foundation Research and Development Group  
604-453-4000  
johannem@neilsquire.ca  
www.neilsquire.ca

February 15<sup>th</sup>, 2005

Please allow me to share with you a bit of Okanagan and Thompson history.

Many, many years ago our people believed in being prepared for the winter months. In the early spring they left their winter underground houses and moved to areas where fresh water and food were easily accessible and the men would concentrate on hunting for fresh game such as deer and wild birds.

During the summer, the women were busy picking fresh berries and wild fruit and they laboured gathering roots for their basket weaving. The women would also dig for bitter roots, which was plentiful in the month of May and the bitter roots were used with the fresh berries or dried for winter use. They also dried fish, deer, and moose meat; they did not waste anything. The hides of the deer, moose and sometimes buffalo, were cleaned, scraped, stretched and tanned for the use of clothing.

The labour involved in maintaining acceptable standards of nutrition, housing, and clothing was always considerable and further effort was required to reproduce the full range of activities beyond their primary needs.

In the fall, the men would be involved in intensive hunting of game and birds. The women took charge of the animals and the fish, prepared them for eating, distribution, curing, smoking and storage. By late fall, people began the process of moving back to their permanent winter villages while they carried out last minute foraging before winter. The more food stored, the more comfortable the cold months were, enabling people to concentrate better on general education and special instruction in myth, legend and the details of communal ritual.

The Okanagan and the Thompson often enjoyed considerable leisure, especially during those winters when plenty of food had been stored. It was in winter that story telling and recounting of myths, achievements of the past were told and plans were made for the future. The tasks of clothes making, and basket weaving were always done with creativity and artistry. Their fine regalia, which they designed, would be worn during feasting, singing, and dancing.

Winter was also a time for giving and receiving of gifts. Such an event took place here at Nicola Valley, Merritt, BC. and the only difference was the modern setting of the event - everything else was just about the same as our people from long ago celebrated the winter season.

The staff of Conayt Friendship Society, along with others who volunteered their time, planned an event and called it "Winter Season Mini Pow Wow" and the food was excellent; there was deer, moose, and salmon. The men had hunted; the women had prepared the food. There was a feast, there were regalia, fancy and traditional dancing and there was the big drum with traditional singers. The children learned crafts while the youth were designing and creating shawls. Elders were present. It was an awesome evening, enjoyed by many people. It was estimated that close to three hundred people attended.

Truly, we ventured back in time, as we celebrated the winter season, which was held February 4, 2005, at the Merritt Civic Center.

Thanks go out today to: Richard Jackson Jr., Traditional Dancer and MC, to Merritt Moms, Gloria Big Sorrel Horse, Rena Joe, Jennifer Cody, Spirit of the Youth, June Jules, Dennis Easter, Kids in the Middle, Teresa Zurowski, Jackie Smithers, Teresa Akachuk, and Faye Bose.

Prayer, welcoming and dinner, by Terry Spahan, BC Elders Council, Thompson Nation, and Jeanette McMaster, BC Elders Council, Okanagan Nation and Upper Nicola.

With respect and friendship,  
Jeanette McMaster

## **Tahltan protesters occupy band office in B.C.**

TERRACE (BC Newspaper Group) — A group of Tahltan elders concerned about mining development in their traditional territory took over the band office in Telegraph Creek last week, as tensions over the band's leadership and its pro-mining stance - simmered over into political protest.

Spokesperson Terri Brown said between 30 and 40 people were camping out in the hopes that chief councilor Jerry Asp would quit.

Brown, a resident of Ottawa, and past president of the Native Women's Association of Canada, said the group was determined to stay. "There are a lot of us who are dissatisfied with the chief," Brown said, as the standoff appeared poised to enter its fifth day.

On Jan. 18, 75-year-old band member Bobby Quock served chief councilor Jerry Asp with his notice. Protesters were also gathering signatures on a petition calling for Asp's resignation. Brown said the protesters, most of whom had never taken part in a political demonstration before, are concerned with existing and potential mines and exploration projects taking place on traditional territory, raising fears that mining activity could harm sacred areas and hurt the environment.

Asp refuses to resign. In a statement, Asp said his decision has been reaffirmed by the Department of Indian affairs. "Our elders are important to us as a nation culturally, politically and socially, and using them as a political bat to hit the current leadership over the head saddens and hurts me," he said. Asp added he continues to enjoy the support of more than 1,500 members. "So far, only 30 members have publicly expressed a desire for a change in leadership."

The Tahltan have a long-established reputation as being at the forefront of aboriginal groups in B.C. who have been willing to work with mining companies, in return for jobs and other benefits.

Asp pointed to a policy paper dating from 1987 developed through consensus that the first nation is willing to work with industry and government in order to achieve long-term social and economic stability, all while enforcing a higher environmental standard. The result? Asp says the band has seen unemployment drop from 85 per cent to 6 per cent.

On Jan. 8 and 9, the Tahltan nation held a general assembly in Dease Lake to discuss mining exploration company Nova Gold's proposed Galore Creek development. Chief Asp said the nation spent \$100,000 on costs such as chartered planes to ensure Tahltan members from as far away as Ottawa were able to attend. Terri Brown and Cassiar Watch representative Jim Bourquin led much of the discussion about the proposed mining project, Asp said.

But the pair failed to dissuade the membership from endorsing the Tahltan leadership's intent to continue exploring negotiations for a participation agreement with Nova Gold.

Asp also questions Brown's concern over a band deficit of \$1.2 million. Asp said the band has accrued a CMHC housing rental deficit of that amount from members who haven't paid their rent, but past band administrators borrowed from programs and services to cover the deficit.

"As a council we have been struggling with ways to address this housing deficit and we were ready to meet with the department of Indian affairs officials in Dease Lake when this 'sit-in' was begun." Dease Lake RCMP Sgt. Duncan Dixon described the protest as peaceful.

# MUCKLESHOOT CASINO & BINGO SPECIAL

- DEPARTS ON FRIDAY MARCH 11, 2005 FROM  
*Quw'utsun Cultural and Conference Centre*  
*200 Cowichan Way,*  
*Duncan, BC*
- RETURNS ON SUNDAY MARCH 13, 2005 FROM  
*Quw'utsun Cultural and Conference Centre*  
*200 Cowichan Way,*  
*Duncan, BC*

## INCLUDED IN THE PACKAGE:

- TRANSPORTATION TO AND FROM PICKUP ROUTES ON VANCOUVER ISLAND AND THE LOWER MAINLAND TO THE HOTEL & CASINO
- 2 NIGHTS ACCOMODATIONS PRICES WILL VARY BASED ON THE NUMBER OF OCCUPANTS
- FREE CONTINENTAL BREAKFAST AND SHUTTLE TO CASINO
- 3 HOURS STOP AT THE TULALIP CASINO

## ITINERARY:

- **DEPARTS PROMPTLY AT:**  
QUW'UTSUN CULTURAL AND CONFERENCE CENTRE 6:30 AM  
TILlicum HAUS 7:30 AM  
FERRY TO MAINLAND AT 8:30 AM  
SQUAMISH RECREATION CENTRE 11:00 AM  
MUSQEUM BAND OFFICE 12:00 PM  
APPROXIMATE TIME OF ARRIVAL AT HOTEL 3:00 PM

## PRICE:

# BEDS AND SIZE	# PER ROOM	PRICE PER PERSON
1 QUEEN	1 ADULT	\$260.00
1 QUEEN	2 ADULTS	\$190.00
2 QUEEN	2 ADULTS	\$195.00
2 QUEEN	3 ADULTS	\$170.00
2 QUEEN	4 ADULTS	\$165.00

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**Provided by: Canadian Press**

**Written by: SHERYL UBELACKER**

TORONTO (CP) - For many parents, those could-turn-nasty middle-ear infections in their youngsters can set off a noisy internal debate: Treat them with antibiotics or let nature take its course?

Now researchers at the Children's Hospital of Eastern Ontario are able to offer some advice after a study of more than 500 children five and under found that 84 per cent of moderately severe middle-ear infections cleared up without an antibiotic, compared to 93 per cent with the drug.

"I think this study does give the ammunition for the physician to discuss with the parent and say, 'Look, you're right, we don't want to prescribe antibiotics unnecessarily,'" said Dr. Nicole Le Saux, a pediatrician at the Ottawa hospital and principal investigator of the study.

"And in this study, at least, your child has an 84 per cent chance of getting better without antibiotics," said Le Saux, whose research appears Tuesday in the Canadian Medical Association Journal.

That's not to say, however, that doctors should always leave antibiotics on pharmacists' shelves when faced with a child exhibiting the symptoms of an ear infection, an often tough diagnosis to make in a squirming, crying baby or young child, she said.

Most middle-ear infections, formally known as otitis media, are caused by bacteria that may begin multiplying because of an underlying viral infection, causing fluid to build up inside the middle ear, which contains the eardrum. Symptoms may include fever, ear pain, reduced hearing and irritability.

While the infection usually is confined to the middle ear, there is a risk that it could spread, causing mastoiditis (infection of the mastoid bone and surrounding structures in the ear); meningitis, which can lead to severe hearing loss; or potentially fatal blood poisoning, or sepsis.

"If you're seeing somebody with early otitis Media that's of moderate severity, it may be reasonable to wait and see whether a child will resolve on their own," Le Saux said Monday from Ottawa.

"But if you're dealing with somebody who's had symptoms of otitis for three or four days and is becoming worse, there is evidence to treat with (antibiotics). They do make a difference."

The December 1999-March 2002 study looked at 512 children aged six months to five years old, about half of whom were randomly prescribed amoxicillin and the other half dummy pills. Neither doctors nor parents knew which children were getting the drug and which the placebo.

The researchers checked with parents over each of the next three days to see if their child's symptoms were improving or getting worse. If fever, irritability and pain were persisting, the child was reassessed and put on antibiotics. They were assessed again between 10 and 14 days.

Overall, 84 per cent of kids on placebo got better within 14 days, compared to almost 93 per cent of those taking amoxicillin.

"So you basically can say to parents, there's a nine per cent difference in getting better if you get antibiotics versus no antibiotics," Le Saux said.

But the study did find a difference between younger and older children.

For babies and toddlers six months to two years old, the study showed that 79 per cent of those on dummy pills got better within two weeks compared to 85 per cent given antibiotics. But in those aged three to five, the figures were 87 per cent versus almost 97 per cent.

Le Saux suggests the narrower gap for younger kids may mean that some had a virus - which would be unaffected by antibiotics - not a bacterial infection.

The researchers also found there was no difference in the rate of ear-infection recurrence after one-and three-month follow-ups between the amoxicillin group and the placebo group.

"So the argument that, 'Oh my gosh, if I don't take antibiotics, that means my child will get recurrent ear infections.' No," she said. "There's no difference in the incidence of recurrent ear infections whether you take antibiotics or not for that one particular ear infection."

The study is likely to add fuel to the debate about years of over-prescribing of antibiotics in Canada and elsewhere around the world, which has led to a rise in drug-resistant bacterial strains.

A spokesperson for the Canadian Pediatric Society, which is reviewing its guidelines on antibiotic use, was not available for comment on the study.

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#### "I Just Wanted To Fishing" by Elaine Sterling

One cold day Francis and I decided we were going to go fishing. Perhaps it is not so surprising at our age when we mostly like to stay indoors, but this day we just wanted to go fishing, our eagerness to freeze could not be contained. So we left home and went to try our luck, but once we arrived Francis decided to stay in the car while I walked down to the river and chopped a hole in the ice.

I sat my chair on the ice by myself and started to fish and to my shocked surprise, not too much later; I was gone with the wind. Away I flew right across the lake, chair and all, I tried in vain to stop... and no, my yelling didn't help! It seemed like forever had gone by before my chair and I eventually did stop and I had to walk all the ways back from the other side of the lake.

Mad and walking in wet slush I stomped back - I left my chair where it had stopped because I wasn't going to go flying anywhere! My face was frozen like a lollipop and every footstep I took I was wondering if I was going to fall in the lake and be a gone forever. And all I remember was that Francis was laughing his fool head off and that just made me even madder.

Well! For my second surprise that day, I caught a fish, and as this fish jumped all over the place trying to get away; and with me trying to stop it, I just kept getting wetter and wetter. When I finally managed to stop it and get it off my hook, and with me feeling so proud of the fact that I finally got a fish an eagle that was perched on a nearby tree above me swooped down and nabbed it on me.

While my prize fish flopped around on me I turned and fought the eagle for my fish, I slipped, and the eagle got away with my prize. I tried again to fish, and this time I thought I was smart enough to keep the darn fish still, but when Francis yelled, and as I looked at him my second fish was gone as a second eagle stole my second fish.

I was so mad as we left to drive home. All Francis did was laugh at me, telling me how silly I looked flying across the lake only to end up chasing eagles. I said no more fishing if I can't sit on the ice or even stand without something going wrong. No more fishing for me. Just before we left for home we encountered a man on the shore who stopped us and said if only he had a video camera along it would have been priceless, because I had looked so helpless out there, but really, really funny. Thank God you didn't, was all I could think. Later I laughed at my fishing trip too. The End

The UN Rapporteur on Indigenous issues' report on Canada has just been posted on the UNHCHR www Site. FYI please consult this link: <http://www.ohchr.org/english/bodies/chr/docs/61chr/E.CN.4.2005.88.Add.3.pdf>

## Summary

This report is submitted in accordance with Commission on Human Rights resolution 2004/62 and refers to the official visit paid to Canada by the Special Rapporteur on the situation of human rights and fundamental freedoms of indigenous people from 21 May to 4 June 2004, at the invitation of the Government of Canada, where he had conversations with federal, provincial and territorial authorities, representatives of Aboriginal peoples' organizations, members of the academic world, and members of Aboriginal communities in Nova Scotia, Quebec, Manitoba, Ontario and Nunavut. He had previously visited several First Nation communities in May 2003. Based on the information gathered during these visits, he presents the present report on the human rights situation of Aboriginal peoples in Canada.

Aboriginal peoples, who include First Nations (Indians), Métis and Inuit, represent 4.4 per cent of Canada's total population of 30 million inhabitants. The Constitution Act, 1982, recognizes their existing Aboriginal and treaty rights that have been subsequently reaffirmed by the courts. In recent years, some Aboriginal nations have negotiated new agreements with the federal and provincial governments concerning land claims and self-government arrangements. In its new Aboriginal policy of 1998, known as "Gathering Strength," the federal Government has pledged to strengthen the relationship between Canada and the Aboriginal peoples.

The Special Rapporteur is encouraged by Canada's commitment to ensuring that the country's prosperity is shared by Aboriginal people, a goal to which the federal and provincial governments of Canada devote an impressive number of programmes and projects and considerable financial resources, as well as by Canada's commitment to close the unacceptable gaps between Aboriginal Canadians and the rest of the population in educational attainment, employment and access to basic social services.

Economic, social and human indicators of well being, quality of life and development are consistently lower among Aboriginal people than other Canadians. Poverty, infant mortality, unemployment, morbidity, suicide, criminal detention, children on welfare, women victims of abuse, child prostitution, are all much higher among Aboriginal people than in any other sector of Canadian society, whereas educational attainment, health standards, housing conditions, family income, access to economic opportunity and to social services are generally lower. Canada has taken up the challenge to close this gap.

Ever since early colonial settlement, Canada's indigenous peoples were progressively dispossessed of their lands, resources and culture, a process that led them into destitution, deprivation and dependency, which in turn generated an assertive and, occasionally, militant social movement in defence of their rights, restitution of their lands and resources and struggle for equal opportunity and self-determination.

Aboriginal peoples claim their rights to the land and its natural resources, as well as respect for their distinct cultural identities, lifestyles and social organization. Current negotiated land claims agreements between Canada and Aboriginal peoples aim at certainty and predictability and involve the release of Aboriginal rights in exchange for specific compensation packages, a situation that has led in several instances to legal controversy and occasional confrontation. Obtaining guaranteed free access to traditional land-based subsistence activities such as forestry, hunting and fishing remains a principal objective of Aboriginal peoples to fully enjoy their human rights. So does the elimination of discrimination and racism of which they are still frequently the victims. In some cases, taking advantage of development possibilities, Aboriginal people have established thriving business enterprises. Much more needs to be done to provide such opportunities to all Aboriginal communities in the country in order to raise employment and income levels.

The Special Rapporteur concludes his report by a number of recommendations intended to help the concerned parties bridge the existing gaps and consolidate the achievements obtained by Aboriginal peoples so far. The

Special Rapporteur recommends, inter alia, that new legislation on Aboriginal rights be enacted by the Parliament of Canada, as well as provincial legislatures, in line with the proposals made by the Royal Commission on Aboriginal Peoples; that Convention No. 169 of the International Labour Organization concerning Indigenous and Tribal Peoples in Independent Countries be ratified promptly, in consultation with Aboriginal peoples; that it be clearly established in the text and spirit of any agreement between an Aboriginal people and a government in Canada that no matter what is negotiated, the inherent constitutional rights of Aboriginal peoples are inalienable and cannot be relinquished, ceded or released; that an evaluation of the new self-government agreements be undertaken; that the Government intensify its measures to close the human development gaps between Aboriginal and non-Aboriginal Canadians in the fields of health care, housing, education, welfare and social services; that emergency measures be taken to address the critical issue of high rates of diabetes, tuberculosis and HIV/AIDS among Aboriginal people; that Aboriginal suicide be addressed as a priority social issue; that the Government address with high priority the elimination from existing legislation of provisions that place certain categories of First Nation women at a disadvantage; that section 67 of the Human Rights Act be stricken; that the Canadian Human Rights Commission be mandated to deal with the human rights of First Nations; and that efforts be increased at all levels to reduce and eliminate the over-representation of Aboriginal men, women and children in detention.

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The Middle Wife?

By an Anonymous 2nd grade teacher

I've been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is the one I saw in my own second-grade classroom a few years back.

When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get over shyness and usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. And I never, ever place any boundaries or limitations on them. If they want to lug it to school and talk about it, they're welcome.

Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater. She holds up a snapshot of an infant. "This is Luke, my baby brother, and I'm going to tell you about his birthday."

First, Mom and Dad made him as a symbol of their love, and then Dad put a seed in my Mom's stomach, and Luke grew in there. He ate for nine months through an umbrella cord." She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my camcorder with me. The kids are watching her in amazement.

"Then, about two Saturdays ago, my Mom starts saying and going, 'Oh, oh, oh!' Erica puts a hand behind her back and groans. "She walked around the house for, like an hour, 'Oh, oh, oh! Now the kid's doing this hysterical duck walk, holding her back and groaning? "My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Domino's man." "They got my Mom to lie down in bed like this." Then Erica lies down with her back against the wall.

"And then, pop! My Mom had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like psshheew!" This kid has her legs spread and with her little hands are miming water flowing away. It was too much!

"Then the middle wife starts saying 'push, push, and breathe, breathe.'" "They started counting, but never even got past ten." "Then, all of a sudden, out comes my brother. He was covered in yucky stuff, they all said was from Mom's play-center! so there must be a lot of stuff inside there."

Then Erica stood up, took a big theatrical bow and returned to her seat. I'm sure I applauded the loudest! Ever since then, if it's show-and-tell day, I bring my camcorder, just in case another Erica comes along.

Date issued: February 16, 2005, 19:14 e

Attention: Assignment Editor, Business/Financial Editor, Environment Editor, News Editor, Photo Editor

## Tsawataineuk Authorizes Camp Study at Wasi'las - Camp Study to Protect Sacred Watershed - **Kingcome Inlet**

PR Direct - On Monday, February 14, 2005, members of the Musgamagw Tsawataineuk Nations set up a Camp Study to protect a sacred watershed. Wasi'lis (aka Holden Creek) is in the asserted territory of the Musgamagw Nations. Wasi'las is located at head of Kingcome Inlet, near the Broughton Archipelago.

The Study Camp was authorized by the Tsawataineuk First Nation (TFN) Council by direction of the Elders, members, Hereditary Chiefs of the Musgamagw Nations. Wasi'las is of cultural and historical significance to the Musgamagw Nations as it pertains to the Origin Story of the people that have lived there for thousands of years.

A recent archaeological survey of the area revealed a significant archaeological record, including a six thousand year old village site, numerous artifacts and culturally modified trees that are hundreds of years old. Further archaeological work is required on the basis of the archaeologist's opinion that there is a high potential for a wide variety of archaeological sites and features to exist throughout the entire lower portion of the drainage.

The Camp Study commenced on Tuesday after notice was given to the road contractors on site that they must cease work and leave immediately and a blockade put in place to ensure the safety of the Musgamagw Camp Study. The objectives of the Camp Study as mandated by the Musgamagw members are to protect and preserve the Sacred area and the Archeological findings.

The TFN have agreed to a meeting with the Provincial Government to discuss the terms of making Wasi'las a protected area later this week and also informed the Ministry of Forests that due consultation was not done prior to authorizing any permits to build a road in the sacred watershed.

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From: "Eric Joseph" <[eric\\_joseph21@hotmail.com](mailto:eric_joseph21@hotmail.com)> Sent: February 17, 05 Subject: website [www.kingcome.net](http://www.kingcome.net)

Our website is up but still under construction. I will be adding more pictures. The press release on the site was not the final version but close.

We have received a note from the province that they will protect Holden Creek after it is decimated. They say they will not negotiate to protect it unless we bring down the "blockade".

We have given notice that we have authorized a Camp Study, which will include traditional educational training and also incorporate recommendations to the Council. With this study we have invoked a Heritage Policy, and will be reviewing further moratoriums.

Anticipate further press releases that address other issues unresolved and the possibility of other demonstrations of our title and rights within the next seven days.

We welcome you to come to witness the important, sacred territory that is well recorded globally.

I need to reiterate the feeling the day (Feb. 14) we affirmed our authority was a day so special to me and our people, kinda like getting out of jail: we dropped two trees put up our flags/symbols (cccameelas) set up camp and served notice.

No turning back as our frontline will not let another yard of road or another tree drop without our approval. Resistance is anticipated and your support is required.

Gilakasla

**Provided by: Canadian Press**

**Written by: DAISY NGUYEN**

PALM DESERT, Calif. (AP) - A more gentle form of yoga is catching on in some retirement communities.

The yoga mat is replaced by the chair. Sometimes two. Instructor Lakshmi Voelker-Binder says her students can duplicate any yoga pose typically done on the floor, but it's easier on those less limber muscles.

During a recent one-hour session, she taught her comfortably supported participants to stretch by holding modified versions of traditional yoga poses. The normally upright forward bend, for example, entailed sitting in one chair and positioning both legs on a facing chair, the hands reaching for the second chair's arms.

"The only thing I won't ask you to do is headstands," Voelker-Binder joked to the group of six women ranging in age from 50s to late 70s. They were gathered in a dimly lit ballroom at the Joslyn Senior Center near Palm Springs.

An estimated 13.4 million Americans practice yoga or other mind-body exercises such as tai chi, according to a 2003 survey by the Sporting Goods Manufacturers Association. Of those, an estimated 1.6 million were 55 or older. Those numbers are expected to rise, said spokesman Mike May, as senior citizens join health clubs and senior centres offer more exercise programs.

A self-described hippie who felt "misplaced in New York," Voelker-Binder moved to Palm Springs in 1989, becoming one of four yoga instructors in the desert city east of Los Angeles. Today, the lean and lithe 55-year-old says there are at least six yoga studios in the area but she teaches the only chair yoga class in town.

The older students say chair yoga increases their strength, flexibility and concentration. "It keeps me motivated," said Edie Wallace, a 79-year-old in jeans who switched smoothly between poses. "It helps me want to go further and do more," Wallace said. "Walk that extra half-hour."

Nearby, a new student said it was more challenging than she expected. "I noticed some lopsidedness that I have," said Susan Evans, 56, who had gone to mat yoga classes for about 18 months. "Plus you have to really balance yourself on the chair, or else you end up slipping."

Voelker-Binder discovered chair yoga in the late 1980s when she was teaching a mat class and one of her students, Candace Terry, developed rheumatoid arthritis. Terry, who was in her 30s when they met, said her arthritis was so severe she had difficulty dressing herself or opening a car door - much less doing form poses on her hands and knees. "Lakshmi understood my predicament," said Terry, now 53. "It's a gentle way of teaching people to experience it as best as they can, which is very encouraging."

Terry said she saw gradual improvements in her health as she practiced chair yoga daily for about five years after being diagnosed with arthritis. "I feel that between yoga, good nutrition and other things I've done in my life, I've beat the odds compared with many people stricken with the disease," she said.

Peggy Cappy, an instructor who created the video "Yoga for the Rest of Us, which includes some chair poses, offers the chair option at her yoga classes in Peterborough, N.H., to help students ease into more strenuous poses. It also helps them gradually build muscles and joints until they're strong enough to practise on a mat, said Cappy.

"The chair is there for safety," she said. "As a result, people are willing to try things because they know they're not going to be hurt."

From medbroadcast.com

**ANNUAL BC ELDERS RAFFLE**  
**Note: New Dates: May 1st - August 31st 2005**

This Raffle will not only be advertised on the Elders Website [www.bcelders.com](http://www.bcelders.com) it will also be featured in the monthly issues of the Elders Voice Newsletter, which now reaches all aboriginal communities in BC.

The Annual Raffle will run from May 1st 2005 to the Draw Date: Sept. 1st 2005 and groups/artists are asked to please provide a prize to this office by April 15th so that it may be photographed for the website. The photo of each of the donated items will be displayed on the website [www.bcelders.com](http://www.bcelders.com) alongside each Artist's contact info and short biography (where available) or groups may place info about your Elder's Group beside the prize. And, notification of the Elders Website and BC Elders Raffle will also go out to as many galleries, museums, and Corporate Sponsors as possible each year.

First Nations Artist support a great many fundraising efforts and the Internet and the Elders Voice will be an effective way for us to acknowledge each Artists contribution to the Elders and will hopefully garner even more recognition for the artworks that they have to offer.

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

1. An **'Elder's Group Draw'** - with one winning group receiving 1/2 of the raffle profits to help send their group to the Gathering. (When this raffle gets more successful there can be more than one group draw but for this year there will be only one group's name drawn).

The Elders have only one program to apply to each year for assistance (The Elders Transportation Program) which is a \$25,000 program that you can apply to for up to \$1000, but the catch is there are a lot more groups in need than the \$25,000 can help and after *All* of these years, no one in the Government has ever saw fit to increased it for them. And, with the Elder's growing population and rising costs, it is proving to be a greater struggle for the Elders just to fundraise to *attend* their most important cultural event each year so the idea for this Elders Raffle was born.

2. The other 1/2 of the Draw's profits will be used for office expenses for this communication center to operate for the Elders in this province (BC).

If you can help out then I know that we could accomplish great things, there is no reason why funds for the elders can't be raised with just a little bit of help from everybody in our aboriginal communities.

Sincerely,

Donna Stirling, Coordinator

BC Elders Communication Center Society

1420 C 16th Avenue, Campbell River, BC V9W 2E3

Toll Free: 1-877-738-7288

Phone: 250-286-9977

Fax: 250-286-4809

Email: [bcelderscommcenter@telus.net](mailto:bcelderscommcenter@telus.net)

Website: [www.bcelders.com](http://www.bcelders.com)

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

**1420 C 16th Avenue  
Campbell River, B.C. V9W 2E3**

**Phone: 1-250-286-9977  
Fax: 1-250-286-4809  
Toll-Free: 1-877-738-7288  
Coordinator: Donna Stirling  
Website: [www.bcelders.com](http://www.bcelders.com)  
Email:  
[bcelderscommcenter@telus.net](mailto: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 tradi-  
tional 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:***

Sometimes you have to be silent to be heard. Swiss  
What you don't see with your eyes, don't invent with your tongue. Jewish  
It's often a person's mouth that broke their nose. Irish  
Praise the youth and it will develop. Irish  
1 mad man makes many madmen: many madmen make madness Gypsy  
A bad workman always blames his tools. English  
After the storm comes the calm, but first you must endure the storm. Eng.

***BIBLE QUOTES - emailed in to the office as part of Little Miracles***

**MY OATH TO YOU...**

When you are sad.....I will dry your tears.  
When you are scared.....I will comfort your fears.  
When you are worried.....I will give you hope.  
When you are confused.....I will help you cope.  
And when you are lost....And can't see the light.  
I shall be your beacon.....Shining ever so bright.  
This is my oath.....I pledge till the end.  
Why you may ask?.....Because you're my friend.  
Signed: GOD

***Quotations: from Little Treasures***

"Drugs and alcohol make about as much sense as religion and politics."  
"If we were all brought up to think about the next generation, this one would be just fine."  
"Without my sense of humour I doubt I'd have any sense at all."  
"The most difficult action in the world is to listen."

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

**Happy! Happy! Birthday To All Elders Born In March!!**

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 Traditional Territories in Prince George. There are **NO** Registration Forms or accommodations info available from the host at this time though it is all being worked on. The dates for the Gathering are set for **October 4,5,6 2005** at the Prince George Civic Centre.

Please continue watching this space in future issues for updates, but this should be enough to allow you to book your rooms for the event.  
Sincerely, Donna Stirling, BCECCS Coordinator, BC Elders Council Secretary