



31st Annual BC Elders Gathering

A couple of newsletters/websites have been reporting dates for this year’s Elders Gathering, but as of today, March 27, 2007 there is **NO** announcement available at this time. The Host (Squamish Nation) has conducted their site visits and soon their Committee will be meeting to choose the venue that best suits this huge event.

Have no fear, they have lots of plans in the works and I am sure that they will be having an for update for all of you as soon as possible.

All the best, Donna Stirling, BCECCS Coordinator

Quotes

“If, as Herod, we fill our lives with things , and again with things; if we consider ourselves so unimportant that we must fill every moment of our lives with action, when will we have the time to make the long, slow journey across the desert as did the Magi? Or sit and watch the stars, as did the shepherds? Or brood over the coming of the child as did Mary? For each one of us, there is a desert to travel. A star to discover. And a being within ourselves to bring to life.”  
Author Unknown

“There are two ways of spreading light; to be the candle or the mirror that reflects it.”  
Edith Wharton

“Gloom we have always with us, a rank and sturdy weed, but joy requires tending.”  
Barbara Holland

Please check out a slide show of the Grand Entry at the 30th Annual BC Elders Gathering in Port Alberni, BC  
Sorry for the delay in posting to our website ([www.bcelders.com](http://www.bcelders.com))

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## Easy Bakers Corner – Fleischmann's 1-Dish Cinnamon Swirl

Mix 1&1/2 cups all purpose flour, 1/4 cup of Splenda, 1/4 tsp. salt, 2 envelopes of Fleischmann's Rapid Rise Yeast, 2/3 cup of milk (very warm), 1 egg, and a 1/4 cup of butter or margarine (melted) in a 8 in. x 8 in. pre-sprayed (with non-stick cooking spray) baking dish. Let rest for 10 min.

In a bowl, combine 3 tablespoons of butter or margarine, 3/4 cups of light brown sugar, and 1 1/2 tsp. of ground cinnamon with a fork. Top the batter mixture off evenly with the cinnamon mixture and using your fingers, poke topping thoroughly into batter. To bake, place dish in a **cold** oven set at 350°F for 25-30 min. Cool 10 minutes.

Mix 1 cup of powdered sugar, 1 to 2 tablespoons of milk, 1 tablespoon of butter or margarine and 1/2 tsp. of pure vanilla extract. Drizzle over warm cake. **From Irene Bryson, Osoyoos**

### *Handy Tips*

**Foggy Windshield?**...Hate foggy windshields? Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser! Works better than a cloth!

**Measuring Cups**...Before you pour sticky substances into a measuring cup, fill it with hot water. Dump out the hot water, but don't dry the cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.

## What Can you please share?

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

### **'PRESERVING THE PAST'**

**New Elder's Website: [www.bcelders.com](http://www.bcelders.com)**

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

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

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

### Disclaimer:

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

## **GRATITUDE LIST**

**Groups who have thankfully paid their \$250 'Yearly Support Fee'  
so far for the Dec. 2006 – Nov. 2007 Year**

1. Quatsino First Nation
2. Burnstick Promotions - Don Burnstick
3. Neskonalith Indian Band
4. We Wai Kum First Nation
5. Wet'suwet'en First Nation
6. Mamalilikulla-Qwe'Qwa'Sot'Em Band
7. Comox First Nation
8. Bridge River Indian Band
9. Squiala First Nation
10. Cook's Ferry Indian Band
11. BC Assembly of First Nation
12. Tsawataineuk Band
13. McLeod Lake Tse'khene Elders Society
14. Lower Nicola Indian Band
15. Osoyoos First Nation
16. Ditidaht First Nation
17. Uchucklesaht Band
18. Adams Lake Indian Band
19. Canoe Creek Band
20. Samahquam Band
21. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation
22. Kamloops Indian Band
23. Saik'uz First Nation
24. Qualicum First Nation
25. Xaxli'p Indian Band
26. We Wai Kai Nation
27. Lower Kootenay Band Family Health Services
28. Hailika'as Heiltsuk Health Centre
29. Snuneymuxw First Nation
30. T'It'Qet Elders Council
31. Hamatla Treaty Society
32. Lower Similkameen Indian Band
33. West Moberly First Nation
34. Lheidli T'enneh Band
35. Tsewultun Health Centre
36. Lytton First Nation
37. SIMPCW First Nation (\$100)

**Dear Elders Contact Person/Group,**

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

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

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

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

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

## **Dear Elders and Support Workers,**

I copied this information from the BCAAFC's website. It is expected to be updated by April 1<sup>st</sup> 2007, but any possible new information was not available when this issue of the Elders Voice needed to go to print. Please contact the BCAAFC directly for a 2007 Application to be mailed or faxed to you, or you can download it after April 1<sup>st</sup> from their website at [www.bcaafc.com](http://www.bcaafc.com)

D. Stirling, BCECCS Coordinator

## **Elders Transportation Program**

The Elders Transportation Program supports Elders who want to share and celebrate Aboriginal culture and oral traditions. Elders who travel to heritage, cultural and educational workshops and conferences can apply for funding toward their transportation costs. Travel within British Columbia for distances greater than 200 kilometres one way may be eligible. Applications are accepted between April 1st and May 15th each year. Contact the BC Association of Aboriginal Friendship Centres or visit their website for application details.

**Objective:** To provide funding to elders for transportation costs related to heritage, cultural and educational workshops and conferences. 25 individual grants are available (up to a maximum of \$1,000 each).

### **Eligibility**

1. Applicants are an Aboriginal Elders or a recognized Aboriginal Organization on behalf of Elders.
2. Travel must be in British Columbia and only travel distances greater than 200 Kilometers (one way) will be considered for funding assistance.
3. Grants are available for groups of 2 or more Elders, for travel costs (one way) up to a maximum of \$1,000.
4. Only transportation costs are eligible for assistance. Meals, accommodations and other related travel expenses are not.
5. One transportation grant per fiscal year, per organization, may be approved.

### **General Program Conditions**

1. Applications must be accompanied by documentation of local support (e.g. letter of support, Band Council Resolution) AND by an Agenda of the conference/workshop.
2. Applicants will be advanced a grant amount based on projected transportation expenses (maximum \$1,000). If the actual travel expense is less than the amount advanced, the difference must be repaid to the Ministry.
3. The Ministry will not reimburse applicants for actual travel expenses that exceed the projected amount.
4. The Ministry is not responsible for any expenses incurred prior to the applicant receiving a written confirmation of approval from the Ministry of Aboriginal Affairs.
5. In instances where other provincial grants and/or his or her band have not been accounted for, the Ministry of Aboriginal Affairs will not approve an application.

### **Deadline for Program:**

This year completed applications will be accepted April 1, 2007 and the closing date is May 25<sup>th</sup> 2007.

For more information on programs and eligibility or to obtain application forms, contact:

### **BC Association of Aboriginal Friendship Centres**

#200 – 506 Fort Street, Victoria, BC, V8W 1E6

Toll Free: 1-800-990-2432

Phone: 250-388-5522

Fax: 250-388-5502

Email: [info@bcaafc.com](mailto:info@bcaafc.com)

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

# **Canada Violating International Convention on the Elimination of All Forms of Racial Discrimination**

## **First Nations Leadership Council Joins Other Indigenous Peoples in Accusing Canada of Violating the International Convention on the Elimination of All Forms of Racial Discrimination**

### **News Release**

### **FOR IMMEDIATE RELEASE**

**February 20, 2007**

Coast Salish Traditional Territory/Vancouver, BC – The First Nations Leadership Council has sent a submission in response to Canada’s report to the United Nations (UN) Committee on the Elimination of Racial Discrimination (CERD). Canada’s report will be heard by CERD in Geneva, Switzerland on February 20-21, 2007.

Indigenous Peoples' submissions will be considered along with the Canadian Government's report when CERD begins its review of Canada on Tuesday February 20th, 2007.

The First Nations Leadership Council submission takes exception with Canada’s assertions that it is a champion of human rights in Canada and elsewhere in the world.

“Indigenous peoples in Canada know the true story. Canada has a long history of denial of Aboriginal Title and Rights in this country”, said Grand Chief Edward John, a member of the First Nations Summit Political Executive and the First Nations Leadership Council.

“We have clearly illustrated in our submission to CERD that Canada has a longstanding policy of denying the existence of Aboriginal Title and Rights which has continually forced Aboriginal people in this country to resort to judicial processes to have the recognition and implementation of their rights legally affirmed”, added Chief John.

“Despite the fact that Section 35 of Canada's Constitution Act (1982) recognizes and affirms aboriginal and treaty rights, Canada as a matter of policy, systematically and continuously denies and rejects the very existence of Indigenous peoples and Indigenous rights to lands, territories and resources as well as Indigenous rights and authorities to self government,” stated Shawn Atleo, Regional Chief for the BC Assembly of First Nations and a member of the First Nations Leadership Council.

“We are utterly astounded at Canada's shameless hypocrisy as its officials appear before CERD. We fail to see how they can present Canada as a true defender of human rights whether here or elsewhere in the world given the federal government’s recent and shameful denial of Indigenous rights. It is truly disgraceful that Canada was one of only two countries on the UN Human Rights Council to vote against the adoption of the UN Declaration on the Rights of Indigenous Peoples in June 2006”, stated Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs and a member of the First Nations Leadership Council.

The Joint Unity Protocol Initiative of Chief Negotiators from BC First Nations also made its own submission to CERD. Robert Morales, the Chair of the Chief Negotiators forum stated “Canada has not significantly changed its approach on extinguishment and refusal to recognize aboriginal rights and title. Canada refuses to negotiate treaties based on recognition of aboriginal rights and title. Instead it brings a long list of fixed bottom line positions to the table. We ask how that can be considered negotiating”.

The reports submitted by these organizations as well as the Assembly of First Nations (AFN), the Native Women's Association of Canada (NWAC), and the International Indian Treaty Council (IITC) and the

Confederacy of Treaty Six First Nations (CT6FN) address a range of policies and practices violating Indigenous Peoples' human rights both in and outside of Canada.

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The First Nations Leadership Council is comprised of the political executives of the First Nations Summit, Union of BC Indian Chiefs and the BC Assembly of First Nations. The Council works together to politically represent the interests of First Nations in British Columbia and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all First Nations in British Columbia.

Background information on the submissions from the First Nations Leadership Council and the Joint Initiative of Chief Negotiators from BC First Nations is attached.

For more information:

Grand Chief Stewart Phillip, UBCIC, (250) 490-5314

Colin Braker, First Nations Summit, (604) 926-9903

Heather Gillies, BC Assembly of First Nations, (604) 922-7733

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**Background Information**

**British Columbia First Nations Leadership Council's Issues List  
Summary Points from February 14, 2007 Letter to CERD**

- The British Columbia First Nations Leadership Council takes exception to the manner, tone and content of paragraphs 27 - 42 and 306 - 311 in CERD/C/CAN/18 (5 April 2006), Reports Submitted by States Parties under Article 9 of the Convention.
- Canada purports to champion human rights elsewhere in the world and condemns those who violate international human rights standards, but Indigenous peoples have had to resort to the judicial processes in Canada for the recognition and implementation of their rights. Canada was also one of only two countries on the Human Rights Council to vote against the adoption of the UN Declaration on the Rights of Indigenous Peoples on June 29, 2006.
- Despite the fact that section 35 of Canada's Constitution Act (1982) recognizes and affirms aboriginal and treaty rights Canada as a matter of policy, systematically and continuously denies and rejects the very existence of Indigenous peoples and Indigenous rights to lands, territories and resources as well as Indigenous rights and authorities to self government. Current case law in Canada further defines and supports these section 35 rights but Canada continues to maintain policies consistent with the denial of those rights.
- Despite the many positive decisions by the Supreme Court of Canada in favour of Indigenous peoples and rights, Canada falls back to its historic position, advocating "terra nullius" arguments and that there is "considerable uncertainty about the existence, content and scope of specific aboriginal rights of ownership and use of lands and resources, as well as uncertainty about who are the specific holders of such rights." In other words, Canada argues, it does not know if there are Indigenous peoples or the rights they may have unless these matters are dealt with through expensive and often inaccessible legal processes through

Canada's judicial system.

- Crown denials of Aboriginal title and rights are evidenced in litigation with First Nations in British Columbia as well as in land and governance treaty negotiations mandates. This information is provided in greater detail in the First Nations Summit's document entitled Implementation of National Legislation and Jurisprudence concerning Indigenous Peoples' Rights: Experiences from the Americas which have been provided to CERD on a CD and by email.

- In 2005 there were approximately 15 cases before the courts in British Columbia that involved Aboriginal peoples and the federal Crown, provincial Crown, or both and involved Aboriginal rights and title. In 14 of those 15 cases involving Aboriginal rights and title, the federal and provincial Crown advanced various defences that denied the existence of the Aboriginal title in question, asserted that such title remains unproved, or alleged that the Aboriginal title in question was extinguished.

- In 2007 those types of denial arguments are still raised by the federal and provincial Crown.

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Submission to CERD by  
First Nations in the British Columbia Treaty Process  
Joint Unity Protocol Chief Negotiators Initiative

Re: Canada's Approach to Treaty Negotiations with First Nations in B.C.

1. Canada has not significantly changed its approach on extinguishment and refusal to recognize aboriginal rights and title.

a) Canada refuses to negotiate Treaties based on recognition of aboriginal rights and title. Instead it brings a long list of fixed bottom line positions to the Table. If First Nations want a Treaty, they have to agree. Canada refuses to allow First Nations to hold Treaty lands as aboriginal title lands. The lands must be held as private fee simple lands under provincial government jurisdiction. There is no room to negotiate.

b) The recent report from the federal Auditor General states that Treaty negotiations are one of the "most controlled and inflexible processes in the federal government" and that federal Treaty negotiators act "as if the main risk faced by the federal government in treaty negotiations is that of deviating from existing mandates, rather than that of not signing treaties".

2. Canada refuses to commit in Treaties to improve vast gap between the high level of employment, education, health, and social conditions enjoyed by non-aboriginal Canadians and the crushing poverty, unemployment and poor health and living conditions suffered by aboriginal Canadians.

a) In fact, Canada potentially makes the situation worse by forcing First Nations to hand over 50% of revenues they generate post Treaty (including property tax revenues from former Reserve lands) to the federal government and by imposing discriminatory double taxation of First Nation corporations that pass on a portion of their profits to the First Nation government.

The UBCIC is a NGO in Special Consultative Status with the Economic and Social Council of the United Nations

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# Urban Land Claims Live Forum - April 19

When the Nisga'a Treaty was signed nine years ago, it was a historic first for British Columbia.

Today, the possible settlement of the Tsawwassen Treaty represents another historic first. It is the first modern-day opportunity in Canada to conclude an outstanding land claim with a First Nation in an urban context. If this treaty is adopted it will not only result in substantial change for the Tsawwassen First Nation, but also for the entire region.

Please attend this free public forum on the potential impact of this and other urban land claims on Vancouver and Lower Mainland cities. **Participate in our online [Think Ideas Discussion](#) in advance of the live forum.**

**When:** Thursday, April 19, 7:00-9:00 pm

**Where:** [Simon Fraser University Harbour Centre](#), Segal Centre, 515 W. Hastings St., Vancouver

**Details:** [Register online to attend this free live forum](#)

**Moderator:** Tony Penikett, Author, [Reconciliation: First Nations Treaty Making](#)

## Panelists:

- Kim Baird, Chief, Tsawwassen First Nation
- Doug McArthur, Professor, SFU Graduate Program in Public Policy
- Harold Steves, Richmond City Councillor
- Bill Tieleman, 24 Hours Newspaper Columnist and Media Commentator

Sponsored by the [SFU Graduate Program in Public Policy](#) and [Think City](#)

This Think City Event notice was brought to you by the [Think City Society](#). If you would like to be removed from our email list, just reply to this email with **NO THANKS** in the subject line.

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## To Whom It May Concern:

We are emailing to inform you that BC Housing, in partnership with the Aboriginal Housing Management Association (AHMA), has issued a province-wide call for Expressions of Interest to Aboriginal non-profit societies. The call is for societies interested in developing and operating new housing units for Aboriginal people living off-reserve in British Columbia.

More information on this call for proposal can be found on BC Housing's website or by following this link: [http://www.bchousing.org/programs/proposals/bc\\_wide](http://www.bchousing.org/programs/proposals/bc_wide)

Sincerely,

BC Housing  
Web Editor

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Roberta Randall  
Senior Communications Advisor  
Corporate Communications  
BC Housing

Tel: 604-439-4734

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Website: [www.bchousing.org](http://www.bchousing.org)

## **Fewer multiple teen births, but higher rates linked to aboriginals: StatsCan Feb. 21, 2007**

**Provided by: Canadian Press**

**Written by: BOB WEBER**

(CP) - Teenage girls were far less likely to have two or more children in 2003 than they were a decade earlier, says a Statistics Canada report released Wednesday.

But birth rates among teens remained relatively high in Saskatchewan, Manitoba and Nunavut - something the report links to a larger proportion of aboriginal residents in those regions. "That probably has something to do with why there are some provincial or territorial differences across the country," said Michelle Rotermann, who wrote the report.

Rotermann's study showed the rate of teen moms who had two or more children fell by half - to 2.4 girls per thousand from 4.8 - maintaining a steady decline that has continued since the 1970s. However, the rate in Nunavut was 12 times the national average between 2001 and 2003, while Manitoba and Saskatchewan had triple the national average.

Those provinces have Canada's highest proportion of aboriginal people, while Nunavut's population is more than 80 per cent Inuit. "Provinces and territories with high rates of second or subsequent births to teens tended to have relatively large numbers of aboriginal residents," the report said.

The Northwest Territories, which is about half aboriginal, registered about 4.1 girls per thousand having second children.

Rates were below the national average in Nova Scotia, Quebec and British Columbia.

In all, Rotermann found 25,000 girls between 1993 and 2003 had at least a second or subsequent child. That, however, did not include Ontario, which was excluded from the study because of concerns too many teen births go unreported.

Rotermann estimated about 7,500 Ontario girls probably had at least a second child.

A report written in 2004 for Pauktuutit, the national Inuit women's association, suggested some reasons for high teen birth rates in Nunavut.

Inuit in the Pauktuutit survey suggested Nunavut's problem was most likely caused by poor adult guidance or a lack of information or indifference to birth control. Pregnancy was also seen by many as a way to meet emotional needs.

Some mentioned that Inuit customary adoption may make it easier for Inuit girls to have babies. "New babies are always welcome and if a mother is too young or inexperienced to provide full-time care, her family will step in to help," the report said.

"There is no stigma associated with being adopted or with giving a baby to one's parents or another family."

Nunavut schools offer a family life course that includes sex education, which students may take with parental permission. As well, condoms are freely available at health centres in the territory.

Studies among off-reserve young aboriginal people in southern Canada have suggested substance abuse and social norms were the most common factors behind teen pregnancies.

As for the Statistics Canada report, the overall results are encouraging, Rotermann said.

She noted that while overall teen births in the study dropped by more than one-third from 1993 to 2003, second and subsequent births fell even faster. She counted only 1,500 such births in 2003, down from 2,900 in 1993 - about half as many.

"There's a huge literature that links early child-bearing to economic disadvantage and social and health disadvantages for both their children and the mothers themselves."

Her study found such mothers tended to live in poor neighbourhoods.

"These teens are highly concentrated in the lowest income neighbourhoods," she said. "But we can't tell if it's the births that led to the poverty or the poverty that led to the births."

[FromWomensHealth@Medbroadcast.com](mailto:FromWomensHealth@Medbroadcast.com)

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Emailed in to pass on, author unknown  
Subject: THE WIFE FROM.....

**A police officer pulls over a speeding car. The officer** says, "I clocked you at 80 miles per hour, sir."

**The driver** says, "Gee, officer I had it on cruise control at 60, perhaps your radar gun needs calibrating."

Not looking up from her knitting **the wife** says: "Now don't be silly dear, you know that this car doesn't have cruise control."

As **the officer** writes out the ticket, the driver looks over at his wife and growls, "Can't you please keep your mouth shut for once?"

**The wife** smiles demurely and says, "You should be thankful your radar detector went off when it did."

As **the officer** makes out the second ticket for the illegal radar detector unit, the man glowers at his wife and says through clenched teeth, "Damit, woman, can't you keep your mouth shut?"

**The officer** frowns and says, "And I notice that you're not wearing your seat belt, sir. That's an automatic \$75 fine."

**The driver** says, "Yeah, well, you see officer, I had it on, but took it off when you pulled me over so that I could get my license out of my back pocket."

**The wife** says, "Now, dear, you know very well that you didn't have your seat belt on. You never wear your seat belt when you're driving."

And as the police officer is writing out the third ticket, **the driver** turns to his wife and barks, "WHY DON'T YOU PLEASE SHUT UP??"

**The officer** looks over at the woman and asks, "Does your husband always talk to you this way, Ma'am?"

(I love this part....)

**"Only when he's been drinking."**

## **Atkins tops 3 other popular diets, women on it shed most pounds: study**

March 6, 2007

Provided by: Canadian Press

Written by: SHERYL UBELACKER

TORONTO (CP) - Women who followed the Atkins low-carbohydrate diet lost more weight on average than those on three other popular diets - and their blood pressure and cholesterol levels also dropped to a greater degree, a study has found.

Yet even though the Stanford University study tips the scales in Atkins' favour, critics say it still shows that melting off those pounds is difficult and keeping them off even more so.

The study found that women on the Atkins diet lost 10.4 pounds on average after 12 months, compared to 5.7 pounds for women on the LEARN diet, 4.8 pounds for Ornish diet followers and 3.5 pounds for those on The Zone weight-loss plan.

"Many health professionals, including us, have either dismissed the value of very low-carbohydrate diets for weight loss or been very skeptical of them," said lead researcher Christopher Gardner of the Stanford Prevention Research Center in California.

"But it seems to be a viable alternative for dieters."

To conduct the US\$2-million study, 311 premenopausal, non-diabetic, overweight women were randomly assigned to follow either the Atkins, Zone, LEARN (Lifestyle, Exercise, Attitudes, Relationships and Nutrition) or Ornish diets.

The four diets were chosen to represent the full spectrum of low-to high-carbohydrate weight-loss plans and participants were started off with eight hours of instruction from a dietitian.

The Atkins diet, popularized by the 2001 re-publication of "Dr. Atkins' New Diet Revolution," is the lowest in carbohydrates. The Zone diet, also low-carb, focuses on a 40:30:30 ratio of carbs to protein to fat.

The LEARN diet follows guidelines reflected in the U.S. Department of Agriculture's food pyramid - low in fat and high in carbohydrates. The Ornish diet, based on bestseller "Eat More, Weigh Less" by Dr. Dean Ornish, is high in carbs and extremely low in fat.

At the end of the study, women following the Atkins diet had larger decreases in body mass index, triglycerides and blood pressure compared to women in the other three groups. As well, their high-density lipoprotein (HDL), the good kind of cholesterol, increased more than that of women on the other diets.

But critics argue that the study - published Wednesday in the Journal of the American Medical Association - isn't a fair comparison because by the end, few women were following any of the diets strictly, although those in the Atkins group came closest.

The research "had a good concept and incredibly pathetic execution," Zone diet creator Barry Sears told The Associated Press.

"It's a lot easier to follow a diet that tells you to eat bacon and brie than to eat predominantly fruits and vegetables," added Ornish.

But Gardner believes there are several reasons why the Atkins diet had better results overall, and chief among them is its "very simple message: Get rid of all refined carbohydrates to lose weight."

Dr. Arya Sharma, chair of cardiovascular obesity research at McMaster University, said it appears that diets like the Atkins plan are easier for people to adhere to because the high-protein content is more filling.

"Patients are less hungry and tend to eat less overall with these diets than with other diets where there are more or less restrictions in the kinds of foods that patients can eat," Sharma, scientific director of the Canadian Obesity Network, said Tuesday from Hamilton.

"So it's not surprising that patients lost more weight on the Atkins diet."

Still, the study showed that although the Atkins dieters shed the most pounds by the end of the year, they also gained back more weight in the second half of the study than those in the other three groups. Women in the Atkins group had lost an average of almost 13 pounds after six months, but ended the one-year period with an overall average loss of 10.4 pounds.

Dr. Yoni Freedhoff of the Bariatric Medical Institute said the amount of weight lost in a year by study participants - even those on the Atkins diet - isn't that impressive and it doesn't reflect the reality of go-it-alone dieting by a book.

"If after eight hours of education with a dietitian and a financial incentive (\$150) to complete this program well, the best or the average weight loss a person can get off Atkins is 10 pounds, that's not so exciting," Freedhoff said from Ottawa.

His centre's program focuses on hunger prevention - eating every two to three hours, with some protein in every meal or snack - and being aware of calories.

"The currency of weight at the end of the day isn't carbohydrates or proteins or fats, the currency of weight is calories," he said. "This study proves that too. You can lose weight on any of these approaches. They all have vastly different distributions of carbs, proteins and fats."

"What matters are the calories in your food."

Ornish and other critics say the study doesn't answer concerns about the Atkins diet - whether consistently eating all that fatty food leads to long-term health problems.

The researchers found that none of the health measures was worse for women on the Atkins plan, but said potential long-term problems could not be identified in so short a study.

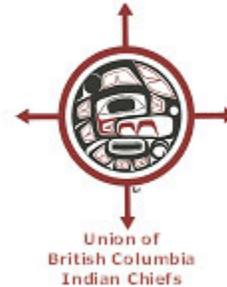
Still, Sharma called the research important because it is the first to do such a large head-to-head comparison of popular diets. But he agreed the trick of being successful with any diet is keeping lost weight from piling back on.

"What's quite clear is that patients who have obesity and need to lose weight and keep that weight off cannot eat like other people," he said. "Diet is only one part of the obesity treatment plan. Physical activity is as important, particularly when it comes to maintaining the weight loss."

**Article from WomensHealth@Medbroadcast.com**

# Leadership Council welcomes appointment of Justice Davies to lead Frank Paul Inquiry

FOR IMMEDIATE RELEASE March 9, 2007



BC First Nations Leadership Council welcomes the appointment of Mr. Justice William H. Davies to lead inquiry into the death of Frank Paul

Coast Salish Territory/Vancouver, BC - The B.C. Assembly of First Nations, First Nations Summit, and Union of B.C. Indian Chiefs welcome today's announcement by B.C. Solicitor General John Les, that Mr. Justice William H. Davies has been appointed to lead the public inquiry into the death of Frank Paul.

"We welcome the appointment of an eminent jurist, former B.C. Supreme Court Justice Davies to lead this important public inquiry into the tragic death of Frank Paul", said Grand Chief Edward John, member of the First Nations Summit political executive and the First Nations Leadership Council.

"We expect to be fully involved in the development of the inquiry's terms of reference as it is critical for us to ensure the family of Frank Paul and aboriginal people have the appropriate standing", added Chief John.

"We are looking forward to working closely with Mr. Davies in our collective efforts to reconcile the relationship between First Nations and the justice system," said Shawn Atleo, B.C. AFN Regional Chief and member of the First Nations Leadership Council. "We hope his work will finally provide closure to the family of Frank Paul, by providing them answers to questions they have been asking for almost ten years."

"Many, many individuals, aboriginal organizations, and human rights groups marched and lobbied for a full public inquiry into the tragic death of Frank Paul. Therefore, we need to ensure the public inquiry is fully empowered to carry out a comprehensive investigation into the conduct of all police, corrections, and Provincial government officials involved in the Frank Paul tragedy," said Grand Chief Stewart Phillip, President of the Union of B.C. Indian Chiefs and member of the First Nations Leadership Council.

Frank Joseph Paul, a Mi'kmaq man, died of hypothermia in December 1998 shortly after being released by the Vancouver police department into an east Vancouver alley.

The First Nations Leadership Council ultimately hopes the public inquiry will further help to provide closure for Mr. Paul's family by answering the many questions that remain regarding the circumstances of his death. The inquiry provides an opportunity to determine recommendations on provincial policing practices involving, and relating to, First Nations and Aboriginal peoples, as well as reconciliation measures between First Nations and the Crown in the area of policing.

The First Nations Leadership Council is comprised of the political executives of the First Nations Summit, Union of BC Indian Chiefs and the BC Assembly of First Nations. The Council works together to politically represent the interests of First Nations in British Columbia and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all First Nations in British Columbia.

For more information:

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The UBCIC is a NGO in Special Consultative Status with the Economic and Social Council of the United Nations

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**Press Release - Tuesday, February 27th, 2007**

**‘Honouring Our Graduates’  
Tree of Life Aboriginal Self-Employment Program Graduation**

*Graduating Entrepreneurs  
Herald New Era in Aboriginal Socio-Economic Development*

In a return to self-sufficiency, ten new Aboriginal owned businesses are in the process of being launched over the next few months. Each new business is a result of the ‘**Tree of Life Aboriginal Self Employment Program**’ an intensive, in-class, three-month course in which students learned the fundamentals of business, including finance and administration, sales and marketing, after completing a feasibility study in the first few weeks of the program. The students used this information to create their own business plans, a necessity in today’s business world, which were then assessed by an independent panel of experienced business people.

Graduating students from the ‘Tree of Life Aboriginal Self Employment Program’ were honoured on Friday, February 23rd at Kla-how-eya Aboriginal Centre. The Graduation Ceremony itself was a visual and audio feast, with songs from the Tsawwassen and Haida First Nations to a performance by The Git Hayetsk Dancers (wearing Traditional regalia), to a speech by Aboriginal businessman, lawyer and author of “Dances with Dependency,” Mr Calvin Helin.

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The Tree of Life Aboriginal Self Employment is an initiative of the Self Employment & Entrepreneur Development Society (SEEDS) and Kla-how-eya Aboriginal Centre, and is the first culturally sensitive self-employment course in Western Canada.

Funded by A.C.C.E.S.S. and Service Canada, the Graduates will be taking advantage of Vancity’s brilliant “Peer Lending Program,” which offers practical assistance in the form of small business development loans.

For further information, interviews or photographs, contact:

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## **British Columbia takes tough new measures against public smoking March 6<sup>th</sup> 2007**

**Provided by: Canadian Press**

**Written by: SCOTT SUTHERLAND**

VICTORIA (CP) - British Columbia smokers will soon be required to butt out in and near any public buildings, including schools and hospitals, under new, tough anti-smoking legislation introduced Tuesday.

"Some people will see it as intrusive, others will say we didn't go far enough," said Health Minister George Abbott. "(But) I think we will have the great weight of public opinion supporting this."

The amendments to B.C.'s Tobacco Sales Act will ban smoking in all indoor public spaces as well as in public doorways, and "near" the doors, windows and air intakes of any building accessible by the public.

"This amendment bans smoking in restaurants, pubs and private clubs, offices, malls, conference centres, arenas, community halls, government buildings and schools," Abbott said in tabling Bill 10.

In addition, tobacco sales will be barred in public hospital and health facilities, universities and colleges, public athletic and recreational facilities and provincial buildings.

Abbott said the law will also ban the display of tobacco and related products in stores accessible to anyone under the age of 19, putting an end to what he called "power walls" of cigarettes and tobacco advertising.

"The aim of this get rid of all those inducements to purchase and to have a very plain setting in which tobacco products are sold," he said.

The Canadian Cancer Society welcomed the legislation.

Barbara Kaminsky, CEO of the society's B.C. and Yukon division, said Bill 10 will standardize anti-smoking rules across the province.

"Right now we have a patchwork of different bylaws that exist that are stronger than the provincewide WCB (Workers Compensation Board) regulations that still allow you to have designated smoking rooms," Kaminsky said.

While municipal bylaws in urban areas like Victoria and Vancouver have outlawed smoking in many indoor settings, many more remote communities have continued to allow designated rooms for smokers in restaurants and bars.

"We understand designated smoking rooms will be a thing of the past," said Kaminsky.

But she also said there is still room for improvement in the B.C. bill, which falls short of banning tobacco sales in pharmacies, a restriction in place in Ontario and every province eastward, plus the Northwest Territories and Nunavut.

"It's more than ironic that pharmacists (who) are there to help people become healthy and stay healthy would be selling these products," she said.

Abbott acknowledged that he considered a pharmacy sales ban, but decided against it.

"At this stage there's probably a stronger case to be made for not having (tobacco) sold anywhere than to say some retailers can sell this and other retailers can't," he said. "As long as it's a legal product, we're going to allow it to be sold in pharmacies."

The legislation is expected to pass easily in the current session of the legislature, with even the Opposition sounding supportive.

However, NDP health critic Adrian Dix said he would like to see Abbott change his mind and ban pharmacy sales.

Smoking on school grounds in B.C. will be banned by September. The other measures are likely to come into effect Jan. 1, after regulations are finalized.

B.C. is looking to other jurisdictions for guidance on some of those rules, including what is meant by "near public doors."

Quebec bans smoking within nine metres of entrances to hospitals, schools and child care facilities. Ontario has similar regulations. Nova Scotia has a four-metre limit on smoking near open public doors and windows.

"There's going to be lots of fine detail work done around this," said Abbott, adding that the bill will not apply to restaurant or pub patios that "are not enclosed."

However, Abbott believes the legislation will affect B.C. smokers lining up to board public transit.

"I think a bus shelter would be a public place and I believe, under the terms of this legislation, you would not be able to smoke in a bus shelter," he said.

The B.C. government estimates that each year tobacco use kills more than 6,000 people and costs the provincial economy \$2.3 billion, while provincial taxes on tobacco account for only \$700 million in annual revenue.

"There is no question that smoking is an enormous drain," said Finance Minister Carole Taylor. "The taxes we raise from cigarettes only pay a tiny part of the health care costs."

Article from [CancerHealth@Medbroadcast.com](mailto:CancerHealth@Medbroadcast.com)

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## **Mandating HPV vaccine raises concerns from many - though few dispute potential**

**Provided by: Canadian Press**

**Written by: MARTHA IRVINE**

**March 16<sup>th</sup>, 2007**

(AP) - The scenario might go something like this: a drug company develops a vaccine that could help wipe out most future cases of cervical cancer.

Governments add it to their list of required vaccines for school. Girls line up for shots. Years later, fewer of them die prematurely - and everyone is happier. Easy, right?

But in the real world, the notion of requiring the HPV vaccine for young people is much more complicated than that.

Part of the controversy comes from the fact that - unlike the measles or whooping cough - you don't get the genital warts and cancer caused by the human papillomavirus from casual contact.

"The fact that it is a sexually transmitted disease has elevated it to another level," says Alina Salganicoff, the director of women's health policy at the Kaiser Family Foundation.

While proponents say requiring the vaccine would get it to the most people, critics have complained that the HPV vaccine would give teens a false sense of security and undermine abstinence-only education and parental autonomy.

The debate has been especially hot in U.S. states such as Texas, where lawmakers are making moves to rescind a vaccine mandate backed by Gov. Rick Perry.

But not all the criticism for mandates is coming from conservative family groups and parents who oppose any vaccines.

For one, some members of the medical establishment have expressed discomfort with the lobbying efforts from Merck & Co., the maker of the HPV vaccine known as Gardasil.

That wariness persists even though Merck backed off from its mandate push last month, saying it would instead provide vaccine information only if requested by government officials.

Meanwhile, there are concerns about the cost of the vaccine and whether insurance companies will pay for it (the three-dose regimen costs about US\$360).

Some also worry that, in this age of drug recalls, more research is needed to determine the long-term effects of the HPV vaccine.

"I think the vaccine has a lot of potential to do a lot of good, but after more testing has been done," says Yvonne K. Fulbright, a sexologist and author based in New York and Washington, D.C. "You need to have the people's public health at interest and not just financial gain."

She says it would probably surprise some people to hear her say it - "but right now, if I had a daughter, I would not want her to get the vaccine."

Even one researcher whose work has been funded by Merck says he feels "ambivalent" about the current push for mandates in Texas, New Mexico and Virginia.

"I understand that mandates are the best way to protect the greatest number of people. It's the best way to deal with health care disparity issues for those who have trouble accessing health care and those who don't get Pap testing as regularly," says Gregory Zimet, a pediatrics professor at the Indiana University School of Medicine who has studied parents' attitudes toward the vaccines for HPV and other diseases.

But like others in his field, he thinks Merck pushed too quickly for mandates.

"There should have been more reasoned and thought-out debate," he says. "It's distracted from the fact that we have a way to reduce health care costs, reduce suffering and save lives."

In the U.S. there are about 9,700 new cases of cervical cancer and 3,700 deaths each year. Keeping those numbers in mind, Zimet says his surveys of parents have found that the large majority are interested in vaccinating their daughters against HPV.

Even two of the largest conservative family groups - Focus on the Family and the Family Research Council - say they have no problem with the vaccine, only a mandate. (Proponents point out that such laws generally allow parents to opt out of the requirement for religious or philosophical reasons.)

"Anything that is a preventative to help women - and prevent cancer - is a good thing," says Moira Gaul, director of women's and reproductive health at the Family Research Council. "A vaccine in and of itself doesn't promote or deter behaviour."

She says her organization simply believes that parents should make the decision about whether the vaccine is best for their children.

Other parents worry that, amid all the political discussion, ultimately, girls who are eligible for the vaccine will be left out of the discussion.

"Does the child have no rights whatsoever? Don't they have a say?" asks Laurie Rhind, a mom in Salem, N.H., who has two teenagers. After making the decision together, her 13-year-old daughter is scheduled to get the first of three HPV vaccine shots next month.

"I think there are too many adults thinking that our teenagers are uninformed and belligerent and can't make the right decision."

Article from [ChildrensHealth@Medbroadcast.com](mailto:ChildrensHealth@Medbroadcast.com)

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## Turning Away: The Union of BC Indian Chiefs Responds to Federal Budget

PRESS RELEASE FOR IMMEDIATE RELEASE March 19, 2007

"Money is the problem. When a budget offers new money in the upcoming fiscal year of \$15 million for deductions of meal expenses of truck drivers compared to \$21 million in new money for the pressing needs of impoverished First Nation communities in Canada, you damn well better believe money is the problem" stated Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs.

In today's budget approximately \$6 billion in new spending was announced with \$70 million committed for Aboriginal People in areas of job training, housing and justice. The budget notes that \$9 billion is currently spent on Aboriginal programs and services. The Assembly of First Nations notes in its report "The \$9.1 Billion Myth Exposed: Why First Nations Poverty Endures" that in fact once all of the departmental administration costs are factored in, each status Indian receives only \$7,505.25 in programs and services not the \$15,100.00 as stated by government.

"The budget commitments amount to nothing more than financial gruel; it does nothing to alleviate the rampant poverty of First Nations. A lowlight of the budget is that there is no new money to fix or rebuild affordable housing on-reserve," says Grand Chief Phillip. "Instead, government is committing \$300 million to develop a housing market on how best to privatize reserve lands."

"The gap is growing between First Nation communities and the rest of Canada. A nonchalant approach will only exacerbate this worsening situation. By turning away from the Third World deplorable conditions of First Nation communities, the federal government continues an adversarial, if not outright hostile posture regarding Federal - First Nations relationships in Canada."

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FOR MORE INFORMATION CONTACT:

Grand Chief Stewart Phillip

President

(250) 490-5314

## **Fabutan to close franchises tanning teens under 16 without parents' knowledge Mar. 18, 2007**

**Provided by: Canadian Press**

**Written by: ALLISON JONES**

TORONTO (CP) - Starting Monday, Canada's largest chain of tanning parlours will shut down any of its franchises caught tanning kids younger than 16 without their parents there.

But the president of Fabutan Sun Tan Studios says the hard line shouldn't be interpreted as support for an outright ban of letting younger teens soak up fake rays.

"I'm a parent and if somebody was to tell me that I was not allowed to tan my 15-year-old child before I went away on vacation and I was willing to be at the location with them every day, I think that would be a violation of my parental right," Doug McNabb said in a telephone interview from Calgary.

Health Canada recommends against it, but McNabb points out it's perfectly legal for tanning salons to serve clients under 16 years old.

"When there are no government regulations that have any law against this, it doesn't seem reasonable that private enterprise create that kind of restriction," he said.

"We think we've gone exactly as far as we should."

What were previously just guidelines within Fabutan are becoming company policy, as of Monday. Anyone under 16 who wants to tan must be accompanied by a parent, and 16 to 17 year olds require parental consent.

If these standards are not met, the franchise will have 10 days to comply with the rules, so the first instance is essentially a warning. After that, the franchise agreement will be terminated.

"I really would hope that the industry would follow suit and self-regulate this issue," McNabb said.

"We want to acknowledge the perception of parents rather than just fighting the issue. We think the perception is real - we just don't think it's founded in good science."

That perception is that tanning causes skin cancer, which McNabb said is not true for moderate tanning and he suggested more research is needed.

The World Health Organization recommended in 2005 that those under the age of 18 be banned from using artificial tanning equipment. It estimates there are 132,000 cases of malignant melanoma - the most dangerous form of skin cancer - worldwide each year.

Yet the organization has said it has been difficult to demonstrate any long-term health effects of sunbed use due to the long latency period for skin cancer.

McNabb said Fabutan does everything it can to teach teenagers to avoid sunburns and wear sunscreen when outdoors.

And while there is no minimum age for tanning at Fabutan, McNabb said the new policy will ensure that parents can supervise and exercise caution with their children's tanning, just as they do with many other activities.

**Article from Medbroadcast.com**

## **Phone Scam Alert- First Nations Communities Do Not Solicit Monies This Way!**

**FOR IMMEDIATE RELEASE March 21, 2007**

Vancouver, BC: March is Fraud Prevention month, and the RCMP and the BC First Nations Leadership Council are concerned about a number of phone calls being made around BC that are fraudulent in nature.

Over the past few months, a number of individuals and businesses received phone calls from individuals who portrayed themselves as Aboriginal leaders, elders, or representatives of Bands etc. asking for money to support individuals or communities that have been the victim of personal or even high profile tragedies. The fraudsters have claimed they are raising money to assist Aboriginal individuals who have lost their homes in a fire, or even claim they are helping people who have medical costs they can't pay for.

First Nations Leadership Council of BC, which is comprised of political executives of the First Nations Summit, Union of BC Indian Chiefs and the BC Assembly of First Nations, would like to advise British Columbians that they would not solicit funds in the manner.

“We are worried that fraudsters may be trying to take advantage of the work and reputation of our First Nations communities,” says Insp. Frank Gallagher, Officer in Charge of Aboriginal Policing Services in British Columbia. “We are committed to working with our Aboriginal communities to increase awareness about these scams that not only take advantage of our First Nations communities, but the generous British Columbians who often want to find ways to assist”.

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs and a member of the BC First Nations Leadership Council says, “My family and I have been targeted by these devious scam artists many times. The scam artist describes a death in my family and solicits emergency loans from the unsuspecting victims. The real victims in this fraud scheme are the compassionate people who are offering help to a family experiencing the tragic loss of loved one. These are acts that are despicable and disgusting practice of deception”.

“We are concerned that individuals chose to falsely identify themselves in this way in an attempt to obtain funds”, say Inspector Kevin DeBruyckere from the “E” Division Commercial Crime Section. Insp. DeBruyckere says, “Investigations of this nature have shown that fraudsters often sound very official and have learned to convince people of their authority. By using an authority figure’s name, they play on your sense of duty and willingness to assist your community and its leaders, thus compelling one to sometimes comply with the request. An integral component of fraud prevention is public education”.

It is important for the public not to be afraid to ask questions. Get the individual’s name and phone number, so that you can call back and verify who they are. And to be safe, DO NOT give out any personal information over the phone. You can also contact Phonebusters at 1-888-495-8501 or [www.phonebusters.com](http://www.phonebusters.com). They can assist you with the validity of the call and can make you aware of other recent scams.

Released by:

Cpl. Pierre Lemaitre – RCMP  
Phone#: (604) 264-2929

Grand Chief Stewart Phillip – Union of BC Indian Chiefs  
Phone#: (250) 490-5314

## **Budget Backlash Shall Surely Trigger a “Summer of Protest” Across Canada**

**PRESS RELEASE FOR IMMEDIATE RELEASE March 21, 2007**

(Vancouver – Coast Salish Territory, March 21, 2007) “As sure as spring follows winter, Stephen Harper's Budget 2007 shall trigger a summer of Aboriginal protests from one end of this country to the other,” predicted Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs.

The rage and anger of Aboriginal leaders continues to reverberate across the country in the aftermath of the release of Harper's Budget 2007.

“In our view, this latest deliberate attack against Aboriginal people represents ‘strike three’ for the Harper government. First it was the complete rejection of the Kelowna Accord, second it was Canada's refusal to support the United Nations’ Declaration of the Rights of Indigenous People and now we have the announcement of \$21 million in new spending for Aboriginals in the face of a \$9 billion dollar surplus” added Grand Chief Phillip.

“Enough is enough. Our communities have long since reached their breaking point” stated Grand Chief Phillip. “The internalized violence of poverty in terms of increasing infant mortalities, suicides, homicides, drug-related gang violence, child apprehensions and massive unemployment is dangerously close to flashing over to an outward expression of externalized violence in the form of roadblocks, rail blockades and more Caledonia-style occupations of disputed lands”

Grand Chief Phillip continued “Let's be clear. We do not need more Federal government welfare payments. What we do need is for the Government of Canada to fully meet its Constitutional and lawful obligations in the area outstanding land rights issues. We need the Government of Canada to take heed of the recently released Senate Report, entitled, ‘Negotiation or Confrontation: It's Canada's Choice’ which outlines the over 1000 outstanding specific claims across Canada. We need the Government of Canada to recognize and accommodate our Aboriginal and Treaty entitlements to the Lands and Resources within our respective territories. Further, economic development needs to become a major priority within Federal Government spending. Currently, economic development represents only 4% of Federal Government Aboriginal program spending” stated Phillip.

“Obviously the Government of Canada is not listening. Perhaps a summer of barricades, balaclavas and burning tires will serve to draw attention to the urgency of the desperate situation of the Aboriginal people of Canada” concluded Grand Chief Stewart Phillip.

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For further comment:  
Grand Chief Stewart Phillip, (250) 490-5314

The UBCIC is a NGO in Special Consultative Status with the Economic and Social Council of the United Nations

Dear friends of CFR:

We need more such good news!

<http://www.theglobeandmail.com/servlet/story/LAC.20070327.BCTRUST27/TPStory/TPNational/BritishColumbia>

Bill Chu

## **A gift meant to correct a dark moment in history**

B.C. couple undo a bit of colonialism by bequeathing million-dollar land to native centre

SID TAFLER

Special to The Globe and Mail

Tuesday, March 27, 2007

VICTORIA -- It's a lovely southeast-facing property, nearly an acre in size, with views of snow-capped Mount Baker and the rippling waters of Juan de Fuca Strait.

But no Victoria real-estate agents can rub their hands in anticipation of the sale or subdivision of the Oak Bay property and the stately 1921 home that sits on its summit.

Owners Bruce and Marion Cumming have decided to leave it in their will to the native people whose ancestors lived along the shores of Victoria for several thousand years until the Europeans began arriving in the 1840s.

The gift is an extraordinary gesture in a time of a real-estate boom that has turned many thousands of British Columbians into paper millionaires.

Even more extraordinary is that experts in land trusts know of only one other case in Canada of a similar "return" of land to indigenous people: the Cummings themselves, who gave their 288-acre farm to a native group in New Brunswick in 1992.

"It can best be summed up with the phrase 'make amends now,' " said Mr. Cumming, a retired botany professor. "We're trying to do something at a personal level, instead of perpetuating the colonial stand of the white settlers."

Their Oak Bay home, worth more than \$1-million, will be bequeathed to the newly formed Xaxe Tenew Sacred Land Society, which will use it as a cultural and educational centre, a place to gather native plants or teach traditional carving and weaving.

Mr. Cumming, 81, and Ms. Cumming, 70, an artist, have no children or other dependants. But they do have a deep sense of injustice over the treatment of native people in Canada, awakened by the Oka crisis in 1990 in Quebec, which pitted the Mohawk nation against the town of Oka over a golf course on disputed land.

"All over the world, native land has been usurped," Ms. Cumming said.

In B.C., treaty and land-claim negotiations are dragging on for decades, with little result. "The process is so slow. The government takes an adversarial approach."

The negotiations to settle these claims are supposedly restricted to Crown land, not private property. But the Cummings have a different idea. "Individuals could return land, even if governments don't honour treaties and

don't give back land that rightly belongs to native people," Ms. Cumming said.

Their home on Sunny Lane is surrounded by gardens and decorated with West Coast native carvings. It has the feel of the country living in the city, with a winding driveway behind a wooden gate and a stone staircase leading up Gonzales Hill to a lookout at the top of Walbran Park.

The view below is the shores of McNeil Bay, once the site of a village of perhaps 200 native people and today one of a series of Oak Bay beaches fronting some of the most highly prized property in the Victoria area.

On these beaches, where homeowners now walk their dogs, local Lekwungen people once collected clams and mussels when the tide receded. And on the hillsides, where camellias bloom in gardens, the Lekwungen harvested starchy camas bulbs to feed their families and trade to other coastal peoples.

The Cummings have worked with local Coast Salish people and with Taiaiake Alfred, director of the Indigenous Governance Program at the University of Victoria, to set up the Sacred Land Society, the first of its kind in B.C.

"They are very kind and generous people," said Charles Elliot, a Salish carver and vice-president of the society. "They have a deep understanding of what first nations people are up against, about the loss of our lands and our resources."

Those sentiments led the couple to donate their farm to the Maliseet people when Mr. Cumming retired from the University of New Brunswick in 1992.

The farm near Fredericton, which includes three buildings, 280 acres of forest and half a kilometre of shoreline on the Nashwaak River, is now a healing and cultural centre operated by the Wolastokwiyik Nawicowok On the Land Program.

The Cummings bought the Oak Bay property from the estate of Mr. Cumming's Aunt Jean, who had owned it since 1956, and retired to the West Coast.

The donation of the land is "a rare gesture, a gift that they [the Cummings] will leave to the world," Dr. Alfred said. "Many people feel sorry about the colonialization and wonder what they can do. By giving their property back, they will regenerate the spirit of the land and the people."

\*\*\*\*\*

A sacred trust

**The society:** The newly formed Sacred Land Society in Victoria is one of 34 land trusts established in British Columbia to protect significant natural areas and cultural sites in the province.

**The size:** The trusts, some regional in scope, others operating across the province and beyond, have protected half a million acres of land -- the size of Greater Vancouver -- since the umbrella organization, the Land Trust Alliance of B.C., was established in 1997.

**The money:** Also known as conservancies, the land trusts operate as non-profit, charitable organizations that either own land themselves or enter into conservation covenants with owners to protect or restore their property.

**The work:** Donations and legacies to the trusts include a 60-acre old-growth forest with artesian springs near Osoyoos, 18 acres of riverside trail near Courtenay and a conservation covenant on a four-acre Douglas fir-and-arbutus forest that surrounds a chocolate factory on Denman Island.

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

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Email:  
[bcelders@telus.net](mailto:bcelders@telus.net)**

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*Zen Sarcasm from [humourmatters.com](http://humourmatters.com)*

1. Never miss a good chance to shut up.
2. Experience is something you don't get until just after you need it.
3. Generally speaking, you aren't learning much when your lips are moving.
4. There are two theories to arguing with women. Neither one works.

**PROVERBS:**

Where there's a will there's a way.  
Walk softly but carry a big stick.  
There's many a slip twixt cup and lip.  
There are none so blind as those, that will not see.

**BIBLE QUOTES:**

"Getting involved in an argument that is none of your business is like going down the street and grabbing a dog by the ears."  
Proverbs 26:17  
"Pride goeth before destruction, and a haughty spirit before a fall."  
Proverbs 16:18

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

**Happy! Happy! Birthday To All Elders Born in April!!**

***Aries March 21st - April 19th***

***Aries the Ram is the Fire Sign of warriors, pioneers and leaders. Arians are energetic, enterprising, tireless, optimistic and headstrong. Their motto is: "If at first you don't succeed, try and try again." They make generous friends, but need to curb impatience.***

**National Survivors Support Line**

24 Hours a day - 7 days a week - 1-866-925-4419

The Indian Residential School Survivors Society provides free, immediate, confidential, non-judgmental, support for residential school survivors across Canada.

**ANNUAL BC ELDERS GATHERING INFORMATION CORNER**

**Dear Elders and Elders Support People,**

**There are NO UPDATES available at this time for next years' Annual Elders Gathering.**

**The 31st Annual Elders Gathering is being hosted by the Squamish Nation, however an information package with the place and dates for the event have not been released at this time.**

**Please be patient... often times there is no info package available until sometime in the New Year.**

**Rest assured that as soon as the Host's information is available it will be featured here and on our web-site [www.bcelders.com](http://www.bcelders.com)**

**PLEASE WATCH YOUR UPCOMING ISSUES OF THE E.V. FOR GATHERING NEWS**