



ELDERS VOICE

ATTENTION:

Elders Contact People
Please Remember To Make Copies of The
Elders Voice Each Month For Your Elders
And If You Could Also Make Copies For Your Chiefs and Councils
That Would Really Help In Keeping Everyone Up-To-Date On Elders Matters.

Dear Elders and Elders Support Workers

Enclosed please find a package to all groups who haven't been able to support this office yet this year by paying the yearly support fee. Your help is needed now more than ever, and I am hoping that this plea does not fall of deaf ears in our First Nation's communities today.

I have approached ever Chief and Council and FN top organizations that I can find and I have personally asked for people to come forward and help this struggling effort.

The enclosed pages might have already gone to your Chief and Council/Board of Director, but ALL Elders Contacts are asked to step in and see if you can arrange for payment of the fee as the small government grants that usually have helped out here these past 10 years have been denied this year... I believe do to a spending freeze by government.

Unfortunately, it is a bitter pill to swallow after the billions spent on the Olympics and the 1/2 billion dollars just announced this week that the Government will be spending on an Entertainment Centre for downtown Vancouver ...and the \$5000 from a few offices that typically help is not going to be coming in for the foreseeable future.

Happy Birthday Wishes for April from Lil'wat First Nation to:

- Paul Pierre-Apr 2nd
- Richard Pierre-Apr 3rd
- Priscilla Ritchie-Apr 9th
- Angus Jones-Apr 18th
- Felicit Nelson-Apr 19th

Inside this issue

Easy Bakers Corner/Handy Tips/Website Information	2
List of Paid Support Fees	3
Request from Gathering Host	4
Budget 2010 Highlights	5
Missing & Murdered Women	6
Residential School Healing Funding Ends	7-8
Carleton Survey Request	9

Pg: 10: Read Before You Go On Facebook Again
Pg: 11: "I Still Know Who She Is" and Nutrition and Rheumatoid Arthritis
Pg: 12: Pensioner's Playground
Pgs: 13-14: UBCIC & FN Forestry Council Press
Pgs. 15-16: Making Insulin Injections Easier plus Assoc. Press Articles
Pg. 17: 8 Stumbling Blocks To Steady Blood Glucose
Pgs. 18-19: Truth Commission Article
Pg. 19: Fibre and Cholesterol link
Pgs. 20-23: CEP Court Appeal Form
Back Pg: Annual Elders Gathering Info

Easy Bakers Corner – Mixed Fruit Crisp – Serves 6

Preheat oven to 375°F

Topping

Combine 1 cup Quaker (type) Oats, 3/4 cup of all purpose flour and 1/2 cup brown sugar, packed in a bowl. Mix in 1/3 cup of melted shortening, stirring with a fork until well moistened and clumpy, set aside.

Filling

Toss together 6 cups of fresh or frozen berries, 2 cups of apples, peeled, cored and diced, 1/4 cup of brown sugar, packed, 2 Tbsp. of all-purpose flour and 1/2 tsp of cinnamon in an 8” square baking dish. Cover with topping.

Bake in centre of preheated oven for 45 to 55 minutes or until fruit is tender and bubbling, and topping is golden.

For variety, substitute any fruit or add your favourite chopped nuts to the topping.

HANDY TIPS: 1. When you get a splinter, reach for the Scotch® or other similar clear tape before resorting to tweezers or a needle. Simply put the tape over the splinter, and pull it off. Often, the tape will remove splinters painlessly and easily.

2. To get rid of itch from mosquito bites, sometimes applying soap or stick deodorant on the area will give instant relief.

What Can you please share?

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

Gilakasla, Donna Stirling

‘PRESERVING THE PAST’

New Elder’s Website: www.bcelders.com

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

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

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

Disclaimer:

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

BC ELDERS COMMUNICATION CENTER SOCIETY

10th Year GRATITUDE LIST

Of Groups Who Have Thankfully Paid Their \$250 'Yearly Support Fee'
For the Dec. 1st 2009 – Nov. 30th 2010 Year

1. Indian Residential School Survivors Society
2. Ditidaht First Nation
3. Qualicum First Nation
4. Cowichan Elders
5. Tsleil-Waututh Nation
6. Laich-Kwil-Tach Treaty Society
7. BC Assoc. of Aboriginal Friendship Centres
8. Kla-How-Eya Circle of Elders
9. BC Transmission Corporation
10. K'omoks First Nation
11. Douglas Band
12. Kluskus Indian Band
13. Lower Nicola Indian Band
14. Ki-Low-Na Friendship Society
15. Hartley Bay Village Council
16. Squiala First Nation
17. Akisqnuq First Nation
18. Wei Wai Kum First Nation
19. Wet'suwet'en First Nation
20. Kitamaat Village Council
21. McLeod Lake Tse'khene Elders Society
22. Da'naxda'xw First Nation
23. Gitwangak Education Society
24. Quatsino Band
25. Spallumcheen Indian Band
26. Williams Lake Indian Band
27. Bridge River Indian Band
28. Lytton First Nation
29. Lower Kootenay Band
30. Ehattesaht Tribe
31. Xaxli'p Indian Band
32. Adams Lake Indian Band
33. Kwikwetlem First Nation
34. Osoyoos Indian Band
35. Hailika'as Heiltsuk Health Centre
36. Carnegie Community Centre
37. First Nations Health Society
38. We Wai Kai Nation
39. Hesquiaht First Nation
40. Sumas First Nation
41. Kamloops Indian Band
42. Shxwha:y Village
43. Ki-Low-Na Friendship Society
44. Chawathil First Nation
45. Gingolx Elders
46. Doig River First Nation
47. Soowahlie Health Services
49. Union of British Columbia Indian Chiefs
50. Whispering Pines/Clinton Indian Band
51. Cook's Ferry Indian Band
52. Shxw'ow'hamel First Nation
53. Carrier Sekani Family Services
54. Gitanyow Human Services
55. Gitxsan Health Society
56. Simpcw First Nation
57. Ulkatcho Indian Band
58. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation
59. Tansi Friendship Centre Society
60. Ts'kw'aylaxw Elders

Repeating INVOICE Message:

IT IS THAT TIME OF YEAR AGAIN!

Dear Elders, Elders Workers, Presidents, Chief and Councils, & Boards of Directors

Support Invoices accompany the November issue of the Elders Voice each year. Please see if you can assist with the costs for this provincial elder's office to operate by paying the \$250 yearly support fee.

Your consideration is very much appreciated. If your office/group needs another copy faxed or emailed please contact:

1-877-738-7288 or email bcelders@telus.net

Thank you, Donna Stirling
BCECCS Coordinator, Sec. BC Elders Council

34th Annual BC Elders Gathering

PO Box 588

Chase, BC V0E 1M0

Phone: 250-679-2247ext 247 Email: smatthew@alib.ca www.bcelders.com

March 28, 2010

Attention: Band Council and/or Board of Directors

Reference: Request for Assistance

Dear Members,

The BC Elders Gathering is being held at the Sunwave Centre and Okanagan College in Salmon Arm, July 13 – 15th. This year the event is being hosted by Adams Lake Indian Band and co-hosted by Shuswap Nation Tribal Council. The three day event is packed with workshop and speakers as well as entertainment.

The Gathering is a very important occasion in its 34th year. It draws upwards of 2,700 people from across BC to share history, culture, tradition, language and knowledge. It is through the generous backing of various organizations that the Gathering is able to continue successfully each year. We are seeking support from the various BC Bands, Tribal Councils and other organizations to ensure its success. Likewise, we are requesting gifts for speakers and items for prizes and raffles. We would also appreciate any volunteer support.

All donations will be publicly acknowledged at the event and in our program.

We thank you for your time and consideration and look forward to any support you can provide. If you require additional information about the Gathering please contact Susan Matthew, Project Coordinator, at 250-679-2247 or smatthew@alib.ca and she will be happy to answer any questions you may have.

Yours truly,

Marion Lee
Vice-President
Secwepemcw Elders Committee

Susan Matthew
Project Coordinator
34th Annual BC Elders Gathering

Budget 2010 Highlights - Aboriginal and Northern Investments

Strengthening Partnerships With Aboriginal Canadians

With the investments in [Budget 2010](#) the Government of Canada continues to work toward a future in which First Nations, Inuit, Métis and people living in northern communities are healthy, safe, self-sufficient and prosperous.

Budget 2010 provides \$908 million over the next two years to assist Aboriginal Canadians and their communities. This includes:

- \$30 million to support an implementation-ready tripartite K-12 education agreement that will ensure that education outcomes for First Nations students are comparable whether the classroom is located on or off reserve.
- \$10 million to address the disturbingly high number of missing and murdered Aboriginal women through concrete actions in law enforcement and in the justice system.
- \$53 million to further progress on developing partnerships with First Nation organizations and provincial and territorial governments for the delivery of child and family services.
- Almost \$200 million to support implementation of the Indian Residential Schools Settlement Agreement and help former students, their families, and Aboriginal communities embark on the path of healing and reconciliation by ensuring timely payments and health supports.
- \$285 million to improve Aboriginal health outcomes by renewing investments in the Aboriginal Diabetes Initiative, Youth Suicide Prevention Initiative, maternal and child health programs, Aboriginal Health Human Resource Initiative and the Aboriginal Health Transition Fund.
- \$330 million to continue the First Nations Water and Wastewater Action Plan to improve access to safe drinking water on reserve.

Implementing the Northern Vision

Budget 2010 continues the implementation of the Government's vision for a new North with new measures that will improve the business climate and provide opportunities for Northerners and ultimately help unlock the region's vast potential. For instance, Budget 2010 provides:

- \$11 million over two years to Indian and Northern Affairs Canada to support regulatory regimes in the north and accelerate the review of resource projects. These reforms will provide clarity and certainty for investors while respecting environmental considerations and land claims obligations.
- \$18 million will be committed over five years to begin the pre-construction design phase for the Canadian High Arctic Research Station to strengthen our science and technology capacity in the North.
- Up to \$11.4 million over two years to deliver meteorological and navigational services in the Arctic to meet Canada's commitments to the International Maritime Organization in respect of these areas.

In addition, Budget 2010 makes strategic investments that will address key health care challenges for Northerners. Budget 2010 provides:

- \$45 million over two years to fund a successor program to the Food Mail program to help alleviate the costs of shipping healthy foods by air to isolated northern communities, as well as introduce Northern-specific health promotion activities to encourage nutritious eating; and,
- \$60 million over two years to extend supplementary Health Canada funding in order to consolidate the progress made in reducing the reliance on outside health care and medical travel.

Aboriginal peoples and northerners will also benefit from other broader initiatives in Budget 2010 including: the Skills Links component of the Youth Employment Strategy; the Mineral Exploration Tax Credit; and, the Pathways to Education program.

With these investments, the Government remains determined to make tangible, practical progress in the quality of life experienced by Aboriginal and Northern peoples in this country.

From <http://www.ainc-inac.gc.ca/ai/arp/bgt2010-eng.asp>

For: Carrier Sekani Family Services
Contact: Warner Adam, Executive Director, Carrier Sekani
Family Services
Primary Phone: 250-612-9722

Date issued: February 25, 2010, 12:58 e

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

CSFS Wants Response For Inquiry into Missing and Murdered Women

Carrier Sekani Family Services Wants Response to Year Old Letter Requesting an Inquiry into Missing and Murder Women on the Highway of Tears

Prince George, BC, PRESS RELEASE, Feb.25 /CCNMatthews/ - Executive Director Warner Adam of Carrier Sekani Family Services (CSFS) has sent another letter to Premier Gordon Campbell and Attorney General Michael de Jong requesting an inquiry into the missing and murdered women on the Highway of Tears. The letter comes as follow up to a letter sent last April 20, 2009 to Premier Campbell and then Minister Wally Oppal from CSFS Highway of Tears coordinator Mavis A. Erickson. Erickson's letter has not received an answer and it is coming up to the one year anniversary of the letter being sent. Executive Director Adam wants an answer to whether there will be an inquiry into the missing and murdered women on the Highway of Tears.

In the meantime, Last week Minister of Aboriginal Relations and Reconciliation George Abbott said "no" to an inquiry into the missing and murdered aboriginal women in BC. During question period Thursday February 11th Minister Abbott said that "the police investigations into the individual cases would be sufficient." Adam's response to Minister Abbott is "That is unacceptable".

According to Adam "It is obvious that the RCMP will never solve some of the cases that have seen a considerable time lapse since the first disappearance. It has been 41 years since the first Indigenous woman associated with the Highway of Tears cases went missing. Many people involved including police officers will have retired and undoubtedly paperwork has been lost and evidence misplaced in these cold cases. This is why CSFS and other First Nations groups in Canada continue to ask for an inquiry. As noted by Adam "With 137 missing and murdered Indigenous women. In Canada it is believed that there are 520 missing and murdered Indigenous women and that is a low estimate."

Adam continued in his statement, "To date the United Nations Periodical Committee and the Committee to End Discrimination Against Women (CEDAW) have asked Canada to have a full inquiry into the missing and murdered women in Canada. So far the calls have gone unheeded by both levels of Government in Victoria and Ottawa. Examining the cases and showing respect for women missing and murdered would demonstrate the commitment to recognition and reconciliation adopted by the federal and provincial governments, and provide tangible evidence of the commitment to the philosophies engendered by the Prime Minister through Canada's residential school apology."

A time line of one year for a response is not indicative of recognition and reconciliation and the letter requesting an inquiry is worthy of a response from the Provincial Government.

- END RELEASE - 25/02/2010

Release ID: 201002250003

March 5, 2010

Residential school healing funding ends

By CBC News

CBC News

Accessed 2010-03-06 from: <http://www.cbc.ca/canada/north/story/2010/03/05/sk-aboriginal-healing-foundation.html>

Money for 135 healing projects for survivors of abuse at Indian residential schools is ending, officials from the program say.

Money for 135 healing projects for survivors of abuse at Indian residential schools is ending, officials from the program say.

"We found out this morning," Mike DeGagné, executive director of the Aboriginal Health Foundation, told CBC News Friday.

DeGagné said the organization had been hoping the federal budget, unveiled Thursday, would include money for the foundation but was informed Friday that it does not.

"We have been extended twice and that's something we have to look back on as a real positive," he said.

"We were originally given a sum of money to help survivors of residential schools and we were given two additional smaller sums as time went on."

'There's a lot of people who are in pain from years of abuse.'-Mike DeGagné, executive director of the Aboriginal Healing Foundation

The foundation began with an original grant of \$350 million in 1998 that was designed to run for 10 years. It received additional allocations totaling about \$50 million in the last two years.

Positive evaluation

"We went through an evaluation last fall that was quite successful," DeGagné noted. "We did our best, in terms of justifying our continuation, but it didn't work out."

DeGagné said the foundation has funded a variety of projects, large and small, to help victims cope with their experiences at residential schools.

"From a few survivors getting together to do something collectively, maybe sew a quilt and then donate that quilt to the benefit of youth in their area," he said, "[to] some larger and more complex projects that would involve counseling services and traditional therapies ... for people who are still really suffering from abuse that occurred in residential schools."

Indian residential schools, operated by religious organizations and government, were found across Canada for more than 100 years. The last one, at the Gordon First Nation in Saskatchewan, closed in 1996.

While providing a general education for some, the schools were also places where native language and culture were forcibly discouraged.

In many cases, children were physically or sexually abused at the schools.

Community-based programs

DeGagné said the foundation provided a unique service because funded programs were developed by First Nations people, for First Nations.

"Everybody understands that when you build something yourself, you design something yourself, you figure out your own needs and you work to meet those needs, you have a sense of ownership over it," DeGagné said. "And all of the projects that the healing foundation supports were projects that were designed at the community level."

"This is real community development in action, and that's why - I think -they've been so well supported, locally."

DeGagné said that although programs had been supported over the course of more than 10 years, there was more work to be done.

"I can assure you, as recently as this week, ... that there's a lot of people who are in pain from years of abuse and this persists," he said. "For a lot of survivors of residential schools, this will be a difficult period."

Disappointment at Wellness Centre

"Really really sad. Not so much for me, but for the people," Darwin Blind, a counsellor at the Recovery and Wellness Centre on the Gordon First Nation, said Friday. "We have become such a very essential service out here."

The centre provides one-on-one counselling and group sessions for survivors. The community continues to struggle with the legacy of dysfunction left behind by residential school experiences.

DeGagné said a few projects will continue for a couple of years and then they'll close the doors.

"We're busy right now, in fact, sending letters out to each of them to apologize for not having secured additional funding for them and to tell them that the time has come to wind down," he said.

According to DeGagné, the federal budget does provide some money to support survivors. He said funds will go to Health Canada for its existing programs.

DeGagné said programs that relied on Aboriginal Healing Foundation grants could approach Health Canada, to see if they could be continued with money from Health Canada.

"Our organization fades into the sunset," he said.

While funding for the Aboriginal Healing Foundation is ending, the federal budget has allocated money for other initiatives related to residential school abuse.

In the federal budget released this week the government outlined plans to allocate \$199 million, over two years, to cover additional costs connected to the 2005 settlement agreement for lawsuits that were launched over the schools.

In the settlement, former victims can access compensation for costs associated with mental health services.

Quotes

"Fulfilment is reaching your own expectations, not the expectations of others."

Anonymous

"It is never too late to be what you might have been."

George Elliot

"To see the world in a grain of sand, And a heaven in wild flower, Hold Infinity in the palm of your hand, And eternity in an hour."

William Blake (1757 – 1827)

"I have spent most of my life worrying about things that have never happened."

Mark Twain

Did You Know

The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

The winter of 1932 was so cold that Niagara Falls froze completely solid.

There are only four words in the English language, which end in 'dous': tremendous, horrendous, stupendous, and hazardous.

February 1865 is the only month in recorded history not to have a full moon.

In the last 4,000 years, no new animals have been domesticated.

8 stumbling blocks to steady blood glucose control Amy Toffelmire for www.medbroadcast.com

A person with diabetes may be asked to monitor their blood glucose levels or watch their "sugars." Getting their blood glucose numbers "in control" becomes a part of their daily life and - possibly - a point of stress and worry. That's because the swings from low to high or high to low can take a toll on the body. Low glucose tends to trigger episodes of hypoglycemia. And over time elevated blood glucose levels may lead to complications. On the flip side, good glucose control could mean better energy and fewer complications. The blood sugar spike after a meal is normal, as long as it goes back down to a healthy level (about 2 hours after eating). But there are times when blood glucose levels go out of whack. What can cause erratic blood glucose control?

Your eating habits: Post-meal boosts in blood glucose are to be expected, and some foods have more impact on the levels than others. Timing of meals and snacks can also make a difference in the way that the body handles glucose. So can an unexpected serving of carbohydrates or eating too little throughout the day.

Your workout routines: A burst of activity can send blood glucose plummeting during and after the exercise. Despite that side effect, exercise is a huge part of diabetes management. And as with nutrition, physical activity should be a consistent part of the routine. Shifting length, timing, and intensity of exercise could be the cause of shifting blood glucose.

Your reactions to stress: Stress sends hormones coursing through the body that can increase the blood's glucose concentration. To balance blood glucose may mean finding balance in the face of tension.

Your daily schedule: What one does from dawn to dusk has a bearing on blood glucose control. The "dawn phenomenon", for instance, refers to the blood glucose increase that sometimes accompanies the body's normal morning surge of hormones. A changing work schedule makes tending to diabetes management more challenging. Sleep plays such a strong role in overall health that it might also impact the body's glucose response. People using insulin may also experience hypoglycemia at night.

Your menstrual cycle: Hormone shifts throughout the menstrual cycle could cause a blood sugar dip in one woman and a surge in another. Women who experience symptoms of premenstrual syndrome (PMS) may be more affected. Track symptoms to see if there is a pattern.

Your digestion: Problems with digestion can affect how the body processes the blood glucose from food that has been eaten. In *gastroparesis*, the stomach takes too long to empty, making it hard to predict and plan for post-meal blood glucose increases. Children with type 1 diabetes are at an increased risk of *celiac disease* during the first 10 years of diabetes. Celiac disease is a digestive disorder that interferes with nutrient absorption. It can usually be managed with a gluten-free diet.

Your insulin absorption: If you rely on insulin, several factors may affect how much of it actually reaches your blood (and, therefore, how well it can lower blood glucose). Expired or poorly mixed insulin may be to blame, or it could be due to scar tissue or fat deposits that have developed around injection sites on the body. Some insulin works more effectively when injected in certain spots. Talk to your diabetes educator if you have concerns about your insulin.

Your overall health: People with diabetes still have to contend with everyday and seasonal illnesses. A cold or flu can disrupt blood glucose levels and a person's ability to manage them. Changes to appetite may require changes to meal plans, and medication needs may change as well. Also, watch out for over-the-counter cold and cough remedies that contain sugar.

There may be no magic trick to make it all easier, but "steady" seems to be the magic word for diabetes management. Steadier routines equal steadier blood glucose levels. Talk to a doctor, a diabetes educator, or a dietitian for more information about how to get to "steady."

Read This Before You Go on Facebook Again By Esther Crain at www.msn.ca

Having 764 friends is fun, but some social-networking blunders can affect your rep, your job — even your safety.

You Friend Anyone

You wouldn't let strangers into your house and give them access to your personal things. Yet that's kind of what you're doing if you fully friend them on Facebook — or leave your MySpace page public — and let them see photos, day-to-day details, and the other names on your friends list. "If you don't know someone in real life, don't friend them at all," says Parry Aftab, an Internet privacy and security lawyer. And be wary of fully friending a person you only kinda-sorta know, like a guy you chat with at work. "He can copy your info onto his own Website or distribute it via e-mail," says Aftab. The upside to restricting your page: You'll come off as mysterious.

You Pick an Easy-to-Guess Password

Don't use your middle name, your pet's name, or another common password to log in to your page. If you do, any random acquaintance who knows or can guess what these are could log in and pretend to be you, sending messages that are hurtful to others and detrimental to your rep, says Aftab. Instead, choose something less obvious, and don't share it.

You Post Pictures of Yourself Partying Hard

"Almost all big employers now look up young applicants on Facebook or MySpace to see if anything surfaces that may indicate the person isn't a good hire," says Aftab. So restrict access to any suggestive photos...or don't post them at all. "Even when you use the privacy controls, photos can still be tagged and copied onto another site," says Aftab. "If your name is attached, anyone who Googles you will see them."

You Update Your Status and Say Where You Are

The status update is a fun Facebook feature. And though letting your friends know you're going to a specific club for the night or leaving for vacay tomorrow seems innocuous, you're essentially telling everyone your location and when you won't be home — setting yourself up to have someone come by your social event unexpectedly or burglarize your apartment, says social-media expert Ryan Hupfer, with PhotoCrank in Palo Alto, California.

You Make Identifying Details Public

Posting a cute photo of yourself in front of your house, with the street number in view, lets anyone with access to your page know where to find you. Another reason to never post your name, address, or date of birth is to avoid identity theft. "With these details, a credit-card account can be created in your name," says Anastasia Goodstein, founder of Ypulse, a generation-Y marketing Website.

I Still Know Who She Is emailed in to pass on...author unknown

It was a busy morning, about 8:30, when an elderly gentleman in his 80s arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided since I wasn't busy with another patient, I would evaluate his wound. On examining it I saw it was well healed, so I talked to one of the doctors and got the needed supplies to remove his sutures and redress his wound.

While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife.

I inquired as to her health. He told me that she had been there for a while! As she is a victim of Alzheimer's disease. As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised and asked him, 'And you still go every morning, even though she doesn't know who you are?' He smiled as he patted my hand and said, 'She doesn't know me but I still know who she is.' I had to hold back tears as he left, I had goose bumps on my arm and thought,

'That is the kind of love I want in my life. True love is neither physical nor romantic'. True love is an acceptance of all that is, has been, will be, and will not be.

Peace is seeing a sunset and knowing who to thank. The happiest people don't necessarily have the best of everything; they just make the best of everything they have.

I hope you share this with someone you care about, I just did.. Life isn't about how to survive the storm but how to dance in the rain.

The road to success is not straight. There is a curve called Failure, a loop called Confusion, speed bumps called Friends, red lights called Enemies, caution lights called Family. You will have flats called Jobs.

But, if you have a spare called Determination, an engine called Perseverance, insurance called Faith, a driver called Almighty God, you will make it to a place called Success.

Nutrition For Those With Rheumatoid Arthritis from www.medbroadcast.com: Diet and nutrition

Healthy eating is an important part of living well and taking control of your life. Although certain foods have not been shown to cause or cure rheumatoid arthritis (RA), eating healthy can improve your overall health. Healthy diet and nutrition can reduce your risk of heart disease and type 2 diabetes, increase your energy, build muscle and bone strength, and help control your weight.

Here are some tips on healthy eating:

- Limit the amount of salt, fats, and sugars in your diet. This will help control calorie intake and avoid weight gain.

- Learn to control your food portions. Fill half the plate with vegetables and fruit, fill one quarter of the plate with meat or alternatives, and fill the last quarter of the plate with grain products.

- Choose dark green or orange vegetables, lean meats, and whole grains.

- Drink low-fat milk or soy-based beverages.

Pensioner's playground: London to open its first exercise area for older people

LONDON - It may not be Swinging London - but the British capital's aging baby boomers may soon be flexing muscles that haven't gotten much use since the 1960s.

London is getting its first playground dedicated to older people, complete with what the woman behind the plan describes as equipment designed "specially for gentle exercise."

"Every park has a children's playground, very few have playgrounds for adults, and none have playgrounds for the elderly," said Madeline Elsdon, whose local residents' association has won funding for the playground, which is planned for London's popular Hyde Park.

"We wanted something that would be of long-term benefit to people, so we came up with this idea for an older person's playground."

Exercise areas aimed at the elderly are popular in Europe and Asia, and there's already a U.K. precedent - an over-60 playground billed as Britain's first opened in northern England two years ago.

Elsdon said the Hyde Park playground, which is due to be built by this spring, will have six pieces of equipment bought in Denmark, including a stationary bicycle, a cross-trainer and a sit-up bench.

She said the equipment "was chosen very carefully for older people," to improve strength and flexibility.

British group Age Concern, which works to help the elderly, said the playground sounded like a new - and fun - idea.

"Frankly, it's the first time I've ever heard of such a thing," spokesman Stefano Gelmini said. "It looks like a nice initiative."

The group's charity director, Michelle Mitchell, said in an email that the playground "could be a great way to encourage older people to exercise and socialize."

"Many older people aren't exercising enough," she said, adding that working out with others their own age could help older people alleviate feelings of loneliness and depression.

Elsdon said she and others had been "absolutely overwhelmed by the number of people who have shown an interest" in the free play area.

Westminster City Council, which released 40,000 pounds (about \$60,000) to fund the project, said a sign would identify the area as: "Hyde Park Senior Playground." But the council said anyone, of any age, was free to use it.

But why not just go to the gym?

Elsdon said that older people have been hard hit by Britain's recession, and that, in any case, many seniors found the gym intimidating. "Too much firm flesh," she said, laughing.

For: Union of BC Indian Chiefs & First Nations Forestry Council

Contact: Grand Chief Stewart Phillip & Chief Bill Williams, Union of BC Indian Chiefs & First Nations Forestry Council

Primary Phone: 250-490-5314 Secondary Phone: 604-921-4488 **Date issued:** March 25, 2010, 12:00 e

Attention: Assignment Editor, Business/Financial Editor, Environment Editor, News Editor, Government/Political Affairs Editor

Governments wil be accountable for forest fire death & destruction

Coast Salish Territory/Vancouver BC, PRESS RELEASE, Mar.25 /CCNMatthews/ - The federal government is being placed on notice that it and its ministers and MPs from BC will be held responsible and accountable should this year's feared record fire season lead to tragedy for First Nations communities, the Union of BC Indian Chiefs and BC First Nations Forestry Council warned today.

"When governments and politicians ignore warnings year after year, abandon promises, dismiss scientific evidence, and make the conscious choice to leave impoverished communities to their fate, they must be held accountable if their recklessness leads to disaster," said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs.

"We pray we can again beat the odds and survive another year with no loss of life or communities, but after years of dodging this bullet - and with the current record warm winter indicating a fire season to eclipse all others - the odds are running out."

Since the current Conservative government took office in early 2006 BC First Nations have tried everything to get Prime Minister Stephen Harper to live up to his promises and to take the threats to our communities seriously. The government and its ministers and MPs have heard from experts, scientists, and even its own natural resource committee members and cannot claim to be ignorant of the extent of the pine beetle devastation or the risks this presents for our communities.

"By their broken promise, inaction and repeated failure to even respond to our letters, they have effectively chosen to gamble with the homes, lives and futures of tens of thousands of people in more than 100 communities," said First Nations Forestry Council's President Chief Bill Williams.

The federal government was yet again approached in January - before the Vancouver Olympics began - to commit to finally providing the resources needed to make communities safer by addressing the wildfire safety and forest fuel management issues created by the MPB. For the first time in almost two years, a federal cabinet minister from BC agreed to meet with the First Nations Forestry Council on this issue.

Stockwell Day, then the Minister of International Trade, agreed to see what funding might be directed to this issue. Five days later he was appointed chairman of the treasury board with the responsibility of finding savings and no more has been heard about MPB funding. Now the Olympics are over and a federal budget has been delivered that does not appear to contain a cent for this.

"The federal and provincial government saw the warm winter weather threaten the reputation of the Vancouver Olympics. Whatever money and resources were needed to deal with the problem were provided," said Chief Williams.

"Meanwhile, our forest dependent First Nations are watching the record warm winter and its lack of snow and ground moisture and fear it will lead to a perfect storm of forest fire conditions - in all forest areas, but particularly the MPB zone - that could finally incinerate their communities. They are completely ignored by the

politicians."

Grand Chief Phillip said the BC government, through its silence, must also shoulder part of the responsibility and accountability for the abandoning of both First Nations communities and non-aboriginal municipalities in the MPB zone.

The federal promise was to provide BC with \$100 million a year for 10 years to address the MPB crisis. The province agreed to provide 20% of this funding or \$20 million a year to first Nations. Unfortunately, the federal government chose not to transfer the money to BC. Instead it administered funds through its own departments and it only provided \$200 million specifically for MPB funding.

The Union of BC Indian Chiefs, the First Nations Summit, the BC Assembly of First Nations and First Nations Forestry Council asked BC to work with them to pressure the federal government to live up to its commitment. They noted BC has lost \$80 million a year for the past three years and that the earlier funding that was delivered by Ottawa was controlled by Ottawa and often went to fund pet infrastructure projects in Conservative-held federal BC ridings. Despite this, Premier Gordon Campbell and his successive forestry ministers declined to play any part in the FNFC's campaign to get the promised federal dollars.

"The BC government is even more aware of the extent of the MPB crisis than the federal government so its silence is baffling," said Grand Chief Phillip. "It has let down not only First Nations in BC, but all communities struggling with this."

The UBCIC and FNFC are calling on the federal government to act now and provide \$20 million a year for three years to address the fire threat through wildfire planning and forest fuel management, and \$5 million a year for programmes to help generate economic opportunities and capacity.

They are also calling on the BC government to finally do its duty and fight for what is owed to First Nations and to all British Columbians.

"There can be no more excuses," said Grand Chief Phillip. "We have seen what economists estimate to be \$7 billion spent on the Winter Games. We saw the federal government last year spend an average of \$1.4 billion of every job it managed to save through a bailout of Ontario's auto industry.

"Over three years, the money we are seeking, after years of being denied, will amount to just over one percent of the money spent to stage the winter Olympics, or the equivalent of what the federal government spent to save 53 auto jobs in Ontario last year."

Chief Williams said the federal government has a clear cut choice. "It can continue to play with terrible odds and gamble with lives and communities. Or it can belatedly start to honour its promise, provide the funding that is necessary, and demonstrate that our lives and communities are worth at least as much as saving 53 jobs in Ontario."

-30-

Backgrounder: UBCIC Resolution 2010-09, Funding to Address Safety of First Nations Communities Resulting from the Mountain Pine Beetle Epidemic and Risk of Fire http://www.ubcic.bc.ca/files/PDF/UBCIC_CC03-18_Resolution_2010-09_MPBFundignFNFireSafety.pdf

For further information: Media inquiries: Grand Chief Stewart Phillip, President, Union of BC Indian Chiefs, Phone: (250) 490-5314; Chief Bill Williams, Vice Chairman, BC First Nations Forestry Council. Phone: (604) 921-4488

Making Insulin Injections Easier

If you need to inject insulin, doing it properly is one of the most important things you can do to ensure your good health today and in the future. However, injecting insulin can have its challenges.

Difficulty reading your syringe or pen dose can lead to dosing errors. Complex dosing schedules can also make it difficult to keep track of the insulin that has been given. Active lifestyles can make insulin injections inconvenient or embarrassing when out in public.

Not getting enough insulin can cause serious complications over time, including damage to your eyes, nerves, kidneys, and other parts of your body. Taking too much insulin can result in a medical emergency that can be life-threatening.

If you sometimes find yourself being unsure or uncomfortable when injecting insulin there is help available. Consider these simple solutions to some challenges that people have with taking insulin:

Reading those tiny numbers

Struggling to see the numbers on your syringe or insulin pen? Tiny numbers can lead to big headaches, and even dosing errors. Some insulin pens and syringes have very small numbers that can be difficult to read even for people with perfect vision.

The solution? Try an insulin pen with an easy-to-read display. They are easier on the eyes and may even reduce the risk of over or under-dosing.

Dosing dilemmas

An insulin pen provides an easy way to get the dose of insulin you need and may help you avoid the hazards of giving yourself the wrong dose. Simply turn the dial on the pen to select the dose you need, and then use the pen to inject the insulin.

Newer insulin pens allow you to dial back the dosage if you've dialed too much. This means less insulin wastage and greater convenience. Some people find it helpful to use different insulin pens for each type of insulin they need.

Keeping track of doses

Trying to remember if you gave yourself your last dose of insulin? Some people have complex insulin dosing schedules. They may need to take multiple types of insulin at the same time and only one type of insulin at another time. Whether you have a complicated dosing schedule or a busy life, it can be hard to keep track. This can lead to missing doses or accidentally double-dosing, both of which have serious results. Some new insulin pens have a digital display that confirms the date and amount of your last injection. By simply pushing a button, the display allows you to review the last 16 doses including priming doses. An insulin pen with dose memory may give you the confidence and reassurance you need to manage your insulin therapy.

Fitting insulin injections into your active lifestyle

When you're on the go, it can be hard to fit in your insulin injections, especially if you need to tote around bulky vials and injection equipment. If this describes you, there is a new compact prefilled insulin pen available that could make taking insulin a lot more convenient. This small, lightweight and portable pen may suit your active lifestyle.

Feeling embarrassed about injecting in public

When you're out for dinner, do you retreat to the washroom to inject your insulin? Or maybe inject under the table? If so, you're not alone. Many people report feeling a bit embarrassed about injecting insulin in public. There are a few things you can do to get more comfortable:

Remember that using insulin is a medical need and is nothing to be ashamed of. Over time, you'll likely get more comfortable with the process.

If you're concerned about what people may say, think in advance of how you'll respond to their comments. That way you can feel more prepared. You can also look at it as a chance to educate others.

Consider using an insulin pen. There are many products available that are elegant and discreet. There are pens that have a stylish design that resembles a fine writing instrument - not a medical instrument. Pens offer a solution when you want to give your insulin discreetly.

There are a range of insulin pen options available that can make insulin injections easier. Talk to your healthcare provider to learn more about new insulin pens including HumaPen® Luxura™, HumaPen® Memoir™, and Humalog KwikPen™. For information on HumaPen® Luxura™ please visit www.luxura.ca.

By THE ASSOCIATED PRESS, cp.org, Updated: March 3, 2010 7:13 AM

Sheriff says claustrophobic deputy tried to shoot his way out of cell in brand-new courthouse
COLUMBIA, Ky. - A Kentucky sheriff says a claustrophobic deputy has lost his job after accidentally locking himself in a jail cell and trying to shoot his way out of it.

Adair County Sheriff Ralph Curry tells WKYT-TV that no one was hurt when Charles Wright fired his weapon.

It happened Monday, the first day a new \$12.4 million county judicial centre was open to the public after more than a year of construction.

Curry says the former deputy has claustrophobia and has agreed to pay for the damage he did to the cell.

By THE ASSOCIATED PRESS, cp.org, Updated: February 25, 2010 8:17 AM

80-year-old US woman with decades-long criminal record gets 3 years in prison for burglary
TORRANCE, Calif. - An 80-year-old woman with a criminal record stretching back to 1955 has been sentenced to three years in state prison for ransacking and stealing cash from a medical office.

Doris Thompson thanked a judge Wednesday for not sending her to Los Angeles County jail, which she doesn't like, and said she deserved a longer sentence, the Daily Breeze newspaper reports. She also told the judge, "God bless you."

State records show Thompson, who has used 27 aliases, has repeatedly been arrested during the past 55 years, mainly for theft. She's gone to jail several times.

Thompson slipped into the medical office on Dec. 19 and stole money from drawers. She pleaded guilty to burglary and will be eligible for parole in about 18 months.

Saint Theresa's Prayer

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing,

Dance, praise and love.

It is there for each and every one of us.

Truth commission seeks other side of the story - Mary Agnes Welch

THE commission tasked with exposing the truth and healing the wounds of the Indian residential school system is looking for the other side of the story. The Truth and Reconciliation Commission, headed by Manitoba Court of Queen's Bench Justice Murray Sinclair, is putting out a call to teachers and school staff members who may have worked at any of the 137-plus residential schools scattered around the country.

Not only teachers, the commission wants to hear from anyone linked to the residential school system -- former government and church officials, RCMP officers who may have picked kids up and delivered them to the schools and even pilots who flew kids south from remote reserves.

"Their voice has generally be overshadowed by the voices of survivors and I think we need to give them more space and our time," said Sinclair. "We need to get the message out that we want to hear them, we need to hear them."

Sinclair and several senior members of the Winnipeg-based Truth and Reconciliation Commission met with the Winnipeg Free Press editorial board Monday. The commission is in the process of hiring staff and getting its office set up, but has already begun collecting stories from survivors and participating in community meetings and forums.

The first of eight big national events is slated for Winnipeg in June.

Between 80,000 and 100,000 residential school survivors are still alive in Canada, and Sinclair said it's relatively easy to get a handle on where and who they are. Many can be found through provincial survivor support groups or through Ottawa's compensation process.

But getting a picture of the staff who ran the schools or played a part in keeping the system running for generations is harder, especially since many may have died since the last of the schools closed in the 1980s.

"They have carried this as well, not just the survivors, and they need to have an opportunity to come share their story and partake in the healing," said Lisa Meeches, a Winnipeg filmmaker who is now the commission's event planner and artistic programmer.

Though most survivor stories tend to involve abuse, neglect and the systemic eradication of aboriginal language and culture, Sinclair said it's important to acknowledge that not every child's experience was uniformly negative and that many tried to protect children from abuse.

The commission has begun meeting with former staff of the Catholic-run schools, including retired nuns like the ones living in St. Boniface, who have described their efforts to stretch small grocery budgets and ensure the kids were fed.

maryagnes.welch@freepress.mb.ca

Is \$60 million enough?

The Truth and Reconciliation Commission has a \$60-million budget for the next five years, but head Murray Sinclair says that's probably not enough.

Some parts of the TRC's big mandate might get short shrift, he said.

On the TRC's to-do list is creating a national research centre and archive to house the history of the schools and the students, host eight national education and reconciliation events and help communities organize their own forums and celebrations where survivors can share their stories with the commission.

Possibly its most important role, though, is gathering as many of the 100,000 survivor stories on paper, video or audio tape.

The TRC's funding comes from a federal settlement agreement between Ottawa, the churches and First Nations that was worth more than \$2 billion, with most of the cash earmarked for compensation to survivors.

"It's the parties who must determine whether or not the ambition they had for the commission when they created it are going to be met with the amount of money they agreed to put aside for us," said Sinclair.

That leaves open the possibility of a top-up.

The fibre and cholesterol link from www.medbroadcast.com

When you think about getting more fibre, you probably think of eating more beans, fruits and vegetables and whole grains (all good choices). In fact, one of the best sources of soluble fibre is psyllium, pronounced "sil-ee-um," and it is derived from the husks of seeds of *Plantago ovata*. Eating psyllium can do more than help keep you regular - it may help you lower your cholesterol.

Psyllium comes from an annual grain that is native to Asia, the Mediterranean region and North Africa. Each plant produces up to 15,000 tiny, gel-coated seeds, and it is the primary, naturally sourced ingredient, in the fibre supplement [Metamucil](#).

Psyllium keeps you regular

The grain is a bulk-forming fibre and contains both soluble and insoluble fibre, both of which are important. Bulk-forming fibres are laxatives because of their water-holding properties. The psyllium absorbs and holds moisture, causing it to swell and supply the necessary bulk to help form an easily eliminated stool (without any chemical stimulants). Psyllium works effectively within 12 to 72 hours and can be used as either a laxative or a daily fibre supplement.

Psyllium lowers cholesterol

The soluble fibre found in high amounts in psyllium may help lower cholesterol, a waxy, fat-like substances that is found in the body's blood and cells. Cholesterol is necessary and normal. Our bodies produce some, and we get some from the foods we eat. Your cholesterol count is made up of triglycerides, and two types of lipids, called LDL (bad) cholesterol and HDL (good) cholesterol. The former can form plaque, a thick, hard deposit on artery walls; the latter helps slow unhealthy buildup. Too much LDL cholesterol is unhealthy.

The good news is that you can proactively change lower cholesterol by making dietary changes, especially by introducing more soluble fibre, such as psyllium, into your diet. Studies have shown that psyllium husk is effective in lowering total cholesterol and low-density lipoprotein or LDL (the bad cholesterol) levels. Find the cholesterol lowering dosing instructions at metamucil.ca/en_CA/lowering_cholesterol.php*

It is safe to take Metamucil every day as a fibre supplement when used as directed (just remember to take it each time with a glass of water). Combining psyllium with other high fibre foods is a convenient and ideal way to reach the recommended goal of between 21 and 38 grams of fibre to stay regular and maintain healthy cholesterol levels. * Consult a doctor if you are considering use of this product as part of a cholesterol-lowering program.

INDIAN RESIDENTIAL SCHOOLS COMMON EXPERIENCE PAYMENT

CEP COURT APPEAL FORM (“FORM”)

PRIVACY STATEMENT

Personal Applicant Information is collected, used, and retained by the CEP Court Appeal Administrator (“Administrator”) regarding CEP Court Appeals, pursuant to the Personal Information Protection and Electronics Documents Act, S.C. 2000, c.5 (PIPEDA) for the purpose of operating and administering the CEP Court Appeals Administration.

This Form will be provided to the Court and will become **publicly available information**.

INSTRUCTIONS

This Form is to be used to appeal to the Court if your PRIOR Appeal to the National Administration Committee (“NAC”) for Common Experience Payment (“CEP”) was NOT successful. The Court will determine your Appeal in writing. There will not be any personal appearances before the Judge.

This Form is for appeals to the Court of decisions of the NAC related to schools listed in the Indian Residential Schools Settlement Agreement (“Settlement”).

An appeal may be filed by an individual, personal or legal representative (“representative”).

You may download this Form at www.residentialschoolsettlement.ca or; by calling 1-866-879-4916 to request a Form be mailed to you.

Once the Form is fully completed, mail the Form to:

**Indian Residential Schools CEP Court Appeals Administrator
Suite 3 - 505, 133 Weber Street North
Waterloo, Ontario
N2S 3G9
1-866-879-4916**

Please review all information in the Form and make a copy for your records before you mail it. Please notify the Administrator in writing at the address above regarding any change in your personal or any representative’s address or contact information.

This Form may only used if:

1. Your PRIOR Appeal to the NAC for CEP was NOT SUCCESSFUL; AND,
2. Your Appeal to the Court of the NAC decision relates to a school or schools listed in the Indian Residential Schools Settlement Agreement (“Settlement”).

Completing the Form

Please complete all sections of the Form. Please read all questions and requests for information carefully before answering. Please type or use black ink pen. Use extra sheets of paper and provide additional documentation as necessary to provide complete information.

How to fully complete the Form:

Page 1:

1. Please complete the Appellant (Claimant) Information section in full.

If you are appealing as a representative on behalf of a former student, please enter the former student's CEP Transaction ID, Date of Birth, Last Name, and Given Names. You may indicate that you are the representative in the Current Address box and place your mailing address there.

2. Please complete the Details of Your Appeal to the Court section in full. You must list both the name of the school that you resided at and the years that you were denied payment while residing at that school. If you are a representative, please list the information as it pertains to the former student. Please use a separate piece of paper if more space is required.

Page 2:

1. In the space provided please tell the Court the reason(s) why your appeal should be allowed. If you are a representative, please list the information as it pertains to the former student.
2. At the end of the Form, please sign your name and date the Form where indicated. If you are a representative, please sign and date the Form and indicate that you are the representative. If you or anyone else is represented by a lawyer, please enter the lawyer's contact information. This information will allow the Administrator to communicate with you.
3. If you used additional paper to complete the Form, please write your first and last name and your CEP Transaction ID at the top of each additional piece of paper. If you are a representative, please write the former student's first and last name and his or her CEP Transaction ID at the top of each additional piece of paper.

The Administrator will send a Letter of Acknowledgement to you by mail once your fully completed Form is received. If you have questions, please call 1-866-879-4916 or visit www.residentialschoolsettlement.ca.

If required, counseling and emotional support services are available by calling the toll free IRS Crisis Line 1-866-925-4419.

INDIAN RESIDENTIAL SCHOOLS COMMON EXPERIENCE PAYMENT (“CEP”)

CEP COURT APPEAL FORM (“FORM”)

This Form is to be used to appeal to the Court, decisions of the National Administration Committee (“NAC”) related to schools listed in the Indian Residential Schools Settlement Agreement (“Settlement”), if your PRIOR Appeal to the NAC for Common Experience Payment was NOT successful.

The Court will determine your Appeal in writing. Personal appearances before a Judge are not permitted.

If your appeal relates to a school NOT listed in the Settlement, please contact 1-866-879-4913.

APPELLANT (Claimant) INFORMATION:

Preferred Language: English French Other _____

CEP Transaction ID		Date of Birth (mm/dd/yyyy)	
Last Name		Given Names	
Current Address			
	Province		Postal Code
Phone Number(s)	Home		Business
			Other

DETAILS OF YOUR APPEAL TO THE COURT:

List both the name of the school and the years denied. Please complete fully. Incomplete information will lead to your appeal being delayed.

Name of the Approved Indian Residential School	Year(s) Denied yyyy to yyyy

Please use a separate piece of paper if more space is required.

In the space provided below please tell the Court the reason(s) why your Appeal should be allowed.

--

Applicant Signature:		Date	
----------------------	--	------	--

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

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

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

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

From www.jokeclean.com

Success...

A successful man is one who makes more money than can be spent by his wife. A successful woman is one who can find that a man.

Natural...

Men wake up looking as good as when they went to bed.

Women will somehow deteriorate during the night.

"Recently I went to the doctor for my annual physical. The nurse asked me how much I weighed. I told her 135 pounds. Then she weighed me and the scale said 160.

She asked me how tall I was. I said, "5 feet, 5 inches." She measured me and I was only 5 feet, 3 inches.

So she took my blood pressure and told me it was high. "Of course it's high," I said. "When I came in here I was tall and slender. Now I'm short and fat!"

This old guy was talking to his neighbour telling him about the new hearing aid he just got. "It cost a fortune, but it was worth it. It works perfectly."

"Really," said the neighbour. "What kind is it?"

"Ten thirty."

***Please mail, fax, email, or call in your
Birthday, Anniversary and other Special Wishes and Community Events !!***

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

ARIES - The Daredevil (Mar 21 - April 19)

Energetic. Adventurous and spontaneous. Confident and enthusiastic. Fun. Loves a challenge. EXTREMELY impatient. Sometimes selfish. Short fuse. (Easily angered.) Lively, passionate, and sharp wit. Outgoing. Lose interest quickly - easily bored. Egotistical. Courageous and assertive. Tends to be physical and athletic.

PLEASE CHECK OUT OUR RE-VAMPED WEBSITE AT:

www.bcelders.com

(Including Grand Entry Photos from the Annual Elders Gatherings)

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

34th Annual BC Elders Gathering

Dates July 13,14,15th 2010 (with registration beginning July 12th)

Host: Adams Lake Indian Band and the Secwepemc Nation Bands

Event Location: Sunwave Centre in Salmon Arm, BC

Project Coordinator for the 2010 BC Elders Gathering is Susan Matthew

For info Ph: 250-679-2247 Email: smatthew@alib.ca

*****Please make Cheques/Money Orders for payable to Adams Lake Band Attn: Susan Matthew**