

Volume 16 Issue 5

APRIL 2016



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

ATTENTION: Elder's Contact People
Please Make Copies of the EV Each
Month For Your Elders, Chief &
Council or Board of Directors.

EV'S 185th Issue!

40th Annual BC Elders Gathering

Hosted by Tl'etinqox Government, Elders and Co-Hosts Nations from July 11th "Wild Wild West Rodeo" at the Williams Lake Stampede Grounds and Elders Gathering taking place from July 12-14, 2016 at Cariboo Memorial Recreation Complex. Elders Care Area will be at the Thompson Rivers University.

FOR FURTHER INFO ON THIS YEAR'S GATHERING, INCLUDING FORMS PLEASE VISIT THEIR WEBSITE @ www.eldersgathering.ca

HAPPY BIRTHDAY
TO ALL ELDERS BORN IN APRIL!!

(REMINDER: SUPPORT FEES ARE NOW DUE)

NOTICE: Elders Voice issues are now distributed on the 7th of each month.

Inside this issue

Easy Bakers Corner/Website	2
List of Paid Support Fees	3
BCECCS BUTTON BLANKET RAFFLE—TICKETS \$5	4
GATHERING PRESS RELEASE	5
First Nations Summit Press Release	6-7
BIG LEGAL VICTORY FOR KIDS!	8-9
UBCIC: OPEN LETTER	10-11

Pgs. 11-12: UBCIC: Call to Scale Up Fish Protection

Pg. 13: AFN Congratulates Senator

Pg. 14: AFN Federal Budget a Significant Step

Pg. 15: AFN Indigenous Public Safety and Policing Forum

Pg. 16: Lead & Copper Drinking Water

Pg. 17: Ktunaxa Nation Please With Supreme Court of Canada Ruling

Pgs. 18-19: UBCIC Open Letter

Pg. 20: 5 Reasons Coke Is Bad For You

Pgs. 21-23: 25 Things About Life

Back Page: Annual BC Elders Gathering Info Corner, Horoscope/Quotes

Easy Bakers Corner – Grandma’s Famous Cheesecake

Preheat oven to 350°F.

Crust: Mash 24 graham crackers, and add 1/4 cup of granulated sugar, 1/3 cup of butter and mix. Line your pie pan with crust mixture. **DO THIS FIRST.**

Filling: Mix 1 pound (2 large packages) of Philadelphia cream cheese, softened with 1/2 cup of granulated sugar, 2 large eggs, and 1 tsp. of vanilla.

Beat until nice and smooth.

Pour into unbaked crust. Bake for 20 minutes. Cool for 15 minutes.

While waiting, prepare topping, and increase oven temperature to 450°F.

Topping: Combine 1 pint of sour cream, 1/4 cup of granulated sugar, & 1 tsp of vanilla. Spread on the top of the cheesecake and bake for 5 minutes at 450°F.

Cool for one hour. Chill for 12 hours.

What Can you please share?

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

Gilakasla, Donna Stirling

‘PRESERVING THE PAST’

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.

As of Aug.1st. 2011 issues of your Elders Voice Newsletter will be emailed out to all contacts as well as posted on the website www.bcelders.com the 1st of each month. Although we mailed out the issues for almost 11 years (128 issues) we can no longer afford the cost to do so. Please email bcelders@telus.com to be added to the email list. Thank you

Disclaimer:

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

BCECCS 15th Year GRATITUDE LIST

Support Fee from Nov. 1st 2014 – Oct. 31st 2015

(In the past the fee has always been \$250 yearly, but in these economic times it has become necessary to ask groups to consider assisting more, if possible, to make up for groups who cannot help.)

Your support is much appreciated!

LEVELS OF SUPPORT

\$5,000 - Thunderbird

\$2,500 - Killer Whale

\$1,500 - Eagle

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

Thunderbird - \$5,000

1.

Killer Whale - \$2,500

1.

Eagle Level - \$1,500

1. Provincial Health Services Authority

2.

SALMON LEVEL - \$1,000

1. Lhoosk'uz Dene Nation

2. Kwakiutl Band Council

3. Halfway River First Nation

4. Neskonlith Indian Ban

FROG LEVEL - \$750

1. Tale'awtxw Aboriginal Capital Corporation

2. Westbank First Nation

3.

SISIUTL LEVEL - \$500

1. Tk'emlups Te Secwepemc

2.

HUMMINGBIRD LEVEL - \$250

1. BC Association of Community Response Networks

2. Chawathil First Nation

3. Hailika'as Heiltsuk Health Centre Society

4. Spuzzum First Nation

5. Weiwaikum First Nation

6. Mamalilikulla Qwe'Qwa'Sot'Em Band

7. St. Mary's Indian Band

8. K'omoks Health Centre

9. Irving K. Barber BC Scholarship Society

10. First Nations Tax Commission

11. Doig River First Nation

12. Naut'sa mawt Tribal Council

13. Skidegate Band Council

14. Osoyoos Indian Band

15. First Nations Tax Commission

16. Da'naxda'xw First Nation

17. Neskonlith Indian Band

18. Adams Lake Indian Band

19. Tseil Waututh Nation

20. Lhtako Dene Nation

21. Chief Harvey Paul for Sts'ailes Band

22. Whispering Pines/Clinton Indian Band

23. Halalt First Nation

24. Lower Kootenay Band Health

25. BC Aboriginal Friendship Centres

26. Ki-low-na Friendship Society

27. Tl'esqox Band Health

28. Ts'kw'aylaxw Elders

BC ELDERS COMMUNICATION CENTER SOCIETY

Fundraiser For Our Bid to Host
The 2017 Elders Gathering in CAMPBELL RIVER

1st Prize: Adult Button Blanket and Apron
Hand Made By Elder Susan Paquette

WINNER: GABRIEL PAUL

2nd Prize: VTECH 4 Handset Cordless Digital Answering System
Donated By Staples **WINNER: ANGIE LAFONTAINE**

Tickets: \$5.00

DRAW DATE: APRIL 4TH, 2016

THANK YOU TO EVERYONE WHO HELPED!!



News Release

Williams Lake to Host 40th Annual Elders Gathering

February 16, 2016

Chilliwack: Preparations are already underway for what organizers expect will be the largest gathering of First Nations Elders from across British Columbia. The Tl'etinqox (Anaham) Government is hosting the Elders Gathering under the theme *River Unity, River Spirit – “Keepers of the land and water”* at the Cariboo Memorial Recreation Centre and Thompson Rivers University from July 12 – 14.

This year's event kicks off in true Cariboo style with the Wild Wild West Rodeo on July 11 at the Williams Lake Stampede Grounds where in 1970 the Tl'etinqox People put on a rodeo for then Prime Minister Pierre Trudeau. Plans are in the works to invite the current Prime Minister Trudeau to share in the fun and excitement.

Also new this year is the Cultural Tent City, which will showcase the culture of the Tsilhqot'in, Shuswap and Carrier Peoples of the Cariboo Chilcotin. People visiting the Tent City will be treated to exhibits and displays highlighting the language, culture and traditions of these local First Nations.

The Chair of this year's Gathering Committee, Cecil Grinder, is excited about hosting the milestone event. “In the true spirit of our Peoples, First Nations from throughout the Cariboo region are joining together to host more than 3,000 Elders from across British Columbia. I also welcome the financial support of the federal and provincial governments and invite corporate sponsors to join us in this great opportunity to share the culture and traditions that have sustained our Peoples for thousands of years on these sacred lands.”

Over the past 40 years the Elders Gathering has become the premier event for celebrating and sharing the heritage of BC First Nations so registration fills up fast. To sign up or for information on this year's entire event, including registration forms for the Arts and Craft exhibition, please visit www.eldersgathering.ca.

For more information contact:

Cecil Grinder, Chair 40th Elders Gathering:

(250) 394-4240 or cgrinder@tletincox.ca

Dianne Garner, Director Elders Society:

(604) 798-4519 or 40elders@telus.net

FIRST NATIONS SUMMIT

NEWS RELEASE

FOR IMMEDIATE RELEASE
January 26, 2016

BC First Nations Applaud Canadian Human Rights Tribunal: Federal Government must take immediate action to address inequalities in First Nations Child and Family Funding

Coast Salish Traditional Territory (Vancouver) – First Nations Summit leaders are applauding today's decision by the Canadian Human Rights Tribunal in *First Nations Child & Family Caring Society of Canada et al. v. Attorney General of Canada (for the Minister of Indian and Northern Affairs Canada)* - which has confirmed that funding provided by the federal government for on-reserve First Nations child and family services through the Department of Indigenous and Northern Affairs (INAC) is both disproportionate as well as discriminatory.

"The Canadian Human Rights Tribunal has confirmed what we have known for many years, the federal government has been failing to provide adequate and equitable funding for child welfare services for on-reserve children. This is unacceptable and intolerable, especially considering there is already a shortfall in overall funding and capacity", said Grand Chief Edward John of the First Nations Summit (FNS) political executive.

"We encourage the Liberal government to heed this important decision and take immediate steps implement all of the recommendations put forth by the First Nations Child & Family Caring Society (FNCFCS) and Assembly of First Nations (AFN) to address the fiscal inequities, deficiencies in human resource capacity and overall child and family funding insufficiencies are fully addressed", added Chief John.

"We commend the work of the FNCFCS and the AFN for bringing forward these complaints to the Canadian Human Rights Tribunal in an effort to shine a light on these important issues and for being a voice for our children. In particular, we commend the steadfast determination and hard work of Dr. Cindy Blackstock, Executive Director of FNCFCS, who, despite federal intimidation and harassment, was undeterred in her resolve to fight for equitable and appropriate funding for First Nations child welfare for our kids across Canada", added Cheryl Casimer, also of the FNS political executive.

In an extensive pre-election letter to the First Nations Leadership Council (FNL) dated October 8, 2015, the Liberal Party of Canada wrote;

"It is profoundly disappointing that the Assembly of First Nations and the First Nations Child and Family Caring Society had to turn to the Canadian Human Rights Commission to seek justice and equality of child and family services on reserve. A Liberal government will immediately remove the 2 per cent funding cap on First Nations programs and will ensure that all First Nations receive equitable funding for child and family services on reserves. When it comes to deciding where investments should be made, we will look to First Nations' communities and leadership for guidance. First Nations communities know best what will work for them and a Liberal government will be a willing partner to



implement First Nations led approaches to the challenges they face. We are open to extending the Enhanced Prevention Focused Approach for child welfare funding to British Columbia, if that is the approach BC First Nations themselves decide would best meet their needs.

Liberals also know that, if we are to truly deal with the over representation of Indigenous children in care, we must also address the root causes - including high levels of poverty and a disproportionate lack of educational and economic opportunities for Indigenous people in Canada. The Harper government has slashed federal resources for First Nations communities and over \$1 billion of government funding intended for Indigenous Peoples has been allowed to lapse since 2009. In contrast, a Liberal government will invest an additional \$2.6 billion in core First Nations education over the next four years, and establish a new broader fiscal relationship with the Crown that provides First Nations communities with sufficient, predictable, and sustained funding, which reflects the actual costs of program delivery. A Liberal government will immediately re-engage with First Nations in a renewed, respectful and inclusive Nation-to-Nation process to advance progress on priorities identified by First Nations, including housing, infrastructure, health and mental health care, community safety and policing, child welfare, and education. We will make sure the Kelowna Accord – and the spirit of reconciliation that drove it – is embraced, and that its objectives are met in line with today’s challenges.”

“In light of today’s decision of the Canadian Human Rights Tribunal, we challenge Prime Minister Justin Trudeau and Dr. Carolyn Bennett, Minister of INAC, to immediately follow through on the important commitments outlined in the October 8th Liberal Party of Canada letter to the FNLC and to work with First Nations and Indigenous organizations across Canada to establish the short and long term fiscal and capacity building plans that our children so desperately need. Our children must never again be used as pawns within the federal fiscal framework”, concluded Robert Phillips of the FNS political executive.

Background

In 2007, the First Nations Child and Family Caring Society of Canada and the Assembly of First Nations filed a human rights complaint against the federal government, alleging that Canada’s failure to provide equitable and culturally based child welfare services to First Nations children on-reserve amounts to discrimination on the basis of race and ethnic origin. After several unsuccessful efforts by the federal government to have the case dismissed on legal technicalities, a hearing on the complaint began on February 25, 2013 at the Canadian Human Rights Tribunal and was completed on October 24, 2014.

For further resources, including backgrounders and recommendations, please visit: www.fnwitness.ca.

For a copy of the October 8, 2015 letter from the Liberal Party of Canada to the First Nations Leadership Council visit: <http://www.fns.bc.ca/pdf/M-LPC-Response-Election-2015-Reponse-du%20PLC-Election-2015-First-Nations.pdf>.

-30-

The First Nations Summit speaks on behalf of First Nations involved in treaty negotiations in British Columbia. The Summit is also a NGO in Special Consultative Status with the Economic and Social Council of the United Nations. Further background information on the Summit may be found at www.fns.bc.ca.

Contacts:

Colin Braker, Communications Director, FNS

604-926-9903 or 604-328-4094



Child Friendly Information Sheet

BIG LEGAL VICTORY FOR KIDS! Canadian Human Rights Tribunal Decision on First Nations Child Welfare

January 26, 2016

Introduction

First Nations kids have won their case against the Government of Canada so that their families get the child welfare services they need to get through hard times! Child welfare services help families safely care for their children and give them a good life. On January 26, 2016, the Canadian Human Rights Tribunal (Tribunal) made its final decision on a human rights complaint made by the First Nations Child and Family Caring Society of Canada and the Assembly of First Nations in 2007. The Canadian Human Rights Commission, Amnesty International and the Chiefs of Ontario took part in the case too. The Tribunal is like a court where people called Tribunal members decide if someone is breaking the *Canadian Human Rights Act*.

What does the decision say?

The *Canadian Human Rights Act* (CHRA) is a law that gives girls and boys of all races, ages, nationalities, and religions and those with disabilities the right to equality. The Tribunal decided the Government of Canada is breaking the law because First Nations children and families on reserves and in the Yukon get less child welfare services than other people get.

Best interest of the Child

The Tribunal said child welfare services are very important because they protect kids and their families and help keep them safe. The Tribunal said that child welfare services must always respect the best interest of the child.

This means everyone must always do what is best for kids. We must meet their needs, respect their culture and take special care of kids who need help.

Unfair child welfare services

The Tribunal decided that the Government of Canada was discriminating against First Nations kids. It said First Nations kids were not being treated fairly by the Government of Canada because its child welfare services were not as good as those given to kids living off-reserves and did not respect the needs and culture of kids living on-reserves. This means the Government of Canada is not giving First Nations kids a fair chance to grow up safely with their families, to live in their communities and to make their dreams come true.

Jordan's Principle

The Tribunal also said the Government of Canada was not following Jordan's Principle. A lot of First Nations kids do not get the same services that other kids in Canada get because of where they live. The Tribunal said it was unfair and against the law to make First Nations kids wait longer than other kids to get things they need like dental exams, services at school, or a special bed and mattress they need when they are sick.

What does this mean?

The Tribunal's decision is an order. This means the Government of Canada must do what the Tribunal says. The Tribunal says the Government of Canada needs to stop discriminating against First Nations kids right

now and make sure they get a fair chance to grow up safely at home.

The Tribunal also said the Government of Canada needs to do a much better job of respecting Jordan's Principle. This means it must make sure First Nations kids have the same services given to other kids in school, in health, childcare, culture and language and fun activities like sports and arts and crafts.

In three weeks, the Tribunal will have a meeting with everyone involved in the case to decide what else the Government of Canada needs to do to fix the problems in the child welfare services for First Nations kids.

What this means for First Nations kids

This decision affects over 163 000 First Nations kids. It means the Government of Canada must give First Nations kids child welfare services that are as good as those given to kids living off reserve. These services must meet their needs and respect their cultures. This decision will give First Nations kids a fairer chance to grow up safely with their families and to live in their communities and make their dreams come true.

A victory for all kids

The decision is a huge victory all people who believe kids should be treated fairly. Since this complaint started in 2007, thousands of kids got involved. Many kids watched the hearings in person or on TV, wrote letters to the Prime Minister of Canada, participated in marches, and wrote songs and drew pictures about what they learned. The decision shows that kids can make a big difference when they work together to do the right thing. Kids have the power to make the world a better place for everyone!

The Caring Society wants to say big thank you to all of the kids -you were a huge help!

More work to be done

It will be very important to continue to follow the case closely to make sure the Government of Canada does not continue to break the law and stops discriminating against First Nations kids in other areas too like education and health care. Please visit www.fncaresociety.com to learn more about what you can do to help.

WORDS TO UNDERSTAND

Best interest of the child: means that we must always do what is best for kids. We must give all kids an equal chance to live a good life by meeting their needs, respecting their cultures and take extra care of kids who need special help.

Canadian Human Rights Act: is a law in Canada that says that everyone deserves to be treated equally. This law gives girls and boys and adults of all races, ages, nationalities, and religions and those with disabilities the right to equality.

Canadian Human Rights Tribunal: people who decide if someone is breaking the *Canadian Human Rights Act* by not treating someone fairly because of their age, race, ethnicity, nationality, religion, disability or because they are a girl or a boy.

Discrimination: to treat someone unfairly because of their age, race, ethnicity, nationality, religion, disability or because they are a girl or a boy.

Jordan's Principle: to make sure that First Nations kids have the same services that are given to other kids in school, in health, childcare, culture, language and fun activities. Learn more at www.jordansprinciple.ca

To read the Tribunal's decision and find more information go to www.fnwitness.ca or contact info@fncaresociety.com

Open Letter: Canada Must Immediately Withdraw Its Application for Judicial Review of Tribunal Decision in the Akisq'nuk First Nation's Specific Claim

Posted by Ubcic on March 18, 2016

Dear Ministers Bennett and Wilson-Raybould,

We write to urge you to immediately withdraw Canada's application for judicial review of the Specific Claims Tribunal's ("Tribunal") decision in the Akisq'nuk First Nation's specific claim and to honour the Tribunal's decision as final and binding.

On February 5, 2016 the Tribunal released its decision in the Akisq'nuk specific claim, agreeing that Canada breached its legal obligations to the Akisq'nuk during the reserve creation process when it 1) failed to protect the entirety of Columbia Lake Indian Reserve No. 3, confirmed in 1884 by Indian Reserve Commissioner Peter O'Reilly, resulting in the loss of 741 acres of reserve land; and 2) wrongfully excluded 2,960 acres of land from the same reserve as recommended by the federal-provincial Royal Commission on Indian Affairs (McKenna-McBride Commission) in 1916.

We are astonished and deeply disappointed that your government is challenging the authority of this unique, independent and specialized Tribunal, established by federal legislation in 2008 to rectify Canada's conflict of interest in adjudicating claims and restore confidence in the integrity of the specific claims process.

The Specific Claims Tribunal Act stipulates that Tribunal decisions are final and binding and not subject to appeal. A judicial review provision exists for matters where the Tribunal's jurisdictional reach, procedures and correct application of the law are at issue. Canada's practice to date has been to seek what is tantamount to full appeals of Tribunal decisions. On February 29, 2016 the Federal Court of Appeal overturned the 2014 Specific Claims Tribunal ruling in favour of the Williams Lake Indian Band's village site specific claim, and took the unusual step of rendering a new decision based on the facts of the claim. The Court referred to its own substituted judgement as an "appeal."

Members of the Tribunal have the necessary legal and historical expertise to decide complex historical grievances pertaining to Canada's legal obligations under the Indian Act to protect First Nations lands and assets. The Tribunal's decision in the Akisq'nuk claim is based on extensive reviews of documentary evidence and comprehensive community hearings. The decision provides a measure of justice to the Akisq'nuk for Canada's historical wrongdoing. Canada's judicial review application undermines the power, authority and reconciliatory potential of the Tribunal and is a declaration that the federal government is walking away from resolving land claims.

The scope of Canada's application in the Akisq'nuk claim establishes a troubling continuity between the previous government's dishonourable actions and those of your government. This approach has already cost Canadians millions of dollars in unnecessary legal expenses and undercuts Canada's international obligations under the UNDRIP, its obligations and public commitments to Indigenous Peoples in Canada and its ethical integrity: instead of moving forward in a genuine spirit of truth, justice and reconciliation, Canada's conduct sends a clear message that despite the new Liberal government's commitment to work towards reconciliation, you have no intention of fairly and justly

resolving specific claims.

We urge you to reconsider your decision to apply for a judicial review of the Tribunal’s Akisq’nuk decision in light of the implications of such a flawed approach.

On behalf of the UNION OF BC INDIAN CHIEFS

Grand Chief Stewart Phillip

President

Chief Robert Chamberlin

Vice-President

Kukpi7 Judy Wilson

Secretary-Treasurer

CC:

Chief Maureen Chapman, Chair, BC Specific Claims Working Group

Union of BC Indian Chiefs Council

National Chief Perry Bellegarde, Assembly of First Nations

AFN Chiefs Committee on Claims

BC Assembly of First Nations

First Nations Summit

First Nations, Scientists and Conservationists Call for Swift Action by Fisheries Minister to Scale Up Fish Protection

Posted by Ubcic on March 24, 2016

Vancouver, BC, Coast Salish Territories– In a brief released today, West Coast Environmental Law, supported by First Nations, scientists and conservation groups, is calling for Canada’s Fisheries Minister to act immediately on his mandate to “restore lost protections” for fish habitat gutted by the former Conservative government.

Nearly fifty signees in an open letter accompanying the brief, including noted scientists, the Atlantic Salmon Federation and the Union of BC Indian Chiefs, are asking Fisheries and Oceans Minister Hunter Tootoo to reinstate habitat protection and ‘scale up’ Canada’s *Fisheries Act* to modernize the 150-year-old legislation.

“It’s a huge relief to see the Minister’s mandate direct from the Prime Minister is to ensure that fisheries and their habitat remain healthy for future generations,” says Linda Nowlan, staff counsel for West Coast Environmental Law. “The federal government can act now to put the guts back into the *Fisheries Act* by restoring full habitat protection.”

Released during Canada Water Week and the United Nations World Water Day, *Scaling Up the Fisheries Act* recommends an immediate repeal of controversial changes to fisheries law made by the previous federal government. In 2012, four former federal fisheries ministers and 600 Canadian and international scientists decried omnibus Bill C-38 that weakened fish habitat protection and removed safeguards for more than 130 freshwater and marine fish species at risk in Canada.

Nowlan says restoring the section of the law known as HADD – which prohibits *harmful alteration, disruption or destruction* of fish habitat– is widely supported by First Nations, fishers, anglers, scientists, conservation groups and coastal communities, and does not require prolonged consultation.

Citing habitat destruction as the most common cause of species decline, the brief also calls for the Minister to modernize the Act, building on previous fisheries reform efforts that came to a halt in 2012.

Recommendations include recognizing Indigenous rights, strengthening monitoring and enforcement, and protecting ecologically significant areas to ensure healthy fish populations.

Quotes

“Restoring the *Fisheries Act*, which was gutted by the Harper government, is key to developing a new relationship with First Nations. Our Aboriginal Rights are well established for government to respect and is fundamental to Prime Minister Justin Trudeau’s Government’s commitment to a new relationship with First Nations. His commitment to enacting the Cohen Commission report is a very positive step forward in developing a new path with First Nations, but this commitment must embrace and enact the ‘principles’ found within the recommendations.”

Chief Robert Chamberlin, Vice President of the Union of BC Indian Chiefs.

“The Liberal Government has also committed to the implementation of research, restoration and management recommendations that are contained in the Special Report on Wild Atlantic Salmon in Eastern Canada presented to Fisheries and Oceans Canada in 2015. Strong habitat protection is essential if we are going to succeed in reversing the long-term decline in numbers of wild Atlantic salmon.”

Sue Scott, Vice-President of Communications for the Atlantic Salmon Federation.

–30–

Links:

Brief: *Scaling up the Fisheries Act*

<http://wcel.org/sites/default/files/publications/ScalingUpTheFisheriesAct.pdf>

Fisheries Minister Hunter Tootoo’s Mandate Letter

<http://pm.gc.ca/eng/minister-fisheries-oceans-and-canadian-coast-guard-mandate-letter>

Letter to Minister Tootoo dated March 14, 2016, signed by 47 organizations

<http://fisheriesact.ca/sign-on-letter-march-2016.pdf>

To arrange interviews, contact:

Alexis Stoymenoff

Senior Communications & Engagement Specialist

West Coast Environmental Law

Office: 604-684-7378 ext. 228

Mobile: 604-369-3351

Email: alexis_stoymenoff@wcel.org

16/3/18 Assembly of First Nations Congratulates Justice Murray Sinclair on Appointment to Senate of Canada

March 18, 2016

(Ottawa, ON): Assembly of First Nations (AFN) National Chief Perry Bellegarde and AFN Manitoba Regional Chief Kevin Hart today congratulated Justice Murray Sinclair on his appointment to the Senate of Canada, one of seven people announced today by Prime Minister Justine Trudeau.

“Justice Sinclair has demonstrated a life-long commitment to justice for First Nations and reconciliation between Indigenous peoples and all Canadians,” said AFN National Chief Perry Bellegarde. “We know he will continue his work as a strong advocate, as a leader and as a principled voice for First Nations and all people in the Senate of Canada. We congratulate him on this well-deserved appointment and lift him up as he begins this new journey.”

AFN Manitoba Regional Chief Kevin Hart stated: “First Nations in Manitoba are very pleased at the appointment of Justice Murray Sinclair to the Senate of Canada. I commend him for his tremendous work and dedication, efforts that have made Canada a better place for all our peoples. Justice Sinclair has been a mentor to me and continues to be a role model for our youth and young people everywhere. We wish him well in this new, important role.”

Justice Murray Sinclair was appointed Associate Chief Judge of the provincial court of Manitoba in 1988 and was named Co-commissioner of Manitoba’s landmark Aboriginal Justice Inquiry that same year. Most recently, Justice Sinclair served as Chairperson of the Truth and Reconciliation Commission. He has been awarded a National Aboriginal Achievement Award and numerous Honourary Degrees from a number of universities.

The National Chief added, “We congratulate all the new Senate appointees today and encourage them to work for reconciliation and closing the gap between First Nations people and Canada.”

The Assembly of First Nation is the national organization representing First Nation citizens in Canada. Follow AFN on Twitter @AFN_Comms, @AFN_Updates.

For more information please contact: Jenna Young Castro AFN Communications Officer 613-241-6789, ext. 401; 613-314-8157 or jyoung@afn.ca

Alain Garon AFN Bilingual Communications Officer 613-241-6789, ext. 382; 613-292-0857 or agaron@afn.ca

16/3/22 AFN National Chief Says Federal Budget a Significant Step in Closing the Gap for First Nations

March 22, 2016

(Ottawa, ON): Today's federal budget is a significant step in closing the gap in the quality of life between First Nations peoples and Canadians and beginning the process of reconciliation, Assembly of First Nations (AFN) National Chief Perry Bellegarde says.

“The budget begins to address decades of underfunding and neglect, which have perpetuated a growing gap in the quality of life between First Nations and other Canadians,” said AFN National Chief Perry Bellegarde. **“This budget invests in important priorities for First Nations and all Canadians. Investments in housing, clean water, education, and child welfare will bring long-needed relief for those living in third world conditions, and build a stronger economy for everyone.”**

The 2016 federal budget unveiled today is an historic \$8.4 billion over 5 years in investments in Indigenous issues. It has committed to eliminate the 2% cap. It also allocates investments in First Nations Education; Infrastructure and Housing; Green Infrastructure on Reserve and clean drinking Water; First Nations child and family services; Aboriginal Skills and Employment Training Strategy; Aboriginal Languages Initiative; Health; Justice; Fishing and Environment. The federal budget also commits to engage with First Nations on a new long-term fiscal relationship.

“Creating the conditions for First Nations peoples to succeed, whether they live in the north, on reserve or in urban areas, is the best economic stimulus plan for Canada,” said National Chief Bellegarde. **“It will add billions to the economy and save billions more in social costs while creating a stronger, more just and prosperous country for us all.”**

AFN National Chief Bellegarde will hold a press conference tomorrow, March 23, at 11 a.m. ET at the National Press Theatre in Ottawa to comment further on today's federal budget.

The Assembly of First Nation is the national organization representing First Nation citizens in Canada. Follow AFN on Twitter @AFN_Comms, @AFN_Updates.

-30-

For more information please contact: Alain Garon, AFN Bilingual Communications Officer, 613-241-6789, ext. 382; 613-292-0857 or agaron@afn.ca

16/4/1 Assembly of First Nations' Indigenous Public Safety and Policing Forum a Step Toward Change and Real Justice for Indigenous Peoples

April 1, 2016

(Ottawa, ON): The Assembly of First Nations (AFN) Indigenous Public Safety and Policing Forum took place today in Regina, Saskatchewan, bringing together more than 80 delegates and speakers, including AFN National Chief Perry Bellegarde and The Honourable Ralph Goodale, Minister of Public Safety and Emergency Preparedness.

“This forum brought together many of the parties required to create justice systems that work for our people and communities,” said AFN National Chief Perry Bellegarde. “I am encouraged by the many community driven approaches underway. Our people will continue to lead the way in developing creative solutions built upon our traditional values and First Nations justice systems with a goal of improving public safety and policing for First Nations and others across Canada.”

“Undertaking this meaningful conversation with our Indigenous and public safety partners on issues related to gaps in services in the criminal justice system, community safety and policing is a step in the right direction toward fulfilling the Government of Canada’s commitment to a renewed relationship with Indigenous Peoples,” said Public Safety and Emergency Preparedness Minister Ralph Goodale.

The Forum featured discussions on Gaps in Services in the Criminal Justice System; Community Safety Plans and Protocols; Policing; and connections to the Truth and Reconciliation Commission’s Calls to Action. There was a commitment from the federal government to renew, support and, based on direction from First Nations, revise where necessary the First Nations policing Program.

The Forum brought together Indigenous organizations, federal and provincial policing organizations and other organizations to begin a dialogue on working towards improved public safety and policing for Indigenous communities and people. Participants included representatives from the Inuit Tapiriit Kanatami, the Métis National Council, the Native Women’s Association of Canada, the RCMP, Office of the Correctional Investigator, First Nation Chiefs of Police, the Federation of Saskatchewan Indian Nations, the Indigenous Bar Association, Correctional Services Canada and others.

The Assembly of First Nation is the national organization representing First Nation citizens in Canada. Follow AFN on Twitter @AFN_Comms, @AFN_Updates and visit the AFN website at www.afn.ca.

-30-

For more information please contact: Jenna Young Castro, AFN Communications Officer, 613-241-6789, ext. 401, 613-314-8157 or jyoung@afn.ca

15

Don Kelly, AFN Communications Director, 613-292-2787 or dkelly@afn.ca



First Nations Health Authority
Health through wellness

Lead and Copper in Drinking Water

How does lead and copper get into drinking water?

The most common source of lead and copper in drinking water is through corrosion of plumbing materials that were made with lead and copper. Lead and copper in drinking water can be a concern with schools, particularly those built before the 1989 revision of the BC Plumbing Code restricting the use of lead in potable water lines. The potential for leaching lead and copper also increases the longer water is in contact with the plumbing. Schools may have extended periods where their water supply is not in use (for example overnight, weekends, and holidays) so this can increase the potential for leaching. Typically, water is not a significant source of lead, but in cases where lead-containing plumbing comes in contact with water that is soft or is low in pH, it can contribute substantially to total lead intake.

What are the effects of lead?

Exposure to lead can be hazardous to health, even at small amounts. While lead can be harmful to the health of people of all ages, children and infants are more susceptible to lead and copper exposure because their bodies absorb metals at higher rates than the average adult. It is important to note that the Provincial Health Officer (PHO) has stated that there is no evidence of children being adversely affected in BC. However, it is important to reduce population lead exposure and therefore the First Nations Health Authority (FNHA) will be conducting sampling as explained next.

What is being done?

FNHA conducted baseline chemical sampling on all First Nations Community Water Systems in 2015 and the results indicate that no samples were above drinking water guideline levels for lead and copper.

FNHA is currently developing a program to test the drinking water in all school and daycare facilities in community to ensure that there are no lead and copper results above drinking water guideline levels. If any elevated levels are found, FNHA will work with the community and Indigenous and Northern Affairs (INAC) to address the findings. The results of the testing will be shared with the communities.

What can you do?

If you have a concern and if your facility/home was built before 1989, you can let the water run from the cold water tap for 15-30 seconds or "flush until cold" before using it for drinking or cooking. You can also contact your Environmental Health Officer for additional information.

References

Health Canada. 2011. Proposed risk management strategy for lead. Ottawa, ON: Health Canada, Environmental and Workplace Health www.hc-sc.gc.ca/ewh-semt/pubs/contaminants/prms_lead-psgr_plomb/index-eng.php

EPA. 2005. Lead and Copper Rule: A Quick Reference Guide for Schools and Child Care Facilities that are Regulated Under the Safe Drinking Water Act

OPEN LETTER: Federal Budget Silent on First Nations Land Disputes Indigenous Affairs Minister Must Keep Promise to Restore Specific Claims Research Funding

Posted by Ubcic on March 31, 2016

Dear Minister Bennett:

On February 13, 2016, you met with the Union of BC Indian Chiefs (“UBCIC”) Executive in Vancouver to initiate a working relationship and review our organization’s priorities with a view to future discussions. At that meeting you made an explicit commitment to restore funding for specific claims research and development to Claims Research Units (“CRUs”) and First Nations across Canada. In 2014, drastic funding cuts ranging from 30-60% were meted out to these organizations as part of the Harper government’s Deficit Reduction Action Plan. We stressed to you the urgency of restoring funding, and the timeliness required as INAC’s responses to annual research funding proposals submitted by CRUs and First Nations in January 2016 were expected at the end of March.

On March 24, 2016, the UBCIC received a response to our annual budget submission for the 2016-17 fiscal year. Contrary to your explicit commitment to restore research funding to pre-2014 levels, we received no increase. Our offer from INAC is identical to the one made by your predecessor, as is every offer received by every CRU across Canada to date.

At our meeting with you the UBCIC Executive stressed the impacts of the cuts to specific claims research funding on First Nations claimants. We explained that significantly reduced research budgets have placed an enormous burden on our ability to advance First Nations claims in a timely manner. The UBCIC Research Department currently struggles with a 35 percent reduction in research staff despite a 34% increase in the number of claims on our work plan since 2013. We have faced severely curtailed travel budgets resulting in long delays obtaining records and oral testimony, restricted abilities to purchase documents and grossly inadequate funds to cover legal fees. We also face considerable increased costs connected with accessing documents from provincial and federal repositories, as well as increased research and legal costs arising directly from the need to sever the majority of claims into discreet allegations as a result of the previous government’s jettisoning of negotiations in favour of small, partial, often non-negotiable offers to First Nations claimants.

The UBCIC takes seriously our ethical duty to BC Indigenous communities to listen to their concerns, and undertake to research all of the specific claims issues they bring forward to us by way of official mandates. We have an extremely large volume of work and our member communities have an expectation that we will accomplish this work on their behalf thoroughly, with the highest professional and ethical standards and in a timely manner so that they may achieve some measure of justice for these historical wrongdoings. We are hindered from meeting this expectation without adequate resources.

At our meeting, you emphasized your government’s commitment to resolve specific claims through meaningful negotiations in a fair, just and timely manner and acknowledged that research funding must be restored to sufficient levels in order to accomplish this objective. It is imperative that as Minister you understand that specific claims research funding is not a discretionary expenditure. On the contrary, sufficient and stable research funding is a requirement for Canada to honourably fulfill its fiduciary obligations to First Nations by resolving claims through good-faith negotiations and fully address its outstanding legal obligations to First Nations. A commitment to renewing Canada’s relationship with Indigenous peoples was prioritized in the 2016 Federal budget.

Any genuine reconciliation process must include resolving Indigenous land claims in an honourable way, and must provide Indigenous Peoples with fair and equal opportunities to participate in the legal processes that frame the negotiation of our grievances. The historical nature of specific claims grievances in no way diminishes the urgency of taking immediate steps to resolve them. The repercussions of failing in this regard have been well documented: protracted conflicts and violent stand-offs such as Oka, Ipperwash and New Caledonia, all unresolved specific claims, are blights on Canada's national conscience and international reputation.

We call on you to fulfill your promise immediately to restore specific claims research funding to all CRUs in Canada. Talk of reconciliation is an empty gesture without taking concrete action to set the process in motion.

On behalf of the UNION OF BC INDIAN CHIEFS

[Original signed]

**Grand Chief Stewart Phillip
President**

**Chief Robert Chamberlin
Vice-President**

**Kukpi7 Judy Wilson
Secretary-Treasurer**

CC:

Jody Wilson-Raybould, Minister of Justice and Attorney General of Canada

Chief Maureen Chapman, Chair, BC Specific Claims Working Group

Union of BC Indian Chiefs Council

Claims Research Units

National Chief Perry Bellegarde, Assembly of First Nations

AFN Chiefs Committee on Claims

BC Assembly of First Nations

First Nations Summit

QUOTES

“I suppose leadership at one time meant muscles; but today it means getting along with people.” **Mahatma Gandhi**

“You can chain me, you can torture me, you can even destroy this body, but you will never imprison my mind.” **Mahatma Gandhi**

5 Reasons Why Coke Is Bad For Your Health

People who watch their diet and keep track of what they eat and drink already know that coke should be avoided. This is what any doctor will advise you to do.

The chemicals and sugar contained in fizzy drinks ruin your health. They are addictive and getting rid of this bad habit is not that easy. Do not drink Coke if you want to stay fit and healthy.

What harm does Coke do?

- 1. Bad teeth: Cavities occur when we consume too many sugary and acidic foods and drinks. Coke is no exception. It contains both and ruins the enamel. To fix the problem will cost you money. Dental work is never cheap. Of course, you can try and brush your teeth after drinking sodas, but the smarter choice is to avoid them and drink water instead.**
- 2. Risk of diabetes: Carbs is another name for sugars. Most foods contain a lot of carbs. Pouring Coke on top will only make the problem worse. It takes only 20 minutes to increase your blood sugar. It's extremely hard to treat diabetes hence we suggest you should stop drinking all brands of sodas, Coke included.**
- 3. Poor metabolism: Do not trust commercials where you see famous sportsmen drinking Coke after a training session. You will keep piling up pounds merely by drinking Coke because sugary sodas slow down your metabolism and your body does not burn fat as efficiently. Drink plain water!**
- 4. Aspartame affects inner organs: Aspartame is still being studied. It is known to cause a lot of diseases. It does not really matter which type of Coke you opt for – you are ruining your body anyways.**
- 5. Coke affects fertility: Regular consumption of Coke might have a negative impact on your reproductive system. The chemicals that most fizzy drinks contain lead to defects in your organs that are responsible for reproduction. Avid Coke fans should bear this bad news in mind.**

25 Things About Life I Wish I Had Known 10 Years Ago from msn.com

Socrates, considered one of the founders of Western philosophy, was once named the wisest man on earth by the Oracle of Delphi. When Socrates heard that the oracle had made such a comment, he believed that the statement was wrong.

Socrates said: "I know one thing: that I know nothing."

How can the smartest man on earth know nothing? I heard this paradoxical wisdom for the first time from my school teacher when I was 14 or 15. It made such an impact on me that I used Socrates's quote as my learning strategy.

To me, "I know nothing" means that you might be a wise person, but still, you know nothing. You can still learn from everything and everyone. One thing that I like better than learning from my mistakes is learning from other people's mistakes. Over the years, I've been blessed to have great mentors, teachers, family, and friends that taught me about life.

What you will find below is a list of the most important things I learned from other people and books. Some of the lessons took me a long time to learn—but if I had had to learn these things all by myself, it would have taken me a lot longer.

We might learn things quickly, but we often forget them at the same rate—and sometimes we need to remind ourselves of what we've learned. Here are 25 of those reminders that others taught me.

1. Struggle is good.

Never say, "I can't take it anymore." Instead say, "bring it on!"

2. Don't complain.

Complaining is the biggest waste of time there is. Either do something about it, or if you can't, shut up about it.

3. Spend time with people you love.

That's your family and best friends. If you don't have a family, create one. Most people in life are only visitors. Family is for life.

4. Don't start a relationship if you're not in love.

I've done this more than once. You kind of like someone and think, "We might as well give it a shot." Not a good idea. You're either in love or you are not. Don't fool yourself. It's not fair to you or the other person.

5. Exercise daily.

I didn't get this until recently. A healthy body is where you have to start everything in life. If you can't build a healthy and strong body, what can you build in life?

6. Keep a journal.

No, keeping a journal is not for children. It helps you to become a better thinker and writer. "I don't want to be a writer," you might think. Well, how many emails and texts do you send a day? Everybody is a writer.

7. Be grateful.

Say "thank you" to everyone and everything. "Thank you for this beautiful day." "Thank you for your email." "Thank you for being there for me."

8. Don't care about what other people think.

We all die in the end—do you really think it matters what people think of you?

9. Take more risks.

Don't be such a wimp.

10. Pick an industry, not a job.

If you want to become good at something, you need to spend years and years doing that. You can't do that if you hop from industry to industry. Pick an industry you love and start at the bottom. You will find the perfect role for you eventually.

11. Lead the way.

When you find yourself in a situation where everyone looks at each other, it's time for you to lead. You're a leader when you decide to become one. There's no initiation or a title. Just a decision.

12. Money isn't important.

It really isn't. But you have to train yourself not to care about money. Don't become too dependent on the stuff you own; otherwise, the stuff will own you.

13. Be nice.

I don't mean you should be a pushover. You can be someone that doesn't take sh*t and be nice about it. Just don't insult people, think you're better than them, or act like an idiot.

14. Learn every day.

You've got to train your brain to stay alert. You don't have to read a book a day to learn every day. Learn from your mistakes. Learn from the people around you—be open to what they can teach you.

15. Rest before you are tired.

Even if you love your job and every day seems like a holiday, you need to take time to rest. You're a human, not an android. Never forget that.

16. Don't judge.

Just because people make different choices than you doesn't mean they're stupid. Also, you don't know everything about people, so don't judge them—help them.

17. Think about others.

Just be mindful, that's all. We all have families, bills to pay, and our own issues. Don't always make everything about yourself.

18. Give without expecting something in return.

Don't keep score. You will become a bitter person if you do that. Give solely for the joy of giving. If you get something in return, great. If you don't, great.

19. There's no end game.

We, as a species, just are. Don't try to figure it all out. Enjoy your journey.

20. Enjoy small things.

I like clichés because they are true. Especially this one. You know why? Everyone says they know it, but no one lives up to it. They just chase big things.

21. Don't take yourself so seriously.

Yeah, yeah, you're an individual, and people have to take you seriously, I get it. But at the end of the day, we're all a bunch of ants trying to chase the same things. Lighten up.

22. Don't blame people.

What's the point? Do you want to punish them? You don't do that to people. Also don't blame yourself—you're only human.

23. Create something.

Not to leave a legacy (you won't be here to see it anyway), but to be of use. Make music, write a book, build a table—anything. You'll feel good about yourself, plus you give something back to people to use or enjoy.

24. Never look back too long.

Reflecting on the past is only good for one thing: learning.

25. Take action.

Don't just sit there, do something. Without action, there is no outcome.

Darius Foroux is the author of Massive Life Success and founder of Procrastinate Zero.

PROVERBS

To every answer you can find a new question.

Many ants kill a camel.

It's difficult to satisfy one's appetite by painting pictures of cakes.

Practice not your art, and it will soon depart.

An artist lives everywhere.

Ask too much to get enough.

Attitudes don't prove anything.

Better a friend's bite than an enemy's caress.

To begin is to be half done.

Human blood is all of a colour.

**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**

**BCECCS HAS GONE
PAPERLESS!
AND NOW
ELDERS VOICE ISSUES
ARE EMAILED OUT TO
ALL CONTACTS AND
POSTED ONLINE BY THE
5TH OF EACH MONTH!**

APRIL

**"The sun was warm but the wind was chill.
You know how it is with an April day.
When the sun is out and the wind is still,
You're one month on in the middle of May.
But if you so much as dare to speak,
a cloud come over the sunlit arch,
And wind comes off a frozen peak,
And you're two months back in the middle of March."**

- Robert Frost, *Two Tramps in Mud Time*, 1926

**"That God once loved a garden we learn in Holy writ.
And seeing gardens in the Spring I well can credit it."**

- Winifred Mary Letts

**"The first of April is the day we remember what we are the
other 364 days of the year."**

- Mark Twain

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.

ANNUAL BC ELDERS GATHERING INFO CORNER

40th Annual BC Elders Gathering

Hosted by TI'etinqox Government, Elders and Co-Hosts Nations from July 11th "Wild Wild West Rodeo" at the Williams Lake Stampede Grounds and Elders Gathering taking place from July 12-14, 2016 at Cariboo Memorial Recreation Complex. Elders Care Area will be at the Thompson Rivers University.

**FOR FURTHER INFO ON THIS YEAR'S GATHERING, INCLUDING FORMS PLEASE
VISIT THEIR WEBSITE @ www.eldersgathering.ca**