

ATTENTION: Elders Contact People
Please Remember To Make Copies of the
EV Each Month For Your Elders AND If
You Could Also Make Copies For Your
Chiefs and Councils That Would Be A Great Help, And Much Appreciated!

HAPPY BIRTHDAY TO ALL ELDERS BORN IN APRIL!

SUPPORT FEE INVOICES
WENT OUT WITH THE NOVEMBER ISSUE OF THE EV
FOR THE 2012 YEAR AND ARE DUE NOW.
PLEASE DO ALL YOU CAN TO HELP THIS OFFICE TO KEEP
OPERATING FOR ALL THE ELDERS IN BC.

The 36th Annual BC Elders Gathering is to be hosted by
Sto:lo Nations and Tsawwassen First Nation,
In Abbotsford at the TRADEX Centre (as is 2011)
July 10-12, 2012.

Roger Andrew and Audrey Kelly From Shx'wohamel First Nation
Were crowned the King and Queen

RE-RUNNING: Please see Application attached to this email
for the: **Elders Transportation Program 2012**

Objective:

The Elders Transportation Program provides partial funding to Elders
travelling to the Annual BC Elders Gathering. Twenty-five individual
grants are available (up to \$1,000 each).

Deadline:

Applications are due by the second Friday of June annually. The 2012 ap-
plications will be due *by 4:30pm on Friday June 8th, 2012*

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Easy Bakers Corner – Banana Bread—Makes 1 loaf

Preheat oven to 350°F.

In a mixing bowl, combine 1 3/4 cups of all-purpose flour, 2/3 cup of brown sugar, 2 tsp. of baking powder, 1/2 tsp. of baking soda, and 1/4 tsp. of salt.

Add 1/3 cup of softened margarine or butter, 2 Tbsp. of milk, 1 cup of mashed bananas and 2 eggs. Mix all ingredients just until mixed evenly, don't over-beat.

Optional: Add 1/4 cup of chopped nuts to mixture if desired.

Pour mixture into a non-stick loaf pan and bake for 45 minutes or until top is golden brown. Then remove to a cooling rack. Enjoy!

QUOTES:

“It is never too late to give up your prejudices.”

Henry David Thoreau

“Most prejudice is based upon fear of the unknown.”

“Whenever you see a successful business, someone once made a courageous decision”

“The difference between a dream and a goal is a plan.”

“All men's souls are immortal. But the souls of the righteous are immortal and divine.”

Socrates

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 11th Year GRATITUDE LIST

Support Fee from Dec. 1st 2011 – Nov. 30th 2012

(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

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. TAHLTAN BAND COUNCIL

FROG LEVEL - \$750

1. Lhoosk'uz Dene Nation

SISIUTL LEVEL - \$500

1. Vancouver Aboriginal Friendship Centre
2. We Wai Kai First Nation

HUMMINGBIRD LEVEL - \$250

1. Gingolx Elders Group
2. We Wai Kum First Nation
3. Musquem Indian Band
4. St. Mary's Indian Band
5. Osoyoos Indian Band
6. Tsawwassen First Nation
7. Squiala First Nation
8. Akisqnuk First Nation
9. Da'naxda'xw First Nation
10. Hailika'as Heiltsuk Health Centre
11. Indian Residential School Survivors Society
12. Laich-kwil-tach Treaty Society
13. Coldwater Indian Band
14. Qualicum First Nation
15. Xaxli'p Indian Band
16. Bridge River Indian Band
17. Quatsino Band
18. Osoyoos Indian Band
19. Klulx Klulx Hu-up
20. McLeod Lake Tse'khene Elders Society
21. Tobacco Plains Indian Band

22. Tsleil-Waututh Nation
23. Lytton First Nation
24. Chawathil Elders
25. Doig River First Nation
26. BC Assembly of First Nations
27. Kamloops Indian Band
28. Williams Lake Indian Band
29. Hailika'as Heiltsuk Health Centre
30. Adams Lake Indian Band
31. Carnegie Community Centre
32. SIMPCW First Nation



DEPARTMENT OF INDIAN AFFAIRS

CIRCULAR

OTTAWA, 15th December, 1921.

Sir,-

It is observed with alarm that the holding of dances by the Indians on their reserves is on the increase, and that these practices tend to disorganize the efforts which the Department is putting forth to make them self-supporting.

I have, therefore, to direct you to use your utmost endeavours to dissuade the Indians from excessive indulgence in the practice of dancing. You should suppress any dances which cause waste of time, interfere with the occupations of the Indians, unsettle them for serious work, injure their health or encourage them in sloth and idleness. You should also dissuade, and, if possible, prevent them from leaving their reserves for the purpose of attending fairs, exhibitions, etc., when their absence would result in their own farming and other interests being neglected. It is realized that reasonable amusement and recreation should be enjoyed by Indians, but they should not be allowed to dissipate their energies and abandon themselves to demoralizing amusements. By the use of tact and firmness you can obtain control and keep it, and this obstacle to continued progress will then disappear.

The rooms, halls or other places in which Indians congregate should be under constant inspection. They should be scrubbed, fumigated, cleansed or disinfected to prevent the dissemination of disease. The Indians should be instructed in regard to the matter of proper ventilation and the avoidance of over-crowding rooms where public assemblies are being held, and proper arrangement should be made for the shelter of their horses and ponies. The Agent will avail himself of the services of the medical attendant of his agency in this connection.

Except where further information is desired, there will be no necessity to acknowledge the receipt of this circular.

Yours very truly,

Thos. Graham, Esq.,

Deputy Superintendent General.

Stevens and Company Law



Sam Stevens, Barrister & Solicitor

The dedicated staff, at Stevens and Company, offers help in submitting Residential School Claims to the Independent Assessment Process (IAP). If you, your family member, or other members of your community would like more information, please call our office.

Our toll free number is: 1-877-248-8220.

Time is running out, to submit a claim.

The deadline for claims is September 19, 2012.

Visit our website at:

<http://www.stevensandcompanylaw.com>

We are excited to announce the PRE LAUNCH SALE of Monique Gray Smith's new book *Hope, Faith & Empathy*

About Hope, Faith & Empathy...Hope, Faith & Empathy is the story of Tilly, a young Aboriginal woman growing up in Canada, and the individuals who helped shape her life, her survival and her irrepressible spirit. Together, they tell a unique perspective of the history of the First Peoples of Canada; a history rooted in strength, resiliency and hope. Woven throughout the book are stories, humour, wisdom and thought provoking teachings.

Hope, Faith and Empathy is relevant, insightful and inspiring to both Aboriginal and Non Aboriginal readers; including readers outside of Canada.

Until March 31, 2012 purchase your copy or copies of Hope, Faith & Empathy for \$15.00 as of April 1, 2012 the book will sell for \$20.00. <http://www.littledrum.com/news/book.html> **Books will be mailed out in July 2012**

If you would like to purchase 10 books or more and receive complimentary consulting services from Monique and/or Little Drum Consulting please click <http://www.littledrum.com/news/incentives.html>

How is Hope, Faith & Empathy relevant to you and your organization?

- * Is an innovative educational tool for staff as it is rooted in Aboriginal traditional ways of educating through story
- * Can be used as a curriculum resource
- * Can be a tool to foster Cultural Safety and Cultural Competency
- * Can be given to parents and families as an educational tool
- * Can be used as gifts

Little Drum Consulting

Ph: 250 383-7008 Cell: 250 508-3786

Email: littledrum@telus.net www.littledrum.com



We are looking for Aboriginal individuals over the age of 18 to complete a confidential study relating to Indian Residential Schools

It is not necessary that you or anyone in your family attended Residential School

I am a First Nations PhD student at Carleton University. I am conducting a follow-up study to my original research on the intergenerational effects of Indian Residential Schools in which we identified certain factors that put children of Residential School Survivors at greater risk for poor well-being (we would be happy to share these findings with you if you contact us).

In the current study, we are hoping to identify additional factors associated with well-being among children of Residential School Survivors and among Aboriginal adults whose parents did not attend Residential School. This study has received clearance by the Carleton University Psychology Research Ethics Board.

The first phase of the study will consist of questionnaires that will take approximately 50-70 minutes to complete, which will ask about your relationship with your parents while growing up. The main goal of this phase of the study is determine how often Residential School Survivors spoke to their children about their experiences, and what impacts this communication (or lack of communication) had.

Upon completion of these questionnaires, you will be mailed a \$10 gift certificate (choice of Tim Hortons, Walmart, Loblaws, or Cineplex Odeon/Famous Players). You will also be asked whether you would like to take part in phase 2 of this study.

Your questionnaire will be coded so that your name will not appear on any materials used for data analysis. Your responses will remain completely anonymous and will in no way identify you as a participant.

If you're willing to participate, you have the following options for completing the survey:

You can complete the survey online at www.copewell.carleton.ca - click on the Indian Residential School Study icon on the left side of the screen, and follow the instructions.

OR

You can have the survey mailed to you with a return stamped envelope.

If you have questions or wish to have the survey mailed to you, email me at abombay@connect.carleton.ca or call (613) 520-2600 ext. 2683.

You may have to leave a phone message... please indicate that you're calling about the Residential Schools study, and if you provide your name and a contact number, I'll get back to you very quickly.

From: "Gateway Review [CEAA]" <Gateway.Review@ceaa-acee.gc.ca>

The Joint Review Panel (Panel) for the Enbridge Northern Gateway Project (Project) will begin hearing oral statements in Grande Prairie, AB on 28 March 2012. Individuals who registered by the 6 October 2011 deadline and who are not intervenors are able to make an oral statement. The Panel will start by hearing oral statements in locations near the proposed Project area.

Grande Prairie, AB (Quality Hotel and Conference Centre, 11201 – 100th Avenue)
28 March 2012 (starting at 1:00 p.m.)

Comox, BC (Comox Community Centre, 1855 Noel Avenue)
30 March 2012 (starting at 1:00 p.m.)
31 March 2012 (starting at 9:00 a.m.)

Klemtu, BC (venue to be confirmed)
13 April 2012 (starting at 9:30 a.m.)

Smithers, BC (Hudson Bay Lodge and Convention Centre, 3251 Highway 16 East)
23, 25, 26 and 30 April and 1 May 2012 (starting at 1:00 p.m.)
24 and 27 April 2012 (starting at 9:00 a.m.)
2 and 3 May 2012 (as required)

Terrace, BC (Kitsumkalum Community Hall, 14295 Highway 16 West)
7 May 2012 (starting at 7:00 p.m.)
8, 9 and 10 May 2012 (starting at 9:00 a.m.)
11 May 2012 (as required)

Prince Rupert, BC (North Coast Meeting and Convention Centre, 240 – 1st Avenue West)
24, 25 and 26 May 2012 (starting at 9:00 a.m.)
28 May 2012 (starting at 1:00 p.m.)
29 May 2012 (as required)

Old Massett, BC (Old Massett Community Hall, 348 Eagle Avenue)
1 June 2012 (starting at 1:00 p.m.)
2, 4, 5 and 6 June 2012 (starting at 9:00 a.m.)
7 June 2012 (as required)

Skidegate, BC (Skidegate Community Hall, 102 Front Street)
13 and 14 June 2012 (starting at 9:00 a.m.)
15 and 18 June 2012 (starting at 1:00 p.m.)
19 June 2012 (as required)

Kitamaat Village, BC (Haisla Recreation Centre, 1538 Jassee)
25 and 26 June 2012 (starting at 1:00 p.m.)
27 June 2012 (starting at 9:00 a.m.)

Hartley Bay, BC (venue to be confirmed)

29 June 2012 (starting at 9:00 a.m.)

Prince George, BC (Prince George Civic Centre, 808 Civic Plaza)

9 July 2012 (starting at 1:00 p.m.)

10, 11 and 12 July 2012 (starting at 9:00 a.m.)

13 July 2012 (as required)

Burns Lake, BC (Island Gospel Fellowship Church, 810 Highway 35)

17 July 2012 (starting at 9:00 a.m.)

Fort St. James, BC (David Hoy Elementary School, 1 Birch Street)

19 July 2012 (starting at 9:00 a.m.)

Bella Bella, BC (venue to be confirmed)

26 and 28 July 2012 (starting at 9:00 a.m.)

27 July 2012 (starting at 1:00 p.m.)

Hazelton, BC (venue to be confirmed)

30 and 31 July 2012 (starting at 9:00 a.m.)

Bella Coola, BC

To be confirmed

Edmonton, AB

To be confirmed

Oral statements are an opportunity for registered participants to provide, in their own words, their personal knowledge, views and concerns regarding the proposed Project to the Panel. Oral statements are brief and limited to a maximum of 10 minutes. Procedural Direction # 5 was issued by the Panel on 28 February 2012 and provides guidance to participants who have registered to make an oral statement. The Procedural Direction is available on the Panel's website at www.gatewaypanel.review.gc.ca.

The Panel will start hearing oral statements in locations outside of the proposed Project area in November 2012. The locations of these hearing sessions will include: Kelowna, BC; Vancouver, BC; Comox, BC (continued); Port Hardy, BC; Victoria, BC; and Calgary, AB. The schedule for these locations will be released at a later time.

Easter Bible Verses

John 11:25-26

Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die."

Romans 1:4-5

"And Jesus Christ our Lord was shown to be the Son of God when God powerfully raised him from the dead by means of the Holy Spirit. Through Christ, God has given us the privilege and authority to tell Gentiles everywhere what God has done for them, so that they will believe and obey him, bringing glory to his name."

UBCIC & CSTC Celebrates International Women's Day. Calls for End to Inequity and Violence

News Release. March 8, 2012

Coast Salish Territory/Vancouver, BC – The Union of BC Indian Chiefs (UBCIC) is proud to celebrate International Women's Day and highlight that Indigenous women are, and historically have been, integral to the success, livelihood and survival of our communities. Today, we acknowledge that Indigenous women continue to experience disproportionately high levels of violence, and assert that Indigenous women have the human right to personal safety and security, no matter what their socio-economic status may be.

Article 22 of the United Nations Declaration on the Rights of Indigenous Peoples provides that "States shall take measures, in conjunction with indigenous peoples, to ensure that indigenous women and children enjoy the full protection and guarantees against all forms of violence and discrimination." Grand Chief Stewart Phillip, President of UBCIC points out "The unacceptable violence and discrimination that continues to be experienced by Indigenous women is rooted in systemic racism and ingrained colonialism, perpetuated through unacceptable government policies and legislation. Indigenous women experience multiple and intersecting forms of discrimination based on their indigeneity and gender. We need solid commitment from all levels of government for a zero-tolerance approach and a comprehensive, Indigenous-led strategy to end this inequity."

Coola Louis, UBCIC Women's Representative stated, "Indigenous women hold positions of high regard in our communities as givers of life who are integral and valued members of our societies. As a fundamental human right, Indigenous women must have every possible opportunity for success, as their success will exponentially increase the well-being of our communities."

Terry Teegee, Vice-Chief of the Carrier-Sekani Tribal Council concluded, "This week, the BC Government continues to show blatant disrespect for Indigenous women by continuing the sham Missing Women Commission of Inquiry. Despite the withdrawal of Robyn Gervais, independent counsel representing Indigenous interests, the BC Government is carrying forward with a 'business as usual' attitude. The CSTC joins UBCIC and fully supports the urgent call for a Royal Commission for the over 500 murdered and missing women across this country."

For further information please contact:

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

Coola Louis, Women's Representative, UBCIC (250) 306-6191

Terry Teegee, Vice Tribal Chief, CSTC (250) 640-3256

A MESSAGE FROM THE HONOURABLE ALICE WONG - MINISTER OF STATE (SENIORS)

Dear Sir/Madam:

Elder abuse is a serious issue affecting Canadian seniors and robbing them of their dignity and peace. It occurs far too often in communities across Canada, and it happens to seniors from all walks of life.

Canada's seniors have spent their lives building a stronger Canada. They deserve better than to suffer from this serious mistreatment at a time of life when they have earned security and respect.

That is why the Government of Canada is committed to providing Canadians with the information and resources needed to recognize the signs and symptoms of elder abuse - and to speak out against this mistreatment.

Financial abuse is considered to be one of the most common forms of elder abuse. Sadly, this form of mistreatment often goes undetected and unreported due to the close nature of the relationships between victims and their abusers.

In 2011, the Speech from the Throne also went further to propose tougher sentences for those who abuse seniors.

The Government of Canada has also continued to raise awareness through its elder abuse campaigns which ran through February 2012. The campaign featured the elder abuse television ad, complemented by both a print ad and a new web component targeting financial abuse.

I encourage you to visit www.seniors.gc.ca for further information, resources and tools to help address this serious issue.

Sincerely,

**The Honourable Alice Wong, P.C., M.P.
Minister of State (Seniors)**

Easter Bible Verse

Matthew 27:50-53

“And when Jesus had cried out again in a loud voice, he gave up his spirit. At that moment the curtain of the temple was torn in two from top to bottom. The earth shook and the rocks split. The tombs broke open and the bodies of many holy people who had died were raised to life. They came out of the tombs, and after Jesus' resurrection they went into the holy city and appeared to many people.”

CONFERENCE CENTRE at



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By Jeff Nagel - Surrey North Delta Leader

Published: March 03, 2012 1:00 PM

Updated: March 03, 2012 1:27 PM

<http://www.surreyleader.com/news/141306743.html>

Metro Vancouver directors are split over whether the regional district should try to block residents of Indian Reserves from voting in future civic elections.

Reserve residents in most cities can vote in municipal elections because the reserves are within city boundaries.

But that ability may have unintended consequences as local First Nations build market condo developments on their reserves and usher in thousands of new non-aboriginal residents.

Belcarra Mayor Ralph Drew, vice-chair of Metro's aboriginal affairs committee, said the planned Squamish Nation development in West Vancouver could add 30,000 residents who would not pay city taxes but would use city services and have a vote in civic elections.

He argues a reserve voting block that big could alter the outcome of council elections or referenda in smaller cities – perhaps causing the city to spend more on new projects without those residents having to contribute to the cost.

The proposed solution is for Metro cities to seek provincial government permission to redraw their boundaries to exclude Indian Reserves, ending the civic vote for their residents.

"I do not believe we can disenfranchise voters," said Lions Bay Mayor Brenda Broughton at a Metro board meeting Friday.

Vancouver Coun. Andrea Reimer called it distorted logic for Metro cities to invert the principle of no taxation without representation and insist on "no representation without taxation."

If it took that stance, she said, it would have to deny the vote to renters, people in social housing and others who don't directly pay taxes.

The real issue, Reimer said, is how aboriginal rights and title is reconciled in the modern world.

She said that is best done through negotiation with First Nations and success will depend on good relationships that could be damaged by an effort to deny the vote.

"To focus on this particular issue is unhelpful and in fact quite inflammatory," added Tsawwassen First Nation Chief Kim Baird, who holds a seat at the Metro board.

Under the terms of the TFN treaty – the only urban treaty so far in the Lower Mainland – residents there no longer vote in municipal elections but do have a vote for school board.

Baird suggested the concerns of cities over taxation and the need for reserve residents to contribute to civic costs can be dealt with through negotiated servicing agreements with the local First Nation.

Burnaby Mayor Derek Corrigan, chair of the regional planning committee, defended the committee recommendation to pursue the issue as a priority item for Metro.

"I don't think anyone should be offended that we are putting these issues on the table," Corrigan said. "We are not the decision makers. We just think they are important issues to be discussed."

Metro already raised the idea with the province last October after the Lower Mainland Treaty Advisory Committee issued a discussion paper outlining local government concerns, but some different directors now sit at the regional table following November civic elections.

Community, Sport and Cultural Development Minister Ida Chong reacted cautiously in a Jan. 11 letter to the board.

"Disenfranchising citizens who live within local government service areas without their consent would be viewed by many British Columbians as undemocratic," Chong said.

She said the proposal would have "significant and far-reaching impacts" and would require full consultation with First Nations and affected citizens.

Chong indicated her ministry would consider the idea if the new Metro board still wants to pursue it.

No vote was taken Friday because some newly elected Metro directors said they were unfamiliar with the issue and wanted to study the discussion paper.

The Metro board meets again March 30.

Concerns about reserve votes are not an issue in most other provinces, which exclude reserves from local cities.

More than 7,000 aboriginal and non-aboriginal residents currently live on the 22 Indian reserves within Metro Vancouver.

More thoughts on growing older...From www.myseniorssite.ca

- Growing old is mandatory; growing up is optional.
- Insanity is my only means of relaxation.
- Forget the health food; I need all the preservatives I can get.
- Blessed are those who hunger and thirst, for they are sticking to their diets.
- My mind not only wanders, sometimes it leaves completely.
- Every time I think about exercise, I lie down till the thought goes away.
- It's frustrating when you know all the answers, but nobody bothers to ask you the questions.
- If you can remain calm, you just don't have all the facts.
- Stress reducer: Put a bag on your head. Mark it "Closed for remodeling." Caution: Leave air holes.
- I finally got my head together and my body fell apart.
- There cannot be a crisis this week; my schedule is already full.
- God put me on Earth to accomplish a certain number of things. Right now I am so far behind, I will live for ever.
- You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- Perhaps you know why women over 50 don't have babies: They would put them down somewhere and forget where they left them.
- The real art of conversation is not only to say the right thing in the right place, but also to leave unsaid the wrong thing at the tempting moment.

Health Canada passes on warning about risks of 'Spinbrush' toothbrushes

March 1, 2012

Provided by: The Canadian Press

Written by: The Canadian Press

TORONTO - Health Canada is alerting Canadians to safety problems that have been reported about "Spinbrush" brand powered toothbrushes.

The advisory comes two weeks after the Food and Drug Administration warned U.S. consumers that owners have reported parts flying off the Spinbrush brand products during use, resulting in chipped teeth and other injuries.

The toothbrushes are sold by Arm & Hammer but are made by Church & Dwight Co., Inc.; until 2009 they were sold as the Crest Spinbrush.

Health Canada says it has received no reports of injuries in Canada related to the use of these toothbrushes.

Church & Dwight Canada says consumers should replace their brush heads after three months of use, or when brushes are damaged or become loose.

The company also advises users to inspect brushes for loose parts, saying extended use, loose parts or excessive wear could lead to brush head breakage and possibly become a choking hazard.

The warning relates to the following Spinbrush products:

- **Arm & Hammer Spin Brush Swirl**
- **Kid's Arm & Hammer Spin Brush**
- **Arm & Hammer Spin Brush Pro Whitening**
- **Arm & Hammer Spin Brush Whitening Sonic**
- **Arm & Hammer Spin Brush Kids My Way**
- **Arm & Hammer Spin Brush Globrush**
- **Arm & Hammer Spin Brush Pro Clean Sonic**
- **Arm & Hammer Spin Brush Pro Clean Sonic Rechargeable**
- **Arm & Hammer Spin Brush Pro Clean**
- **Arm & Hammer Spin Brush Pro Clean Rechargeable**
- **Arm & Hammer Spin Brush Pro Select**
- **Arm & Hammer Spin Brush Pro Sensitive**

Coroners want tighter control on cough syrup ingredient that can be lethal

Mar. 05, 2012

Provided by: The Canadian Press

Written by: The Canadian Press

QUEBEC - Two Quebec coroners say cough syrup contains a substance that when taken incorrectly can be lethal and it should be taken off the shelves and put under the control of pharmacists.

Coroners Pierre Guilmette and Andree Kronstrom investigated the deaths of two men who died after accidental poisoning with Dextromethorphan, usually found in cough syrup.

Yvon Boucher, 64, died after simultaneously taking Dextromethorphan, the antibiotic Biaxin and the antidepressant Prozac — a combination that can cause a potentially deadly chemical reaction.

Boucher bought the syrup at his regular pharmacy but was not warned about mixing it with other products.

The coroners reported antidepressants in the same chemical family as Prozac are widely prescribed in Canada and that Biaxin is popular for treating respiratory tract infections.

Also, a toxicological analysis on victim Marcel D'Amour, 65, showed a concentration of Dextromethorphan higher than the toxic threshold, indicating he did not consider recommendations on the product label.

The coroners said Monday the easy availability of Dextromethorphan is a danger to public safety.

Kronstrom said Dextromethorphan should be controlled by a pharmacist who could dispense advice on how to use the drug and its interaction with other medication.

The coroners reported that there were 20 deaths between 2000 and 2009 due to accidental poisoning by medication.

They also recommended that the College of Pharmacists encourage its members to withdraw Dextromethorphan from the shelves before legislation is needed and that pharmacists advise their clients about its dangers.

From www.cleanjoke.com

A prince had a curse put on him when he was a little boy. He could only speak two words every year. But, if he didn't speak for a whole year, he would then be able to speak 4 words the next year and so on.

One day he met a princess named Josie and he wanted to say "My Princess".

The next year he saw her he wanted to say "My princess, i love you".

The third year he saw her he wanted to say "My princess I love you, will you marry me?" But, the young prince, now growing older knew he would have to wait a couple more years.

So, on the fifth year, excited to finally present his question, he visited the princess.

He approached her respectfully and asked, "JOSIE, MY PRINCESS, I LOVE YOU. WILL YOU MARRY ME?"

And the princess said, "Pardon?"

Missing Women Commission of Inquiry Needs to Face the Facts

News Release. March 22, 2012

Coast Salish Territory, Vancouver, British Columbia – The First Nations Leadership Council is greatly troubled by yesterday’s announcement from the Missing Women Commission of Inquiry regarding the “appointment of two Independent Counsel presenting issues related to Aboriginal interests.”

“The announcement represents a sad commentary on the great travesty known as the Missing Women Commission of Inquiry. As we have long maintained, it is totally unacceptable that the BC Government would establish an Inquiry into the deaths and disappearances of so many missing Aboriginal women and yet, in order to save money, deny Aboriginal peoples the opportunity to use their own voice to make substantive contributions to the Inquiry,” said Grand Chief Stewart Phillip of the Union of BC Indian Chiefs. “With this announcement, it is clear the Inquiry is scrambling to prove its relevance and credibility.”

“The Commission is not getting the message. Appointing independent counsel is an inappropriate and inadequate solution to ensuring a meaningful Aboriginal role in the Inquiry,” stated Grand Chief Edward John of the First Nations Summit. “It is entirely unrealistic to expect that any counsel would have the ability to properly review the vast amount of information in the extremely limited timeline. The Inquiry is fundamentally flawed by its narrow mandate, the restrictive interpretation of that mandate and the absence of critical Aboriginal voices. Sadly, the result is that the Inquiry has no hope of being a meaningful illumination into key issues and policing in our society.”

BC Assembly of First Nations Regional Chief Jody Wilson-Raybould concluded, "At the outset, the First Nations of BC strongly encouraged the Missing Women Commission of Inquiry to respect the families of missing and murdered women, Downtown Eastside Women’s groups and First Nations’ organizations by ensuring their meaningful participation in the Inquiry. The Inquiry continues despite the fact that almost all of these groups have formally withdrawn. The Inquiry has, however, heightened public awareness and justice will need to be served. Despite the obvious failings of this Inquiry, we will continue to fight on to ensure that the voices of our most vulnerable are heard so that we may seriously address the systemic problems in our justice system."

**For more information please contact:
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2012 Aboriginal Economic Leadership Summit

Osoyoos | June 26th - 28th 2012

At the spectacular Spirit Ridge Vineyard Resort & Spa and NK'MIP Conference Centre in beautiful Osoyoos, British Columbia



**Chief
Clarence Louie**
Osoyoos Indian
Band, Host

On behalf of the Osoyoos Indian Band, I look forward to welcoming you to the territory of the Okanagan People. We are very excited at the response to the 2012 Aboriginal Economic Leadership Summit. We anticipate many positive outcomes from this event.

The main focus of the summit will be to discuss ways our various First Nations in Canada can collaborate for the financial betterment of all. We are inviting First Nations Chiefs, Councillors and other Aboriginal business leaders to this event. As well as Plenary and Round Table sessions we will discuss how we can all find solutions to gaining economic prosperity.

We are sure you will enjoy your stay at our spectacular Spirit Ridge Vineyard Resort and Spa. To register for this unique event please contact the 2G Group using the information below.



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Historic ceremonial club given to Captain Cook returned to B.C.

JOHN MACKIE, VANCOUVER SUN : Tuesday, March 20, 2012 9:35 PM

Leading Vancouver arts philanthropist Michael Audain has donated to the University of B.C.'s Museum of Anthropology a rare ceremonial club that was given to renowned explorer Captain James Cook by Vancouver Island first nation's people 234 years ago. Photograph by: Bill McLennan; UBC Museum of Anthropology.

As a child, Michael Audain was fascinated with the story of Captain James Cook, the first European explorer to land in present-day British Columbia. As an adult, he's been fascinated by first nations art on the northwest coast, and helped repatriate many historic items to the province.

Now, he's brought home one of the most important native artifacts in Canadian history: a ceremonial club given to Cook by the Nuu-chah-nulth people of Vancouver Island in 1778.

The club was unveiled Tuesday at its new home, the UBC Museum of Anthropology. It is the first time it's been back in Canada since it left 134 years ago.

The small, exquisitely carved piece features a hand grasping a globe. It's fashioned out of a single piece of a yew tree, and was probably carved with stone tools, or perhaps mussel shells. And it is valued at \$1.2 million.

"This is the most important first nations work that I've ever encountered," states Audain, who said "a tremor of excitement went through my body" when antique dealer Donald Ellis showed him the club in New York.

"I said 'Can I touch it? Can I hold something in my hand that James Cook must have held?'"

There are other items from Cook's visit to Nootka Sound in museums in London, Vienna and Berlin. But the club was the only known item in private hands.

Ellis offered it to Audain first, because he wanted it to come to Canada.

"My intention was to sell it to Michael," said Ellis, who is from Dundas, Ontario, but has residences in New York and Vancouver.

"I wanted this to come to Canada. I have been aware of the fact that for decades, that there's not a Cook object in a Canadian collection."

Cook's visit to Nootka Sound was his only B.C. stop during his three famous voyages of discovery; he was killed in Hawaii a year later. The club returned to England with his ship, the HMS Resolution, where it was given to his widow.

It has had 11 owners, including the Leverian Museum in London and antique dealer George Terasaki in New York. Ellis purchased it off Terasaki's estate last year.

"It's the most important object I've ever owned, in 35 years of doing this," said Ellis.

“I’ve had more expensive things, and perhaps more beautiful things, but in terms of significance and importance, it’s by far the most important object I’ve ever had the ability to handle.”

The Nuu-chah-nulth were represented at the press conference by Margarita James, president of the Land of Maquinna Cultural Society.

“Institutions and museums have a different take on objects,” she said.

“For us, the first nations, they weren’t just objects, they weren’t just things, they were things we used, part of our life. For this first one to be returned from the Cook collection – that’s big.”

Debra Sparrow of the Musqueam nation said the club “was carved with a purpose, it was carved with a use. Therefore it is not an object, it is a reflection of a people’s history, and the spirit of our people moves through there. If you look at that hand, it’s like the hands of our ancestors are connected.”

Audain’s Foundation donated \$827,000 to the purchase of the club. The chair of Polygon Homes has now donated about \$26 million to arts and cultural groups and institutions.

“[The club] is important in terms of world history, the history of exploring,” he said.

“It’s also important in terms of the culture of the northwest coast. There aren’t too many so-called pre-contact works in British Columbia, let alone any works from Captain James Cook.”

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Information from www.globaltvbc.com

Read it on Global News: [Global BC | Historic ceremonial club given to Captain Cook returned to B.C.](#)

Foot Care: Put Some Spring in Your Step

Fix 5 foot flaws

Are you shy about your feet? Foot conditions like athlete's foot, bunions, and corns may cause you to keep your feet hidden. Set your feet free by taking care of any foot flaws.

1. **Foot flaw:** Plantar warts are flat growths that develop on the heels and balls of the feet. This happens when a certain strain of a virus called *human papillomavirus* (HPV) gets into the body through direct contact with the skin. Plantar warts usually go away on their own, but skin shed from untreated warts can spread to the rest of the foot and to other people.

Fix it: Combine over-the-counter wart medications with some pumice-stone exfoliation of the dead skin and wart tissue. Or, try the folk remedy of duct tape. It's actually been proven by scientists that covering a wart with duct tape for 6 days, followed by a soak and a pumice scrub, can get rid of plantar warts. The process used in the study required repetitions for up to 2 months, but it's an option if freezing the wart is not your thing. If self-treatments don't get rid of plantar warts (some treatments can take up to 12 weeks to work), or if there is a change to their colour or appearance, check with your doctor.

2. **Foot flaw: Fungus is very common. Among the most common is a fungal infection called athlete's foot, also known as *Tinea pedis*. But it's not just for athletes: wherever we step with bare feet - gym showers, locker rooms, pools, Jacuzzis, saunas - we are at risk. Athlete's foot usually creeps into the warm, moist spaces between the toes and leads to symptoms like itching, stinging, blisters, peeling skin, and crumbly, ragged toenails.**

Fix it: There are a variety of over-the-counter antifungal medications that can treat mild conditions. Severe athlete's foot should send you to the doctor in search of something stronger than topical treatment, like an antifungal taken orally, or an antibiotic if you get a bacterial infection along with the fungal infection.

Along with the proper medication if needed, ward off fungal infections by keeping the area clean and dry. Wear cotton socks, and change them throughout the day if you notice your feet sweat (which tends to happen if you wear tight-fitting footwear, like construction boots).

3. **Foot flaw: If your big toe seems to be getting bigger, you may have bunions. Thickening skin, soreness, and swelling are signals. Often caused by body mechanics that affect the way you walk or by wearing ill-fitting shoes, bunions can be painful and can eventually lead to *bursitis*, a form of arthritis.**

Fix it: A foot soak can ease some of the pain, as can a massage. Soothe the pressure with bunion pads or ice the inflamed spot. Over-the-counter pain medications can relieve some of the soreness. Doctors will sometimes tape up a person's foot to try to get the toes and foot back into a more natural position. Others will recommend shoe inserts or physical therapy. Some people may require prescription orthotics, which are padded shoe inserts. To prevent bunions from coming back, choose more sensible shoes. If you're a high-heel lover, toss them in the closet and opt for flats or sneakers for a while.

4. **Foot flaw: An ingrown toenail seems like such a small, trifling problem. After all, it's just a toenail, right? However, the rigid edge of a toenail growing back into the soft fleshy pad of your toe can actually be pretty painful. The redness and swelling can sometimes give way to full-on infection. Although it's rare, people (especially those who have **diabetes**) have gotten bone infections or foot ulcers that require amputation. So a little ingrown toenail can be a big deal.**

5. **Foot flaw: We're busy people, and our feet may bear the mark of all our rushing-around. Corns and calluses come about due to pure and simple friction. All that rubbing of toe flesh against the inside of shoes, especially when worn without socks, can cause thick, rough, or dry and flaky patches of skin. When these patches develop on the tops and sides of your feet, they're called corns, and their hard centre can be surrounded by inflamed and achy skin. Calluses come from the wearing down on skin of the heels and balls of the feet. They're not painful, just kind of unsightly.**

Fix it: Soak your feet in warm, soapy water to soften up that friction-toughened skin. Once it's softer, you can slough off dead skin. Try a washcloth first before using harsh pumice stones or shaving corns and calluses, which can raise your risk of infections. Rub some lotion onto your feet to keep the skin more supple. Speak to your pharmacist about purchasing medicated pads that, when applied, can help break down all the thick, rough skin. And keep future corns and calluses away by treating your feet more kindly - think comfy shoes, well-fitted socks, and protective pads.

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UNITED NATIONS COMMITTEE ON THE ELIMINATION OF RACIAL DISCRIMINATION QUESTIONS CANADA ABOUT VIOLATIONS OF INDIGENOUS PEOPLES' RIGHTS

For Immediate release

February 24th, 2012, Geneva, Switzerland : Yesterday , February 23rd 2012, the UN Committee on the Elimination of Racial Discrimination (CERD), a high level UN Treaty Monitoring Body, completed its two-day questioning of Canada about its record pertaining to racial discrimination. As a State party to the International Convention on the Elimination of Racial Discrimination (ICERD), Canada is required to report every four years on its legally binding compliance with the provisions of the Convention.

The CERD's review was based on Canada's 19th and 20th written periodic reports and an oral summary presented by the Canadian government on Tuesday afternoon. Canada's report focused on what they considered to be positive benchmarks and achievements towards the elimination of racial discrimination in Canada. However, the CERD's review also took into account the alternative or "Shadow" reports submitted by Indigenous Peoples as well as "civil society" organizations. The alternative reports challenged Canada's record and presented a far different picture from the Canadian government's rosy assessment of its own compliance with the Convention.

Over 30 Indigenous Nations and organizations submitted alternative reports prior to the session, challenging Canada's record in a number of areas. The CERD session was attended by more than 20 Indigenous representatives including Chiefs representing Nations and Treaty territories from Alberta, Saskatchewan and British Columbia, as well as representatives from African Canadian groups and Human Rights organizations.

During the week, Indigenous delegates met with CERD members individually and in small groups to provide additional information and answer questions about issues presented in the alternative reports. They also made statements during the CERD session on Monday, February 20th, and participated in two briefing sessions organized with CERD members to address issues of core concern.

These included: Canada's policy of extinguishment of aboriginal rights and title; appropriation of lands and resources; ongoing Treaty violations; failure to implement the UN Declaration on the Rights of Indigenous Peoples; imposition of mining, Tar Sands and other development projects both in and outside Canada without the free prior and informed consent of Indigenous Peoples; and imposed "settlement" processes that fail to respect aboriginal title.

They also addressed Canada's failure to effectively address the ongoing inter-generational impacts of Canada's residential school policies; the continued removal of large numbers of Indigenous children from their homes and communities; extreme poverty and growing economic disparities between Indigenous Peoples and non-Indigenous Canadian society; disproportionate rates of incarceration of Indigenous youth, men and women; failure to address the epidemic of missing and murdered Indigenous women in Canada; and continued discrimination in education, housing and access to justice.

During the review, CERD members expressed deep concern and pressed the Canadian government delegation to answer questions about the information presented by Indigenous Peoples and “civil society” organizations. Unfortunately, Canada appeared to be either unwilling or unable to respond to a number of important questions from CERD members about their policies and practices regarding Indigenous Peoples.

The Indigenous delegates in Geneva expressed appreciation for the understanding demonstrated by the CERD members’ questions to the Canadian government. They were disappointed, though not surprised, by Canada’s responses to many of these questions which, in their view, glossed over, misrepresented or outright denied a number of serious and well-documented violations presented by Indigenous Peoples. They also noted that the Canadian government delegation failed to respond at all to a number of the CERD members’ questions.

For example, Chief Marilyn Baptiste of the Tsilhqot’in Nation from British Columbia commented, “I was happy to hear the questions from the Committee to Canada. It tells us that the Committee members heard us and listened to the Indigenous Peoples who are affected on the ground. But Canada’s lack of response to the CERD’s questions was disappointing. It seemed to be just business as usual for them.”

Ron Lameman, Board member of the International Indian Treaty Council from Beaver Lake Cree Nation and one of several delegates from Treaty 6 Territory in Canada, moderated a briefing session with the CERD members on February 22nd. He felt that the amount of interaction Indigenous Peoples were able to have with the CERD members in that meeting “was very helpful to facilitate dialogue and understanding between the CERD and Indigenous delegates as well as representatives of the African Canadian organizations.”

However, he also added, “I was disappointed that Canada did not respond at all to some of the questions presented by CERD members, including one specific question from a CERD member about the Tar Sands and how they can justify continuing it without the free, prior and informed consent of the Indigenous Peoples.”

The insufficiencies of Canada’s report, which was completed without consultation with Indigenous Peoples, as well as the Canadian government’s failure to answer many of the CERD members’ questions specifically addressing Indigenous Peoples, were reiterated by a number of Indigenous delegates. Chief Wayne Sema-ganis, Little Pine Cree Nation from Saskatchewan commented, “I feel that the Canadian government acted quite arrogant. They did not tell the truth to the CERD about the reality that First Nations are facing in Canada.” He added that he was hopeful that the CERD report would have an impact. “With the rest of the world asking so many questions, it should make Canada really question themselves. This is at least a step forward.”

Indigenous Peoples participating in the process anticipate strong recommendations based on the CERD members’ questions and comments during the review. Ermineskin Cree Nation Councilor Brian Lee stated, “Canada has always taken the path of extinguishing Indigenous Peoples’ land and Treaty rights. It seems they will now be held accountable for their actions by the CERD”.

The CERD’s final report and recommendations will be posted on the UN CERD website, <http://www2.ohchr.org/english/bodies/cerd/> by March 9th, 2012.

Archived webcasts of Canada’s review sessions are on the UN website, <http://www.un.org/webcast/unhrc/index.asp>. For additional information, contact Danika Littlechild, IITC Legal Counsel, danika@treatycouncil.org or Ron Lameman, rlameman@yahoo.ca. Contact IITC Executive Director Andrea Carmen, andrea@treatycouncil.org, for information about preparations and trainings planned by IITC for CERD’s review of the United States, which will take place in early 2013. IITC’s CERD training manual for Indigenous Peoples can be viewed and downloaded from IITC’s web page, www.treatycouncil.org.

National Aboriginal Achievement Foundation becomes Indspire

The National Aboriginal Achievement Foundation is now Indspire. The new identity signals a new day for Indigenous education in Canada. And Indspire's new tagline, says it all: "Indigenous education, Canada's future."

The new name combines key notions of Indigenous and inspiration to highlight Indspire's mandate. Gaining widespread acceptance from Indigenous organizations across Canada and the world, the term Indigenous means "of the land," and is literally expressive of Canada's original peoples.

"As the National Aboriginal Achievement Foundation, we were well-known for our work in recognizing Indigenous role models and achievement," said Roberta Jamieson, Indspire President and CEO and Indspire Awards Executive Producer. "Yet achievement is difficult without a quality education. This compelled us to play a more active role in improving and even transforming Indigenous education from the very onset of learning."

Indspire will continue its best known activities, including the distribution of bursaries and scholarships. Since 1985, the organization, through its Education Program, has awarded more \$42.7 million in scholarships and bursaries to more than 11,500 First Nations, Inuit and Métis students nationwide.

Recognition and celebration of First Nation, Inuit and Métis role models remains vital to achieving its mission. The annual national gala of Indigenous achievement remains a cornerstone. The National Aboriginal Achievement Awards will now be the Indspire Awards. The celebration is also highlighting the importance of Indigenous education throughout the event, and increasing the presence and recognition of young achievers who can encourage their peers.

When fully implemented, the Indspire Institute will be one of the key elements of the organization's redefined focus. The Institute is a virtual, online hub dedicated to sharing and creating programs, learning and best practices in Indigenous education from K-12, with a primary goal of improving high school completion rates. It will house many of Indspire's existing programs, become a source of distinct and respectful practices and related resources for Indigenous education, and will develop and implement "on the-ground" programming in communities nationwide.

As Indspire, its programs and primary activities remain solidly in place. The physical addresses will remain the same. Staff can be reached at **1.855. INDSPIRE (463.7747)**. A new website, www.indspire.ca was created and e-mail addresses have changed to reflect the new brand name.

Indspire believes that it's time for new approaches, bold investment, and more support from more Canadians, visionary organizations and all citizens alike. "We hope you share our excitement about this exciting new day for both Indigenous education and Canada," said Roberta Jamieson.

For more information about Indspire, please contact:

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Good morning,

The interim First Nations Health Authority (formerly First Nations Health Society) is organizing a video contest entitled, “**Safer Nations - Injury Prevention**” Video Contest 2012! Building on the success of last year’s “Active Spirit, Active History” video contest, the iFNHA is asking B.C. First Nations to get creative and inspire messages that promote injury prevention!

We’re looking for Public Service Announcement (PSA) style videos (1-3 minutes in length) that promote messages about safety and injury prevention from a First Nations perspective.

Why is this important?

Injury has a serious impact on First Nations communities in B.C. as one of the leading causes of death, hospitalization and disability amongst our people.

Many think injuries are random and inevitable events, but according to experts, 90 per cent of injuries are predictable and preventable. Effective injury prevention can translate into 90 per cent fewer injuries and injury-related deaths each year.

There is \$10,000 worth of cash prizes to be won!

We’d like to encourage video submissions no matter what form of technology... whether it’s video footage taken from a smart phone or from an actual video camera. This contest is a way to promote positive community engagement and raise awareness about this important health topic.

Read the full contest details (and watch videos from last year’s winners) here: http://www.fnhc.ca/index.php/news/article/first_nations_health_society_safer_nations_injury_prevention_2012_video_con/ Add this event on Facebook : <http://www.facebook.com/events/177637499010800/>

**Our contest entry deadline is: APRIL 27, 2012 at 4pm (PST)
If you have any questions, please don’t hesitate to contact:
Karlene Harvey at info@fnhc.ca or Ph: 604-913-2080**

**Annual Elders Gathering Grand Entry Photos are on:
www.bcelders.com each year (except unfortunately for 2011)**

ANNUAL BC ELDERS GATHERING INFO CORNER

**The 36th Annual BC Elders Gathering is to be hosted by
Sto:lo Nations and Tsawwassen First Nation,
In Abbotsford at the TRADEX Centre (as is 2011)
July 10-12, 2012.**

**Roger Andrew and Audrey Kelly
From Shx’wohamel First Nation
Were crowned the King and Queen**