



Dear Elders and Elders Support People,

I would like very much to ask a question in your next Elders Voice:

"How do you believe housing and health options for Elders can be improved in your community or region?"

Elders are asked to please reply directly to: Dr. N. Mackin, Hlaa Hii Gum Hlocks 2919 Tower Hill, West Vancouver, BC V7V4W6

Dear Elders,

I think that it is important that you all have an equal opportunity to apply for the Elders Transportation Program that is about the only thing I know of for you to apply to for any assistance with travel expenses. Please find the application in this issue and following is a brief definition of program.

Sincerely, Donna Stirling

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

BCAAFC 200 - 506 Fort Street, Victoria, BC V8W 1E6
Phone 250 388-5522 Toll-Free 1-800-990-2432 Fax 250 388-5502
Email: info@bcaafc.com Website: www.bcaafc.com

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Easy Bakers Corner – Sunday Morning Muffins - Makes 20

In a mixing bowl combine 2 cups of all-purpose flour, 1 cup of cornmeal (wholegrain), 2 tsp. of baking powder and 1/4 tsp. of salt.

In another bowl, beat together 3/4 cup of butter, 1 1/2 cups of granulated sugar until creamy. Beat in 3 eggs, one at a time. Blend well.

Add dry ingredients alternately with 1 1/2 cups of buttermilk. **Blend until barely mixed. There will be some lumps in the batter.**

Stir in 1/4 cup of corn, canned or frozen or fresh - mashed a bit is best. Spoon batter into buttered muffin cups. Bake at 400°F for 20 minutes. Serve hot from the oven or warm.

Handy Tips: Glassware and Dishes

Never put a delicate glass in hot water bottom side first. It will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise. After washing crystal, rinse in 1 part vinegar and 3 parts warm water, then air dry.

When two glasses are stuck together, fill the top one with cold water and dip the bottom one in hot water. Scratches in glassware will disappear if you polish them with toothpaste.

Use the cheapest dish detergent you care to use, but add a few tablespoons of vinegar to the dishwasher. The vinegar cuts the grease and leaves dishes sparkling!

What Can you please share?

The following is a short list of Elders suggestions of what might be shared: Your local Newsletters/Upcoming Local Events/Prayers/Poems/Quotes/Comments/Photo's/Storytelling/Drawings/Articles of Interest/Native Songs Lyrics/Wellness Seminars/Obituaries/Birthday Wishes, etc. If you are interested in providing articles, please do, I look forward to hearing from anyone who wants to contribute to the content. Donna Stirling

'PRESERVING THE PAST'

New Elder's Website: www.bcelders.com

The *First Ever* Elder's Website "Preserving the Past" is now online (Sept. 2002). Future registration forms, booth forms, maps of the Hosting territory, accommodation information, etc. concerning the Annual Gatherings will all be available on the B.C. Elder's Communication Center Society's Web Site at www.bcelders.com as soon as they are made available from each new host community.

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

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

Disclaimer:

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

NOTICE: TO ALL BC ABORIGINAL ELDERS

You are invited to have your esteemed ELDER join the BC Elders Council

The BC Elders Council is approaching every First Nation community in BC in these issue as they are looking to join Elders together into Regional Elders Advisory Boards that will be made-up of *existing* and *new* BC Elders Council Members. There goal is to insure that each community feels that they are included and active in what is happening for the Elders in BC and the provincial Elders Council wishes to encourage an aboriginal elder from each local group to join the Council.

There will be 6 (perhaps 8) Regional Elders Advisory Boards and they will consist of BC Elders Council Members who represent their area's Band/Elder's Group/Society. There are currently 42 members on the BC Elders Council and they are hoping that groups will meet and then call into the Communications office (**toll-free 1-877-738-7288**) to see that the name of your chosen **ELDER (55 and up)** is entered on the BC Elders Council list.

The BC Elders Council travelled and met in Campbell River, May 28—31, these meetings were the first *full* meetings the Council has been able to have since formation in 2002. It has been difficult to meet because this *first ever* Provincial Aboriginal Elders Council had no financial help until quite recently and up until now Council communication had been through email, mail, fax, and phone calls. The minutes from this full week-end of meetings will be forwarded to each new member immediately to bring everyone up-to-date.

The BC Elders Council is extremely grateful to the Provincial Health Services Authority who made these meetings in May possible, the PHSA thankfully agreed that it was important to fund the BC Elders Council so that the Council could meet to gather and share important information - particularly on the chronic disease DIABETES; which is plaguing our communities. And, upon returning home the Council was then able to take that valuable information with them to share with their community members. The PHSA knew that the Elders are an important key to communicating back home.

During the course of the meetings, future provincial meetings were discussed and the difficulties faced in trying to find reliable funding quarterly, or even yearly to allow for large scale meetings (though funding for future provincial meetings will continue to be sought out), consequently the idea of having Regional Elders Advisory Boards made up of BC Elders Council Members was born.

These Regional Elders Advisory Boards could meet much more frequently and then send in their 'Regional Reports' on your discussions, progress, solutions, goals, stumbling blocks, questions, etc., to be printed in the monthly Elders Voice so that you can all communicate on a provincial level with one another. (The Elders Voice is mailed out to every community and posted on the Elders Website www.bcelders.com for people to access who have computers).

Your Regional Elders Advisory Boards will be in a position to discuss problems, solutions, financial issues, funding concerns for the Annual Gathering, and for your Elders in general, health concerns, language concerns, now and future homecare/housing needs, etc., with all of these issues being examined from your Elder's point of view.

These Boards promise to become the driving force for changes and improvements for our Aboriginal Elders in BC. Please call the above toll free number for further information on the BC Elders Council and the Regional Elders Advisory Boards.

Gala Kasla

How Secondhand Smoke Effects Children

We all know that smoking leads to serious health problems for adults, but many people just don't get that being in a room that smells like smoke increases and prolongs [colds](#), [coughs](#), [sinus infections](#), and [asthma](#) in children. [Secondhand smoke](#) is responsible for 2 million [ear infections](#) in children each year. I know smoking is a tough habit to quit. If adults choose to continue to smoke, please don't do it in the same room as a child. Invest in HEPA air filters, houseplants, and a fresh coat of paint. *From www.drgreene.com*

Secondhand Smoke and Children

Secondhand smoke is a combination of the smoke from a burning cigarette and the smoke exhaled by the smoker. Also known as environmental tobacco smoke (ETS), it can be recognized easily by its distinctive odor. ETS contaminates the air and is retained in clothing, curtains and furniture. Many people find ETS unpleasant, annoying, and irritating to the eyes and nose. More importantly, it represents a dangerous health hazard. Over 4,000 different chemicals have been identified in ETS, and at least 43 of these chemicals cause cancer.

Who Is At Risk?

Although ETS is dangerous to everyone, fetuses, infants and children are at most risk. This is because ETS can damage developing organs, such as the lungs and brain.

Children's lungs and respiratory tracts: Exposure to ETS decreases lung efficiency and impairs lung function in children of all ages. It increases both the frequency and severity of childhood asthma. Secondhand smoke can aggravate sinusitis, rhinitis, cystic fibrosis, and chronic respiratory problems such as cough and postnasal drip. It also increases the number of children's colds and sore throats. In children under two years of age, ETS exposure increases the likelihood of bronchitis and pneumonia. In fact, a 1992 study by the Environmental Protection Agency says ETS causes 150,000 to 300,000 lower respiratory tract infections each year in infants and children under 18 months of age. These illnesses result in as many as 15,000 hospitalizations. Children of parents who smoke half a pack a day or more are at nearly double the risk of hospitalization for a respiratory illness.

The Ears: Exposure to ETS increases both the number of ear infections a child will experience, and the duration of the illness. Inhaled smoke irritates the eustachian tube, which connects the back of the nose with the middle ear. This causes swelling and obstruction which interferes with pressure equalization in the middle ear, leading to pain, fluid and infection. Ear infections are the most common cause of children's hearing loss. When they do not respond to medical treatment, the surgical insertion of tubes into the ears is often required.

Information from www.entnet.org

For Your Information

Launch of Wasase.Org

A rebellion of the truth... www.wasase.org

Wasáse.Org seeks to capture and convey a new "warrior" spirit: an attitude, a way of being in the world. It conveys through dialogue and reflection the outline of a new movement for change among Indigenous peoples that is rooted in traditional philosophies and values, but which draws from many different social and political strategies to challenge the colonial, or Settler society's dominance of Indigenous lives and land, and to altering the balance of political and economic power to re-create social and physical space for Indigenous freedom.

Niawen, Taiaiake.

Youth Suicide Prevention Walk
Making a Difference, One step at a Time
Vincent Watts, President

166 Wakesiah Ave. Nanaimo, B.C. V9R 3J9 Ph: (250) 716 – 3346 Email: vincentwatts@hotmail.com
Web: www.theyouthsuicidepreventionwalk.com Charity # 86211-0210-RR0001

What is the Youth Suicide Prevention Walk?

The Youth Suicide Prevention Walk is a group of youth walkers and their support staff and volunteers, who last year walked from Nanaimo B.C. to Ottawa, Ontario. Our objective was to raise awareness of the tragic problem of youth suicide on our reserves and in our communities across Canada.

Last year we carried our message to 73 reserves across Canada. We made presentations at junior high schools, high schools, and juvenile detention centres. We spoke to more than fifty chiefs across the nation and appeared on radio and television broadcasts, including A.P.T.N., and in newspapers across Canada. We also brought our message to government caucuses in Alberta and Saskatchewan.

Why are we making this walk?

The rate of suicide among First Nations youth has reached epidemic proportions. The Nunavut region alone is at a high of seven times the national average. Between 70-80% of all Canadian youth consider suicide before graduation from high school. More than 25000 youth attempt suicide each year and of those, 250 are successful. In 2000, 35 British Columbia youth, between the ages of 10 and 19 committed suicide. First Nations men between the ages of 15 and 24 have a suicide rate of 126 per 100 000 while the national suicide rate among Canadian men is 24 per 100 000. In Nishnawbe-Aski Nation between the years 1986 to 1995, there was a 400% increase in suicide and on the Northern Coast of Labrador, an overall rate of 80.2 for youth between the ages of 10 - 19 years old.

While in Alberta, the rate was 80, and the central region, the rate was 71.2 per 100 000. Youth suicide rates in Canada are at epidemic proportions and as Chief Charles Fox, of the chiefs of Ontario said: losing one more person to suicide is one too many. Fox also said that it is time for the federal government to get more involved and create a program to help combat the problem. Our Elders say, " Silence is deadly when we pretend the problem is not there, communication is the healer to break that silence." The Youth Suicide Prevention group walked again across Canada: the walk commenced on March 31, 2004 from Nanaimo, B.C. and ended in Ottawa on June 21, 2004, which is Aboriginal Day in Canada, and will be walking again this year starting on March 28, 2005 in Duncan B.C. and ending on June 21, 2005 in Ottawa, Ontario.

Our Goals

In 2003 we walked for the red race, In 2004 we walked for the yellow race, this year we will walk for the black race, and in 2006, our last year, we will be walking for the white race, and our circle will be complete.

Some of the things that the Youth Suicide Prevention Walk wants to accomplish in 2005 are: We plan to continue Youth Suicide Prevention Walk until our final walk in 2006. We hope by then the federal government will acknowledge the staggering rates of suicide in Canada and do something. We are planning to do Tribal Journey's so we can raise awareness to some of the communities that we may have missed during the walk and help the youth who are struggling with suicide issues. We feel that if the youth partake in the walk, Tribal Journey's and other ceremonies, such as sweats, it will help them deal with their problems in a safe cultural environment. We plan to create a place where our youth can come and learn about their culture and the importance of ceremonies. We hope to convince the government to of a treatment facility where youth who are contemplating suicide can access in crisis, and where they can have access to long and short-term counselling, treatment support and to educate our communities on how to deal with the issues around suicide. We hope that the government will recognize the dire need for such a facility and will start a pilot project that would have trained staff and elders, and a crisis response team. Currently the national budget for suicide prevention in Canada is \$700 000.00 this is by far not nearly enough to make a difference in the lives of our youth. It is also

our goal to see that the government increases the budget for suicide prevention, to create a national Suicide Prevention Program and have a national "Aboriginal & Youth Suicide Awareness Day"

What Can You Do To Help?

We are encouraging all of our supporters to write to your federal legislators to encourage them to respond to this epidemic. You can write letters to the Prime Minister and send a copy to the following Ministers, and a copy to Youth Suicide Prevention Walk.

The Honourable Paul Martin, Prime Minister

The Honourable Anne McLellan, Deputy Prime Minister & Minister of Public Safety and Emergency Preparedness

The Honourable Irwin Cotler, Minister of Justice & Attorney General of Canada

The Honourable Andrew Mitchell, Minister of Indian Affairs & Northern Development

The Honourable Pierre Pettigrew, Minister of Health, Minister for Intergovernmental Affairs & Minister Responsible for Official Languages

The Honourable Ralph Goodale, Minister of Finance

The Honourable Claudette Bradshaw, Minister of Labour & Minister Responsible for Homelessness

The Honourable Denis Coderre, President of the Queens Privy Council for Canada & Minister Responsible for the Offices of Indian residential School Resolution

The Honourable Liza Fulla, Minister of Social Development

The Honourable Ethel Blondin-Andrews, Minister of State (Children & Youth)

The Honourable Carolyn Bennet, Minister of State, (Public Health)

Letters can be sent to: *And copies to the Youth Suicide Prevention Walk*

The House of Commons Wellington St. Ottawa, Ontario K1A 0A6

To Send Monetary Donations

Our journey is a very long and expensive one: it starts on March 28, 2005 and will end on June 21, 2005. That is almost three months. We provide travel costs, gas, lodging, food, equipment, provisions, and many other expenses for our walkers, staff and volunteers. As we also rely solely on the generosity of our communities, businesses and agencies across Canada, so we are making an appeal to all of our communities to support Youth Suicide Prevention Walk on our journey. We are also planning on visiting more First Nations communities than we did in previous years, so this will mean spending more money, and we are planning to purchase our own van as well as rent a second escort vehicle. We need extra money for administration costs, advertising & literature and many more expenses that we did not have funding for the previous years. To make Monetary Donations, please send cheques to:

Youth Suicide Prevention Walk

166 Wakesiah Avenue

Nanaimo, B.C.

V9R 3J9

Canada

Make cheques payable to: Youth Suicide Prevention Walk

Or you can make a direct deposit into any BMO/Bank of Montreal Transit 3820 - Acct. 1010-882

Our Branch - Bank Of Montreal Dickinson Crossing Branch

1 - 6908 North Island Highway

Nanaimo, B.C. V9V 1P6

The main areas that we are asking for your assistance are:

1. Political support
2. Financial support
3. Ideas and contacts for support of our cause
4. Statistics for the suicide rates in your nation
5. Answers to the question, "What services do we need, and which services should be funded?"

We thank you for taking the time to consider this very important cause.

With Gratitude and Appreciation, Vincent Watts, President

Elders Transportation Program

2005 Application Form

(Please note criteria changes since last year)

Applications will be accepted between April 1st and May 20th 2005

Objective

To provide partial funding to Elders for travel costs related to heritage, cultural and educational workshops and conferences. A total of 25 individual grants are available (up to a maximum of \$1,000 each).

Eligibility

1. Applicants are an Aboriginal Elder or a recognized Aboriginal organization on behalf of Elders.
2. Travel is within British Columbia.
3. Travel distance to the event is greater than 200 kilometers (one way, road distance only).
4. Applicants complete the attached application form and include a letter explaining the request for funding and a conference/workshop/event agenda.
5. Eligible travel costs are as follows: travel (including mileage, vehicle rental, ferry, airfare, bus, rail, etc.), meals, accommodation and other related travel expenses such as parking or taxi. (Please note travel costs will be reimbursed at the provincial government group II allowable travel expense rates and travel must be by the most economical means. Rates are included on this application form.)
6. Applicants who have received an Elders Transportation grant in the previous two consecutive years are ineligible to apply this year and may apply again next year.

General Program Conditions

1. Applications must be accompanied by:
 - a brief cover letter outlining financial need AND
 - an agenda of the conference/workshop/event.
2. Applicants are eligible to receive funding up to a maximum of \$1,000. Applications will be reviewed by a subcommittee and approved for funding based on factors including: distance away from the event, overall travel costs, and regional representation.
3. Only one application per fiscal year per organization or community will be approved.
4. Applicants will not be reimbursed for actual travel expenses that exceed the projected amount.
5. The BCAAFC is not responsible for any expenses incurred prior to the applicant receiving a written confirmation of approval.
6. Previous Elders Transportation or other provincial grants to the applicant and/or Aboriginal Organization must be accounted for or the applicant may be ineligible for funding.

Deadline for Applications

Applications for Elders Transportation assistance will be accepted between **April 1st and May 20th 2005**. (Please note completed applications that are not received 60 days before the date of travel to the conference or workshop cannot be guaranteed of receiving funding prior to travel.)

After the conference

Funding recipients must submit a report within 30 days of travel to the BCAAFC. The report must include:

- A brief statement or narrative summary including a list of names of those who attended the event AND
- A financial summary of actual travel costs including copies of receipts pertaining to the Elders Transportation Program.

(Please note if actual travel expenses are less than the amount advanced, the difference must be repaid.)

Submit applications to:

**Attn: First Citizens Fund Administrator
BC Association of Aboriginal Friendship Centres
#200 - 506 Fort St
Victoria, BC V8W 1E6
Phone: (250) 388-5522
Fax: (250) 388-5502**

B.C Association of Aboriginal Friendship Centres

First Citizens Fund

Elders Transportation Program Application Form

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Official Use Only

(Note: Please review new criteria on previous page)

Complete All Sections of this Application

A. Contact Information

1. Elder's Organization/Band:

2. Mailing Address:

3. Name of Contact Person for this Application:

Telephone: (business) _____ (home) _____ Email: _____

4. Number of Elders Requesting Transportation Assistance: _____

B. Travel Information

5. Point of Origin: _____

6. Destination: _____

7. Distance one-way (according to Tourism BC Road Map): _____ km

8. Departure Date: _____ Return Date _____

C. Supporting Documentation

9. Applications must be accompanied by:

- a brief cover letter outlining financial need AND
- an agenda of the conference/workshop.

D. Financial Information

ELDERS BUDGET <i>Please complete the total budget for Elders' travel to the conference/workshop/event and estimated or actual revenue. Provincial government group II allowable travel rates have been included here for convenience.</i>		
REVENUE		
<i>First Citizens Fund Elders Transportation Program</i>		\$1,000.00
(*list other sources)		\$
		\$
TOTAL REVENUE		\$
Planned Expenses	Total Budget	Revenue (include source as above)
*Note travel costs are eligible one way only		
VEHICLE RENTAL COSTS:		
Name Rental Company:		
Total rental \$ _____ x _____ (#days)	\$	\$
Mileage # _____ x \$0.44/km	\$	\$
WATER TRANSPORTATION COSTS:		
Ferry from: _____ to: _____		
Fare per vehicle/driver _____ x _____ #Vehicles	\$	\$
# passengers _____ x _____ (Fare)	\$	\$
MEALS (Up to \$44.50/day per person)		
# Elders _____ x _____ # days x \$44.50	\$	\$
ACCOMMODATION (Hotel-up to \$115/day per person) Base on double occupancy		
# Elders _____ x _____ # nights x \$115.00	\$	\$
OTHER COSTS:		
Caregiver	\$	\$
Driver	\$	\$
	\$	\$
TOTAL BUDGETED EXPENSES AND REVENUE	\$	\$

E. FOLLOW UP REPORT

Final report to be submitted within 30 days of travel. Report to include:

- Statement or narrative summary and list of names of those who attended the event AND
- Financial summary AND
- Receipts pertaining to the Elders Transportation Program. (Please note receipts should pertain to those planned expenses identified under the financial information section as Elders Transportation Program expenses)

Please remit the above to the B.C. Association of Aboriginal Friendship Centres at the following address:

Attn: First Citizens Fund Administrator
BC Association of Aboriginal Friendship Centres
#200 - 506 Fort St Victoria, BC V8W 1E6
Phone: (250) 388-5522
Fax: (250) 388-5502

CERTIFICATION

I hereby certify that, to the best of my knowledge, all information in this application is correct and in accordance with the policy of the Elders Transportation Program. I agree to inform the **B.C Association of Aboriginal Friendship Centres** of any changes in the travel information given.

Name of Authorized Person

Signature

Name of Witness

Signature

Date

Date

YOU ARE INVITED TO OUR GALA EVENT - Traditional Dinner Fundraiser
In Honor of our two Graduates: LAKESHIA HANSON AND MOLLY WILSON

Dinner, Elvis Impersonator and "The Larry Hanson Band"

WHEN: APRIL 23, 2005

WHERE: The Homalco Cultural Hall, Campbell River, BC. TICKET \$20 each

Silent Art Auction, Door Prizes and 50/50 Draw
Dinner will be served between 4 PM and 6 PM
Live Band Dance to follow

HOPE TO SEE YOU ALL THERE!

In regards to Lakeshia Hanson:

The Campbell River School District 72 has offered Lakeshia seven years of cultural awareness through speaking and writing the Kwakwala language. She has been performing Cultural songs and dances for seven years with our Klem-a-too Youth Group. Lakeshia's future goals are to be a Youth Counsellor, specializing in the Fetal Alcohol and Narcotic Syndrome prevention. She has been raised to be proud of her cultural identity and believes in alcohol, drug, and tobacco prevention for our future generations. Lakeshia plays the flute, saxophone, writes poetry, figure skated for five years, ballet, and hip hop dance class.

In regards to Molly Wilson:

Molly has been blessed with her rich Kwagulth cultural teachings of her Grandmother Gloria Paul (nee Chickite), who teaches her Traditional Button Blanket making, preservation of our Traditional foods, and Traditional nurturing of children. Gloria Paul (nee Chickite) has blessed Molly with teachings that no book has to offer. Molly is a beautiful Traditional young Coast Salish/Kwagulth graduate for 2005 and on behalf of her Grandmother; she hopes to pursue a career in the culinary arts.

Our Sober Graduation Fundraiser will accept any art donations for our silent art auction anytime please mail to: Donna Hanson, 1310 Bute Crescent, Campbell River, BC V9H 1G6 or phone: 250-923-1014. Thank you for supporting our Sober Graduation Fundraiser. Gey-La-Kasla

March 16th 2005

Dear Elders,

A very special event took place here at the beautiful Nicola Valley. Elders were invited to a luncheon given in their honor, which was the first of its kind to be hosted by the Conayt Friendship Centre, and we all hope there will be many more such events in the coming years. The elders enjoyed a well-balanced meal and were then entertained by five very prestigious traditional dancers. Dennis Francis of the Ojibway Nation, along with Richard Jackson Jr. of the Thompson/Okanagan Nation performed traditional dances in their very elegant regalia. And, Ross Hunt of the Kwagulth Nation performed with daughter Dawn Elizabeth and granddaughter Rayne Porter.

We are especially blessed over here at the Nicola Valley to have Ross Hunt apart of our communities, Ross is married to a young lady from the Okanagan Nation named Karen Hunt (Sheena) whose parents were Lena and Johnny Sheena from Quilchena. Ross has enriched our lives by sharing his culture and traditions. As some of you who are well informed in the pow-wow protocol, the dancers and their regalia are very significant and Ross Hunt took time to talk about his regalia, about his clan, and the button blankets, which his daughter and granddaughter were wearing and about the history of his people.

Dennis Francis is the Exe. Dir. of the Conayt Friendship Society and we feel very fortunate that Mr. Francis

also shares with our community his vast knowledge in business as well as his culture and traditions. Richard Jackson Jr. is well travelled and he thankfully brings home his wisdom and healing to our urban people and enjoys the blessing of two distinct cultures, the Thompson from his grandfather Isaac Jackson, and the Okanagan from his grandmother Lizzette Saddleman.

The young lady who put all of the events together for the Elder's Luncheon was Krisalena Antoine from the Coldwater Band. Krisalena is a very traditional young woman whose parents (Sharon and David Antoine) taught her very well indeed. Krisalena's uncle was the late Grande Chief Gordon Antoine and her brother Thomas Terry of the Lillooet Band was her assistant and M.C. for the event. Thank you also today to Madeline Tom, Okanagan Nation who never has to be asked twice to help out, she is always looking out for others and their needs and a special thank you to Diane and Tae Kim, for sharing their culture by serving our elders their Korean tea. Last, but certainly not least, thank you to a most respected and honored elder Liza Edwards, thank you Liza for your prayers of blessing for the meal, prayers that were inclusive of the Thompson, the Okanagan and the English. (Liza is 96 years old) We love you Liza.

With respect and friendship,
Jeanette McMaster (Jan)
BC Elders Council, Member of the Okanagan Nation and the Upper Nicola.

CANADIANS FOR RECONCILIATION

2-24-05

FOR IMMEDIATE MEDIA RELEASE:

(A tsunami related story with a wonderful ending)

On December 29, many media reported the heart-warming story about the presentation of a \$2200 donation to the Asian Tsunami victims by some of the poorest in Canada to the Red Cross office. What was remarkable about the action of these 2003 flood victims from Mt. Currie Reserve was that they did not give out of their wealth but out of their poverty had asked Canadians For Reconciliation to redirect the funds raised for their flood victims to the catastrophic needs of the Asian tsunami relief.

Last week I received a surprise call from a lawyer's office saying that a client of theirs had seen the above story on the Georgia Straight and would like to donate \$2200 back to the native flood victims. This Wednesday I received the cheque and in the lawyer's letter it mentioned this anonymous client "was most impressed by this generous act and wishes to replace their contribution in recognition of their kindness."

This is a wonderful ending to a courageous act by a group who has not much material things by any standard but has shown forth exemplary human compassion and generosity. This is about a story arising from the story of Chinese-Canadians and the First People responding to each other's crisis while in the process of restoring a shattered relationship. I am thankful that such acts of kindness and small steps towards reconciliation had not gone unnoticed, as expressed by this anonymous and generous donor. Such acts of selfless generosity and mercy between British Columbians and First People will put to shame Gordon Campbell government's mean-spirited aboriginal policy which ignores the just need for land treaties while promoting uncontrolled deregulation of mining, farm fisheries and logging on unceded First Nation territories.

Bill Chu,
Founder, Canadians For Reconciliation Contact: Bill Chu 604-261-6526

CANADIANS FOR RECONCILIATION is a peaceful non-partisan grassroots movement committed to developing a new relationship with aboriginal people, one that signifies a deep apology for past injustice, a willingness to honor truth now and a resolve to embrace each other in the new millennium

TL'AZT'EN NATION STATEMENT

MERCURY-LADEN MINING WASTE SPILLS INTO PINCHI LAKE, PROVINCIAL CHIEF MINE INSPECTOR DOWNPLAYS ITS SIGNIFICANCE; TL'AZT'EN FIRST NATION ISSUES A MORATORIUM ON NEW MINING ACTIVITY IN THEIR TRADITIONAL TERRITORY

FOR IMMEDIATE RELEASE

TI'azt'en Traditional Territory, Tache, B.C. (February 21, 2005) – We feel it's a disgrace that a tailings pond can spill its mercury-laden waste into a lake and somehow this is "not expected to hurt the water quality," as the province's chief inspector of mines, Fred Hermann, said in a news report out of Prince George last week.

How could this be?

Mr. Fred Hermann, the province's chief mine inspector, indicated that the dam break, which occurred on or about November 30 of last year, saw anywhere from 6,000 to 8,000 cubic metres of rock, dirt and waste water spill into the lake. This amount is equivalent to about two Olympic-sized swimming pools. According to Mr. Hermann, the material was "benign" and "inert" when compared to what existed there before. If so, this is truly tragic, yet very telling, as it indicates that there are at least two stories here.

One is the dam failure itself, which to our knowledge is the second time. The other is the historic treatment of this lake by Teck Cominco, where over time untold amounts of mercury-related toxins were released into it.

This 5500 hectare lake is located about 50 kilometers from Tache, the TI'azt'en First Nation's main village. It supports a variety of fish, mostly lake trout, whitefish, and rainbow trout.

For countless centuries the fish and the surrounding wildlife have sustained our people's excellent health and well-being, including our relatives in Nak'azdli. But after the mercury mine opened in the 1940's, and again in 1970's, appalling things began happening to our people's health. We now know this is because of past mining activities, which have tainted the fish with mercury. To better understand this, I invite you and anyone else to our village to listen to our story of how this beautiful lake was ruined by mining. And this was before the recent spill. Now what can we expect because of it? We still have many questions that the government and the company haven't provided answers to.

We want this lake back to its former health and productivity. As it is, even popular sport fishing publications warn people not to eat the fish because they are contaminated with mercury. We feel it is only appropriate to be directly involved in all activities that will rehabilitate this lake. Therefore, we will be seeking out meaningful consultation and accommodation from the company and government on this issue. Meanwhile, to date, both have not been forthcoming with information, except for reports that were completed without our involvement.

Until these issues are properly dealt with, the TI'azt'en Nation has issued a moratorium on new mining activities in our territory. This position is consistent with other first nations across the province, contending that the B.C. mining industry has much to account for before making further incursions into their territories. For more information, contact Chief Thomas Alexis, TI'azt'en Nation, at 250-648-3212.

Backgrounder

TI'azt'en Nation – "people by the edge of the bay" – is a First Nation situated in north-central British Columbia. We know ourselves as Dakelh ("we travel by water") but when Europeans first arrived here, they called us 'Carrier Indians.' Our language, Dakelh, is part of what is called the Athapaskan language group.

Prior to contact, our traditional territory covered a vast area along Stuart Lake running up the Tache River almost to Takla Lake to the north. The Keyoh (land) was managed by family units and the family head controlled the hunting, fishing and gathering in his Keyoh. It was not until the late 1800's that Tl'azt'enne began to gather in central communities in response to the fur-trade and the dictates of the Roman Catholic Church.

The present population of Tl'azt'en Nation is around 1300. Approximately 800 people live in one of the communities of Tache, Binche, Dzitl'ainli, or K'uzche. Tache, the largest of the communities, is situated 65 km north of Fort St. James at the mouth of the Tache River on Stuart Lake. Binche is twenty-five km from Fort St. James and is at the mouth of the Binche river, which drains Binche Lake (Pinchi Lake) into Stuart Lake. Dzitl'ainli is on Leo Creek road along side Trembleur Lake. K'uzche is on the Tache River.

The main administrative offices are in Tache, as are the elementary school, daycare, Head Start, health and RCMP offices.

It is our goal to have our culture and language integrated into all aspects of our education from daycare to high school. Over the years we have trained our people to work in our daycare, Head Start and our community-based elementary school. We are presently working to preserve and digitize and promote our language, stories and cultural practices so that they will form our curriculum. Our elders are helping us in our effort to reinstate and perpetuate our language and culture before it is all lost.

Our people still live off the land. We hunt moose, deer, bear, caribou, mountain goats, and small fur bearing animals. We set nets for salmon, whitefish, trout, kokanee, spring salmon, and lingcod. We still go to our campgrounds in the summer time and gather food for winter storage.

See: www.tlc.baremetal.com

MEDIA ADVISORY For Immediate Release

February 24, 2005

PROVINCE TO THROW IN THE TOWEL ON ABORIGINAL TITLE CASES

In an unprecedented move, the Province of BC will attempt to throw in the towel next week in two cases regarding Aboriginal title – one with the Okanagan Band and the other with the Spallumcheen, Adams Lake and Neskonlith Bands. The Province's move will have wide-sweeping implications for all British Columbians.

The cases were started by the Province in 1999 and are aimed at enforcing stop work orders issued to the Bands following logging projects started by them under the authority of licences issued by their respective Nations. The Province has to pay the Band's costs of fighting the cases following a 2003 BC Court of Appeal decision on the costs issue that was upheld by the Supreme Court of Canada.

The four Bands involved in the cases, Okanagan, Spallumcheen, Adams Lake and Neskonlith, will be holding a Press Conference in relation to this significant development on Friday, February 25th, 2005 at 9:00 AM in the Vernon Room at the Prestige Inn, 4411 – 32nd Street, Vernon, BC.

For more information:

Chief Ron Jules, Adams Lake Band (250) 679-8841

Lyle Brewer, Spokesperson, Okanagan Band (250) 260-8115

Chief Gloria Morgan, Spallumcheen Band (250) 838-6496

Chief Art Anthony, Neskonlith Band, (250) 679-3295

ANNUAL BC ELDERS RAFFLE
Note: New Dates: May 15th - September 15th 2005

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

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

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

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

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

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

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

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

Sincerely,

Donna Stirling, Coordinator

BC Elders Communication Center Society

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

Toll Free: 1-877-738-7288

Phone: 250-286-9977

Fax: 250-286-4809

Email: bcelderscommcenter@telus.net

Website: www.bcelders.com

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

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

TRADITIONAL HEALING CORNER

First Nations communities have much to offer in the way of traditional healing. If you can provide info of who and what is available in your area, please call in to the office on the toll free line to talk.

PROVERBS:

An ass is but an ass, though laden with gold.	Romanian
Ask a lot, but take what is offered.	Russian
Be prepared.	Boy Scout Motto
Better be quarreling than lonesome.	Irish
Beware of a man of one book.	English
Beware of the young doctor and the old barber.	Benjamin Franklin
The crow that mimics a cormorant is drowned.	Chinese
A book is like a garden carried in the pocket.	Chinese

BIBLE QUOTES:

"Thou shalt neither mistreat a stranger, nor oppress him; for ye were strangers in the land of Egypt. Ye shall not afflict any widow, or fatherless child. If thou afflict them in any way, and they cry at all unto me, I will surely hear their cry." Exodus 22:21-24

"Many are the all fictions of the righteous: but the Lord delivereth him out of them all." Psalms 34:19

"Honor thy father and thy mother, that they days may be long upon the land which the Lord thy God giveth thee." Exodus 20:12

"When I am old and grayheaded, O God, forsake me not." Psalms 71:18

Quotations: "April, the angel of the months." Vita Sackville-West
"An interior is the natural projection of the soul." Coco Chanel
"The body is a sacred garment. It's your first and last garment; it is what you enter life in and what you depart life with, and it should be treated with honor." Martha Graham

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

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

24 Hours a day - 7 days a week - **National Crisis Line 1-866-925-4419**
The Indian Residential School Survivors Society provides free, immediate, confidential, non-judgmental, support for residential school survivors across Canada

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

The Host for the 29th Annual BC Elders Gathering is the Carrier Sekani Tribal Council Traditional Territories in Prince George and they can be reached at **1-800-280-8722** or by email at agrant@cstc.bc.ca. There are **NO** Registration Forms or accommodations info available from the host at this time though it is all being worked on. The dates for the Gathering are set for **October 4,5,6 2005** at the Prince George Civic Centre.
Please continue watching this space in future issues for updates, but this should be enough to allow you to book your rooms for the event.
Sincerely, Donna Stirling, BCECCS Coordinator, BC Elders Council Secretary