

Volume 8 Issue 9

August 2008

EV'S 93rd Issue!

**ATTENTION:
ELDERS SUPPORT PEOPLE
PLEASE DON'T FORGET TO MAKE
COPIES OF THE ELDERS VOICE
EACH MONTH FOR YOUR ELDERS.**



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

Dear Elders and Support People,

Please check out the photos from the recent Annual Elders Gathering in Prince Rupert. The photos were taken for us by Brooke Ward with The Northern View Newspaper who also wrote the article on page 4 about the event for their paper. The next event will be in Terrace, no further details available as yet so just watch your Elders Voice for future updates.

Dear First Nations Elders Contact People,

If your office hasn't been able to pay the \$250 yearly support fee to assist this provincial elders office to operate could you please consider paying the half year support amount of \$125.

Please mail support fees to BCECCS at 1415 Wewaikum Road, Campbell River, BC, V9W 5W9

Your assistance is very much appreciated.

Sincerely, Donna Stirling, Coordinator

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Easy Bakers Corner – Summer Fruit Cake makes a 9-10 in. cake

Peel skin from 2 peaches and 2 firm ripe pears. Cut into 1/2-inch pieces. Add 1 1/2 cups of pitted halved cherries. Set aside.

Beat together 1/2 cup of butter or margarine and 1 cup plus 2 Tbsp. Granulated sugar until light and creamy. Combine 2 1/2 cups all-purpose flour and 1 Tbsp. Baking powder. Mix 1/4 cup milk and half of the flour mixture into creamed butter and sugar.

Beat in 4 eggs. Add remaining flour mixture. Blend well. Stir in 1/2 tsp. lemon extract or grated lemon rind and the fruit mixture.

Pour batter into greased 9 or 10 inch springform pan.

Bake at 350°F for 1 hour and 10 minutes or until golden brown and toothpick comes out clean,

Cool on rack in pan for 15 minutes before carefully turning out to cool on rack.

Serve warm with whip cream or yogurt.

Handy Tips:

1. Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.
2. Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
3. To really make scrambled eggs or omelets rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.

What Can you please share?

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

‘PRESERVING THE PAST’

New Elder’s Website: www.bcelders.com

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

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

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

Disclaimer:

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

BC ELDERS COMMUNICATION CENTER SOCIETY

8th Year GRATITUDE LIST

Groups who have thankfully paid their \$250 'Yearly Support Fee'
so far for the Dec. 2007 – Nov. 2008 Year

1. Gingolx Elders
2. Seton Lake Elders
3. Assembly of First Nations (Ottawa)
4. Mamalilikulla Qwe'Qwa'Sot'Em Band
5. Nuu-chah-nulth Tribal Council
6. Hamatla Treaty Society
7. Hailika'as Heiltsuk Health Centre
8. Qualicum First Nation Council
9. Quatsino First Nation
10. Tobacco Plains Indian Band
11. Tansi Friendship Centre Society
12. Tsleil-Waututh Nation
13. Gitsegukla Band
14. Bridge River Indian Band
15. Vancouver Aboriginal Friendship Centre Society
16. Sumas First Nation
17. Tsawwassen First Nation
18. BC Assembly of First Nation
19. Osoyoos Indian Band
20. Carnegie Community Centre Association
21. Wuikinuxv Nation
22. Mowachaht/Muchalaht
23. Wewaikum First Nation
24. Da'naxda'xw First Nation
25. Tseycum First Nation
26. Gitanyow Human Service
27. Uchucklesaht Band Council
28. Chehalis Indian Band
29. In-SHUCK-ch Nation
30. Wet'suwet'en First Nation
31. Douglas First Nation
32. Xaxli'p Indian Band
33. BC Transmission Corporation
34. Squiala First Nation
35. Ts'kw'aylaxw Elders Society
36. McLeod Lake Tse'khene Elders Society
37. Kitamaat Village Council
38. Tsawataineuk Band
39. Cook's Ferry Indian Band
40. Ki-Low-Na Friendship Centre
41. BCAAFC
42. Kwikwetlem First Nation
43. Musquem Indian Band
44. Adams Lake Indian Band
45. Kamloops Indian Band
46. We Wai Kai Nation
47. Tla-o-qui-aht First Nation
48. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation
49. Lower Kootenay Band
50. Carrier Sekani Family Services
51. Doig River First Nation
52. Lower Nicola Indian Band
53. Soowahlie Health Services
54. Tsewultun Health Centre
55. Union of BC Indian Chiefs
56. Fort St. John Friendship Society
57. Nuxalk Nation Elders
58. Hesquiaht First Nation
59. Ehattesaht Tribe
60. Kluskus Indian Band
61. Samahquam Band
62. Canoe Creek Band
63. Homalco Indian Band
64. Mount Currie Band Council
65. Kermode Friendship Society
66. Old Massett Village Council
67. Lytton First Nation
68. Spallumcheen Indian Band
69. Ulkatcho Indian Band
70. Eniyud Health Services
71. Tl'azt'en Nation
72. Shuswap First Nation
73. T'IT'QET Elders Council

Dear Elders Contact Person,

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

***If your office/group has VOIDED the Invoice for this year and faxed it back in to this office.**

***If you are in the process of paying the fee with the new fiscal year upon us, then thank you very much.**

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

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

THE NORTHERN VIEW

B.C. Elders Gathering is deemed a resounding success

By Brooke Ward - The Northern View Published: July 15, 2008 11:00 PM

Participation in the 2008 Provincial Elders Gathering exceeded expectations for organizers of last week's action-packed conference, with over 2,000 elders registering.

Prince Rupert's hospitality and focus on having a good time in the face of the tremendous effort that such an event requires did not go unnoticed by visitors.

"I came with my husband and sister and we all very much enjoyed ourselves," said one participant from the Vancouver area.

"The trip was a little longer and even though the weather was not always cooperative, it was fun to be here, see old friends and enjoy each other's company. I understand there were some challenges but the organizing committee pulled together very well. The food was good, the entertainment was wonderful and everyone was so friendly."

Packed from morning to night, the schedule included many opportunities for cultural events, featuring dancers from several different nations and an arts, clothing and regalia market in the auditorium, not to mention a variety of workshops from cedar bark rose making to the humour-infused hands on self defense seminar called 'poke 'em in the eye and run like hell'. Group meals were another opportunity to meet and mingle, with celebrated guests like Stephanie Forsythe of Northwest Community College and Lieutenant Governor Steven Point.

Point had a wonderful time while in Prince Rupert, participating in a number of activities, notably the grand march on Monday evening that he led along with dignitaries like MLA Gary Coons and Prince Rupert Mayor Herb Pond.

The event concluded on Wednesday afternoon with the announcement of next year's hosts. As it turns out, local elders will not have very far to travel next year, with Terrace having been selected as the host city.

Donning bright yellow tee-shirts a bevy of volunteers, including many youth, could be seen at any point during the gathering, sprinkled amongst the guests, facilitating registration, serving food and cleaning up.

"Volunteers were integral to the success of this event and they put in a great effort," said Kaien Island Elders chair and Gathering organizing committee member Louisa Sanchez, also adding a note of thanks to all those that opened their homes to elders and to coordinator Darlene Wolf.

Volunteers also included a youth service group comprising members from throughout North America and they were just as thrilled with the opportunity to participate in the conference.

"This whole experience has been eye opening," said Carolyn Kirby, from Texas.

"It was hectic and busy, but that was the amazing part. Just to be a witness of so many different cultures in that way and even talk to a few of the elders was an honour."

Supreme Court says B.C.'s aboriginal-only fishery constitutional

4 hours ago (June 27, 2008) from the Canadian Press

VANCOUVER — The Supreme Court of Canada says that the disadvantage of aboriginal peoples in Canada is indisputable, and because of that an exclusive aboriginal-only fishery on British Columbia's Fraser River did not violate the constitutional rights of non-native fishermen.

During a 1998 pilot project, the federal Department of Fisheries and Oceans allowed three aboriginal bands a 24-hour salmon fishery on the river while non-native fishermen remained at the dock.

In a decision released Friday, the high court justices ruled 9-0 that the federal government was within its rights to give the First Nations a head start on the commercial fishing season.

"The disadvantage of aboriginal people is indisputable," said the court ruling.

"More particularly, the evidence shows in this case that the bands granted the benefit were in fact disadvantaged in terms of income, education and a host of other measures. This disadvantage, rooted in history, continues to this day."

The decision upheld the convictions of more than 50 non-native fishermen who defied the department, and set their nets for sockeye salmon during the window reserved for the aboriginals.

While the B.C. provincial court originally stayed the charges on the grounds that the special fishery violated the charter rights of the non-native fishermen, that decision was overturned on appeal and they were convicted of illegal fishing.

The Supreme Court agreed with the B.C. Court of Appeal and held that the special fishery was an attempt to help a disadvantaged group, which is expressly allowed under section 15 (2) of the charter.

Chief Justice Beverley McLachlin and Justice Rosalie Abella wrote that the exclusive fishery fell under the part of the charter that essentially allows affirmative-action programs.

The court found that the non-natives were treated differently based on race but they couldn't claim a violation of their rights.

"Not every distinction is discriminatory," said the ruling.

"By their very nature, programs designed to ameliorate the disadvantage of one group will inevitably exclude individuals from other groups. This does not necessarily make them either unconstitutional or 'reverse discrimination'."

The First Nations Summit, which represents aboriginal bands involved in the B.C. treaty process, said the decision recognizes the right of the federal government to try to provide economic opportunities for aboriginals.

"I hope (the decision) settles the whole thing down, knowing what First Nations are arguing and what the government did was legally right," said Grand Chief Ed John.

John said the decision affirms that the Charter of Rights and Freedoms gives Ottawa the discretion and ability to establish such programs.

"Equality does not mean the same; equality means you can treat people differently."

The B.C. Fisheries Survival Coalition, which represents non-native fishermen, said they will look at legal options but their political fight will definitely continue.

"Politically, we still expect Prime Minister Harper to keep his promise to end race-based fisheries in British Columbia," said spokesman Phil Eidsvik.

"This decision clearly puts the problem back on his desk."

Eidsvik said the program continues today under another name and the coalition wants it to end.

"We want a single commercial fishery where all Canadians fish together regard to race, creed or colour," he said.

Eidsvik said aboriginals account for 35 to 40 per cent of the commercial fishery in B.C.

"They're saying that because aboriginals in society are generally disadvantaged, it's okay to discriminate against commercial fishermen in B.C., because there's not enough judges and doctors and journalists and DFO employees who are aboriginal," he said.

Child Death Review Unit

Children and Youth (Pg. 79 of the Child Death Review Unit's Report)

A MESSAGE FROM THE FIRST NATIONS HEALTH COUNCIL

The death of an Aboriginal child speaks to our vulnerability, the death of Aboriginal children speaks to our liability, and the weight of their memory speaks to our desire to ensure the longevity of all of our children. There is no greater truth than the brevity and complexity of life and death, and the value of weighing the consequence of each within the beliefs that we pass on to our children. Our children carry all of who we are and where we come from, and we pray that our children carry forward all that we work for and aspire to. We are nations of people always praying for the well being of our children.

Jordan's Principle is the effect of the death of one of our own. This Principle has raised a collective awareness of the circumstances that we are operating in, where conflict of interest issues can cloud our ability to care for our children. This conflict is further aggravated by the smallness of Aboriginal social units that constantly struggle for expertise, resources, justice, and the capacity to affect policy that allows us to protect Aboriginal children in life and in death. Jordan's Principle ensures jurisdictional disputes do not prevent Aboriginal children from receiving care otherwise guaranteed to all Canadian children. There is a need for police, social service agencies, provincial ministries, and for all of British Columbia to consult with each other to be brave enough to speak and uncover the truth, and for truth to assign social responsibility and an opportunity for change.

Change also defines the reality that there are few people that can fill jobs in our communities and fill those positions of great responsibility that look after our children. Disparity is continually accepted as a means to childcare, community development, self-government, and our right and title to care for each other. Current social agreements must address the need for all of British Columbia to rise to the challenge to take care of our children in a manner that reflects the principle that the death of a child is not acceptable under any circumstance.

To view the full CDRU 2007 Annual Report please visit:

<http://www.pssg.gov.bc.ca/coroners/child-death-review/docs/CDRU-2007annualreport.pdf>

NEWS RELEASE

For Immediate Release
2008PSSG0038-000994
June 25, 2008

Ministry of Public Safety and Solicitor General
Coroners Service

REPORT FINDS CHILD TRANSPORT DEATHS PREVENTABLE

BURNABY – Transport tragedies remain the most frequent preventable child deaths in B.C., according to the findings of an annual report released today by the Child Death Review Unit (CDRU) of the BC Coroners Service.

Male youth driving with their peers at unsafe speeds are risk factors that are seen repeatedly. As well, impaired driving, inexperience, and failure to use a restraint continue to be leading risk factors for all young drivers.

“It was also alarming to see the number of transport-related deaths where young drivers had infractions or were prohibited drivers,” said Kellie Kilpatrick, director of the CDRU. “Many had received tickets for speeding, in some cases excessive speeding. That's one of the reasons why we're encouraging parents to make sure they are aware of their youth's driving behaviour.”

The report looks at common risk factors among 395 deaths involving children and youth ages one day to 18-years-old that occurred between 1999 and 2007, and issues recommendations that aim to prevent future child deaths. The review determined 126 deaths were preventable and of those deaths, the cause most often cited as responsible for the loss of life were 58 transport related incidents. Notably, five of the report's 12 recommendations relate directly to those specific deaths and were developed collaboratively with the Office of the Superintendent of Motor Vehicles and ICBC.

These recommendations are:

- The offence of failure to wear a seatbelt be assigned demerit point penalties to align with the majority of the other provinces in Canada.
- Legislation and/or regulations be changed to ensure that upon a review or intent to prohibit a young person's license in the Graduated Licensing Program, that the young person's parent also receive notification of that prohibition (or intent to prohibit) by registered or certified mail.
- The OSMV review the current policy relating to excessive speed and other high-risk driving infractions to consider longer prohibitions and that a combination of these infractions would result in a review of that license by the OSMV.
- A review of the legislation take place to ensure that young persons who receive infractions within the Graduated Licensing Program are unable to move to the next stage of the GLP or full license until that infraction has been adjudicated.
- The “Drive” program piloted by ICBC be implemented throughout the province of British Columbia to help educate and inform young drivers about the risks inherent as a young driver.

Other key findings from the 395 deaths reviewed for the report include:

- In cases of sudden infant death, less than half of the infants were placed to sleep on their backs and the majority were sleeping on an unsafe sleep surface such as an adult mattress or couch.
- Half of the children who died by suicide had made a previous attempt and had expressed thoughts of suicide to a peer, family member or health professional.
- The highest number of fatal assaults involved female preschoolers and male youth. Preschoolers were most often killed by an adult caregiver within their own home; common risk factors included complex family challenges, social isolation and communication breakdown between service providers.
- Alcohol and substance use continues to be a risk factor in all categories of sudden and unexpected deaths involving youths.

The CDRU Annual Report 2007 is available online at:

www.pssg.gov.bc.ca/coroners/child-death-review/docs/CDRU-2007annualreport.pdf

The Child Death Review Unit of the BC Coroners Service is committed to a comprehensive review of all child deaths to better understand how and why children die, and to use those findings to take action to prevent other deaths and improve the health, safety and well being of all children in British Columbia.

Contact: Terry Foster
Public Affairs Officer
Office of the Chief Coroner
604 660-7752

For more information on government services or to subscribe to the Province's news feeds using RSS, visit the Province's website at www.gov.bc.ca.

Save on Fuel - Information from www.livesamrtbc.ca/

Transportation accounts for 36 per cent of all greenhouse gas emissions in British Columbia, and is the single largest source of personal emissions for most people. The 2.34 cents a litre carbon tax represents just 1.6 per cent of the current price of gasoline. If you reduce your gasoline consumption by 1.6 per cent through better fuel efficiency and driving a little less, you can offset the cost of the carbon tax completely on any car or truck. There are three main ways you can reduce your transportation-related emissions, and save on fuel:

- Drive a little less.
- Improve the efficiency of the vehicle you use.
- Reduce the carbon content of the fuel.

Top tips to save on fuel and to drive a little less.

1. **STAY TUNED UP AND PUMPED UP:** If you regularly tune up your vehicle and maintain proper tire inflation you can reduce fuel consumption by 10 per cent. This will save the average driver \$200 in fuel over a year. A 20 per cent drop in tire pressure will increase fuel consumption by about 10 per cent. Check your tire pressure monthly and get your car tuned up after every 5,000 km
2. **PICK UP A PACK OF FOUR LED TIRE PRESSURE LIGHTS:** You know those little plastic caps you remove every time you pump up the tires? If you replace them with little light-up ones at least you'll never forget when it's time to pump up the pressure. The tiny computer inside each cap will register the optimal pressure level and light up when the pressure drops by as little as 4 psi, saving up to three per cent on fuel -- or \$1.20 on a 40-litre fill-up -- over under-inflated tires.
3. **INSTALL A SCAN GAUGE:** Learn how to drive your car more efficiently with real-time data from your car's engine with a scan gauge. It shows you how efficiently you're driving, helping you to improve your kilometres per litre and reduce costs. A scan gauge plugs into most cars and provides real-time trip data from your car's engine, including fuel economy and fuel rate. At the end of each trip you can review data including fuel used, trip fuel economy, driving time and average speed.
4. **SLOW DOWN:** Reducing highway speed from 100 km/h to 90 km/h improves fuel economy by about 10 per cent and will save you \$164 a year in fuel. According to the U.S. Environmental Protection Agency, about 50 per cent of the fuel consumed in city driving is used during acceleration. So reduce your acceleration to burn less fuel.
5. **IDLE LESS:** Reducing idling by 10 minutes a day would save \$52 in gas every year. When possible, consider turning your engine off when waiting to pick up friends or family at the airport, ferry, when shopping or picking up children from school.
6. **CARRY LESS:** The more weight you carry in your car, the more fuel your vehicle burns. Avoid carrying heavy things you don't need like tools or roof racks.
7. **USE YOUR WINDOWS:** By reducing how much you use air conditioning you can save fuel in the city or during low-speed driving.
8. **WALK OR RIDE:** If you walk or ride your bike just 2.5 kilometres to work – approximately 30-35 minutes on foot - you can save more than \$250 per year.
9. **TAKE TRANSIT:** You can save over \$500 per year by switching to transit, rather than driving to work. The \$14 billion [Provincial Transit Plan](#) aims to double transit ridership.
10. **PARK IT AT HOME:** Driving less also saves you money on parking costs. Cutting out just two hours of paid parking each week will save you from \$100 to 400 per year, depending on where you park.

Taking transit or walking to work can save you more than \$500 a year in fuel depending on the distance you drive.

11. **CAR POOL:** Take a carpool. The [Jack Bell Ride-Share](#) is a helpful resource for B.C. carpoolers.
12. **CAR SHARING:** The way these work is fairly simple. Throughout the city there are hundreds of designated cars parked on the streets, just waiting to be driven. When a car is needed, members book the car closest to them online (some groups use mapping technology which allows them to see where each car is) and then using their key card or fob they can unlock it and drive it right away. Vancouver's two big car-sharing groups are the locally owned [Co-operative Auto Network \(or CAN\)](#) and [Zipcar](#). In Victoria there's also the [Victoria Car Share Co-op](#).
13. **DRIVE SMART:** Try to combine errands to turn several small trips into one and avoid driving during peak rush hours when possible. It also helps to shop locally and to vacation close to home You can explore attractions close to home by visiting [TourismBC](#).
14. **SMART DRIVING HABITS :** According to the Canadian Office of Energy Efficiency, aggressive driving -- jackrabbit starts and short stops -- reduces travel time by only four per cent (the equivalent of two and a half minutes out of a 60 minute trip), yet increases some toxic emissions by five times and fuel consumption by 37 per cent. You can help the planet and save a lot of money by following these simple guidelines:
 - o Give yourself enough time to get where you're going at the posted speed limit. The more consistent your speed, the more fuel you'll save.
 - o Resist a fast take-off -- apply pressure to the pedal gently.
 - o Anticipate stops by looking ahead to traffic lights to judge whether you will make it through the green or will need to stop.
 - o When anticipating a stop, brake by applying constant, even pressure, and if the light is red, adjust your speed to enable you to arrive as it changes to green.

Improve the efficiency of the vehicle you use.

- The [Scrap-It program](#) offers cash incentives up to \$2,250 to retire your older, polluting vehicle for a vehicle with low, or no, emissions.
- The Province is offering a range of tax rebates, up to \$2,000 for fuel-efficient vehicles, and incentives to convert existing vehicles to make them more efficient. For more details on incentives to be more fuel-efficient, click [here](#).
- You could save over \$6,000 on the purchase of a new, highly-efficient vehicle by taking advantage of [Scrap-It](#), the provincial PST rebate, and the federal ecoAuto rebate program.
- Keeping your vehicle tuned and tires properly inflated so it runs at peak efficiency can save you over \$200 per year.
- Switching to a higher efficiency vehicle (from 12 L/100km to 10 L/100km) can save you more than \$400 per year.
- Driving a little slower can save you gas and money. Every hour you spend driving at 100 km/h instead of 120 km/h will save you about \$5. Larger trucks and SUVs can save as much as \$10 each hour.
- Avoid overloading your vehicle. An extra 40-50 kilograms in the trunk reduces a typical vehicle's fuel economy by 1 to 2 per cent.
- Turn your car off when idling in traffic, or in lineups for border crossings, ferries, etc. Gasoline engines consume about 2.5 to 4 litres of gas per hour of idling, while diesel engines consume about 1 to 4 litres.
- Use air conditioning sparingly - air conditioning systems in a car can increase fuel consumption by as much as 20 per cent.

DID YOU KNOW? For every 40 people using public transit instead of driving to work, greenhouse gas emissions are reduced by about 175 tonnes per year

For: Musgamagw-Tsawataineuk Tribal Council
Contact: Bob Chamberlin, Chair, Musgamagw-Tsawataineuk Tribal Council
Primary Phone: 250-974-8282

Date issued: June 27, 2008, 12:47 e

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

Marine Harvest Canada: Misleading Public

Alert Bay, BC, PRESS RELEASE, Jun.27 /CCNMatthews/ - The Musgamagw-Tsawataineuk Tribal Council (MTTC) is shocked and dismayed in the Marine Harvest Canada (MHC) press release yesterday concerning the Coordinated Area Management Plan (CAMP) for the Broughtan Archipeligo.

It is incredibly disappointing that Marine Harvest would choose to pursue this in the press rather than engaging in good faith discussions with First Nations and Government rather than informational meetings as described in the press release.

In order to accommodate the fallow routes proposed, significant expansion of alternate sites are required.

The amendments have been "in-system" for a number of years and are now dressed up as a "Fallow Route" to safeguard wild salmon. This is unacceptable.

The impacts of sea lice on wild salmon is consistently minimized by fish farm companies here in British Columbia and Canada.

Yet in Norway, where this industry began, they have created National Salmon Fjords where fish farms are kept out in order to safeguard the wild salmon smolts from the deadly sea lice offered up via the fish farms.

CAMP does not create the safe passage as stated by MHC. The CAMP must include key farms of Mainstream Canada, and their offer of participation can be characterised as minimal at best.

Permanent fallow measures are vital and necessary. CAMP as presented will only be a slower death to the wild salmon of the Kingcome, Wakeman, Ahta, Kakweikan and the Meetup (Viner) watersheds.

CAMP is in need of expansion of fish farm free areas to adequately safeguard the National Salmon Rivers of the Musgamagw-Tsawataineuk Tribal Council.

All these proposed amendments are subject to consultation and accommodation as per the New Relationship promises.

The Supreme Court of Canada is quite clear that "business as usual " is no longer acceptable in relationship to Government, Industry and First Nations.

The MTTC will be pursuing a meeting with Minister Stan Hagen as soon as possible, to revisit the New Relationship and Supreme Court of Canada directives.

- END RELEASE - 27/06/2008

Release ID: 200806270001

Press release distributed by CCNMatthews 1-866-736-3779

FOR IMMEDIATE RELEASE

The First Peoples¹ Council Invites Art Submissions from B.C. First Nations¹
Artists

Victoria, June 30, 2008 The First Peoples¹ Heritage, Language and Culture Council (the First Peoples¹ Council) today announced that it will be accepting submissions from B.C. First Nations¹ artists. The selected works will enhance the art collection at Government House and will also recognize Lieutenant Governor Steven Point, who is of the Sto¹lo Nation.

"As the go-to organization for First Nations¹ arts, language and culture revitalization in B.C., we are pleased to facilitate this unique opportunity for First Nations' artists in the province," said Tracey Herbert, Executive Director of the First Peoples¹ Council. "This project will provide the chance for these artists to have their work recognized and appreciated by all British Columbians."

The First Peoples¹ Council is inviting proposals for the creation of up to four works < one Coast Salish monumental sculptural work, and three works from other First Nations in the province. The Coast Salish sculptural work will be installed on the grounds of Government House.

The project is being funded through a \$100,000 grant from the Ministry of Aboriginal Relations and Reconciliation as part of the BC150 celebrations. One of the aims of BC150 is to honour, support and celebrate Aboriginal arts and culture in the province.

³British Columbia is fortunate to have many distinguished and talented Aboriginal artists,² said Aboriginal Relations and Reconciliation Minister Michael de Jong. ³By featuring Aboriginal art work at Government House, the ceremonial home for all British Columbians, we are respecting Aboriginal achievements in history and introducing thousands of visitors to our Province's rich Aboriginal culture.²

³Reconciliation is not just a legal term, but rather it has far reaching implications for everyone,² said the Honourable Steven Point, Lieutenant Governor of British Columbia. ³The face of British Columbia has become more diverse, more informed and certainly more vocal. As Lieutenant Governor, it is my great honour to support the work of First Nations¹ artists in the province in order to achieve a better understanding among all peoples.²

First Nations¹ artists are invited to submit their artwork to the First Peoples¹ Council. Information and application forms can be found at www.fphlcc.ca.

-30-

The First Peoples¹ Council is a crown corporation that was set up to preserve, restore and enhance First Nations¹ heritage, language and culture in the province of B.C.

Media Contact:

Megan Lappi

Communications Manager

The First Peoples¹ Heritage, Language and Culture Council

(250) 652-5952 ext. 214

megan@fphlcc.ca

8 Big Beauty Sins - from www.msn.com

Cosmo got pro advice for rehabbing bad beauty behavior (we're all guilty of some). Now you can go about looking hot the right way.

1. Nibbling on Your Cuticles

Why it's a no-no: Torn cuticles lead to hangnails and infections, says Jessica Vartoughian, owner of Jessica Nail Clinic in Los Angeles.

Rehab: Keep the skin around your nails moisturized, says Vartoughian. "If it's hydrated, you'll have fewer snags and be less tempted to pick at it." Rub a thick cream or oil into your cuticles daily and massage them with an exfoliator every few days. Also, push overgrown skin back with a cuticle stone after showering, when they're soft. You can also try a bitter-tasting nail polish designed to keep you from putting your fingers in your mouth.

2. Swapping Your Strand Shade Frequently

Why it's a no-no: Trading your tress tint occasionally is okay, but dyeing your hair too often can make it weak and lead to an identity crisis. Sure, celebs like Rachel McAdams and Ashlee Simpson constantly switch up their hair hue, but they do it for a movie or to capture attention on the red carpet. And they put in major moolah and extra TLC to undo or hide the damage.

Rehab: First, try diverting your desire for novelty from hair color to makeup, since it's easier to experiment with lipstick and shadow on a weekly basis. And when you get to the point that you just *have* to color your coif, take this advice from Pantene celebrity colorist Rita Hazan:

Be a smart blond. Bleach is the most damaging and drying ingredient. It's okay to hit the bottle once every six weeks if you're only brightening up a shade or two. If you want to be lighter than that, use a bleaching kit once a month, going one level blonder each time until you reach your desired hue.

Going darker is less damaging. Adding color to your hair isn't as stressful to your strands since you aren't stripping away any natural pigment. You can use a permanent dye every four weeks and an ammonia-free semipermanent formula every three weeks.

Crib a conditioning regimen. Postcolor, apply the kit's deep conditioner. Also, use a hair mask once a week.

3. Hitting the Sack Without Washing Your Face

Why it's a no-no: Sleeping with mascara and eye makeup on can cause you to wake up with unattractive dark circles from makeup residue and maybe even an infection, says New York City celeb dermatologist Patricia Wexler. And layers of foundation, concealer, and blush will stop your skin from breathing and clog up your pores, making your complexion acne-prone and dull-looking. Even if you didn't wear makeup during the day, your skin accumulates oil and dirt, both of which can also lead to pimples if not washed away in the p.m.

Rehab: Keep a pack of premoistened face wipes next to your bed. This way, no matter how tired you are (or how many cocktails you've had), you can swipe away your makeup in seconds, sans rinsing.

4. Fake-Baking in a Tanning Bed

Why it's a no-no: UVA rays (the kind emitted primarily from tanning-bed bulbs) are called aging rays for a reason — they penetrate your connective tissue, causing premature sagging and the proliferation of wrinkle-causing free radicals. Plus, UVA rays have been linked to skin cancer and can suppress your immune system, says

Dr. Wexler.

Rehab: It's so easy to crib a safe *and* believable tan from a bottle, thanks to the latest body lotions that are spiked with just a hint of self-tanner. But unlike regular moisturizers, apply this variety to totally dry skin, since excess water can cause the color to develop unevenly, says Cindy Barshop, owner of Completely Bare in NYC. After 24 hours, assess your glow. If you're craving a more golden look, rub on another coat and repeat daily until you reach your desired level of bronze.

5. Torturing Your Tresses with Heat

Why it's a no-no: Wielding a hair dryer, curling iron, or flatiron daily (or a combo of any of the above) will dry out your locks, leaving them dull, frizzy, and weak, says Joico artist Anthony Morrison, owner of the Londoner Salon in Los Angeles.

Rehab: While blow-drying, stick to a medium heat and speed setting and keep the nozzle a few inches away from your hair, says Morrison. When using a flatiron, quickly slide the iron down a section of hair in one smooth motion. Any pauses along the way will create dents that will require another run-through with the iron to fix. If you're curling your locks, release the coiled section after no more than five seconds to prevent singes. It's also a good idea to keep your heat-styling sessions to a minimum, only blasting your locks with a dryer a couple of times a week instead of daily. When you suds up, use a moisturizing shampoo to keep strands supple.

6. Overbleaching Your Teeth

Why it's a no-no: Your pearly whites can only get so bright, no matter how many times you bleach them, so any treatments you do after reaching your maximum level of whiteness (they shouldn't be bluish or whiter than the whites of your eyes) are more hurtful than helpful, says Cyrus Tahmasebi, a dentist with BriteSmile. "Constantly applying hydrogen peroxide to your teeth can leave them ultrasensitive and prone to chipping."

Rehab: If you're going to a pro, you can expect your teeth to whiten up about eight to nine shades (think the subtle difference between colors of paint). On the other hand, if you're using an at-home kit, you'll probably see about a four-shade improvement. Be sure to follow the instructions on the box carefully, says Dr. Tahmasebi. Be sure to consult a dentist with any questions.

7. Using Makeup Testers

Why it's a no-no: Your chances of contracting herpes or pinkeye from the bacteria and germs found in the testers at a makeup counter are slim, but theoretically it could happen, according to Dr. Wexler. And let's face it, it's a little (okay, a lot) icky to share lipstick or eye shadow with tons of total strangers.

Rehab: Make sure the store where you're shopping practices safe makeup sampling. Look for disposable applicators, sponges, cotton swabs, tissues, mascara wands, and rubbing alcohol for disinfecting makeup brushes, says Lyn Lynch, lead color specialist at Sephora. It's also crucial that you don't double-dip into the master container — ever. If you're not sure how to handle the testers, ask for help. Any reputable store should have well-trained sales associates. Also, wash your hands postshopping.

8. Popping Your Pimples

Why it's a no-no: You should maintain a strict hands-off policy when it comes to your zits. Can't resist? How's this for motivation: Messing with a pimple can extend its staying power to seven to 10 days instead of the normal two to three, since the dirt from your fingers can force bacteria into your pores and cause an infection, says Dr. Wexler.

Rehab: Practice patience and apply either a benzoyl peroxide or salicylic acid potion twice daily — in three to seven days, it should be clear. In the meantime, squirt a cotton swab with redness-reducing eyedrops, then place it on your pimple. Follow with a dab of concealer.

How to Keep Your Feet Happy from msn.com **A podiatrist's guide to keeping your feet healthy** **By Robin Ross, PARADE Magazine**

Summer may be the time to wiggle your toes and run barefoot on the beach. But not for everyone.

More than half of American men and women say they regularly experience foot pain that interferes with daily activities, according to a 2007 survey by the American Podiatric Medical Association. Women are especially prone—84% report that they've experienced a foot ailment. But you don't just have to accept nagging foot pain. Here are some of the most common problems and the treatments for them.

BUNIONS

What it is: A bump that develops toward the base of the big toe, a bunion can become swollen and painful. Bunions often are hereditary but also can be caused by faulty foot biomechanics and arthritis.

How to Avoid It: Stay away from pointy, narrow shoes. Opt instead for those with a wide toe box and good support, such as sneakers. Custom orthotics (inserts that fit into a shoe to hold the foot in the correct position) also may slow development of a bunion.

Treatments: Padding or taping the affected foot can relieve bunion pain, as may orthotics, anti-inflammatory medications, or steroid injections. In severe cases, surgery may be an option.

HEEL PAIN

What it is: Heel pain is most commonly caused by plantar fasciitis, an inflammation of the long band of connective tissue that runs from the heel to the ball of the foot. The bottom of the heel and arch of the foot can become very painful, especially with the first step in the morning or after resting and then getting up. Common causes are excessive running, jumping, or any other activity that stresses the tissues of the feet, obesity, and high- or low-arched feet. Pain also may be caused by a stress fracture of the heel.

How to Avoid It: Begin exercise programs gradually and wear supportive shoes.

Treatments: Stretch before exercising. If you experience heel pain, follow the RICE regimen: rest, ice, compression, and elevation. If that doesn't help, your podiatrist may recommend orthotic devices, steroid injections, anti-inflammatory medications, or surgery.

TOENAIL PROBLEMS

What it is: About 18% of Americans suffer from onychomycosis, a fungal infection of the toenail. Nails can become thick, discolored, loose, brittle, and painful. Feet exposed to a warm, dark, moist environment can get infected, but some people may be genetically predisposed to fungal nails. For those who are susceptible, the condition is highly contagious.

How to Avoid It: Keep your feet clean and dry, washing them at least once a day and drying the toes well. Make sure your shoes and socks stay dry, and change them daily. Wear socks that are either a natural/synthetic blend or wicking acrylic, which prevents moisture from becoming trapped against the skin.

Treatments: A podiatrist debrides (cuts and thins) the infected nail, painlessly removing it if necessary, and prescribes medication.

HAMMERTOES

What it is: With its distinctive profile—a bending at the first joint causes the toe to look like an upside-down “V” when viewed from the side—a hammertoe commonly is caused by increased tightening of the tendons and ligaments of the foot. This may lead to arthritic changes in the bone and joint that can become permanent and painful over time. Some people have a hereditary tendency to develop hammertoes, but they also may arise from a biomechanical deformity, such as a bunion. Hammertoes also are a symptom of rheumatoid arthritis.

How to Avoid It: Avoid wearing shoes that are too tight or narrow in the toe box, as well as heels higher than 2 inches, which put pressure on the front of the foot.

Treatments: Nonmedicated hammertoe pads, available over the counter, will decrease pressure on the affected area. If pain persists, a podiatrist can provide special padding, orthotics, or custom shoes. Surgery also is an option.

CORNS AND CALLUSES

What it is: Many people have protective layers of compacted, dead skin cells that gather on bony areas of the foot. Corns are smaller and typically found over joints, while calluses develop on weight-bearing areas. Both are caused by friction and unnatural pressures.

How to Avoid It: Wear shoes that give your toes enough room to move while supporting your foot without sliding or rubbing.

Treatments: Over-the-counter protective pads cushion areas often rubbed by footwear. Be aware that products called “corn or callus removers” frequently contain harsh ingredients that can cause a chemical burn. A podiatrist can shave the corn or callus. In some cases, surgery is recommended to remove the deformity that is causing the problem.

IT STARTS WITH THE SHOES

Wearing the right shoes can prevent many foot ailments from developing. Some tips:

1. Make sure they fit. Get your feet measured once a year. Size changes with age and hormone fluctuations. Try on shoes at the end of the day, when feet are at their largest.
2. Make sure there’s enough space in the toe box—your toes need room to move.
3. Shoes that are too narrow—or too wide—cause sliding and rubbing. That leads to blisters and calluses.
4. Avoid heels higher than 2 inches. High heels increase pressure on the front of the foot.

Quotes

*‘Tis friends who make this desert world to blossom as the rose;
Strewn flowers o’er our rugged path, Pour sunshine o’er our woes.*

Dear friends of CFR:

The following CFR media response was sent out on June 11, the same day the Canadian government apologized to residential school victims:

“While CFR was found in 2001 with the specific purpose of seeking reconciliation for Canadians, we have mixed feelings about the apology offered today. While we are proud of Harper government’s courage of making this happened finally, its timing is the subject of much concern: 18 years after the closing of the last residence school, two years after a residence school survivor settlement was approved by all, and months after many survivors committed an equivalent to suicides after receiving government cheques without an accompanying apology, and alas, 20 months before the world comes for the 2010 Olympics!

In a pragmatic sense, some will agree it is good to just get over with this. Other will take the opportunity to sling more mud at a strained relationship. This morning on AM 1470, Dr.In-sing Leung the news commentator referred to the settlement as possibly solving the “Indian problem”. By using such a term, he was spurring others to further disown a problem created by Canada. He also hinted the settlement would benefit too many as some undeserving ones may be attracted by the prospect of free money. He explained the former governments was running the residential school system “out of good intent” and many aboriginals did succeed as a result of attending them.

The problem with a high profiled apology is that many may take Harper’s 15 minutes apology as also fixing all the damages done over 156 years. Furthermore the phrase reconciliation was used so liberally today that many may forget it demands much more than an apology and monetary settlement. Reconciliation in its full glory should invoke the apology and repentance of Canada’s entire population, since whatever darkness committed by a democracy was committed with everyone’s vote and blessings. Furthermore reconciliation between two people groups implies not a fractional but a total shift in our relationship with each other at every social, economic and political level. Without that, the current BC fostered home system with 2/3 of its 10,000 plus children being aboriginals can be seen as an extension of the old residential school system. Without that, the current lack of nation to nation engagement by Canada with First Nations in treaty negotiation can be seen as a continuation of its failure to exercise its fiduciary duties. For the same reason, the Indian Act has to go and hereditary governance has to be restored, etc..

At a communal level, Canadians need to monitor our governments at all levels and demand public actions, policy changes and redemptive acts which are compatible to the spirit of apology offered today. At an individual level, we need to tell the truth and live out the new reality with our neighbors, colleagues and friends, and inspire changes in the human heart, lest we slip into the colonial darkness again.”

On June 12, I and an archaeologist took a 14 hours trip to the Fraser Canyon where, with the assistance of aboriginal friends, we were led to several hitherto unknown Chinese heritage sites. I hope to report that story in a separate email.

On June 14, I was one of the few non-aboriginal speakers at a forum on *Indigenous Worldviews on Truth and Reconciliation: Working toward a Community-Based Truth and Reconciliation Commission*. For those of you not there, you can watch part of it on Youtube (type in *ishka1960* and search. I was at the end). The small group sharing (not in Youtube) was a moving experience. It was there where the outcries of grandmothers, daughters and former students of residential schools reminded me of Canada’s sins against humanity. I left praying that by God’s mercy Canadians will repent for the many ways they have dispossessed, alienated and demonized their aboriginal neighbors. To reflect the on-going injustice, an email from an aboriginal organization yesterday starts with:” **To Indigenous people, Canada Day is a reminder from the government, the 'imperialist' powers that we as a distinct people and our lands are no longer free.**” So amidst all the free loud music and firework on this day, let us ask “for reconciliation to happen, who needs to be freed from what?”

Regards,

Bill Chu
Canadians For Reconciliation

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

2nd International Diabetes in Indigenous Peoples Forum
International Best Practices

The Fairmont Hotel Vancouver
Vancouver, British Columbia, Canada
November 16-19, 2008

We are pleased to announce that the full brochure for the **2nd International Diabetes in Indigenous Peoples Forum** (November 16th – 19th, 2008) in Vancouver, British Columbia has been finalized. Electronic PDF copies of the brochure are available on our website at http://www.interprofessional.ubc.ca/ldigenous_Diabetes.html.

This conference brings together an interdisciplinary group of professionals who work in the field of Indigenous peoples' health and diabetes.

Register before the Early Bird Deadline of **September 29th, 2008** to take advantage of the reduced rates. You can register by phone, fax, direct mail, or through our online registration website at http://www.interprofessional.ubc.ca/ldigenous_Diabetes.html.

If you wish to obtain a printed copy of the brochure, they may be requested by contacting our office: Telephone: (604) 822-7524 or Toll-free within BC: 1-877-328-7744; by Fax: (604) 822-4835 or via E-mail: ipad@interchange.ubc.ca. In the meantime, please do not hesitate to contact me if you have any questions/concerns regarding this conference.

On behalf of UBC Interprofessional Continuing Education, I would also like to send this friendly reminder to reserve your hotel rooms today to avoid disappointment. The conference will be held at The Fairmont Hotel Vancouver, 900 West Georgia Street, Vancouver BC. Reservations can be made by calling toll free: 1-866-540-4452 or local: 604-684-3131.

Please specify that you are booking under the DIABETES IN INDIGENOUS PEOPLES FORUM Conference Room Block to receive the reduced rate of \$155 plus tax per night, for conference delegates.

Hotel room reservations can also be made online at http://www.fairmont.com/EN_FA/Reservations/ReservationAvailability?hc=HVC&pc=GRIDF1

If possible, it would be greatly appreciated if you would kindly post the conference information on your organization's website or forward this e-mail to members of your organization. We hope to see you at the conference!

Kind Regards,
Erica Li

Marketing and Advertising Assistant
University of British Columbia
Interprofessional Continuing Education
A Team Approach to Learning

Phone: (604) 822-7524
Fax: (604) 822-4835
Email: ipad@interchange.ubc.ca
Website: www.interprofessional.ubc.ca

Breakfast at McDonald's

This is a good story and is true, please read it all the way through until the end!

I am a mother of three (ages 14, 12, 3) and have recently completed my college degree. The last class I had to take was Sociology. The teacher was absolutely inspiring with the qualities that I wish every human being had been graced with.

Her last project of the term was called, "Smile." The class was asked to go out and smile at three people and document their reactions.

I am a very friendly person and always smile at everyone and say hello anyway. So, I thought this would be a piece of cake, literally.

Soon after we were assigned the project, my husband, youngest son, and I went out to McDonald's one crisp March morning. It was just our way of sharing special playtime with our son. We were standing in line, waiting to be served, when all of a sudden everyone around us began to back away, and then even my husband did.

I did not move an inch... an overwhelming feeling of panic welled up inside of me as I turned to see why they had moved.

As I turned around I smelled a horrible "dirty body" smell, and there standing behind me were two poor homeless men. As I looked down at the short gentleman, close to me, he was "smiling". His beautiful sky blue eyes were full of God's Light as he searched for acceptance.

He said, "Good day" as he counted the few coins he had been clutching.

The second man fumbled with his hands as he stood behind his friend. I realized the second man was mentally challenged and the blue-eyed gentleman was his salvation.

I held my tears as I stood there with them.

The young lady at the counter asked him what they wanted.

He said, "Coffee is all Miss" because that was all they could afford. (If they wanted to sit in the restaurant and warm up, they had to buy something. He just wanted to be warm).

Then I really felt it - the compulsion was so great I almost reached out and embraced the little man with the blue eyes. That is when I noticed all eyes in the restaurant were set on me, judging my every action.

I smiled and asked the young lady behind the counter to give me two more breakfast meals on a separate tray.

I then walked around the corner to the table that the men had chosen as a resting spot. I put the tray on the table and laid my hand on the blue-eyed gentleman's cold hand.

He looked up at me, with tears in his eyes, and said, "Thank you."

I leaned over, began to pat his hand and said, "I did not do this for you. God is here working through me to give you hope."

I started to cry as I walked away to join my husband and son. When I sat down my husband smiled at me and

said, "That is why God gave you to me, Honey, to give me hope."

We held hands for a moment and at that time, we knew that only because of the Grace that we had been given were we able to give. We are not churchgoers, but we are believers.

That day showed me the pure Light of God's sweet love.

I returned to college, on the last evening of class, with this story in hand.

I turned in "my project" and the instructor read it.

Then she looked up at me and said, "Can I share this?"

I slowly nodded as she got the attention of the class.

She began to read and that is when I knew that we as human beings and being part of God share this need to heal people and to be healed.

In my own way I had touched the people at McDonald's, my husband, son, instructor, and every soul that shared the classroom on the last night I spent as a college student.

I graduated with one of the biggest lessons I would ever learn: UNCONDITIONAL ACCEPTANCE.

This Is Beautiful...

She jumped up as soon as she saw the surgeon come out of the operating room. She said: 'How is my little boy? Is he going to be all right? When can I see him?'

The surgeon said, 'I'm sorry. We did all we could, but your boy didn't make it.'

Sally said, 'Why do little children get cancer? Doesn't God care any more? Where were you, God, when my son needed you?'

The surgeon asked, 'Would you like some time alone with your son? One of the nurses will be out in a few minutes, before he's transported to the university.'

Sally asked the nurse to stay with her while she said goodbye to son. She ran her fingers lovingly through his thick red curly hair. 'Would you like a lock of his hair?' the nurse asked.

Sally nodded yes. The nurse cut a lock of the boy's hair, put it in a plastic bag and handed it to Sally.

The mother said, 'It was Jimmy's idea to donate his body to the University for Study. He said it might help somebody else. I said no at first, but Jimmy said, 'Mom, I won't be using it after I die. Maybe it will help some other little boy spend one more day with his Mom.' She went on, 'My Jimmy had a heart of gold. Always thinking of someone else. Always wanting to help others if he could.'

Sally walked out of Children's Mercy Hospital for the last time, after spending most of the last six months there. She put the bag with Jimmy's belongings on the seat beside her in the car.

The drive home was difficult. It was even harder to enter the empty house. She carried Jimmy's belongings, and the plastic bag with the lock of his hair to her son's room.

She started placing the model cars and other personal things back in his room exactly where he had always kept them. She laid down across his bed and, hugging his pillow, cried herself to sleep.

It was around midnight when Sally awoke. Laying beside her on the bed was a folded letter.

The letter said:

'Dear Mom,

I know you're going to miss me; but don't think that I will ever forget you, or stop loving you, just 'cause I'm not around to say **'I Love You'**. I will always love you, Mom, even more with each day. Someday we will see each other again.

Until then, if you want to adopt a little boy so you won't be so lonely, that's okay with me. He can have my room and old stuff to play with. But, if you decide to get a girl instead, she probably wouldn't like the same things us boys do. You'll have to buy her dolls and stuff girls like, you know.

Don't be sad thinking about me. This really is a neat place. Grandma and Grandpa met me as soon as I got here and showed me around some, but it will take a long time to see everything.

The angels are so cool. I love to watch them fly. And, you know what? Jesus doesn't look like any of his pictures. Yet, when I saw Him, I knew it was Him.

Jesus himself took me to see GOD! And guess what, Mom? I got to sit on God's knee and talk to Him, like I was somebody important. That's when I told Him that I wanted to write you a letter, to tell you goodbye and everything. But I already knew that wasn't allowed.

Well, you know what Mom? God handed me some paper and His own personal pen to write you this letter.

I think Gabriel is the name of the angel who is going to drop this letter off to you. God said for me to give you the answer to one of the questions you asked Him 'Where was He when I needed him?'

'God said He was in the same place with me, as when His son Jesus was on the cross. He was right there, as He always is with all His children.

Oh, by the way, Mom, no one else can see what I've written except you. To everyone else this is just a blank piece of paper. Isn't that cool? I have to give God His pen back now. He needs it to write some more names in the Book of Life.

Tonight I get to sit at the table with Jesus for supper. I'm sure the food will be great.

Oh, I almost forgot to tell you. I don't hurt anymore. The cancer is all gone. I'm glad because I couldn't stand that pain anymore and God couldn't stand to see me hurt so much, either. That's when He sent The Angel of Mercy to come get me.

The Angel said I was a Special Delivery! How about that?

Signed with Love from God, Jesus & Me.

Depression Symptoms From Healthwise at www.msn.com

If you have [depression](#), you may feel hopeless and sad or stop feeling pleasure from almost everything you do. You may feel down in the dumps, tearful, or discouraged. You may also be irritable or anxious or have low energy levels. The symptoms of depression are often subtle at first. It can be hard to recognize that symptoms may be connected and that you might have depression.

The two most significant symptoms of depression are:³

- Sadness or hopelessness.
- Loss of interest in or pleasure from most daily activities.

Other symptoms include:³

- Losing or gaining weight because of changes in appetite.
- Sleeping too much or not enough.
- Feeling restless and unable to sit still, or feeling that moving takes a great effort.
- Feeling tired all the time.
- Feeling unworthy or guilty without an obvious reason.
- Having problems concentrating, remembering, or making decisions.
- Thinking often about death or suicide.

If you have at least five of these symptoms for 2 weeks or longer, and one of the symptoms is either sadness or loss of interest, you may be diagnosed with major depression that needs treatment. Even if you have fewer than five symptoms, you may still be depressed and need treatment. If you have 2 to 4 symptoms for a period of at least 2 years (1 year for a child), you may have a long-term form of depression called [dysthymic disorder](#) (dysthymia).³

Many women experience mood changes before menstruation. Physical and emotional premenstrual symptoms that interfere with relationships or responsibilities are known as [premenstrual syndrome](#) (PMS). However, women who have emotional and physical premenstrual symptoms that seriously interfere with daily life may have a type of depression known as [premenstrual dysphoric disorder](#) (PMDD). For more information see the topic [Premenstrual Syndrome](#) (PMS).

Many health professionals see people with general symptoms that may be difficult to link to depression. These symptoms, which commonly occur with depression, include:

- Having headaches and other body aches and pains.
- Having digestive problems, including constipation or diarrhea.
- Losing interest in sex or being unable to perform sexually.
- Feeling anxious or worried without an obvious reason.
- Blaming yourself or others for your depression.
- Not moving or talking for hours.

Other symptoms of depression may include:^{4,3}

- Overeating and weight gain (rather than loss of appetite).
- Oversleeping (rather than insomnia). Increased tearfulness, anger, and generally not feeling well, along with anxiety and tension.
- Sometimes, a feeling of heaviness in the arms and legs.
- Sensitivity to rejection.

Depression is a serious problem for people of any age, and older adults with symptoms of depression should seek treatment right away. Depression in older adults can cause confusion or forgetfulness (although some medications can cause these symptoms as well). Depression has also been identified as a significant risk factor for death in older adults with heart problems.⁵

It is important to recognize the early warning signs of depression so that you can get treatment.

SOMETHING ABOUT BUTTER - Pass The Butter ... please. (emailed in to pass on in the EV)

Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back. It was a white substance with no food appeal so they added the yellow coloring and sold it to people to use in place of butter. How do you like it? They have come out with some clever new flavorings.

DO YOU KNOW... The difference between margarine and butter?

Both have the same amount of calories.

Butter is slightly higher in saturated fats at 8 grams compared to 5 grams.

Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.

Eating butter increases the absorption of many other nutrients in other foods.

Butter has many nutritional benefits where margarine has a few only because they are added!

Butter tastes much better than margarine and it can enhance the flavors of other foods.

Butter has been around for centuries where margarine has been around for less than 100 years.

And now, for Margarine...

Very high in trans fatty acids.

Triple risk of coronary heart disease.

Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol)

Increases the risk of cancers up to five fold.

Lowers quality of breast milk.

Decreases immune response.

Decreases insulin response.

And here's the most disturbing fact.... **HERE IS THE PART THAT IS VERY INTERESTING!**

Margarine is but **ONE MOLECULE** away from being **PLASTIC**...

This fact alone was enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

You can try this yourself: Purchase a tub of margarine and leave it in your garage or shaded area. Within a couple of days you will note a couple of things:

* no flies, not even those pesky fruit flies will go near it (that should tell you something)

* it does not rot or smell differently because it has no nutritional value; nothing will grow on it. Even those teeny weeny microorganisms will not find a home to grow. Why? Because it is nearly plastic. Would you melt your Tupperware and spread that on your toast?

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PROVERBS:

1. A change is as good as a rest.
2. Charity begins at home.
3. He who hesitates is lost.
4. Misery loves company.
5. There's no such thing as a free lunch.

BIBLE QUOTES:

"Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the cravings of the sinful nature and the lust of the eyes and the pride of life, is not of the Father, but is of the world. And the world passes away, and all its lusts, but he who does the will of God abides forever."

1 John 2:15-17

"This is the day which the Lord has made; we will rejoice and be glad in it."

Psalms 118:24

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

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

Leo - the Boss (July 23 - August 22)

***Very organized. Need order in their lives - like being in control. Like boundaries. Tend to take over every-
thing. Bossy. Like to help others. Social and outgoing. Extroverted. Generous, warm-hearted. Sensitive.
Creative energy. Full of themselves. Loving. Doing the right thing is important to Leos. Attractive.***

National Survivors Support Line

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

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

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

32nd Annual BC Elders Gathering

Held July 7, 8, 9th 2008 and Hosted by: Kaien Island Elders

**CONGRATULATIONS TO THIS YEARS HOST, YOU ALL WORKED VERY HARD AND
SHOULD BE VERY PROUD OF THE RESULTS!!**

**Special thanks to Darlene Harris Wolfe for all of the efforts you made for the thousands of elders and
support people who were coming to your territory. Your work as Coordinator deserves special mention
in this issue. The elders thanks you and so do I, job well done!! Donna Stirling, BCECCS**

P.S. The next Elders Gathering will be in Terrace, watch the EV for updates from the new host!