

ATTENTION: Elders Contact People
Please Remember To Make Copies of the
EV Each Month For Your Elders AND If
You Could Also Make Copies For Your
Chief & Council and Board of Directors That Would Be A Great Help Here!

HAPPY BIRTHDAY TO ALL ELDERS BORN IN AUGUST!

FEES ARE DOWN!

Support Fee Invoices Went Out With The November Issues Of The EV
For The 2012 Year And Are Due Now.
Please Do All You Can To Help This Office
To Keep Operating For All The Elders of BC.

ANNOUNCEMENT: The Department of Indian and Northern Affairs
(Fed.) and the Ministry of Aboriginal Relations and Reconciliation (BC)
have both been unable to extend any financial support for this Elder's
Office again this year.

For those of you who have not helped with the fee so far this year, could
you please bring the list on pg. 3 of this issue to your Chief and Council,
your Board of Directors, Band Manager, etc. and let them know that this
office has no funding that comes in from INAC like bands do, and we
really need help from the monies that each band gets yearly for the eld-
ers. \$250 shouldn't be too tough to put on the books once a year in order
for the Elders of BC to keep their communications office running.

**The 37th Annual BC Elders Gathering
Will Be Held In
Prince George in 2013**

No Further Information Available At This Time From The New Host

BC ELDERS COMMUNICATION CENTER SOCIETY



ELDERS VOICE

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Easy Bakers Corner – Super Granny Cake

Preheat oven to 350°F. Grease a 13x 9 inch cake pan.

In a large bowl mix together 2 cups of all-purpose flour, 1 cup granulated sugar, 2 eggs, 1 can of crushed pineapple (juice and all), 1 teaspoon of salt, and 1 teaspoon of baking soda.

Pour into prepared pan.

Sprinkle with 1/2 cup of brown sugar, and 1/2 cup of chopped nuts of your choice. Bake for 30-40 minutes.

Heat 1 can of evaporated milk, 1/4 cup of butter, and 1 teaspoon of vanilla extract until butter is fully melted. Pour over hot cake.

Glaze will not fully soak into cake. Serve and enjoy!

Handy Tips: From The Dr. Oz Show

1. Cuts do not heal faster without bandages. You actually get bigger scabs without bandages, which makes the wound expand and leads to longer healing time.
2. Super Foods For Super Memory: Beets, Cashews and Avocados.

What Can you please share?

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

Gilakasla, Donna Stirling

‘PRESERVING THE PAST’

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

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

Disclaimer:

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

BCECCS 11th Year GRATITUDE LIST

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

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

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. TAHLTAN BAND COUNCIL
2. Mr. Graham Cope

FROG LEVEL - \$750

1. Lhoosk'uz Dene Nation

SISIUTL LEVEL - \$500

1. Vancouver Aboriginal Friendship Centre
2. We Wai Kai First Nation
3. Lower Kootenay Band
4. McLeod Lake Tse'khene Elders Society
5. Hailika'as Heiltsuk Health Centre
6. Tale'awtxw Aboriginal Capital Corp.

HUMMINGBIRD LEVEL - \$250

1. Gingolx Elders Group
2. We Wai Kum First Nation
3. Musquem Indian Band
4. St. Mary's Indian Band
5. Osoyoos Indian Band
6. Tsawwassen First Nation
7. Squiala First Nation
8. Akisqnuq First Nation
9. Da'naxda'xw First Nation
10. Indian Residential School Survivors Society
11. Laich-kwil-tach Treaty Society
12. Coldwater Indian Band
13. Qualicum First Nation
14. Xaxli'p Indian Band
15. Bridge River Indian Band
16. Quatsino Band

17. Osoyoos Indian Band
18. Klulx Klulx Hu-up
19. Tobacco Plains Indian Band
20. Tsleil-Waututh Nation
21. Lytton First Nation
22. Chawathil Elders
23. Doig River First Nation
24. BC Assembly of First Nations
25. Kamloops Indian Band
26. Williams Lake Indian Band
27. Adams Lake Indian Band
28. Carnegie Community Centre
29. SIMPCW First Nation
30. Ts'kw'aylaxw Elders
31. Mount Currie Band Council
32. Shxw'ow'hamel First Nation
33. Nicomen Indian Band
34. Simpcw First Nation
35. Samuel D. Stevens Law Corporation

Canadians think government is too generous with aboriginals: poll

By Teresa Smith, Postmedia News June 30, 2012

A tattered Maple Leaf flies over a teepee in Attawapiskat, Ontario. According to an Ipsos Reid poll commissioned by Postmedia News, Canadians are frustrated with what they see as an endless flow of cash from federal coffers to Aboriginal People — with little to no results.

Canadians are frustrated with what they see as an endless flow of cash from federal coffers to Aboriginal People — with little to no results — according to an Ipsos Reid poll commissioned by Postmedia News.

On average, 64 per cent of those asked agreed with the statement "Canada's Aboriginal People's receive too much support from Canadian taxpayers." But attitudes vary across regions. The numbers who thought this were highest in Alberta and British Columbia (79 per cent and 74 per cent respectively), but lowest in Ontario and Atlantic Canada (55 per cent and 59 per cent respectively).

As well, 66 per cent - two-thirds - agreed that "Canada's Aboriginal Peoples are treated well by the Canadian government."

In Quebec and Alberta, about three-quarters of those asked believe this is true. In Saskatchewan, however, barely half - 54 per cent - think aboriginals are well treated by the federal government.

"The Canadian public believes the government wants to make things better for the aboriginal population, and that they're spending the money in order to do so," said Ipsos Reid president Darrell Bricker. "But, when they see that life is not improving . . . they feel frustrated."

Bricker said the frustration is aimed at all levels of government, including aboriginal leadership, for an "ongoing inability to get started in modern society that exists within the aboriginal community."

However, Chief Clarence Louie of British Columbia's Osooyoos First Nation said people in Canada's three aboriginal groups don't like the situation any more than taxpayers do.

Louie, who chairs the National Aboriginal Economic Development Board, said when it comes to on-reserve populations, the root of the problem lies in the federal government's funding formula. The majority of the \$8 billion annual budget of Aboriginal Affairs and Northern Development is spent on health, education and social programs, but Louie argued the only way out of poverty is to focus on economic development: looking at ways for the community to generate its own revenue, business plans, education and skills development.

He said the system has been perpetuated by "failed government programs" such as residential schools, the reserve system, and the "ongoing control that the government exerts over Indian land."

During the historic Crown-First Nations Gathering earlier this year, Prime Minister Stephen Harper said his government's focus was on creating jobs for aboriginal youths. Pam Palmater, a Mi'kmaw lawyer and candidate for the Assembly of First Nations National Chief, called Harper's plan "assimilationist," saying it would break up communities and take First Nations in the same direction they've been going for years.

Louie disagreed. "Poverty is not our birthright. There's nothing wrong with our people collecting a decent pay cheque."

Stevens and Company Law



Sam Stevens, Barrister & Solicitor

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

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

Time is running out, to submit a claim.

The deadline for claims is September 19, 2012.

Visit our website at:

<http://www.stevensandcompanylaw.com>

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"Bands like Osooyoos — which operates a resort, golf course and winery in its territory — have shown that once we start making our own money, we have more to spend on programs and services for heritage and cultural preservation," said Louie. "You have more of a chance of losing your heritage and culture in poverty than you will when you have your own source of revenue and you're standing on your own two feet."

Louie's National Aboriginal Economic Development Board released a report last week that provides a snapshot of the gaps between Aboriginal People and other Canadians. The goal is to work with government and corporate partners to close those gaps within 10 years "by concentrating on skills and education and also supporting entrepreneurship within aboriginal communities."

The Ipsos Reid poll shows that young people are less likely to believe aboriginals are well-treated by the government, though a majority of them still feel this way. Of Canadians aged 18 to 34, 56 per cent agreed with the statement "Canada's aboriginal people are treated well by the Canadian government." Three-quarters of respondents aged 35 to 54 agreed. And 67 per cent of those over 55 agreed.

In response to the statement "Canada's Aboriginal People receive too much support from Canadian taxpayers," younger and more well-educated respondents were less likely to agree than other age and education groups.

The online poll with 1,009 Canadians was conducted between June 11 and 18. Weighting was employed to balance demographics. It has an estimated margin of error of plus or minus 3.1 percentage points, 19 times out of 20. Smaller subsets, such as regional breakdowns, have larger margins of error.

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First Nations Summit NEWS RELEASE

FOR IMMEDIATE RELEASE:

JUNE 29, 2012

FIRST NATIONS CONDEMN TURNING BACK OF LEGAL CLOCK BY BC COURT OF APPEAL IN TSILHQOT'IN DECISION

Coast Salish Territory (Vancouver, BC) – The First Nations Summit rejects and condemns the BC Court of Appeal (BCAA) decision in the Tsilhqot'in Nation case (*William v. British Columbia*) that there can never be First Nations held Aboriginal Title grounded in our territories which make up the lands now called British Columbia. The view of the court that "...Aboriginal title cannot generally be proven on a territorial basis..." is a gross misreading of decades of case law and regresses the development of the concept of Aboriginal Title to site-specific salt licks, fishing rocks and buffalo jumps.

The BCCA's exceptionally narrow decision does not in any way assist in efforts toward reconciliation. If this same reasoning from the BCCA were to be applied to the existence of Crown title in BC, how can the Province then justify its claim to Crown sovereignty over the lands of this province?", said Grand Chief Edward John, of the First Nations Summit Political Executive.

Chief John stated, "There is no doubt there is now a double standard applying to the existence of Aboriginal and Crown title. It is inexplicable how the onus is on the original peoples of the lands having to prove their existence as peoples and that of their land rights while the Crown governments do not have to prove the legitimacy of Crown title to lands traditionally held by First Nations."

The BCCA did decide to preserve certain aspects of Tsilhqot'in 'Aboriginal' Rights. This is important because based on these rights both governments have constitutional (s. 35) based obligations to protect their rights. They cannot simply run roughshod over these. As well, the standard in the UN *Declaration on the Rights of Indigenous Peoples* requiring the free, prior and informed consent is absolutely necessary to protect Indigenous Peoples' rights.

"The BCCA decision has made it clear that First Nations have Aboriginal Rights within our respective territories. We welcome that. But the Court's decision also moves us significantly backward - reflecting an ignorance of Aboriginal cultures and peoples, ways of life, and our lands and resources. It also is out of step with the course of the law which has reflected greater understanding of the First Peoples of this country and the elements of Aboriginal Title which have never been surrendered", said Chief Doug White, also of the First Nations Summit Political Executive.

"Justice Vickers indicated in his original judgment that it would be tragic if reconciliation were further postponed through seemingly endless and costly appeals. Unfortunately for the Tsilhqot'in Nation, it looks like there will be yet another costly step in fighting for the recognition of their Aboriginal Title" said Chief Doug White. "As we have always said, we are ready and willing to work with the federal and provincial governments to improve negotiations mandates and processes in order to achieve just, honourable and timely reconciliation by this

generation of Canadians. But negotiations will not progress in a climate that has the courts propounding misconceptions and misunderstandings about the relationship between Aboriginal peoples and the land. I fear this case might seriously set back negotiations of both interim agreements and treaties. "

"As far as First Nations in BC are concerned, we hold Aboriginal Title to every part of our respective traditional lands and territories. We do not accept the BC Court of Appeal's view that the land rights and Aboriginal Title we inherited from our ancestors applies only to salt licks and fishing rocks. As the Supreme Court of Canada has affirmed in numerous cases, Aboriginal Title has never been extinguished in the past or now", said Chief John.

"The Tsilhqot'in will appeal the Aboriginal Title issue and we completely support this", added Chief John.

Originally brought to the courts by then-Chief Roger William, on behalf of all Xeni Gwet'in and Tsilhqot'in people, this action sought declarations of Aboriginal Title to part of the Cariboo-Chilcotin region of British Columbia. The original trial commenced in Victoria in November 1992 and included 339 trial days at a cost of over \$30 million. The 2007 BC Supreme Court decision was appealed in the BC Court of Appeal in 2010.

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

For further information:

Colin Braker, Communications Director

First Nations Summit

Phone: (o) 604-926-9903 (c) 604-328-4094

First Nations omitted from War of 1812 re-enactment

CBC News, July 25 - Actors dressed in period costumes helped bring the War of 1812 theme alive at the Tall Ships Festival in Halifax, but the re-enactment left out Canada's aboriginal allies. Professional re-enactors hired by Parks Canada marched on the Halifax waterfront as if braced for an American attack, but no one represented the First Nations soldiers who fought for the British colony.

Thousands of First Nations soldiers helped turn the tide of the war in British and Canadian favour "(We) certainly would not have been able to save our territory if not for the native contribution," said site manager Rob Roe. Parks Canada has not officially replied to CBC's query about the missing aboriginal re-enactors, but Roe said he didn't know why aboriginals were not represented in the Halifax re-enactment.

The missing re-enactors don't surprise Betty Ann Lavallée of the Congress of Aboriginal Peoples. "Most Canadians do not know the significance of the aboriginal commitment to the formation of this country to begin with," she said. "It's not taught in schools." Re-enactors will show eager crowds a snippet of 1812 life in Lunenburg and other ports this summer, but for now the First Nations people who helped forge Canada will remain hidden from view.

From www.bcafn.ca

First Nations Stories Dominating the News

AFN chief leaves premiers' meeting without support for murdered women inquiry

Alison Auld, Canadian Press, July 25 - National Chief Shawn Atleo left a meeting Wednesday with Canada's premiers without their full support for a public inquiry into violence against aboriginal women and girls. The chief of the Assembly of First Nations met with the premiers and other native leaders in Lunenburg, N.S., where they discussed aboriginal education, housing, health care and ways to ensure natives have a seat at the table when it comes to sharing resource-based revenues.

He urged the premiers and the federal government to support his calls for a national inquiry into missing and slain aboriginal women, who are five times more likely to experience violence than any other group in Canada.

"This is a moment of reckoning. This is a defining moment in this country," Atleo said. "We're calling on these premiers to take what we see as being absolutely necessary and take a significant leadership role.

"Nova Scotia Premier Darrell Dexter, who hosted the meeting, said the matter was discussed and a consensus was reached to "watch what was happening" in other provinces. But he wouldn't offer unequivocal support for Atleo's call for an inquiry, adding that another meeting on violence against aboriginal women is to be held in November in Manitoba.

"The gravity of the situation is not to be diminished and we understand very much the desire to get to the bottom of these things," Dexter said. "But what I'm saying is there are other things that are already underway."

British Columbia is holding its own inquiry into the death and disappearance of women from Vancouver's Downtown Eastside and how the police handled the investigation into serial killer Robert Pickton.

Betty Ann Lavalley, national chief of the Congress of Aboriginal Peoples, said that while the premiers didn't fully back a national inquiry, they did promise to support measures to combat violence against women and girls. "I think in their own way, they are saying they endorse it," she said after the meeting. "Where we're at today on this issue from where we started a couple of years ago is tremendous."

Ottawa has also resisted calls for an inquiry despite persistent pleas from aboriginal leaders to initiate some type of probe into the issue that has beset native communities across the country.

First Nations researchers have estimated that there are more than 600 aboriginal women who have gone missing over the past two decades, and that problems of violence against aboriginal women are profound, on reserve and off.

The issue has been debated in aboriginal circles for years, but has taken on significant momentum since the arrest last month of Shawn Cameron Lamb, accused in a string of killings involving aboriginal women in Winnipeg. It also became a rallying point for candidates competing last week for the post of national chief of the Assembly of First Nations.

The chiefs passed an emergency resolution urging all levels of government to take action. The premiers signed a personal pledge to live violence-free and promote safety and security among Aboriginal Peoples, joining more than 1,300 aboriginal leaders and delegates who signed it at the AFN meeting.

OPINION COLUMNISTS China's useful idiot

Tony Clement should be ashamed of himself for Mao-related tribute

BY CHARLES ADLER, QMI AGENCY FIRST POSTED: THURSDAY, JULY 12, 2012 07:58 PM EDT

Communist regimes were perhaps the single most evil and destructive force of the 20th century. This brutish and inhumane form of government stripped away individualism and freedom. It subjected all people to a harsh and all-powerful totalitarian state.

There was no room for dissent or disagreement. If someone opposed or even questioned the state, they were exiled, arrested or, far too often, murdered without trial.

Thankfully, communism eventually failed under the weight of its own inefficiencies and the inevitable failures of central planners. It was rendered to the ash heap of history as Ronald Reagan wisely predicted.

As we try to put communism behind us, one member of our federal government is actually spending money to commemorate a famous Maoist communist. That's right, Treasury Board president and allegedly Conservative MP Tony Clement is championing a memorial to an ally of Chairman Mao. You know, one of humanity's most brutal dictators, a guy responsible for the death of more than 60 million Chinese during his vicious reign. Yes, your hard-earned tax dollars are going to a communist memorial in Canada.

Tony Clement, king of pork-and-barrel spending on Parliament Hill, has generously allocated \$2.5 million of your taxpayer dollars to honour one of Chairman Mao's lackeys.

In a complete spectacle, Clement arrived at the pork announcement in a rickshaw of all things. Yes, apparently this Ottawa bigwig likes being charioted by us common folk, in a bizarre, degrading arrival. Clement then stood at attention for the playing of the Red Chinese national anthem.

And who is this communist idol being worshipped with your tax dollars? Norman Bethune, a Canadian-born doctor. After going to fight for the communists in the Spanish Civil War, Bethune headed to China to tend to Mao's communist troops.

The communists later turned Bethune into a messiah, the way communist states use propaganda and revisionist history to brew nationalism and subversion. School children in China are still taught about this supposed heroic martyr.

Folks, I don't take communism lightly. I have a personal connection to communism. I was smuggled out of communist Hungary in a backpack as a child. I was fortunate to escape life behind the Iron Curtain, but millions upon millions of innocent people remain trapped under the iron grip of communism.

There is zero excuse for Tony Clement's disgraceful shenanigans. The Chinese can prop up false idols to hide the horrors of communism, but Canada should play no part in this.

Canadians deserve better. They deserve more accountability for their hard-earned tax dollars. Surely there are better ways for Stephen Harper to build bridges with China than to pay homage to one of Mao's favourite defectors. Shame on him and shame on Tony Clement.

The Bethune Memorial House, the ridiculous statues and any other institution celebrating deadly communist regimes should never be built on Canadian soil, let alone receive public money from Canadians. Tony Clement should be ashamed of himself.

The 10 Commandments of a Healthy Digestive System

You can keep your digestive system steady and balanced and avoid many of the rumbling, tumbling, and unpleasant symptoms of indigestion if you follow these 10 commandments:

1. Thou shalt chew. When you slow down and chew your food fully, you avoid swallowing air that can lead to gas, bloating, and nausea.
2. Thou shalt eat smaller meals. Eat too much at one sitting and you can put stress on your lower esophageal sphincter (LES), the muscle keeping food from moving back up into your esophagus and causing heartburn. Opt for smaller portions of the most nutritious foods, with an emphasis on fibre from fruits and vegetables and leaner protein.
3. Thou shalt eat frequently. Once the smaller meal commandment is adopted, you will need to eat more frequently to ensure that you get all your nutrients. This helps to regulate blood sugars as well. Don't skip meals, and try to give yourself ample time to eat - even when you're at your busiest.
4. Thou shalt eat plenty of fibre. Be sure your diet features fibre-rich foods. Insoluble fibre, AKA roughage like the skin on your apple, seeds, and nuts, helps to soak up moisture to soften and bulk up your stool to prevent constipation. And soluble fibre, found in veggies, fruits, beans, and whole grains, is a gooey binding agent that helps to reduce cholesterol. If you find it difficult to get all the fibre you need, there are psyllium fibre products that can help bump up your daily fibre intake.
5. Thou shalt let gravity do its work. You may be tempted to take a load off after a big meal. But getting "horizontal" for an after-dinner nap puts gravity at a disadvantage. Stay upright for about 3 hours after eating to let food move down toward your stomach and intestines. If you must tuck into bed after tucking into a big meal, elevate the head of your bed about 15 cm.
6. Thou shalt know and avoid thy triggers. Give your digestive system a break from the foods and drinks that seem to cause you the most stomach upset. Some of the most common indigestion triggers include spicy foods, fatty or greasy foods, chocolate, and caffeine. If you do overindulge, there are over-the-counter products available to help ease the discomforts of indigestion.
7. Thou shalt avoid alcohol. Like other causes of digestive drama, alcohol is a stomach irritant. Alcohol also weakens the sphincter (valve) at the bottom of the esophagus (the LES) - causing acid to back up or reflux into the esophagus, leading to indigestion.
8. Thou shalt not smoke. Smoking weakens the LES, allowing stomach acids to rise up into the esophagus and triggering heartburn. Smokers also suffer higher risk of ulcers and Crohn's disease.
9. Thou shalt move more. Activity and movement encourages food to move through your body. Fit in regular exercise to support healthy digestion, prevent constipation, and reduce your risk of colon cancer.
10. Thou shalt not ignore thy body. When you feel the urge to "go," go! Your body should not be put on hold because of a busy schedule. Waste material that hangs out in your intestines for too long gets drier and drier and firmer and firmer, so that when you finally get around to going, stool is hard to pass and can lead to straining and, possibly, hemorrhoids.

From healthnewsletter@medbroadcast.com

Macular degeneration treatment doesn't increase cardiovascular risk: study

July 4, 2012

Provided by: The Canadian Press

Written by: The Canadian Press

TORONTO - Toronto researchers have found that two drugs used to treat age-related macular degeneration do not increase the risk of cardiovascular events in people being treated for the eye condition.

The study found the drugs Avastin and Lucentis don't increase the risk of heart attacks or strokes in people who get small doses in the eye for macular degeneration, a leading cause of blindness.

The research was done by scientists at the Institute for Clinical Evaluative Sciences and is published in the medical journal BMJ.

The drugs have revolutionized the treatment of retinal diseases, improving the lives of millions.

However, they have been seen to increase the risk of vascular side-effects in people who take them intravenously for cancer.

The researchers wanted to ensure that wasn't also the case for people who have small doses of the drugs injected into their eyes.

The negative findings should be reassuring to people who use the drugs for macular degeneration.

"These findings are highly significant because while we've seen explosive growth in the use of both drugs worldwide, our understanding of the safety risks is incomplete," says Dr. Rob Campbell, a scientist at ICES and an ophthalmologist at the School of Medicine at Queen's University in Kingston, Ont.

The study says that given what is known about how these drugs work, it was biologically plausible that adverse vascular events could have stemmed from their use.

"We've looked at this issue in two studies with different methods and found consistent results," Campbell says in a release.

But there remains a need for ongoing surveillance and further research into specific groups who may be at a particularly high risk, such as people with diabetes, he adds.

The drugs' generic names are bevacizumab (Avastin) and ranibizumab (Lucentis). www.medbroadcast.com

The Vancouver School Board has been working with the Vancouver Aboriginal community to develop an **Aboriginal Focus School** (AFS) which will open in September 2012 at Victoria & Hastings Streets. We are now actively recruiting new students – Aboriginal and non-Aboriginal - for the school.

The 2012-2013 school year will start with Kindergarten, Grade 1, Grade 2, and Grade 3 only (with at least one grade level being added in each following year). We need interested caregivers to register their children as soon as possible so that we can finalize plans for the new school year – most importantly, knowing how many students there will be which will determine how many teachers there will be.

- A brochures, Frequently Asked Questions (FAQ), flyer, and registration form are attached which have lots of information about the AFS, ways to register, and where to find more information about the AFS
- Copies of these documents have been delivered to many Aboriginal organizations around Vancouver – so you can pick up a copy. Some organizations will also be able to help you fill in and submit your registration form.

Sasha McArthur - UNYA Reception Urban Native Youth Association

1618 E Hastings St., Vancouver, BC, V5L 1S6 Phone: (604) 254-7732

Fax: (604) 254-7811

Website: <http://www.unya.bc.ca>

[Facebook](#): UNYA Fanpage

Emailed in to share: As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend..

I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with ageing. Whose business is it if I choose to read, or be on the computer until 2 AM, or sleep until noon? I will dance to those wonderful tunes of the 60s and 70s whenever I wish.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the young. I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile.

I am so blessed to have lived long enough to have my hair turning grey, and to have my youthful laughs be forever etched into deep grooves on my face.

So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore...

I've even earned the right to be wrong.

So, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day if I feel like it.

Here are 3 natural remedies for removing skin tags that have been proven to be both safe and effective.:

1- you can remove a skin tag using tea tree oil. This fabulous essential oil is extracted from an Australian plant called Melaleuca Alternifolia which is a plant that works wonders in treating so many skin diseases.

The method for removing skin tags using tea tree oil is simple. You just have to wash the skin tag and its surrounding areas with soap and water and leave it dry out. Then take a Cotton ball and soak it in water and put three drops of tea tree oil on it. You'll then have to rub it against the skin tag. Do this three times a day for a couple of days until the tag falls off.

2- The other natural way to remove skin tags is to use a herbal extract like Dermisil for skin tags. This natural medicine is extracted from 3 plants that are very well known for their healing effects on so many severe skin conditions. These three plant are: Ricinus communis, Thuja occidentalis and Melaleuca alternifolia.

3- Castor oil is another natural remedy for removing skin tags. If you want to try it out, it is recommended that you mix it with baking soda. Mix them together until they form a paste and then apply that paste to your skin tags.

Please post far and wide...

Please disseminate the news release below to community youth agencies, city councils, school districts and others in your network, in an effort to organize local communities to find a way to continue programming for Aboriginal Youth using existing resources as an emergency interim measure to make sure our Youth stay involved and safe.

We are calling on all of our supporters to contact the Aboriginal Friendship Centre nearest you to provide letters of support, help us petition for the reinstatement of the Cultural Connections for Aboriginal Youth (CCAY) program in BC and across our Nation or discuss interim programming and funding options. Visit www.bcaafc.com for a listing of the 25 community Friendship Centres in BC.

I hope you will accept my apologies if you receive cross-postings.

In the Spirit of Supporting Our Children,

Lisa Mercure, BCAAFC

Federal cuts hit aboriginal youth programs hard

Award-winning RedFox Healthy Living Society forced to close its after-school offerings after six years

By Gerry Bellett, Vancouver Sun June 23, 2012

Emma Sutherland is concerned that the funding for the RedFox program has been cancelled. RedFox provides cultural and social opportunities for aboriginal youth.

A successful after-school program for Downtown Eastside aboriginal and disabled youth is shutting down because the Treasury Board has frozen a \$22-million grant to Cultural Connections for Aboriginal Youth — a national program designed to enhance the economic, social, cultural and personal prospects for off-reserve youth.

RedFox Healthy Living Society, a non-profit group that was counting on a \$85,000 grant to keep its programs going through the year, is closing down after six years, said executive director Emma Sutherland.

“We’re a healthy-living skills and employment training program for aboriginal youth and youth with disabilities. We operate on an absolute shoestring and we serve over 200 kids a month, and with the special events we do throughout Metro Vancouver each year we reach over 15,000 children and their families,” she said.

The program has won a number of awards and is considered “a best practice” by the provincial government, said Sutherland.

RedFox is active in 10 schools and community centres in East Vancouver and was planning a number of events that would have involved aboriginal youth during the summer holidays — the most important time of the year for the program.

The freeze on releasing the funds to the various Cultural Connections for Aboriginal Youth (CCAY) centres across Canada is incomprehensible, said Vancouver East NDP MP Libby Davies.

B.C. organizations have received about \$3 million in funding with half being spent in Metro Vancouver.

“This is going to have a drastic impact on aboriginal youth. This is a critically needed, front-line service that has been wiped out,” said Davies. “We’re hoping that a quick response will put enough pressure on the minister to have the decision reversed.”

In parliament Thursday, Jean Crowder, NDP MP for Nanaimo-Cowichan, asked Aboriginal Affairs and Northern Development Minister John Duncan to explain why the Treasury Board froze the funding when he had earlier stated that the cultural connections program would be safe from cuts.

Duncan said he had just met with the national president of the organization and “we are concerned about this issue.”

He said the government wanted to realign the program to “meet our current needs for skills training development and job readiness.”

Crowder reminded the minister that Thursday was National Aboriginal Day. “These are programs that keep kids off the streets and keep them going to school. Staff have been laid off, doors closed and uncertainty has grown around the cultural connections. This is a blow to the great work that friendship centres do across the country,” she said.

Sutherland said cancellation came after RedFox had already spent \$25,000 in anticipation of the grant being renewed.

“We’ve been operating on an agreement that our program was accepted for funding on April 1. That has been the way the government has forced us to operate. We had to deliver programs but they made us wait for the money.

“We have spent \$25,000 and expected that money to come in but now they’ve told us they’re cancelling the whole program. We’re shutting down almost immediately,” she said.

The federal grant of \$85,000 accounted for 70 per cent of the society’s operating budget.

One of the programs planned for the summer was a geocaching project in partnership with Telus, which was designed to get inner-city kids out of their neighbourhoods and into regional parks.

“It would teach them about technology and get them out of the city but the program was contingent on getting CCAY funding. We were at the point where we were going to take Strathcona students and give them something to do in the summer and now we’re scrambling,” said Sutherland.

Paul Lacerte, executive director of the B.C. Association of Aboriginal Friendship Centres, said the loss of programs would have a devastating effect on at-risk aboriginal youth.

“At the worst it means we are going to lose some youth. These are very vulnerable young people. We have people who are struggling with drug and alcohol addiction and we are keeping them from conditions where they are going to overdose. We also have a massive problem with young people in terms of self-harm.

“So all the indications are that this will mean lives, for sure,” said Lacerte.

“For at-risk youth, trust is hard-earned and easily lost. Now their support worker has lost his job and has bills to pay and needs to find another job the kid will say ‘yeah that’s what everyone in my life has done — given me the illusion of a relationship then have it all disappear.’”

gbellett@vancouver.sun.com

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<http://www.vancouver.sun.com/Federal+cuts+aboriginal+youth+programs+hard/6828519/story.html>

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- Healing Intergenerational Trauma**

**Please visit our website for additional details and registration information –
www.aboriginaltrainingandconsultingservices.com. You can also call or email us (1-888-683-7711, rebecca@rebeccamarinos.com).**

We hope to see you at this exciting event.

**Sincerely,
Rebecca Marinos
Management Team**



Snuneymuxw First Nation

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FOR IMMEDIATE RELEASE

Thursday, July 12, 2012

NANAIMO (British Columbia) – Implementation of Snuneymuxw Treaty of 1854 is Snuneymuxw's Top Priority

An article published in the Nanaimo Daily News on July 12, 2012 titled "First Nations Losing Their Patience on Treaties" contains errors and does not accurately reflect the views and aspirations of Snuneymuxw or Chief Douglas White III. That article inaccurately suggests that Chief White is "firm in his resolve" to reach an agreement with other governments in the BC Treaty Process and "has been working hard to achieve that goal"

Snuneymuxw is a party to a treaty – the Snuneymuxw Treaty of 1854 concluded between Snuneymuxw and the British Crown. Since that Treaty was made, Snuneymuxw has demanded full implementation of the Crown's obligations under the Treaty. Instead, the Crown has consistently pursued policies designed to deny, avoid or minimize its obligations under the Treaty.

In citing reasons why no agreement has been reached between Snuneymuxw and other governments in the BC Treaty Process, the Nanaimo Daily News article has overlooked a fundamental factor. Canada and BC mandates in that process simply do not allow for full and honourable implementation of the Treaty of 1854. Rather, under these Crown mandates the Treaty of 1854 is treated like a historical curiosity – something that happened, but without any need to honour the solemn commitments that were made under the Treaty. Snuneymuxw rejects this self-serving and dishonourable approach to the Treaty of 1854.

"The article is yet another example of how, despite good intentions, Snuneymuxw rights, interests and concerns become distorted by a lack of proper and full information about the history, priorities and aspirations of Snuneymuxw," Chief White stated. "Snuneymuxw is committed to the Snuneymuxw Treaty of 1854 and the establishment of processes by which to ensure it can be fully implemented in accordance with its spirit and intent. Until other governments are willing to honour the solemn commitments made by the Crown under the Treaty of 1854, and as long as other governments pursue policies designed to avoid or minimize their obligations under the Treaty, the Snuneymuxw people will be very suspicious and wary of the BC Treaty Process."

-30-

For further information contact:
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Enbridge and BC: Money Is Not The Issue

Latest Enbridge Oil Spill Proves Once Again the Risks of the Northern Gateway Pipeline Are Too Great for the Project to Be Approved. July 30, 2012

COAST SALISH TERRITORIES/VANCOUVER, BRITISH COLUMBIA - In the wake of a large new Enbridge Pipeline oil spill that spilled 190,000 litres of oil in Wisconsin on Friday, BC leaders including First Nations, a municipal councillor, a former cabinet minister, and conservation groups held a press conference today to call for the rejection of the Enbridge Northern Gateway Pipeline and tanker proposal. The Northern Gateway pipeline would pass through some of BC's most inaccessible and difficult terrain, crossing hundreds of rivers and streams, and resulting in over 225 oil supertanker transits each year in the unpredictable waters of the north coast, through whale habitat, fishing grounds, and other sensitive marine areas.

"Well, look who just caught up. Premier Clark is right that we need to stand up to Alberta's aggressive oil agenda, but selling our coast and rivers out from under us is not the way to do it," said Grand Chief Stewart Phillip of the Union of BC Indian Chiefs. "First Nations right across BC have vowed we will never allow Enbridge's pipeline and tankers, and non-Natives are united with us in a growing groundswell of unity to protect all of us from oil spills. The right move for Premier Clark is to take decisive action and join us in slamming shut the door on dangerous oil tanker and pipeline projects."

Over the past five years, opposition to the Enbridge pipeline and tanker project has steadily grown. Over 100 First Nations have banned tar sands pipelines and tankers from their traditional territories. Two-thirds of B.C. residents oppose crude oil supertankers in inside coastal waters while only 22% are in support (Source: Justason Poll, March 2012, <http://bit.ly/P723tc>).

"Protecting our salmon streams and our ocean coast from oil spills is not negotiable," said former BC Liberal Leader and former federal Minister of the Environment, David Anderson. "No amount of money can protect our coast, and no amount of money can repair the damage of a spill of heavy Alberta crude oil. Given the poor reputation of Enbridge for environmental and worker safety, it is high time for the Enbridge Northern Gateway application to be rejected and the 40 year ban on bulk oil movements on the waters of the West Coast to be reaffirmed. Premier Clark should make that clear to the Alberta and federal governments, and then move on to negotiating a Canadian National Energy Strategy based not on increasing production and consumption, but on the fundamental need to reduce greenhouse gas emissions from all Canadian sources."

Numerous municipalities have formally opposed the project, as has the Union of BC Municipalities. Thousands of people have taken to the streets in recent months- in Prince Rupert, Vancouver, Edmonton, Saskatoon, Winnipeg and Toronto - voicing opposition to Enbridge. Over 100,000 people have signed petitions opposing the project.

"British Columbians have made clear that our coast and our communities are not for sale. Our issue isn't the money - it's about risking our fishing and tourism economies for oil tankers and pipelines. Of course Premier Clark should stand up for BC, but the only responsible stand is to say no to oil tankers and tar sands pipelines, period," said Jennifer Rice, a city councillor in Prince Rupert. The Prince Rupert city council, and other government bodies such as the City of Terrace, Town of Smithers and the Skeena Queen Charlotte Regional District, (which includes the communities on Haida Gwaii), have passed similar resolutions opposing the pipeline.

On the eve of the Premiers' Conference last week Premier Clark issued five pre-conditions that she says must be met before she will "consider support" for Enbridge. These pre-conditions include assurances about the project's safety, that First Nations rights be respected, and that BC receive financial compensation from Alberta.

"The government's pipeline pre-conditions will not protect BC from oil spills, as evidenced by Enbridge's latest spill, just three days ago," said Josh Paterson, staff lawyer at West Coast Environmental Law Association. "As the premier has recognized, government pipeline and tanker safety requirements can't eliminate the risk of pipeline ruptures or ship accidents. That's why so many people in BC have said we won't accept oil tankers and pipelines under any conditions."

Linda Nowlan of the World Wildlife Fund added: "Our concern has never been that there should be more capacity to respond to a catastrophic oil spill in our rivers or on our coast. Our concern has never been that this province's share of revenues was not yet high enough. Our concern is that the Great Bear region of BC's north coast is no place for crude oil pipelines or oil tanker traffic. Not now, and not ever, and not at any price."

Two years ago Enbridge was responsible for the worst inland oil spill in U.S. history. The company's botched response drew unprecedented criticism from the US National Transportation Safety Board, which described Enbridge as a "Keystone Kops" operation with a "culture of deviance" around safety. This past weekend Enbridge shut down a major pipeline in the US because of an oil spill, and there have been at least 3 pipeline spills in Alberta in the past 3 months, triggering an admission of safety problems by the Alberta provincial government which has led to a pipeline safety review.

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QUOTES

"Discovery consists of seeing what everybody has seen and thinking what nobody has thought."

"Curiosity is the key to creativity."

"Blessed are they that have not seen, and yet have believed."

John 20:29

The Effects of Physical Withdrawal www.whyquit.com

Anxiety, Anger, Irritability, Impatience and Restlessness

The above are all normal temporary effects of physical withdrawal from nicotine. Our life-long roller coaster cycles of rising and falling blood nicotine levels are now ending. Your mind is in the process of resuming control of the more than 200 neurochemicals that nicotine had directly and indirectly taken hostage, including select adrenaline, dopamine and serotonin pathways. In resuming control the brain is making sensitivity adjustments associated with mood, wanting, stimulation and anxiety.

In trying to protect your mind from the neurochemical influence of the toxic natural pesticide nicotine, in some brain regions it actually desensitize important neurochemical circuits by reducing neurotransmitter receptor sites (down-regulation), in other regions increasing the number of receptors (up-regulation), and still other regions by diminishing the number of transporters.

If a nicotine user remains 100% nicotine free for just 72 hours they should begin to notice the underlying current of recovery anxieties begin ever so slowly easing off as their brain's neurons begin bathing in nicotine-free and oxygen rich blood serum. You see, the brain's sensitivity adjustments have no choice but to begin bearing fruit. Although our quickly healing body soon becomes 100% nicotine-free and most of the normal symptoms of adjustment quickly reach their peak, it will take 10 days to two weeks before the ongoing process of restoring natural sensitivities reaches the point where you begin to catch whiffs of the flavor of coming home. These are priceless hours and days during which the mind and body are becoming accustomed to functioning without nicotine and other tobacco chemicals.

The early healing is rapid. Deep breathing with mind relaxation, together with a bit of physical activity, can help diminish anxieties. Adjustment of caffeine intake and limiting sugars can also have a calming effect. Acidic fruit juices, like cranberry, may help accelerate extraction of the blood's remaining nicotine and decrease the maximum of 72 hours required for the body to completely metabolize and remove all nicotine.

There is a detailed cessation effects study by Marcia M. Ward, entitled "Self-reported abstinence effects in the first month after smoking cessation," published in *Addictive Behaviors*, 26 (2001) at pages 311-327. Its findings are fascinating.

For example, it may be difficult to believe but, on average, anxieties peak on day one (within 24 hours) and, for most, within two weeks return almost to pre-cessation levels.

Regarding anxiety, be sure you understand why ex-smokers only need half the amount of caffeine as smokers ([discussion link](#)).

Irritability, often anxiety's aftermath, seems to peak at about 48 hours while restlessness peaks at 72 hours. According to the study, both begin hovering back around pre-cessation levels within two weeks.

Anger apparently peaks for the average quitter at about 48 hours (day 2) and within 72 hours is beginning to return to almost pre-cessation levels. Nicotine amazingly had taken command of the mind's adrenaline circuitry and when taking back control anger and fear (fight or flight) are our means of releasing adrenaline. It isn't unusual to find yourself intentionally attempting to induce releases by promoting conflict or feeling fearful about permanently altering your mind's sense of normal from "nicotine normal" back to "you!"

Find ways to vent your frustrations that won't cause needless hurt to family members, loved ones, friends or co-workers. Walk, run, vent into a pillow, find a punching bag, bend a piece of steel, or even bite your lip for the few hours (less than 72) that it will take before you begin to sense the onset of some relief.

Talk about your feelings with family, friends or in your support group. Write yourself a loving letter to be read in a year from now that accurately describes what your chemical withdrawal and early psychological recovery experience was like and why you were more than willing to endure it. The mind does not remember pain or the bad times. In fact, your memories of "Glory Week" will rapidly fade within just a few short weeks. Give yourself the present gift of future memory. It may be just the motivation that you'll need to avoid temptation tomorrow.

Occupy your time. Try enjoying your favorite activity, sport or hobby. Celebrate each hour of freedom. Keep a positive attitude and review your reasons for beginning this journey. Clear your mind of all negative thoughts and chatter. Don't allow the seeds of false reasoning to fester and infect your logic or desire. Show yourself courage as you break free from years of slavery to the dictates of your master.

Time Perception Distortion

Nicotine smokers have long known that at times during early withdrawal time itself seems almost to stand still. The first two weeks can seem like some of the longest days of your entire life. A new 2003 study suggests that time perception distortion may possibly be a universal nicotine dependency recovery symptom experienced by all smokers.

Although a subconsciously triggered crave episode will not last longer than three minutes, as you probably already know those minutes can feel like hours. Whether dealing with a subconscious crave trigger or even consciously fixating on a thought of wanting to smoke, be sure and look at a clock or watch so that you can gain honest perspective in helping correct your impaired perception of time.

All of us are capable of handling a few brief moments of anxiety - all of us - but we need help in gaining an accurate estimation of how long we've endured any challenge or this symptom may falsely paint recovery as being beyond our ability to handle. Don't let time distortion deprive you of your dream of again comfortably embracing life as you.

When time distortion is combined with a destructive "big bite" recovery philosophy that insists upon measuring success in terms of quitting forever, it is often a recipe for relapse. Instead, adopt a "one day at a time" philosophy that sees and treats each challenge and each day of freedom and healing as the full and complete victory they reflect. What good is holding a victory party after you're dead? Celebrate life and the victory your latest victory.

Inability to Concentrate or a Foggy Mind

The feeling that your concentration is not as good or that your mind now lives in a fog is experienced, to one degree or another, by almost two-thirds of recovering nicotine addicts. The return of our clearness of mind and concentration levels may seem gradual but within two weeks most begin experiencing concentration levels very close to those of never-smokers.

Poor concentration, focus and thought can also be associated with low blood sugar. It's important to understand that nicotine force-fed us stored fats and sugars with each new puff. It's why so many of us could skip breakfast and/or lunch and yet not feel hungry. Smoking nicotine caused our brain to release adrenaline which in turn prepared us for the "fight or flight mode" by pumping stored fats and sugars into our blood stream (the bad artery clogging fats).

Once we stop putting nicotine into our body the adrenaline fat feedings end. If you continue to attempt skipping meals, your blood sugar will plummet along with your concentration, as nicotine is no longer your spoon. It isn't necessary to eat more food but only to spread your normal daily food intake out more evenly

over your entire day.

Women would be well advised to put a very small amount of fuel into their stomach about every three hours and men at least every five. During only the first 72 hours (as it can be fattening) natural fruit juices (cranberry is excellent) will not only aid with helping stabilize blood sugar but may actually help accelerate the rate at which nicotine metabolizes just a wee bit. Here is a good discussion thread on the subject.

Even if you can't correct the entire problem by stabilizing blood sugar and you're forced to push yourself a bit more than normal in order to live up to your old expectations, concentration improvement appears to be fairly steady and relief won't be long in coming. You may also want to temporarily reduce or avoid alcohol use, which reduces brain oxygen, and obviously impairs concentration. Brisk walks or other physical exercise and slow deep breathing will deliver additional focus giving oxygen to your mind. Remember, life-giving oxygen is a far healthier brain stimulant than any addictive substance. Trust in you. It's only temporary.

Flash - a new medical study was released in May 2002 indicating that heavy nicotine use may actually destroy brain cells and diminish concentration and memory. Here is a BBC news link and a link to the study abstract. If true, the very temporary concentration effects associated with adjusting to the absence of nicotine might better be seen as a very welcome occurrence.

Feeling Tired or Fatigued

Our body is shedding the effects of being under years of dependence upon a powerful stimulant and the process of withdrawal and readjustment can be physically and emotionally exhausting. We're also experiencing changes in basic metabolism as our heart rate and respiration have rapidly returned to normal. Time distortion, awaiting that next crave episode, using anger or fear to try and generate adrenaline that we sense is missing, possible sleep disruption, it isn't at all unusual to feel a bit drained during the first few days but after that you should begin feeling much better with more energy than you may have felt in years.

Just as recovering from any other illness, the body and mind need time to heal. Moderate exercise can act as a natural pick-me-up and also help us sleep better. We need to allow ourselves additional rest, extended sleep or even a nap. "Glory Week" consumes tremendous energy.

It is not normal to continue feeling tired or fatigued three weeks after starting your journey and there are many potential causes ranging from improper diet, blood sugar problems, medications that may possibly be in need of adjustment (hypertensives, thyroid, depression, blood sugar drugs or asthma medications, among others) upon ending use of the 4,000+ chemicals present in tobacco smoke, an underlying condition that was being masked and hidden by those same 4,000 chemicals, or by other coincidental conditions that just happened to occur and have nothing whatsoever to do with ending tobacco or nicotine use. Also, see depression below.

Trouble Sleeping or Insomnia

Nicotine is a powerful drug that affects subconscious thought, brain waves, the depth of sleep, and can even affect dreams. The disturbance of "normal" sleep patterns can occur during physical withdrawal or new patterns may be established as you return to your body's true level of need. You may find that you don't need nearly as much sleep as you did while smoking. Are you still tired or just sleeping less?

It's important to understand that nicotine smokers need twice the amount of caffeine in order to achieve the same effect as a non-smoker. Nicotine indirectly causes caffeine to metabolize (to be depleted) at a rate twice that of non-smokers. If you're a heavy caffeine user who attempts to continue using caffeine at the same amount as you did while using nicotine, you may find yourself not only having difficulty sleeping but probably climbing every wall in sight. Here's a Freedom message thread discussing the issue in far more depth.

Relaxation through mind clearing and slow deliberate breathing can help induce sleep. Mental relaxation can be as simple as slowly clearing your mind of all other thoughts by focusing exclusively on a single object or color. If your sleep continues to be disrupted and is affecting your health, safety or performance then turn to your physician or pharmacist for assistance. Don't allow sleep to be your mind's junkie excuse to destroy your quest to meet and become comfortable as "you" again.

Chest Tightness

Chest tightness is normal, temporary and should not last for more than a few days. Aside from arising from the tension and stress associated with early withdrawal, it can be a component of normal dependency recovery blues (the emotional loss) or associated with the early cleansing, coughing and lung healing. Any tension or depression induced tightness or muscle stiffness may benefit from relaxation exercises, a warm shower, slow deliberate breathing or moderate exercise. Fluid or ice water may help with minor discomfort associated with tar and mucus removal or irritation due to coughing. Keep in mind that your lungs need moisture to help with healing and flushing.

As a general rule of thumb, normal daily fluid intake should equal a minimum of one-half your body weight in ounces daily. A cool glass of water may not only taste refreshing it may stimulate a small earned release of dopamine -- that "aaah" sensation. Add in a few deep deep "aaah" breaths and you may just begin to sense the beauty of the gradually emerging "you" as neurochemical sensitivity and control again is regulated by life not nicotine. If we have any concerns about chest tightness, it never hurts to pick up the phone and give our doctor a call.

Slight Sore Throat

Years and years of smoking while ingesting hundreds and hundreds of chemicals (every twenty to thirty minutes) has irritated our throat, damaged or destroyed millions of cells, has deeply marinated tissues in gobs of tar, and has caused them to become numbed to the tremendous harm being inflicted. As our tissues begin to heal, they may feel temporarily irritated as the cells slowly renew, our tissues begin to breathe and natural moisture levels gradually return. Cool liquids and juices may provide a bit of soothing. Hard sugarless candy or cough drops may also generate moisture, provide soothing or give relief from minor discomfort.

Coughing, Mucus or Nasal Drip

According to the Ward "abstinence effects: study, roughly 60% in recovery reported coughing on day two, 48% by day seven, 33% by day fourteen, and 15% by day twenty-eight. I hope that those still coughing after a month made an appointment to go for a thorough check-up! Our bronchial brushes or cilia are healing and again engaging in cleaning and clearing. Years of tar build-up is loosening itself and must either be expelled or flushed from the lungs. Mucus and coughing are common but as seen from the Ward study many in recovery often experience neither. If you do experience increased coughing that persists, it is highly advisable to see your physician for a complete checked-up as one of the earliest signs of lung cancer or disease is a chronic cough.

Clearly our lungs will benefit from extra fluids to aid with cleansing and healing. Although the 8 x 8 rule is under attack in some literature, many authorities still advocate trying to drink at least eight glasses of water daily. Try ice to sooth and moisten the mouth and possibly lemon for flavoring and a bit more valuable nicotine extracting acid. Cough syrups or decongestants can also bring some temporary relief from coughing or irritation but if your cough should persist don't hesitate to give your doctor a call. It isn't uncommon to see a smoker's lung function improve by almost a third within just 90 days. That's an amazing pace. I couldn't run 200 feet prior to quitting and truly thought I would never would again. Not too far but today these lungs can run like the wind and amazingly not be winded when I stop. I thought I'd damaged them beyond repair. I'm so glad I was wrong.

Bad Breath, Nasty Tastes and Bleeding Gums

Are you noticing the horrible odors rising up from healing lungs as they exhale, cough and flush years of tar buildup within notice of healing taste buds and a more accurate sense of smell? Picturing the slow healing of deeply marinated gum, cheek and tongue tissues impregnated by years of thousands of passing chemicals may be more accurate than you think. Depending on how long we smoked it could take some time for these tastes and odors to totally dissipate. Cell healing, time, oxygen rich blood, and fluids will keep mouth, nasal, throat and respiratory tissues on the road to maximum recovery. Brushing a bit more frequently and mouth-wash should help control the odors that will continue to be released from both dead and recovering cells.

As for gum bleeding, it is not unusual to be a bit overzealous and brush too much but also be aware that your gums are experiencing some rather amazing healing all their own and, surprisingly, it is normal for the ex-smoker's gums to be more prone to bleeding during recovery, not less. Nicotine constricts blood vessels diminishing blood flow, which, according to a January 2003 study, may account for smokers having thicker gum tissues. According to an April 2004 study, gingival (gum) blood flow rate was "significantly higher at 3 days" and within 5 days the liquid sticky plasma proteins normally released by healthy gums (gingival crevicular fluid) had significantly increased and within 2 weeks were comparable to those of non-smokers. But if it takes a bit of bleeding to begin gradually reversing the risk of experiencing 240% greater tooth loss than a non-smoker then so be it. If at all concerned give your dentist a quick call.

Headaches

Changing brain oxygen and chemical levels, added anxiety or tension, possible temporary sleep disruption, increased caffeine levels, or diet changes can all result in headaches. According to the Ward "abstinence effects" study, 33% of smokers reported having headaches immediately PRIOR to quitting. Interestingly, those reporting headaches peaked on day three (72 hours) at 44%, dropped to 17% on day seven, and had declined to a low of just 11% on day fourteen.

Within eight hours of commencing recovery, carbon dioxide levels in our blood and brain return to normal but it takes time to adjust. Relaxation, slow deep breathing, extra rest, mind clearing with thought focusing exercises, a warm bath or shower, or exercise may help relieve tension and often brings relief. Aspirin or other headache relievers are available but shouldn't be taken on an empty stomach. If you are a fairly heavy caffeine drinker make sure you understand that ex-smokers only need half as much caffeine as smokers in order to get the same effect, otherwise your caffeine overdose may actually cause your headache.

Stomach Pain, Nausea, Constipation or Gas

Nausea was also examined in the Ward "abstinence effects" study. Again, although only averages, 16% of participants reported nausea on day one (as compared to 2% at pre-cessation baseline), 11% on day three, 16% on day seven, 9% at two weeks, and 4% on day twenty-eight.

Cessation related constipation was the focus of a November 2003 study. It found that one in six quitters develop constipation and that for one in eleven quitters the problem was severe. The study also found that constipation levels peaked at about two weeks. If you develop constipation concerns during recovery consult your pharmacist or physician and obtain relief.

There are a host of digestive disorders, including cancers, associated with smoking. Intestinal and bowel movements can be temporarily affected while they adjust to the absence of nicotine. Stress, anxiety or normal sense of loss depression can cause our stomach or GI area to generate pain. Tissues numbed and deadened by years of nicotine use are healing. It isn't uncommon to experience temporary pain. We can aid the healing process by drinking at least eight glasses of water each day. Increasing the amount of leafy vegetables, roughage, whole grains, bran or prunes in our diet will aid our intestines in cleansing and in moving things along. Moderate exercise may also help with circulation and movement. Consult our physician if symptoms persist.

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By The Canadian Press, thecanadianpress.com, July-30-12 11:42 AM

Bees, honey, vanish in Abbotsford hive heist

ABBOTSFORD, B.C. - Police in Abbotsford, B.C., are searching for a thief with sticky fingers, but it's not money or jewels that has gone missing.

About 500,000 bees, as much as 3,600 kilograms of honey and 100 hive frames vanished from a remote Fraser Valley property, east of Vancouver, sometime between July 7 and 26.

Total value of the brazen bee burglary is estimated at \$100,000.

Police say the targeted hives were set far back the road, on property along the Canada/U.S. border south of the Abbotsford airport, and the keeper had last checked his bees in the first week of July.

Officers combing for comb say equipment and trucks would have been needed to make the gooey getaway, and they hope someone saw something that could make charges stick.

They also believe they are searching for someone with bee keeping expertise because they say relocating that number of potentially belligerent bees can be dangerous without specialized knowledge.

From www.msn.com

LEO - The Boss (July 23 - Aug 22)

Very organized. Need order in their lives - like being in control. Like boundaries. Tend to take over everything. 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.

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

ANNUAL BC ELDERS GATHERING INFO CORNER

As you all know, the Annual Elders Gathering has a new host each year and the very moment each new host has information to distribute it is on the front and back page of the Elders Voice and posted online at www.bcelders.com. If our site doesn't have forms it is because they aren't available as yet.

Now typically the venue for the coming year is booked in late fall and often the new dates are not announced until Nov.-Dec.

All groups are encouraged to fundraise all year round to ease the pressure on yourselves and to be ready to book your rooms with a credit card as soon as the dates are announced each year so your elders can be close to the event.