

Volume 15 Issue 9

August 2015



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

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

EV'S 177th Issue!

The 40th Annual Elders Gathering
Will be held in Williams Lake, BC
On July 12 to 14, 2016

We have no other information to pass on at this time,
please check upcoming issues of your EV
for more news in the coming months.

HAPPY BIRTHDAY
TO ALL ELDERS BORN IN AUGUST!!

Dear Elders and Elders Contact People,

Please pay special attention to pages 4-7 in this issue. And
please feel free to reply to this letter with your comments or
concerns, as well as anything else you might want to forward
in at this time concerning the Annual Elders Gathering.
Sincerely, Donna Stirling

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Easy Bakers Corner – Lemon Blueberry Coffee Cake

Preheat oven to 350°F. Grease a 9 inch round baking pan.

In a bowl, combine 1 egg, lightly beaten, 1/3 cup of granulated sugar, 1 tsp. of grated lemon peel, and 2/3 cup of milk; mix well.

Stir in 2 1/4 cups of Bisquick, mix just until moistened. Fold in 1 cup of blueberries (If frozen, don't thaw).

Pour into prepared pan.

Bake for 25-30 minutes.

Cool for 10 minutes.

Combine 3/4 cup of icing sugar and 4 teaspoons of lemon juice until smooth.

Then drizzle over the warm cake.

What Can you please share?

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

Gilakasla, Donna Stirling

'PRESERVING THE PAST'

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

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

Disclaimer:

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

BCECCS 15th Year GRATITUDE LIST

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

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

Your support is much appreciated!

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. Cayoose Creek Band Council
2. Provincial Health Services Authority

FROG LEVEL - \$750

1. Vancouver Aboriginal Friendship Centre Society
2. Lhoosk'uz Dene Nation
3. Carrier Sekani Family Services

SISIUTL LEVEL - \$500

1. Tale'awtxw Aboriginal Capital Corporation
2. Vancouver Native Health Society
3. Lower Kootenay Band Family Health Services
4. Osoyoos Indian Band
5. Squamish Nation
6. Adams Lake Indian Band
7. Chawathil First Nation

HUMMINGBIRD LEVEL - \$250

1. BC Association of Community Response Networks
2. Ts'kw'aylaxw Elders
3. Halalt First Nation
4. Spuzzum First Nation
5. St. Mary's Indian Band
6. Gitanyow Human Services
7. Ka:'yu:'k't'h'/Che:k:tles7ett'h' Nation
8. Skidegate Band Council
9. Bridge River Indian Band
10. Tseil-Waututh Nation
11. Weiwaikum First Nation
12. Mamalilikulla Qwe'Qwa'Sot'Em Band
13. Da'naxda'xw First Nation
14. K'omoks First Nation
15. BC Assembly of First Nations

16. First Nations Tax Commission
17. Pauquachin Band (\$300)
18. Irving K Barber BC Scholarship Society
19. Qualicum First Nation Band Council
20. Xaxli'p Indian Band
21. Gitlaxt'aamiks Village Government
22. Tk'emlups Te Secwepemc
23. Splotsin
24. Doig River First Nation
25. Hailika'as Heiltsuk Health Centre Society
26. McLeod Lake Tse'khene Elders Society
27. Naut'sa mawt Tribal Council
28. Whispering Pines/Clinton Indian Band
29. Qualicum First Nation
30. Dzawada'enuxw First Nation
31. Neskonlith Indian Band
32. Klahoose First Nation

Donation:

1. The Story Telling Elders
2. Kwadacha Nation
3. First Nations Tax Commission



**BC ELDERS COMMUNICATION CENTER SOCIETY
AND BC ELDERS COUNCIL**

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BCECCS

BC ELDERS COUNCIL

Dear Elders and Elders Contact People,

August 1st, 2015

Over the last 15 ½ years of my doing the Elders Voice each month for you, I have not personally written anything in it except for short messages on the front page, usually concerning the request for support fees to be paid. But today I am writing everyone with a sense of urgency in regards to the Annual Elders Gathering.

Firstly though, we send our thanks to the host community for their efforts in Saanich for the 2015 event! Anyone who bids and hosts the Gathering deserves a huge round of applause for all of the effort required to host 3000 elders and their support people from all over the province. So thank you all so much for everything you did to honour the elders!

This letter however concerns your Annual Elders Gathering in its entirety, and it is probably the most important letter the Elders Voice has ever carried to you.

As you all know our society, the BCECCS and BC Elders Council had announced for 12 months in your EV newsletter that we would be bidding in Saanich for the 2016 Annual Elders Gathering to be in Campbell River.

What almost none of you know though is that **we did in fact submit a bid in Saanich** for the 2016 40th Annual Elders Gathering, and a small group of Coqualeetza Elders (Sto:lo), who said they are descendents of the original founders of the event 40 years ago, **choose to RULE our bid as invalid and not announce the fact that we had bid to any of you. Which no one, to our knowledge, had ever given them the right to do.**

We would like to thank you for all of the calls and emailed questions about what happened with our bid, did we back out? etc. **and this is to clarify for everyone that we did not back out.**

Now our elder's office started in the fall of 1999, and the BC Elders Council was started a couple of years later and our office is where most, if not all of you get your information on the Gathering in the first place. We have helped and been steadfast supporters of the Gathering for 16 years and we had spent the last year planning/organizing the Gathering to be ready for our bid in Saanich at the 2015th.

Our 3 arena facility in CR was booked and meetings with arena staff had taken place months and months ago. Key people from our Nation, who worked the 2000 Gathering in an outstanding fashion were all on board and available to do it again to share our hospitality with all of the provincial elders.

Our bid included a signed letter from our Chief and Council, a support letter from the Okanagan Nation Elders, a letter signed by 38 elders (to counter a negative list of 11 band members that went around the community here a month before we were to bid).

Our letter was also signed by 3 BC Elders Council members representing Nuuchanulth, Squamish and the We Wai Kai Nation, with a letter signed on behalf of the BCECCS/BC Elders Council, and as well, we had 3 members of the CR Indian Band Council there with us.

***The BC Elders Council were also to have their provincial meeting here during the Gathering to revitalize the Council as it has been impossible to access funding to allow the provincial Council to meet the last few years.**

Unfortunately, this group from Sto:lo (Coqualeetza Elders) disallowed our bid. They say it was because we didn't have a BCR (we had a letter of support) then one of the women told me 'we came to Campbell River and your Chief and Council said they didn't want 'it', and neither did your elders.'

All of this based on a visit they conducted here 10 weeks before we had even bid, at a presentation that most of the elders were not invited to, or even aware of. And where our Chief and Council supposedly said they didn't want the event to be in CR and that was absolutely not true. This group also said that all of the funds for the Gathering had to run through a band office, but we are a Society in 'Good Standing' and it had been made clear to them that it was the BCECCS/BC Elders Council bidding, not our Band, though we did have the band's support. Several Societies have bid in the past 40 years of the event, including Friendship Centres.

***As we are a provincial society, we serve all the bands equally, so other group's support for us must count and be added to that of our local band.**

Now we went through a few pains here, as you also all know, sometimes plans for big things in our First Nations communities can lead to inter-personal or even inter-band conflicts among community members. And frankly if you toss in an election or two it can be pretty contentious for awhile. Some forget that one way or another, we are all one family, but they let petty behaviour get the best of them, for reasons only they are clear on in the end, and these behaviours can sometimes result in things being taken away that others are excited about.

What the Coqualeetza Elders said was that there was only one valid bid, and the event was awarded to Williams Lake.

They did not speak to us first, they asked no questions, or to have anything clarified for them, and they had us wait hours to make a presentation (that they said all bidding groups would be required to do) and then they shocked us with their pronouncement of awarding the event without due process. Here we had waited all day and neither we, nor Williams Lake spoke at all.

Now there is absolutely no complaint here against Williams Lake or the Hosts in Saanich, none of them did anything wrong, and we will be in Williams Lake next year 'with bells on' to celebrate the Elders Gathering with their people. But everyone needs to understand, and be informed, if you do not already know, that what happened in Saanich broke with the tradition of **Bidding of the Totem Pole**.

The tradition says...

Each group wishing to host the next Gathering tries to outdo the other groups. Names of hopeful hosts are written on papers. The papers are circulated to everyone in attendance. After marking one location, all papers are collected and counted. Then the successful bidder is announced.

No group, no matter who they are, has the right to decide the next city the Annual Elders Gathering will go

to, **that decision is made by all of the registered elder's delegates and no one else.** Furthermore, this disallowing of our bid was done when there were maybe 100 people present in the main arena, instead of ballots being in everybody's registration packages with instructions on when the voting will be taking place.

We were never told about a BCR being required until after the event was awarded to Williams Lake, and frankly no one has a right to required said BCR unless you, the elder's delegates, decide that you want one (or the Society's equivalent) from each bidder. And, we were only told the day before about a required 20 minute presentation that is also not required as part of the Bidding on the Totem Pole document.

One further thing to mention to all of you groups out there that might want to bid for your town. These couple of new societies/groups promote the Gathering as being 4000-5000 people with hosts needing to provide and feed a further 600 volunteers, which is probably what is frightening groups out of bidding.

As most people's town's facilities cannot hold 4000-5000 people it must seem impossible to even think of hosting. We know that at most even after 17 years since we last hosted, that we will be looking at quite similar numbers to July 2000, which was 2700 – 3000 plus 300 volunteers. You don't need the capacity or the budget to feed hundreds more volunteers than you will be able to get or need. And it is quite a difference when planning the budget for food if you need to factor in the 1000-2000 more people that they are saying you will have.

Our Presentation that wasn't allowed to happen:

Our Cultural Coordinator for our bid/event spent the first night and second day preparing a last minute presentation for all of you and she really put her strong efforts into it. She was going to speak about our people here, our desire to share our culture with all of you, and that we all look forward to having you as our honoured guests.

She was going to tell you about the 2 huge bingos at our halls planned for the first night you all arrive, as well as our Casino and the Casino in our neighbouring community of Courtenay which is 20-30 minutes away. As well we were planning to have as many boat tours, land tours, crafting and quality workshops as possible for all of you along with our vendor booths, health screening centre, and raffles and lots of draws. And in CR we have on-reserve shopping at many big stores and 2 First Nations gas stations to help groups save on travel costs for their return trip home.

We had a 27 booth `PAMPER ME` CENTRE with PAID technicians that could move 1400 of our beloved elders through during the course of the event to have your hair, manicures, pedicures, make-up, Reiki, foot, scalp, body massages, paraffin wax treatments, palm reading, card reading, photographer, etc. to really pamper all delegates.

And we planned to do all meal services in the one main arena, where you would all have your tables. That you would be served quickly and efficiently in your seats, with even coffee-tea-juice-milk service being brought to your tables to wait on you all hand and foot.

We had well over \$300,000 budgeted for your food enjoyment alone, including great desserts and ice cream treats in the evenings during your 50s 'Young Timers Dance.' All of the food in CR was to have been catered by 3 professional catering companies (that we hired in 2000 for our very successful Gathering).

And we had already requisitioned 2 elk, hundreds of sockeye, halibut, prawns, cod and clams for the King and Queen's Traditional Feast to really make it memorable for all of you.

***All food provided to elders should be of the highest quality and variety, as your registration fees were implemented 9 years ago to cover the food costs to feed you all like royalty, which was our plan again this time.**

We have 100 pages of just the 'fine details' for the event, including parking and traffic being completely organized, so it is stress-free for the elders, your workers, and your drivers. So everyone can truly feel like they are on vacation.

As I said, we will be celebrating with Williams Lake next July 2016 with our whole hearts, but we will also be there to bid to have the Annual Elders Gathering in Campbell River for 2017. If possible, it will be even better than we had planned for next year as we will be continuing to work on it, so it will have had more than 3 years of planning gone into it before you hopefully all come here in 2017. All of this planning will have you, the Elders Delegates of BC, as our complete focus.

We have asked for an apology from the Coqualeetza Elders and a written guarantee that the Bidding on the Totem Pole tradition will be immediately re-instated to ensure that no one takes away YOUR elder's right to vote and decide on your Annual Elders Gathering's next location.

It has been pointed out to this small group that the 'Founders' that they speak of never, ever, tried to take ownership of the event that was held in their territory that 1st year with a few dozen elders in attendance.

And that the elders in BC rightly believe that they are the ones who have kept the Gathering going all these year equally. Whether that be by hosting the event, or attending, or volunteering, or paying the registration fee the last 9 years, and no group has the right to be set above the **thousands** of them, by anyone, in any way.

If this apology and guarantee of the re-instating of traditions is not forthcoming from them for any reason, we will be gathering BCR/Resolutions of Support from all bands/groups/societies to make YOUR provincial elder's position known to these two small groups. **To reaffirm to them that the ELDERS alone decide where the next Gathering is to be, as in the case of multiple bidders, each delegate casts a vote, and in the case of one sole bidder, the event is awarded to that group by the host.**

It has also been pointed out to this group that the Host for their year has the right of control of the event including the bid/ballot/voting/announcing of the next host community. It is their right and duty to personally conduct and carryout this most important part of the 'passing of the crowns' process and no one else's.

The Host is also responsible for all of the 'decision making' in regards to the Gathering as they are the caretakers of it for their year.

It was wonderful that this new society who named themselves the Annual BC Elders Gathering Society was formed in 2012 to help with the corporate fundraising for the event, no matter where in BC it was to be. However, boundaries need to be respected where control over the planning of the event is concerned as each host is unique and they are 'absolutely in charge' of the Gathering for their year.

A group bids, and if you are successful and win the bid you are awarded the next Gathering, and you then plan the event how your community sees fit. And this needs to be acknowledged as fact where your Gathering is concerned, so no one ever tries to circumvent your authority over your event again by taking away your right to vote. Please make sure that your groups are all informed on what has transpired for everyone's sake.

Sincerely, Donna Stirling, BCECCS Coordinator, BC Elders Council Secretary

Tk'emlups and Sechelt Day Scholar Class Action Support Groups

AFN, UBIC, TRC, FSIN fully morally and politically support the Day Scholar Class Action and continue to gain support from other First Nation in Canada.

With Team Work we Create Action & Pride.

United we "paddle" together for justice, healing and absolute wellness for our day scholars and our nations.

We continue to encourage support from all First Nations and interested parties to paddle with us morally, politically, spiritually and financially.



GET INVOLVED:

We continue to encourage moral, financial, political and spiritual support from all Nations and interested parties.

CONTACT US

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DAY SCHOLAR CLASS ACTION

2015

TteS & SIB together we will achieve
justice for our Day Scholars



"Healing one heart,
one mind & one spirit
at a time"

WHO IS A DAY SCHOLAR

Defined in our litigation as an individual who attended a federally owned and operated Indian Residential School ("IRS") but did not live at the school.

- Day Scholars were prohibited from speaking their language or practicing their culture.

- Many experienced sexual, physical, spiritual, and emotional abuse.

- Continue to suffer from long-term effects of the Residential School Policy.



THE PLAINTIFF CLASSES

Three different classes of Plaintiffs seeking redress in the litigation:

- The "Survivor Class" means Day Scholars of the Kamloops IRS and Sechelt IRS.
- The "Descendant Class" means children and descendants of the Survivor Class.
- The "Band Class" means the entirety of the Sechelt and Tk'emlúps Bands.

THE NATURE OF THE CLAIM

- Seeking a declaration that, in operating the residential schools program, Canada breached fiduciary, constitutional common law, and statutory duties to the plaintiffs and their aboriginal rights.
- Seeking damages for the cultural, linguistic, and social losses caused by the government's actions.

PROGRESS TO DATE

- Canada brought procedural motions before the certification hearing.
- The certification motion took place April 13-16, 2015 in Federal Court.

THE CERTIFICATION HEARING

- The hearing was over four days in Federal Court in Vancouver.
- Chiefs from across the country attended to show support.
- Community members, survivors and descendants also attended.
- We expect the decision by Fall 2015.

An Ongoing Need for Reconciliation

- Day Scholars are ineligible to receive the Common Experience Payment (CEP).
- Day Scholars were also left out of the apology of Prime Minister Harper for the harms inflicted on students by the Residential School Policy.

POST-CERTIFICATION

- When the case is certified, we will go to trial where a judge will determine whether the classes should be compensated for the claimed losses.
- The parties (the classes and the Crown) may negotiate a settlement.
- Either party may appeal the decision.
- Once the case is certified First Nations will have the opportunity to Opt In or Out of the Day Scholar Class Action.
- TteS & SIB are open to meet & discuss with other First Nations who are interested in Opting In to the Day Scholar Class Action.





**BC Association of Aboriginal Friendship Centres
BC Aboriginal Funding Conference
for First Nations and Aboriginal Organizations**

**BC Aboriginal Funding Conference
for First Nations and Aboriginal Organizations**

September 23-25, 2015, Victoria, B.C.

Registration is Open

Hosted by the BC Association of Aboriginal Friendship Centres, this event will bring together sixty federal, provincial, public, and private funders to share their funding opportunities. If you are a First Nations or Aboriginal organization seeking funding for new or existing programs and services this event will introduce you to funding opportunities available to you. It is a chance to connect face-to-face with funders, have your questions answered and learn about new and different funding options.

Registration Website: <https://funding-conference.bcaafc.com/>

For further information please contact: Della Preston dpreston@bcaafc.com
or at 250-388-5522 or 1-800-990-2432

best,
-Della

Della Preston | Conference Coordinator |

BC Association Aboriginal Friendship Centres |

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Email: dpreston@bcaafc.com | Website: www.bcaafc.com |

Korean Christian Missions

- A Research Project

Hi there!

I am looking for stories about Aboriginal experiences with Korean Christian Missionaries and Aboriginal families on Indian Reserves and communities here in British Columbia.

This includes:

- Youth and adult summer camps, event participation and cultural exchanges;
- Korean missionaries doing community and yard maintenance;
- Visits to our communities with natural healing and health practitioners such as: acupuncture, massage, dental & medical, etc.

If you are interested in sharing stories about your experiences please contact:

Nicola Campbell: nicolacampbell2008@gmail.com or Ruthann Lee, PhD ruthann.lee@ubc.ca

Korean Christian Missions on Indian Reserves - A Research Project

Ruthann Lee, PhD
Assistant Professor (Cultural Studies)
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Wildfire Smoke Health Information

Smoke and wildfires can be a serious health hazard for communities across the province. The FNHA would like to provide some health information tips for those who may find themselves in close proximity to wildfires.

If you are in an emergency dial 9-1-1 or a local emergency contact number immediately.

For non-emergency health information and services visit www.HealthLinkBC.ca or call 8-1-1 toll-free, 24-hours a day, 7 days a week. You can also contact your community health nurse or environmental health officer.

Find your local EHO here: www.fnha.ca/what-we-do/environmental-health
For the Air Quality Index for your area, visit: www.bcairquality.ca/readings/

Smoke conditions and local air pollution levels can change due to the unpredictable nature of wildfires. Health effects from smoke, such as irritated eyes, nose and throat irritation, and/or coughing or difficulty breathing, is common in healthy people. These effects may be more serious to people who are considered sensitive populations.

Sensitive Populations

Some people are considered to be more sensitive to smoke. These include people with existing heart or lung conditions, infants and young children, the Elderly, pregnant women, or those requiring special care and supportive care. This population should:

- Take actions to reduce exposure at an early stage – refer to the recommendations below.
- Watch for any change in symptoms that may be due to smoke exposure such as: persistent cough or wheezing, shortness of breath or other symptoms that indicate worsening of the underlying chronic health condition.
- Residents with asthma or other chronic illness should activate their asthma or personal care plan.
- If you have severe symptoms from smoke exposure, go to the health centre or nursing station.

If you are otherwise healthy but experiencing symptoms due to heavy smoke follow the steps below to reduce your exposure.

Reducing Exposure to Smoke

There are some actions you can take to reduce health effects of smoke in the air:

- Use common sense regarding outdoor physical activity – if your breathing becomes difficult or uncomfortable, stop or reduce the activity, or go inside. If outdoor trips in smoky areas are necessary, breathe through a damp cloth to help filter out particles.
- Staying indoors may help you stay cool and provide some relief from the smoke. Close windows and blinds and move to the coolest room in the house. Also, keep the body cool and hydrated: take cool showers or baths and drink plenty of fluids - avoid drinks with sugar or alcohol.
- Keep particle levels inside lower by not using anything that burns, such as wood stoves or even candles. Don't smoke – this puts even more stress on your lungs.
- Use a portable HEPA (high efficiency particulate air) filtration unit or electrostatic precipitator if available. Buildings with central air systems may also provide relief.
- When driving your car, keep your windows and vents closed. Air conditioning should only be operated in the "recirculate" setting.

Bridge River Indian Band Community Members honour their Ancestors

The Bridge River Indian Band, on traditional St'at'imc territory, hosted a Wellness event to honour their ancestors and celebrate their grandfathers. Elders and community members began the day's activities with a short 45-60 minute walk to the Xwisten Tourism Centre to take part in The Grandfather Salmon Cutting Challenge. The winner of this challenge completed the task in just under one minute and 30 seconds.

In the midst of the day's events, storytellers and tour guides spoke of the history and culture around traditional salmon fishing practices. These stories were so interesting that many of the tourists and bystanders joined the circle to listen. The feeling of community and storytelling was comforting for many of the Elders and had them reminiscing about their younger days.

"It has been a long time since we got together and I would like it to continue every year," noted one participant. *"Long time ago, we used to gather together to have races and a big meal."*

After the Challenge, visitors and community members were treated to a Salmon BBQ before heading back to the Health Centre for a serious game of Bubble Ball and a healthy dinner. Never heard of Bubble Ball? The game is similar to soccer—except all the players are wrapped in giant plastic bubbles! The active and sometimes chaotic game was great fun and had one Elder commenting, *"I've never seen anything like this; I haven't laughed so much in a long time."*

According to the organizers, this event was really successful—especially considering there are so many competing activities at this time of year, from parent/teacher meetings to sports days and other year-end events. The community plans to hold next year's Wellness event on or near National Aboriginal Day, 2016.

Kwadacha and Tsay Keh Dene Communities train their first Certified Care Aides *An FNHA Telehealth success story*

Eileen Ruth, Health Director for the northern community of Kwadacha, worked with FNHA Telehealth and Native Education College to develop and deliver training for Certified Care Aides for students in Kwadacha and Tsay Keh Dene.

With the help of Telehealth, community members were able to access training they wouldn't be able to do if they had to leave their communities. The students recently completed their home care practicums in Kwadacha and Tsay Keh Dene and are in the home stretch of doing a final clinical experience in a residential care facility in Prince George.

In July, Kwadacha will have its first two Certified Care Aides, Dana McCook and Farrah Pierre. Elaine McIsaac will be the first in Tsay Keh Dene.

Isobel McDonald, FNHA's Home and Community Care Professional Practice Consultant, was invited to supervise the students during their home and community care practicum. She says, 'It was a pleasure to work with these students. They are so enthusiastic and committed to helping the Elders in their communities. They have excellent skills. I hope they will consider taking steps towards RN training when they are ready.'

Articles from the FNHA eBlast

'Crash N Bump' Gets Kids Moving and Loving It in Heiltsuk

Program also leads to life-altering, short and long term benefits

Crash N Bump is a Maternal Child Health program that promotes playful exercise while developing children's bodies and minds. It's a fun, engaging way to enhance kids' physical and social development. One First Nation on the central coast has seen the noticeable positive effects in kids and has experienced participation rates like never before.

"When I see the anticipation and excitement of the kids – and the joy of the parents – it shows me that Crash N Bump is a success," says Keith Marshall, Health Director for Heiltsuk Nation, a community that has been running Crash N Bump since the fall of 2013.

Toddlers to pre-teens play, spin, climb, jump, crash and ... bump into each other on an incredible assortment of equipment.

"My six year old daughter Shaya has a blast at Crash N Bump ... and now she uses the big toy [outdoor playground] and the monkey bars more than she did before. Crash N Bump is also helping to build friendships between the children and with the staff that run the program," says Tara Hunt, a mother of four in Heiltsuk.

"The kids really *want* to go to Crash N Bump and it's *so* good for them," says Cris Rowan, Pediatric Occupational Therapist for Heiltsuk and four other First Nations communities in the Vancouver Coastal Region. "They are actively engaged in intense physical challenges. The kids are constantly being thrown off centre and the cross body movements they use to maintain balance really improve learning."

It is precisely these intense physical challenges that enhance children's physical development, behaviour and learning, the goals the Crash N Bump program were designed to meet. The community invested \$15,000 in its equipment but Rowan is quick to point out that a community can start a great Crash N Bump program on as little as \$4,000.

Rowan believes that all kids can benefit in many ways from Crash N Bump. She explains that with a stronger core and better motor coordination (both of which are building blocks, surprisingly, for literacy), students become better at writing and reading, which leads to improved school readiness and classroom learning.

Teachers at the community school are happy to confirm that Crash N Bump also contributes to students' heightened attention spans and increased ability to focus in the classroom.

Another valuable and noticeable benefit of the program is a stronger attachment between kids and parents. Families are playing and having fun together at Crash N Bump and the connection they experience there carries over into daily life. Rowan says that due to the increased opportunity to socialize at Crash N Bump, these kids will have, in the long term, more job success, better relationships and they will be healthier adults.

"Crash N Bump is so effective, in part, because the event itself is a big, communal, social environment where the kids feel supported," adds Rowan. "They develop physically and socially – and build the courage to try new things." The kids also feel incredible pride in their community for having something as special as Crash N Bump.

Heiltsuk's Crash N Bump equipment includes a colossally huge bouncy castle (30x30x20 feet) for 4 - 12 year olds called the 'Adrenaline Maze', a smaller 'Baby Dino Lake' for babies to 3 year olds, the 'river' (where kids maneuver scooter boards through a curvy tunnel), the 'swing' (which swings and rotates), an 'ocean' of trampolines – and much, much more.

Crash N Bump events run twice per month in Heiltsuk, in an all-day event format that is customized for kids by age. Age groups participate at pre-set blocks of time throughout the day; school-aged children come with their teachers during school hours and toddlers and pre-schoolers come with their parents or grandparents. All the kids simply love going.

Crash N Bump is a part of the FNHA's Maternal Child Health (MCH) program. The MCH program supports pregnant First Nation women and young families in reaching their fullest potential. The MCH program provides health promotion, wellness support, education and service coordination for families during pregnancy, after birth and during the first years of the child's life.

So ... what are the next steps for Heiltsuk? The community would like to create a permanent Crash N Bump play area so that they can run the event more often. They are also considering investing in outdoor play equipment that would appeal to kids and their parents.

"Kids are great persuaders. We're hoping they'll get their parents outside being active with them," explains Marshall with a grin.

From the FNHA eBlast – Sharing our Stories

FNHA teaming up with BC Lung Association to talk to BC communities about secondhand smoke!

The First Nations Health Authority is partnering with the BC Lung Association's Health Promoter Team to hit the road this summer and attend community events in the Fraser-Salish region to talk with children and families about secondhand smoke and the gifts of smoke-free living through a fun and interactive campaign called *Inside | Out*.

The campaign is all about opening up a dialogue about secondhand smoke, understanding the differences between traditional and commercial tobacco, and how we can all work together to protect each other and children from secondhand smoke.

Events coming up include the National Aboriginal Day Celebration in Chilliwack, the Stó:lō Children's Festival, Fraser Valley Métis Association, Hopeful Mission Friendship National Aboriginal Day Celebration, and many more across the Fraser-Salish region.

Inside | Out

Understanding secondhand smoke: When children are inside, smoking goes out.

What is secondhand smoke?

Secondhand smoke is the smoke that comes from the burning end of a cigarette, cigar or pipe with commercial tobacco. Secondhand smoke can be harmful to you and your family's health.

Why does smoking belong outside?

Everyone benefits from breathing space. When you smoke outside, smoke is further away from others. Even if there is no one around you at the time if you are smoking inside, the smoke stays around the house and can get trapped in fabric, walls and rugs. This is called third hand smoke and is also dangerous.

What should I know about secondhand smoke?

- Secondhand smoke from commercial cigarettes contains over 4,000 chemicals. Many of these toxins cause lung and heart disease. Approximately 70 of these chemicals are linked to cancer.
- Secondhand smoke is especially harmful for children and Elders because they have weaker immune systems.
- Secondhand smoke can give children coughs, ear infections, and breathing problems such as asthma.
- Secondhand smoke increases the risk for sudden infant death syndrome (SIDS).
- Pregnant women exposed to secondhand smoke are more likely to have babies born too early or too small.
- Secondhand smoke has been linked to several types of illness in pets. Dogs and cats lick thirdhand smoke from their fur when they groom themselves.

How can I make my home smoke free?

- Consider hosting a household meeting to discuss how the family can make the home smoke-free together.
- Create a smoking space outside away from the door and windows.
- Respectfully tell visitors that your home is free of smoke from commercial tobacco and to please smoke cigarettes, cigars and pipes outside.
- Communicate to your friends and family how much you value their efforts to keep your home smoke-free.
- Offer family members or guests a healthy food or activity alternative to help them stay smoke-free in your home.

What if I am not able to smoke outside?

- You can reduce harm by smoking out of a window in an identified room which children do not use often.
- You can wear a shirt or jacket that is only used as a cover-up while smoking, to keep the secondhand smoke off your regular clothes.

How can I quit smoking?

When you are ready to quit smoking, there is a lot of free support through QuitNow.ca, through First Nations Health Benefits and through the 8-11 telephone line (BC's free health information line).

Friday, July 9th, 2015

For Immediate Release

ATAC Continues to Build Partnerships – AFN Annual Assembly

Mohawk Territory (Montreal, Que.) – The Aboriginal Tourism Association of Canada (ATAC) continues to build partnerships with the tourism industry, governments, and Aboriginal leadership throughout Canada. This week ATAC President and CEO Keith Henry along with ATAC board member Dave Laveau, who is also the Executive Director of Quebec Aboriginal Tourism, provided an update to hundreds of First Nations leaders attending the 36th Assembly of First Nations (AFN) Annual Assembly.

ATAC representatives provided a presentation featuring the work of the industry organization. The ATAC presentation showcased the marketing success during Rendez Vous Canada in Niagara Falls in May by showing the welcome video which highlighted the ATAC national marketing brand approved this past year. The ATAC representatives also shared the main findings of a national study released in April of this year that provided a thorough assessment of the economic value of Aboriginal tourism in Canada. They also discussed the ATAC incorporation and shared the highlights from the Canadian Tourism Awards and the new National Aboriginal Cultural Tourism Award. Finally, they presented a quick overview from the recent International Aboriginal Tourism Conference held in Quebec City in April.

“It was an honour to present an industry update for Aboriginal cultural tourism to First Nation leaders. As soon as the presentation was concluded I was approached by a number of delegates to inquire on how to follow up on various exciting ATAC ideas,” says ATAC chairperson Keith Henry. “Dave Laveau provided excellent input and shared information of significant impact this past year.”

“Thank you to Quebec’s Regional Chief Ghislan Picard for the strong support to ensure Aboriginal tourism was on the AFN agenda. Support from First Nation leadership is important to our work in industry and our board will discuss future steps to increase the partnership with the AFN to ensure support for our industry.”

ATAC highlighted the identified national research barriers to growing Aboriginal tourism in Canada leading into the current ATAC Action Plan which focused ATAC on marketing tactics, training and experience development, and future governance development including longer term planning.

ATAC continues strong into the future and the support for positive next steps includes a presentation by ATAC representatives to the Canadian Council of Tourism Ministers in August in Manitoba, review of the 2nd National Aboriginal Cultural Tourism Award during the Canada Tourism Awards this fall, plus many other exciting initiatives.

For more information about the Aboriginal Tourism Association of Canada and to review the Aboriginal cultural tourism slide show and welcome video featured during RVC go to www.AboriginalCanada.ca.



About the Aboriginal Tourism Association of Canada:

Originally formed as the Aboriginal Tourism Marketing Circle, in 2014 the Aboriginal Tourism Association was formally established. Over 20 Aboriginal tourism industry organizations and government representatives from across Canada are represented with ATAC. Through a unified Aboriginal tourism industry voice, ATAC focuses on creating partnerships between associations, organizations, government departments and industry leaders from across Canada to support the growth of Aboriginal tourism in Canada.

-30-

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Encl. ATAC Presentation July 8, 2015



Province funds work to raise awareness of elder abuse from SeniorsBC.ca

June 18, 2015

LANGLEY - As part of the Province's efforts to reduce elder abuse, Parliamentary Secretary for Seniors Darryl Plecas announced \$2.6 million in funding to the BC Association of Community Response Networks.

The association's mandate is to facilitate prevention and education activities with local stakeholders to help end abuse and neglect of older adults in British Columbia.

"It is important for the Province, local governments, community groups and all British Columbians to work together to prevent and respond to elder abuse," said Health Minister Terry Lake. "This collaborative effort is part of our renewed strategic direction, which guides us in supporting the health, safety and independence of seniors."

June 15, 2015 marked the tenth anniversary of World Elder Abuse Awareness Day - a day to shine a light on abuse that older adults may experience.

"Elder abuse can take on various forms. It is not always obvious, but it is always unacceptable," said Plecas. "While it may be a challenging topic to discuss, it is essential for all of us to be aware and take action against elder abuse. Each one of us has a responsibility to promote a culture of respect and protect the safety of older adults."

Elder abuse is a single or repeated act, or a lack of appropriate action that causes harm or distress to an older person. It often occurs in a situation of trust, for instance by a caregiver or adult child. Perpetrators may increasingly isolate their victim and seniors often remain silent, too afraid, ashamed, isolated or dependent on their perpetrator to seek assistance.

"The BC Association of Community Response Networks supports networks in 55 centres across B.C., with activity in 122 communities," said BC Association of Community Response Networks executive director, Sherry Baker. "The networks are made up of agencies, service providers and citizens who develop a coordinated community response to abuse, neglect and self-neglect."

"Financial abuse is by far the most common form of abuse, so many of the community response networks have bankers, notaries public, lawyers, police and others who learn from each other so they can provide the best response possible," added Baker.

In addition to the \$2.6 million in funding, the Province has also provided funding totalling \$700,000 over two years to the BC Association of Community Response Networks to support the Council to Reduce Elder Abuse-related activities. These grants are to support community-based awareness building, enhanced training and improved response to elder abuse through community partnerships and collaboration. There are 14 grant recipients and each project has received up to \$50,000.

It is estimated that between four and 10% of seniors will experience some form of physical, emotional, financial or sexual abuse, and/or neglect. However, elder abuse is significantly under-reported.

"In my work, it is tough to see people who have worked hard all their lives, who have contributed to our communities and who have raised families, being abused and neglected sometimes by the very people they have cared for," said Leanne Lange, clinical specialist, adult abuse and neglect with Fraser Health.

“But with more cases being reported, we are working hard to respond to the abuse and neglect of seniors, and ensure they are receiving the care, support and respect they deserve, instead of allowing them to suffer in silence.”

If you or someone you know is being abused and you believe they might be in danger, call 9-1-1. If you want information about this serious public health issue, call the Seniors Abuse and Information Line, operated through the BC Centre for Elder Advocacy and Support at 604 437-1940 in Vancouver or 1 866-437-1940, toll-free in B.C., from 8 a.m. to 8 p.m. daily, excluding statutory holidays. Translation services and TTY are available.

The Ministry of Health has developed “Setting Priorities for the B.C. Health System,” an overarching strategy to create a more sustainable health system. A large part of the priorities are focused on quality of life for seniors. As part of this, a series of policy papers, including one on primary and community care, was created and provides strategies on how government can best support seniors to live independently and safely for as long as possible.

Learn more:

For information and practical resources on elder abuse, including brochures and other information in French, Chinese and Punjabi, visit: SeniorsBC.ca/elderabuse

To learn more about the BC Association of Community Response Networks, visit: www.bccrns.ca

To learn more about the services offered by the BC Centre for Elder Advocacy and Support, visit: www.bcceas.ca

To read the Ministry of Health’s strategic document, Setting Priorities for the B.C. Health System and the accompanying policy papers, visit: www2.gov.bc.ca/gov/topic.page?id=EF73BCF3DE34484CB4DBA9E34092402C

A backgrounder follows.

Media Contacts:

Media Relations
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250 952-1887 (media line)

BACKGROUND

Council to Reduce Elder Abuse grant recipients

The 14 Council to Reduce Elder Abuse grant recipients are:

Association of Neighbourhood Houses of B.C. in partnership with the Finding Home program - Will create strategies to engage seniors and build a model for delivering and expanding the Finding Home program throughout B.C. The program will raise awareness with older adults from diverse ethno-cultural communities about elder financial abuse.

BC Association of Aboriginal Friendship Centres - Will conduct “Us and Our Elders” training sessions throughout B.C., which will bring together Elders and non-aboriginal social service providers together to develop through holistic education, an Elder peer support network that addresses vulnerability and social isolation.

BC Association of Community Response Networks - Mentors will train and support local communities to deliver more “It’s Not Right” workshops to educate the public in identifying and responding to elder abuse.

BC Centre for Elder Advocacy and Support - Will develop and deliver in collaboration with the Family Caregivers of British Columbia an education program and materials on elder abuse prevention, recognition and response for family caregivers via webinars, teleconferences and in-person workshops.

BC Crime Prevention Association - Will augment existing training for police, frontline criminal justice staff and community partners, and provide tools for these groups to further educate their community members about elder abuse.

Department of Sociology/Centre on Aging - University of Victoria - Will conduct a project to explore elder abuse in Chinese/South Asian communities within the Lower Mainland and Greater Victoria areas. The department and centre will engage with key stakeholders to map current elder abuse prevention tools for these communities, educate service providers, and determine what other elder abuse prevention tools are needed.

Japanese Community Volunteers Association - Will ensure work with other community organizations to ensure elder abuse information is available in Japanese for Japanese Canadian communities, provide training on elder abuse for the community and care providers, and build a network of supports.

Kwadacha Nation - Will develop culturally appropriate Elder abuse materials for community health workers, conduct community prevention and awareness campaigns, and develop Elder abuse response protocols.

Network of Inner City Community Services Society - Will increase social connections for Aboriginal Elders to be part of peer and community social groups in the Downtown Eastside of Vancouver through outreach co-ordinators.

Simon Fraser University’s Gerontology Research Centre - Will create a set of videos and fact sheets through a unique inter-generational project that brings together queer youth with queer senior creative writers, and will conduct town hall meetings in each of B.C.’s health authorities to raise awareness and address elder abuse in the lesbian, gay, bisexual and transgendered community.

S.U.C.C.E.S.S. - Will increase public awareness of elder abuse issues and community resources in the Chinese community by educating Chinese speaking seniors, families, volunteers and health-care professionals.

Vancouver Police Department - Will provide community information sessions on elder abuse and training for community organizations.

West Coast Legal Education Action Fund - Will partner with the Canadian Centre for elder Law to produce a workshop curriculum on family law issues impacting older women fleeing domestic violence. The workshop will be delivered in-person and via webinar to support frontline responders to provide accurate legal information on legal issues. A booklet will be produced to provide the legal information in an accessible and appropriate format for diverse groups of older women.

West End Seniors’ Network - Will train staff and volunteers to prevent and respond effectively to instances of elder abuse, specifically, abuse of senior renters by their landlords and neighbours.

Sneaky zoo panda fakes pregnancy to get more treats — again

CBC Lauren O'Neil

For the second time in less than a year, a giant panda is making headlines for acting pregnant to get more snacks, fancier accommodations, and round-the-clock care out of zookeepers.

Taipei Zoo officials were reportedly thrilled in early June when their 11-year-old panda Yuan Yuan, who'd recently been artificially inseminated, started showing signs that the procedure had been successful.

While panda fetuses are nearly impossible to detect via ultrasound early on due to their size, Yuan Yuan was showing a loss of appetite, thickening around the uterus, and increasing levels of fecal progesterone, according to Chinese state newspaper China Daily.

This was enough for her to be deemed pregnant and, due to the rarity and importance of giant panda births, Yuan Yuan immediately started receiving specialized care to ensure that she had a healthy cub.

In other words, she was moved into the lap of luxury: a single, air-conditioned room with round-the-clock care and all of the bamboo, fruit and buns she could eat.

Yuan Yuan enjoyed her cool quarters and deluxe snack buffet for about a month until zookeepers determined through more testing that she wasn't, in fact, pregnant.

Researchers flown in from China are reported to have suggested that Yuan Yuan, who gave birth to a healthy (and very popular!) cub in 2013, may have feigned her pregnancy to get a cooler room during Taiwan's hot summer months.

It wouldn't be the first time a panda has played pregnant to reap the rewards, after all.

In August of 2014, a six-year-old giant panda named Ai Hin was accused of duping staff at the Chengdu Giant Panda Breeding Research Center in China similarly.

One of Chengdu's experts was quoted by CNN at the time saying that "some clever pandas" notice the superior treatment expectant panda mothers receive and "have used this to their advantage to improve their quality of life."

The jury is still out though, it seems, on whether these pandas explicitly deceived their caretakers.

Environmental journalist and activist Bryan Nelson took up issue with what he called "the sensational Chinese headlines" proclaiming Yuan Yuan's pregnancy this week in a blog post for the Mother Nature Network.

"Is a panda clever enough to pull off a fake pregnancy? Possibly. But it's more likely that something else is going on here," he wrote, pointing to the prevalence of what scientists call "phantom pregnancies" in pandas.

"Experts aren't sure why these pseudo-pregnancies happen in pandas, but it's likely that this was what happened in both the cases of Yuan Yuan and Ai Hin," he wrote. "Yuan Yuan's behavioural changes were likely the result of hormonal shifts that occur during a pseudo-pregnancy, not the result of manipulating for the queen treatment."

Suzanne Hall, a giant panda senior research technician at the San Diego Zoo, wrote about the pregnancy problems of pandas in 2011, long before the world had accused Ai Hin or Yuan Yuan of living lies.

"Why would a female panda experience the signs and symptoms of pregnancy even if she didn't give birth? We aren't entirely certain, but here is one theory," she wrote. "From an energetic perspective, it doesn't take much effort to slow down and allow your body to become physiologically primed to gestate a panda fetus."

"If you are a panda, which only mates once every two to three years while raising a single cub in between, it is important to have that pregnancy 'take,'" she wrote. "In the end, it could be as simple as a little cost-benefit math equation: pandas can't afford to lose the chance to reproduce, and it doesn't cost them much to be prepared."

From msn.com

Badger recovering in shelter after being found drunk on Polish beach

Party animal discovered surrounded by seven empty beer bottles, along with two more hidden in bushes, believed to have been stolen from beachgoers

Agence France-Presse in Warsaw

Wednesday 29 July 2015

A female badger is recovering at a Polish animal shelter, two days after the party animal was found passed out on a beach having had too much to drink.

"Oh, youth. Oh, summer holidays," animal shelter Dzika Ostoja joked on Wednesday in a Facebook post, detailing Wandzia the badger's plight in the Baltic seaside resort town of Rewal.

"We found Wandzia drunk, surrounded by seven [empty beer] bottles. There were two more in the bushes, so it's possible Wandzia began partying there. Haha."

The badger is believed to have stolen the booze from fellow beachgoers, before removing the beer caps with her teeth.

The black and white omnivore was unconscious for two days, the shelter's manager, Marzena Bialowolska, told AFP, adding that the badger had partially recovered but was still unable to sit up.

"She's been sleeping, drinking water and eating chick meat," said Bialowolska. If all goes well, Wandzia will be released back into the wild by the end of the week.

Wandzia is not the first of her kind to have experimented with alcohol. In 2009, German police were called to clear a road of a badger that was "drunk as a skunk" from gorging itself on over-ripe, fermented cherries.

QUOTES

"You get in life the sum total of your choices."

"It's not the years in your life, it is the life in your years."

Abe Lincoln

"Truthfulness in its true sense is the honourable way to walk a straight line in life."

"I have winter in my hair, but spring in my heart."

**BC ELDERS
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From Yahoo News

**Texas man shoots armadillo, gets hit in face by bullet ricochet
By Lisa Maria Garza**

DALLAS (Reuters) - An East Texas man was wounded after he fired a gun at an armadillo in his yard and the bullet ricocheted back to hit him in his face, the county sheriff said on Friday.

Cass County Sheriff Larry Rowe said the man, who was not identified, went outside his home in Marietta, southwest of Texarkana, at around 3 a.m. on Thursday morning. He spotted the armadillo on his property and opened fire.

"His wife was in the house. He went outside and took his .38 revolver and shot three times at the armadillo," Rowe said.

The animal's hard shell deflected at least one of three bullets, which then struck the man's jaw, he said.

The man was airlifted to a nearby hospital, where his jaw was wired shut, according to Rowe.

The status of the animal is unknown.

"We didn't find the armadillo," the sheriff said.

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**

ANNUAL BC ELDERS GATHERING INFO CORNER

**The 40th Annual Elders Gathering
Will be held in Williams Lake, BC
On July 12 to 14, 2016**

**We have no other information to pass on at this time,
please check upcoming issues of your EV
for more news in the coming months.**