

**Volume 13 Issue 1**

**December 2012**

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

**EV'S 145th Issue!**



**BC ELDERS COMMUNICATION CENTER SOCIETY**

**ELDERS VOICE**

**HAPPY BIRTHDAY TO ALL ELDERS BORN IN DECEMBER!**

**The 37th Annual BC Elders Gathering  
Prince George, BC  
Dates: July 9, 10,11 2013  
With Early Registration on July 8th.  
Please see the Host's Press Release on page 4  
Special Thanks To The Host For Having Info Available So Soon!  
All groups are encouraged to book your elder's rooms A.S.A.P.**

**CHRISTMAS QUOTES**

**"I heard the bells on Christmas Day  
Their old, familiar carols play,  
And wild and sweet  
The words repeat  
Of peace on earth, good-will to men!" — Henry Wadsworth Longfellow**

**"He who has not Christmas in his heart will never find it under a tree. "  
— Roy L. Smith**

**"Blessed is the season which engages the whole world in a conspiracy of  
love."  
— Hamilton Wright Mabie**

**"Want to keep Christ in Christmas? Feed the hungry, clothe the naked,  
forgive the guilty, welcome the unwanted, care for the ill, love your ene-  
mies, and do unto others as you would have done unto you."  
— Steve Maraboli**

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## Easy Bakers Corner – Fluffy Shortbread Cookies northpole.com

Preheat oven to 325°F.

In a mixing bowl, combine 1 cup of butter (margarine does NOT work), softened, 1/2 cup of icing sugar, and 1 and 1/2 cups of all-purpose flour. Beat ingredients together until light and fluffy (usually 5 or more minutes).

Drop by teaspoonful on ungreased cookie sheet. Top with maraschino cherry (optional).

Bake for 8-10 minutes. Enjoy!

### Handy Tips:

1. **Bananas:** Pull bananas apart before displaying them in your fruit bowl. If you leave them connected at the stem, they'll ripen faster and go brown quicker. Who knew?!
2. **Cheese:** Wrap cheese chunks in aluminium foil and store in the fridge to keep your cheddar fresher for longer and to keep mould out.
3. **Garlic:** Add garlic immediately to a recipe for a subtle taste and towards the end to blast it with flavour.
4. **Pizza:** To re-heat a pizza so that the base is out-of-the-over crisp, heat your leftover slices in a fry pan on low-medium heat on the stove until warm and wave goodbye to the days of soggy microwave pizza.

## 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](http://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](http://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](mailto: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.

### FROG LEVEL - \$750

1.

### SISIUTL LEVEL - \$500

1. Osoyoos Indian Band

2.

### HUMMINGBIRD LEVEL - \$250

1. Akisqnuk First Nation

2. Weiwaikum Nation

3. Laich-Kwil-Tach Treaty Society

4. Klulx Klulx Hu-up (Westbank FN)

5. Tsleil-Waututh Nation

6. St. Mary's Indian Band

7. Tk'emlups Te Secwepemc

8. Stevens & Company Law

9. Shxw'ow'hamel First Nation

10.

**MEDIA RELEASE**

**AUGUST 15, 2012**

**For immediate Release**

**LHEIDLI T'ENNEH FIRST NATION AWARDED 37TH ANNUAL BC  
ELDERS GATHERING**

**Lheidli T'enneh Territory (Prince George, B.C.) – The Lheidli T'enneh are pleased to announce the upcoming Annual B.C. Elders Gathering to be held on July 8, 9,10, & 11, 2013 at the University of Northern British Columbia Campus and the Charles Jago Northern Sports Centre.**

**The Annual BC Elders Gathering is the premier social and cultural gathering for indigenous peoples. The Lheidli T'enneh will host 3,000 to 4,000 Elders from all regions of British Columbia. The theme for the gathering is “Honour Your Journey.” The event will focus on holistic activities that support healthy living.**

**“It will be a tremendous honour for the Lheidli T'enneh to welcome everyone to our traditional territory to share knowledge, culture, songs and dance. This event provides a great opportunity to socialize and learn from one another. We want to acknowledge both the Tsawwassen and Stó:lō First Nation Communities for hosting this year's gathering in Abbotsford, B.C. We will build on their success!” said Chief Dominic Frederick.**

**“The Lheidli Dakelh Elders are eager to participate in the development of this prestigious event. We will be reaching out to the community to assist in making this the best event possible. The 37th Annual B.C. Elders Gathering will be an event for people to join in our celebrations and for us to share as Lheidli T'enneh!” said Elder Clifford Quaw.**

**Lheidli T'enneh is in the process of establishing the organizing committee and will be seeking sponsors, partnerships and volunteers to make this event a success.**

**For more information:**

**Contact: Ms. Dolleen Logan (250) 963-8451 dlogan@lheidli.ca**

# NEWS RELEASE

November 1, 2012

## Automated Medication Dispensers Help Clients Live Safely and Independently at Home

**VANCOUVER ISLAND – Many clients receiving care at home through VIHA’s Home and Community Care program are now using Automated Medication Dispensers in their homes. The dispenser is a small device set to deliver the right medication, in the right dose, at the right time, and place an alert call if medication is not taken.**

**“Our government is committed to supporting people with health issues to live safely and independently in their homes,” said Ron Cantelon, MLA for Parksville/Qualicum. “Innovative tools like Automated Medication Dispensers empower people to manage their own health at home and enjoy the best quality of life.”**

**For many people, taking medication simply means washing down a couple of pills with a sip of water. But for countless others, it can be a confusing combination of dozens of medications, at varying times each day with specific, complex instructions for each. An error in the timing or mix of medications can have dire health consequences.**

**“People taking multiple medications may be dealing with chronic pain, fatigue and confusion which can make it very challenging to keep track of when and how to safely take medications,” said Lois Cosgrave, VIHA’s Director of Home and Community Care. “The Automated Medication Dispenser is one tool we can provide to help ensure medications are taken correctly and reduce clients’ risk of ending up in hospital due to errors.”**

**Shane Wood is one person who benefits from the use of an Automated Medication Dispenser at home. With the help of his support team, Shane worked hard to regain his independence after a motor vehicle accident in 2003 left him with a permanent brain injury. He’s grateful for any tool that helps him be self-sufficient. “The machine is great because I feel trusted by staff which makes me feel better about myself,” said Shane. He finds the dispenser very easy to use. “The dispenser tells me when to take the pills. I press the button, the pills come out, and I take them. Easy.”**

**The use of Automated Medication Dispensers is part of a larger Telehealth initiative that offers a variety of ways for people like Shane and others such as seniors, people managing chronic conditions and those in remote areas, to live safely and independently in their homes for as long as possible. Clients and providers have been overwhelmingly positive about programs such as telehome monitoring for heart failure clients. That service has reduced acute care admissions by 61 per cent, reduced length of stay in hospital by 75 per cent and reduced emergency encounters by 65 per cent.**

**Learn more about VIHA’s Home and Community Care program at [www.viha.ca/hcc](http://www.viha.ca/hcc) [and about VIHA’s Telehealth program at \[www.viha.ca/telehealth\]\(http://www.viha.ca/telehealth\).](#)**

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**Media Contact:  
VIHA Communications  
Shannon Marshall  
250-370-8270**

## House demolished because of wrong delivery address

A home near Victoria had to be demolished after an oil company got its addresses mixed up and delivered a load of furnace oil to the wrong house.

Terry Phillips had recently bought the house on Adelaide Ave. in Saanich, just north of Victoria.

He was in the midst of renovating it when the oil company arrived and started pumping oil into the underground tank. But unfortunately the tank at his house was no longer in service.

"I had disconnected the oil tank and was getting 200 amp service in for electric heat," said Phillips.

"They got the wrong address. They filled up the tank. It went into the ground."

More than 300 litres of fuel spilled into the ground, contaminating the yard and under the house.

David Rogers, with B.C. Hazmat Management, the company doing the cleanup, said it was impossible to save the house because of the extent of the spill.

"Quite often we can dig under the house and support it with concrete. Because of the way it is, and the underground oil tank here, we could not support the house and save it."

The cost of the cleanup and rebuilding of the home is being covered by the oil company's insurance.

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## Zebra, horse corralled after NYC street jaunt

NEW YORK, N.Y. - New York City can be like a zoo sometimes, but a zebra running wild through the streets is not something you ordinarily see.

The Staten Island Advance reports a zebra and a miniature horse were spotted trotting through a shopping centre parking lot Wednesday morning in Staten Island.

Metropolitan Drape & Blind owner Zachary Osher saw the runaway equines and shared his video with the newspaper.

He says the animals ran down a street and narrowly escaped being hit by a car.

He says two men in dark suits ran after them with lassoes.

A police spokesman says the animals were corralled and returned to a petting zoo.

## News Release

### **Garnet's Journey Website Launch – A Journey from Residential School to Reconciliation – [www.garnetsjourney.com](http://www.garnetsjourney.com)**

November 2, 2012 – For Immediate Release

**Sioux Lookout, ON** – The Chief and Council of the Lac Seul First Nation and the Kwayaciiwin Education Resource Centre, along with website producers, Garnet Angecone and Ashley Wright, invite you to witness the official launch of a new website about the Indian Residential School experience. The event will be streamlined on K-Net – see below.

Part journalism, part oral history, this website allows all Canadians to meet a residential school survivor and to hear his life story, in his own words. It is a unique opportunity for people to learn about, and to better understand, the history of the Indian Residential School system and its enduring effects on Aboriginal individuals and communities. It aims to educate and enlighten all Canadians about our shared history. It also aims to initiate a discussion about Canada's evolving relationship with Aboriginal people, with a view to reconciliation.

"Many Canadians have never met a person who went to residential school, but after you visit this site, you'll feel you know Garnet personally," says producer, Ashley Wright. Garnet Angecone adds "It's about our shared history. We want to contribute to a national dialogue on reconciliation."

The website - [www.garnetsjourney.com](http://www.garnetsjourney.com) - is for Indian Residential School survivors, their families, descendants of settlers, new immigrants, students, social workers, justice workers, educators, journalists, health care professionals, survivors of childhood abuse, and many others, both Aboriginal and non-Aboriginal.

Watch the event online at – <http://garnetsjourney.myknet.org/>

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**Location:** Obishikokang School – Frenchman's Head, Lac Seul First Nation

**Date:** Thursday, November 8, 2012 at 3:00 p.m. Feast to follow presentation

For further information, please contact Garnet Angecone @ (807) 737-3169

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### **Police: Am. Samoa jailers let inmates go buy beer [thecanadianpress.com](http://thecanadianpress.com)**

PAGO PAGO, American Samoa - Two corrections officers at American Samoa's only jail are suspected of letting inmates leave to go on beer and food runs.

Officers Fiti Aina and Rocky Tua were charged this week with aiding the escape of a prisoner, permitting escape and public servant acceding to corruption. A police search at Territorial Correctional Facility in July turned up beer in an inmate's cell.

Police say that while trying to find out how it got there, they learned the officers were sending inmates unsupervised to a nearby store. One inmate allowed out is serving 40 months for assaulting another man with a machete.

# Eagle Flight Publishing

Multi-media coverage from

- ◆ First Nations Concerns and Government Issues.
- ◆ City Entertainment and fashion
- ◆ Family Roots, Ancestry and Family Trees.
- ◆ Classifieds bridging First Nation communities to Non-First Nations communities.



Tante Ohci Kiya



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**Eagle Flight Publishing**

**Native  
Heroes**



**D.N.A  
MAGAZINE**



**Tân'te  
ohci kiya**



## **Alert! Trouble brewing on the Sunshine Coast. A group of concerned Sechelt Elders asked a small group of Volunteers (the Peace tribe) to help stop the unlawful logging in Sechelt Territory.**

Stopping the logging went on for almost two weeks when the peace tribe was served with a Court injunction to stop, otherwise face arrests. Barb Higgins [Xwu'p'a'lich,], the Sechelt Elder working directly on this matter has issued a Press Release answering a newspaper notice "to log" by the Sechelt Community Forest and their serving of the Court Injunction to the people acting on their behalf. It is below...

In response to Sechelt's Community Forest's recent newspaper announcement, Sechelt Elder and hereditary Chief, Barb Higgins, says that, " she and other Sechelt Elders are in the process of enacting their title to the land.

The Sechelt Elder is fed up with the B.C. Government's "Log everything until it's gone" approach to Resource Management in B.C. and she is going to "stop it in Sechelt Territory and Elphinstone Mountain is the first target" of the Elder's group.

The Sechelt Elder, whose Native name is Xwu'p'a'lich, says, "the Sechelt Community Forest is just a cover for another logging company with a fancy title and neither they nor anyone else are going to be allowed to do any further Logging or Commercial activity on Elphinstone."

"I consider the Community Forest's recent announcement in the newspaper as nothing more than the same old Logging Company whitewash we have all seen and heard so many times in the past. What the Sechelt Community Forest people are really saying is they will keep logging until every tree on Elphinstone is gone and we are not going to stand for that any longer".

"The land they have as their Forest Tenure is the territory of the Sechelt People, and we have never ceded our Territory to anyone. The Province of B.C. has been involved in unlawful logging on our territory since they formed their first Colonial Government 154 years ago, and have adamantly refused to stand down and cease this unlawful activity. They have continuously violated the Royal Proclamation of 1763, and section 35.1 of the Canadian Constitution. There is absolutely no Treaty with this rogue provincial government, and never has been, and they just keep logging as if we don't exist".

On September 22, Penny Singh and the Peace Tribe, who are directly assisting the Sechelt Elders in stopping the logging, were given permission to be on Sechelt Homelands in a traditional Shishalh Governance Ceremony enacting the title and rights of the Original People to their land. Penny Singh is Chairperson of the Earth Summit Council which protects the rights of Mother Earth under the authority of Sechelt Hereditary Chief Barb Higgins.

The 79 year old Shishalh Elder says, "I am going to put a house right on their Landing where they are logging and I will stand in their way myself until they leave. If the Sechelt Community Forest Board of Directors and that Provincial Court Judge in Vernon, B.C. want to know what I think of the Injunctions they issued to enforce their unlawful activity, then they will find it hanging in my outhouse on their logging Landing being productively used at the most appropriate time... and if they don't believe me, I will mail them the proof if they want it". "They have been raping and pillaging our lands, forests, and fisheries for 154 years, and the Shishalh tl'extl'ax-min [Sechelt Elders] and the mothers, fathers, grandparents, and young people of all ethnic groups, who will stand with us, are going to put an end to this criminal activity once and for all".

“We are stopping the logging and other commercial activity not to break the law, but, to enforce the law. Either Canada abides by its own laws or it doesn’t”, said the Sechelt Elder.

For further information 604-740-0337

Barb Higgins is a Sechelt Elder who was given charge by other Elders to take care of this matter.

Penny Lalo Singh is a veteran of logging blockades in Gitsan territory during the late 80’s and worked out of the Hereditary Chief’s office in Vancouver on various connected and related matters including the Delgamuukw case. She has also worked for several Native Bands in various capacities since that time. She is now directly assisting the Sechelt Elders on this matter.

We ask that all Elders and your band members are made aware of this press release. Thank you for your help. It is going to be sent to every Band and Tribal Council in the Province. More to come in the near future.

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## **Assembly of First Nations Chief Congratulates Re-elected BC Regional Chief Jody Wilson-Raybould**

November 27, 2012

(Ottawa, ON) - Assembly of First Nations (AFN) National Chief Shawn A-in-chut Atleo today offers congratulations to Jody Wilson-Raybould, re-elected to the AFN national executive to represent British Columbia region.

“I look forward to the continued leadership and contributions of Regional Chief Wilson-Raybould in a number of priority areas, particularly her work in supporting and advocating for the protection of First Nation title and rights, specifically in strengthening First Nation governments and nation building and re-building,” said AFN National Chief Shawn Atleo. “I commend Regional Chief Wilson-Raybould’s commitment to achieving a better life for First Nations based on rights and responsibilities, language, traditions and ceremony.”

Jody Wilson-Raybould (Puglaas) was re-elected today in Vancouver during BCAFN’s 9th Special Chiefs Assembly and Annual General Assembly. A member of We Wai Kai Nation, she is a descendant of the Musgamagw Tsawataineuk and Laich-Kwil-Tach peoples, who are part of the Kwakwaka’wakw, also known as the Kwak’wala speaking peoples. Regional Chief Wilson-Raybould will continue her role as BC Regional Chief at next week’s national Special Chiefs Assembly in Gatineau, Quebec December 4-6, 2012.

The Assembly of First Nations is the national organization representing First Nations citizens in Canada. Follow @AFN\_Updates, @AFN\_Comms.

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For more information please contact:

Jenna Young AFN Communications Officer 613-241-6789, ext 401; 613-314-8157 or [jyoung@afn.ca](mailto:jyoung@afn.ca)

Alain Garon AFN Bilingual Communications Officer 613-241-6789, ext 382; 613-292-0857 or [agaron@afn.ca](mailto:agaron@afn.ca)

## Conservatives speed First Nations accountability bill

The Canadian Press from cbc.ca

Posted: Nov 21, 2012 1:02 PM

federal Conservatives are pushing through more First Nations legislation that does not have the support of chiefs, despite growing tension between Ottawa and native leaders.

Aboriginal Affairs Minister John Duncan said Wednesday his party is forcing a vote to shut down debate on a financial transparency bill that will require First Nations chiefs and councillors to publish their salaries and expenses.

The move means the bill will pass the House of Commons by the end of this week — over the objections of chiefs as well as the federal NDP and Liberals. Various forms of the bill have been around for three years, stalled by electoral cycles and opposition from the Assembly of First Nations.

"It's unfortunate that we have to take this measure," Duncan told a news conference. "Continued obstruction by the NDP and Liberals has made it clear that this is the only way this important bill will be passed."

Duncan said that while the chiefs' organization may not support the legislation, it is in keeping with resolutions passed by the AFN and is widely favoured by grassroots First Nations.

But it's only one of several pieces of legislation that the Conservatives have pushed aggressively through the Commons over the objections of the AFN, leading to deterioration in the relationship between Conservative and First Nations leaders.

"There has been a loss of momentum and sense of frustration (that) is being felt by the First Nation leadership," AFN National Chief Shawn Atleo wrote in a letter to Prime Minister Stephen Harper last month. "This is exacerbated by the federal government's broader legislative agenda."

### Progress questioned

Duncan responded to the letter on Wednesday, saying Atleo has unrealistic expectations for quick progress on plans made by Ottawa and First Nations last January to work together on a number of fronts.

"We've done an amazing amount," Duncan said.

The AFN has already pulled its support for a joint process on reforming First Nations education and is now warning about lack of consultation and progress on comprehensive claims, treaty implementation, governance, economic development and fiscal relations.

NDP aboriginal affairs critic Jean Crowder said the talks won't get back on track until the federal government renounces the old ways of telling First Nations how things should be done.

"It's up to the federal government to determine leadership on this because they're the ones that actually hold the hammer," Crowder said in an interview. "They're the ones that keep appealing court decisions and so on and so on. So they're the ones that keep perpetuating this adversarial approach."

When it comes to the transparency act, there is no disagreement among chiefs, the opposition and the Conservatives that chiefs and councillors should be accountable and open about their salaries and expenses.

The disagreement comes in deciding how that should be done.

The act before Parliament stems from research from the Canadian Taxpayers Federation which showed that more than 50 band politicians earn more than the prime minister and more than 160 are better-paid than a premier.

"First Nation governments operating under the Indian Act are now the only governments in Canada that do not currently have a legislated requirement to make basic financial information public," Duncan said Wednesday.

He said the new law would not give administrators any extra work, but would go a long way towards winning the trust of band members and also attracting much-needed investment for economic development.

But the AFN has argued that chiefs and councillors are already accountable in numerous ways and would be willing to go even further if they control the process. The government's approach borders on racism, the association has argued.

"Chiefs were clear in their assertion that the proposed measures are both heavy-handed and unnecessary and they suggest that First Nation governments are corrupt, our leaders are not transparent and consequently need to be regulated by Ottawa," B.C. regional chief Jody Wilson-Raybould said in a recent appearance before a parliamentary committee.

"What we really need to do is increase the options for our nations to develop their own governance including their accountability frameworks, so they can build their own future within Canada rather than be legislated from above."

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## **Helpful Information to Seniors from the Weiwaikum Times**

### **Common Benefits for Seniors:**

- **OAS**
- **GIS**
- **CPP**
- **BC SENIORS SUPPLEMENT**
- **GST**
- **CHILD REARING PROVISION**
- **ALLOWANCE**
- **Number to call for information is 1-800-277-9914**
- **You can also apply up to 6 months before you are eligible for CPP.**
- **You can access the rate card for how much you should be receiving on the Service Canada Website [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)**
- **Benefits Finder is a tool you can use to determine what benefits are available to you.**
- **Aboriginal Health: Advance Care Planning, will help you plan your care if you are unable to voice your wishes.**

# INDEPENDENT ASSESSMENT PROCESS DEADLINE ISSUE



September 21, 2012

**The Assembly of First Nations (AFN) would like to hear from any individual or organization that has reports that a former Indian Residential School (IRS) student was unable to apply for the Independent Assessment Process (IAP) by the September 19, 2012 deadline.**

Therefore AFN is requesting that individuals (or as alternatives – a Chief or councillor, lawyer or community service provider) send a letter outlining the details or reasons surrounding this matter. This information will be compiled and used to seek an appropriate extension to the IAP deadline.

Please send information to:

**Charlene Belleau,  
473 Albert Street, 9th floor  
Ottawa, ON K1R 5B4**

**E-mail: [cbelleau@afn.ca](mailto:cbelleau@afn.ca)**

The AFN is continuing efforts to advocate for former IRS students in the Indian Residential School Settlement Agreement (IRSSA). Such information will assist in this advocacy.

Further updates on efforts to extend the deadline will be provided.

*Assembly of First Nations, 473 Albert Street, 9th floor, Ottawa, ON K1R 5B4  
Telephone: (613) 241-6789 | Toll-free: 1-866-869-6789 | Toll-free: 1-866-869-6789 | [www.afn.ca](http://www.afn.ca)*



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JANUARY 2013**

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- **Personalized guidance**
- **Job placement** supports

**For Further Information Contact:**

NEC Admissions: 604-873-3772 Ext. 328  
Sheryl Engdahl - HCA Recruitment/  
Placement Coordinator: 778-996-5184

[www.necvancouver.org](http://www.necvancouver.org)

Canada



Funding provided through the  
Canada-British Columbia Labour Market Agreement.

# CEP Education Credit:

Thank you for your email regarding personal education credits. Please accept my apologies for the delayed response. I wanted to ensure I had all the relevant information for you. Feel free to share the information below as you deem appropriate.

It is likely that there will be more than \$40 million remaining in the CEP trust fund once all Common Experience Payments have been processed. If this is the case, further to the Indian Residential Schools Settlement Agreement, a maximum of \$3,000 in the form of Personal Credits for educational purposes will be paid out to each eligible CEP recipient who applies.

As per the Settlement Agreement, terms and conditions will be developed by Canada and the Assembly of First Nations to determine which programs and services and which educational institutions are eligible. A similar set of terms and conditions will be developed by Canada and Inuit Representatives.

Any amount remaining in the trust on January 1, 2015 is to be paid to the National Indian Brotherhood Trust Fund and the Inuvialuit Education Fund to be used for educational programs.

In January 2012, the Courts approved a governance model for personal credits proposed by Canada and the appointment of three education experts (Madeline Dion Stout for the Assembly of First Nations, Blair Stevenson for the Inuit representatives and Mike DeGagné for Canada). The experts have been meeting with educational institutions across the country, and aim to have completed terms and conditions by the fall of 2012.

It is anticipated that once these terms and conditions have been approved by the courts, implementation would begin by the fall of 2013.

CEP recipients can choose to transfer their Personal Credit to certain family members as per the Settlement Agreement.

I invite you to visit our website to consult the fact sheets on the implementation of the Indian Residential Schools Settlement Agreement at: <http://www.aadnc-aandc.gc.ca/eng/1315320539682/1315320692192> and a list of Frequently Asked Questions at: <http://www.aadnc-aandc.gc.ca/eng/1348071781555/1348071862685> for additional information.

These websites will continue to be updated periodically as new information becomes available.

Thank you,

Annette Arsenault  
A/Director, Policy and Reconciliation  
Resolution and Individual Affairs Sector  
Aboriginal Affairs and Northern Development Canada

Phone (613) 996-3013  
Fax (613) 996-2456  
Cell (613) 404-8044

## Assembly of First Nations States Concerns on Bill C-45 to Senate Standing Committee

November 27, 2012

(Ottawa, ON) – The Assembly of First Nations (AFN) appeared last week at the Senate Standing Committee on Energy, the Environment and Natural Resources to state their overall concern with Bill C-45, the Government’s latest omnibus budget implementation bill.

“Unilateral changes to important environmental legislation without discussion, engagement or consultation with First Nations is unacceptable,” said Assembly of First Nations National Chief Shawn Atleo. “Those changes, as within the Fisheries Act Revisions and the Navigation Protection Act, potentially compromise key aspects of the Crown - First Nation relationship and may serve to further create uncertainty. Partnership and processes of mutual respect are required to ensure all rights and responsibilities are recognized and respected.”

Bill C-45 contains amendments to the *Navigable Waters Protection Act* and the *Fisheries Act*. These amendments come as the Government is also working to implement Bill C-38, an omnibus bill that made significant changes to Canada’s environmental legislation protecting fisheries, lands and resources.

The amendments to the *Navigable Waters Protection Act* will remove federal oversight from most of the lakes and rivers in Canada, including rivers that may be impacted by Enbridge’s proposed Northern Gateway pipeline. The Minister of Transport will have the authority to approve projects that may affect the navigability of the 167 listed lakes, rivers and oceans. However, the Minister will not need to take into account First Nations rights, title, perspectives or interests.

Other changes to the *Navigable Waters Protection Act* will likely result in costly and complex litigation related to project approvals since First Nations rights and title will no longer be contemplated.

The amendments to the *Fisheries Act* amend the definition of “Aboriginal” as it relates to fisheries in Bill C-38. The definition from Bill C-38 has not yet come in to force. However, the definition will continue to recognize food, social and ceremonial fisheries, and will now include fisheries within land claim agreements. Bill C-45 also amends the prohibition against obstructing the passage of fish or waters and goes further to stipulate that all fines collected under the authority of the act will be dispersed through the Environmental Damages Fund, which is currently operated by Environment Canada.

The AFN brought forward a range of concerns expressed by First Nations including the fact that the definition of “Aboriginal” as it relates to fisheries does not capture all First Nations fisheries, including fisheries that were reaffirmed in the *Marshall* decision. Fisheries not captured within the definition of “Aboriginal” “commercial” or “recreational” fisheries will not be protected under the *Fisheries Act*. In addition, First Nations should be involved in deciding which projects will be funded through the Environmental Damages Fund. First Nations have unique rights and responsibilities and are specific resource users with fisheries that may be overlooked by fund administrators in favor of larger commercial or recreational fisheries.

The AFN will continue to press these concerns and work with all First Nations through dedicated strategy sessions to discuss options and opportunities to advance and advocate for First Nation rights, concerns, and interests.

The Assembly of First Nations is the national organization representing First Nations citizens in Canada. Follow us on Twitter @AFN\_Updates, @AFN\_Comms

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# Kenora jail holds ‘shocking’ number of Aboriginal women

‘They need help,’ women’s advocate says

Jody Porter [CBC News](#)

Posted: Oct 30, 2012 9:03 AM ET

CBC News has learned that Aboriginal women make up, on average, more than 90 per cent of female inmates at the Kenora jail.

The Ministry of Community Safety and Correctional Services said the proportion of Aboriginal inmates fluctuates on a daily basis. Last year, 93 per cent of female admissions to the facility were Aboriginal women. Based on statistics, that’s more than four times their representation in the general population in the region.

A women’s advocate in Kenora said those numbers are “shocking and disturbing.”

“You’d be hard pressed to find one [Aboriginal woman in jail in Kenora] who doesn’t have a history of abuse and trauma in her life,” said Vanessa Lucky, the Aboriginal Victim and Family Liaison with the Ontario Native Women’s Association.

“Those factors all contribute to those interactions with the legal system that ultimately lead to incarceration.”

## Numbers on the rise

The number of Aboriginal women in jail is on the rise across Canada according [to a recent report](#).

In Kenora, it has increased 10 per cent over the past ten years.

Lucky said Aboriginal women in Kenora need more culturally appropriate services, both inside and outside the jail, in order to break a cycle of trauma, abuse, and poverty in their lives.

“When we’re dealing with this level of historical trauma and violence, we’re not necessarily dealing with people who need to be incarcerated,” Lucky said. “They need help. They need services.”

## Aboriginal women in jail

- The Kenora jail has 30 beds for women.
- Proportion of Aboriginal women admitted in 2011/12 — 93%
- Proportion of Aboriginal women admitted in 2001/02 — 83%
- Proportion of Aboriginal women in all provincial jails in 2011/12 — 19%
- Proportion of Aboriginal women in all provincial jails in 2001/02 — 11%

*\*source: Ontario Ministry of Community Safety and Correctional Services*

- Proportion of Aboriginal people in the general population in the Kenora region — 41%, approximately half of which would be Aboriginal women

*\*source 2006 census data*

# Federal Aboriginal Policy Outdates, Unworkable

BY DOUG CUTHAND, SPECIAL TO THE STARPHOENIX OCTOBER 26, 2012

There are two questions that Europeans have had since they first came across Indians: "Who are these people, and what do we do with them?" They really have never answered either question.

First, how are we described? It's either the noble savage or the drunken Indian, with very little in between. The real people who live, work, laugh and love are somehow unknown.

How about what to do with us? They made treaties with First Nations across Western Canada but failed to follow up. Instead, we were warehoused on reserves, locked up in jails or boarding schools, and institutionalized.

Indian policy has been a policy of control, which brings me to the crossroads of today. Everyone agrees that the Indian Act is not a viable tool for the modern world, but First Nations people fear what results the changes being proposed will bring.

If the government seriously wants to make changes and amend the Indian Act, it will have to answer both questions. Who are we, and where are we going?

So far any proposed changes to the Indian Act have been cosmetic and fail to take the legislation into the 21st century. The Accountability Act is a diversion that will appeal to the Conservative base and get some First Nations leaders in a lather, but accountability should be a matter of course for all elected officials.

In fact, most First Nations routinely share financial information with band members. My First Nation holds an annual band meeting to release the audit statement and answer questions. Chief and council salaries also are made public.

The problem will be the clause stating that First Nations-owned businesses also must make their financial reports public. This is discriminatory and leaves these businesses vulnerable to snooping by competitors who aren't bound by the same rule.

I suspect the government will ram it through and later have to remove it after a successful court challenge.

It will be a waste of time and resources, but that's how things work in Ottawa these days. By focusing on a distraction, the government will be ignoring the reality of the First Nations-Canada relationship that exists both historically and in recent court decisions.

Both the Royal Proclamation of 1763 and the British North America Act of 1867 clearly lay out that "Indians" are a responsibility of the federal government. The Charter of Rights and Freedoms also recognizes and affirms our aboriginal and treaty rights. Since the charter was enacted in 1982, First Nations have won a series of court cases that have steadily fleshed out our treaty and aboriginal rights.

In order to finance the legal fees, First Nations had relied heavily on the federal court challenges program.

It should be seen as no fluke that when the Conservatives took office, one of their first acts was to axe this very important program.

When it comes to future legislation, the First Nations and the government are heading in opposite directions. First Nations see self-government and resource rights as the two most important building blocks in our future. Resource revenue sharing, and treaty rights linked to strong, accountable First Nations governments are the recipe for the future in Indian country.

The federal government, however, is continuing with the outdated policy of control over First Nations. Through such initiatives as the privatization of First Nations land, it wants to take us in the direction of destruction. Other legislation will lead to making municipalities out of our first Nations governments. First Nations are in a powerful position. We have a strong base of legal opinion on our side. The Supreme Court has ruled that governments have a duty to consult First Nations about any changes that affect them.

In his book Resource Rulers, author and lawyer Bill Gallagher points out that since the charter recognized the existence of First Nations treaty and aboriginal rights, we have been on a winning streak. At last count there have been 170 court rulings in our favour. The legal landscape has experienced a seismic shift, and we now need the legislative framework to build on the rulings.

This fact has been conveniently ignored by the federal government. Its Accountability Act and "municipal" point of view is nothing new for federal policy on Indians. It is a move back to the 1950s at a time when we should be looking at the long term and what we need to get to the 2050s

This is a fight that the government only can win through brute force. Already, Aboriginal Affairs Minister John Duncan is on the record stating that if First Nations fail to knuckle under to his Accountability Act, he will withhold funding; this for a piece of legislation that hasn't even been debated.

First Nations policy for the Harper Conservatives is their way or the doorway. In the long term, both democracy and the law are on the side of First Nations.

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By The Associated Press, [thecanadianpress.com](http://thecanadianpress.com), Updated: October-18-12 8:10 AM

## **US 'Batman' says not guilty of obstructing cops**

PETOSKEY, Mich. - A man charged with obstructing the police while dressed as Batman has pleaded not guilty.

State troopers arrested 33-year-old Mark Wayne Williams on Sept. 29 because he wouldn't leave them alone while they searched for a driver who had fled an accident. Williams was charged with resisting and obstructing police in an investigation.

The Petoskey News-Review reports (<http://bit.ly/RX0AJ8>) that Williams pleaded not guilty. He's due back in court Nov. 21. Williams has said he had good intentions.

It's not Williams' first brush with the law as the caped crusader. He was sentenced to six months of probation last year after police received a report of a man dressed as Batman on the roof of a local business.

# Grapefruit juice interaction with drugs can be deadly

**Increasing number of drugs interact dangerously with 'forbidden fruit'** CBC News

**Posted: Nov 26, 2012 12:01 PM ET**

More prescription drugs are on the market that can interact with grapefruit juice with potentially serious effects including sudden death, Canadian doctors warn.

David Bailey, a clinical pharmacologist at the Lawson Health Research Institute in London, Ont., discovered the interaction between grapefruit and certain medications more than 20 years ago. Since then, he said, the number of drugs with the potential to interact has jumped to more than 85.

Grapefruit juice is known to interact with some types of medications, leading to an overdose hazard.

Bailey reviews new product monographs and prescribing information for the Canadian Pharmacists Association, and keeps a close eye on those with the potential to produce serious adverse reactions.

"What I've noticed over the last four years is really quite a disturbing trend, and that is the increase in the number of drugs that can produce not only adverse reactions but extraordinarily serious adverse drug reactions," Bailey said. "Between 2008 and 2012, the number of drugs in the list has gone from 17 to now 44."

Many of the drugs are common, such as some cholesterol-lowering statins, antibiotics and calcium channel blockers used to treat high blood pressure. Others include agents used to fight cancer or suppress the immune system in people who have received an organ transplant.

People older than 45 buy the most grapefruit and take the most prescription drugs, making this group the most likely to face interactions, researchers said in an article published in Monday's issue of the Canadian Medical Association Journal, titled "Grapefruit-medication interactions: forbidden fruit or avoidable consequences?"

Older adults also tend to be less able to compensate when faced with excessive concentrations of drugs compared with young and middle-aged people — another reason that those over 45 seem to be particularly vulnerable, they added.

"Taking one tablet with a glass of grapefruit juice is like taking 20 tablets with a glass of water," Bailey said. "This is unintentional overdosing. So it's not surprising that these levels go from what we call therapeutic to toxic."

Of the 85 known drugs that interact with grapefruit, 43 can have serious side-effects, including sudden death, acute kidney failure, respiratory failure, gastrointestinal bleeding and bone marrow suppression in people with weakened immune systems.

The authors noted that all sources of grapefruit — the whole fruit or 200 mL of grapefruit juice — and other citrus fruit such as Seville oranges (often used in marmalade), limes and pomelos can lead to drug interactions.

## Why drug labels say 'Do not take with grapefruit juice'

Researchers advised that the affected drugs should not be consumed with those fruits. They also suggested noninteracting alternatives that could be prescribed.

But the authors can't say how big a problem the interactions are because of a lack of awareness. Health-care professionals might not be aware of the possibility to check into it and patients may not volunteer the information, Bailey said.

The researchers want to get the word out that the interaction can occur even if someone eats grapefruit or drinks the juice hours before taking a drug, such as downing the drink at breakfast and taking the medication after dinner.

Previously published reports showed that drinking a 200-mL glass of grapefruit juice once a day for three days produced a 330 per cent increase in the concentration of simvastatin, a commonly used statin, in the bloodstream compared with taking the medication with water.

The paper's authors said that the interaction doesn't apply to classes of drugs but to particular medications with three key characteristics:

- The drugs are taken orally.
- The percentage of the drugs absorbed or "bioavailable" is very low to intermediate.
- The drug is metabolized by an enzyme called cytochrome P450 3A4.

Patients can look for the criteria in the product monograph or prescribing information for a drug under "clinical pharmacology."

In theory, the batch, storage conditions and white versus pink type of grapefruit might influence the size of the interaction but the researchers said that hasn't been studied in detail.

Citrus fruits that interact contain active ingredients called furanocoumarins that irreversibly block the drug metabolizing enzyme.

A search of Health Canada's adverse drug reaction database listed 30 reactions under "grapefruit" between Jan. 1, 1992, and June 30, 2012. The department cautioned that the data was voluntarily reported and should not be used to determine the incidence because the total number of reactions and patients exposed is unknown and other factors could be contributing.

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## ***QUOTES***

"It is better to refuse than to accept and not go."	Proverb
"Be not deceived: Bad company ruins good morals."	I Corinthians 15:33
"I have striven not to laugh at human actions, not to weep at them, nor to hate them, but to understand them."	Benedict Spinoza
"Speaking without thinking is like shooting without taking aim."	Spanish Proverb
"Nothing happened to any man that he is not formed by nature to bear."	Marcus Aurelius
"Whoever retains the natural curiosity of childhood is never bored or dull."	Unknown
"Blessed is the man who finds wisdom, the man who gains understanding, for he is more profitable than silver and yields better returns than gold."	Proverbs 3: 13-15
"It is no good saying 'we are doing our best.' You have got to succeed in doing what is necessary."	Winston Churchill
"Let all things be done decently and in order."	Corinthians 14:40
"A well-spent day brings happy sleep."	Leonardo da Vinci

## **7 traits kids need to succeed**

**What if a child's success in school were measured not in IQ but in strength of character?**

**That's the question Paul Tough tries to answer in his book *How Children Succeed—Grit, Curiosity, and the Hidden Power of Character*.**

**Education is once again a hot-button issue this fall, as many provincial governments trim their education budgets and labour negotiations between teachers and administrators in Ontario remain acrimonious.**

**Tough doesn't discount the importance of a solid education, but he says character is as important as academics in helping children become successful adults.**

**In this case, character is "not about morality," says Tough, a Canadian-born journalist. "It's more about learning a set of skills to help kids achieve their goals."**

**Tough's book outlines seven character traits that he says are key to success:**

- Grit**
- Curiosity**
- Self-control**
- Social intelligence**
- Zest**
- Optimism**
- Gratitude**

**These traits were compiled by a couple of schools — one public, one private – in the New York City borough of the Bronx. These schools saw huge improvements in their students when they moved the emphasis from IQ and test scores to building character.**

### **Developing character**

**Tough says that parents can “fall into the trap of thinking that character is somehow fixed—that you've either got a good kid or a bad kid.”**

**But the educators and scientists that Tough interviewed for his book say that character is malleable. Kids can actually develop a set of strengths over time.**

**In order to do that, they must learn not only to accept but embrace failure.**

**"Failure can be very scary until you experience it a few times," says Tough.**

**This university dropout seems an unlikely guru of perseverance and grit. But he says that his own failure in university allowed him to take more chances later on in life. He knew how it felt to fail and disappoint his parents, and it spurred him to find his own way to success.**

**While he grew up in Toronto, Tough now lives in New York, where he is a contributing writer to the New York Times and a contributor to the National Public Radio program This American Life.**

### **The importance of failure**

**Tough says that too often, we protect our kids from making mistakes.**

**"Failure is an important stepping stone on the way to success, because it helps to develop character," he says.**

**"If you're able to bounce back from failure, it gives you a certain amount of resilience and a confidence that next time you can experience a setback and recover and do better."**

**In How Children Succeed, Tough relates the story of Elizabeth Spiegel, a teacher at Intermediate School 318 in Brooklyn, who teaches chess as a way of showing students the benefits of failure.**

**As Spiegel pointed out to Tough, in order to improve at chess, you have to focus on "what you're bad at." You have to analyze your games and "figure out what you're doing wrong."**

**In chess, Tough says, failure is merely a stepping stone to your next victory.**

**Tough believes that children who are unused to failure are actually at a disadvantage.**

**"They end up being fragile and brittle, and they'll go out into the world and experience some kind of setback and it will often completely derail them, because they haven't had that experience, that opportunity to learn how to fail," he says.**

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**By The Associated Press, thecanadianpress.com, Updated: October-09-12 9:09 AM**

### **Police: Man tries to rob bank of \$1 in prison bid**

**NORTHERN CAMBRIA, Pa. - A man tried to rob a bank of \$1 because he hoped to be sent to a federal prison nearby, police said.**

**Jeffrey McMullen, a 50-year-old regular customer of an AmeriServ bank in the western Pennsylvania town of Northern Cambria, handed notes to two tellers Friday demanding a dollar, according to a police complaint reported by The Tribune-Democrat of Johnstown (<http://bit.ly/Qcdx17>).**

**The tellers thought it was a joke, police said. He then spoke with a new accounts employee and repeated he was robbing the bank for a buck.**

**Police say McMullen apparently wanted to be prosecuted federally so he could be taken to a prison in central Pennsylvania. Police could not immediately say why.**

**McMullen awaits a preliminary hearing, and court records didn't list an attorney. Under terms set by a Northern Cambria district judge, he must undergo a mental evaluation and post \$50,000 bail in order to win release from jail.**

**One note given to tellers said, "FBI custody. Preferbly (sic) Loretto Pennsylvania. No press. Seal all files," according to the complaint. Police took that to be a request that McMullen hoped authorities would not publicize his case. The other said, "Federal bank robbery. Please hand over \$1.00."**

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**Christmas comes with Santa Claus,  
Christmas comes with snowy floors,  
Christmas comes with robins and reindeer,  
Christmas comes with a hearty cheer.**

**Christmas comes with gold, frankincense and myrrh,  
Christmas comes with Jesus' birth,  
Christmas comes with angels from afar,  
Christmas comes with a wondrous star.**

**Christmas comes now, at last,  
Christmas comes, like in the past,  
Christmas comes after such a long wait,  
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