

Volume 15 Issue 1

December 2014



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

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

EV'S 169th Issue!

## MERRY CHRISTMAS AND HAPPY NEW YEAR TO ALL!!

The 39th Annual Elders Gathering  
Hosted By: Tsawout First Nation July 7-9, 2015  
Place: Panorama Recreation Centre  
1885 Forest Park Drive, North Saanich, BC, V8L 4A3  
2015 Elders Gathering Coordinator: Perry Lafortune  
Email: [eldersgathering2015@tsawout.ca](mailto:eldersgathering2015@tsawout.ca)  
Website (for online registration): [bcelders2015.ca](http://bcelders2015.ca)

### 40th Annual Elders Gathering in 2016

Our office itself, the BCECCS/BC Elders Council will be bidding on the 2016 Elders Gathering to be in Campbell River. It hasn't been back here since we organized it in 2000. We hope that you will all support our bid next year in Saanich. Best regards, Donna Stirling

HAPPY BIRTHDAY  
TO ALL ELDERS BORN IN DECEMBER!!

### Inside this issue

|                             |      |
|-----------------------------|------|
| Easy Bakers Corner/Website  | 2    |
| List of Paid Support Fees   | 3    |
| 2015 King and Queen         | 4    |
| Gathering Registration Form | 5    |
| Gathering Volunteer Forms   | 6-7  |
| Huu-ay-aht Leads The Way    | 8    |
| VIHA — Psychosis Support    | 9-10 |

|   |
|---|
| Pg. 10: Heart and Stoke Foundation Grants                       |
| Pg. 11: FNHA Flu Season Poster                                  |
| Pg. 12: FN Leadership Council OPEN LETTER                       |
| Pgs. 13-14: Aboriginal Affairs Short of Cash                    |
| Pgs. 14-15: Residential School Survivor's Education Credits     |
| Pgs. 16-17: Seniors' Falls Prevention Grants                    |
| Pgs. 18-19: Penticton Indian Band - Considers Medical Marijuana |
| Pg. 20: A Dash of Salt Can Add Up                               |
| Pg. 20: Mama Sam Steps Up - at 83 yrs. Old                      |
| Pgs. 21-22: Ringing In The Ears                                 |
| Pgs. 22-23: Vertigo Facts                                       |
| Back Page:  |
| Annual Elders Gathering Corner                                  |
| Contact Information, Quotes and Horoscopes                      |

## Easy Bakers Corner – Christmas Cake

Preheat oven to 250°F. Grease and flour pan, put brown parchment on bottom of pan and grease and flour paper.

Combine 1 cup of black walnuts, chopped, 1 cup pecans, chopped, 1/2 pound green candy cherries, halved, and 4 oz. flake coconut, add 2 cups of all-purpose flour, 1 dash of salt; mix.

Cream 1 cup of butter until light and fluffy. Add 1 2/3 cups of sugar gradually and continue to cream. Add 5 eggs, 1 at a time.

Add flour mixture.

Blend all together and pour into prepared pans. Cover top tightly with foil. Place a pan of hot water in bottom of oven

Bake for 2 1/2 hours or until done. Remove foil for the last hour to allow top to dry out. Cake is done when top feels slick and dry to touch and pulls away from sides of pan. Enjoy!

## 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 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.

### SISIUTL LEVEL - \$500

1. Tale'awtxw Aboriginal Capital Corporation
2. Vancouver Native Health Society
3. Lower Kootenay Band Family Health Services

### HUMMINGBIRD LEVEL - \$250

1. BC Association of Community Response Networks
2. Chawathil First Nation
3. Ts'kw'aylaxw Elders
4. Halalt First Nation
5. Spuzzum First Nation
6. St. Mary's Indian Band
7. Gitanyow Human Services
8. Ka:'yu:'k't'h'/Che:k:tles7ett'h' Nation
9. Skidegate Band Council
10. Bridge River Indian Band
11. Tsleil-Waututh Nation
12. Weiwaikum First Nation
13. Mamalilikulla Qwe'Qwa'Sot'Em Band
14. Da'naxda'xw First Nation
15. K'omoks First Nation
16. BC Assembly of First Nations
17. First Nations Tax Commission
18. Pauquachin Band (\$300)
19. Irving K Barber BC Scholarship Society
- 20.

### Donation:

1. The Story Telling Elders
3. Kwadacha Nation



## King and Queen

### Introducing

2015 King Doug and Queen Kathy Lafortune

Tsawout First Nation is one of 5 communities of WSANEC Nation. The population is estimated at almost 1800 people, with almost half of that identifying as Tsawout First Nation. With a high proportion of infant, child, and youth population Tsawout is vigorously trying to plan for recreational and community development to assist with keeping the young population active and healthy. The Elder population is small and precious but there is a great deal of community activism from the Elders group who are active in their own families, in their own businesses, and in travelling.

The original Tsawout representatives for 2015 King and Queen were Irvine and Lena Jimmy. The WSANEC community has relied very heavily on Irvine for many years for his cultural knowledge and SENCOTEN language expertise. Irvine and Lena considered the demands of travel and promotion of the 2015 Gathering and requested that the responsibilities of King and Queen be bestowed on Doug and Kathy LaFortune.

Doug LaFortune was born in Bellingham, Washington. His parents were John Horne and Georgene Harry. Over the years Doug lived in Duncan and Victoria but came back to Tsawout in 1990. He raised his family of three children and now helps guide his 6 grandchildren into the future.

As a successful Artist/Carver Doug LaFortune brings a unique dynamic and personality to the consideration of "tradition". He acknowledges his mentor and teacher Simon Charlie for helping him to learn Coast Salish design. His artwork has helped to embrace difference and invite unity in both WSANEC and in the neighbouring municipality of Central Saanich. Examples of his work are featured in unique greeting cards, labeling on local coffee, and in beautiful WELCOME TO SAANICHTON VILLAGE totems. Noteworthy commissions include the Heron fountain sculpture featured at UPTOWN Shopping Centre in Victoria, totems in Butchart Gardens, Welcome Figures in the Indigenous House of Learning at University of Victoria and the Welcome Figures presented to Queen Elizabeth at the 1994 Commonwealth Games.

Kathy LaFortune brings her heritage and strong family values to the role of Queen. Kathy was born in Port Alberni and went to school in Alberni Indian Residential School. In 1971 she met Doug at the Victoria Native Friendship Centre and they stayed together settling at different times in Duncan, Westholme, Victoria, and then Tsawout. Kathy is the daughter of Walter Jones of Port Renfrew and Mary Yukum of Tseshah. Her Grandfather was legendary Chief Questo. She remains very active within her family supporting her husband in promotion and final finishing of his many works. She also is very active in guiding her family relationships with common sense, intellect, and disciplined personal values.

Their youthful vitality is deceptive for as a couple they have been married over 40 years. They are excellent role models/mentors in the Tsawout community for the respect and dignity they maintain in their relationship. They are wonderful, friendly, warm-hearted people who enjoy sharing their wisdom and experiences to help contribute to betterment.



Hosted By Tsawout First Nation Elders  
 PO Box 121, 7728 Tetayut Rd,  
 Saanichton BC V8M 2C3  
 Phone: 250 652 9114 Fax: 250 652 9114  
 Website: www.bcelders2015.ca

## Individual / Group Registration Form

### Registration Fees

### General Information

July 7, 8, & 9, 2015  
 Panorama Recreation Centre  
 1885 Forest Park Dr,  
 North Saanich, BC V8L 4A3

Early Bird – By May 10, 2015 \$100.00 per guest

Late – After May 10, 2015 \$125.00 per guest

\*Registration includes continental breakfast, lunch, and dinner per agenda for one person; welcome package; scheduled transportation; parking; and tour options.

|  |  |   |  |
|--|--|---|--|
| <b>Nation / Tribe Name:</b>  |  |   |  |
| <b>Contact Name:</b>   |  | <b>Email:</b>   |  |
| <b>Phone:</b>  |  | <b>Fax:</b>   |  |
| <b>Address:</b>  |  |   |  |
| <b>On Site Caregiver Name:</b>   |  | <b>Contact # :</b>  |  |
| <b>Hotel/Motel Name:</b>   |  | <b>Phone:</b>   |  |
| <b>Address:</b>  |  |   |  |
| <b>Participant Names:</b><br><i>Please indicate if they are a Veteran</i>  |  | <b>Health Concerns, Disabilities, and/or Dietary Needs</b><br><i>(This information will be on badge worn by elder for emergency purposes)</i> |  |
| 1  |  |   |  |
| 2  |  |   |  |
| 3  |  |   |  |
| 4  |  |   |  |
| 5  |  |   |  |
| 6  |  |   |  |
| 7  |  |   |  |
| 8  |  |   |  |
| Please mail complete registration form with cheque or money order payable to:<br><b>Tsawout First Nation</b><br><b>RE: 39<sup>th</sup> Annual BC Elders Gathering</b><br>PO Box 121, 7728 tetayut rd<br>Saanichton, BC V8M 2C3<br><i>*Full payment must accompany registration forms; no registration will be secured without payment.</i> |  | <b>Registration Fee</b>   |  |
|  |  | <input type="checkbox"/>  | I am enclosing early bird registration fees for _____ (#) participants @ \$100.00 each |
|  |  | <input type="checkbox"/>  | I am enclosing Late registration fees for _____ (#) participants @ \$125.00 each       |
|  |  | <b>Total cheque/money order enclosed: \$</b>  |  |

For further registration information and/or changes please contact:  
 Kayla Charlie, EMAIL: [elders2015@tsawout.ca](mailto:elders2015@tsawout.ca) , Phone: (250) 652 9101

"The 39<sup>th</sup> Annual Elders Gathering Core Committee is not responsible for lost or stolen items, nor injuries or illnesses during the event"



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## VOLUNTEER REGISTRATION FORM

|  |                  |                  |           |
|--|------------------|------------------|-----------|
| First Name:  |                  | Last Name:       |           |
| Mailing Address:   |                  |                  |           |
| City:  | Province:        | Postal Code:     |           |
| Phone:   | Alternate Phone: | E-mail:          |           |
| Age (check one): * <input type="checkbox"/> Youth (16-17 Years) <input type="checkbox"/> Young Adult (18 – 24 Years) <input type="checkbox"/> Adult (24 Years +) |                  |                  |           |
| <small>*please note that if you are under 18 you will need a chaperone with you when you are volunteering</small>  |                  |                  |           |
| Medical Number:  |                  | Illness/Allergy: |           |
| <b>Emergency Contact Information</b>   |                  |                  |           |
| Contact Person:  |                  | Phone:           |           |
| Address:   |                  | City:            | Province: |
| Signature:   |                  | Date:            |           |

**Description of Possible Volunteer Duties (Please complete the volunteer schedule on the following page)**

- Registration – July 7, 2014. Will assisting staff with the registration process.
- Giveaways – Assisting coordinator with all giveaways for gathering
- Elders Rest Area – Assisting in quiet area for Elders
- Elders Support – Runners for water, snacks, servers, dance partners
- Food Server/clean-up - will assist with during meals and light clean-up.
- Transportation – directing to buses, connecting with tours
- Fundraising – assisting with 50/50 sales
- Arts & Craft Support – Checking in with vendors for any support required.
- Cultural Activities - will assist with duties related to the Cultural activities (may be with feast, luncheon).
- Venue Guide – July 7-9, 2014 will direct delegates who are looking for specific rooms or venues.
- Entertainment Aid – will assist with entertainment activities.
- Security/First Aid - provide assistance during gathering.
- Set-up/Take-down – Helping with setup (could be stage, chairs, etc.)

**Please submit completed volunteer application forms by fax, mail or e-mail to:**

Jessie Jim, Volunteer Coordinator  
 39<sup>th</sup> Annual BC Elders Gathering  
 7728 Tetayut Rd. Saanichton BC, V8M 2C3

**“FROM THE PAST TO THE PRESENT FOR THE FUTURE”**

“THE 39<sup>th</sup> ANNUAL ELDERS GATHERING PLANNING GROUP IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS, NOR INJURIES OR ILLNESSES DURING THE EVENT”



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 PO Box 121, 7728 Tetayut Rd,  
 Saanichton BC V8M 2C3  
 Phone: 250 652 9114 Fax: 250 652 9114  
 Website: www.bcelders2015.ca

E-mail: [jjim@tsawout.ca](mailto:jjim@tsawout.ca) or Fax: 250-652-9114 or Phone: 250-652-9101

Name: \_\_\_\_\_

1. Please check your top four (4) volunteer areas:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Registration (Monday only) | <input type="checkbox"/> Tours           | <input type="checkbox"/> Accommodations       |
| <input type="checkbox"/> Giveaways                  | <input type="checkbox"/> Entertainment   | <input type="checkbox"/> Elders Rest Area     |
| <input type="checkbox"/> Transportation             | <input type="checkbox"/> Food Server     | <input type="checkbox"/> Elders Support       |
| <input type="checkbox"/> Venue Guide                | <input type="checkbox"/> Food Clean-up   | <input type="checkbox"/> Arts /Crafts Support |
| <input type="checkbox"/> Information Booth          | <input type="checkbox"/> Cultural Events | <input type="checkbox"/> Cultural Foods       |
| <input type="checkbox"/> Security                   | <input type="checkbox"/> First Aid       | <input type="checkbox"/> Souvenir Booth       |
| <input type="checkbox"/> Volunteer Booth            | <input type="checkbox"/> Set-up Monday   | <input type="checkbox"/> Take Down Wednesday  |

2. Please check the days & shifts you are available:

| Shift                           | Sunday<br>July 6 | Monday<br>July 7 | Tuesday<br>July 8 | Wednesday<br>July 9 |
|---------------------------------|------------------|------------------|-------------------|---------------------|
| Morning:<br>6:30 am to 10:00 am | N/A              |                  |                   |                     |
| Mid-day:<br>10:00am to 2:00pm   |                  |                  |                   |                     |
| Evening:<br>2:00pm to 6:00pm    |                  |                  |                   |                     |
| Night :<br>6:00pm to 10:00 pm   |                  |                  |                   |                     |
| Late Night<br>10:00pm to 1:00am | N/A              |                  |                   | N/A                 |

You may not be assigned to the entire time block as listed (i.e. – evening shift). We will only assign up to four hours of volunteer hours per shift depending on the schedule needs.

Thank you! The volunteer coordinator will consider your volunteer choices, your availability and assign an overall volunteer schedule for you. If you have any questions in the meantime please contact:

**Please submit completed volunteer application forms by fax, mail or e-mail to:**

Jessie Jim, Volunteer Coordinator  
 39<sup>th</sup> Annual BC Elders Gathering  
 7728 Tetayut Rd. Saanichton BC, V8M 2C3  
 E-mail: [jjim@tsawout.ca](mailto:jjim@tsawout.ca) or Fax: 250-250-652-9114 or Phone: 250-652-9101

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## **Huu-ay-aht leads the way by offering employees living wage**

**PORT ALBERNI – October 27, 2014 - Huu-ay-aht will become the first First Nations community in Canada to adopt a living wage policy for all of its employees.**

**Out of respect for all Huu-ay-aht employees, executive council voted in favour of implementing a living wage policy on Friday, October 24. This will require that some adjustments to the minimum wage amounts in the existing wage and salary structure for employees. The decision was made based on the belief that B.C.'s current minimum wage is not high enough to meet the needs of families to promote health and wellbeing.**

**Huu-ay-aht believes people should not have to decide between paying rent and feeding their family, and with today's high cost of living, this is a reality many people face. According to the Living Wage for Families Campaign, in 2013, 1.8 million employed people in Canada do not make enough to pull themselves above the poverty level. Many are forced to rely on food banks in order to get by. British Columbia has the second highest child poverty rate in Canada, and low wages are a key contributor. The 2013 Child Poverty Report Card found that 32% of poor children, more than 44,500 in BC, live in families with at least one adult working full time.**

**Huu-ay-aht believes that work should lift families out of poverty not keep them there. "Too many of our people are living on minimum wage or below the poverty line," explained Elected Chief Councillor Jeff Cook. "It is our hope that this will offer our employees choices other than to just survive and live pay cheque to pay cheque."**

**In 2010, New Westminster became the first municipality to adopt a living wage policy. Currently, according to Living Wage Canada, 15 municipalities have calculated what their living wage would be. The range of wages is between \$14.60 (Cranbrook) and \$20.10 (Vancouver).**

**The living wage that has been calculated for Port Alberni is \$17.22 per hour, or \$33,579 annually. Using the Canadian Living Wage Framework as its guide, Huu-ay-aht has agreed to adopt this as their minimum wage. By doing so, it becomes the second community in BC to adopt a living wage policy for its employees.**

**"The Treaty has given us the ability to make decisions based on our values and goals, and implement those decisions in accordance with our own laws. The living wage policy shows how the Treaty gives us the ability to chart our own future," said Councillor Tom Mexsis Happynook. "We have a long way to go to meet or exceed the living standards of Canadians, but this is a great step in the right direction."**

**A living wage is different from minimum wage in that it takes into account the amount a family needs to cover basic expenses. These are the bare bones costs with no extras, but it is calculated as a total compensation, including wage and benefits. Where the minimum wage focuses on the needs of a lone individual, the living wage focuses on the needs of families and includes medical and health needs, food security, transportation, and skills development.**

**Huu-ay-aht wants more for its employees and its citizens. Part of the Huu-ay-aht Strategic Plan is to become an 'Employer of Choice' in the Alberni-Clayoquot Regional District. In order to foster a dedicated, skilled and healthy workforce, Huu-ay-aht First Nations believes it must pay a living wage to all of its employees. By doing so, they are making a significant investment in the future and building long-term prosperity for the economy.**

For more information contact:  
Annie Merritt  
Huu-ay-aht First Nations  
Communications Coordinator  
250-723-0100  
[annie.m@huuayaht.org](mailto:annie.m@huuayaht.org)

[viha.ca/news](http://viha.ca/news)



**FOR IMMEDIATE RELEASE**  
October 31, 2014

### **Health authorities partner to provide province-wide psychosis support**

**VICTORIA, BC – A new website developed by regional health authorities is bringing together services and tools from across BC to help young people experiencing psychosis and their families access early assessment and treatment.**

**“Early intervention helps young people and families suffering from psychosis to learn coping tools and help them on their journey through life,” said Health Minister Terry Lake. “These supports follow through on our commitment to helping those living with mental illness be fully engaged in their community and with their families.”**

**Each year in BC, approximately 950 people between the ages of 13 and 29 will experience a first episode of psychosis, a serious condition where the brain has difficulty differentiating between fantasy and reality.**

**“Early intervention is an important key to successful recovery, however many individuals who experience symptoms of psychosis will spend up to two years struggling before seeking help,” says John Braun, Manager Mental Health and Substance Use for Island Health. “Often this is because of the stigma that surrounds psychosis, the patient’s own fears and the difficulty in accessing information—we hope that by providing this online resource, more people will be able to find help sooner.”**

**By encouraging and assisting teens and young adults to seek early assessment and treatment of psychosis, young people can have a better outcome while their families are better supported. This collaboration between Island Health, Fraser Health, Vancouver Coastal Health and Northern Health resulted in creation of [earlypsychosis.ca](http://earlypsychosis.ca), a comprehensive website that provides information, resources, support and a sense of community for individuals and families touched by psychosis, no matter where they live in BC.**

**The site is designed for young people with questions about psychosis, those who have already been diagnosed, and family members and community partners (such as school counselors or family physicians). The site’s three main entry points – *curious about psychosis*, *getting help* and *already diagnosed* – lead to comprehensive information written to convey realistic hope, strength and personal resiliency. Quotes and stories from clients and their families support messages about the positive outcomes of early treatment and recovery.**

Parents using the site have noted that “the new website provides a wealth of pertinent and much-needed information for families struggling to understand what is happening to their loved one and how best they can help them.”

Early Psychosis Intervention (EPI) is a specialized approach in providing services to young people when they are first affected by psychosis. It is oriented toward the early recognition of psychosis and the provision of timely, comprehensive treatments that are appropriate to the age of the person and the stage of psychosis. As EPI service components are implemented across the province, more youth will be able to get help in their own communities, more quickly and effectively.

The EPI Advanced Practice Program (APP) is an ongoing collaboration amongst B.C. regional Health Authorities, Ministry of Health, Ministry of Children and Family Development, and other service providers. It facilitates best practices in EPI throughout the province, provides clinical training and assists in program evaluation.

-30-

**South Island Media Inquiries**

**Sarah Plank**

**Media Relations Manager**

**Phone: 250.727.4275**

**Email: sarah.plank@viha.ca**

**Central and North Island Media Inquiries**

**Val Wilson**

**Manager, Regional Communications**

**Phone: 250.739.6303**

**Email: valerie.wilson@viha.ca**



**HEART &  
STROKE  
FOUNDATION  
OF CANADA**



**MEDIQUEST  
TECHNOLOGIES  
INC.**

## **Grant Opportunity for Life-Saving Automated External Defibrillators**

The Heart and Stroke Foundation of Canada/Federal Government, in partnership with MediQuest Technologies, will provide funding for Automated External Defibrillators (AEDs) and training to public facilities in Canada. With an AED and training anyone can save a life. For each AED provided, successful applications receive training for 10 community members in CPR/AED use.

Applications are simple, only involve 2 pages, and are being accepted until the Grant funds are used up. **Please highlight that the application is from a First Nation community for its public facilities.**

**Send completed applications to: [hsf@mediquest.ca](mailto:hsf@mediquest.ca) or Fax: 604.987.6119. For information about AEDs visit [www.MediQuest.ca](http://www.MediQuest.ca) or call 1-866-831-3227**

**Send completed applications to: [hsf@mediquest.ca](mailto:hsf@mediquest.ca) or Fax: 604.987.6119**

**Flu season** is typically November-April every year. Each year many people get sick with influenza which can lead to more serious health complications like pneumonia. ***Influenza vaccines are recommended as the best way to prevent the flu*** and are free for all First Nations and Aboriginal peoples at-home and away from home (on and off-reserve).

**Some other important ways to avoid getting influenza:**

- **Wash your hands!**  
Wash hands frequently with soap and water for at least 20 seconds.
- **Cover your sneeze/cough!** Into a tissue or your sleeve and not your hands.
- **Throw tissues out right away.** Just do it.
- **Keep it clean.**  
Ensure commonly touched household surfaces are kept as clean as possible.
- **Don't touch.** Avoid touching your eyes, nose or mouth.
- **Keep your distance.** Avoid close contact with people who are sick.
- **If you are feeling sick...STAY HOME.**  
Please don't share your germs - stay home from work or school and call your local health care provider or HealthLink at 811.

Free flu shots for First Nations and Aboriginal people are available at your Health Centre or Nursing Station, and can also be obtained in physician's offices or pharmacies. When you take care to avoid the flu you are not only protecting yourself, but also your family and community.

**For more information on influenza including FAQ's, Regional Health Authority links, and more, visit us online [www.fnha.ca](http://www.fnha.ca)**



**First Nations Health Authority**  
Health through wellness

**Or Contact:**  
Brittany Deeter, RN, MSN  
Communicable Disease Coordinator,  
Immunization  
First Nations Health Authority  
Email: [Brittany.Deeter@fnha.ca](mailto:Brittany.Deeter@fnha.ca)  
Tel: 604.693.6953

Community Clinic Information

# **First Nations Leadership Council OPEN LETTER: Support for Native Courtworkers' Strike Action**

**October 31, 2014**

**Honourable Christy Clark  
Premier of British Columbia  
PO Box 9041, STN PROV GOVT  
Victoria, BC, V8W 9E1  
Via facsimile: (250) 387-1715**

**Honourable Suzanne Anton  
Minister of Justice and Attorney General  
PO Box 9044, STN PROV GOVT  
Victoria, BC, V8W 9E2**

## **OPEN LETTER: Support for Native Courtworkers' Strike Action**

**Dear Premier Clark and Minister Anton:**

**We are writing to express our full support for the employees of the Native Courtworkers and Counseling Association of British Columbia (NCCABC) in their current strike action. We call on the Province to address the current wage disparity that exists and ensure Native Courtworkers receive fair and equitable wages in line with the critical services they provide.**

**It is our understanding that the primary issue in the strike action is wage parity and funding shortfall. Both the NCCABC employees and the organization itself are in agreement that this unique situation has arisen as a direct result of the ongoing underfunding from the provincial government. As you are aware, the Courtworkers are paid approximately \$10,000 per year behind similar classification under the Community Services Labor Relations Act, and also below other Aboriginal workers who are covered by the Aboriginal Services collective agreement which covers Aboriginal workers across the province. That Native Courtworker wages are substantially less than their colleagues is extremely concerning.**

**As you know, Aboriginal people in Canada are over represented in the criminal justice system. This is in large part due to a legacy of historic injustice resulting in ongoing inequality. For over forty years the NCCABC and the Courtworkers throughout BC have worked to ensure aboriginal people are able to navigate the justice system in a fair, just, equitable, and culturally appropriate way, thus contributing to more positive realities for aboriginal citizens. Providing the necessary level of funding for a robust program as well as competitive wages, or at a minimum comparable wages, ensures the NCCABC will be able to maintain stable and committed staff and therefore fulfill its important mandate. It is essential that the Province provide equitable funding so that the Courtworkers can receive fair compensation, and can return to full service provision throughout the province.**

**Yours truly,**

**FIRST NATIONS LEADERSHIP COUNCIL**

**On behalf of the FIRST NATIONS SUMMIT:  
Grand Chief Edward John  
Robert Phillips  
Cheryl Casimer**

**On behalf of the UNION OF BC IN-  
DIAN CHIEFS:  
Grand Chief Stewart Phillip  
Chief Bob Chamberlin  
Kukpi7 Judy Wilson**

**On behalf of the BC ASSEMBLY OF FIRST NATIONS: Regional Chief Jody Wilson-Raybould**

## **Aboriginal Affairs short of cash for education, social programs: document**

**Steve Rennie, The Canadian Press**

**OTTAWA - Canada's Department of Aboriginal Affairs has been robbing Peter to pay Paul.**

**In this case, "Peter" is the department's infrastructure budget and "Paul" refers to its cash-strapped social and education programs.**

**A new document shows Aboriginal Affairs and Northern Development Canada (AANDC) shifted half a billion dollars meant for infrastructure over a six-year period to try to cover shortfalls elsewhere.**

**The result? The department's already strapped infrastructure program is starting to buckle while its social and education needs are still falling short.**

**"Significant reallocations from infrastructure to other programs have occurred over the past six years," says the June 2013 document. "For example, AANDC has reallocated approximately \$505 million in infrastructure dollars to social, education and other programs to try to fill the shortfall in these areas.**

**"Since infrastructure was not able to cover off all of social and education needs in each year, other internal resources were used to cover off the remaining shortfall.**

**"This ongoing reallocation is putting pressure on an already strained infrastructure program and has still not been enough to adequately meet the needs of social and education programs."**

**Using infrastructure money for other purposes has a real impact on aboriginal communities, said Franklin Paibomsai, chief of the Whitefish River First Nation in northern Ontario. Schools don't get built and communities get put under boil-water advisories, he said.**

**"So those are the impacts. They're real, because they really hit home. They're bread-and-butter pieces for every community," Paibomsai said in an interview.**

**"Somehow people don't realize that, OK, we took half a billion dollars away to put into social programming to help First Nations, now somebody doesn't have access to potable water. I mean, that's real. That's as real as it gets."**

**The 22-page document, which appears to be a slide show presentation, is buried within a mountain of paperwork filed as part of First Nations advocate Cindy Blackstock's long battle at the Canadian Human Rights Tribunal to get aboriginal children the same funding from the federal government as non-aboriginal kids get from the provinces.**

**The Liberal party's critic for aboriginal affairs, MP Carolyn Bennett, said the document shows First Nations communities are not getting the funding they need."**

**Mr. Harper's government can no longer hide their severe and chronic underfunding of critical needs like housing, clean water and education on reserve," she said in a statement.**

**"It is time for the federal government to work in good faith with aboriginal communities to properly fund these programs rather than hiding its mismanagement with dishonest shell games."**

**The end result of shifting infrastructure money elsewhere is an "inability to provide provincial-like services on reserve," says the document.**

**The federal government acknowledges it has no idea how its spending on aboriginals compares to provincial and territorial spending on the rest of Canada's population.**

**"No broad-based work has been undertaken comparing estimates of federal spending on Aboriginal Peoples to spending by provinces and territories on the general Canadian population," says a memo given to Finance Minister Joe Oliver this past June.**

**"Therefore, we are unable to contrast the \$11 billion in annual federal spending on Aboriginal Peoples with aggregate spending on other groups." The Canadian Press obtained the memo to Oliver, which is marked "secret," under the Access to Information Act.**

**Aboriginal Affairs is responsible for about \$7.9 billion of the \$11 billion spent by all federal departments and agencies on programs for aboriginals. That doesn't include general programs and services that may also happen to benefit aboriginal people, such as old-age security.**

**Since the mid-to-late 1990s, however, increases in spending on most on-reserve programs and services have been capped at two per cent annually. The slide show document says the cap isn't keeping pace with rising expenditures.**

**"Because price and volume pressures are greater than the two per cent annual escalator currently permitted, AANDC is redirecting funding from infrastructure programs ... to meet current pressures within social (income assistance and child and family services), education, governance and emergency management."**

**The cap has long been a bone of contention between aboriginal leaders and past and present federal governments.**

**Aboriginal Affairs Minister Bernard Valcourt's office was asked a series of detailed questions about the document, but responded only with a boilerplate statement blaming the education funding cap on the previous Liberal government.**

**"Our government has made investments in education, infrastructure and key areas that are well-beyond the two per cent cap," the statement said. "Our government will continue to make targeted investments that go beyond the minimum two per cent escalator when necessary and when it is a responsible use of taxpayer funds to encourage the conditions for an improved quality of life on reserve."**

**Follow @steve\_rennie on Twitter**

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## **Residential school survivor looks to halt distribution of education credits**

**Mike Cachagee says process is confusing, restrictive   CBC News Posted: Nov 03, 2014**

**The deadline for residential school survivors to apply for funds to help pay for education passed last week, but a former student in the Sault Ste Marie area is part of a group trying to get what they see as a deeply flawed process stopped entirely.**

**The Personal Credits under the the Indian Residential Schools Settlement Agreement allow former students to apply for up to \$3,000 to pay for everything from college courses to programs that preserve language and culture. Survivors can also give the**

credits to children or grandchildren. There has been too much confusion over how to apply, said Mike Cachagee, a survivor of the Shingwauk Indian residential school in Sault Ste Marie and a member of the Chapleau Cree First Nation.

There are also too many restrictions on how the credits can be used, Cachagee said.

"I have three of my grandchildren attending post-secondary institutions," he said. "Under the structure of the personal credits I can only transfer those credits to one of them. So how do you do that and still maintain peace in the family?"

People had until Oct. 31 to apply for the personal credits. Last week, Cachagee and several other survivors filed a court action asking an Ontario Superior Court Justice to suspend the distribution of the personal credits until issues with the process can be resolved.

**Surplus too large, critics say**

There is also concern about the more-than-\$300-million surplus that remains in the Indian Residential Schools Settlement. That money was what remained after compensation cheques were sent to almost 80,000 former students aimed at resolving claims of abuse at more than 130 Canadian residential schools.

The court application asks the justice to consider whether the surplus, which is being redistributed to the education credit, should be that high. Cachagee contends that some Common Experience Payments were not paid out properly and may have been reduced for some people because of missing documentation.

Anyone who is a party to the Indian Residential Schools Settlement Agreement can file with the courts with complaints about the way the settlement is being administrated.

In his application, Cachagee notes how few people have applied for the education credits. As of the end of September, just over 6,000 former students had applied for a personal credit, with 3,200 of those being approved so far. That's less than 10 per cent of the nearly 80,000 eligible survivors across the country.

The office of the Minister of Aboriginal Affairs, Bernard Valcourt, said the federal government made it a priority to ensure everyone who is eligible for a personal credit had a chance to apply through reminder notices, a social media campaign, radio advertising and email notices to Aboriginal organizations and friendship centres.

But the minister's office said it is now in talks with all parties to the Indian Residential Schools Settlement Agreement to extend the deadline for applying for personal credits.

*With files from The Canadian Press*

## **Province provides grant for seniors' falls prevention and mobility**

**“Preventing falls for seniors can have a huge impact on how they are able to go about their day-to-day activities and maintain their overall health,” said Lake. “Investing in programs that deliver supports for seniors’ health at the community level means greater independence and health for older adults.”**

**Research shows that 50% of falls in frail populations can be reduced through strength and balance training. This funding will enable the expansion of programs throughout the province, in order to:**

- Support fall prevention among the most vulnerable older adults in B.C. through outreach to family physicians and/or allied health workers.**
- Develop tools for health authorities to address the risk of secondary fractures in seniors with osteoporosis.**
- Increase mobility of less active seniors through education and awareness, tailored programs, and the development of tools to create safe and healthy communities.**
- Assess and intervene with ‘at risk’ older adults living at home using a mobile laboratory to prevent falls and fractures from occurring.**

**“Most seniors want to remain in their homes,” said Michelle Stilwell, Parliamentary Secretary to the Minister of Health for Healthy Living and Parliamentary Secretary to the Minister of Health for Seniors. “Expanding programs promoting fall prevention and enhanced mobility will help our aging population do that safely and comfortably.”**

**The funding will also support programs that provide effective community services for patients in rural and remote communities, including First Nations communities.**

**“Preventing falls and falls related injuries and increasing physical activity is at the heart of actively aging in B.C. The initiatives we’re introducing are known to be effective for reducing falls and enhancing the mobility of older adults. This funding gives us an opportunity to partner with communities across the province and better reach New Canadians, First Nations, and frail older adults,” said Heather McKay, director of the Centre for Hip Health and Mobility.**

**BACKGROUND**  
**Quick facts on hip health and mobility**

- **According to the Centre for Hip Health and Mobility, hip fractures result in death in approximately 20% of individuals and disability in 50% of those who survive. Almost 95% of hip fractures are the result of a fall and 70% of hip fractures are osteoporosis-related.**
- **30% of individuals aged 65 years and over experience at least one fall each year. Seniors who have had one fall are at twice the risk for future falls.**
- **The complications of osteoporosis include hip fracture and people with osteoporosis can suffer painful vertebral fracture with minimal or no trauma.**
- **Each year 4,000 British Columbians suffer from hip fractures.**
- **Other examples of fall prevention and mobility programs include:**
  - **expanding the reach of existing programs for high-risk populations (e.g., Strategies and Actions for Independent Living program adaptation for First Nations peoples in partnership with the First Nations Health Authority); and**
  - **providing information and educational tools to 1,000 family physicians and/or allied health workers per year to support fall prevention.**
- **Over 700,000 seniors live in British Columbia.**

**Learn more about falls prevention and mobility at: [www.hiphealth.ca](http://www.hiphealth.ca)**

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**Connect with the Province of B.C. at: [www.gov.bc.ca/connect](http://www.gov.bc.ca/connect)**

## **Penticton Indian band considers growing medical marijuana Band moving forward, signs letter of intent with cannabis producer**

The Canadian Press Posted: Nov 09, 2014 12:01 PM PT

When Elaine Alec started door knocking in her First Nation community to ask families and respected elders if they would approve of an on-reserve medical marijuana grow-op, she braced herself for the worst.

"My first line was: 'So ... What do you think of medical marijuana?'" said Alec, a planning and community engagement specialist with the Penticton Indian Band in British Columbia's Interior.

'Our diabetes, rheumatoid arthritis, chronic disease and auto-immune disease rates are higher'- *Elaine Alec, Penticton Indian Band*

"I was completely surprised that people would get a look of thought on their faces and were thinking about it. They would say, 'I think that's a good idea.'"

Now, the band's proposal to build a medical pot facility is moving forward with substantial community support as the First Nation looks at growing a cannabis strain that caters specifically to health conditions afflicting indigenous populations.

If members approve the plan, the band would become the first aboriginal producer to become federally licensed in Western Canada, paving the way for what its business partner hopes will become a cross-country model.

The band's development corporation signed a letter of intent to build the facility with cannabis producer Kaneh Bosm BioTechnology in September and held its first community information session last month.

### **First Nations have more chronic disease**

Alec, who sits on Kaneh Bosm BioTechnology's advisory board, said the company is currently testing a marijuana strain in topical solutions, edibles and teas for certain diseases, she said.

"When you start looking at the differences between the current health of First Nations people in Canada and the current health of the general population in Canada, our diabetes, rheumatoid arthritis, chronic disease and auto-immune disease rates are higher," she said.

The Penticton Indian Band in British Columbia's Interior is proposing to build an on-reserve medical marijuana facility that caters specifically to health conditions afflicting indigenous populations. (Ho/CP)

"The more people I've talked to, the more I've realized that there are a lot of community members using medical marijuana and they're actually travelling to places like Vancouver to get the oils and stuff."

Alec has arthritis and fibromyalgia, and said many First Nations people suffer with pain in silence, unable to afford high-quality prescription drugs.

**"So we're given the generic, lesser-quality stuff that makes us sick instead of having access to the higher-end injection-type drugs that would actually help," she said.**

**"I've been in the hospital, I've been on morphine, I've been on prescription pills, gone into depression, been sick from some of the medication, so I know what it's like.**

**"What we're looking at is a strain that will help with inflammatory disease — specifically arthritis — with topical solutions and likely tablets."**

**The proposed \$10 million production facility, to be rolled out in three phases, has big potential to create jobs and financial gain for the band of about 900, she said.**

## **Plans to expand to other First Nations**

**Kaneh Bosm BioTechnology president Michael Martinz said he first approached the band in August of this year, and found an ideal property for the planned 9,300-square-metre production space. The completed facility would be capable of producing up to seven tons of cannabis per year.**

**Kaneh Bosm Bio Technology says the completed facility could produce seven tons of cannabis a year. (Darryl Dyck/Canadian Press)**

**"Our corporate vision was always to have a facility in the Okanagan using greenhouses and the sun as our source of the plant's power," he said.**

**"It is our understanding, and that is also supported by the law firm that we just brought on to guide us through this process, that we are the first (licensed producer) to come forward with a joint venture between a First Nation and a corporation."**

**Martinz said the company plans to grow across the country and he has already been approached by other First Nations in Ontario, Alberta and B.C. expressing interest in similar projects.**

**He said he believes a First Nations model will give the company a "head start" in terms of a land base if commercial cannabis starts to pop up in Canada.**

**Penticton Indian Band Chief Jonathan Kruger said a majority members are on board with the plan so far, but the nation must still have a referendum before pursuing licensing through Health Canada.**

**There are concerns in the community around security and commercialization, and much more consultation and work ahead, but if all goes smoothly construction could start as soon as April 2015.**

**"I'm excited to see how far this goes and very proud of our community for taking bold steps," Kruger said.**

**"We plan to set the standard high and be very successful at what we do."**

## **A dash of salt can really add up** by Marlene Veloso

From [www.medbroadcast.com](http://www.medbroadcast.com)

It is so easy to get in the habit of adding a pinch or dash of salt to make your food taste better. Unfortunately, most of the sodium comes from processed food that we buy because it is convenient and quick to fix.

So, many of the foods that you may currently eat already have more than enough salt and most have too much. As much as we hear how horrible salt can be for us, sodium is needed in our bodies.

Not only does sodium help balance out the fluids in your body, it helps muscles contract and relax and helps in the process of transmitting nerve impulses. Your kidneys also regulate the sodium in your body. As with anything, there is a limit when you are taking in too much sodium. This can lead to high blood pressure, chronic kidney disease, and diabetes. It is important to learn how to read food labels so that you can monitor how much sodium your body is digesting.

There are key sources of sodium that are consumed in your diet:

- A lot of the sodium that comes from food is acquired through processed and prepared foods like frozen entrees, canned soups and vegetables, and luncheon meats.
- Condiments such as soy sauce and steak sauces all have sodium contained in them.
- There are many foods that have naturally occurring sodium such as vegetables, dairy products, meats, and poultry products. Eggs, butter, and milk also contain sodium.

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### **FNHA eBlast: Mama Sam Steps up—At 83, Elders Participant**

Gloria Sam is currently the eldest participant in the Step Up challenge and our inspiration prize winner for the month of September.

I'm an Elder from Lower Nicola Indian Band, located in Merritt. My daughter signed me up for the challenge. It's fun because I am already busy all the time. I usually get up around 5:30 am for baking, cooking and what have you and I find that I really do go up and down my staircase almost 10 times per day.

Gloria and her husband Geoffrey Sam are full time ranchers and already lead an active lifestyle.

I keep busy each day, there is a lot to do, and when I sit and rest I think of what else there needs to be done so I get up and move again.

Gloria and Geoffrey have four children and six grandchildren, although their family try to help out when they can, Gloria and Geoffrey have remained independent in their ranching duties.

Now that I am tracking it I am taking more steps. At first my legs and feet were tired but it is getting better now. I feel more relaxed, alert and fresh. My daughter texts me and reminds me to sync up my iphone so she can see how many steps I'm doing.

When asked to share a piece of advice with other Elders as related to getting fit Gloria replied "Just do it, (if you want)."

## **Ringling in the ears from [www.seniors@medbroadcast.com](mailto:www.seniors@medbroadcast.com)**

**"Is it just me or do you hear a ringing sound?!"**

**If you often ask this question only to get a response "It's just you," then you probably have tinnitus.**

**People who have tinnitus perceive to hear sounds such as ringing, buzzing, roaring, whistling, or hissing sounds when there is actually no sound present. Tinnitus itself is not a condition. Rather, it can be a symptom of a variety of underlying conditions such as hearing loss, head trauma, physical or emotional stress, circulation disorders, ear infections, or migraines.**

**It can also occur as a result of the medications you are taking. Although it may be frustrating - and in some cases impossible - to find the cause of your tinnitus, there are some things you can do to manage it.**

**See your doctor and an audiologist. If you think you have tinnitus, the first thing you should do is have a medical exam to determine if an underlying condition is causing it. You should also see an audiologist for a hearing test and to get an assessment of your auditory system. Your doctor may refer to an ear, nose, and throat specialist.**

**Avoid caffeine and nicotine. These may make tinnitus worse.**

**Check your medication. Talk to your pharmacist to determine if your tinnitus might be a result of a medication you are taking. Your pharmacist or doctor may suggest changing your medication.**

**Use a hearing aid. This can be helpful for people who have hearing loss, as improved hearing of other sounds may cover up or lessen the tinnitus.**

**Use a masking technique or device. A white noise machine can produce sounds like rain or water that will suppress tinnitus. There are also devices that can produce continuous white noise to lessen the perception of the tinnitus. You could also do this yourself by focusing on a different sound such as the fan or the radio. This is especially helpful when trying to fall asleep.**

**Manage your stress. Keeping stress levels under control can prevent tinnitus from getting worse. Try deep breathing, biofeedback, yoga, or regular physical activity to reduce your stress levels.**

**Remove ear wax. Impacted ear wax can cause tinnitus or may make existing tinnitus worse. Make sure you remove ear wax safely - never use a cotton swab to remove ear wax.**

**Try alternative medicine.** There is not much evidence for alternative therapies but they make work for you. These include acupuncture, hypnosis, herbs, and supplements. Talk to your doctor about these options.

**Avoid loud noises and music.** Use ear protectors when loud noise can't be avoided. Exposure to loud noises can cause damage to the nerves in the ears over time, making tinnitus worse.

**Join a support group or get counselling.** Talking to other people who have similar experiences as you will make you feel more understood. You may also find new ways of coping with your tinnitus. A counsellor may give you techniques to deal with tinnitus as well as the anxiety, stress, and irritability that some people with tinnitus also experience.

**Medication.** Some medications can help with tinnitus symptoms. Talk to your doctor to see if medication may be appropriate for you.

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## **Vertigo (Dizziness · Spinning) from [www.seniors@medbroadcast.com](http://www.seniors@medbroadcast.com)**

### **The Facts on Vertigo**

**Vertigo is a condition in which you feel off-balance and dizzy, as if you or your surroundings are moving, spinning, or swaying. It can lead to nausea and disability. Vertigo is most common in elderly people, but it can affect both sexes at any age. It may be a temporary or permanent condition.**

### **Causes of Vertigo**

**The organ of balance is the *vestibular system* in the ear, a tiny grid of fluid-filled tubes and sacs. There are two identical vestibular systems, located in the labyrinth of each inner ear. As you move, the liquid in the tubes also moves about, and its levels are read by nerve cells. The information is sent to the brain, which uses it to calculate which way is down and what should be the horizontal level.**

**Any problems with balance originate in the vestibular system, so people who suffer from frequent vertigo are said to have a vestibular disorder. Balance problems may be associated with a ringing in the ears or loss of hearing. Vertigo can also be caused by changes in the parts of the brain (cerebellum and brain stem) that are also involved in controlling balance.**

**Major causes of vertigo include the following:**

**benign paroxysmal positional vertigo: This is a common form of vertigo, usually brought on by specific head positions or movements. It is caused by calcium deposits in the ear canal that periodically become dislodged and cause symptoms.**

**head trauma:** People who have received a violent blow on the head can suffer temporary or permanent damage to the inner ear, causing balance problems.

**labyrinthitis:** Untreated bacterial infections of the middle ear can get into the inner ear and damage the labyrinth and also cause hearing loss.

**neuronitis:** Viral neuronitis is really just viral labyrinthitis that affects the nerves of the vestibular system and not the *cochlea* (the organ for hearing). However, neuronitis can also be caused by a blood clot lodged in the tiny blood vessels that feed the inner ear.

**Ménière's disease:** This was once called watchmaker's disease because it tends to strike people who do precise, intricate work that requires concentration and careful control of the hands for long periods. Nobody knows what causes Ménière's disease.

Some antibiotics can damage the vestibular system in high doses or with prolonged use. Acetylsalicylic acid\* (ASA), caffeine, alcohol, nicotine, sedatives, tranquilizers, and several illegal drugs can cause temporary dizziness but do no permanent damage to the balance organs once they are stopped.

### **Symptoms and Complications of Vertigo**

**Vertigo is the primary symptom of any balance disorder. If you close your eyes during an episode of vertigo, you'll feel as if you're spinning or falling. Severe vertigo can cause vomiting and stop you from walking.**

Because the vestibular system is linked to the brain's movement centre and to the eyes, some people with vestibular disorders find their vision is affected, or their muscles are poorly coordinated or don't go where they're supposed to. The muscles may ache, particularly in the neck and back.

Some people complain of other symptoms during attacks of vertigo, like memory problems or difficulty reading. Most people find the struggle against vertigo physically exhausting. Symptoms can last from a few minutes to hours.

The symptoms of bacterial labyrinthitis are unmistakable. Typically, an ear infection will be followed over days or weeks by a serious deterioration of hearing and extreme vertigo. Viral labyrinthitis may appear weeks or months after a bout of flu or some other viral illness. The vertigo is milder and you may not lose any hearing, though you'll probably have *tinnitus*, a ringing in the ear.

Ménière's disease brings periodic attacks of vertigo and tinnitus, ranging in frequency from once a year to once a day. Hearing may come and go, but it tends to get worse over the long run. About 10% to 15% of people with Ménière's disease have it in both ears.

**BC ELDERS  
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## Away in a Manger

Away in a manger, no crib for a bed,  
The little Lord Jesus laid down his sweet head.

The stars in the sky looked down where he lay,  
The little Lord Jesus asleep in the hay.

The cattle are lowing, the baby awakes,  
But little Lord Jesus no crying he makes.

I love Thee, Lord Jesus, look down from the sky  
And stay by my cradle til morning is nigh.

Be near me, Lord Jesus, I ask Thee to stay  
Close by me forever, and love me, I pray.

Bless all the dear children in thy tender care,  
And take us to heaven, to live with Thee there.

### QUOTES

“Do your little bit of good where you are, it’s those little bits of good put together that overwhelm the world.”  
Desmond Tutu

“We make a living from what we get, we make a life from what we give.”  
Winston Churchill

**SAGITTARIUS - The Happy-Go-Lucky One (Nov. 22—Dec. 21)**  
Good-natured optimist. Doesn’t want to grow up (Peter Pan Syndrome). Indulges self. Boastful. Likes luxuries and gambling. Social and outgoing. Doesn’t like responsibilities. Often fantasizes. Impatient. Fun to be around. Has lots of friends. Flirtatious. Doesn’t like rules. Sometimes hypocritical. Dislikes being confined—tight spaces or even tight clothes. Doesn’t like being doubted. Beautiful inside and out.

**Annual Elders Gathering Grand Entry Photos are on:  
[www.bcelders.com](http://www.bcelders.com) each year**

## ANNUAL BC ELDERS GATHERING INFO CORNER

**The 39th Annual Elders Gathering  
Host: Tsawout First Nation July 7-9, 2015  
Place: Panorama Recreation Centre  
1885 Forest Park Drive, North Saanich, BC, V8L 4A3  
2015 Elders Gathering Coordinator: Perry Lafortune  
Email: [eldersgathering2015@tsawout.ca](mailto:eldersgathering2015@tsawout.ca)  
Website (online registration available): [bcelders2015.ca](http://bcelders2015.ca)**