

Volume 9 Issue 1

December 2008

EV'S 97th Issue!

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



Merry Christmas and the Happiest of New Years!!!

Invoices

Dear Elders, Elders Support Workers, Presidents, Chief and Councils,
Board of Directors

Support Invoices accompanied last month's issue. Please see if you
can assist with the costs for this provincial elders office.

Donna Stirling, BCECCS Coordinator

National Do Not Call List—1-866-580-3625 (omitted from the last issue)

The Dates Are Set!

***The next Annual Elders Gathering will be July 13, 14, 15 2009
at the Terrace Arena, Terrace, BC.***

(I won't be passing on contact info just yet, to give the host community
more time to continue planning, but for now we have the dates and that is
even earlier than usual. Please book your rooms before the holidays as I
am sure they will go fast.)

*Quotes: "For God so loved the world that he gave his only begotten
son, that whosoever believeth in him shall not perish but have everlast-
ing life."
John 3:16*

*"Moments are made not from the breaths you take, but by those that
take your breath away."*

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BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

Easy Bakers Corner – Lemon Pecan Pound Cake—Serves 8-10

Preheat oven to 350°F. Place 3/4 cups coarsely ground pecans (3 oz.) in bottom of a 10-inch greased baking pan. Sift together 3 cups all-purpose flour, 1/2 tsp. baking soda, 1/2 tsp. salt. Set aside.

In a small bowl, stir together 1 cup milk, 2 Tbsp. lemon juice, 2 Tbsp. grated lemon zest, 1/2 tsp. vanilla, and 4 drops of yellow food coloring. Set aside.

In a large mixer bowl, cream 1 cup unsalted butter (room temperature) for about 45 seconds.

Gradually add 2 cups of granulated sugar, and 1 pkg. (3 oz.) lemon gelatin. Beat until mixture is very light and fluffy, 4 to 5 minutes. Add 6 eggs, (at room temperature), one at a time, beating about 1 minutes after each addition. Scrape bowl frequently while adding eggs.

Reduce to lowest speed. Alternately stir in 1/4 of the flour mixture and 1/3 of the milk mixture. Beat well after each addition. Turn batter into prepared pan. Level the top using a rubber spatula.

Bake at 350°F for about 1 1/2 hours until pick inserted in center comes out clean. Cool cake in pan on wire rack for 20 minutes. Turn out on serving plate.

While cake is still warm, poke holes in top. Pour Lemon Glaze of 1 1/2 cups sifted powdered sugar, 2 1/2 Tbsp. of lemon juice and 2 tsp. of grated lemon zest on top and drizzle down sides. Let cool completely.

Handy Tips:

To Reduce Static Cling... Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and -- ta da! -- static is gone.

What Can you please share?

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

‘PRESERVING THE PAST’

New Elder’s Website: www.bcelders.com

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

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

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

Disclaimer:

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

BC ELDERS COMMUNICATION CENTER SOCIETY

8th Year GRATITUDE LIST

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

- 1. Snuneymuxw First Nation**
- 2. Ts'kw'aylaxw Elders**
- 3. Hamatla Treaty Society**
- 4. BC Assoc. Of Aboriginal Friendship Centres**
- 5. Mamalilikulla Qwe'Qwa'Sot'Em Band**
- 6. Tansi Friendship Centre Society**
- 7. Gitanyow Health Services**
- 8. Qualicum First Nation Council**
- 9. Tsleil-Waututh Nation**
- 10. Nuu-chah-nulth Tribal Council**
- 11. Lower Nicola Indian Band**
- 12. K'omoks First Nation**
- 13. McLeod Lake Tse'khene Elders Society**
- 14. Hailika'as Heiltsuk Health Centre**
- 15. Quatsino Band**
- 16. Wei Wai Kum First Nation**
- 17. Ehattesaht Tribe**
- 18. Tobacco Plains Indian Band**
- 19. Lhoosk'uz Dene Nation**
- 20. Ktunaxa Nation Council**
- 21. Xaxli'p Band**
- 22. Tsawwassen First Nation**
- 23. Ki-Low-Na Friendship Society**
- 24. Simpew First Nation**
- 25.**

Dear Elders Contact Person,

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

***If your office/group has VOIDED the invoice for this year and faxed it back into the office then thank you also.**

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

Thank you for your continued support!

Donna Stirling, BCECCS Coordinator

Open Letter - Remembrance Day



November 11, 2008
Re: Remembrance Day

Dear Canadians

On a day when Canadians from all walks of life pause and reflect on the supreme sacrifices of so many men and women who fought and died for our freedom, The First Nations Leadership Council would like to join with them in recognizing and saluting the contribution of veterans, and specifically First Nations veterans, to serving their country and fellow citizens.

The contributions of First Nations soldiers to Canada's armed forces cannot be understated. From the 1800's to the present day mission in Afghanistan, First Nations soldiers have been on the front line in Canada's military. More than 7,000 Aboriginal men and women volunteered to serve in the First and Second World Wars as well as the Korean War. More than 500 First Nations soldiers lost their lives in the conflicts. At least 68 medals for bravery were awarded to First Nations Soldiers in the First and Second World Wars. In 1943, King George VI bestowed British Empire Medals upon four Aboriginal Bands, including the Kitkatla Band in B.C. for their contributions to the war effort. To this day many First Nations soldiers lay buried in the battlefields of Europe.

Unfortunately, many First Nations Veterans faced discrimination upon returning home from the World Wars and Korea. Though eligible for certain benefits, many did not receive them because of bureaucratic hang-ups, or unfriendly Indian Agents. Other benefits like land settlement money and education were denied. Such discrimination spurred First Nations veterans to organize and lobby the government to make changes to the Indian Act and federal policy. In fact Native veterans were instrumental in status Indians finally receiving the right to vote in 1960. After years of lobbying, the government of Canada finally offered a settlement package to veterans or surviving spouses in 2002. It was too late for many, too little for some, but it was finally an acknowledgement that many brave soldiers did not receive the hero's welcome they deserved.

Today First Nations participation in the armed forces continues with Aboriginals making up about 1.4% or almost 1300 of the members. There is a service born of the pride of their ancestors, and nation. They carry with them the warrior spirit and proudly serve with distinction and honour. They are today's role models, and tomorrow's leaders.

On the 11th hour of the 11th day of the 11th month, commemorating a moment 90 years ago when troops laid down their arms to end World War one, we join all Canadians in paying tribute to the courage and valour of those who served, and those who serve today. We ask all First Nations to remember and honour the legacy of their armed forces veterans.

Sincerely,

FIRST NATIONS LEADERSHIP COUNCIL

On behalf of the FIRST NATIONS SUMMIT:

Grand Chief Edward John
Dan Smith
Grand Chief Doug Kelly

On behalf of the UNION OF BC INDIAN CHIEFS

Grand Chief Stewart Phillip
Chief Robert Shintah
Chief Lynda Price

On behalf of the BC ASSEMBLY OF FIRST NATIONS:
Regional Chief A-in-chut (Shawn Atleo)



Lax Kw'alaams



Ridley Terminals Inc.



NEWS RELEASE

October 29, 2008

COAST TSIMSHIAN & RIDLEY TERMINALS SIGN FIRST EVER PROTOCOL AGREEMENT

Prince Rupert, BC – The Lax Kw'alaams First Nation, the Metlakatla First Nation, Allied Tribes of Lax Kw'alaams and Metlakatla, and Ridley Terminals Inc (RTI), have entered into a protocol agreement. The agreement was signed in Prince Rupert by John Helin, Chief Councillor of the Lax Kw'alaams Band, Harold Leighton, Chief Councillor of the Metlakatla Governing Council, and Daniel Veniez, Chairman of Ridley Terminals Inc., a federal crown corporation.

Chief Helin commented that “This is the first time that the coast Tsimshian have been shown such respect and recognition by a crown corporation in their traditional territory. Ridley has done its homework as to the proper cultural protocol for such an important recognition and tribal validation.”

Chief Leighton suggested further that “We are looking forward to better relations with Ridley under the improved leadership of their new Board. The contributions to the education of our youth and the key annual cultural/sporting event in our region are good signs of commitment to a better way of doing business.”

As an immediate consequence of this agreement, RTI will provide an initial annual contribution of \$25,000 (retroactive to January 2008) to a program that provides scholarships for post-secondary education for eligible aboriginal students of the coastal Tsimshian communities.

RTI will also provide an initial annual contribution of \$5,000 to the All Native Basketball Tournament in Prince Rupert.

The agreement also serves as a formal recognition by RTI that it is operating on the traditional territory of the Coast Tsimshian people. The parties wish to achieve, establish and maintain a respectful, positive, harmonious and productive working relationship. An important purpose of this agreement is to find ways and means to create, foster, and advance training, employment, business, and contracting opportunities in those industrial/commercial sectors in which RTI and its partners are engaged.

The parties agree a Protocol will guide their conduct will be useful in facilitating efficient and effective consultation and communications, in assisting each to understand the positions of the other, and to find ways and means to achieve their mutual goals.

“RTI’s future business prospects depend on a close and productive working relationship with aboriginal communities. This agreement signifies this reality and formalizes our commitment to building meaningful and lasting partnerships with the coast Tsimshian people”, stated Mr. Veniez.

Ridley Terminals Inc. is a bulk handling facility located on Ridley Island in Prince Rupert, British Columbia.

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Contact: John Helin: 250-625-3293

Harold Leighton: 250-628-3201

Daniel Veniez: 604-224-6336

ABORIGINAL TRADE MISSION PROMOTES CANADA'S PACIFIC GATEWAY

Vancouver - A delegation of Aboriginal representatives from British Columbia's northwest corridor have held talks with senior political and business leaders in China. The purpose of the mission is to promote Canada and BC as an attractive destination for investment. Delegates explained the unique competitive advantages of the Pacific Gateway, the Port of Prince Rupert, and the abundant natural resources available throughout the northern corridor.

Chief Councillor John Helin of the Lax Kw'alaams Band, and officials of Coast Tsimshian Resources Ltd, the bands wholly owned company, stated: "Our core business is forestry and fisheries. We have been meeting with potential clients and promoted the cost, quality, branding and marketing advantages of doing business in the northwest. We have access to the resources China needs and we want them to know that our communities are open for business."

Coast Tsimshian Resources last year shipped more than \$19 million in wood products to China and its fish plant can produce more than 10 million pounds of product annually for the world markets.

Commenting on the discussions, Elmer Derrick, Hereditary Chief of the Gitksan Nation, chief negotiator of the Gitksan Treaty Office, and board member of Ridley Terminals Inc, a federal crown corporation located in Prince Rupert, said: "We talked about the benefits of the region and our strong desire to build long term economic partnerships with the Chinese to develop our regional economy. And we stressed the value of dealing directly with aboriginal representatives to facilitate transactions within our communities and the region as a whole. The Gitksan First Nation is eager to play a constructive role in fostering and accelerating the renewal of the resource economy in the region. We have access to an untapped fibre and mineral supply that requires substantial investment. Our people are ready and willing to work with regional stakeholders to seize on our natural attributes to revitalize our economy and develop compelling business opportunities for investors."

Jerry Lawson councillor of the Lax Kw'alaams Band, stated, "The meetings provided us a great opportunity to network with the Chinese, and also the Canadian companies who are here as part of the Canada-China Business Council. We have learned a great deal about the opportunities that exist for our communities as we seek to expand our business and broader economic interests."

Daniel Veniez, Chairman of Ridley Terminals stated: "The Governments of Canada and British Columbia have invested heavily in building infrastructure to accommodate and breathe life into the Pacific Gateway Initiative. The Port of Prince Rupert and Ridley Terminals are strategic assets to Canada that deepen our national trade flow capacity. The northwest transportation corridor offers unrivalled access to one of the most important markets in the world. All of us in BC's northwest – aboriginal and non-aboriginal alike - have a powerful interest in aligning our efforts to work together to create new business opportunities for the entire region. We are happy to support the effort to develop and strengthen the productive capacity of resource based communities in Western Canada and along the northern corridor."

The trade mission was organized by the Native Investment Trade Association, under the chairmanship of Calvin Helin, and RCI Capital Group, Inc. The Aboriginal trade mission included delegations from British Columbia, Northwest Territories, Alberta, Saskatchewan, Quebec, Labrador and Nova Scotia.

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Wayne Drury (778) 686 1985

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TSILHQOT'IN NATIONAL GOVERNMENT

#253 Fourth Avenue, North Williams Lake, BC, V2G 4T4 Phone (250) 392-3918

Fax (250) 398-5798

NEWS RELEASE

For Immediate Release

October 31, 2008

“Province of BC Speaks with Forked Tongue”

Williams Lake, BC - Negotiations between BC and the Tsilhqot'in came to an abrupt halt late last week when the Province of BC failed to make an interim offer for an out of court agreement as recommended by a BC Supreme Court Judge.

Chief Marilyn Baptiste, Xení Gwet'in said “We expected a substantial offer we could take to our communities starting next week. We will still be meeting with our people, but the agenda has dramatically been altered. Instead we will relay the message of betrayal once again.”

The Supreme Court of BC ruled in the Tsilhqot'in Nation v. British Columbia - 2007 BCSC 1700 that the Tsilhqot'in had proven aboriginal title to the Nemiah trap line area. The Justice also ruled that the Tsilhqot'in had extensive aboriginal rights outside the title area.

The Province had agreed to negotiate an interim agreement involving land, cash, cooperative land and resource management and sustainable economic development as a down payment on a long term reconciliation and accommodation agreement involving the government of Canada as well as BC and the Tsilhqot'in nation.

As a result of the negotiations, the parties had agreed to put further court actions on hold, pending a positive outcome of an interim offer by BC.

BC failed to put even a minimum offer on the table by October 30th as they had agreed to.

Chief Ervin Charleyboy, the Tribal Chief, said “There is no change in the approach BC chooses in dealing with the Tsilhqot'in since the Chilcotin war in 1864 when our chiefs were persuaded to come to peace talks but were hung instead.”

Charleyboy also adds “the Tsilhqot'in people will be in discussions to determine their next moves in the coming days. There will be further action.”

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Contact Information

Contact Chief Ervin Charleyboy	(250) 305-4293	(250) 481-3335
Chief Marilyn Baptiste	(250) 267-1401	(250) 394-7023 ext.202
Joe Alphonse	(250) 305-8282	(250) 392-3918

4 Ways Women Are Different From Men by Dr. Mark Liponis, PARADE Magazine

Despite the obvious differences between men and women, we're only beginning to learn how the sexes differ in terms of health and disease. Until recently, most medical research focused on men and often didn't consider gender differences. We're learning more every year, but here are four important things that you and the women in your life need to know right now.

1. Your brain

The good news for women is that they live, on average, five years longer than men. The bad news is that with extra longevity comes increased risk of Alzheimer's disease and dementia. The majority of people living with Alzheimer's are women, and more than twice as many women die from it as men. We don't know all the causes of the disease, but there are steps you can take to keep your brain healthy.

Exercise your mind and your body. Studies show that physical and mental activity may improve brain health. Mental exercises that draw on memory and reasoning have even been shown to reverse some of the signs of aging in the brain.

Eat fish or take a fish-oil supplement. The omega-3 fats found in fish and fish oil are linked with better brain health. Choose oily fish such as salmon, sardines, anchovies, herring, and mackerel. Chunk-light tuna is preferable to albacore or sushi, because it usually contains fewer contaminants, such as mercury.

Manage your mood. Anxiety, worry, anger, and depression have been linked with higher rates of cognitive impairment. If you're feeling stressed or down, don't ignore the problem. Talk with a friend or get outdoors and move your body. If that doesn't help, talk with your doctor or a trained counselor.

2. Your lungs

Women tend to worry more about cancer of the breast than of the lung. But, according to the American Cancer Society, more than 70,000 women die annually from lung cancer, while about 40,000 will die of breast cancer this year. Even women who don't smoke can get lung cancer, and women who do smoke are more prone to chronic bronchitis than men. Here are some ways to protect your lungs.

If you smoke, talk to your doctor about quitting. Patches, gums, and new medications make it easier to break the nicotine addiction.

Avoid secondhand smoke. If you live with a smoker, ask that person not to smoke in the house, and ask if he or she would like help quitting.

Check your home for radon. Scientists believe that exposure to radon plays a major role in lung cancer in nonsmokers.

3. Your heart

Heart disease remains the number-one killer of women in the U.S., but you can control the most important risk factors—high blood pressure, cigarette smoking, high cholesterol, inactivity, and obesity.

Get moving. Just 30 minutes of aerobic exercise each day can help keep your heart healthy and your weight under control. Join a walking group, ride your bike, swim at your YMCA, use that treadmill in your bedroom, or go dancing!

Change your oil. Use olive oil instead of animal fats, and eat more nuts, seeds, avocados, and seafood. Try low-fat or nonfat dairy products, and skip the fried foods.

Pass on the salt. Sodium causes fluid retention and raises blood pressure, so don't use more than 2,300 mg per day. A quarter teaspoon of salt contains 600 mg, and sodium often is hidden in processed foods and condiments.

4. Your bones

Like the foundation of a house, our bones usually don't get our attention until something goes wrong. But new studies show that there's more to bone health than avoiding fractures. Toxic metals like lead can accumulate in our bones over the course of our lives and, if bone loss occurs, the toxins can be released into the bloodstream. Women, especially after menopause, are more vulnerable to bone loss than men. New research suggests that lead in the bloodstream might help explain the onset of high blood pressure in women in their 50s.

The good news is that we're also learning new ways to keep bones healthy. In the past, we've placed too much emphasis on calcium and not enough on vitamin D3. Calcium intake is most important in adolescence, when the skeleton is forming. After growth is complete, vitamin D3, "the sunshine vitamin," may be more important to maintain healthy bones. Here's what you can do.

Get more vitamin D. As we spend less time outdoors and use more sunblock to protect our skin, vitamin D3 deficiency is becoming endemic. Most people need at least 1,000 IU daily—more than you get from foods and most multivitamins. A simple blood test can tell if you are getting enough vitamin D3. If not, take a supplement. And don't be afraid to spend some time in the sun—just apply sunblock to your face and hands and be sure to cover up after about 20 minutes so you don't burn.

Avoid exposure to heavy metals like lead. Surprisingly, calcium supplements may be contaminated with lead, because the sources of calcium in supplements—like seashells or cow bones—are contaminated. Also be wary of paint and dust in homes built before 1978 and of water coming from old pipes. Some imported herbal remedies also contain lead.

Add weight-bearing exercise to your workouts. Working against resistance helps stabilize and strengthen bones, which is especially important after menopause. Jogging, lifting weights, hiking, and rowing can help improve your bone health.

From msn.com

The Best Time of Day to Exercise

I only have time to work out at night. Will this disrupt my sleep?

By Martica Heaner, M.A., M.Ed., for MSN Health & Fitness

Q: When is the best time of day to exercise? I am planning to start and can only fit in a walk on the treadmill in the evening. Will this make it hard for me to get to sleep?

A: It seems logical to assume that if you rev your body up at a time when it's naturally starting to wind down, you may find it hard to get to sleep. But there are many factors that can affect how your body reacts:

- How much sleep you've been getting over the past days and weeks (are you sleep deprived, or well rested?)
- How hard and how long your exercise session is
- How late in the evening your workout is

Your personal response may vary. People who consume caffeine report different individual responses, too. Some say that having a soda or coffee in the afternoon or evening will keep them up all night, while others down shots of espresso and claim no disrupted sleep whatsoever.

Sleep research is a relatively new science and there's still much to learn. The body operates on a 24-hour clock, and every cell in every physiological system is guided by what are known as circadian rhythms. As the sun goes down, certain systems in the body (such as digestion) tend to slow down, while those processes that occur during the resting hours (such as cell repair) tend to ramp up. Certain triggers can throw off the body's clock. Stimuli such as electric lights and TV can keep the body aroused and cause changes in circadian rhythms that may make it harder to get to sleep.

It appears that exercise can affect circadian rhythms, too. One study tracked changes in the levels of melatonin, a hormone that helps regulate the body's sleeping and waking cycles which normally peak at night. Published in the *American Journal of Physiology—Regulatory, Integrative and Comparative Physiology*, the 2003 study found that young adults (ages 20 to 32 years old) and older adults (ages 55 to 73 years) both experienced delays in rising melatonin levels following late-night exercise. Researchers measured what's known as the "dim-light melatonin onset," a marker used to determine the cycles within a person's 24-hour body clock.

In this study, subjects performed three hours of light-to-moderate intensity cycling, and they didn't begin the exercise until quite late at night—around 10:30 p.m. Subjects were then allowed to sleep for only six hours the next day. Subjects were monitored for only a three-day period, and the researchers did not track their ability to go to sleep the night after the study ended (when they were feeling the effects from having had only six hours of rest).

This raises a question: If they exercised again the following evening, would they be so tired from being sleepy that the subsequent exercise wouldn't have much of an effect on their ability to fall asleep? As with many studies, there are still many unanswered questions, and it's unclear what the longer-term effects might be from following a late-night exercise schedule. And of course, if you're doing a 45-minute walk at 8 p.m., the effects may be much less noticeable (though everyone is different).

A considerable amount of research on jet lag and people who work night shifts has looked at the different triggers for disrupting and re-setting a person's body clock. A review of the research in a 2007 issue of the *European Journal of Applied Physiology* noted that exercise is associated with small phase delays in body rhythms. But the researchers noted that there was still much to learn about exactly how much exercise, or what intensity of exercise, might affect different people. There is some evidence that regular, moderate exercise may even help synchronize people, including those who travel between time zones or work night shifts. But this may also depend upon the time of day that the exercise is performed, and other variables may play a role, too. For example, if a person exercises outside in the morning or evening light, or indoors in a lab where the light is either dimmed or bright and fluorescent, is it the exercise or the light stimulus that affects circadian rhythms?

From a practical perspective, getting adequate exercise and sufficient sleep are both vitally important to your health. If the only time you have to exercise is in the evening, and if you also find that you toss and turn in bed after a workout, then experiment with different times, durations and intensities of your workouts to see if you can find a regimen that doesn't keep you up at night.

IN CASE OF EMERGENCY 'ICE' NUMBERS ON YOUR CELL

We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know whom to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency?

Hence this 'ICE' (In Case of Emergency) Campaign

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as 'ICE.'

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc. A great idea that will make a difference!

Let's spread the concept of ICE by storing an ICE number in our Mobile phones today!

Please forward this. It won't take too many 'forwards' before everybody will know about this. It really could save your life, or put a loved one's mind at rest.

ICE will speak for you when you are not able to.

Subject: Cell Phone Numbers Go Public This Month

REMINDER

All cell phone numbers are being released to telemarketing Companies and you will start to receive sale calls.

YOU WILL BE CHARGED FOR THESE CALLS

**To prevent this, call the following number from your cell phone:
1- 866-580-3625**

It is the National DO NOT CALL list. It will only take a minute of your time.

It blocks your number for five (5) years. You must call from the cell phone number you want to have blocked. You cannot call from a different phone number.

You can do it online at www.lnnte-dncl.gc.ca (<http://www.lnnte-dncl.gc.ca/>)

New Generation of Chiefs Seek Economic Independence through International Trade and Investment

Vancouver, November 20, 2008 - A historic 12-day Aboriginal China trade mission was very warmly received at the highest levels in China during the first two weeks of November. The trade mission was graciously hosted with a private dinner reception at the historic Diaoyutai State Guest House Compound (a very special location ordinarily reserved for entertaining heads of state) in Beijing on Nov. 12th by senior national Chinese Minister of Foreign Relations, Mr. Chen Haosu. In addition, delegation members (who included prominent Chiefs and senior Aboriginal business leaders representing Canada's Aboriginal peoples and organizations) were able to discuss business and trade opportunities with some of China's top government and business leaders.

The trade mission culminated with a November 13th press conference in Beijing featuring an MOU Signing Ceremony with Minister Chen intended to set out the framework for future and more structured exchanges concerning the potential investment opportunities with Canadian Aboriginal partners. The RCI Canada-China Aboriginal Business Opportunity 2008 trade mission was organized by RCI Capital Group Inc. ("RCI") and the Native Investment & Trade Association ("NITA").

Beyond the significant business accomplishments of the trade mission itself, the historic event, served to highlight the new generation of Aboriginal leadership being elected throughout Canada.

Morris Shannacappo, Grand Chief of the Southern Chiefs' Organization Inc. (representing 36 communities in southern Manitoba), provided a valuable blend of culture and spirituality to all business presentations made in China. He also noted "That it is time for indigenous people to stop defining themselves by federal government processes and budgets, and begin to create their own revenues so they can control their own destiny."

Glenn Hudson, Chief of Manitoba's largest Aboriginal community, the Peguis First Nation, noted further "We must also begin the process of rectifying past harms resulting from the culture of unaccountability and backroom dealings that we have inherited with the *Indian Act*. We not only need to be transparent and accountable to our community members, but also our leaders need to start delivering real results in employment and business returns well beyond monies received from government." Jack Park, Director of Economic Development of the Manitoba Metis Federation said further that "Given the current demographics, Manitoba's Aboriginal population is projected to make up a substantial and growing portion of the provincial population. For the benefit of the Province of Manitoba, it is absolutely critical to get the Aboriginal people actively engaged in the work force and the business economy. Aboriginal partnerships with Chinese are a step toward that imperative."

Chief Gibby Jacobs commented that "The trade mission to China is a natural extension to considerable work that Squamish Nation has already done in providing alternate revenue sources for the benefit of our nation. An historic MOU was signed recently between the Squamish Nation and the Tanui Tribe of New Zealand prior to the journey to China for business as well as sharing cultural opportunities. Amongst other valuable assets, the Squamish Nation is one of Four Host Nations that represent the first Aboriginal Nations in the history of the Olympic movement to be hosts of the (2010 Winter) Olympics. Squamish has enormously valuable land holdings in North and West Vancouver, Squamish, and the Resort Municipality of Whistler, along with major forestry resources."

John Helin, Chief Councillor of the Lax Kw'alaams Indian Band, noted that "In order to create long term economic development opportunities to provide revenue for community social projects, we need to run our governments properly so that our investors and our community members have confidence that our method of doing business is open, fair, with clearly understood rules." Lax Kw'alaams is a community 30 kilometers north of Prince Rupert on the North Coast of British Columbia. He said further "We have a 40,000 square foot fish processing plant, and considerable forestry assets that need to put the highest and best use. In China we met with potential clients and promoted the cost, quality, branding and marketing advantages of doing business in the Pacific northwest."

Darrell Beaulieu, President and CEO, Denendeh Investment, Inc., a corporation from the Northwest Territories representing 27 communities, emphasized, “Aboriginal nations need to start looking for a new way of doing business outside of government funding. Our community populations are growing too fast to keep up per capita payments. We need more self-sufficiency to better control our own futures.” Kevin Menicoche, Member of the Legislative Assembly for the Northwest Territories (representing Nahendeh) also commented “In northern areas heavily populated by Aboriginal peoples we need to ensure that the Aboriginal people are major contributors to the economy of the region. Participating in the China trade mission produced opportunities for financing for key infrastructure for the benefit of the Northwest Territories. It’s a good start in our efforts to be more proactive in seeking real opportunities.”

In a joint statement, Calvin Helin, President of NITA (and Chair of the trade mission), and John Park, President of RCI, commented “Aboriginal Canadians control substantial natural resources and business opportunities in Canada. For the benefit and goals of Aboriginal people and the nation of Canada, it simply makes good sense for Aboriginal nations to assertively attract available overseas investment into the country. This could unleash more wealth in trapped assets than just about anything else that Canada can do during a worldwide economic downturn.”

“RCI is extremely proud of its small role in introducing the Hidden Wolf to the Crouching Tiger,” commented delegation organizer and RCI Vice President Sean Riley. Echoing the sense of history noticed by all participants and seeing obvious cultural affinity and ancient ties between the Chinese and Canada’s Aboriginals, Riley observed, “Who knows, going forward, we may be paving the way for a heretofore unimagined Silk Road. Having sown the seeds to facilitate this undertaking, RCI is very privileged to be part of this journey together with NITA as humble bridge builders.”

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About RCI Capital Group Inc. (RCI):

RCI is the largest manager of investor immigrant capital in Canada. It has been in business since 1996 with John Park as its founding President and Managing director. RCI now has over 68 employees with offices throughout Canada and Asia. It currently manages approximately \$1.6 billion in investment capital for over 4,600 high net worth investors who have entered Canada, the majority of them from China. RCI has extensive experience in doing business with China, and has offices in Beijing, Shanghai, Hong Kong and Guangzhou. The company has previously generously donated to the Shudokan Canada Karate and Education Society an initiative intended to help inner city (particularly Aboriginal) children and youth through training in martial arts and self-discipline.

About Native Investment and Trade Association (NITA):

NITA is a non-profit society founded in 1989 to promote economic self-reliance and strengthen Aboriginal participation in the mainstream economy. To carry out this mandate, it has organized approximately 100 national events throughout its history, and promotes partnerships between Aboriginal and non-Aboriginal business interests.

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November 20, 2008

AFN National Chief Phil Fontaine expresses optimism

about commitments to First Nations in Speech from the Throne

National Chief Phil Fontaine expressed optimism about the federal government's commitments in yesterday's Speech from the Throne to ensure that First Nations will "fully share in economic opportunities" and that it will work with First Nations to improve education as an important priority.

"We heard today that the Government of Canada will be fiscally responsible, but that it will not make families bear the cost of its restraint measures. This is significant for First Nations families because they will suffer the most from the severe economic global downturn, unless comprehensive plans are developed to sustain and improve First Nations economies and employment opportunities."

"It is projected that there will be more than \$200 billion worth of investments in new projects over the next ten years, with most of them occurring on First Nations' lands and traditional territories. We are concerned that these projects could be at risk due to the current economic crisis. Nevertheless, we maintain that when government works with First Nations to support economic development and invest in our young and growing labour force, it will benefit our own communities and help sustain the Canadian economy through difficult times."

"We were also pleased to hear a strong commitment from Canada to work in partnership with First Nations to improve education for our children. This will require fair and equitable investments and substantive structural improvements to the education system right down to the provision of adequate schools. It is important for all children in Canada to get a fair start in life and our children deserve no less. We view the commitment made today by the federal government as another important step towards reconciling our relationship with Canada; a commitment that was expressed in the moving Apology made by Prime Minister Harper to Survivors of Indian Residential Schools on June 11, 2008."

"First Nations are eager to work with First Ministers to assist in the development of economic policies that will benefit Canada and First Nations and we want to fully participate at the next First Ministers Meeting in January. We will continue to work cooperatively with First Ministers to develop concrete action plans to address First Nations' education and economic opportunities as we move towards the next First Ministers' Meeting."

"In response to the call from the Council of the Federation meeting in July 2008, we also call on Prime Minister Harper to announce a date for the next First Ministers' Meeting on Aboriginal Issues, which will address children, education, lifelong learning and closing the gap in quality of life between First Nations and other Canadians."

The Assembly of First Nations is the national organization representing First Nations citizens in Canada.

Contact information:

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Jobs That Pay \$80,000 a Year from msn.com

By Anthony Balderrama, CareerBuilder.com writer

Who hasn't looked at his or her paycheck and imagined how much better life would be with a lot more numbers after that dollar sign?

Inevitably, a wise soul -- usually a parent -- tells you that no amount of money will solve your problems. Of course, you respond, "Let me find out for myself."

If your annual income hovers around the national median of \$40,690, you're in the company of millions of Americans. As gas prices, housing costs and other everyday expenses continue to creep up, earning more money isn't just some daydream you harbor in vain. It's a reasonable solution to financial woes and a good way to plan for your future.

To assist your search for financial bliss, we've put together the following list of jobs that earn twice as much as the national median income. With salaries that fall anywhere between \$80,000 and \$89,999, here are some possible career opportunities for you as well as their expected growth rate.

1. Associate actuary

What they do: Most often employed by [insurance](#) agencies, actuaries use data to calculate the likelihood and expense of an event, such as death or illness, and help formulate an insurance policy based on their findings.

Annual mean income: \$81,924*

Projected employment in 2016: 22,000**

Increase between 2006 and 2016: 24 percent

2. Attorney

What they do: Attorneys can choose to concentrate on a variety of specializations, which include [tax law](#), [criminal law](#), [civil law](#), [bankruptcy](#), [environmental law](#) and more.

Annual mean income: \$88,235

Projected employment in 2016: 844,000

Increase between 2006 and 2016: 11 percent

3. Compensation and benefits manager

What they do: Compensation and benefits managers are [human resources](#) specialists who oversee compensation, insurance programs, performance reviews and hiring for their employers.

Annual mean income: \$80,011

Projected employment in 2016: 55,000

Increase between 2006 and 2016: 12 percent

4. Economist

What they do: Economists study, analyze and project how individual people, firms, industries and [governments](#) spend money and use resources.

Annual mean income: \$80,817

Projected employment in 2016: 16,000

Increase between 2006 and 2016: 7 percent

5. Floor broker

What they do: Floor brokers bargain with other brokers over the price of [stocks](#). A [sales](#) agent then sells the [securities](#) or [commodities](#) to an [investor](#) for the negotiated price.

Annual mean income: \$83,608

Projected employment in 2016: 399,000

Increase between 2006 and 2016: 25 percent

6. Marketing manager

What they do: Marketing managers calculate a need for their company's services in order to stay competitive with other businesses and satisfy customer demand.

Annual mean income: \$86,283

Projected employment in 2016: 192,000

Increase between 2006 and 2016: 14 percent

7. Petroleum engineer

What they do: Petroleum engineers work with [scientists](#) and other specialists to drill for [oil](#) and [natural gas](#) using the most efficient methods possible. Their research helps them develop new procedures for [drilling](#) and find new locations of oil and gas reservoirs.

Annual mean income: \$86,899

Projected employment in 2016: 18,000

Increase between 2006 and 2016: 5 percent

8. Pharmacist

What they do: Based on a [doctor's](#) prescription or a patient's needs, pharmacists dispense medication. Physicians and patients rely on pharmacists to answer questions about the necessary dosages and side effects of a medication.

Annual mean income: \$88,786

Projected employment in 2016: 296,000

Increase between 2006 and 2016: 22 percent

9. Risk management supervisor

What they do: Organizations employ risk management supervisors to create and monitor insurance programs that address potential financial loss, [property](#) damage and [legal](#) issues that could arise.

Annual mean income: \$85,655

Projected employment in 2016: 570,000***

Increase between 2006 and 2016: 13 percent

10. Veterinarian

What they do: Veterinarians provide [health care](#) for family pets, [livestock](#) and [zoo](#) animals. They provide check-ups, treat diseases and advise [caretakers](#) on how to best raise their animals.

Annual mean income: \$80,069

Projected employment in 2016: 84,000

Increase between 2006 and 2016: 35 percent

* Annual mean income and some job descriptions from [CBSalary.com](#).

** Employment projections and some job descriptions based on Bureau of Labor Statistics data.

***Based on BLS projections for all financial managers.

Food Myths That Will Shock You

I'd like to tackle some [common food myths](#) that seem to have taken on lives of their own. That's the topic of another TODAY show segment.

Myth #1: "Chinese Food Makes You Hungry"

This is a very old myth, at least several decades old, which comes from the way Chinese food "used to be" prepared.

Years ago, portions were much smaller than other cuisines, low in whole-grain carbohydrates (white rice), and low in fiber (most dishes didn't have much in the way of veggies), and relatively low in protein. So, this combo of factors *can* help speed up the rate of your stomach emptying, and cause you to be hungrier sooner.

Nowadays, Chinese food has more vegetables, more lean protein/tofu added, and you can get brown rice. Plus, the portions have grown to meet consumer demand. Quite a difference!

Answer? *Chinese food does NOT make you hungrier later on more than any other type of food.*

Myth #2: "Turkey Puts You to Sleep"

This myth is most commonly associated with a Seinfeld episode where Jerry wanted to feed a girl some turkey to put her to sleep. "Turkey has tryptophan" and that will make her fall asleep.

Here's the 411 on the sleepy stuff: Tryptophan is the precursor amino acid for the brain chemical, serotonin, that *does* promote sleep. More tryptophan in the brain makes more serotonin, which can make you sleepy, but it's not so simple.

The tryptophan in turkey (and all other proteins) is surrounded by other amino acids that compete with the tryptophan to get into the brain. That's where the tryptophan needs to go to turn into serotonin. In protein, the tryptophan is in smaller amounts compared to others, so when you eat protein, tryptophan can't get into the brain—it's out-competed by the other amino acids. (Have I lost you yet?) No extra tryptophan in the brain = No more serotonin = No more sleep. That's why this is a myth. But, people are usually eating a giant meal when they eat turkey, which promotes fatigue, not the turkey alone.

Answer? *Myth!*

Myth #3: "Drinking Ice Water Helps You Lose Weight"

Drinking water is always good for weight loss, but this concept is related to the idea that if you drink ice water, your body has to burn calories warming it up.

Technically correct, but the number of calories you burn are really tiny. It's about 1 calorie per ounce of ice water to warm it up. We would think it would take more calories to heat up the water, but it doesn't.

So, drink water, but only ice water if you like it. Of course, you also don't cancel out the calories of an iced beverage that has calories because it's cold (like soda or juice), although that would be nice!

Answer? *Myth!*

Myth #4: "Carbohydrates Are More Fattening Than Other Foods"

Carbohydrates, whether fruits and vegetables, or starchy stuff (like breads, rice, pasta, potatoes) *all* have 4 calories per gram of food. This is the *same* as protein with 4 calories per gram. It's about *half* of what fat has at 9 calories per gram!

Where people get messed up is that they first don't realize that fruits/veggies are carbohydrates, rich in water and fiber, and the starchy carbs can be fiber rich, but of course, low in water.

It's a lot easier to gobble down refined starchy carbs (white flour), since there's no fiber to expand in our stomachs to signal we're full. So, people have the perception that carbs are more fattening, because it's easy to overeat on them, and then tend to eat less of the 100% whole grain starches. Plus, carbohydrates are combined with fat for dessert items, which means lots of added sugars (still carbs). But don't blame the carbs on that!

Answer? *Myth!*

Myth #5: "Spicy Foods Burn Calories"

While this feels like it should be true, it's a myth, when it comes to burning significant calories. We eat spicy foods, start sweating, and feel warm. Is that a metabolic effect? Yes, but such a tiny one, you can't count on that to burn many calories, and certainly *not* to justify eating a spicy meal just because you'll be burning calories from the spices.

The effect on us is more superficial—sweating and warmth—and not a robust metabolic one. But, you can use spices to rev up the flavor of lower calorie foods like chicken, fish, and vegetables!

Answer? *Myth!*

Myth #6: "Avoid Dairy Products When You Have a Cold"

This is such a common myth that a number of scientific studies have been done to test this. The myth is that dairy products have been thought to promote *mucus production*, and thus should be avoided with colds and other upper respiratory problems, including asthma.

There is *no* consistent effect of dairy products on mucus production. It cannot be demonstrated that this is a problem. If you feel that you are affected, then don't do it, but don't avoid needlessly. It is possible to have this sensation, since milk can have a filmy residue in the mouth after drinking, but this has nothing to do with mucus.

Information is from www.ivillage.com/food/myths

Dear Elders, this article is from almost a year ago, but I just came upon it and thought it was definitely worth passing on even at this late date. D. Stiring

Aboriginal Peoples in Canada in 2006: Inuit, Métis and First Nations, 2006 Census THE DAILY

[Tuesday, January 15, 2008](#)

Statistics Canada today releases the first analysis of data on Aboriginal peoples from the 2006 Census. This analysis is available today in an online document entitled *Aboriginal Peoples in Canada in 2006: Inuit, Métis and First Nations, 2006 Census*.

Aboriginal people surpass one-million mark

New data from the 2006 Census show that the number of people who identified themselves as an Aboriginal person has surpassed the one-million mark.

A total of 1,172,790 people reported Aboriginal identity, that is, North American Indian (hereafter referred to as First Nations people), Métis or Inuit. The census enumerated 976,305 Aboriginal people in 2001 and 799,010 in 1996.

In 2006, Aboriginal people accounted for 3.8% of the total population of Canada, an increase from 3.3% in 2001 and 2.8% in 1996.

The Aboriginal population has grown faster than the non-Aboriginal population. Between 1996 and 2006, it increased 45%, nearly six times faster than the 8% rate of growth for the non-Aboriginal population over the same period.

Of the three Aboriginal groups, the fastest gain in population between 1996 and 2006 occurred among those who identified themselves as Métis. Their numbers almost doubled (+91%) to an estimated 389,785. This growth rate was nearly three times as fast as the 29% increase in First Nations people, whose numbers reached 698,025. The number of people who identified themselves as Inuit increased 26% to 50,485.

Note to readers

This report focuses on the Aboriginal identity population. For more information, see *How Statistics Canada Identifies Aboriginal Peoples, 2007* ([12-592-XIE](#), free), now available from the *Publications* module of our web site.

Aboriginal identity refers to those persons who reported identifying with at least one Aboriginal group, that is, North American Indian, Métis or Inuit, and/or those who reported being a Treaty Indian or a Registered Indian, as defined by the *Indian Act* of Canada, and/or those who reported they were members of an Indian band or First Nation.

The Aboriginal identity population was counted the same way in 2006, 2001 and 1996, providing comparable data for three census years. However, some Indian reserves and settlements did not participate in the census as enumeration was not permitted, or it was interrupted before completion. In 2006, there were 22 incompletely enumerated Indian reserves, down from 30 in 2001 and 77 in 1996.

Therefore, data showing changes in percentages or proportions between 2006 and past census years have been adjusted to account for incompletely enumerated reserves.

Consequently, the share of the Aboriginal population who identify as Métis has grown steadily. In 2006, they accounted for one-third (33%) of Aboriginal people, up from 30% in 2001 and 26% in 1996. First Nations people accounted for the majority (60%) of Aboriginal people, while Inuit represented 4%.

Several factors may account for the growth of the Aboriginal population. These include demographic factors, such as high birth rates. In addition, more individuals are identifying themselves as an Aboriginal person, and there has also been a reduction in the number of incompletely enumerated Indian reserves since 1996.

Inuit population: Young and growing

Of the 1,172,790 people who identified themselves as an Aboriginal person in the 2006 Census, about 4%, or 50,485, reported that they were Inuit. This was a 26% increase from 40,220 in 1996.

Census data show that the Inuit population in Canada is much younger than the non-Aboriginal population and other Aboriginal groups, largely the result of a higher fertility rate for Inuit.

In 2006, the median age of the Inuit population was 22 years, compared with 40 years for non-Aboriginal people. Inuit were also younger than First Nations people, whose median age was 25 years, and Métis, whose median age was 30. (The median age is the point where exactly one-half of the population is older, and the other half is younger.)

Large percentages of Inuit are in the youngest age groups. In 2006, 12% of the Inuit population was 4 years old and under, more than twice the proportion of 5% among non-Aboriginal people. Similarly, 11% of Inuit were in the age group 5 to 9, compared with only 6% of non-Aboriginal people. While over one-half (56%) of all Inuit were aged 24 and under, about one in three non-Aboriginal people (31%) were in this age group.

According to the census, just over three-quarters of Inuit in Canada (78%), or about 40,000 people, lived in one of four regions within Inuit Nunaat. This is the Inuktitut expression for "Inuit homeland," a region stretching from Labrador to the Northwest Territories.

In 2006, 49% of all Inuit lived in Nunavut, 19% lived in Nunavik in northern Quebec, 6% lived in the Inuvialuit region in the Northwest Territories and 4% lived in Nunatsiavut in

Labrador. An estimated 17% lived in urban centres and 5% in rural areas outside Inuit Nunaat.

The Inuktitut language was strongest in the region of Nunavik and Nunavut where more than 9 out of 10 Inuit could speak the language well enough to carry on a conversation. In contrast, the figures were 27% in Nunatsiavut and 20% in the Inuvialuit region.

Métis population: Outpacing growth of other Aboriginal groups

New data from the 2006 Census show that the Métis population is on the rise, outpacing the growth of the other Aboriginal groups, as well as that of the non-Aboriginal population, over the past decade.

In 2006, an estimated 389,785 people reported that they were Métis. This population has almost doubled (increasing by 91%) since 1996.

Although the Métis represented just 1% of the total population of Canada, they accounted for larger shares of the population in the West. In 2006, 9% of all people in the Northwest Territories reported they were Métis, followed by 6% in Manitoba, 5% in Saskatchewan and 3% in Alberta and Yukon Territory.

Close to 9 out of 10 people, about 87%, who identified themselves as Métis, lived in either the western provinces or Ontario. The census enumerated 85,500, or 22%, in Alberta; 73,605, or 19%, in Ontario; 71,805, or 18%, in Manitoba; 59,445, or 15%, in British Columbia; and 48,115, or 12%, in Saskatchewan.

In all parts of the country, the Métis were younger than non-Aboriginal people. In 2006, 25% of the Métis population was aged 14 and under, well above the proportion of 17% in the non-Aboriginal population. The proportion was highest in Saskatchewan, where children made up 29% of the Métis population.

Almost 7 out of 10 Métis (69%) lived in urban centres in 2006, up slightly from 67% in 1996. (Urban areas include large cities, or census metropolitan areas, and smaller urban centres.)

In 2006, urban Métis were twice as likely as urban non-Aboriginal people to live in smaller urban centres. An estimated 41% of urban Métis lived in cities with a population of less than 100,000, compared with 20% of their non-Aboriginal counterparts.

The remaining 59% of urban Métis lived in large census metropolitan areas with a population of at least 100,000. These percentages have changed little since 1996.

First Nations people: Diverse, fast-growing population

New data from the 2006 Census show that the North American Indian population has grown at a fast rate during the past decade.

An estimated 698,025 people identified themselves as North American Indian. They are referred to as "First Nations people" for the purposes of this report. There are 615 First

Nations and 10 distinct First Nations language families in Canada. The First Nations population increased 29% between 1996 and 2006.

The majority of First Nations people are Status Indians, meaning they are registered under the *Indian Act*. The census enumerated 564,870 First Nations people who reported they were Registered Indians, 81% of the total First Nations people population. An estimated 133,155 were not registered under the *Indian Act*.

First Nations people comprised 60% of the 1,172,790 persons who identified themselves as an Aboriginal person in the census, and 2.2% of the total population of Canada.

A smaller proportion of First Nations people lived on reserve than off reserve. An estimated 40% lived on reserve, while the remaining 60% lived off reserve. The off-reserve proportion was up slightly from 58% in 1996.

The vast majority of the First Nations people living on reserve, 98% were Status Indians.

Censuses in both 1996 and 2006 found that about three-quarters (76%) of the off-reserve First Nations population lived in urban areas. (Urban areas include large cities, or census metropolitan areas, and smaller urban centres.)

Ontario and the western provinces combined accounted for an estimated 577,300 First Nations people, or 83% of this group's total population. About 158,395, or 23%, lived in Ontario; 129,580, or 19%, lived in British Columbia; 100,645, or 14%, in Manitoba; 97,275, or 14%, in Alberta; and 91,400, or 13%, in Saskatchewan.

Despite the large populations in Ontario, Alberta and British Columbia, First Nations people there accounted for 3% or less of the respective provincial populations.

In both 2001 and 2006, about 29% of First Nations people who responded to the census said they could speak an Aboriginal language well enough to carry on a conversation. The figure was higher for First Nations people living on reserve (51%) than off reserve (12%).

The census recorded nearly 60 different Aboriginal languages spoken by First Nations people in Canada, grouped into distinct language families. These include Algonquian, Athapaskan, Siouan, Salish, Tsimshian, Wakashan, Iroquoian, Haida, Kutenai and Tlingit.

The Aboriginal language spoken by the largest number of First Nations people is Cree. An estimated 87,285 could carry on a conversation in Cree, followed by 30,255 who could speak Ojibway, 12,435 who spoke Oji-Cree and 11,080 who spoke Montagnais-Naskapi.

Information from www.statscan.gc.ca

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

For information on the Residential School Settlement's Common Experience Payment please call:
Service Canada at 1-866-699-1742

1415 Wewaikum Road
Campbell River, B.C. V9W 5W9

Phone: 1-250-286-9977
Fax: 1-250-286-4809
Toll-Free: 1-877-738-7288
Coordinator: Donna Stirling
Website: www.bcelders.com
Email:
bcelders@telus.net

'ELDERS VOICE' ISSUES
ARE SENT OUT TO
COMMUNITIES BY THE
1st OF EACH MONTH.

If your area's copy is not received in a timely manner please call in to the office.

BIRTHDAY WISHES

Happy Belated November Birthday Wishes To:

Casimar Felix, Celestine Sears, and Hop You. Casimar is the oldest person on our band list I believe he will be 91 years old on Nov. 26th.

December Birthday Wishes Go Out To:

Margie Dennis, Margie Thomas, Winifred Thomas, Romeo Edwards, Lawrence Lee, and Lavina Couch.

And, on December 12, we will be celebrating our Elders Birthday/Christmas Party in our community. Happy Holidays!

The Osoyoos Indian Band would like to wish it's following elder members a Very Happy Birthday in December.

Dec 3rd - Leona Stelkia, Dec. 5th - Modesta Betterton, Dec. 6th - Dorothy Louie, Dec. 21st - Lucy Louie, Dec. 29th - Ken Bryson

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

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

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. Having 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.

National Survivors Support Line

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

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

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

***The Dates Are Set! The next Annual Elders Gathering will be July 13, 14, 15 2009
at the Terrace Arena, Terrace, BC.***

(I won't be passing on contact info just yet, to give the host community more time to continue planning, but for now we have the dates and that is even earlier than usual. Please book your rooms before the holidays as I am sure they will go fast.)