

Volume 8 Issue 1

December 2007



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

THIS IS THE 85TH ISSUE OF YOUR ELDERS VOICE NEWSLETTER (8TH YEAR)!

Merry Christmas and Happy New Year to all!!

To have an application sent to you for the Residential School Settlement's Common Experience Payment please call Service Canada at 1-866-699-1742

32nd Annual BC Elders Gathering

July 7, 8, 9th 2008 (with early registration on July 6th, 2008)

Host: Friendship House Association of Prince Rupert

Address: 744 Fraser Street, Prince Rupert, BC, V8J 1P9

Phone: (250) 627-1717 Fax: (250) 627-7533

Running Bear Salve and Bath Products

Running Bear - Devils Club Salve - derived from Devils Club the healing shrub made with extra virgin olive oil with beeswax added to solidify. Applied topically it is a great first aid ointment, eases dry skin and itchiness of eczema, psoriasis, can be used in massage therapy, on arthritic aches and pains, sore joints and muscles. Absorbs quickly into the skin, no medicinal odor. \$5.00 for 1/4 oz.

Running Bear - Bath Bombs - Unique ingredients are Niaouli essential oil from Australia, Extra Virgin Olive Oil with Devils Club. Wonderful therapeutic bath product, drop a tablet into a nice hot bath and relax. \$4.00 each (Heart Shape or Mixed Shell Shapes)

I thank you for your interest in my product. Danielle Assu

Phone: 250-287-8435 or you can email your order to daniassu@hotmail.com

I can ship Express Post, C.O.D (fee's will be applied to total sale amount.)

Inside this issue

Easy Bakers Corner/Handy Tips/Website Information 2

List of Paid Support Fees 3

Women Against Violence Against Women/Donation Page 4-5

New Horizons for Seniors Program Call for Proposals 6-10

Common Experience Update 11

FN Leadership Council News Release 12

UBCIC Challenges Kamloops Gold Mine Decision 13

Pg. 14: Frank Paul Inquiry Press

Pg. 15: UBCIC Celebrates Xenigwet'in Court Victory

Pgs. 16-17: Food Guide for First Nations, Inuit and Metis

Pgs. 18-20: Canadians need to Cut Sodium/Cancer Agency Supports Ban on Smoking in Vehicles in N.S.

Pg. 21: Press Release - Fishing for Gold in the Land of the Chilcotin People

Pg. 22: Maya Angelou's Best Poem Ever

Pg. 23: Craving Chocolate Deep Down Back Page

BC Elders Gathering Info Corner

BCECCS Contact Information/Proverbs/Bible Quotes/Quotes/Zodiac

Easy Bakers Corner – Southern Rosemary Muffins-Makes 1 Doz.

In a bowl, combine 2 cups all-purpose flour, 1 tsp. dried rosemary, crushed, 2 Tbsp. of granulated sugar, 4 tsp. of baking powder and 1/2 tsp. of salt.

In another bowl, mix together 1/2 cup of melted butter or margarine, 2/3 cup of buttermilk, and 1 beaten egg.

Make a well in the dry ingredients. Pour in the liquid. Stir only until mixture is moistened. There will be lumps in the batter.

Spoon into buttered muffin tins. Drizzle with butter.

Bake at 400°F for 20 minutes.

While muffins are baking, beat 1/2 cup of butter until fluffy. Mix in 6 Tbsp. of peach preserves and 2 tsp. of honey.

Serve peach butter with the hot muffins...delicious!

Handy Tips:

1. Clean telephones and clock radios with a cotton swab dipped in rubbing alcohol.
2. If you place candles in the freezer before using, they will burn more slowly and evenly.
3. To clean artificial flowers, pour some salt into a paper bag and add the flowers. After shaking vigorously, the salt will absorb all the dust and dirt.

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 (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

Address: 1415 Wewaikum Road, Campbell River, BC, V9W 5W9
Ph: 250-286-9977 Fax: 250-286-4809 Toll Free: 1-877-738-7288
Email: bcelders@telus.net Website: www.bcelders.com

8th Year GRATITUDE LIST

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

- 1. Gingolx Elders**
- 2. Seton Lake Elders**
- 3. Assembly of First Nations (Ottawa)**
- 4. Mamalilikulla Qwe'Qwa'Sot'Em Band**
- 5. Nuu-chah-nulth Tribal Council**
- 6. Hamatla Treaty Society**
- 7. Hailika'as Heiltsuk Health Centre**
- 8. Qualicum First Nation Council**
- 9. Quatsino First Nation**
- 10. Tobacco Plains Indian Band**
- 11. Tansi Friendship Centre Society**
- 12. Tsleil-Waututh Nation**
- 13. Gitsegukla Band**
- 14. Bridge River Indian Band**
- 15. Vancouver Aboriginal Friendship Centre Society**
- 16. Sumas First Nation**
- 17. Tsawwassen First Nation**
- 18. BC Assembly of First Nation**
- 19. Osoyoos Indian Band**
- 20.**

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 in to this office, then thank you all very much, as it saves office time on this end having received a reply from you.**

***If you are in the process of paying the fee with the new fiscal year upon us, then thank you very much for your continued efforts!**

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

Thank you for your continued support! Donna Stirling, BCECCS Coordinator



News Release

MEDIA ADVISORY

October 2, 2007

Smudge Ceremony for the Downtown Eastside

On Thursday, December 6, 2007, in commemoration of the National Day of Remembrance and Action on Violence Against Women, WAVAW along with the Squamish Nation, Aboriginal groups, and multicultural organizations, will join other women's anti-violence groups in a Sacred Smudge Ceremony of the Downtown Eastside.

“Within this section of Vancouver which is no bigger than one square kilometre, women have silently disappeared, been kidnapped and murdered. The women living here are exposed to acts of violence on a daily basis,” states Singing Thunderbird Child/Twice Standing Women (Darla Laughlin), Aboriginal Outreach Counselor for WAVAW Rape Crisis Centre. “This ceremony will cleanse the negative energy from this troubled area so that the healing process can begin.”

All members of the Vancouver community are invited to join the Sacred Smudge Ceremony which is grounded in the Four Sacred Directions of the Medicine Wheel.

“It is a time to honour Clan Mothers as leaders and sacred life givers, and pray for an end to violence against all women,” says Laughlin.

From the Medicine Wheel's Sacred Directions of East, South, West and North, Aboriginal Elders will lead a smudge and say prayers along four city blocks in the Downtown Eastside. The ceremony will be followed by a procession of community members representing the four races (yellow, black, red and white). Elders of the 4 directions will then come together on the corners of Hastings and Main. Here, in the heart of the Downtown Eastside, with Traditional song, dance and drumming, prayers for peace, healing and safety for all women will be offered.

The December 6, 2007, Day of Remembrance Smudge Ceremony is open to all. Please call WAVAW at 604-255-6228 for more information about this event. We welcome your interest and participation.

-30-

For more information call Darla Laughlin at (604) 255-6228 ext. 231

supporting survivors since 1982 • shifting society for the future



Request for Support

On Thursday, December 6, 2007, in commemoration of the National Day of Remembrance and Action on Violence Against Women, WAVAW along with the Squamish Nation, Aboriginal groups, and multicultural organizations, will join other women's anti-violence groups in a Sacred Smudge Ceremony of the Downtown Eastside. All members of the Vancouver community are invited to join the Sacred Smudge Ceremony.

From the Medicine Wheel's Sacred Directions of East, South, West and North, Aboriginal Elders will lead a smudge and say prayers along four city blocks in the Downtown Eastside. The ceremony will be followed by a procession of community members representing the four races (yellow, black, red and white). Elders of the 4 directions will then come together on the corners of Hastings and Main. Here, in the heart of the Downtown Eastside, with Traditional song, dance and drumming, prayers for peace, healing and safety for all women will be offered.

The December 6, 2007, Day of Remembrance Smudge Ceremony is open to all. We are asking our community partners, friends and donors to help sponsor this important and historical ceremony. There are many important logistical event details that must be attended to. More importantly however, proper Aboriginal Traditional protocol must be followed. This includes ensuring that the Elders are provided for, that Traditional medicines can be gathered and food can be shared with all in the community who witness the ceremony. Any cash or in-kind donations will go a long way in helping to off-set the expenses related to this important event.

Should your organization be able to make a contribution, kindly fill-in the details below and mail or fax back your completed donation form. We greatly appreciate the support of our friends in the community and hope that you will be able to join us on the important and historical day.

All Our Relations

Donor Information (please print)

Name	
Address	
City, Province	
Postal Code	
Telephone	

We would like to make a donation of: \$50 \$75 \$100 \$500 In-Kind _____

We wish to make our contribution by: Cheque/Money Order Visa M/C AMEX

Credit card number		Expiry Date	
Authorized signature			

supporting survivors since 1982 • shifting society for the future



New Horizons for Seniors Program

Engaging Seniors, Strengthening Communities



Capital Assistance Funding

Across Canada, the New Horizons for Seniors Program helps to ensure that seniors are able to benefit from and contribute to the quality of life in their community through their social participation and active living. The new **Capital Assistance** funding helps non-profit organizations that need to upgrade their facilities or equipment for existing seniors' programs. This will enable seniors to continue to lead active lives within their community.

Key Features

- The capital assistance is grant funding of up to \$25,000.
- This may include up to \$10,000 for replacement of equipment and furniture.
- Projects should be completed in one year.
- Projects should directly benefit seniors.
- The community should support the project and acknowledge its need.

Eligible Applicants

Non-profit organizations that have been delivering community programs and activities for seniors for at least two years.

Eligible Activities

Eligible activities involve the repair or renovation of existing seniors' community facilities and/or the purchase of replacement equipment and furnishings.

Examples of eligible activities include:

- Repairs to wells or septic systems, heating and ventilation systems, foundations, roofs, walls, and floors.
- Upgrades such as new insulation, windows, wiring/electrical panels, and plumbing.
- Building code compliance upgrades.
- Replacement of furnishings and equipment such as tables and chairs, appliances, sport or craft equipment.

For details on the New Horizons for Seniors Program, visit www.hrsdc.gc.ca or call **1 (800) 277-9914** and select "0" to speak with an agent.



New Horizons for Seniors Program

Engaging Seniors, Strengthening Communities



Elder Abuse Awareness Funding

Across Canada, the New Horizons for Seniors Program helps to ensure that seniors are able to benefit from and contribute to the quality of life in their community. Building on this goal, the new **Elder Abuse Awareness** funding will foster the development of educational and awareness activities to help reduce the incidence of abuse of older adults. Through this funding, new resources will be available to improve quality of life, safety and security for seniors.

Key Features

- Projects must be national or regional in scope and increase knowledge and awareness of elder abuse.
- Non-profit organizations can receive contribution funding of up to \$250,000 for a maximum of three years.
- Specific priorities, criteria and funding levels will be established for each Call for Proposals.

Eligible Applicants

Non-profit organizations or coalitions with knowledge and expertise in the field of elder abuse and/or the

capacity to promote education and awareness initiatives related to elder abuse.

Eligible Activities

- Promoting awareness of the issue of elder abuse in all its forms;
- Developing and disseminating elder abuse resource materials and communications products; and
- Creating linkages and opportunities to share information and best practices between organizations about elder abuse.

For details on the New Horizons for Seniors Program, visit www.hrsdc.gc.ca or call **1 (800) 277-9914** and select "0" to speak with an agent.



NEW HORIZONS FOR SENIORS PROGRAM Elder Abuse Awareness Funding Call for Proposals – November 5, 2007 to December 14, 2007

Introduction

The overall objective of the New Horizons for Seniors Program is to help to ensure that seniors are able to benefit from and contribute to the quality of life in their community through their social participation and active living.

Budget 2007 announced the expansion of the New Horizons for Seniors Program by \$10 million per year. As part of this expansion, new funding is available to foster the development of educational and awareness activities to help reduce the incidence of abuse of older adults. Through this new funding, new resources will be available to improve quality of life, safety and security for seniors.

Objective

The objective of the Elder Abuse Awareness component of the New Horizons for Seniors Program is to help non-profit organizations develop national or regional education and awareness activities to help reduce the incidence of abuse of older adults.

Background

Abuse of older adults is an issue of growing importance in Canada. Elder abuse, which is also referred to as abuse of older adults or seniors, is defined by the World Health Organization as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.” Abuse of older adults can take many forms including¹:

- Physical abuse – acts of violence that may or may not leave an injury including punching, slapping, burning, and any form of rough treatment.
- Emotional abuse – includes yelling, insulting, threatening, ignoring and any treatment that diminishes the identity, dignity and self-worth of the person. Emotional abuse is also sometimes referred to as psychological abuse.
- Financial abuse – includes all forms of fraud, theft, forgery or extortion, and involves the misuse of a senior’s money or property.
- Sexual abuse – includes all forms of sexual assault, sexual harassment or sexual exploitation.
- Violations of rights – denial of a senior’s entitlement to fundamental rights and freedoms including withholding information, restricting visitors, privacy or access to community supports.
- Spiritual abuse or neglect – restricting an older person’s spiritual practices, customs or traditions, or using these beliefs to exploit or control them.

¹ Swanson, S. (1998). *Abuse and Neglect of Older Adults*. Health Canada: National Clearinghouse on Family Violence.
Bain, P. & Spencer, C. *Types of Abuse and Neglect*. Information prepared for World Elder Abuse Awareness Day.

- Neglect – intentionally or unintentionally failing to care for or meet the needs of older adults who are dependent and not able to meet their own needs.

Estimates indicate that approximately 4 to 10 percent of Canadian seniors have experienced abuse. In 1989, the National Survey on Abuse of the Elderly in Canada found that about 4 percent of the elderly population had experienced some serious form of maltreatment in their own home, at the hands of a partner, relative or significant other². More recently, the General Social Survey (1999, 2004), found that approximately 10 percent of seniors had experienced victimization within the previous 12 months while 1 percent had experienced a violent incident³.

Given that the population over the age of 65 is projected to grow by 35 percent between 2006 and 2026 (due to a combination of population growth and aging baby boomers) the potential number of seniors at risk could increase significantly in the future.

2007 Funding Priority

This Call for Proposals will support projects that address the following priority:

Promoting awareness and increasing knowledge of abuse of older adults through the development and dissemination of awareness and educational resources, toolkits, audiovisual materials, communications products, or other media intended for seniors, service providers, professionals, community-based organizations and the public⁴.

In addition, applicants are encouraged to propose activities that:

- develop practical tools and resources that help communities to address this issue;
- create and strengthen linkages and partnerships;
- identify ways to reach seniors who are isolated or who may be more vulnerable to abuse; and
- involve and engage seniors in the project development as appropriate.

Examples of practical tools and resources that could be developed include:

- audiovisual materials that could be used to educate individuals and groups about the forms of abuse against older adults, how and where to go for help and what can be done;
- educational materials and tools that can be used by service providers, professionals and others;

² Podnieks, E. (1992). "National survey on Abuse of the Elderly in Canada." *Journal of Elder Abuse & Neglect*. Vol. 4, no. 1-2, pp. 5-58.

³ Ogrodnik, L. (2007). *Seniors as Victims of Crime*. Statistics Canada, Canadian Centre for Justice Statistics.

⁴ In order to ensure that the new elder abuse awareness funding component complements potential actions in Quebec in this area, especially in light of the summer and autumn 2007 consultations by the Government of Quebec on living conditions for seniors, the review of any project that Quebec organizations may submit under this new pan-canadian component will be handled through a consultative process between HRSDC and the Government of Quebec, based on a common intent to ensure consistent actions reflecting shared priorities.

- toolkits and resources for communities that include ideas, activities, and materials to raise awareness;
- awareness resources that educate seniors about what they can do to protect themselves from financial abuse and fraud; and
- resources that can be used to reach out to seniors who may be isolated and/or more vulnerable to abuse.

In order to avoid duplication of existing initiatives and resources, proposed activities should build on or adapt existing materials, or develop new resources that address an identified need.

For information about existing resources and initiatives related to the abuse of older adults, please visit the Web site for the National Clearinghouse on Family Violence, Public Health Agency of Canada, at <http://www.phac-aspc.gc.ca/ncfv-cnivf/familyviolence/index.html>. You may also wish to visit provincial, territorial and other Web sites related to family violence and the abuse of older adults.

Funding Details

- Projects must address the 2007 funding priority as outlined previously.
- Projects must be national or regional in scope.
- Project activities must aim to increase knowledge and awareness of elder abuse in Canadian society and must be consistent with the overall objective of the New Horizons for Seniors Program.
- Projects must produce a final product and have a clear dissemination strategy.
- Funding will be provided up to a maximum of \$200,000 per fiscal year for national projects and \$100,000 per fiscal year for regional projects.
- Projects will be funded for a maximum of 36 months.

Who Can Apply?

Eligible applicants include non-profit organizations or coalitions with knowledge and expertise in the field of elder abuse and/or the capacity to promote education and awareness initiatives related to elder abuse. For example, this could include national, regional or local organizations, post-secondary institutions, band/tribal councils and other Aboriginal organizations, among others.

Not Eligible for Funding

The following are **not** eligible for funding:

- individuals and for-profit organizations;
- municipal/provincial/territorial governments;
- core funding for organizations;
- provision of direct services;
- projects that deal primarily with health issues related to elder abuse; and
- projects to develop or deliver accredited primary, secondary, or post-secondary curricula.

For more information about the New Horizons for Seniors Program, please visit Human Resources and Social Development Canada's (HRSDC) Web site at: www.hrsdc.gc.ca.

INFORMATION ADVISORY

RE: PROCESSING OF COMMON EXPERIENCE PAYMENT (CEP) APPLICATIONS

OTTAWA, November 2, 2007 - On September 19, 2007 the Government of Canada began receiving applications for the Common Experience Payment (CEP) which is one element of the court-supervised Indian Residential Schools Settlement Agreement.

As you may have already submitted your CEP application form for processing, please be assured that the government is working to process applications as quickly and efficiently as possible. Since implementation there has been an overwhelmingly positive response to the Common Experience Payment by former students, much higher than originally anticipated. Within the first six weeks the Government received almost 70,000 applications. This large volume has caused some delays in processing.

The Government of Canada is working hard to expedite the processing of your application in a timely manner. Immediate steps include an increase in the number of processing staff, to ensure that applications are processed as quickly and efficiently as possible. We understand that applicants have waited a long time for these payments and we appreciate your patience.

Rest assured the Government of Canada remains committed to a fair and lasting resolution to the legacy of Indian Residential Schools, and to processing your application as quickly as possible.

First Nations Leadership Council

News Release

FOR IMMEDIATE RELEASE
November 7, 2007

FIRST NATIONS LEADERSHIP COUNCIL URGES FULL IMPLEMENTATION OF THE RECOMMENDATIONS OF SAVANNAH HALL INQUEST

Coast Salish Territory (Vancouver, BC) – The First Nations Leadership Council is encouraged by the findings of the coroner's inquest into the death of Savannah Hall. The coroner's inquest found that Savannah Hall died of suffocation while in foster care, which the 5 member jury concluded as a homicide. The coroners' jury also made 26 recommendations for change, 17 of which directly impact the Ministry of Children and Family Development and how the ministry operates.

"The provincial government must work swiftly and diligently to address the serious systematic gaps within the Ministry identified in the coroner's report which continue to put our children at risk", said Chief Judith Sayers of the First Nations Summit political executive. "For example, it is highly unacceptable for any family to have to wait six years for the truth regarding the circumstances of their loved one's death to be revealed in a coroner's report. The government must work in complete consultation with First Nations in every effort to ensure this does not happen again." said Chief Judith Sayers of the First Nations Summit.

BC Assembly of First Nations Regional Chief A-in-chut indicated, "Our heart goes out to the family of Savannah Hall and all who loved her through a very trying period. Her tragic death underscores the need to continue to emphasize greater prevention efforts and support for families," said BC Regional Chief A-in-chut (Shawn Atleo) of the Assembly of First Nations, "We need to increase support for birth and foster families so they have the resources to provide a stable environment. It is encouraging the Ministry has promised to implement all the jury's recommendations, but we must remain ever vigilant to the needs of our aboriginal children and families to give them the safe loving environment they deserve."

Grand Chief Phillip of the Union of BC Indian Chiefs concluded, "We hope the coroner's inquest will finally provide closure to the family of Savannah Hall by providing them with answers that they have been seeking for six years." Grand Chief Phillip added that, "However the findings contained within Coroners Inquest are clearly indicative that the massive funding cutbacks of the past have jeopardized and compromised the safety and well being of Aboriginal children in care."

- 30 -

The First Nations Leadership Council is comprised of the political executives of the First Nations Summit, Union of BC Indian Chiefs and the BC Assembly of First Nations. The Council works together to politically represent the interests of First Nations in British Columbia and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all First Nations in British Columbia.

For more information:

Grand Chief Stewart Phillip, UBCIC, (250) 490-5314
Colin Braker, First Nations Summit, (604) 926-9903 or (604) 328-4094
Ryneld Starr, BC Assembly of First Nations, (604) 837-6908



BRITISH COLUMBIA
ASSEMBLY OF
FIRST NATIONS

605-100 Park Royal South
West Vancouver, BC
V7T 1A2

Ph: 604-922-7733
Fx: 604-922-7433



FIRST
NATIONS
SUMMIT

1200-100 Park Royal South
West Vancouver, BC
V7T 1A2

Ph: 604-926-9903
Fx: 604-926-9923
Toll Free: 866-990-9939



UNION OF
BRITISH COLUMBIA
INDIAN CHIEFS

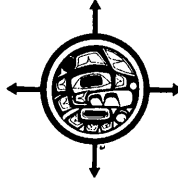
500-342 Water Street
Vancouver, BC
V6B 1B6

Ph: 604-684-0231
Fx: 604-684-5726

OUR LAND IS OUR FUTURE

UNION OF BRITISH COLUMBIA INDIAN CHIEFS

FOUNDING HEAD OFFICE
345 Yellowhead Highway
Kamloops, B.C. V2H 1H1
Tel: (250) 828-9746
Fax: (250) 828-0319



VANCOUVER OFFICE
5th Floor, 342 Water Street
Vancouver, B.C. V6B 1B6
Tel: (604) 684-0231
Fax: (604) 684-5726
Email: ubcic@ubcic.bc.ca
Website: www.ubcic.bc.ca

PRESS RELEASE
November 15, 2007

FOR IMMEDIATE RELEASE

UBCIC Challenges Kamloops Gold Mine Decision

(Coast Salish Territory/Vancouver) – UBCIC President Grand Chief Stewart Phillip today called on the BC Minister of Mines, Kevin Krueger, to reverse a recent provincial decision granting a mining permit for a gold mine near Kamloops, citing the government's failure to accommodate the aboriginal interests of local Shuswap Nation Bands.

"This permit was granted prematurely," said Grand Chief Phillip, "because the Kamloops and Skeetchestn Bands were not given a fair opportunity to be consulted and to reconcile their interests with those of the government and the mining industry. It is insulting to make BC First Nations communities wait in poverty for a provincial policy on sharing mining revenues while the government rushes to give away the unceded lands and resources of those same communities to a mining company based in Toronto."

Grand Chief Phillip pointed out that in 2005 the BC Government committed itself to share resource revenues with First Nations under the so-called New Relationship policy, but since that time there has been a "total policy vacuum" on revenue sharing in the mining industry.

NewGold Inc., a Toronto company, has made millions on the Toronto Stock Exchange based on a mining tenure that the BC Government gave the company without consulting the Kamloops and Skeetchestn Indian Bands (KDSN - Kamloops Division of the Shuswap Nation) in whose unceded territory the project is to take place. Further the province has exempted NewGold's project from a full environmental review. Though plans for the project have been developing for the past several years the Ministry of Energy, Mines and Petroleum Resources only approached the KDSN bands in November 2006, and has not provided them with enough time or funding to obtain independent expert advice on the project.

"This government and Minister Krueger are in gross default of their duty to respect the interests of First Nations before giving away their lands and resources to outsiders" he stated. "First Nations communities have been here for generations upon generations. We are sick of seeing the mining industry destroy our lands and waters and then walk away with mega profits, leaving no economic benefits behind."

The proposed mine is to be built on the old Afton Mine site, previously occupied by Tech Cominco, which during the 1977-1997 period created a huge crater on the landscape, extensive dumping of tailings, and the destruction of a lake in the Cherry Creek watershed, but provided no economic benefits or compensation to the local Shuswap Nation bands.

- 30 -

FOR MORE INFORMATION CONTACT:
Grand Chief Stewart Phillip (250) 490-5314

First Nations Leadership Council Hopes Truth Will Come In Frank Paul Inquiry, Bring Closure to All

FOR IMMEDIATE RELEASE November 13, 2007

Coast Salish Territory (Vancouver, BC) – The First Nations Leadership Council is hopeful the Frank Paul Inquiry will bring to light the truth surrounding the death of Frank Paul nine years ago. Paul, a Mi'kmaq man, died of hypothermia in December 1998 shortly after being released by the Vancouver Police Department into an east Vancouver alley.

“It was systemic, institutionalized racism that led to Frank Paul’s Death.” said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. “This inquiry is about exposing the investigation, or rather, lack of investigation into Frank Paul’s death” he added.

BC Assembly of First Nations Regional Chief A-in-chut (Shawn Atleo) indicated, “This inquiry has been a long time coming.” said the Regional Chief, “it is important that this inquiry provide an accurate account of the night Frank Paul died, so that recommendations can be made to change the policies and practices of justice systems so that this doesn’t happen in the future.”

“We are very relieved after years seeking justice for Frank Paul that the province through its commitment in the New Relationship, have established this important inquiry investigating the circumstance surrounding his death. We look forward to finding the answers to some of the questions that have plagued Frank Paul’s family for the past decade and to have the inquiry table recommendations that will help alleviate some of the systemic problems in the justice system faced by First Nations people”, said Chief Judith Sayers of the First Nations Summit political executive.

For Paul’s family, the inquiry represents a chance to bring some much needed closure to a sad chapter in their lives. “What happened to my cousin was a grave injustice,” said Peggy Clement, “We will never see Frank again, but through this inquiry, he may finally get the justice he deserves. I pray this never happens to another family.” She added.

-30-

The First Nations Leadership Council is comprised of the political executives of the First Nations Summit, Union of BC Indian Chiefs and the BC Assembly of First Nations. The Council works together to politically represent the interests of First Nations in British Columbia and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all First Nations in British Columbia.

For more information:

Grand Chief Stewart Phillip, UBCIC, (250) 490-5314
Colin Braker, First Nations Summit, (604) 926-9903
Ryneld Starr, BC Assembly of First Nations, (604) 922-7733

UBCIC Celebrates Xenigwet'in Court Victory

PRESS RELEASE FOR IMMEDIATE RELEASE November 21, 2007

(Coast Salish Territory/Vancouver) - "The Union of BC Indian Chiefs congratulates Xenigwet'in and Chief Roger William on their hard-earned court victory today. Today's judgment is another nail in the coffin for the BC Treaty Process. Clearly the process is dead," stated Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs.

"What the judgment confirms is what we already know, the full measure of Aboriginal Title is a legal reality in BC and BC has no jurisdiction on our lands," said Grand Chief Phillip. "The astonishing inconsistencies between this decision and the two Final Agreements are absolutely monumental - why would any First Nation be foolish enough to ratify any BCTC settlement agreement for less than 5% of their territory when the Xenigwet'in has achieved recognition of their Aboriginal Title to 50% of their territory?"

The Xenigwet'in sought declaration of Tsilhqot'in Aboriginal rights throughout their territory. Chief Roger William, in his representative capacity on behalf of all Xenigwet'in and all Tsilhqot'in people, brought the suit forward in 1990.

The UBCIC fully support the highlights identified by Xenigwet'in's legal counsel of the decision such as:

- * Rejection of the Crown's "impoverished" and "post-stamp size" interpretation of the law of aboriginal title;
- * Judicial recognition of roughly 200,000 hectares of Tsilhqot'in aboriginal title. Judicial recognition of the Tsilhqot'in aboriginal right to hunt and trap for all relevant purposes, including trade for a moderate livelihood.
- * Aboriginal title lands are constitutionally immune from the application of both British Columbia's Forest Act and Limitations Act, pursuant to s. 91(24) of Constitution Act, 1867.
- * Section 88 of the Indian Act does not incorporate province laws of general application so as to interfere with aboriginal title lands.
- * Timber on Aboriginal title lands is not "Crown timber" under British Columbia's Forest Act;
- * Implementation of forestry land use planning on lands subject to Tsilhqot'in aboriginal title or aboriginal hunting/trapping rights is an infringement of these rights.
- * Failure to gather baseline data on species diversity and abundance in an area slated for industrial activity is fatal to Crown attempts to justification such conduct.

Canada's New Government launches first ever national *Food Guide for First Nations, Inuit and Métis*

YELLOWKNIFE - The Honourable Tony Clement, Minister of Health, and the Honourable Jim Prentice, Minister of Indian Affairs and Northern Development and Federal Interlocutor for Métis and Non-Status Indians, today launched the first ever national food guide for First Nations, Inuit and Métis - "*Eating Well with Canada's Food Guide - First Nations Inuit and Métis.*"

"This is the first time that Canada's Food Guide has been tailored nationally to reflect the unique values, traditions and food choices of Aboriginal populations," said Minister Clement. "As a complement to the new 2007 version of Canada's Food Guide, this tailored food guide includes traditional food from the land and sea, and provides the best, most current information for eating well and living healthy."

"This new food guide for First Nations, Inuit and Métis is yet another example of how Canada's New Government is addressing the specific needs of Canada's Aboriginal people," said Minister Prentice. "This guide will be a valuable tool that will assist Aboriginal communities and Northerners in making informed healthy choices, while respecting their traditional way of life," added Minister Prentice.

Canada's Food Guide has been one of Canadians' most trusted sources of information for 65 years. Over the past three years, Health Canada has consulted approximately 7000 stakeholders including dietitians, scientists, physicians and public health personnel, in order to develop the new version of Canada's Food Guide released on February 5, 2007. National Aboriginal Organizations and intermediaries, such as nutrition professionals, confirmed their support for a nationally tailored First Nations, Inuit and Métis food guide and have been engaged at all stages of its development. In fact, more than 400 people were consulted over the past two years.

"We are happy to see that Canada's Food Guide has been tailored to meet the needs and considerations of Canada's First Nations," said National Chief Phil Fontaine of the Assembly of First Nations. "This new tailored guide is a positive step towards improving the health of First Nations peoples and we must continue to work with the government to improve access to affordable, healthy food, especially in remote and northern communities," added National Chief Fontaine.

"We are pleased to see 'country food' being recognized in the Canada Food Guide as an essential element of a nutritious diet for Inuit," commented Mary Simon, President of Inuit Tapiriit Kanatami. "Country food for Inuit includes caribou, Arctic Char, seal, whale, walrus, muskox, ptarmigan, and many other plants, animals, and fish. This Food Guide will be a useful tool to educate Inuit youth across the Arctic and in the South."

"On behalf of the Métis National Council, I would like to thank Health Canada for their clear recognition of and commitment to the health and well being of the Métis through the publication of "*Eating Well with Canada's Food Guide - First Nations, Inuit and Métis,*" said Mr. Dale LeClair, Chief Administrative Officer, Métis National Council. "The Métis National Council shares Health Canada's commitment to good health and we will continue to work together to improve and maintain the health of the Métis nation."

For more information on [Canada's Food Guide - First Nations, Inuit and Métis](http://www.healthcanada.gc.ca), please visit Health Canada's Web site (www.healthcanada.gc.ca).

Eating Well with Canada's Food Guide - First Nations, Inuit and Métis

Moose stew? Char? Blueberries? Bannock? For the first time, a national food guide has been created which reflects the values, traditions and food choices of First Nations, Inuit and Métis.

This new tailored food guide includes both traditional foods and store-bought foods that are generally available, affordable and accessible across Canada and provides unique images and content.

Recommendations are based on the new 2007 version of Canada's Food Guide.

- Check out [***Eating Well with Canada's Food Guide - First Nations, Inuit and Métis***](#) for current information on eating well; or
- [Order your copy](#) of Eating Well with Canada's Food Guide - First Nations, Inuit and Métis today.

Frequently Asked Questions

What is "*Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*"?

It is a food guide tailored to reflect traditions and food choices of First Nations, Inuit and Métis, and is a complement to the 2007 *Canada's Food Guide*. This tailored food guide has recommendations for healthy eating based on science. It recognizes the importance of traditional and store-bought foods for First Nations, Inuit and Métis today.

This food guide can be an important tool for individuals, families and communities to learn about and share ways of eating well, including traditional and store-bought foods.

Why is there a food guide tailored to the needs of First Nations, Inuit and Métis?

Aboriginal cultures have different values, traditions and sometimes different food choices from those of the general Canadian population. The tailored food guide shows examples of traditional foods of First Nations, Inuit and Métis. It also explains how traditional foods can be used in combination with store-bought foods for a healthy eating pattern.

What are the main differences between *Eating Well with Canada's Food Guide* and *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*?

Eating Well with Canada's Food Guide - First Nations, Inuit and Métis reflects the importance of both traditional and store-bought foods for Aboriginal people living in Canada.

It shows pictures of store-bought foods that are generally available in rural and remote locations, and provides unique images and content developed for Aboriginal populations.

Does *Eating Well with Canada's Food Guide - First Nations Inuit and Métis* replace other food guides that have been tailored regionally to reflect local foods and traditions?

Previous versions of the *Canada's Food Guide* have been tailored in various regions across Canada to reflect local foods and traditions. However, this is the first time that *Canada's Food Guide* has been tailored nationally to reflect First Nations, Inuit and Métis foods and traditions.

The dietary information in this new nationally tailored food guide provides an up-to-date reference for adapting any local or regional food guides.

Information from www.healthcanada.gc.ca/foodguide

Canadians need to cut sodium in diet to reduce stroke, heart disease: coalition

Oct. 25, 2007

Provided by: Canadian Press Written by: Sheryl Ubelacker, Health Reporter, THE CANADIAN PRESS

TORONTO - Urgent action is needed by government and industry to reduce sodium in foods eaten by Canadians, to prevent death and disability from stroke and heart disease, a coalition of health organizations said Thursday.

High levels of sodium are found in many of the processed and restaurant foods that Canadians consume each day, said Dr. Norman Campbell, president of Blood Pressure Canada, one of 17 health groups that have teamed up to get across the down-with-sodium message.

Meanwhile, Health Minister Tony Clement also announced Thursday that Ottawa will establish an expert Sodium Working Group to explore ways to reduce intake and cardiovascular disease among Canadians.

Excess sodium, including table salt, can contribute to high blood pressure, considered the leading risk factor for death from stroke and heart disease. Research shows that lowering sodium consumption could slash the incidence of those deadly conditions by about 30 per cent.

"We need to start to address the root causes of elevated blood pressure, or hypertension, in Canada," said Campbell, a Calgary hypertension expert.

High blood pressure also significantly boosts the risk for kidney disease and is associated with dementia and blindness. Hypertension costs Canada about \$430 million a year just for patient visits to doctors' offices and medications to treat the condition, he noted.

"So it really leads to a lot of health issues in Canada." Yet Statistics Canada has found that the average Canadian consumes at least 3,100 milligrams of sodium each day, most of it hidden in processed foods.

Health Canada says adequate intake for an adult is 1,200 to 1,500 milligrams of sodium daily, with an upper limit of 2,300 for good health. Many health experts suggest about 1,700 milligrams daily is optimal.

"We're obviously above the optimum and we're vastly exceeding even the upper limit," Campbell said, noting that up to five million Canadians have hypertension. "If sodium went from its current levels of consumption to about 1,700 milligrams a day, about a million people who are currently hypertensive would have normal blood pressure."

Sodium was long added to foods as preservative, but its primary use now is as a flavour enhancer. "But what happens is when there's a very, very large amount of salt in food, people acquire a taste for that, so low-sodium foods taste bland to them," Campbell said, noting that it takes about six weeks for one's palate to adjust to less salty food.

"What we've done is we've adjusted our population's taste such that everyone's now accustomed to high-sodium food," he said. So the food industry keeps levels high, in part to meet consumer demands.

To shrink sodium intake, Canadians are advised to eat a diet rich in fresh fruits and vegetables, while avoiding processed foods as much as possible. But when it comes to processed products, Campbell advises consumers to check sodium levels on labels - they often differ greatly from one manufacturer to another.

"Many people may mistakenly believe that they can cut their sodium just by sprinkling less salt (on their food), but this really requires a very concerted effort by the food processors to put less sodium in their food for this to be successful."

The coalition, which also includes the Canadian Stroke Network and the Heart and Stroke Foundation of Canada, wants Canadians to achieve healthy sodium intake levels by 2020. To that end, it is calling on the federal government to:

- Set graduated targets for sodium levels in packaged and processed foods.
- Establish monitoring systems to track sodium levels in the diets of Canadians.
- Educate Canadians on the health risks of high dietary sodium and how to reduce consumption.
- Provide incentives to the food industry to reduce sodium in their products.

"The individual can only do so much and now more food companies have to step up," Dr. Kevin Willis, director of the Stroke Network, said in a release. "If we discovered that a food additive was causing 30 per cent of all cancers, something would be done right away. The same action is needed with sodium to prevent stroke, heart disease and other vascular illnesses."

Campbell said discussions with food producers suggest at least some companies are willing to come to the table and look at sodium reduction targets. Without such measures, Canadians' health could be jeopardized even more in the future, he said.

"We've got an aging population and we're gaining weight, and these are things that are really going to drive an epidemic of hypertension. We're already seeing that we're medicating large sections of our population." "If we don't do this, then the burden of illness - earlier strokes, earlier heart disease and kidney disease - is on the horizon."

Article from WomensHealth@Medbroadcast.com

Cancer agency applauds N.S. town's bylaw surrounding smoking in cars

Nov. 19, 2007

Provided by: The Canadian Press Written by: Melanie Patten, THE CANADIAN PRESS

HALIFAX - A move by a small Nova Scotia town to ban smoking in vehicles carrying children is being applauded by the Canadian Cancer Society, which dismissed criticism that the law is too intrusive by citing the evolution of anti-smoking laws across the country.

The town council of Wolfville, about a hour's drive north of Halifax, made history Monday evening as all seven councillors voted in favour of the bylaw - the first of its kind in Canada.

Meg McCallum, a spokeswoman for the cancer agency, said the bylaw is part of a societal shift that began years ago when similar bans were placed on airplanes followed by workplaces, restaurants and bars across much of Canada.

"It's all about what's best for children and youth," she said from Halifax. "This is part of evolving to a culture where being tobacco-free is the norm."

The law, expected to come into effect June 1, 2008, would prohibit exposing children under 18 to second-hand smoke in a vehicle.

Nova Scotia already has a ban on smoking in public places - Wolfville led the way on that front, too.

And according to Health Canada, New Brunswick, Newfoundland and Labrador, Saskatchewan, Manitoba, Ontario and Quebec have since enacted similar laws.

Wolfville Mayor Bob Stead has insisted the law is not about "hunting for people who are violating the bylaw," but raising awareness. "For the most part, it's a matter of bringing to people's attention the health risks that are associated with smoking in cars, particularly for children," he said in a recent interview.

The town plans to launch an educational campaign this week to warn residents about the new bylaw and draw attention to the harm caused by second-hand smoke in vehicles.

But the bylaw will not be just a token for the anti-smoking movement, the mayor said.

First-time offenders can expect a warning, but a subsequent offence will result in a fine of about \$50, or possibly more. "If we come across it, we will react appropriately," he said, adding that the RCMP will help enforce the bylaw.

Signs will be posted at entry points into the community - a popular tourist destination - to make motorists aware of the law.

On the other side of the debate, McCallum acknowledged the law could prompt concerns about the infringement of civil liberties - as did seatbelt legislation many years ago.

"(People asked) 'Isn't this a violation of my right? Shouldn't I be able to do what I want in my own vehicle?'," she said. "Yet that legislation is now long-standing, and there are very few individuals who would question putting on a seatbelt in a car."

As of late last week, the town had received nine letters and e-mails in support of the new bylaw and four opposed - two from Ontario and two from Nova Scotia, each one arguing that the bylaw would be too intrusive.

The mayor said he hoped the bylaw will put pressure on other jurisdictions to follow suit.

Lucas Wide, a spokesman for Nova Scotia's Health Promotion Department, said town council in Wolfville has the right to enact the bylaw, but the province has no plans to do the same.

"We're going to monitor the situation and see how it develops," he said. "We're certainly not even at that point yet where we're looking or have begun discussions with the Department of Justice ... as to how it could potentially work."

Laws banning smoking in vehicles with children are already in place in parts of the United States and Australia, according to the Canadian Cancer Society.

McCallum said the bylaw could not only improve the health of children, but discourage them from picking up the habit themselves.

The concentration of second-hand smoke, which has been linked to asthma, sudden infant death syndrome and cancers, is higher in a vehicle than in a larger space such as a bar or restaurant, the cancer agency says.

And forget about rolling down a window for ventilation. "It just pushes more of the smoke back into the backseat," said McCallum.

"(Children's) respiratory systems are less developed and their respiratory rates are higher, so they're breathing quicker and taking in more of the toxins."

News Release

Fishing for Gold in the Land of the Chilcotin People

For Immediate Release: November 14, 2007

VICTORIA - B.C. lakes - now you see them, now you don't.

Taseko Mines wants to drain Fish Lake and replace it with toxic chemicals in a proposed controversial gold and copper mine in the Chilcotin. In a similar case earlier this fall, The Tsay Keh Dene people were successful in having a Canada-B.C. Joint Review Panel reject Kemess North Mine's proposal to drain Amazay Lake and use the hole for a tailings pond.

On Friday, November 23rd at 7:00 pm in UVic's David Lam Auditorium, Friends of the Nemaiah Valley (FONV) is hosting a Public Information evening regarding the proposed destruction of Fish Lake.

Fish Lake holds 85,000 trout and, along with its watershed, is an important environmental and First Nations resource in the area. "This mine will be an environmental travesty, a social disaster for the people of the Nemaiah Valley, and economically destructive of wilderness tourism. I believe it is the right of the local First Nations to decide what happens here," said David Williams, President of Friends of the Nemaiah Valley.

In 1996, an application to take this mine development to an environmental assessment review was rejected by DFO because the Ministry of Environment Lands & Parks called Fish Lake, "a classic family fishing experience...with a high catch success...making it one of the highest ranking lakes in the Cariboo". Fish Lake has been part of Tsilhqot'in people's food fishery for hundreds of years. The current high price of gold is driving the push to make this lake disappear.

Fish Lake is within the traditional territory of the Tsilhqot'in peoples. FONV has invited First Nations Chiefs Roger William, Ervin Charleyboy and Ivor Myers, along with Joe Alphonse of the Tsilhqot'in National Government to be at this meeting. We support their opposition to any mine proposal that includes the destruction of this lake. John McManus, V-P of Operations for Taseko Mine, says Fish Lake is "right beside the deposit (and) trying to preserve the Lake and have the mine is just not realistic".

The "Fishing for Gold" evening will:

- * Alert the public to how provincial and federal regulations would allow Taseko Mines to drain Fish Lake so they can proceed with a gold and copper mine.
- * Provide First Nations Chiefs an opportunity to affirm their right to be fully involved in any decisions in their territory and to support them in their opposition to pulling the plug on Fish Lake.
- * Bring the public up-to-date on the rights and title case known as William v Canada - the case of the Xeni Gwet'in First Nations. This landmark decision will almost certainly be handed down before November 23rd and has implications for all First Nations in B.C. and for how resource development will proceed in First Nations territory. (Jack Woodward, counsel for Xeni Gwet'in FN and Murray Browne, counsel for Tsay Keh Dene will also be in attendance).

Admission is by donation and the event is co-sponsored by the Vancouver Island Public Interest Research Group. There will also be a silent auction to raise funds to cover the cost of the event and for FONV programs.

- 30 -

Information: <http://fonv.ca>

David Williams, Friends of the Nemaiah Valley (wild horses), 250-592-1088 or 250-413-7155

'MAYA ANGELOU'S' BEST POEM EVER

A WOMAN SHOULD HAVE ... enough money within her control to move out and rent a place of her own, even if she never wants to or needs to...

A WOMAN SHOULD HAVE ... something perfect to wear if the employer, or date of her dreams wants to see her in an hour...

A WOMAN SHOULD HAVE ... youth she's content to leave behind ...

A WOMAN SHOULD HAVE ... a past juicy enough that she's looking forward to retelling it in her old age...

A WOMAN SHOULD HAVE ... a set of screwdrivers, a cordless drill, and a black lace bra...

A WOMAN SHOULD HAVE ... one friend who always makes her laugh... and one who lets her cry...

A WOMAN SHOULD HAVE ... a good piece of furniture not previously owned by anyone else in her family...

A WOMAN SHOULD HAVE ... eight matching plates, wine glasses with stems, and a recipe for a meal, that will make her guests feel honored...

A WOMAN SHOULD HAVE ... a feeling of control over her destiny.

EVERY WOMAN SHOULD KNOW... how to fall in love without losing herself...

EVERY WOMAN SHOULD KNOW... how to quit a job, break up with a lover, and confront a friend without; ruining the friendship...

EVERY WOMAN SHOULD KNOW... when to try harder... and **WHEN TO WALK AWAY...**

EVERY WOMAN SHOULD KNOW... that she can't change the length of her calves, the width of her hips, or the nature of her parents..

EVERY WOMAN SHOULD KNOW ... that her childhood may not have been perfect ... but its over...

EVERY WOMAN SHOULD KNOW... what she would and wouldn't do for love or more...

EVERY WOMAN SHOULD KNOW... how to live alone... even if she doesn't like it...

EVERY WOMAN SHOULD KNOW... whom she can trust, whom she can't, and why she shouldn't take it personally...

EVERY WOMAN SHOULD KNOW... where to go... be it to her best friend's kitchen table... or a charming inn in the woods... when her soul needs soothing...

EVERY WOMAN SHOULD KNOW... what she can and can't accomplish in a day... a month...and a year...

Provided by: Canadian Press

Written by: Seth Borenstein, THE ASSOCIATED PRESS

WASHINGTON - If that craving for chocolate sometimes feels as if it is coming from deep in your gut, that's because maybe it is.

A small study links the type of bacteria living in people's digestive system to a desire for chocolate. Everyone has a vast community of microbes in their guts. But people who crave daily chocolate show signs of having different colonies of bacteria than people who are immune to chocolate's allure.

That may be the case for other foods, too. The idea could eventually lead to treating some types of obesity by changing the composition of the trillions of bacteria occupying the intestines and stomach, said Sunil Kochhar, co-author of the study. It appears Friday in the peer-reviewed *Journal of Proteome Research*.

Kochhar is in charge of metabolism research at the Nestle Research Center in Lausanne, Switzerland. The food conglomerate Nestle SA paid for the study. But this isn't part of an effort to convert a few to the dark side (or even milk) side of cocoa, Kochhar said.

In fact, the study was delayed because it took a year for the researchers to find 11 men who don't eat chocolate. Kochhar compared the blood and urine of those 11 men, whom he jokingly called "weird" for their indifference to chocolate, to 11 similar men who ate chocolate daily. They were all healthy, not obese, and were fed the same food for five days.

The researchers examined the byproducts of metabolism in their blood and urine and found that a dozen substances were significantly different between the two groups. For example, the amino acid glycine was higher in chocolate lovers, while taurine (an active ingredient in energy drinks) was higher in people who didn't eat chocolate. Also chocolate lovers had lower levels of the bad cholesterol, LDL.

The levels of several of the specific substances that were different in the two groups are known to be linked to different types of bacteria, Kochhar said.

Still to be determined is if the bacteria cause the craving, or if early in life people's diets changed the bacteria, which then reinforced food choices. How gut bacteria affect people is a hot field of scientific research. Past studies have shown that intestinal bacteria change when people lose weight, said Dr. Sam Klein, an obesity expert and professor of medicine at Washington University in St. Louis.

Since bacteria interact with what you eat, it is logical to think that there is a connection between those microbes and desires for certain foods, said Klein, who wasn't part of Kochhar's study.

Kochhar's research makes so much sense that people should have thought of it earlier, said J. Bruce German, professor of food chemistry at the University of California Davis.

While five outside scientists thought the study was intriguing, Dr. Richard Bergman at the University of Southern California School of Medicine, had concerns about the accuracy of the initial division of the men into groups that wanted chocolate or were indifferent to it.

What matters to Kochhar is where the research could lead. Kochhar said the relationship between food, people and what grows in their gut is important for the future: "If we understand the relationship, then we can find ways to nudge it in the right direction."

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

**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.

Quotes: From Robert Jordan's The Wheel of Time Series

"Life is a dream from which we all must wake before we can dream again."

"The Wheel weaves as the Wheel wills."

"Women do not become exhausted, they only exhaust others."

"May you shelter in the palm of the creators' hand. May the last embrace of the Mother welcome you home."

PROVERBS:

When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost.

If the rich could hire people to die for them, the poor could make a wonderful living.

Be always a little afraid so that you never have need of being much afraid.

BIBLE QUOTES:

"Though a host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident. For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock." Psalm 27: 3-5

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

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

Sagittarius - Fire November 23-December 21

Sagittarius Archers are fun-loving free spirits. They are forgiving and have a great sense of humour. But if wronged, watch out! Archers can zero in on an enemy's weakness and retaliate quickly. Energetic Sagittarius loves to travel and has a talent for gambling. Archers don't like deceit or pretension. Their standards are high; they are loyal, intelligent, and honest.

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

32nd Annual BC Elders Gathering
July 7, 8, 9th 2008
(with early registration on July 6th, 2008)

Host: Friendship House Association of Prince Rupert
Address: 744 Fraser Street, Prince Rupert, BC, V8J 1P9
Phone: (250) 627-1717 Fax: (250) 627-7533