

Volume 14 Issue 1

December 2013

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

EV'S 157th Issue!



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

HAPPY BIRTHDAY TO ALL ELDERS BORN IN DECEMBER!

DATES of the 38th Annual Elders Gathering
The dates for next years event have been announced as
July 7, 8, and 9th 2014 and will be held at the
Trade And Convention Centre in Penticton.
Watch the EV for further press releases on the
Gathering from the new host.

Contact: Inez Pierre, Elder's Coordinator
Email: ipierre@pib.ca
Tel: 250-493-0048
Fax: 250-493-2882
TF: 1-877-493-0048

Registration and Volunteer Forms on page 5-6,
there are no vendor forms yet.

**MERRY
CHRISTMAS!!**

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Easy Bakers Corner – Christmas Blondie's (makes 18 bars)

Preheat oven to 350°F. Lightly grease a 13 x 9 baking pan.

Beat 1/2 cup of butter till very soft, add 4 eggs and 2 cup of light brown sugar, beat again.

Add 2 cups of Bisquick and 1 tsp. of vanilla, stirring well.

Then add 1 small jar of red cherries, chopped and 1 small jar green cherries, chopped and 1 cup of pecans, chopped, and 1 cup of coconuts until all is mixed well.

Bake for 45 minutes or until golden. Cool completely on wire rack. Cut into bars. Enjoy!

I Wish You Joy

I wish you joy all through your holidays,
I wish you good luck that forever stays.
I wish you the love of family and friends,
I wish you happy days that never ever ends.
Merry Christmas to you!

Christmas Gift

To your enemy, forgiveness.
To an opponent, tolerance.
To a friend, your heart.
To a customer, service.
To all, charity.
To every child, a good example.
To yourself, respect.

What Can you please share?

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

Gilakasla, Donna Stirling

'PRESERVING THE PAST'

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

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

Disclaimer:

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

BCECCS 14th Year GRATITUDE LIST

Support Fee from Dec. 1st 2013– Nov. 30th 2014

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

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1.

FROG LEVEL - \$750

1.

SISIUTL LEVEL - \$500

1. Aboriginal Tourism Association of BC

HUMMINGBIRD LEVEL - \$250

1. Union of BC Indian Chiefs
2. Lake Babine Nation
3. Victoria Foundation
4. Skidegate Band Council
5. Seton Lake Indian Band
6. Xaxli'p Indian Band
7. Mamalilikulla Qwe'Qwa'Sot'Em Band
8. McLeod Lake Tse'khene Elders Society
9. Lytton First Nation
10. Akisqnuk First Nations

Donation: First Nations Tax Commission

Education Awards Available

An increasing number of Aboriginal students are pursuing post-secondary learning and the award programs of the **Irving K Barber BC Scholarship Society** are making it a little easier for many to cover the high costs associated with advanced education. Each year the Society distributes hundreds of awards ranging from \$1000 to \$5000 to Aboriginal students studying everything from welding to medicine. Awards are available for students attending both college and university level institutions as well as a number of Aboriginal education institutes.

The awards are granted through a competitive process that considers financial need, career goals, and family and community responsibilities. References – in particular those provided by Elders – are an important part of the evaluation process for the awards. Grades are not considered a deciding factor as a student's commitment to his or her community is regarded as a more important measure of the likelihood of success and graduation than past academic achievement.

In 2013, the Aboriginal Awards program – including the new Aboriginal Teacher Education Program that provides special support for students seeking to become teachers – paid out over \$800,000 in awards to 271 individual Aboriginal students in BC.

The following chart details the wide range of post-secondary studies that were supported.

Program Category	# of Awards	Category Total
Apprenticeships/Certificates/Diplomas	45	45,000
Bachelors	105	367,000
Masters/Doctoral	45	225,000
Past Recipients	51	51,000
Teacher Education	25	125,000
Total	271	\$813,500

Information and application forms for the Society's Aboriginal Awards program are available online at www.bcscholarship.ca or by calling the Victoria Foundation (250-381-5532) who administer the program on behalf of the Society.

Application forms for next year's awards will be available in mid-December with an application deadline of March 31st, 2014.



38TH ANNUAL BC ELDERS GATHERING

HOSTED BY PENTICTON INDIAN BAND ELDERS
 RR #2 SITE 80 COMP. 19 PENTICTON, BC V2A 6J7
 PHONE: 250 493 0048 □ FAX: 250 493 2882
 WEBSITE: [HTTP://38THBCELDERSGATHERING.COM](http://38thbceldersgathering.com)

ELDERS GROUP REGISTRATION FORM

GENERAL INFORMATION

JULY 7, 8, & 9, 2014
 SOUTH OKANAGAN EVENTS CENTRE &
 PENTICTON TRADE & CONVENTION CENTRE
 853 ECKHARDT AVE W, PENTICTON, BC

REGISTRATION

EARLY BIRD – BY MAY 10, 2014 \$125.00 PER GUEST

LATE – AFTER MAY 10, 2014 \$150.00 PER GUEST

*REGISTRATION INCLUDES CONTINENTAL BREAKFAST, LUNCH,
 AND DINNER PER AGENDA FOR ONE PERSON; WELCOME PACKAGE;
 SCHEDULED TRANSPORTATION; PARKING; AND TOUR OPTIONS.

GROUP/ NATION / TRIBE:			
GROUP CONTACT NAME:		EMAIL:	
PHONE:		FAX:	
ADDRESS:			
ON SITE CAREGIVER NAME:		CONTACT # :	

HOTEL/MOTEL NAME:		PHONE:	
ADDRESS:			

PARTICIPANT NAMES:	HEALTH CONCERNS, DISABILITIES, AND/OR DIETARY NEEDS (THIS INFORMATION WILL BE ON BADGE WORN BY ELDER FOR EMERGENCY PURPOSES)
1	
2	
3	
4	
5	
6	
7	
8	

PLEASE MAIL COMPLETE REGISTRATION FORM WITH
 CHEQUE OR MONEY ORDER PAYABLE TO:

PENTICTON INDIAN BAND
 RE: 38TH ANNUAL BC ELDERS GATHERING
 RR #2 SITE 80 COMP. 19
 PENTICTON, BC V2A 6J7

*FULL PAYMENT MUST ACCOMPANY REGISTRATION FORMS;
 NO REGISTRATION WILL BE SECURED WITHOUT PAYMENT

REGISTRATION FEE

I AM ENCLOSING EARLY BIRD REGISTRATION FEES
 FOR _____ (#) PARTICIPANTS @ \$125.00 EACH

I AM ENCLOSING LATE REGISTRATION FEES
 FOR _____ (#) PARTICIPANTS @ \$150.00 EACH

TOTAL CHEQUE/MONEY ORDER
 ENCLOSED: \$ _____

FOR FURTHER REGISTRATION INFORMATION AND/OR CHANGES PLEASE CONTACT:

SABRINA ENEAS, REGISTRATION COORDINATOR
 EMAIL: SENEAS@PIB.CA PHONE: (250) 493 0048 EXT. 135

“HONOURING OUR OLD ONES, STORY TELLERS & TEACHINGS”



38TH ANNUAL BC ELDERS GATHERING

HOSTED BY PENTICTON INDIAN BAND ELDERS
 RR #2 SITE 80 COMP. 19 PENTICTON, BC V2A 6J7
 PHONE: 250 493 0048 | FAX: 250 493 2882
 WEBSITE: WWW.38THBCELDERSGATHERING.COM

VOLUNTEER REGISTRATION FORM

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

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

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

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

Rhonda Terbasket, Volunteer Coordinator
 38th BC Elders Gathering
 146 Ellis St. Penticton BC, V2A 4L5
 E-mail: rterbasket@friendshipcentre.ca or Fax: 250-490-0891 or Phone: 250-490-3504

“HONOURING OUR OLD ONES, STORY TELLERS & TEACHINGS”

~THE 38TH ANNUAL ELDERS GATHERING PLANNING GROUP IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS, NOR INJURIES OR ILLNESSES DURING THE EVENT~



38TH ANNUAL BC ELDERS GATHERING

HOSTED BY PENTICTON INDIAN BAND ELDERS
 RR #2 SITE 80 COMP. 19 PENTICTON, BC V2A 6J7
 PHONE: 250 493 0048 | FAX: 250 493 2882
 WEBSITE: WWW.38THBCELDERSGATHERING.COM

Name: _____

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

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

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

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

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

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

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

Rhonda Terbasket, Volunteer Coordinator
 38th BC Elders Gathering
 146 Ellis St. Penticton BC, V2A 4L5

E-mail: rterbasket@friendshipcentre.ca or Fax: 250-490-0891 or Phone: 250-490-3504

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Good morning,

\$1 million is now available for one-time grant funding to support projects that:

- 1. Develop or enhance domestic violence units.** The White Paper on Justice Reform Part II contains a government commitment to work with communities to expand the number of Domestic Violence Units in the province. Domestic Violence Units respond to highest risk cases and involve co-locating community-based victim services, police, and in some locations child protection workers.
- 2. Prevent sexual exploitation and/or human trafficking of vulnerable women and girls.** Preventing and addressing human trafficking and sexual exploitation is a priority within BC's Action Plan to Combat Human Trafficking and this category of funding will also address a recommendation contained in the Missing Women Commission of Inquiry Report.
- 3. Prevent youth crime.** These projects will focus on preventing at-risk-youth from engaging in crime and violence through targeted programs and interventions.

All applications must be received by email no later than 4:30 p.m. on Tuesday, December 17, 2013. Incomplete and/or late applications will not be considered.

Application forms are available on our website at <http://www.pssg.gov.bc.ca/crimeprevention/grants/index.htm>

If you have any questions regarding the grant application process please contact:

**Karen Spears (regarding DVU or Sexual Exploitation/Human Trafficking Proposals)
Victim Services and Crime Prevention, Ministry of Justice
604 660 3870**

karen.spears@gov.bc.ca

**Dana Greening (regarding Youth Crime Prevention Proposals)
Victim Services and Crime Prevention Division, Ministry of Justice
604 660 5694**

dana.greening@gov.bc.ca

This funding is available through recoveries under the *Civil Forfeiture Act*. Under the Act, property that has been acquired as a result of unlawful activity, or used for purposes of unlawful activity, can be forfeited. Proceeds from the sale of the property (e.g., houses, cars, etc.) are paid into a special account which can be used for a number of specified purposes including crime prevention or remediation.

Taryn Walsh
Executive Director
Victim Services and Crime Prevention
Community Safety and Crime Prevention Branch
Ministry of Justice

PUBLIC SERVICE ANNOUNCEMENT

B.C. Seniors' Fall Prevention Awareness Week focuses on helping seniors stay independent

FOR IMMEDIATE RELEASE

November 6, 2013

VICTORIA - Did you know, falls account for 85% of all injuries among seniors in B.C. and are the main reason why older adults lose their independence? When seniors fall, the consequences can be serious. In fact, falls were the leading cause of injury deaths among B.C. seniors in 2010. Increased fall risk can occur for a variety of reasons, usually from a lack of balance or inability to recover balance due to age-related physical or mental health problems, impaired mobility or vision, a reaction to medication(s), or slip and trip hazards.

Falls usually happen at home, and women over 65 years are 2.3 times more likely to be hospitalized for a fall-related injury than men—many of these involve hip fractures. Nearly 1 in 10 hospitalizations among B.C. seniors were due to a fall last year and 40 percent of fall-related hospitalizations involved a hip fracture.

Approximately one quarter of older adults who live independently prior to a hip fracture may need to live in a facility for a period of time following a fall-related fracture. A contributing factor is that seniors may become afraid of falling, so they restrict their activities and this can lead to weak muscles, stiff joints and poor balance, resulting in more falls.

The good news is that most falls are predictable and can be prevented by taking simple steps to reduce fall risk. To raise awareness about the importance of reducing falls and related injuries among B.C.'s aging population and to encourage leadership and collaboration across the province, BC supports seniors' fall prevention by proclaiming the first week in November as Seniors' Fall Prevention Awareness Week. This year's theme focuses on Vitamin D and how it can help reduce the risk for falls and fractures.

Are you or your family members at risk? Take the [**online interactive survey**](#) to find out.

DID YOU KNOW: having enough Vitamin D can help to reduce the risk of falls and fall-related injuries

- Vitamin D keeps muscles strong which is important for balance and mobility.
- Vitamin D helps calcium absorb into bones which keeps bones strong.
- **Eating foods rich in calcium and Vitamin D** will help protect against muscle weakness, which in turn will help prevent falls.
- Health Canada recommends that adults over **the age of 70 years take 800 units of Vitamin D per day**. This amount of Vitamin D can be obtained from eating foods that contain Vitamin D and taking a Vitamin D supplement of 400 IU per day. To help assess whether or not you are getting enough Vitamin D you can contact a Dietitian at HealthLinkBC through 8-1-1 or the Email a Dietitian service.

Here are some other key ways to prevent falls:

- Increase **physical activity and muscle strength**.
- Improve **mobility and balance**.
- Follow the **Canadian guidelines for calcium and vitamin D**.
- Have regular **vision** check-ups and correct vision problems.
- Review all **medications** with a doctor or pharmacist.
- Reduce **trip and slip hazards** in the home or outdoors.

For more information on fall prevention:

- Visit B.C.'s Ministry of Health website: <http://www.health.gov.bc.ca/prevention/fallprevention.html>
- Visit the SeniorsBC website: <http://www.seniorsbc.ca/fallprevention>
- Visit Island Health's newly updated Seniors Health website: <http://www.viha.ca/seniors/>
- Download a copy of this year's **fall prevention poster**

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South Island media inquiries

Sarah Plank

Media Relations Manager

Phone: 250.727.4275

Email: sarah.plank@viha.ca

Central and north Island media inquiries

Val Wilson

Regional Communications Manager

250.739.6303

Email: valerie.wilson@viha.ca

QUOTES

“Friendship consists of forgetting what one gives, and remembering what we have received.”

Alexandre Dumas

“Be a friend to thyself and others will too.”

Thomas Fuller

“The light of friendship is like the light of phosphorus, even plainest when all around is dark.”

Grace Cowell

FOR IMMEDIATE RELEASE November 18, 2013

PUBLIC SERVICE ANNOUNCEMENT

Help keep youth resilient against substance use problems

ISLAND WIDE – November 18 to 24 is National Addictions Awareness Week and Island Health’s Youth and Family Substance Use Services and partner agencies across Vancouver Island have come together to provide information on ways you can support the youth our life to make healthier and safer choices.

For many adults who struggle with addiction, their substance use problems often started in youth. When talking with youth, it’s not as simple as telling them to say “no” to drugs and alcohol; youth need adult role models to encourage and support them to choose a healthy lifestyle.

Having strong adult role models also helps youth develop emotional strength and resilience to deal with and respond well to life’s challenges as they become adults. When youth feel connected to family, school and community and have positive role models to emulate, they are more likely to make healthier decisions about their relationships, alcohol/other drug use, sexual practices, education, and leisure time activities.

Here are some ways you can help keep the youth in your life resilient from substance use problems:

- Set an example by living a healthy lifestyle;
- Provide unconditional encouragement and support;
- Stay connected by opening the lines of communication often and being available when youth want to talk;
- Help youth set their own goals and make informed decisions;
- Support a sense of pride and self-esteem by giving youth age-appropriate responsibilities;
- Participate with youth in activities that they enjoy
- Encourage involvement in volunteer activities and community organizations;
- Become a positive mentor by coaching or instructing in organized activities; and
- Teach youth how to deal with conflict and other life stresses in healthy ways.

Remember – you can make positive change in the life of a youth, so ask yourself what you can do to help. We can all make a difference to youth.

For more information and services on Vancouver Island for youth and substance use, please visit:

-Island Health’s Youth and Family Substance Use Services and partner agencies:

<http://www.viha.ca/NR/rdonlyres/82C740FA-A3AB-4149-9FBE-F7D790C6FB33/0/YFSUSbrochureaug2012.pdf>

-Island Health’s Youth and Substance Use information:

http://www.viha.ca/children/youth/healthy_body/substance_use.htm

- Island Health’s Recognizing Resilience: A Resource for Parents and Caregivers of Teens Using Substances:

<http://www.viha.ca/NR/rdonlyres/2CC6E168-D562-440B-B906-0DFEB72CE470/0/recognizingresilience.pdf>

- HealthLink BC Alcohol and Drug Use in Young People: <http://www.healthlinkbc.ca/kb/inc/custom/suppressed.asp?r=/kb/content/special/tp17749.html>

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BC Association of
Aboriginal Friendship
Centres



Vancouver Aboriginal
Friendship Centre

Gathering Our Voices

Aboriginal Youth Conference

Vancouver, British Columbia, Hyatt Regency and Fairmont Hotel

March 18-21, 2014

Career and Education Fair Exhibitor Information

Conference Overview:

The Gathering Our Voices Aboriginal Youth Conference is hosted by the BC Association of Aboriginal Friendship Centres (BCAAFC) and their Provincial Aboriginal Youth Council (BCAAFC - PAYC). The Conference will be held from March 18-21, 2014 in Vancouver, B.C. on the shared traditional territory of Musqueam, Squamish and Tsleil-waututh Nations at the Hyatt Regency and the Fairmont Hotel. With up to 2000 youth (14-24 years), chaperons, presenters and guests will network and learn new techniques and skills in workshops, share knowledge through cultural activities, witness performances by talented individuals, explore career and education possibilities and participate in sports and recreational activities.

Career and Education Fair:

This is a unique opportunity to share information with up to 2000 conference delegates. Aboriginal youth who attend come from across the country and reside either on-reserve or in urban centers. While in the Career and Education Fair, Aboriginal youth and their chaperons can hear presentations, gather information and network with various educational institutions, organizations, public agencies and departments, industry, and arts and craft vendors.

General Exhibit Information:

- Exhibitor Registration Fee: \$300 per table.
- Each booth will be provided with one 6' skirted table and two chairs.
- All exhibitors are responsible for their own meals, refreshments and shipping their own materials.
- Exhibitor Move-In - Wednesday March 19, 2014 at 7:00am
- Exhibitor Move-Out - Thursday March 20, 2014 at 5:00pm
- Spaces for the Career and Education Fair fill up very quickly. Potential Exhibitors are encouraged to send their completed forms as soon as possible to ensure a spot at the conference. Once you have been accepted into our Career and Education Fair we will be contacting you with further details.

To submit completed applications or for further information please contact:

Della Preston, Youth Conference Coordinator
BC Association of Aboriginal Friendship Centres
551 Chatham Street, Victoria, BC V8T 1E1

Phone: 250-388-5522 or 1-800-990-2432 Fax: 250-388-5502 E-mail: dpreston@bcaafc.com

2014 Career and Education Fair Application

DUE: February 3, 2014 by 5:00 P.M. PST

Attention: Della Preston, Youth Conference Coordinator, BCAAFC

Fax: 250-388-5502 E-mail: dpreston@bcaafc.com Mail: 551 Chatham Street, Victoria, BC V8T 1E1

NAME	_____		
ORGANIZATION	_____		
ADDRESS	_____		
CITY / PROV.	_____		
POSTAL CODE	_____		
TELEPHONE	() _____	FAX	() _____
E-MAIL	_____		
PLEASE NAME/LIST EXHIBITOR REPRESENTATIVES	1. _____	4. _____	
	2. _____	5. _____	
	3. _____	6. _____	
EXHIBITOR TYPE (can ✓ more than one)	<input type="checkbox"/> Post-Secondary Education/Program <input type="checkbox"/> Health Organization/Agency <input type="checkbox"/> Federal Agency/Department <input type="checkbox"/> Justice Organization/Agency <input type="checkbox"/> Community Service Agency/Org. <input type="checkbox"/> Arts & Crafts Business <input type="checkbox"/> Youth Group/Organization	<input type="checkbox"/> Trades & Technical Training <input type="checkbox"/> Provincial Agency/Department <input type="checkbox"/> Industry <input type="checkbox"/> Media / Communications <input type="checkbox"/> Company / Business <input type="checkbox"/> Volunteer / Community Raffle <input type="checkbox"/> Other _____	
DO YOU PROVIDE?	<input type="checkbox"/> Give away items <input type="checkbox"/> Print information <input type="checkbox"/> Membership information	<input type="checkbox"/> Raffle item <input type="checkbox"/> Electronic information (i.e. CD's) <input type="checkbox"/> Other _____	
Do you require an electrical outlet for your booth?	YES <input type="checkbox"/>	No <input type="checkbox"/>	
<u>PAYMENT INFORMATION</u>			
Exhibitor Registration Fee	<input type="checkbox"/> \$300.00		
Payment Method	<input type="checkbox"/> Cheque	<input type="checkbox"/> Money Order	<input type="checkbox"/> Credit Card*
* We encourage payment by cheque or money order. For payment by Credit Card (Visa or Mastercard only) please call Della Preston, Youth Conference Coordinator at 1-800-990-2432.			
Make Payable to	BCAAFC		
Mail Payment to	Attention: Della Preston, Youth Conference Coordinator BC Association of Aboriginal Friendship Centres 551 Chatham Street, Victoria, BC V8T 1E1		
** Fee must accompany this completed form in order to reserve a table** A receipt will be issued and provided to exhibitors upon request			

ABOUT THE FIRST NATIONS HEALTH AUTHORITY - FNHA

Why a First Nations Health Authority?

Statistically significant health disparities exist for First Nations people in BC and across Canada. The First Nations Health Authority aims to reform the way health care is delivered to BC First Nations to close these gaps and improve health and wellbeing.

BC First Nations, the Province of BC, and the Government of Canada have all determined that First Nations health disparities are no longer acceptable. A New Relationship between these Tripartite Partners was forged and a series of precedent-setting agreements led to the creation of a First Nations Health Authority.

This new health authority has taken over the administration of federal health programs and services currently delivered by Health Canada's First Nations Inuit Health Branch – Pacific Region, and to work with the province and First Nations to address service gaps through new partnerships, closer collaboration, and health systems innovation.

The First Nations Health Authority works with BC First Nations, government partners and others to improve health outcomes for BC First Nations people. Mandated by a number of health agreements (Transformative Change Accord: First Nations Health Plan [2006], Tripartite First Nations Health Plan [2007], and Tripartite Framework Agreement on First Nations Health Governance – collectively "the Health Plans"), and direction given by BC First Nations leadership.

The Health Plans envision a First Nations Health Authority that would take over administration of Health for federal health programs for First Nations in BC. The FNHA mission "Supporting BC First Nations to implement the Tripartite First Nations Health Plan" has received unprecedented support from First Nations leaders in BC and is well on the way to the transfer of First Nations Inuit Health Branch Pacific Region.

The mandate of the FNHA is to:

Plan, design, manage, deliver and fund the delivery of First Nations Health Programs in British Columbia;

Receive federal, provincial and other health funding for or to support the planning, design, management and delivery of First Nations Health Programs and to carry out other health and wellness related functions;

Collaborate with the BC Ministry of Health and BC Health Authorities to coordinate and integrate their respective health programs and services to achieve better health outcomes for First Nations in British Columbia;

Incorporate and promote First Nations knowledge, beliefs, values, practices, medicines and models of health and healing into the First Nations Health Programs, recognizing that these may be reflected differently in different regions of BC;

Be constituted with good governance, accountability, transparency and openness standards;

Establish standards for First Nations Health Programs that meet or exceed generally accepted standards;

Collect and maintain clinical information and patient records and develop protocols with the BC Ministry of Health and the BC Health Authorities for sharing of patient records and patient information, consistent with law;

Over time, modify and redesign health programs and services that replace Federal Health Programs through a collaborative and transparent process with BC First Nations to better meet health and wellness needs;

Design and implement mechanisms to engage BC First Nations with regard to community interests and health care needs;

Enhance collaboration among First Nations Health Providers and other health providers to address economies of scale service delivery issues to improve efficiencies and access to health care;

Carry out research and policy development in the area of First Nations health and wellness;

The FNHA may undertake other functions, roles and responsibilities connected to health and wellness of First Nations and other aboriginal people in BC.

Press Release

HEALTH CANADA

FIRST NATIONS HEALTH AUTHORITY

Health through wellness

Indian Residential School Support Program

Nov. 20, 2013

Communique | Indian Residential School Support Program

On October 1, 2013 the First Nations Health Authority (FNHA) accepted responsibility for the design, management and delivery of Health Canada funded health programs and services for First Nations in province of British Columbia. To date, this transition has been remarkably successful and a tribute to the effort and dedication of many service delivery organizations.

However, not all federal health programs were included in this initiative; one of these exceptions is the Indian Residential School (IRS) Resolution Health Support Program (RHSP). Given the legal obligations of the Government of Canada to Indian Residential School survivors and their families as outlined in the Indian Residential Schools Settlement Agreement, the Parties did not transfer this program in the same manner as other programs.

The FNHA has entered into a service arrangement to deliver the IRS RHSP on behalf of the Government of Canada. In accordance with this service arrangement, the RHSP will continue to be delivered in British Columbia as part of a national program with the same program terms and conditions that exist in other parts of the country. The Government of Canada is committed to providing these mental health services for the duration of the IRS Settlement Agreement and in 2012 announced an investment of an additional Canada wide investment of \$238.9 million until March 31, 2016. The BC portion of this investment will be allocated in February 2014. In addition, Canada and the First Nations Health Council created a separate MOU enabling BC First Nations through the FNHC, to raise recommendations for improvement for the RHSP.

For IRS RHSP's service delivery organizations who provide RHSP emotional and cultural support services, the FNHA will be working directly with you to manage and negotiate these agreements. The FNHA is planning for discussions to be held this December with existing and new contribution agreement holders about

funding arrangements for IRS RHSP health support services for the coming fiscal year. In the meantime, should you have any questions about the RHSP or availability of other mental health and addictions services supported by the FNHA please contact Mariel Hong at Mariel.Hong@fnha.ca or 604-666-3751.

New and existing RHSP clients should see little change in how they access or use the Program. The IRS RHSP phone number (1-877-477-0775) will remain the primary point of contact to access services in BC. Former IRS students and their families can also access the 24 hours a day, 7 days a week National IRS Crisis Line at 1-866-925-4419.

Spirit Magazine

The Transfer Issue- Our First Nations Health Authority

The First Nations Health Authority is pleased to release the Fall 2013 issue of Spirit Magazine!

Find many positive wellness stories, innovations, and best practices in BC First Nations health in this issue including: Beefy Chiefs and Champions Wellness Challenge Results, Vancouver Island First Nations Health Council Diaries, Doc' Talk, Learning what it means to be Two-Spirited, hearing from BC First Nations community members and leaders on what it means to have a new First Nations Health Authority, and much more!

<http://www.fnha.ca/wellness/spirit-magazine>

Please note that the complete video will no longer be available online at <http://www.youtube.com/watch?v=CdqFEqwaVUM> after Nov. 10th but is available for purchase at www.aboriginalfilms.com for \$20.00 with all viewing rights included.

Helisat Hale: Awaken Life Within You, the Kelly Paul Marathon Documentary DVD is now available

Suicide touches everyone. On a journey of personal healing after losing her brother, Kelly Paul, member of the Tsartlip Band embarked on a life changing experience. Her goal was to run the length of Vancouver Island, a rugged terrain of 535 kilometres. For five weeks, Kelly and her two companions ran from community to community carrying with them a message of hope, of pride and of love.

Nourished spiritually and supported physically by each community they visited, the messages they brought began to resonate across the traditional lands; to awaken your spirit and value the life within you, to recognize and honour the gifts you have been given, to not be afraid to dream and reach for those dreams, and to connect to one another and to cultural values.

The teachings that were shared and carried from community to community by these three runners capture a powerful and positive message, now available in DVD as a resource for schools, health centres, youth centres. 46m

See the complete video live on Youtube at <http://www.youtube.com/watch?v=CdqFEqwaVUM>

Purchase the DVD for \$20.00 online (also see our other films) at <http://aboriginalfilms.com/>

Films include all educational screening rights. Wholesale costs are available for retail and quantity ordering.

Christmas is coming...and so is the flu.

Protect the ones you love – get a flu shot today.

by Island Health Medical Health Officer, Dr. Dee Hoyano

The official start of the influenza season is December 2nd, just a few short weeks before Christmas.

This year, give your family the gift of staying healthy over the holidays and get immunized against influenza.

The flu can cause serious illness and even death in seniors and others in high risk groups. We know many people don't get immunized because they think of themselves as healthy and assume they won't get sick, or that if they do get sick, it won't matter. What they may not realize is how their illness might affect the people around them.

Even if you are a healthy adult, if you have regular contact with anyone at serious risk from influenza, you can help protect them by getting immunized. Remember, influenza is easily transmitted from person to person and can be contagious 24 to 48 hours before you show symptoms.

We know there are a lot of myths and much misinformation about the influenza vaccine. Some people avoid getting vaccinated because they believe that influenza vaccines will make them sick, or cause a severe reaction, but the truth is, the flu shot can't give you influenza - the vaccine contains killed or weakened influenza viruses that can't cause infection. As for causing a severe reaction, the vast majority of people who get the flu shot have no side effects at all – it's a very safe vaccine. Some people will have minor, temporary redness, soreness or swelling where the vaccine was given.

In fact, the biggest inconvenience of getting a flu shot might be the time it takes out of your day. But with more places than ever offering immunizations – like pharmacies, public clinics and your doctor's office – it's never been easier.

Stay healthy over the holidays and protect the ones you love: get a flu shot today.

Note: People who fall into the high risk group are eligible for a free vaccination; this includes people who come in contact with those at risk. Those at high risk include: people age 65 and older and their caregivers, children and adults with chronic health conditions and their close contacts, healthy children from 6 months of age to less than 5 years old along with their household contacts and caregivers, Aboriginal people and visitors to healthcare facilities. For a complete list of those considered at high risk for influenza and eligible for a free vaccination and for more information on where to get immunized visit www.viha.ca/flu

HEALTH COUNCIL OF CANADA

Hello,

Today, the Health Council of Canada released the report *Canada's most vulnerable: Improving health care for First Nations, Inuit and Métis seniors* at the Native Canadian Centre of Toronto.

Thank you for your contribution to this report. The Health Council conducted interviews with senior government officials and First Nations, Inuit and Métis organizations and hosted three regional meetings over the past year to address the concerns and perspectives of the people and providers who work with Aboriginal seniors and to learn what is being done for seniors in their communities. We also convened focus groups in Iqaluit, Inuvik and Happy Valley-Goose Bay to capture the unique situations of Inuit seniors. Yours was one of the voices we heard.

The Health Council found communication and coordination were often lacking between health care services and Aboriginal peoples and the communities in which they live which can prevent seniors from getting the care they need. However, we did find innovative practices that encourage coordination through culturally competent care arrangements. Some of these practices have been developed, led and managed by and for Aboriginal peoples, such as the BC First Nations Health Authority. Twelve innovative practices are profiled in the report.

The report is available in both official languages to governments, stakeholder organizations and members of the general public via the Health Council's website, healthcouncilcanada.ca

The Health Council has profiled a number of innovative practices that are improving care for Aboriginal people at healthcouncilcanada.ca/innovation.

We also invite you to see what our guest bloggers are saying about the report at healthcouncilcanada.blogspot.com.

Again, thank you for your interest and support of our work.

Sincerely,

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Chief Executive Officer
tel: 416.480.7070 fax: 416.701.6171
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900-90 Eglinton Avenue East Toronto, ON M4P 2Y3
www.healthcouncilcanada.ca | www.twitter.com/healthcouncilca

Find and share innovative practices in health care. Visit the Health Innovation Portal:

innovation@healthcouncilcanada.ca



Aboriginal Tourism BC launches “Plus Aboriginal BC” campaign and new website
Travellers to British Columbia encouraged to have a deeper experience and include at least one Aboriginal tourism experience on their journey

Nov 7, 2013, Vancouver, BC – A visit to British Columbia is not complete without at least one Aboriginal tourism experience is the message behind Aboriginal Tourism Association of BC (AtBC)’s **Plus Aboriginal BC** campaign announced today at the Bill Reid Gallery.

The program is to raise awareness of the growth in authentic Aboriginal tourism experiences across BC, which is a competitive advantage due to increased global demand for cultural tourism experiences.

“We are proud of the fact that BC’s Aboriginal tourism industry has some of the most diverse and best developed operators in the world, when it comes to indigenous cultural tourism,” says Keith Henry, CEO of AtBC. “The range of Aboriginal experiences available to visitors, which can last a week, a day or a few hours, is the best it has ever been, thanks to the passion and dedication of so many First Nations tourism operators and communities.”

According to research conducted by AtBC, trends in tourism indicate increasing demand for cultural tourism attractions. More and more visitors are looking for experiences that immerse them in a foreign culture and allow them to experience customs and traditions first hand. This is backed up by the 2012 Larrakia declaration on the development of Indigenous Tourism which states: *as the world becomes increasingly more homogenous, Indigenous cultures will become increasingly important for tourism to provide differentiation, authenticity and the enrichment of visitor experiences.*

“Currently, Aboriginal tourism contributes over \$40 million to our provincial economy and we are predicting that to rise to \$68 million by 2017,” says Henry. “We will continue to support best practices and help market these experiences as an integral component to every visitor’s experience along the West Coast of Canada.”

Examples of the **Plus Aboriginal** experiences visitors can add on to their visit to the province include:

- Visit to Klahowya Village while walking or cycling around the Stanley Park walkway in Vancouver.
- Experiencing the annual Secwepmc Pow Wow, one of the largest celebrations of First Nations culture and heritage in Western Canada, while exploring Kamloops.
- Visit the U’mista Cultural Centre in Alert Bay while touring northern Vancouver Island.
- Wine tasting at Nk’Mip Cellars in the Okanagan, North America’s first Aboriginal owned and operated winery.
- Experience camping in a teepee along the Fraser River, at Tuckkwiowhum Village in Boston Bar.
- Take a break from skiing, mountain biking or golfing and visit the Squamish Lil’Wat Cultural Centre in Whistler.
- Learn about Aboriginal art at the Bill Reid Gallery, in downtown Vancouver or Cheryl’s Trading Post in White Rock.
- View a spirit bear by visiting Spirit Bear Lodge in Klemtu.
- Go grizzly bear and whale watching with Aboriginal Journeys in Campbell River.
- Feast on aboriginal cuisine at Kekuli Café following a fun day on Okanagan Lake.

One of the many positive impacts of the growth in demand for Aboriginal tourism is the fact that First Nations traditions and customs are being revitalized for the benefit of communities across BC.

"We welcome the chance to share our own Aboriginal knowledge of this province through tourism," says Brenda Baptiste, Chair of AtBC. "We are proud to provide an authentic interpretation of our history, culture and landscapes through arts and culture, wildlife viewing and hospitality."

Today also marks the launch of the new website, www.aboriginalbc.com. Designed to showcase the abundance and diversity of Aboriginal experiences, the site also includes trip planning options, deals and events. For the user, menus are always visible on the screen and "My Trip Planner" function allows the user to collect their favourite choices from experiences to deals. They can then share via social media, print out an itinerary or save their selection for future viewing. Built for speed, the site is easy to navigate and with a responsive design it adapts to various screen sizes from tablets to smartphones.

Integrated marketing components of the *Plus Aboriginal BC* campaign include a consumer campaign, working with travel trade and media relations. For more information on the *Plus Aboriginal BC* campaign, visit www.aboriginalbc.com or www.facebook.com/AboriginalBC.

About AtBC

The Aboriginal Tourism Association of British Columbia (AtBC) is a non-profit, membership-based organization that is committed to growing and promoting a sustainable, culturally rich Aboriginal tourism industry. Through training, information resources, networking opportunities and co-operative marketing programs, AtBC is a one-stop resource for Aboriginal entrepreneurs and communities in British Columbia who are operating or looking to start a tourism business. AtBC works closely with tourism, business, education and government organizations to help B.C.'s Aboriginal tourism businesses offer quality experiences and actively promotes these experiences to visitors and local residents.
www.aboriginalbc.com

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Media Contacts:

Kate Rogers, Tartan Group: 604-880-1494 or kate@tartangroup.ca
Brian Cant, Tartan Group: 250-592-3838 or brian@tartangroup.ca

Heart Health from www.medbroadcast.com STOP SMOKING

Stop smoking. Breathe easy. It takes practice and time to quit smoking, but it can be done, and the benefits of stopping smoking are worth the effort. There are many ways to quit smoking, such as the "cold turkey" method or a system to gradually taper off smoking. Each person is unique, and different strategies work better for different people.

Smoking cessation medications Smoking cessation medications include nicotine chewing pieces (gum), the nicotine patch, nicotine inhaler, oral sprays, nicotine lozenges, bupropion, and varenicline. Research shows that when used as directed and combined with support groups or counselling, these medications can increase your chance of success. Speak to your doctor or pharmacist about which medications may be appropriate for you.

Support groups and counselling Group programs usually involve meeting small groups of people who are all trying to quit smoking. Group support programs have proven one of the most successful methods for quitting smoking. Qualified health professionals lead some group programs, and these tend to be more effective. Contact your local public health department to locate any smoking cessation groups active in your community.

Individual counselling programs range from brief advice and counselling offered by a health care professional to intensive counselling available through specialty clinics. These clinics are not available everywhere, but are especially helpful for certain smokers. Talk to your doctor about whether individual counselling is an appropriate option for you.

Tips for quitting

The process of quitting smoking may be hard, but it can be done!

Here are some tips to help you quit:

Develop an action plan to improve your chances of quitting. Writing the plan down will help you think more carefully about what you need to do and how you will approach it. Try the following:

Pick a day as your "quit date," which is the day you intend to stop smoking. Write this date down.

Make a list of the important benefits of quitting and read it over before and after you quit. Use this list while you are trying to quit to remind yourself of your reasons for quitting.

List the situations in which you smoke and the reasons why you smoke – this will help you identify what "triggers" you to light up.

List fun and healthy activities to replace smoking, and be ready to do these when you feel the urge to smoke.

Avoid smoking triggers. Starting with your quit date, try to remove or avoid your smoking triggers. For example, if you associate coffee with smoking, try drinking tea or water instead. If you usually smoke at parties, find other ways to socialize with friends until you feel comfortable and confident about facing these situations.

Don't carry matches, a lighter, or cigarettes.

Each day, delay lighting your first cigarette by one hour. After the first cigarette, when you have your next craving to smoke, delay for another 15 minutes or half an hour. By delaying each cigarette, you take control.

Familiarize yourself with possible withdrawal symptoms and how you plan to handle them.

Get moving! Exercise is a great way to relax and feel good; use exercise rather than smoking to deal with stress. As you exercise, with each deep breath you take, you can start to repair some of the damage done to your body from smoking.

Build your own support network. Enlist the help of a close friend or family member, your doctor, someone you know and respect who has recently quit, or someone who wants to quit smoking with you.

Heart Health from www.medbroadcast.com - The skinny on cholesterol

Cholesterol is a fat-based substance found in the bloodstream and the body's cells. Cholesterol is essential for good health: it builds and repairs cells, protects nerve fibres, and is used to produce certain hormones and bile acids. We get it in two ways: the liver produces it, and it is contained in some of the foods we eat, including meat, chicken, fish, eggs, and dairy products. A healthy daily intake of cholesterol is about the amount found in a single egg. Most of us take in more than that, which is where problems can begin.

When cholesterol moves through our blood, it joins up with proteins to make molecules known as *lipoproteins*. "Bad" cholesterol, or low-density lipoproteins (LDL), can build up on the walls of blood vessels, where it blocks and damages arteries. This can eventually cause heart disease and stroke. But there's also "good" cholesterol, high-density lipoproteins (HDL), which clear away the dangerous type of cholesterol.

Although LDL is the one to worry about, getting accurate readings of both kinds is essential. High levels of "bad" cholesterol and low levels of "good" cholesterol mean you could be at risk of heart disease.

Triglycerides are not a type of cholesterol but are another type of fat found in the body. Like LDL, high triglycerides are associated with heart disease. Triglyceride levels are often measured at the same time as cholesterol levels.

Many factors determine whether your LDL-cholesterol is high or low, including:

diet

weight

level of physical activity

age (cholesterol levels rise with age)

sex (men have higher cholesterol)

alcohol consumption

heredity

some medical conditions, such as diabetes, hypothyroidism, liver disease, and kidney disease

To help lower cholesterol levels:

enjoy a diet high in whole-grain foods, vegetables, fruits, and legumes

replace saturated fats (found in meat, full-fat dairy products, shortening, and tropical oils such as palm and coconut oil) with monounsaturated fats (found in olives, olive oil, nuts, and avocado) and polyunsaturated fats (found in vegetable oils, nuts and seeds, fish, and wheat germ)

drink alcohol in moderation (no more than 3 drinks per day, up to a maximum of 15 drinks per week for men and no more than 2 drinks per day up to a maximum of 10 drinks per week for women)

enjoy regular physical activity (such as walking, swimming, biking, or gardening)

don't smoke

maintain a healthy body weight

take cholesterol medications (if necessary) as prescribed by your doctor

You can help monitor your blood cholesterol levels with a home testing kit.

These kits require only a single pinprick of blood to test total cholesterol levels. The test is accurate and measures your total cholesterol levels. Some kits may also measure HDL, LDL and triglyceride levels. Talk to your doctor to find out what your targets should be. You can use the test anytime, except if you've had the flu or some other minor health problem within the last month. Be aware that if you've had major surgery or a heart attack within the last 3 months, the test won't work.

Your doctor may have provided your cholesterol readings as a ratio of total cholesterol to HDL. Contact your doctor if you're concerned about your results or have questions about managing your cholesterol.

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

**ADDRESS:
1415 Wewaikum Rd.
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**

**BCECCS HAS GONE
PAPERLESS!
AND NOW
ELDERS VOICE ISSUES
ARE EMAILED OUT TO
ALL CONTACTS AND
POSTED ONLINE BY THE
1ST OF EACH MONTH!**

Myth 4:

**Tire pressure need only be checked
when I get an oil change**

You really should measure your tire pressure at least once a month.

Tires can lose up to 2 psi of air pressure per month. Properly inflated tires last longer, make your vehicle safer to drive and can improve your fuel efficiency by 3.3%. This will save you about 2 weeks of fuel each year in addition to reducing smog, air pollution and greenhouse gas emissions.

Also, tires change pressure from season to season, (both up and down) due to the outside temperature. Every 5°C change in temperature results in about a 7₁ kPa (1 psi) change in tire pressure.

If everyone in Canada and the United States maintained proper tire pressure on their vehicles, we'd save \$9 billion on gas, cut 24 million tonnes of air pollution, and prevent thousands of traffic accidents caused by poorly inflated tires! Not to mention, your tires will last longer.

Proverbs

“A good bell is heard far, a bad one still farther.”

“A full belly makes a heavy head.”

“An empty belly is the best cook.”

“He who gets blister from the hoe handle will not die of hunger.”

“Books are preserved minds.”

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 tight clothes. Doesn't like being doubted. Beautiful inside and out.

**Annual Elders Gathering Grand Entry Photos are on:
www.bcelders.com each year**

ANNUAL BC ELDERS GATHERING INFO CORNER

**DATES of the 38th Annual Elders Gathering
The dates for next years event have been announced as
July 7, 8, and 9th 2014 and will be held at the
Trade And Convention Centre in Penticton.**

Contact: Inez Pierre, Elder's Coordinator

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