

**Volume 7 Issue 3**

**February 2007**

Please check out a slide show of the Grand Entry at the 30th Annual BC Elders Gathering in Port Alberni, BC  
Sorry for the delay in posting to our website ([www.bcelders.com](http://www.bcelders.com))

**BC ELDERS COMMUNICATION CENTER SOCIETY**



# ELDERS VOICE

## The 31st Annual BC Elders Gathering

Dear Elders and Workers,

There is no update to report in this issue other than the fact that the event is in the planning stages and will indeed be hosted by the Squamish Nation. They do have dates in mind, but as the venues are in the process of being confirmed they do not have any other information to release to you at this time.

I would ask that everyone remember that this is often the case with the Gathering each year, and that more often than not there is nothing to announce till the New Year, or early spring anyway.

The Gathering is a huge undertaking and any group that steps up to the plate to host this event for thousands should be both applauded and afforded everyone's patience.

I am confident that there will be a more formal announcement from the Host in the March issue of the Elders Voice.

Gilakasla, Donna Stirling, BCECCS Coordinator

## 75th NBBC Anniversary Convention

**Dates: March 26-29 2007**

**Place: Prince Rupert, BC**

**To contact the Native Brotherhood of British Columbia**

**Please Call: 604-913-3372 or Fax: 604-913-3374**

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**BC Elders Gathering Info Corner & BCECCS Contact Information**

## Easy Bakers Corner – Strawberry Cheesecake Squares – 2 dozen

Preheat oven to 350°F. Grease a 13"x9" cake pan.

Combine 2 cups of all-purpose flour and 1/2 cup of granulated sugar in a medium bowl. Cut in 2/3 cup of butter with a pastry blender or two knives until crumbly. Press in prepared pan.

Bake in center of preheated oven for 15-20 minutes or until lightly golden. Let cool on rack while preparing filling.

### Filling:

Beat 1 lb. cream cheese, softened and 3/4 cup of granulated sugar in a large mixer bowl on medium speed until smooth. Add 2 eggs and 1 Tbsp. of lemon juice, beating until smooth. Spread 1 cup of strawberry jam evenly over crust. Sprinkle 1 cup of fresh strawberries on top. Pour cream cheese mixture evenly over strawberries. Bake for 25-30 min. longer until set. Cool and cut into squares.

### *Handy Tips from cbsnews.com* Problem: Paint drips

#### Solution: Coffee can lid

When you're reaching to paint a high surface such as a crown molding or a ceiling, it's much more likely that your paintbrush may drip on you or the floor. To prevent such a mess, take the plastic lid from a large can of coffee and cut a slit in the lid's middle. Pull the brush handle through the plastic so the brush portion is on one side of the lid and the handle is on the other. You've effectively created a shield that will protect you and your stuff from dripping paint.

## 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/Photo's/Storytelling/Drawings/Articles of Interest/Native Songs Lyrics/Wellness Seminars/Obituaries/Birthday Wishes, etc. **Articles/Submissions are best forwarded to me via email** where possible so they can be posted on the website as is. If you are interested in providing articles, please do, I look forward to hearing from anyone who wants to contribute to the content. D. Stirling

### **'PRESERVING THE PAST'**

#### **New Elder's Website: [www.bcelders.com](http://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 web site [www.bcelders.com](http://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.



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**Coordinator: Donna Stirling**

**ATTENTION: FIRST NATIONS LEADERS**  
**Re: YEARLY INVOICE**

**October 31st, 2006**

**Dear First Nations Leaders, Elders Representatives/Workers, Boards of Directors,**

Please take note that the yearly invoices due Dec. 01 will be coming out this week so that offices have adequate time to process the request for help.

Some groups in very isolated areas raise the money to pay this fee from small fundraisers which they conduct in addition to their fundraising to *hopefully* be able to attend the Annual Gathering. I understand and am thankful for these and all fees as I know that times are tough and that the added burden of the \$250 support fee takes time and effort to come up with to help things out here.

For those offices that have the resources to pay this support fee without too much of a pinch, I ask that you do so, as this will help cover costs for those groups that cannot help out financially. In life, especially in our communities, I think that that is what we do on a daily basis to help out anyway. We are a generous People and I hope that everyone can help show the government that we put our elders first, as more often than not over the last 7 years they have made it quite clear that they cannot help out with this elders work.

\$250 a year might seem like a lot of money, if you look at it as a subscription to say TV Guide, but I would appreciate it if everyone could remember that this fee has been waived for any group that it has presented a problem for all these years, even when it meant that I was unable to pay myself for almost 6 of those years.

I started this Elders office at the request of Coordinator at the Gathering in 2000 because they wanted the communications gap between the elders and the rest of the world closed and I believe that that is what I have put in place with the Elders Voice, website, email and toll-free number here for the elders to reach me when they need information, etc. As most of you know I do this work here alone except for my 2 children's help each month, so if you could please look at the fee as *a support fee* (at about \$.68 cents a day) rather than a membership or subscription fee that would be great.

I did what I was asked for the elders and if this letter sounds a bit more strongly worded than I would normally use, it is for the simple fact that I believe that after **7 years** of this Provincial Elders Office/Elders Voice operating it shouldn't be fighting for the crumbs under the tables of government or under the tables of some of our own FN offices for support.

I implore everyone to please work together to help make the 'Paid Fees List' for this *ELDERS* office reach where it needs to be so that these efforts need not struggle any longer.

Your help and efforts to help this office over the years are so very much appreciated.

Gilakasla,

Donna Stirling, BCECCS Coordinator, Secretary, BC Elders Council

**Annual Support Fees** are \$250 and all Aboriginal offices/groups/bands and centres are asked to pay the fee each year, *however the fee is waived for any Elders Group it presents a problem for* - as it has always been more important that all Elders are included regardless of finances. This does however also makes paying the operating expenses each month very difficult. This effort for the Elders **does not have core funding support** so please ask your Chiefs and Councils and Boards of Directors if they can stretch their budgets to include \$250 a year to keep this operating for the provincial Elders.

Gratitude is extended today to the following First Nations offices for their financial support of this Communication Center for Aboriginal Elder; your contributions are truly appreciated as without your support we could not have accomplished anything, so thank you all very, very much.

**Groups who have thankfully paid their \$250 'Yearly Support Fee' so far  
For the Dec. 2006 – November 2007 Year**

1. Quatsino First Nation
2. Burnstick Promotions – Don Burnstick
3. Neskonlith Indian Band
4. We Wai Kum First Nation
5. Wet'suwet'en First Nation
6. Mamalilikulla-Qwe'Qwa'Sot'Em Band
7. Comox First Nation
8. Bridge River First Nation
9. Squiala First Nation
10. Cook's Ferry Indian Band
11. BC Assembly of First Nation
12. Tsawataineuk Band
13. McLeod Lake Tse'khene Elders Society
14. Lower Nicola Indian Band
15. Osoyoos First Nation
16. Ditidaht First Nation
17. Uchucklesaht Band
18. Adams Lake Indian Band
19. Canoe Creek Band
20. Samahquam Band
21. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation
22. Kamloops Indian Band
23. Saik'uz First Nation
24. Qualicum First Nation
25. Xaxli'p Indian Band
26. Quatsino Band
27. We Wai Kai Nation

**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 here having your office accounted for.**

**\*If you are in the process of paying the fee with the new fiscal year about to be 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 member.**

**Thank you for your continued support, Donna Stirling, Coordinator**

**HAPPY BELATED 70<sup>TH</sup> BIRTHDAY on Dec. 21<sup>st</sup>  
TO Doris Weislein, BC Elders Council Member**

**From the Comox Valley Record, Friday, November 3, 2006**

**First Nations Woman Recognized For Contributions**

Weislein has been honoured for her role in the formation of such significant groups as the Upper Island Women of Native Ancestry (where she is now the executive director) and the Wachaiy Friendship Centre.

That leadership led to the success of other programs, including Aboriginal Head Start, Friday's Child and a lunch drop-in for needy First Nations people in the Comox Valley.

She credits her dedication to a value instilled in her as a child.

"I have a very big passion for what I do because of how I was brought up," said Weislein, who is Cree.

Living in Manitoba, she said she and others felt uncomfortable saying they were native. "I thought, this is kind of foolish that people are hiding who they are."

Instead, she's led First Nations people to embrace their culture, and tried to educate others about First Nations traditions – one of the most obvious examples is the annual powwow that UIWNA hosts.

Her passion now is to encourage First Nations children to learn their traditional languages – something coming true in the Head Start program where preschoolers are learning Cree and K'omoks speech.

As for the award ceremony, it's one she still finds hard to describe. "I was very emotional – it was a very emotional moment for me."

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**From RedWAY BC News, Friday, November 17, 2006**

**From 50 responses to: An Aboriginal Women who inspires me is...**

Doris Weislein, Winner of 2006 Aboriginal Woman of Distinction Awards presented at this year's conference gala dinner.

Doris is well-known for her contributions to the Upper Island Women of Native Ancestry, Aboriginal Women's Council and Aboriginal Head Start programs in the Comox Valley.

She designed and created her own traditional regalia, including the detailed beadwork. Congratulations, Doris!

"An Aboriginal Woman who inspires me is Doris Weislein because her leadership is an inspiration in our community." Pauline Weaver, Cree, Nation

## **Breaking the fall:**

### **VCH develops strategies aimed at reducing seniors' falls by 20 per cent by 2010**

As we age, most of us can expect that our hair will turn grey and we may experience vision or hearing loss. Until recently, falls were considered to be a normal part of the aging process, or were viewed as accidents that could not be prevented. However, current research indicates that most falls, and the associated health care and social costs, can be prevented.

“Falls are rarely true accidents,” says Bonnie Lillies, seniors fall & injury prevention regional leader. “They’re usually a symptom of underlying medical conditions or there’s some identifiable reason for the fall.” Falls are complex events and are the result of a wide range of interactive risk factors that include biological and medical, behavioural, environmental, and social and economic.

For example, a senior may present in the emergency room with an injury such as a broken bone or a cut needing sutures as a result of a fall. The injury will be treated, but the reason for the fall in the first place might not always be explored or addressed.

For many seniors, the impact of a fall can be devastating, greatly impacting his or her independence and quality of life. For example,

- 50% of seniors who fall never fully regain previous mobility;
- 20% who survive a hip fracture die within one year;
- 50% of residential care admissions are due to falls;
- 84% of injury related hospitalizations are fall related;
- 90% of hip fractures are caused by falls.

When it comes to falls, a “one size fits all” solution doesn’t work. The Seniors Fall & Injury Prevention Initiative takes a multi-sectoral/multidisciplinary approach to falls prevention.

“Our aim is to increase the awareness of every health care professional about the risk factors for falls,” says Lillies. “Identifying and addressing these risk factors with best practice interventions is part of the work of all health care professionals,” she adds. “We each have a role to play in ensuring best practice for good geriatric care.”

## **Preventing falling**

### **Keep balanced**

- Plan regular physical activity such as daily walks.
- Mental exercise aerobics, such as playing games, word search puzzles, crosswords.

### **Fibre and Fluids**

- Eat a high fibre diet with vegetables, fruit, and whole grains and plenty of fluids.
- Don’t go longer than five hours without eating during the day.

### **Stay Safe**

- Avoid alcohol when taking prescription medications.
- Wear proper fitting supporting shoes with low, broad heels and a good tread.
- Use good lighting in halls, stairways and bathrooms.
- Install handrails for all stairs inside and outside the house and grab bars in the bathroom.
- Keep a nightlight on that is close to the bathroom, near the bed, and in the hallways.

## **Take Your Time - Especially when Carrying Objects.**

- Avoid walking on wet leaves, snow or ice.
- Ask someone who cares
- Ask your pharmacist about medication side effects and possible drug interactions before taking any medication and always use the same pharmacy.
- Speak to your doctor, nurse or physiotherapist about exercises that strengthen muscles that control urine flow.
- Review your medications with your doctor at least every six months and whenever any medication is added or stopped

For more information on falls prevention, please visit the following:

**VCH Health Services – Seniors Falls Prevention** <http://www.vch.ca/seniors/fall.htm>  
**Preventing Falls – Stay In The Game!** [http://www.vch.ca/story/docs/fall\\_prevention.pdf](http://www.vch.ca/story/docs/fall_prevention.pdf)  
**BC Health Files – Preventing Falls**

This article has been provided by Vancouver Coastal Health, [www.vch.ca](http://www.vch.ca)

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## **February is heart month! How to be ‘Heart Smart’**

Whether we choose to acknowledge it or not, many of us have wondered about what would happen if we or someone we loved had a heart attack. The sad, but true fact of life is, they do occur. Therefore, it is important to be aware of the steps that can be taken after a heart attack. According to the BC Health Guide, some form of heart failure affects over 350,000 Canadians. Often times, when someone experiences a heart attack, they undergo a surgery known as angioplasty, and then return to their regular routines shortly after.

The Cardiac Rehabilitation Programs offered at Vancouver General Hospital, Richmond Hospital, and Lions Gate Hospital are three of several rehabilitation programs offered by VCH. The latter is provided in partnership with the North Vancouver Recreation Commission and the North Shore Cardiac Rehabilitation Society. The foundation of these programs is to help individuals return to their optimal state of health after they have experienced a heart attack, or to help reduce one’s chance of developing one if they are at risk.

With the help of nurses, exercise specialists, dieticians, cardiologists, and physicians, patients are educated on how they can make positive lifestyle changes. Individual guidelines are set up to ensure appropriate exercise and diet routines. Social support from other patients is also available as a form of peer support. Research has shown that patients who have undergone such programs have reached their desired goals of increasing their fitness levels or reducing the intake of salty and fatty foods. Their improved health status after utilizing the program is a great indicator of how effective it is.

- Reduce your intake of foods that are high in fat and salt.
- Stay active by engaging in regular exercise, and ensure a diet that is healthy and nutritious. An increase in fitness leads to an increase in functional capacity.
- Maintain low levels of cholesterol, blood pressure, and stress.
- If you smoke or drink, make it a point to stop, or consume it in moderation.
- If you are ever uncertain about your health status, do not hesitate to see your doctor and ask for more information.

For more information visit [http://www.vch.ca/living/heart\\_health/](http://www.vch.ca/living/heart_health/)

This article has been provided by Vancouver Coastal Health, [www.vch.ca](http://www.vch.ca)



## NATIONAL ABORIGINAL ACHIEVEMENT FOUNDATION

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#### NEWS RELEASE

### EDMONTON SELECTED TO HOST 2007 NATIONAL ABORIGINAL ACHIEVEMENT AWARDS

Global Television and the Aboriginal Peoples Television Network (APTN) Return as network partners for 2007 Awards Broadcast

(Edmonton – May 9, 2006) Roberta Jamieson, CEO, National Aboriginal Achievement Foundation, with a great deal of pleasure announced Edmonton as the host city for the 14th National Aboriginal Achievement Awards at a launch reception hosted by lead corporate sponsor CIBC in the Wedgewood Room at the Fairmont Hotel MacDonald.

The 14th year gala celebration to be held in Edmonton in March 2007, promises to be outstanding event, as acclaimed producer, actor, writer Jennifer Podemski joins the highly talented Achievement Awards production team as the Creative Producer for the 14th Annual Awards.

“I am honored to be a part of the awards this year, it is my way of paying homage to those who gave me opportunities over the past fifteen years of my career, without NAAF I would have never come to where I am in my career,” stated Jennifer Podemski, Creative Producer, National Aboriginal Achievement Awards. “It is a great gift and I look forward to working with all of the talented and wonderful people in Alberta!”

The Foundation, with great pleasure welcomes Global Television and the Aboriginal Peoples Television Network (APTN) back as network partners for the airing of the 2007 National Aboriginal Achievement Awards.

“This is an amazing time for the Foundation, and we’re delighted that Global Television and APTN have once again joined with us to honour some of Canada’s most inspirational First Nations, Metis and Inuit people,” said Roberta Jamieson, CEO, National Aboriginal Achievement Foundation.

Each year, 14 outstanding men and women are recognized for their career contributions. The recipients are selected by a national jury, comprised of past awards winners and individuals representing geographical regions and the First Nations, Inuit and Métis communities.

These individuals include oil and gas executive Mel Benson, Senator Thelma Chalifoux, artist Alex Janvier, medical school student and leukemia survivor Lance Relland, filmmaker Gil Cardinal, businessman Dave Tuccaro, educator Marie Smallface Marule, television producer Roman Bittman, and deceased community leaders Joe and Josephine Crowshoe.

#### Private Sector Sponsors

Private sector support is led by CIBC

Global Television, Aboriginal Peoples Television Network, Air Canada, BP Canada Energy Company, Casino Rama, Diavik Diamond Mines Inc., Encana Corporation, First Air, Nexen Inc., Shell Canada, Suncor Energy Foundation, Syncrude Canada Limited, and TransCanada Pipelines Limited

#### Public Sector Sponsors

Canada Mortgage and Housing Corporation, Canadian Forces, Canadian Heritage, Federal Interlocutor for Métis and Non-Status Indians, Health Canada, Human Resources and Skills Development Canada, Indian and Northern Affairs Canada, Industry Canada, and Western Economic Diversification Canada

All of the awards recipients serve as an inspiration to Aboriginal youth across the country, and show them that it is possible to achieve their dreams while maintaining a strong tie to their culture and communities. Now more than ever, these role models are needed to motivate young people and present the incredible and ongoing achievements of First Nations people to the world.

The awards are produced by the National Aboriginal Achievement Foundation, Canada's leading Aboriginal charity dedicated to providing financial assistance to Aboriginal students for post-secondary education. Since 1985, the Foundation has awarded more than \$20 million in scholarships to deserving students across the country for all disciplines, including law, medicine, education, psychology, fine arts, business and computer sciences.

For further information, please contact: Scott Cavan, NAAF Media Relations at 416.926.0775 ext. 237, cell: 416.903.4331 or by email [scavan@naaf.ca](mailto:scavan@naaf.ca)

## **The denser the breast tissue, the greater the risk of breast cancer: study Jan. 17, 2007**

**Provided by: Canadian Press Written by: SHERYL UBELACKER**

TORONTO (CP) - Women with a high proportion of dense tissue in their breasts have a far greater risk of developing breast cancer than women with low-density tissue, a long-term Canadian study has found.

The study analyzed mammograms from three large screening programs in Canada, comparing those of more than 1,100 women who developed breast cancer after their baseline X-ray with an equal number of women who did not get the disease. The researchers followed the women's mammography history for eight years.

"We found that the amount of density in the breast was very strongly related to the risk of breast cancer subsequently and that people with density in more than 75 per cent of their breast, compared to those with less than 10 per cent, had a five-fold elevation in breast cancer risk," said principal researcher Dr. Norman Boyd.

"And this persisted after taking into account all other (risk) factors," including a family history of breast cancer, number of children, and age of onset of menstruation and menopause, said Boyd, a senior scientist at Toronto's Princess Margaret Hospital. "This study establishes that breast density is an extremely important risk factor for developing breast cancer," he said. "Depending on a woman's age, between 16 and 30 per cent of breast cancers can be attributed to extensive density."

"Other risk factors, including family history and the known genes, account for a much smaller proportion of the disease."

In the study, published Thursday in the New England Journal of Medicine, breast density varied among the women from less than 10 per cent to more than 75 per cent of tissue. About five to 10 per cent of subjects had the highest density measurement.

On mammograms, fat looks dark, but the denser milk-duct and connective tissues in breasts show up as light patches. "What we're referring to as density is what we see as white on the mammogram," Boyd said Wednesday, noting that whether a woman has large or small breasts has no bearing on density.

The problem with dense tissue is that it can mask the presence of tumours, which also appear white. But this study confirms that cancers are actually more frequent - not just hidden - in women with dense breasts. While having dense breasts does not inevitably lead to a future diagnosis of breast cancer - "which is very far from being the case" - women should consider it as one more factor when tallying their personal risk of developing cancer and be vigilant about regular examination and screening, he advised.

Doctors, too, should be more aware of the potential risk for breast cancer, the second deadliest kind for women after lung cancer. More than 22,000 Canadians were diagnosed last year with breast cancer, which killed about 5,300 women.

"At the moment, the screening programs everywhere take a standard approach to all women regardless of the type of tissue they have in their breast. And it may be that they should be thinking more in terms of tailoring the intervals between screening and perhaps the methods that they use for screening according to those characteristics."

Women with little or no density might be seen less often, while those with higher density might be seen more frequently and given additional, more sensitive diagnostic tests such as ultrasound, MRI or computerized mammograms, he added.

While some doctors agree that the more sophisticated tests might be better at detecting tumours in very dense breasts, the cost could be prohibitive - especially in the case of magnetic resonance imaging (MRI) machines, which have limited availability across Canada.

"In a perfect world, I would have my wife do an ultrasound, MRI and a digital mammogram," Dr. Gary Whitman told The Associated Press. The radiologist from the University of Texas M.D. Anderson Cancer Center was not involved in the study.

Commenting on the research in an editorial, Dr. Karla Kerlikowske of the University of California at San Francisco said routine mammography that includes a measurement of breast density could help doctors estimate breast cancer risk.

"The time has come to acknowledge breast density as a major risk factor for breast cancer and to determine, develop and test the best ways to measure breast density in clinical practice and use this measurement to maximize primary and secondary prevention of breast cancer," Kerlikowske writes.

The idea that breast density is linked to an elevated risk of breast cancer has been around for several decades, but the Canadian study is the largest to date based on modern mammography. It also is the first to use special computer-assisted technology to measure density, which allowed the scientists "to assess the effects of this phenomenon referred to as masking, because density makes cancer more difficult to detect," Boyd said.

"There's been persisting concerns up till now in some people's minds as to whether this masking phenomenon was somehow creating the appearance of risk when there actually wasn't any. And our study was designed in part to address that question."

"The conclusion we reached, of course, is that although there is some masking of cancer by density, that is not creating a spurious illusion of risk. There is a real, large underlying risk despite masking."

Article from [CancerReport@Medbroadcast.com](mailto:CancerReport@Medbroadcast.com)

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## **Congratulations Carey Price and Team Canada!** **For Immediate Release January 5, 2007**

Coast Salish Territory/Vancouver — "On behalf of the member communities of the Union of BC Indian Chiefs we would like to extend our congratulations to Team Canada on its third consecutive victory at the World Junior Championship in Leksand, Sweden," said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs.

Grand Chief Phillip continued, "In particular, we would like to congratulate Carey Price on his well-deserved recognition as the Most Valuable Player of the Tournament, his selection to the All-star Team and as IIHF Best Player Award as Goalie. We share the great pride of Ulkatcho First Nation in Price's achievements. Based on his awesome performance, Price has become one of Canada's leading Aboriginal role models for our youth. Price has ably demonstrated hard work; focus and full commitment are the essential elements of achieving one's dreams. Undoubtedly, the incredible level of support he received from his parents played a significant role in his success."

"Like many fans, we will watch Price in the years to come and we wish well," concluded Grand Chief Phillip.

For more information: Grand Chief Stewart Phillip, (250) 490-5314

## **BC NurseLine**

BC NurseLine provides 24-hour, confidential health information and advice. Anywhere in the province, call BC NurseLine to speak to a registered nurse 24-hours or a pharmacist from 5 p.m. to 9 a.m. every day.

Specially trained nurses answer questions about health topics and procedures, identify symptoms, and help you decide when to see a health professional. Information and referrals are also provided to other services.

Pharmacists are available to answer your questions about medications.

Call BC NurseLine

Toll-free in BC 1-866-215-4700

In Greater Vancouver 604-215-4700

Deaf and hearing-impaired 1-866-889-4700

The nurse will ask for your Personal Health Number on your B.C. CareCard; you will not be denied service if you do not provide it.

Translation services are available in over 130 languages. Please wait for the recorded disclaimer message for a nurse to answer your call - ask for translation services in the language that you prefer or speak.

## **Call Dial-A-Dietitian**

For nutrition information and advice, click on [www.dialadietitian.org](http://www.dialadietitian.org) or call Dial-A-Dietitian and speak to a registered dietitian. Translation services are available in over 130 languages upon request for callers.

If you need more in-depth counseling, referrals are provided to hospital outpatient dietitians, community nutritionists or other services. This service does not replace the medical counsel of your doctor.

Toll-free in BC 1-800-667-3438

In Greater Vancouver 604-732-9191

## **Is it an emergency? Call 911 or the local emergency number.**

If this is an emergency, call 911 or the local emergency number immediately. If you, or someone in your care, has chest pains, difficulty breathing, or severe bleeding, it could be life-threatening.

If you are concerned about a possible poisoning or exposure to a toxic substance, call Poison Control now for 24-hour toll-free poison information.

Toll-free in BC 1-800-567-8911

In Greater Vancouver 604-682-5050

The BC HealthGuide handbook provides medically reviewed information to help you and your family make better health decisions.

See the BC HealthGuide handbook for information on health concerns, symptoms, home treatment and other care options. Find also tips on how to prevent illness and when to consult your doctor.

The handbook is available in English and French. The handbook will be translated and available in 2007 for BC's Chinese and Punjabi-speaking communities.

### **Your BC HealthGuide Handbook**

To get a copy of the 2005 English edition of the BC HealthGuide handbook, visit your local pharmacy or Government Agents Office.

If you are unable to pick up a copy, call toll-free in BC 1-800-465-4911, or e-mail your name and address to [HLTH.Health@gov.bc.ca](mailto:HLTH.Health@gov.bc.ca).

This article has been provided by the BC Health Guide website. For more information visit <http://bchealthguide.org>

### **Multilingual services provided by Vancouver Coastal Health**

Vancouver Coastal Health provides a number of health education materials in a variety of languages. The Print Health Education Materials Resource Catalogue is a listing of the wide range of print resources available across Vancouver Coastal Health (VCH) and Providence Health (PHC). Log on to <http://vch.eduhealth.ca/> for more information.

American Sign Language interpreters for the deaf can be requested by patients, clients or their families through the Medical Interpreter Service at 736-7012.

Multilingual interpreters are provided when they are requested by a VCH health care provider to facilitate communication with their patient, client or family.

For more information visit [www.vch.ca](http://www.vch.ca)

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### **Quotes**

- “When people show you who they are, believe them.” Mia Angelou
- “Live inside God’s dream for you.” Oprah
- “Let us, then, be up and doing, With a heart for any fate; Still achieving, still pursuing, Learn to labor and to wait.” Henry Wadsworth Longfellow
- “A tragic irony of life is that we so often achieve success or financial independence after the reason for which we sought it has passed.” Ellen Glasgow
- “I’ve always believed that one woman’s success can only help another woman’s success.” Gloria Vanderbilt
- “Nothing in the world can take the place of Persistence. Talent will not; nothing is more commonplace than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; the world is full of educated derelicts. Persistence and Determination alone are omnipotent.” Calvin Coolidge
- “There are three barriers in life – resentment, envy and pride.”

Emailed in to pass on

## ***To all my sisters!!***

A young wife sat on a sofa on a hot humid day, drinking iced tea and visiting with her Mother. As they talked about life, about marriage, about the responsibilities of life and the obligations of adulthood, the mother clinked the ice cubes in her glass thoughtfully and turned a clear, sober glance upon her daughter.

"Don't forget your Sisters," she advised, swirling the tealeaves to the bottom of her glass. "They'll be more important as you get older. No matter how much you love your husband, no matter how much you love the children you may have, you are still going to need Sisters. Remember to go places with them now and then; do things with them. Remember that 'Sisters' mean ALL the women... your girlfriends, your daughters, and all your other women relatives too. You'll need other women. Women always do."

'What a funny piece of advice! the young woman thought. Haven't I just gotten married? Haven't I just joined the couple-world? I'm now a married woman, for goodness sake! A grown-up! Surely my husband and the family we may start will be all I need to make my life worthwhile!

But she listened to her Mother. She kept contact with her Sisters and made more women friends each year. As the years tumbled by, one after another, she gradually came to understand that her Mom really knew what she was talking about. As time and nature work their changes and their mysteries upon a woman, Sisters are the mainstays of her life.

After more than 50 years of living in this world, here is what I've learned:

### THIS SAYS IT ALL:

Time passes... Life happens... Distance separates... Children grow up... Jobs come and go... Love waxes and wanes... Men don't do what they're supposed to do. Hearts break... Parents die... Colleagues forget favors. Careers end.

BUT... Sisters are there, no matter how much time and how many miles are between you. A girl friend is never farther away than needing her can reach.

When you have to walk that lonesome valley and you have to walk it by yourself, the women in your life will be on the valley's rim, cheering you on, praying for you, pulling for you, intervening on your behalf, and waiting with open arms at the valley's end.

Sometimes, they will even break the rules and walk beside you...Or come in and carry you out. Girlfriends, daughters, granddaughters, daughters-in-law, sisters, sisters-in-law, Mothers, Grandmothers, aunts, nieces, cousins, and extended family, all bless our life! The world wouldn't be the same without women, and neither would I.

When we began this adventure called womanhood, we had no idea of the incredible joys or sorrows that lay ahead. Nor did we know how much we would need each other. Every day, we need each other still.

Pass this on to all the women who help make your life meaningful. I just did.

## **Ontario launches North America's first colorectal cancer screening program**

**Jan. 23, 2007**

**Provided by: Canadian Press**

**Written by: HELEN BRANSWELL**

TORONTO (CP) - The Ontario government announced Tuesday it is rolling out North America's first colorectal cancer screening program, saying the \$200 million program will save lives.

Colorectal cancer killed more than 3,100 people in Ontario last year, and claimed an estimated 8,500 lives across Canada.

"The screening program will help us to detect (colorectal) cancer earlier, when we're better able to treat these conditions and improve survival for cancer patients," said Terry Sullivan, president of Cancer Care Ontario, the provincial cancer agency.

Colorectal cancer is one of the most curable forms of the disease if found in the early stages. But because early disease produces few if any symptoms, people who develop the disease often find out only after it has progressed and becomes much more difficult to treat. At that point survival chances plummet.

In fact, colorectal cancer is the second leading cause of cancer deaths in Canadian men (after lung cancer) and the third in women (after lung and breast cancer).

Dr. Linda Rabeneck, a colon cancer researcher who has been heavily involved in developing the Ontario program, said widespread screening of high risk people could cut colorectal cancer deaths in Ontario by 16 per cent.

The intention of the program is to screen 3.8 million people over the age of 50 using a simple test that looks for minute amounts of blood in stool. The fecal occult blood test, as it is called, involves smearing a small sample from three bowel movements on a prepared kit, then submitting it for analysis.

Rabeneck said two to three per cent of people who take the test would be expected to have a positive result and they will be advised to undergo a colonoscopy. That is a more thorough but more invasive and expensive test that involves snaking a camera into the colon from the rectum to look for abnormalities.

It's estimated one in 10 of the people who test positive with the fecal occult blood test would later be found to have colorectal cancer.

Starting next year, Ontarians over 50 will be able to pick up the home screening kits from their family doctors or pharmacists.

The Ministry of Health currently estimates only 10 per cent of Ontarians undergo screening for colorectal cancer.

Article from [CancerReport@Medbroadcast.com](mailto:CancerReport@Medbroadcast.com)

# British Columbia Specific Claims Symposium

February 21 and February 22, 2007

**BC SPECIFIC CLAIMS COMMITTEE** Aboriginal Council of British Columbia \* Alliance of Tribal Nations \* Nlaka'pamux Nation Tribal Council \* Treaty 8 Tribal Association \* Union of BC Indian Chiefs

## **BC First Nations Chiefs, Councilors, and Community Members:**

You are invited to attend the **British Columbia Specific Claims Symposium** hosted by the BC Specific Claims Committee (BC SCC). The symposium is a two-day event focusing exclusively on specific claims issues relevant to BC First Nations. The primary goals of the symposium are to share information and discuss strategies to effectively address the need for the fair and timely resolution of BC specific claims. Topics for discussion will include:

- The current federal specific claims policy
- The impacts of the current process on the resolution of BC specific claims
- The mounting backlog of BC specific claims at the federal Department of Justice
- An overview of legislative initiatives to create an independent claims body
- Implications of the pending Specific Claims Resolution Act
- Implications of the 2002 Supreme Court of Canada's decision in Wewaykum

There will also be a general meeting of BC Chiefs and political representatives to provide the BC Specific Claims Committee with an ongoing mandate, ratify the BC SCC's Terms of Reference, and appoint a Committee Chair.

The British Columbia Specific Claims Symposium will take place:

February 21 and February 22, 2007  
Richmond Hotel and Convention Centre  
7551 Westminster Highway  
Richmond, BC  
Ph 1-800-663-0299 (toll free)  
Fx: (604) 244-3775

Delegates must make their own reservations no later than Thursday, February 15, 2007 to receive the reduced room rate.

Please note the BC SCC has received funding to reimburse travel expenses of one representative per community to the extent that the travel portion of the overall budget permits. Please see the Rules for Reimbursement in the Registration Package. To register please contact coordinator Joanna Reid at (604)-684-0231 or via email at [jreid@ubcic.bc.ca](mailto:jreid@ubcic.bc.ca)

The UBCIC is a NGO in Special Consultative Status with the Economic and Social Council of the United Nations

## **Sui Generis Litigation: Reconciling History and Law? February 22-23, 2007**

**First Nations House of Learning  
1985 West Mall, University of BC**

### **Conference Theme:**

The judiciary in Canada and Australia have commented on the sui generis and historical nature of Aboriginal litigation, noting its' significant for achieving the broader public policy goal of reconciliation between Indigenous and non-Indigenous people. The unique character of Aboriginal litigation has necessitated using unconventional techniques of fact finding and incorporating flexibility with regard to oral and ethnohistorical lines of evidence in the courtroom. Thus Aboriginal litigation pushes the epistemological and methodological boundaries of both history and law. What are the implications of Aboriginal litigation for reconciliation? How can sui generis litigation encompass reconciliation, or can it? How might aspects of history and law contribute to reconciliation discourse, both in and outside the courtroom?

The goal of this 2 day conference is to initiate informal dialogue about these issues outside the adversarial setting of the courtroom. There will be ample time for questions after each panel, and in the afternoon on Day 2, participants will take part in small discussion groups on panel discussions. The groups will report back in a final plenary session and key issues, recommendations, etc. will be collated into a final conference report to be distributed post-conference.

### **AGENDA\***

#### **Day 1:**

8:00-9:00: Coffee/muffins

9:00-9:30: Welcoming Ceremony and Opening Remarks

9:30-10:00: Keynote Speaker:

Chief Judge Joe Williams, Maori Land Court, Chairperson, Waitangi Tribunal, New Zealand

10:00-10:15: Health Break

10:15-12:30: Session 1- History, the Laws and sui generis litigation: Current Issues.

This session will explore the epistemological and methodological issues that arise in ethnohistorical and oral history lines of evidence in the courtroom. Why is context important? What are the limitations of documentary text-based evidence in sui generis litigation? What are the problems associated with existing criteria for qualifying experts on oral history?

#### **Confirmed speakers:**

Dr. Stephen Patterson, Prof. Emeritus, History, University of New Brunswick

Dr. Arthur Ray, Prof. Emeritus, History, University of BC

Prof. Gordon Christie, Faculty of Law, University of BC

Stuart Rush, QC, Rush, Crane Guenther

S. Ronald Stevenson, Senior General Counsel, Department of Justice Canada (invited)

Moderator: (invited- Prof. June McCue, Faculty of Law, University of BC)

12:30-2:30: Lunch (on own)

2:30-4:30: Session 2- Sui Generis Litigation: Is Reconciliation Possible?

This session will explore the implications of sui generis litigation for reconciliation, focusing on approaches to settling claims that are more inclusive of Indigenous legal systems that reside in ceremonies, stories, songs and protocols. How does this affect our ideas about what constitutes legitimate historical evidence?

**Confirmed Speakers:**

Justice Marvyn Koenigsberg, BC Supreme Court

Dr. Bain Attwood, Monash University, Australia

Dr. J.R. Miller, Canada Research Chair in Native-Newcomer Relations, University of Saskatchewan

Prof. Val Napoleon, Faculty of Law, University of Alberta

Dr. Paulette Regan, UBC-DOJ Academic Interchange Scholar

Moderator: Dr. Graham Hingangaroa Smith, Distinguished Professor in Education, Educational Studies, University of BC

5:00-8:00: Reception (Cash Bar: Location TBA)

\* confirmed speakers as of Jan. 15/07

**DAY 2:**

8:30-9:30: Coffee/muffins

9:30-12:00: Session 3- New Research Directions in the Academy

Building on discussion from Day 1, this session will consider the role of universities as teaching institutions with a responsibility to educate future judges, lawyers, and academics, engaging First Nations communities as full partners. How can universities create learning environments that support new research to address the reconciliation of history and law in Indigenous contexts?

**Confirmed Speakers:**

Prof. Richard Vedan, UBC President's Special Advisor on Aboriginal Issues

Prof. Sakej Henderson, Native Law Centre of Canada, University of Saskatchewan

Dr. Bruce Miller, Anthropology, University of BC

Dr. Keith Carlson, History, University of Saskatchewan

Moderator: Dr. Coll Thrush, History, University of BC

12:00-1:00: Lunch (provided)

1:00-3:00: Session 4 - Wrap-up Session

Facilitator: Dr. Linc Kesler, Director, First Nations Studies, University of BC

Participants will break into small dialogue groups to discuss sessions. Final plenary for reports on key issues, recommendations, etc. These reports will be collated into a final conference report to be distributed post-conference.

**For more information email Rick Ouellet at [rick.ouellet@gmail.com](mailto:rick.ouellet@gmail.com)**

**The National Indian Athletic Association would like to announce -  
The 2007 Men's and Women's Basketball Championships**

To be held April 11-14, 2007 in Tulalip, Washington

Championship Leather sleeve Jackets - men's and women's  
Second Place wool jackets - men's and women's  
Third Place jackets - men's and women's  
Fourth and Fifth place hooded sweatshirt

All-star leather sleeve jackets - men's and women's  
Mr. and Ms. Hustle wool jackets - men's and women's  
MVP leather sleeve Jackets - men's and women's  
Sportsmanship award  
Monetary award for team traveling from the longest distance.  
Three- point Competition  
Slam - Dunk Competition

NIAA Hall of Fame Induction / Dinner Friday April 13, 2007, 5:00 pm

50 / 50 Raffles - Half Court Shot for money

High School Boys and Girls tournament April 11-13, 2007

Entry fee: \$350.00 Men's and Women's \$100.00 boys and girls high school

**Checks Payable To:**

TULALIP NATIONALS 5333 2ND AVENUE NE, MARYSVILLE, WASHINGTON 98271

**IF YOU HAVE ANY QUESTIONS PLEASE CONTACT**

Tournament Director: Harold Joseph Jr.

425-330-2106 cell 360-657-6267 work 7:30 am - 2:30 pm PST Monday – Friday 360-658-0187 home

H Joseph III 425-320-7818 cell

Monica Sampson 425-299-9952 cell 360-651-4486 work

Dion Joseph 425-308-4580 cell

**Additional Information:**

Tulalip Tribes has two Casinos on reservation

Quil Ceda Casino

Tulalip Casino

90 Store Outlet mall adjacent to Tulalip Casino

Tulalip is 36 miles north of Seattle, Washington

Sea-Tac International Airport is about an hour drive time to Tulalip, Washington

## **New Relationship Trust - Regional Engagement Process**

**From the New Relationship Trust Website [www.newrelationshiptrust.ca/voices](http://www.newrelationshiptrust.ca/voices)**

### **Northern Nations, September 25th**

The regional engagement process wrapped up with a meeting the Northern Nations Alliance, a coalition of First Nation leaders from northern BC and the Yukon. With a small group in attendance, participants were aligned in virtually all of their concerns and priorities. One key priority repeatedly stressed was the need for capacity to deal with resource development and related land stewardship issues in the region.

### **Cranbrook, September 22<sup>nd</sup>**

The Cranbrook meeting was held at the stunning St. Eugene Mission Resort, a wholly First Nations owned business. The meeting was attended by surrounding communities, which make up the Ktunaxa nation and language group. The tone of this meeting was very unique because leadership had gathered in the days before and worked on a joint presentation on behalf of all Ktunaxa communities. Everyone in the room was on the same page and were largely unified with their recommendations and feedback.

### **Kamloops, September 19th**

The Kamloops meeting was held in the Sk'elep School of Excellence, and was attended by more than 50 people from the region and beyond. Attendees sat in a large semi-circle in the school's gymnasium and most stayed until the meeting ended in the afternoon. Nathan Matthew, Chair and Interim CEO of the Trust was on hand to answer some questions and share ideas currently being worked on by the board of directors. There was debate on key issues such as whether to spend the money now or invest it, and how to target the money. Opinions and recommendations were wide ranging, but despite differences the overall discussion was very positive and respectful.

### **Vancouver, September 17**

The boisterous meeting in Vancouver was well attended and the area was well represented. The Chief Simon Baker room at the Vancouver Native Friendship Center was at points full to capacity, and attendance fluctuated as people came and left throughout the full-day session. Representatives were on hand from almost all of the surrounding Nations, a number of off-reserve organizations as well as special interest groups. In addition to leadership from Cowichan, Squamish, Sumas, Burrard and other Nations, there were representatives for off-reserve youth, women's support, health, and education. In all, there were over 22 different speakers who covered a wide range of concerns, opinions, and suggestions for the Trust.

### **Prince George, September 13**

With more than sixty participants, the meeting in Prince George was one of the largest to date. Those present spoke about wanting to see support from the New Relationship Trust go toward everything from language and culture to land management and planning; post secondary education to training for further professional development.

### **Port Alberni, September 12**

The Tseshaht Nation hosted the Port Alberni regional engagement, which started with a traditional welcome and was carried by a discussion involving representatives from many surrounding nations. Discussion covered plenty of ground, and some consensus was found around culture, individual health, and economic development as top priorities for the Trust. While turnout was lower than projected, this meeting still had one of the larger attendances, and included leadership from all over Vancouver Island.

## **Fort St. John, September 11**

A well-attended meeting in Fort St. John was dominated by discussions about the need to enhance economic development opportunities in the North, particularly through revenue sharing and investment. In addition to economic development, priorities identified at the meeting included training and job creation, health, youth services, land management, and counseling. The topic of environmental management and the need to protect local lands and waters for future generations was also discussed.

## **Port Hardy, August 29**

The New Relationship Trust Engagement in Port Hardy saw lively discussion in a number of areas such as management and disbursement of the fund, and the need for capacity building in the area's Nations. Discussion focussed on the unique priorities and challenges facing central-coast First Nations, such as the lack of a land base and resource-sharing agreements.

## **Terrace, August 24**

A well-attended session in Terrace produced a wide variety of views - both about spending priorities for the Trust and how the fund should be managed. Community needs identified ranged from education to language and cultural programs, job creation to economic development, treaty negotiations to youth programs. One area where all present agreed support was required was in building the human resource capacity of First Nations communities from within.

## **Prince Rupert, August 23**

The attendees in Prince Rupert were clear and unified in their message of the significance of the urban First Nations population. Underlining this point is the fact that Prince Rupert, Canada's northern port city and hub for the region's First Nations population, has a majority First Nations population at 52%. The top priorities identified were economic development and education, with other priorities such as support for youth and elders, and language and culture discussed as well.

## **Masset, August 21**

The combined Haida Nation communities of Skidegate and Masset were well aligned in their feedback and priorities for the Trust. Representatives from both communities who provided input identified the priorities of culture, language, and education, as well as overall healing. In terms of managing the Trust, participants from both communities felt in general that the money should be invested for continued benefits over the long term.

## **Board of Directors**



### **A-in-chut (Shawn Atleo), Regional Chief, BC Assembly of First Nations**

A-in-chut (Shawn Atleo) is a Hereditary Chief from the Ahousaht First Nation and Regional Chief of the BC Assembly of First Nations. He has served as co-chair of the Nuu-chah-nulth Tribal Council, and has extensive experience as a leader, negotiator, facilitator, and mediator. He holds a master's degree in education and completed executive management training at the Stanford Graduate School of Business. As president of Umeek Human Resource Development Inc., he is also an experienced strategic planner.



### **Dawn Farrell, Executive Vice-President, BC Hydro**

Dawn Farrell joined BC Hydro as an executive vice-president in May 2003. Ms. Farrell is responsible for managing BC Hydro's generation assets. Before joining BC Hydro, Ms. Farrell spent over 17 years with TransAlta. Ms. Farrell has a bachelor of commerce degree with a major in finance and a master's degree in economics. She also attended the advanced management program at Harvard University.



**Donald Hayes, President, Hayes Forest Services Limited**

Donald Hayes is president and principal shareholder of Hayes Forest Services Limited. Mr. Hayes graduated from the University of British Columbia with a bachelor of commerce in 1982 and earned his designation as a chartered accountant in 1985. Mr. Hayes has served as the chairman of the Cowichan Economic Development Commission, director and vice-chairman of the Truck Loggers Association of BC, and a director of Forest Renewal BC. He is currently a director of the Royal British Columbia Museum.



**Nathan Matthew (CHAIR)**

Nathan Matthew is a Secwepemc person who has represented the Simpcw First Nation for 18 years as Chief. He has served two terms as chairman of the Shuswap Nation Tribal Council and is the past president of the Secwepemc Economic Development Corporation. Nathan is currently the president of the Simpcw Development Corporation and is the senior political advisor to the B.C. First Nations Leadership Council on education issues. Nathan works with the B.C. First Nations Education Steering Committee and First Nations Schools Association on education jurisdiction and national education policy development.



**Chief Stewart Phillip, President, Union of BC Indian Chiefs**

Stewart Phillip has dedicated the last 30 years of his life toward the service and advancement of the Penticton Indian Band, Okanagan Nation and all First Nations in British Columbia. He is in his third consecutive three-year term as President of the Union of BC Indian Chiefs and also serves as chairman of the Okanagan Nation Alliance and Chief of the Penticton Indian Band.



**Dave Porter, Political Executive, First Nations Summit**

Dave Porter is currently on the executive of the First Nations Summit. Mr. Porter served as Assistant Deputy Minister of Aboriginal Affairs in B.C. and was the first Oil and Gas Commissioner in this province. As the elected chair of the Kaska Dena Council since 2002, Mr. Porter is committed to the preservation of Kaska culture and greater opportunities for Kaska youth. He has also held several ministry portfolios in the Yukon legislature and a number of positions with the B.C., Yukon and Northwest Territories public service.



**Kathryn Teneese, Chief Negotiator, Ktunaxa Nation**

Kathryn Teneese is a citizen of the Ktunaxa Nation and has represented her community as chief negotiator in treaty talks for the Ktunaxa Nation since 1996. Ms. Teneese has held senior-level positions with the Native Courtworker and Counselling Association, Pacific Planning Symposium Secretariat, the Centre for Indian Training and Research, the First Nations Congress and the First Nations Summit.

## The New Relationship Trust Corporation

### Address

Suite 1008 - 100 Park Royal South, West Vancouver BC V7T 1A2

### Phone Numbers

Telephone: (604) 925-3338 Toll-free: 1-877-922-3338 Facsimile: (604) 925-3348

Cliff Fregin – Executive Director Lana Plante – Assistant to the Executive Director

Contacts for the recently completed Regional Engagement Process:

Jacob Beaton – Community Consultant and Julie Gordon – Project Manager

## Woman's risk of dying after heart attack, stroke higher than a man's: report

Provided by: Canadian Press     Jan. 31, 2007

TORONTO (CP) - A new report from the Heart and Stroke Foundation says a woman's risk of dying following a heart attack or stroke is higher than that for a man.

The report also says women are less likely to be treated by a specialist, transferred to another facility for treatment and to receive certain treatments, including catheterization.

Cardiologist and foundation spokesperson Beth Abramson says there's been some progress in closing the gender gap, but there are women who may be under-served on the front lines compared to men.

She says almost 37,000 Canadian women will die of heart disease and stroke this year.

A recent analysis shows that a woman's risk of dying within the first 30 days is 16 per cent higher after a heart attack, and 11 per cent higher after a stroke than for a man.

The foundation is calling on the health care system to work on prevention, as well as treatments tailored to women's needs.

From Medbroadcast.com

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## Andropause

(Low Testosterone · Male Menopause · Manopause · Testosterone Deficiency)

### The Facts

**Testosterone is the hormone responsible for deep voices, muscle mass, and facial and body hair patterns found in males.** As men get older, the level of testosterone in the body and production of sperm gradually becomes lower, and they experience physical and psychological symptoms as a result of these low levels. This is part of the natural aging process and it is estimated that testosterone decreases about 10% every decade after men reach the age of 30.

**Andropause is a condition that is associated with the decrease in the male hormone testosterone.** It is unlike menopause in that the decrease in testosterone and the development of symptoms is more gradual than what occurs in women. Approximately 30% of men in their fifties will experience symptoms of andropause caused by low testosterone levels. A person experiencing andropause may have a number of symptoms related to the condition and could be at risk of other serious health conditions such as osteoporosis without proper treatment.

From Medbroadcast.com

**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](http://www.bcelders.com)  
Email:  
[bcelders@telus.net](mailto: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.

*Zen Sarcasm from [humourmatters.com](http://humourmatters.com)*

1. Don't be irreplaceable. If you can't be replaced, you can't be promoted.
2. Always remember that you're unique. Just like everyone else.
3. Never test the depth of the water with both feet.
4. If you think nobody cares if you're alive, try missing a couple of car payments.

**PROVERBS:**

Good fences make good neighbours.  
Good things come to those who wait.  
Hindsight is always twenty-twenty.

**BIBLE QUOTES:**

**"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others."**  
Philippians 2:3-4

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

**Happy! Happy! Birthday To All Elders Born in February!!**

***Aquarius January 20th - February 18th***

***Aquarius Waterbearers are fun-loving and gifted with a dash of genius. They are seekers of truth, unbiased and open-minded. Aquarians are terrific communicators, neither conceited nor vain. They respect others' views and need to be needed. Ruled by Uranus, they are idealists with big dreams and causes to pursue. Aquarians are lovers not fighters. Their word is their bond.***

**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**

Dear Elders and Elders Support People,

There are **NO UPDATES** available at this time for next years' Annual Elders Gathering.

The 31st Annual Elders Gathering is being hosted by the Squamish Nation, however an information package with the place and dates for the event have not been released at this time.

Please be patient... often times there is no info package available until sometime in the New Year.

Rest assured that as soon as the Host's information is available it will be featured here and on our website [www.bcelders.com](http://www.bcelders.com)

**PLEASE WATCH YOUR UPCOMING ISSUES OF THE E.V. FOR GATHERING NEWS**