

Volume 10 Issue 3

FEBRUARY 2010



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

ATTENTION:

Elders Contact People
Please Remember To Make Copies
of The Elders Voice Each Month

For Your Elders And If You Could Also Make Copies For Your Chiefs and Councils
That Would Really Help In Keeping Everyone Up-To-Date On Elders Matters.

EV'S 111th Issue!

HAPPY VALENTINE'S DAY TO ALL!!

34th Annual BC Elders Gathering Announcement on Page 4...

!!!!!!!!!!PLEASE BOOK ROOMS FOR YOUR ELDERS!!!!!!!!!!!!!!

Happy Birthday wishes to the following Lilliwat Elders

January - Belated

George Gabriel, Katherine Wallace, Wilfred Louie, Raymond Pierre,
Nick Andrew, and Annie Gabriel

February

Jean Andrew, Relph Wallace, John Williams, Celina Dan, Willie Smith,
Daniel Joseph, and Jennifer Jacobs

And to;

Willie Williams from Lake Babine Nation who turns 91 on February
20th, 2010 Happy Birthday Willie!

Attention: IMPORTANT

*Please make note that pages 5-8 are the application for
the Elders Transportation Grant program...it wouldn't
hurt to get your application in a.s.a.p.*

Inside this issue

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and Quotes

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Corner, Horoscopes, Contact Info

Quotes

“Failure is the line of least persis-
tence.”

“Achieving starts with believing.”

“Make the most of the best and the
least of the worst.”

“Confidence is the memory of past suc-
cess.”

Easy Bakers Corner – Fudgy Figgy Brownies makes 16 squares

Preheat oven to 350°F.

Grease bottom of a 8” square cake pan or line with parchment paper.

Melt 1/2 cup of semi-sweet chocolate chips with 2 squares of unsweetened chocolate (2 oz.) and 1/2 cup of butter in a saucepan. Cool slightly. Mix in 3/4 cup of sugar. Whisk in 2 eggs, one at a time, and 2 tsp of vanilla.

Stir in 2/3 cup of all purpose flour, a pinch of salt and 1 cup of stemmed and coarsely chopped California figs and 1/2 cup of semi-sweet chocolate chips. Spread into prepared pan.

Bake in centre of preheated oven for 25-30 minutes or until toothpick inserted in centre comes out with just a few crumbs clinging to it.

Cool in pan on rack. Sprinkle with icing sugar if desired and cut into squares. Excellent for freezing.

HANDY TIPS: 1. Easy Deviled Eggs - Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, and cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done easy clean up..

2. Measuring Cups

Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.

What Can you please share?

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

Gilakasla, Donna Stirling

‘PRESERVING THE PAST’

New Elder’s Website: www.bcelders.com

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

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

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

Disclaimer:

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

BC ELDERS COMMUNICATION CENTER SOCIETY

10th Year GRATITUDE LIST

Of Groups Who Have Thankfully Paid Their \$250 'Yearly Support Fee'
For the Dec. 1st 2009 – Nov. 30th 2010 Year

1. Indian Residential School Survivors Society
2. Ditidaht First Nation
3. Qualicum First Nation
4. Cowichan Elders
5. Tsleil-Waututh Nation
6. Laich-kwil-tach Treaty Society
7. BC Assoc. of Aboriginal Friendship Centres
8. Kla-How-Eya Circle of Elders
9. BC Transmission Corporation
10. K'omoks First Nation
11. Douglas Band
12. Kluskus Indian Band
13. Lower Nicola Indian Band
14. Ki-Low-Na Friendship Society
15. Hartley Bay Village Council
16. Squiala First Nation
17. Akisqnuq First Nation
18. Wei Wai Kum First Nation
19. Wet'suwet'en First Nation
20. Kitamaat Village Council
21. McLeod Lake Tse'khene Elders Society
22. Da'naxda'xw First Nation
23. Gitwangak Education Society
24. Quatsino Band
25. Spallumcheen Indian Band
26. Williams Lake Indian Band
27. Bridge River Indian Band
28. Lytton First Nation
29. Lower Kootenay Band
30. Ehattesaht Tribe
31. Xaxli'p Indian Band
32. Adams Lake Indian Band
33. Kwikwetlem First Nation
34. Osoyoos Indian Band
35. Hailika'as Heiltsuk Health Centre
36. Carnegie Community Centre
37. First Nations Health Society
38. We Wai Kai Nation
39. Hesquiaht First Nation
40. Sumas First Nation
41. Kamloops Indian Band
42. Shxwha:y Village
- 43.

Repeating INVOICE Message:
IT IS THAT TIME OF YEAR AGAIN!

Dear Elders, Elders Workers, Presidents, Chief and
Councils, & Boards of Directors

Support Invoices accompany the November issue of
the Elders Voice each year. Please see if you can as-
sist with the costs for this provincial elder's office to
operate by paying the \$250 yearly support fee.

Your consideration is very much appreciated. If
your office/group needs another copy faxed or
emailed please contact:

1-877-738-7288 or email bcelders@telus.net

Thank you, Donna Stirling

BCECCS Coordinator, Sec. BC Elders Council

34th Annual BC Elders Gathering

Dates: July 13, 14,15th, 2010
(with early registration beginning July 12th)

Host: Adams Lake Indian Band
And the
Secwepemc Nation

Location: Sunwave Centre in Salmon Arm, BC

2009 BC Elder King and Queen
JD and Ethel Billy

Adams Lake Indian Band and the Secwepemc Nation Bands are looking forward to welcoming you to our traditional territories.

A 2010 Planning Team has started the planning for this wonderful Gathering. More information will be released very soon.

For more information please contact:
Karen Everard at Ph: 250-679-8841

Elders Transportation Program 2010 Application Form

Objective:

The Elders Transportation Program provides partial funding to Elders travelling to the Annual BC Elders Gathering. Twenty-five individual grants are available (\$1,000 each).

Deadline:

Applications are due by the second Friday of June annually. The 2010 applications will be due **by 4:30pm on Friday June 11, 2010.**

Eligibility:

1. Applicants are an Aboriginal Elder or recognized Aboriginal organization on behalf of Elders.
2. Only British Columbia residents are eligible.
3. Travel distance to the event is greater than 200 kilometers (one way, road distance only).
4. Applicants send in an original completed application form.
5. Eligible travel costs are as follows: accommodations, transportation, meals, and other related travel expenses such as parking or taxi. Travel costs must be by the most economical means.
6. Applicants who have received an Elders Transportation grant in the previous two consecutive years are ineligible to apply this year and may apply the following year.

General Program Conditions:

1. Original signed applications must be accompanied by:
 - cover letter indicating number of Elders planning to attend
 - letter of support from a recognized Aboriginal organization, confirming financial need
2. Applicants are eligible to receive funding up to a maximum of \$1,000. Applications will be reviewed by a subcommittee and approved for funding based on factors including: meets criteria, complete application, overall travel costs, distance away from the event, regional representation, and include individual Elders.
3. Only one application per fiscal year per organization will be approved.
4. The BCAAFC is not responsible for any expenses incurred prior to the applicant receiving a written confirmation of approval.
5. Previous Elders Transportation or other provincial grants to the applicant and/or Aboriginal Organization must be accounted for or the applicant may be ineligible for funding.
6. If actual travel expenses are less than the \$1,000 advanced, the difference must be repaid.

After the conference:

- Funding recipients must submit a report within 30 days of travel to the BCAAFC and include:
- brief narrative summary of event, including total number of Elders and names of Elders who attended
 - if actual travel expenses are less than the \$1,000 advanced, the difference must be repaid
 - any pictures, and quotes of Elders who attended about their time at the conference.

Submit applications to:

Attn: First Citizens Fund Administrator
BC Association of Aboriginal Friendship Centres
#200 - 506 Fort Street Victoria, BC V8W 1E6
Phone: (250) 388-5522 or 1-800-990-2432
Fax: (250) 388-5502 Email: lmartin@bcaafc.com



**B.C Association of Aboriginal Friendship Centres
First Citizens Fund
Elders Transportation Program 2010 Application Form**

Complete All Sections of this Application

A. Contact Information

Office Use Only

1. Elder's Organization/Band:

2. Mailing Address:

3. Region:

[1 Vancouver Island/Coast](#)

[2 Mainland/Southwest](#)

[3 Thompson/Okanagan](#)

[4 Kootenay](#)

[5 Cariboo](#)

[6 North Coast](#)

[7 Nechako](#)

[8 Northeast](#)

Please visit this website to view regions in BC: <http://www.bcstats.gov.bc.ca/data/pop/maps/drmap.htm>

4. Name of Contact Person for this Application:

Telephone: (business) _____ (home) _____ Email: _____

5. Number of Elders Requesting Transportation Assistance: _____

B. Travel Information

6. Distance one-way (according to Tourism BC Road Map): _____ km

7. Departure Date: _____ Return Date _____

C. Supporting Documentation

8. Original signed applications must be accompanied by:

-cover letter indicating number of Elders planning to attend

-letter of support from a recognized Aboriginal organization, confirming financial need

D. Financial Information

Please complete the total budget for Elders' travel to the Annual BC Elders Conference, including all expenses and revenue.

REVENUE		
<i>First Citizens Fund Elders Transportation Program</i>		\$1,000.00
(*list other sources)		\$
		\$
TOTAL REVENUE		\$
EXPENSES*Note travel costs are eligible one way only , as overall budget is part of criteria		
TRANSPORTATION	First Citizens Fund	Other sources funding:
*Include all transportation costs ie. vehicle rental, ferry etc.	\$1,000-	
Mileage # _____ x \$0.44/km	\$	\$
Other:	\$	\$
	\$	\$
	\$	\$
MEALS (Up to \$44.50/day per person)		
# Elders _____ x _____ # days x \$44.50	\$	\$
ACCOMMODATION (Hotel-up to \$115/day per person) Base on double occupancy		
# Elders _____ x _____ # nights x \$115.00	\$	\$
OTHER COSTS:		
Caregiver:	\$	\$
Driver:	\$	\$
Other:	\$	\$
TOTAL BUDGETED EXPENSES AND REVENUE	\$	\$

E. FOLLOW UP REPORT

Final report to be submitted by fax within 30 days of travel and include:

- brief summary listing names of Elders who attended the event
- any pictures or stories about the conference

Please send to:

Attn: First Citizens Fund Administrator
BC Association of Aboriginal Friendship Centres
#200 - 506 Fort St Victoria, BC V8W 1E6
Phone: (250) 388-5522 Fax: (250) 388-5502

CERTIFICATION

I hereby certify that, to the best of my knowledge, all information in this application is correct and in accordance with the policy of the Elders Transportation Program. I agree to inform the **B.C Association of Aboriginal Friendship Centres** of any changes in the travel information given.

Name of Authorized Person

Signature

Name of Witness

Signature

Date

Date

Dear Elders and Support Workers and FN Community Members,

Here is some info from Eve Millar at Ministry of Healthy Living and Sport about services related to the prevention of Elder abuse. Donna Stirling

Referrals for callers :

- **VictimLINK: 1 800 563-0808** (toll free in BC) 24 hours, 7 days a week. VictimLINK is also accessible by TTY (Telecommunications Device for the Deaf) **TTY 604 875-0885**.

Collect calls are accepted. VictimLINK offers interpretation services for all the major languages spoken in British Columbia, including 17 Aboriginal languages.

Operators provide information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.

<http://www.communityinfo.bc.ca/victims.htm>

- **BC Centre for Elder Advocacy and Support (BCCEAS)** for support and possible recourse through their Elder Law Clinic. **BCCEAS: 1-866-437-1940** (toll free) or **604-437-1940** (local) 10 am to 3 pm, Monday to Friday

<http://bcceas.ca/>

<http://bcceas.ca/community-programs/info-help-line/>

- **Seniors Health and Information Line** toll free: **1 800-465-4911** or in **Greater Victoria: 250-952-1742**

http://www.health.gov.bc.ca/cpa/1-800.html#moh_seniors_line

A "one stop" location to obtain information on both health and non-health related federal and provincial government programs and services for British Columbia seniors.

The Line also provides B.C. residents with information about health services, the health care system and interpretation of a wide variety of health media releases, legislation, policies, programs and services.

The line is accessible 8:30 a.m. – 4:30 p.m., Monday to Friday (excluding holidays). Translation services are available in 130 languages.

• This is a link to provincial **toll free information lines** <http://www.health.gov.bc.ca/cpa/1-800.html> (bereavement line, dial-a-dietician, Pharmacare etc)

- **Public Guardian and Trustee of BC (PGT)** for capability issues. PGT also recommends calling BCCEAS, VictimLINK, one of the five health authorities (HA)s or the BC Association of Community Response Networks (BCACRN)

PGT office in Greater Vancouver Office, 604-775-1007
Lower Mainland Office (Vancouver), 604-775-1001
Vancouver Island Office (Victoria), 250-356-8160
Interior-North Office (Kelowna), 250-712-7576
All other areas of BC: call Service BC, 1-800-663-7867, and ask to be transferred to the Public Guardian and Trustee

- **This is a link to our homepage.** <http://www.hls.gov.bc.ca/seniors/>

We will soon have a **seniors portal** <http://www.SeniorsBC.ca> which is expected to be launched mid January.

- This is a link to work that was produced by the BC ADULT ABUSE / NEGLECT PREVENTION COLLABORATIVE. <http://www.bcli.org/ccel/projects/vanguard#> Click on reports to link to the **“Provincial Strategy Document: Vulnerable Adults and Capability Issues in BC”** pdf (the Vanguard Project) which includes interesting discussions on vulnerability and looks at law and policy relevant to adult abuse and neglect prevention.

The Provincial Strategy Document brings together research on law and policy in relation to adult abuse/neglect prevention and mental capability. It is intended to create a shared, inter-disciplinary understanding of the meanings and implication of the capability continuum as it applies to the enforcement of different statutes.

These materials clarify key language and summarize relevant laws, canvas internationally existing practice protocols and guidelines, assemble advocacy and protocol development resources, and make recommendations for change in British Columbia.

The Collaborative consists of representatives of designated agencies including Ministries of Public Safety and Solicitor General and Healthy Living and Sport; the Public Guardian and Trustee of BC; provincial non profits working in the abuse response prevention field such as the BC Centre for Elder Advocacy and Support and the BC Association of Community Response Networks; researchers/academics and other concerned community members. The Collaborative:

- encourages community practices that, within the spirit and intent of the legislation, respond to, prevent, and reduce abuse, neglect and self-neglect of adults; and
- provides a forum for coordination and collaboration at the provincial level.

If you wish to know more about the Collaborative or get involved, here is Pearl's email:
pearl_mckenzie@telus.net

- **Federal link** to some factsheets on financial abuse prevention of older adults
<http://www.justice.gc.ca/eng/pi/fv-vf/pub/elder-aines/index.html>
- **BCAAFC's** posters on Elder Abuse Prevention <http://www.bcaafc.com/content/view/82/653/>
- Link to BC health files which include pdfs on Elder Abuse:
<http://www.healthlinkbc.ca/healthfiles/httoc.stm>

Changes to the Indian Act affecting Indian Registration and Band Membership *Mclvor v. Canada*

Mclvor v. Canada

The *Indian Act* defines eligibility for Indian Status (i.e. Registered Indians). The Indian Register is the official record identifying all Status Indians in Canada.

Over the years, there have been many changes to the rules for deciding who is eligible for registration. Important changes were made to the *Indian Act* in 1985, when Parliament passed Bill C-31. These changes were intended to remove parts of earlier legislation that discriminated against women. The changes also gave First Nations the opportunity to control their own membership.

In April 2009, the Court of Appeal for British Columbia ruled in the case of *Mclvor v. Canada* that certain registration provisions of the *Indian Act* are unconstitutional as they violate the equality provision of the *Charter of Rights and Freedoms*. The Court suspended its declaration of invalidity for 12 months - to April 6, 2010 - to give Parliament time to amend the *Indian Act*.

In order to comply with the Court of Appeal's decision and to avoid a legislative void in British Columbia, the Government of Canada is moving forward with a legislative process to amend the registration provisions of the *Indian Act*.

Following the launch of a [discussion paper](#) setting out the federal government's proposed legislative amendment to certain registration provisions of the *Indian Act*, INAC officials traveled throughout Canada to hold engagement sessions with National Aboriginal Organizations, Aboriginal women's groups, and regional organizations. The purpose of these [engagement sessions](#) was to seek input from Aboriginal participants on Canada's preferred approach to moving forward with legislative amendment.

With the conclusion of the engagement process, INAC officials are carefully reviewing all comments received during each session, as well as all written submissions. This input will allow the federal government to consider any issues brought-up during the process and finalize its legislation. A [summary of the engagement process](#) is available.

The Government intends to introduce legislation in early 2010 with the goal of having the proposed amendments in place by April 6, 2010, which is the deadline set by the BC Court of Appeal, after which the declaration of invalidity would take effect. There may be further opportunities for groups or individuals to provide input once the proposed legislation has been introduced in Parliament and is being reviewed by a parliamentary committee.

For more information, please contact:

Special Legislative Initiative
Resolution and Individual Affairs
Indian and Northern Affairs Canada
18th Floor
10 Wellington Street
Gatineau, QC
K1A 0H4
Fax: 1-866-817-3977
Email: mls-sli@ainc-inac.gc.ca

For: Spirit Works
Contact: Shain Jackson, Spirit Works
Primary Phone: 604-727-0018
E-mail: shain@spiritworkslimited.com

Date issued: December 23, 2009, 18:54 e

Attention: Assignment Editor, Business/Financial Editor, News Editor, Sports Editor, Government/Political Affairs Editor

Olympic "Authentic Aboriginal Products" Made Overseas?

Vancouver, BC, PRESS RELEASE, Dec.23 /CCNMatthews/ - Local Aboriginal producers of "Authentic Aboriginal Products" - those designed, produced and distributed by Aboriginal people in Canada - are dismayed by the lack of commitment to authenticity and accountability of the Vancouver Organizing Committee for the 2010 Olympic Games (VANOC).

"We took VANOC at its word when it promised unprecedented support for Aboriginal economic development as well as Aboriginal employment and training leading up to and during the 2010 Winter Olympics" says Shain Jackson, the owner of Spirit Works, a company making native jewelry and bentwood boxes and employing five First Nations workers.

Local Aboriginal businesses say they've found themselves on the short end of an unfair competition with non-Aboriginal companies who appropriate First Nations culture by selling products with Aboriginal designs on them, but originate overseas. VANOC actually licenses these cheap knock-off products and allows them to carry the label of "Authentic Aboriginal Products".

World-renowned Aboriginal clothing designer Dorothy Grant stated, "There is so much that can be said for the misuse of the word "authentic". And by combining this word with "aboriginal" misleads the public coming in from all parts of the world to believe that we are behind the products that VANOC has produced in China."

It is estimated that VANOC will profit in the tens of millions of dollars from the sale of the products produced overseas, while local Aboriginal businesses employing Aboriginal peoples will be left with minimal, if any, opportunities.

"Aboriginal businesses and artists serve and support many Aboriginal people and contribute to Aboriginal communities," said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. "They must be afforded a level playing field to compete but as the 2010 Olympic Games nears, it is apparently getting harder and harder for small businesses to stand with glowing hearts when faced with the goliath of the VANOC marketing machine."

- END RELEASE - 23/12/2009

Release ID: 200912230001

Press release distributed by CCNMatthews 1-866-736-3779



GATHERING OUR VOICES 2010



Frequently Asked Questions

1. When and Where is the Conference happening this year?

- a. Gathering Our Voices 2010 is taking place in Vancouver BC at the Hyatt Regency Vancouver from March 10th – 13th, 2010

2. How much are registration fees and when are they due?

- a. Early registration fees are \$125/participant and are due by February 5th, 2010.
Regular registration fees are \$175/participant and are due by March 10th, 2010

3. Who has to register for the conference?

- a. All youth AND chaperons must register for the conference – No Exceptions

4. What is the Early Registration Incentive?

- a. Available to anyone who registers BEFORE February 5th, 2010 – For every group of five (5) people registered, the sixth (6) person is FREE

5. How old do you have to be to attend the conference?

- a. You MUST be fourteen (14) by March 10th, 2010 to attend the conference. All youth fourteen to seventeen (14-17) MUST be accompanied by a chaperon at all times.

6. How old do you have to be to Chaperon at the conference?

- a. You MUST be Twenty One (21) by March 10th, 2010 to be a Chaperon at the conference

7. What is the Chaperon to youth ratio?

- a. For every five (5) youth (under the age of 18) there MUST be at least one (1) chaperon

8. Where can my group stay in Vancouver?

- a. As the conference is being held at Hyatt Regency Vancouver, **the BCAAFC has secured a special conference room rate for delegates wishing to stay onsite at the Hyatt Regency.**** When booking your room through the Hyatt Regency, please inform them that you are a conference delegate, to receive the special conference rate. For those delegates wishing to stay off-site, a listing of accommodations near the centre will be made available shortly.

*** Space is limited; please reserve your rooms as early as possible if you wish to stay onsite. Rate is \$139/night for single/double occupancy and does not include taxes*

9. What Meals are included at the Conference?

- a. Delegates will be provided with the following meals at the Conference:

Wednesday March 10th *Supper* at the Hyatt Regency

Thursday March 11th *Breakfast* (Location TBD)

Lunch (Location TBD)

Friday March 12th

Breakfast (Location TBD)

Lunch (Location TBD)

10. What kind of Parking Options are available to me?

- a. The Hyatt Regency Vancouver is located in a complex with a shared parking facility. Current rates are: ***In House Guest Valet - \$39.90 per day and Self Park - \$29.40 per day.*** For a map of other parking options in Downtown Vancouver please see our website (www.bcaafc.com)

11. I am flying to Vancouver, are there any special rates available to me?

- a. Yes, The BCAAFC has secured a special discount rate of 10% off **WestJet Airlines** best available regular fares at the time of booking (excluding web and promotional fares). You can access this discounted rate in two ways:

1. By contacting WestJet's Convention line at **1-877-952-4696**. WestJet Agents are available to assist Monday to Friday 8:00am to 4:30pm (Mountain Standard Time)

2. By e-mailing your request via the following link:

http://www.westjet.com/index_redirect.html?uripath=/guest/conventionBookingForm.shtml

Attendees must make their travel arrangements through the WestJet Specialty Sales Team and quote the account number **QC 6270** at the time of booking. Discounted rates are available for travel up to 3 days prior and 3 days after the Youth Conference. Fares are not applicable to group travel. For groups of 10 or more please contact WestJet for fare information.

12. How can I get from the Vancouver International Airport to the Hyatt Regency Vancouver?

- a. **SkyTrain:** There is now a Skytrain linking the Vancouver International Airport with Downtown Vancouver. The YVR-Airport Station is located above the parkade complex and can be accessed through both the Domestic and International terminals. Trains from YVR to Waterfront Station (downtown Vancouver) will run from 5:10 a.m. to 12:57 a.m. For travel planning, full schedule list and maps, visit www.translink.bc.ca.

Airporter: The Airporter provides bus service to major hotel destinations in downtown Vancouver and leave the domestic terminal every 30 minutes from 8:25 to 21:50. Cost is 13.50/one-way or 21.00 roundtrip. For more information please call 1.800.668.3141

If you have any other questions regarding Gathering Our Voices please contact:

Rosy Steinhauer, Youth Conference Coordinator

B.C. Association of Aboriginal Friendship Centres

#200-506 Fort Street, Victoria BC, V8W 1E6

Phone: (250) 388-5522 or Toll Free: 1-800-990-2432

Fax: (250) 388-5502

Email: rsteinhauer@bcaafc.com

Website: <http://www.bcaafc.com>

"GATHERING OUR VOICES 2010" PROVINCIAL ABORIGINAL YOUTH CONFERENCE

The Hyatt Regency Vancouver - Vancouver, BC - March 10-13, 2010

VOLUNTEER REGISTRATION FORM

First Name:		Last Name:	
Mailing Address:			
City:	Province:	Postal Code:	
Phone:	Alternate Phone:	Fax:	
E-mail:			

PLEASE FILL IN THE FOLLOWING SECTION AS IT APPLIES TO YOU:

- Youth (14-17 Years of Age) Young Adult (18 – 24 Years of Age)
 Adult (24 Years of Age and Older)

WHAT KIND OF TASKS OR ROLES ARE YOU WILLING TO SIGN UP FOR?

- | | | | |
|---------------------------|--------------------------|--|--------------------------|
| SECURITY (EVENING OR DAY) | <input type="checkbox"/> | EVENING ENTERTAINMENT AID | <input type="checkbox"/> |
| HOST TO SPECIAL GUESTS | <input type="checkbox"/> | COUNSELLOR: | <input type="checkbox"/> |
| REGISTRATION | <input type="checkbox"/> | - ARE YOU CERTIFIED? YES <input type="checkbox"/> NO <input type="checkbox"/> | |
| GREETER | <input type="checkbox"/> | FIRST AID | <input type="checkbox"/> |
| DELEGATE KIT ASSEMBLY | <input type="checkbox"/> | - PLEASE GIVE YOUR LEVEL OF CERTIFICATION _____ | |
| CONFERENCE CENTRE GUIDE | <input type="checkbox"/> | SPORT AND RECREATIONAL ACTIVITIES | <input type="checkbox"/> |
| ELDER AREA ASSISTANT | <input type="checkbox"/> | CULTURAL ACTIVITIES | <input type="checkbox"/> |

WHAT TIME SLOTS ARE YOU AVAILABLE TO VOLUNTEER?

7:00AM – 10:00AM 10:00AM – 1:00PM 1:00PM – 4:00PM 4:00PM – 7:00PM 7:00PM – 11:00PM

WHAT DAYS ARE YOU AVAILABLE TO VOLUNTEER?

WEDNESDAY, MARCH 10TH, 2010 THURSDAY MARCH 11TH, 2010
FRIDAY, MARCH 12TH, 2010 SATURDAY MARCH 13TH, 2010

ARE YOU WILLING TO GO THROUGH A CRIMINAL RECORD CHECK?

YES NO

PLEASE SIGN HERE _____

* If you answered NO to undergoing a criminal record check, please contact Rosy Steinhauer, Youth Conference Coordinator at (250) 388-5522 or rsteinhauer@bcaafc.com

EMERGENCY CONTACT INFORMATION

Contact Person:	Phone:		
Address:	City:	Province:	
Medical Number:	Illness/Allergy:		

PLEASE SUBMIT COMPLETED VOLUNTEER APPLICATION FORMS BY FAX, MAIL OR E-MAIL TO:

ROSY STEINHAUER, YOUTH CONFERENCE COORDINATOR

BC ASSOCIATION OF ABORIGINAL FRIENDSHIP CENTRES

#200-506 FORT ST. VICTORIA, BC V8W 1E6

E-MAIL: rsteinhauer@bcaafc.com OR FAX: (250) 388-5502 OR PHONE: (250) 388-5522 / 1-800-990-2432

Get a Load of Good Health from www.lifestyles.ca.msn.com

The smart and simple laundry strategies to keep allergens, germs, and skin irritants at bay

While you might be a pro at sorting delicates from dishrags and fighting stains to the death, a few missteps can leave you more susceptible to germs, allergy attacks, skin rashes—even cancer. To help boost your family's health, adopt these laundry room habits.

Protect: Against Germs

EMPTY THE WASHER ASAP

Bacteria flourish in wet areas, so take clothes out within 30 minutes of a completed cycle; if they sit for an hour, rewash the load. But wouldn't just laundered clothes be germ free, you wonder? Not necessarily, says Charles Gerba, PhD, professor of environmental microbiology at the University of Arizona.

These days, many people are trying to save energy and money by washing with cold water, but harmful bacteria can easily survive in it, explains Gerba, whose research found that 25% of home washing machines contain fecal bacteria. Although the strains of *E. coli* found were fairly harmless, their presence alone indicates that bacteria and viruses can linger on laundry, he says.

Though Gerba recommends using hot water to kill germs, cold is better for energy bills—and the planet. To help protect your family, don't overload the washer, so detergent can penetrate all the fabric; and wash your hands after removing wet clothes so you don't spread lingering germs. The dryer's heat will kill most of the remaining bugs.

WASH UNDERGARMENTS ALONE

Not surprisingly, the primary source of fecal bacteria in a washer is underwear. It's best to do undies in a separate cycle, with hot water and regular or color-safe bleach, suggests Gerba. And once a week, run an empty cycle with only a cup of bleach. "That prevents bacteria from hanging out in the drum," he adds.

Reduce: Allergens

WASH BEDDING IN HOT WATER

Unsavory as it sounds, your sheets and pillowcases house legions of dust mites that dine on the skin cells you shed at night. Dust mites are the most common cause of year-round allergy symptoms. They live in clothes and carpeting, but their highest concentrations are in beds. To alleviate symptoms, it's most important to wash your bedding weekly in hot water (set at a minimum of 130°F), says Robert Weitz, a microbiologist in Stamford, CT. "If you wash with cold or warm, you're just giving them a nice swim," he says. "And the dryer alone isn't hot enough to kill them."

AIR OUT YOUR WASHER

Mold spores are always present in the air to some degree, but when they find a wet surface (say, the inside of a washer), they can settle in and multiply. Exposure to mold can cause congestion, itchy eyes, and wheezing; if you're asthmatic or allergic, they can trigger an attack.

To prevent mold from growing in your machine and then transferring to your clothes, when you finish your laundry, prop the washer door open to air it out and dry off any visible rubber parts. Be extra diligent with front loaders—they use rubber gaskets to seal the water inside, and mold often grows on it, says Weitz. Another tip: "Buy HE, or high efficiency, detergent," he adds. "It makes less suds than regular kinds, leaving behind less moisture."

VENTILATE THE LAUNDRY ROOM

Moist heat from the dryer can keep humidity levels high, which creates ripe conditions for mold to grow. Leave a window open or turn on a fan when the dryer is running, and check dryer hoses. "If the vent to the outside comes loose, moisture can get trapped in the wall, and mold can grow," says Weitz.

Prevent: Irritated Skin

CHOOSE UNSCENTED SOAPS

You may love clothes that smell like flowers or fresh rain, but it takes a cocktail of chemicals to deliver that scent—chemicals that can irritate your skin, or worse. Researchers at the University of Washington analyzed a popular detergent and found that it emitted 13 volatile organic compounds (VOCs), five of which are regulated as toxic or hazardous by the EPA. "Often, laundry products can contain hazardous chemicals such as neurotoxins and carcinogens," says study author Anne Steinemann, PhD, professor of civil and environmental engineering and public affairs at the university. "Exposure to them can cause migraine headaches and asthma attacks."

The kicker: Many of these chemicals aren't related to the detergent's cleansing agents but instead to the fragrances they're scented with. It's best to choose ones free of perfumes and dyes. "Unscented may mean a masking agent was used to cover up the detergent aroma, but harmful agents can remain," says Steinemann. And according to her latest, yet-to-be-published research, laundry detergents with natural or organic scents can be just as toxic as the regular ones.

TOSS DRYER SHEETS

They emit chemicals also regulated as toxic and can cause breathing difficulties and irritated skin, says Steinemann; liquid fabric softeners can have the same effect. Instead of dryer sheets, try PVC-free plastic dryer balls (available at amazon.com)—they help more air pass between clothes to cut down on static cling. As a softener, add ½ cup of baking soda to the rinse cycle of your wash.

Caring for your feet when you have diabetes from medbroadcast.com

People with diabetes need to get to know their feet like - well, like the back of their hand. That's because the high blood glucose levels common in diabetes can lead to two types of damage that spell trouble for the feet:

Blood vessel damage: Blood vessel damage can reduce blood flow to the feet, which can make the feet more vulnerable to ulcers and infection and make wounds slower to heal.

Nerve damage: The nerves that carry messages from the feet to the brain can be compromised by too much glucose in the blood. This nerve damage is called *neuropathy*. When that circuit is interrupted by nerve damage, your feet might have a burning, numbing, or tingling sensation or you might not be able to sense pain. That sounds like a good thing until you realize that feeling pain is what signals you that problems are afoot.

So say you wear new shoes, and they rub a blister onto your heel. With nerve damage, you might never know that the blister is there at all. And a simple blister that goes undetected can grow into a deep sore, known as an ulcer. An ulcer that becomes infected is a serious condition. Add reduced blood circulation to the mix, and the healing process slows down. To compound the problem, glucose-rich blood provides plenty of food for germs, making infection even harder to fight off.

Left undetected or untreated, ulcers and other foot injuries can affect mobility, changing a person's weight distribution on their feet and boosting their risk of blisters and calluses. Infections can even advance to the point of gangrene. In fact, people with diabetes are at an elevated risk of foot or leg amputation compared to people without diabetes. Amputation is needed to prevent gangrene from spreading to other parts of the body.

Take steps to better foot care

Foot care actually starts far from your feet. Undoubtedly, the first and best strategy for healthy, happy feet is to **manage your blood glucose levels**. Keep your levels on target as often as possible, and you will minimize and even prevent the damage to your nerves and to your blood vessels. And smokers with diabetes be advised: **Smoking decreases blood flow** to your feet and can increase the risk of amputation.

Beyond blood sugar management and cutting smoking, there are several things you can do directly to manage your feet:

Go on a daily foot fact-finding mission

Just like brushing your teeth or washing your face, checking your feet should be a part of everyday routine.

Check all sides of your feet - tops, bottoms, the toes, in between the toes, on the heels. You're searching for any sign of potential trouble: ingrown toenails, cuts, skin that is cracking, flaking or dry, calluses, blisters, sores, corns, or warts.

Changes in skin temperature could also signal developing sores. You can do your scan in the bath or shower, in bed, wherever it's easiest for you to see your feet well.

For those with mobility issues or who cannot reach their feet, you can ask a friend or family member to help out. Some people use mirrors to better see the bottoms of their feet. Mirrored weigh scales are also available.

If you notice any changes or troubling marks, consult your doctor or your foot specialist. Do not attempt to self-treat injuries or infections - even something as seemingly minor as an ingrown toenail.

Treat your feet with TLC

When you have diabetes, keeping your feet clean is crucial. But the simple act of washing your feet becomes a little more involved.

Wash your feet daily in warm water using a mild soap. This means *wash* - not *soak*. Soaking can dry the skin. And *warm* water - not *hot* or *cold*. Nerve damage may make it hard to tell how hot or cold the water is, so test the temperature with your hand or your elbow.

Dry your feet well. Be gentle. Use a soft towel to pat dry and don't forget between your toes. Avoid scrubbing or rubbing the skin too briskly.

Moisturize your feet - your heels and soles - in the morning and at bedtime. Dry skin can crack and leave you susceptible to infection. Excess moisture also welcomes germs, so don't use too much lotion, and never apply it between the toes. Shake on unmedicated powder to minimize sweating.

After a shower, your nails are softer, so that's the perfect time to tidy up your toenails. Trim nails straight across and not too short to prevent ingrowns. If your nails have grown too thick (e.g., due to fungal infection such as athlete's foot), you may need to have someone help you.

Keep them covered

Something as straightforward as putting on your shoes and socks presents potential problems.

Before slipping your feet into your shoes, look into each shoe and use your hand to feel around inside. You never know when a stray pebble, thumbtack, or paperclip could be awaiting your foot.

Buying new shoes? Since feet swell through the day, it's best to shop for shoes late in the afternoon.

Choose shoes that fit properly, that don't rub blisters, that provide cushioning, and that encourage even distribution of weight across the foot. Flip-flops, sandals, or peep-toe, pointy-toed, high-heeled, or worn-out shoes are not recommended.

Once you have a new pair of shoes, allow time to break them in. During the first few weeks, wear them for only 1 to 2 hours at a time.

Socks rock. Always wear socks or stockings to keep feet from sweating too much or rubbing blisters. Switch your socks daily, and opt for looser-fitting ones that are not tight around the ankles.

During colder weather, wear loosely fitted wool socks to protect your feet from moisture and frostbite.

Never go barefoot! Wear slippers or shoes at all times when you will be walking around, even indoors.

Put your feet up when sitting. Don't cross your legs for long periods of time.

Have your doctor perform periodic foot check-ups

Most doctors know that foot care is a priority for diabetics, but you can advocate for your own two feet, too.

Remove your shoes and socks when you're waiting for your doctor. This way, neither you nor your doctor can forget about your feet.

Don't be foot-shy. If you have a question or concern, speak up.

Amy Toffelmire

How to Be Winter Wonderful from medbroadcast.com

Give dry, chapped lips some love

Winter whips in, and we all pull on our parkas and boots and mittens and scarves. Most of our body gets wrapped in woolly warmth, but one very vulnerable body part gets too often left out in the cold - our lips!

Wind, sun, and cold, dry air can all cause our lips to crack and chap. Smooth, kissable lips require moisture they can hold onto.

As with your skin, your lips will look smoother and healthier when you're drinking enough water. Slather on lip balm to lock in moisture, but resist the urge to lick your lips, a habit that can make lips even drier.

Use oil-based creams or lip balms that contain beeswax or petrolatum. Choose a formula with softening ingredients like vitamin E or chamomile - and make sure it's in a flavour that won't tempt you to lick it all right off!

Lip balms with SPF can shield your lips from the winter sun when it reflects off the snow. On really extreme weather days, shield your lips from the wind by wearing a scarf, balaclava, or ski mask.

Those with chronically chapped and painfully dry lips could try medicated balms that contain soothing ingredients like aloe, menthol, and camphor. If nothing seems to work, you may need to check with your doctor. There may be an underlying condition to consider.

Preventing heart attack - know your HEART!

Approximately 70,000 heart attacks occur in Canada each year. That's almost 200 heart attacks per day.

Unfortunately, some heart attacks can lead to death. In Canada, approximately 19,000 deaths each year are due to heart attack. Although these are sobering numbers, there are steps you can take to prevent a heart attack.

Do you have all the right pieces to prevent heart attack? Learning more about what you can do to prevent a heart attack is all about knowing your HEART!

Warning signs of heart attack

Knowing the symptoms of a heart attack can save your life. The sooner you get medical treatment, the more effective the treatment (if started within 1 hour of the symptoms), and the better the chances of minimal damage to your heart.

The Heart and Stroke Foundation lists the following typical warning signs to look out for:

- pain or discomfort
 - sudden discomfort that does not go away even with rest
 - chest pain or discomfort that is brought on with exertion and goes away with rest
 - pain may start in the chest and spread to the neck, jaw, shoulder, arms, or back
 - pain may feel like burning, fullness, pressure, or tightness
 - pain may be more vague in women
- shortness of breath or difficulty breathing
- nausea, vomiting, or indigestion
- sweating
- cool, clammy skin
- emotional symptoms such as fear, anxiety, and denial

Women may experience different heart attack symptoms than men. Like men, the most common heart attack symptom is chest pressure, pain, or discomfort. But women may have chest pain that spreads to the neck, shoulders, or arms as mentioned above.

They may also be more likely to experience symptoms unrelated to chest pain, including abdominal pain, difficulty breathing, nausea, dizziness or light-headedness, or unexplained fatigue during a heart attack.

Women are also less likely than men to realize they are having a heart attack due to lack of symptoms ("silent heart attack").

Heart attack symptoms vary and not everyone will experience every symptom. If you suspect you are having a heart attack, seek emergency medical help right away.

To learn what to do in case of emergency, see [heart attack first aid](#).

Heart Attack Prevention: Options for Women

Did you know that women are more likely than men to die after their first heart attack?

Learn more about how heart attack symptoms, risk factors, and prevention differ between men and women.

Risk factors

Some risk factors for heart attacks are the same for men and women (to learn more about risk factors, see "[Are you at risk for a heart attack?](#)").

But women also have some unique heart attack risk factors, including:

menopause

use of birth control pills (in some women only, such as those who already have high blood pressure, especially if they are over 35 years old, those who already have a blood clotting problem, and those who have other risk factors for heart attacks)

pregnancy (some women develop high blood pressure or diabetes during pregnancy, which could increase their risk of heart attacks later on)

Symptoms

Women may describe or experience heart attacks differently from men:

Women tend to be older than men when they suffer their first heart attack. Unfortunately, they are also more likely to die of a heart attack.

Women may be less likely than men to realize they have had a heart attack due to a lack of symptoms ("silent heart attacks").

Women may experience different heart attack symptoms than men. The most common symptom is chest pain (like men), but women may be more likely to have abdominal pain, difficulty breathing, nausea, or unexplained fatigue during a heart attack. As well, they may describe their pain differently from men.

Women tend not to report symptoms to their doctor or they may be reluctant to seek medical care for their heart attack symptoms and may wait longer before getting treatment (about 2 to 4 hours longer on average, which can limit their access to certain heart attack treatments that work best when they are used shortly after a heart attack).

Women are more likely than men to die after their first heart attack.

If you or anyone you know is experiencing any of these warning signs of a heart attack, you should follow these steps:

Call 9-1-1 or your local emergency number immediately. If you can't make the call, have someone call for you.

Stop all activity. Sit or lie down in a comfortable position.

If you take nitroglycerin (e.g., Nitrolingual® pumpspray, other brands), take the recommended dosage.

Chew and swallow one 325 mg ASA tablet (acetylsalicylic acid) or two 81 mg tablets (low dose ASA, such as Entrophen® and various other brands) if you are experiencing chest pain. It is important to chew or crush the tablet so that the medication works quickly. Chewing an ASA tablet at the first signs of a heart attack can reduce the risk of death. Other pain relievers such as acetaminophen (e.g., Tylenol®) or ibuprofen (e.g., Advil®) do not work the same way as ASA and therefore will not help in emergency situations such as heart attack.

Rest comfortably while waiting for emergency medical services to arrive.

To protect yourself, learn the warning signs of a heart attack and what you should do, and talk to your doctor about whether you're at risk.

Prevention

Because of past misconceptions that heart disease, which can lead to heart attack, occurred mainly in men, women were less likely to be identified as being "at risk" of a heart attack and less likely to receive interventions to prevent a heart attack. This situation is improving as we learn more about heart attacks in women.

Women may also respond to some preventive therapies (medications to help reduce the risk of heart attacks) differently from men.

Speak to your doctor about your risk of a heart attack, steps you can take to reduce your risk, and preventive therapies that you may want to consider.

Nonmodifiable risk factors

Nonmodifiable risk factors are things that you can't change. You can put your heart attack risk into better perspective by understanding the risk factors that you can't do anything about. These include:

age: As we grow older our risk for *atherosclerosis* (blood circulation problems caused by hardening or narrowing of the arteries) increases, which increases the risk for heart attack.

gender: Men are at greater risk for heart attack and tend to have heart attacks earlier than women.

family history: People with close family members who have had heart attacks at an early age are at increased risk for a heart attack.

You can talk to your doctor about any risk factor you may have for heart attack. Check out the Doctor Discussion Guide to get the conversation started. Article from HeartHealthNews@Medbroadcast.com

QUOTES

“Luck favours the prepared.”

“Imagination is more important than knowledge.”

Albert Einstein

“The world is but a canvas to our imaginations.”

Henry David Thoreau

“Imagination is the beginning of creation. You imagine what you desire. You will what you imagine, and at last you create what you will.”

George Bernard Shaw

“What was most significant about the lunar voyage was not that man set foot on the moon but that they set eye on the earth.”

Norman Cousins

“Man’s mind, once stretched by a new idea, never regains its original dimension.”
Holmes

Oliver Wendell

“What is now proved was once only imagined.”

William Blake

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“When I was a young minister, a funeral director asked me to hold a grave side service for a homeless man with no family or friends. The funeral was to be at a cemetery way out in the country. This was a new cemetery and this man was the first to be laid to rest there.”

“I was not familiar with the area and became lost. Being a typical man, of course, I did not ask for directions. I finally found the cemetery about an hour late. The back hoe was there and the crew was eating their lunch. The hearse was nowhere to be seen.”

“I apologized to the workers for being late. As I looked into the open grave, I saw the vault lid already in place. I told the workers I would not keep them long, but that this was the proper thing to do. The workers, still eating their lunch, gathered around the opening.”

“I was young and enthusiastic and poured out my heart and soul as I preached. The workers joined in with, "Praise the Lord," "Amen," and "Glory!" I got so into the service that I preached and preached and preached, from Genesis to The Revelation.”

“When the service was over, I said a prayer and walked to my car. As I opened the door, I heard one of the workers say, "I never saw anything like that before and I've been putting in septic systems for twenty years.”

From www.jokeclean.com

***Please mail, fax, email, or call in your
Birthday, Anniversary and other Special Wishes and Community Events !!***

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

AQUARIUS - The Sweetheart (Jan 20 - Feb 18) Optimistic and honest. Sweet personality. Very independent. Inventive and intelligent. Friendly and loyal. Can seem unemotional. Can be a bit rebellious. Very stubborn, but original and unique. Attractive on the inside and out. Eccentric personality.

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Including Grand Entry Photos from the Annual Elders Gatherings

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

34th Annual BC Elders Gathering

Dates July 13,14,15th 2010 (with registration beginning July 12th)

Host: Adams Lake Indian Band

And the Secwepemc Nation Bands

Event Location: Sunwave Centre in Salmon Arm, BC

For Info contact Karen Everard at PH: 250-679-8841