



ATTENTION: Elder's Contact People Please Make Copies of the EV Each Month For Your Elders, Chief & Council or Board of Directors.

EV'S 183rd Issue!

40th Annual BC Elders Gathering

Hosted by Tl'etinqox Government, Elders and Co-Hosts Nations from July 11th "Wild Wild West Rodeo" at the Williams Lake Stampede Grounds and Elders Gathering taking place from July 12-14, 2016 at Cariboo Memorial Recreation Complex. Elders Care Area will be at the Thompson Rivers University.

*Below is the link for registration for the event, you must type it out carefully. It is all there is at this time from the host.

Group

<https://bceldersgathering.wufoo.com/forms/wf7yy4j1466tbx/>

Individual

<https://bceldersgathering.wufoo.com/forms/p18qe9341m9u64g/>

HAPPY BIRTHDAY TO ALL ELDERS BORN IN FEBRUARY!! (REMINDER: SUPPORT FEES ARE NOW DUE)

Inside this issue

Easy Bakers Corner/Website	2
List of Paid Support Fees	3
BCECCS BUTTON BLANKET RAFFLE—TICKETS \$5	4
Mess. from FNHA Health Emergency Manager D. Reid	5
AFN Meeting With Fed. Finance Minister	6
AFN Pre-Inquiry Forum	7
UBCIC Demands Action on Historic Decision	8-10

Pg. 11: Adventure Nursing Right Here At Home
Pg. 12: Healthy Aboriginal Network
Pgs. 13-15: Press: Pacific Futures Energy
Pg. 16: FNHA: ?Esdilagh Breaks Ground on New Health and Community Facility
Pg. 17: New St. Paul's Hospital
Pg. 18: Cedric Literary Awards
Pgs. 19-23: How To Cut Your Cancer Risk
Back Page: Annual BC Elders Gathering Info Corner, Horoscope/Quotes/Contact Information

Easy Bakers Corner – Cream Cheese Pound Cake

Preheat oven to 325°F. Grease ONLY the bottom of a 10 inch tube pan.

Cream 1 1/2 cups of butter, 8 oz. package of cream cheese and 3 cups of granulated sugar until light and fluffy.

Add 1/2 tsp. of salt and 1 1/2 tsp. of vanilla extract.

Add 6 large eggs, one at a time and beat after each addition.

Add 3 cups of sifted CAKE flour and blend. Pour into prepared pan.

Bake for 1 1/2 hours or until done.

QUOTES

Let me be a little kinder,
Let me be a little blinder
to the faults of those around me.
Edgar A. Guest (1881 - 1959)

What Can you please share?

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

Gilakasla, Donna Stirling

'PRESERVING THE PAST'

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

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

Disclaimer:

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

BCECCS 15th Year GRATITUDE LIST

Support Fee from Nov. 1st 2014 – Oct. 31st 2015

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

Your support is much appreciated!

LEVELS OF SUPPORT

\$5,000 - Thunderbird

\$2,500 - Killer Whale

\$1,500 - Eagle

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

Thunderbird - \$5,000

1.

Killer Whale - \$2,500

1.

Eagle Level - \$1,500

1. Provincial Health Services Authority

2.

SALMON LEVEL - \$1,000

1. Lhoosk'uz Dene Nation

2. Kwakiutl Band Council

3. Halfway River First Nation

4.

FROG LEVEL - \$750

1. Tale'awtxw Aboriginal Capital Corporation

2. Westbank First Nation

3.

SISIUTL LEVEL - \$500

1. Tk'emlups Te Secwepemc

2.

HUMMINGBIRD LEVEL - \$250

1. BC Association of Community Response Networks

2. Chawathil First Nation

3. Hailika'as Heiltsuk Health Centre Society

4. Spuzzum First Nation

5. Weiwaikum First Nation

6. Mamalilikulla Qwe'Qwa'Sot'Em Band

7. St. Mary's Indian Band

8. K'omoks Health Centre

9. Irving K. Barber Foundation

10. First Nations Tax Commission

11. Doig River First Nation

12. Naut'sa mawt Tribal Council

13. Skidegate Band Council

14. Osoyoos Indian Band

15. First Nations Tax Commission

16. Da'naxda'xw First Nation

17. Neskonlith Indian Band

18. Adams Lake Indian Band

19. Tseil Waututh Nation

20. Lhtako Dene Nation

21. Chief Harvey Paul for Sts'ailes Band

22. Whispering Pines/Clinton Indian Band

23. Halalt First Nation

24. Lower Kootenay Band Health

BC ELDERS COMMUNICATION CENTER SOCIETY

Fundraiser For Our Bid to Host
The 2017 Elders Gathering in CAMPBELL RIVER

1st Prize: Adult Button Blanket and Apron
Hand Made By Elder Susan Paquette

2nd Prize: VTECH 4 Handset Cordless Digital Answering System
Donated By Staples

Tickets: \$5.00

DRAW DATE: APRIL 4TH, 2016

Email For Tickets To: bcelders@telus.net



Dec 30, 2015

A reflection from FNHA Health Emergency Manager David Reid

I was in bed sleeping. The next moment, our windows made a thumping sound, and our house shook. I immediately woke up and said to my wife, "earthquake." I got out of bed, and my wife went to check on my seven-year-old son. We are fortunate that we are quite prepared. We have light sticks underneath our beds and an emergency kit by the front door. As a family we have practiced "drop, cover and hold on," agreed upon a meeting point outside and created a household plan to evacuate the house.

However, like many in British Columbia, our emergency preparedness is not perfect. Having an earthquake in winter at midnight reminded us that we need to re-evaluate our plan.

Some things we discussed:

1. Household fixtures. Many of our wall hangings are not mounted to withstand an earthquake. They are likely to fall and create broken glass on the floor.
2. Socks, gloves, shoes and hats. Our kit has sleeping bags, a tarp, stove and tent. However, it lacks some basic clothes. We realized that we need to put some warm clothes in the bag in case we ever evacuate the house wearing pajamas.
3. Passports, documentation and money. We did not have any in our kit.
4. Matches/lighters. We have many of these, as we have a woodstove and BBQ. However, I had removed these from the kit earlier in the year when looking for matches. I should have put them back.

We were fortunate that this earthquake was not the "big one." However, the "big one" will occur one day. Please take the time to consider your own disaster preparedness. Do you have a plan, have you considered dependents and those with mobility issues or special needs? Have you included your pets in the plan?

Below are some resources to assist you with getting prepared.

<http://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery>

<http://www.getprepared.gc.ca/cnt/rsrscs/ep-wk/index-eng.aspx>

<http://shakeoutbc.ca/>

David Reid

28/1/16 Assembly of First Nations National Chief Statement on Meeting with the Federal Finance Minister

January 28, 2016

(Ottawa, ON) – Assembly of First Nations (AFN) National Chief Perry Bellegarde issued the following statement on today’s meeting of the AFN National Chief and AFN Regional Chiefs with federal Finance Minister Bill Morneau:

“We met with Finance Minister Morneau in advance of the federal budget to set out the AFN’s recommendations for closing the gap in the quality of life between First Nations people and Canada. It is a practical, comprehensive approach for investing in First Nations, the youngest, fastest growing population in Canada. Our plans for action incorporate the government’s commitments to First Nations, including lifting the 2% cap on funding that is holding all of us back, as well as priorities that go beyond the government’s commitments. The decision by the Canadian Human Rights Tribunal earlier this week proves that there are very real funding shortfalls that are hurting First Nations children and families and limiting growth and prosperity for all Canadians. We set out immediate requirements for the upcoming budget and longer term recommendations for investments and change. This is about safe and secure communities for our people, strong First Nations governments and economies, and action on First Nations rights to build a stronger country for all of us. We had a constructive discussion and the Finance Minister welcomed our recommendations. We will keep pushing for the necessary investments and fair fiscal transfers for First Nations. We will keep pushing for an ongoing process to work towards a proper and improved fiscal relationship with the Crown. We can all succeed by working together.”

The AFN is the national organization representing First Nations citizens in Canada. Follow AFN on Twitter @AFN_Comms, @AFN_Updates.

PROVERBS

**When brains are needed, brawn won't help.
Who has no brain needs brawn.
Do not break the branch you climbed.
Some have been thought brave, because they were afraid to run away.
A piece of bread in one's pocket is better than a feather in one's hat.
Bread is the staff of life, but beer's life itself.
Buttered bread always falls dry side up.
Without bread and wine even love will pine.
Brevity is the soul of wit.
Too many bricklayers make a lopsided house.
If you destroy a bridge, be sure you can swim.
Never cross a bridge till you come to it.
A bridle for the tongue is a necessary piece of furniture.
You cannot be a broom and remain clean.
Everyone thinks he has more than his share of brains.
Start from the bottom to reach the top.**

29/1/16 AFN BULLETIN - Missing & Murdered Indigenous Women & Girls - AFN Pre-Inquiry Forum in Edmonton, Alberta

AFN Pre-Inquiry Forum – February 4, 2016: Edmonton Marriott River Cree Resort

In preparation for the National Inquiry on Missing and Murdered Indigenous Women and Girls (MMIWG), the Assembly of First Nations (AFN), together with the AFN national Women's Council, is hosting a one day forum bringing together First Nation citizens, one expert/representative from each region and additional experts and guest speakers.

The Pre-Inquiry Forum is open to the public and will help inform AFN's submission to the Government of Canada's Pre-National Inquiry process and will include discussion on the nine questions being presented in the federal engagement process. The Forum will provide context on previous inquiries and ask delegates for input that will form the basis of a report to the federal ministers responsible for leading the design and implementation of the national inquiry.

Registration is now open via www.afn.ca.

Out of respect for subject matter and delegates, the event is closed to media. The AFN will facilitate any media requests about the event and outcomes.

Government of Canada Pre-Inquiry Engagement Process

The Government of Canada continues its meetings across the country with survivors, family members and loved ones of victims, as well as national Aboriginal, provincial, territorial representatives and front-line organizations to seek their views on the design and scope of the inquiry.

Remaining meetings include:

- **Toronto, Ontario: February 5, 2016**
- **Winnipeg, Manitoba: February 8, 2016**
- **Regina, Saskatchewan: February 9, 2016**
- **Saskatoon, Saskatchewan: February 10, 2016**
- **Edmonton, Alberta: February 11, 2016**
- **Calgary, Alberta: February 12, 2016**
- **Ottawa, Ontario: February 15, 2016**

For more information on the Government of Canada's pre-Inquiry process please call toll-free at 1-877-535-7309 or email FFADA-MMIWG@aandc-aadnc.gc.ca.

UBCIC Demands Action on Historic Human Rights Decision Recognizing First Nations Children's Right to Equal Funding

Posted by Donald Bain on January 26, 2016

(Coast Salish Territory/Vancouver, B.C. – January 26, 2016) Today the Canadian Human Rights Tribunal issued a landmark decision confirming that First Nations children in Canada have received inequitable child welfare funding, that this discrimination must cease, and that they must receive equitable child welfare funding going forward. 163,000 First Nations children are affected by the case and the child welfare funding shortfalls on reserves and in the Yukon are 22% to 38.5%.

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs, stated, "This critical and welcome decision clearly signals the need for urgent, collective action to achieve equity across all federal services for First Nations children. We applaud the tireless and successful efforts of Cindy Blackstock in continuing to advocate for the rights of First Nations children. We expect the Trudeau government to fully embrace this decision and begin implementation, consistent with its commitment to reconciliation and to implementation of the Truth and Reconciliation 94 Calls to Action and the United Nations Declaration on the Rights of Indigenous Peoples. Quite frankly, we are extremely annoyed and disgusted that it took a nine year court case to recognize the glaringly obvious- racial discrimination against our children, or any children, is unlawful and completely intolerable."

On February 27, 2007, the Assembly of First Nations and the First Nations Child and Family Caring Society of Canada filed a complaint with the Canadian Human Rights Tribunal on the well-documented inequitable child welfare funding for First Nations and the improper and discriminatory implementation of Jordan's Principle. First Nations children continue to be drastically overrepresented in child welfare care. Today, in British Columbia, 60% of the children in care are Indigenous, although Indigenous children only make up approximately 9% of the total children in B.C.

The Tribunal found that Canada's design, management and control of the First Nations Child and Family Services Program, along with its corresponding funding formulas and the other related provincial/territorial agreements have resulted in denials of services and created various adverse impacts for many First Nations children and families living on reserves. Discriminatory practices include the failure to properly implement Jordan's Principle, which aims to ensure that First Nations children can access government services on the same terms as other children.

"We are looking forward to working with the Trudeau government, who we expect to reverse the Harper regime's pattern of delaying and obstructing justice for Indigenous children," stated Chief Bob Chamberlin, Vice-President of UBCIC. "There must be a fundamental transformation in the way that Indigenous children and families are served so that the legacy of systemic racism is countered by even more Indigenous children being in culturally-connected, loving, safe, permanent, and properly and fully supported home environments."

UBCIC is calling for immediate action to be taken including:

- **Appropriate investment in services for Indigenous children to address the legacy of discrimination, and ensure a just future, as well as housing investments for First Nations communities given the role inadequate housing plays in caregiving for Indigenous children.**

- Support for First Nations to take control over permanency planning and placement for First Nations children, to ensure cultural connectedness and stemming the cultural harm that has resulted from funding inequities.
- Establishment of a joint action plan for a new legal and policy framework for Indigenous children, including the roles for Indigenous laws and governments in exercising jurisdiction consistent with the Truth and Reconciliation Commission's 94 Calls to Action and the United Nations Declaration on the Rights of Indigenous Peoples.
- Establishment of a national and independent body with significant Indigenous involvement, such as the establishment of an Office of a National Commissioner for Children and Youth, with a special focus on ensuring equity for Indigenous children, and all children, including overseeing reforms of INAC's processes, policies, and laws.
- Identification of a strategy to make Jordan's Principle work better, consistent with the TRC Calls to Action, to ensure that First Nations children on-reserve do not suffer denials, delays or disruption in services.

Chief Judy Wilson, Secretary-Treasurer of UBCIC concluded, "It is shameful that the federal government wasted millions of dollars of taxpayers' money trying to keep First Nations child welfare out of court. The proven inequity in funding for First Nations child welfare is a continuation of Canada's pattern of systemic racism including the residential school system, which unfairly and perniciously targeted First Nations children. We honour the persistence and resilience of First Nations across Canada in fighting for the rights of our children."

Media inquires:

Grand Chief Stewart Phillip, Phone: (604) 684-0231

Chief Bob Chamberlin, Phone: (604) 684-0231

=====

BACKGROUND: FINDINGS AND REMEDY for First Nations Child and Family Caring Society of Canada et al. v. Attorney General of Canada (for the Minister of Indian and Northern Affairs Canada)

Findings

Non-exhaustively, the main adverse impacts found by the Panel are:

- The design and application of the Directive 20-1 funding formula, which provides funding based on flawed assumptions about children in care and population thresholds that do not accurately reflect the service needs of many on-reserve communities. This results in inadequate fixed funding for operation (capital costs, multiple offices, cost of living adjustment, staff salaries and benefits, training, legal, remoteness and travel) and prevention costs (primary, secondary and tertiary services to maintain children safely in their family homes), hindering the ability of FNCFS Agencies to provide provincially/territorially mandated child welfare services, let alone culturally appropriate services to First Nations children and families and, providing an incentive to bring children into care because eligible maintenance expenditures are reimbursable at cost.
- The current structure and implementation of the EPFA funding formula, which perpetuates the incentives to remove children from their homes and incorporates the flawed assumptions of Directive 20-1 in determining funding for operations and prevention, and perpetuating the adverse impacts of Directive 20-1 in many on-reserve communities.

- The failure to adjust Directive 20-1 funding levels, since 1995; along with funding levels under the EPFA, since its implementation, to account for inflation/cost of living;
- The application of the 1965 Agreement in Ontario that has not been updated to ensure on-reserve communities can comply fully with Ontario's Child and Family Services Act.
- The failure to coordinate the FNCFS Program and other related provincial/territorial agreements with other federal departments and government programs and services for First Nations on reserve, resulting in service gaps, delays and denials for First Nations children and families.
- The narrow definition and inadequate implementation of Jordan's Principle, resulting in service gaps, delays and denials for First Nations children.

Remedy

The decision states:

[481] AANDC is ordered to cease its discriminatory practices and reform the FNCFS Program and 1965 Agreement to reflect the findings in this decision. AANDC is also ordered to cease applying its narrow definition of Jordan's Principle and to take measures to immediately implement the full meaning and scope of Jordan's principle.

Within three weeks of the date of this decision, the Panel will contact the parties to determine a process for having its outstanding questions on remedy, including compensation, answered on an expeditious basis.

My Valentine Friend

Valentine's Day reminds me
how meaningful my feelings are for you.
You have a special place in my world
that no one else could fill.
Out of your overflowing heart,
you add color and light to my life.
You continually cross my mind,
like a precious dose of sunshine,
lighting me up inside--
as I think of you
and the lasting memories
we have created together.
No Valentine gift
is as precious to me
as you are,
my Valentine friend.

By Joanna Fuchs

Adventure Nursing

Right Here at Home



WE'RE HIRING IN BC!

Rewards:

Expanded Scope Nursing / Competitive Salary / Travel and Culture



<http://bit.ly/fnhanursing>



FNHA Job Opportunities:
www.fnha.ca/about/work-with-us



First Nations Health Authority
Health through wellness

Healthy Aboriginal Network

Twenty sixteen. A warmer world. A new government! Cheap oil. Electric cars! Consumer debt. More women in positions of influence! Too much screen time for kids. One step forward but how many back? Remember - our children are watching.

Child protection story - focus group testing

We are just putting the finishing touches on our draft child protection story. For focus group testing, we're looking for late teen / early 20's parents that have had some experience with MCFD or an Aboriginal delegated agency. Very specific, I know, but these youth are the target audience for the book. We'd like to test the story with them the week of January 25th in-person, mid and south Vancouver Island, Vancouver and the Fraser Valley. If you have a group of youth that would be interested in giving their opinion that week, please contact me at sean@thehealthyaboriginal.net. We will be testing with professionals online that same week. Stay tuned.

Residential school teacher's guide

The Anglican Church of Canada funded the creation of a teacher's guide on the residential school. We just completed it. We won't have it online for free download for a couple weeks but you can request it from me anytime and I'll email it to you. The guide was written by Sylvia Smith, who:

- Won the Governor General's Award for Teaching Excellence in History (2011)
 - Is an Honourary Witness to the Truth and Reconciliation Commission (2015)
- As usual, I can be reached at sean@thehealthyaboriginal.net.

We hope you continue to find us relevant to youth's needs,

Sean Muir

Executive Director

3322 Comox Road Courtenay , BC V9N 3P8

Phone 250-898-1193 sean@thehealthyaboriginal.net

A BC incorporated non-profit Society



FOR IMMEDIATE RELEASE: JANUARY 14, 2016

Pacific Future Energy begins public conversation about its plans to build world's greenest refinery

Pacific Future Energy now has submitted its formal proposal to build and operate the world's greenest bitumen-to-fuels refinery in northwestern BC to local First Nations governments as well as to federal and provincial regulators.

"This is the start of our public conversation as we work to build our economic future and protect our coast in Northern BC, while recognizing and respecting First Nations rights and title," said Samer Salameh, executive chairman of Vancouver-based Pacific Future Energy.

The project would receive near-solid neatbit bitumen by rail from Western Canada and refine it into diesel, gasoline, and other products for export to world markets.

Unlike diluted bitumen (dilbit) traditionally shipped by pipeline or rail, neatbit has a consistency similar to peanut butter. It is stable, has low flammability and is classified as non-dangerous for transport.

"Not only would our proposal provide a value-added way to get Canadian oil to growing world markets, but it would also protect both Canada's land and marine environments from the effects of a heavy oil or bitumen spill," said Robert Delamar, CEO of Pacific Future Energy.

"Our plan would take full advantage of the opportunity for Canada by building a 'near net zero carbon emissions' refinery with the world's most advanced technology. That will ensure an environmentally superior refinery that is also financially and economically sound."

Jacques Benoit, chief operating officer of Pacific Future Energy, said: "The project will allow export of refined products instead of diluted bitumen or other unrefined heavy-oil products. Transported in smaller tankers, refined products greatly reduce the risk to the marine environment in the unlikely event of a spill."

The project is proposed for an area known as the Dubose Flats, approximately 30 km south of Terrace BC.

"We are engaging with First Nations in the project area in every step of this process, recognizing them as a First Order of Government and honouring the UN Declaration on the Rights of Indigenous Peoples," said Salameh.



PACIFIC FUTURE ENERGY
Building Our Future, Protecting Our Coast

"Engaging with First Nations as a first order of government, with the goal of operating as full partners, is a crucial element of Pacific Future Energy's plans. PFEC recognizes and will respect the new industry standard of placing First Nations First."

The project is valued at approximately \$15 billion CAD and will create an estimated 3,500 direct jobs in construction and 1,000 in operation.

Pacific Future Energy plans to power the refinery with clean-energy sources that include biomass wood-waste from the regional forest industry. This, it says, could benefit BC's forest sector and create additional employment.

Pacific Future Energy now begins working with First Nations, the Canadian Environmental Assessment Agency and the BC Environmental Assessment Office on project requirements that include public consultations, environmental assessment and engineering studies.

"We will be listening very carefully to all of the feedback that we receive and will incorporate community concerns and values in our project's design," added Delamar. "We believe that social licence or permission must be earned at the concept stage of this project as well as throughout its lifecycle."

Construction could begin in 2018 and production in 2021.

The full Project Description document submitted to regulators is online at:
<http://www.pacificfutureenergy.com/project-description>

-30-

About Pacific Future Energy (<http://www.pacificfutureenergy.com/>)

Vancouver-based Pacific Future Energy is a Canadian-controlled company that has been developed to finance, design and construct the world's greenest oil refinery in British Columbia, in partnership with First Nations. Its goals include creating jobs and economic stability at home, diversifying Canada's oil industry and protecting BC's coast from large oil tankers.

For further information or to arrange an interview please contact:

Don MacLachlan
Director of Communications
Pacific Future Energy
Phone: 604-329-8712
E-mail: don@pacificfutureenergy.com



TECHNICAL BACKGROUNDER

Facts and figures from Pacific Future Energy:

- Pacific Future Energy is committed to building a refinery with the lowest CO₂ emissions possible, working to achieve low carbon intensity and *Near Zero Net Carbon* emissions. Key features include:
 - Use of the best available technology and the highest possible operational efficiency to process Canadian resources;
 - The highest amount of water recycling and treatment;
 - Maximum recovery of carbon dioxide;
 - The use of clean energy to power the refinery, including the use of wood-waste biomass;
 - Capturing carbon from various processes.
- Pacific Future Energy's refinery will eliminate the production of coke, which is a common by-product of oil refining. Coke is a significant source of greenhouse gas emissions and will not be produced by this refinery.
- The refinery could produce up to 160,000 barrels a day of diesel, 40,000 barrels a day of gasoline, 13,000 a day of kerosene (jet fuel) and 10,000 a day of LPG (liquefied petroleum gas, or propane). Butane will also be produced.
- The refinery would be built in large pre-fabricated modules, brought in by ship from Asia, then hauled by truck to the site, and assembled there.
- The use of biomass could help revive sawmills in the region. More than a dozen sawmills have closed in recent years; a key problem being inability to get rid of waste wood and biomass. There could be at least a million tonnes of wood waste in the region. That could produce power for the refinery and allow mills to re-open.
- Pacific Future Energy anticipates four trains per day to supply needed neatbit for the project, with each train approximately 120 cars in length
- Pacific Future Energy will mandate the use of newer, safety TC-117 model tanker cars with enhanced safety features.



First Nations Health Authority
Health through wellness



?ESDILAGH FIRST NATION

For Immediate Release

January 11, 2016

?Esdilagh Breaks Ground on New Health and Community Facility

?Esdilagh Territory - The First Nations Health Authority (FNHA) would like to congratulate the ?Esdilagh First Nation on breaking ground on its new health and community centre that took place on January 7. ?Esdilagh is located on the Fraser River 60 km north of Williams Lake in the Tsilhqot'in. The new health and community facility will address the combined health care and community services needs of the Nation.

The new building has a circular lodge entrance, empowering space for making and storing medicines, spiritual space, medical examination room, additional mental health space, and large gathering area. The community lost its band office to fire two years ago.

"Our community is located basically in the center of BC on the Fraser River. In our language, ?Esdilagh means where the land meets the water as a peninsula where sturgeon are found. All successful communities focus on infrastructure. Our joint success comes from both the First Nation Health Authority and our citizens in building design," said Nits'il?in ?Esdilagh Chief Bernie Mack.

"As a small community, it is within our deepest appreciation we have not been forgotten as often the case. Last year's fire has left us with little space. We have to thank our past Chiefs and councils in reviving our cultural wellness. We will humbly honour this building by naming and artwork after a respected ?Esdilagh leader."

The FNHA worked closely with the community to design and resource a combined space for health care and community services, expanding on the design for a small health office that was in the works prior to the fire. Health care services provided at the new facility will address home and community health, diabetes, mental health, HIV/AIDS, pre-natal, environmental health and more.

Within the new health facility, ?Esdilagh is looking forward to establishing a National Native Alcohol and Drug Abuse Program and the 'Meals with a Freezer' Program. Staff operating out of the new facility include one part-time Community Health/Home Support Nurse, two part-time Community Health Reps and two part-time Health Directors.

"The FNHA is proud to support the ?Esdilagh First Nation after the devastating fire in 2014 destroyed the Band's only community building," said Curt Walker, FNHA Chief Administrative Officer. "This new health facility is a good example of the collaboration that takes place with our partner communities to ensure health initiatives and programs are accessible to all First Nations and Aboriginal peoples living across the province."

The new facility, 180 square metres in size, will deliver health services directly within the community while supporting other community administration and governance services. The ?Esdilagh facility is one of 16 capital projects supported by the FNHA underway in 2016. There are approximately 153 First Nations community health facilities in BC. The projected completion date is set for July 2016.

Media Contact:

First Nations Health Authority
604-831-4898



How you want to be treated.

January 20, 2016

Mail 1051 Burrard Street
Vancouver BC Canada V3Z 1Y6

Office 1190 Hamby Street
Vancouver BC Canada V3Z 2K5

Tel 304 806 9090
www.providencehealthcare.org

Donna Stirling, Coordinator
BC Elders Communication Centre Society
1415 Weiwaikum Road
Campbell River, BC V9W 5W9

Dear Chief and Council, Health Care and Social Service Providers, Health Hub Coordinators, Respected Elders, and all my relations,

As part of our dedication to providing our patients and residents with culturally safe and competent care, Providence Health Care is reaching out to our communities at this time, as we begin the process of Redevelopment and creation of the new St Paul's Hospital on Station Street in the False Creek Flats part of Vancouver. We are conscious of this work occurring on the traditional territories of our host First Nations as well as the need for us to work closely with you in a good way as we begin the first major piece of the development of the project's business plan.

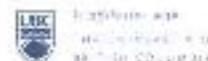
The new St. Paul's health campus will include a core hospital to ensure continued excellence in acute care, but will also have vital adjacent services that will help direct patients to important community-based primary care and support programs on the health campus.

The health campus is envisioned to link community-based primary care and community care by potentially including a 24/7 primary care clinic, non-hospital maternity care through a birthing centre, services for seniors, and key programs, including appropriate community and short-term residential psychiatric care for those suffering from mental health and substance use issues. By creating a cutting-edge campus of care, patients will have expanded options that include short term medical stays for seniors, better options for dementia care and end-of-life palliative care, along with improved access to walk-in care.

By rethinking how patients access care at the hospital, the redevelopment will help streamline and provide innovative patient-centred acute, primary, ambulatory, outreach and community care—all in one place. Providence Health Care remains focused on building our relationships and improving care with our First Nations, Inuit and Metis communities and we look forward to working with you on the implementation and development of plans in the coming months, and encourage you to contact us with any questions, comments or concerns you might have.

Sincerely,

Dianne Doyle,
President & CEO



The Cedric Literary Awards



For Immediate Release

Calling all unpublished BC senior writers: Year Two of the Cedric Awards starts Feb. 1st

VICTORIA (Jan. 27 , 2016) – Building on the success of last year’s inaugural Cedric Literary Awards, BC writers of a certain age are once again being encouraged to submit their unpublished works of fiction, creative non-fiction and poetry to this year’s competition.

Cedrics Executive Director Veronica Osborn says: “Unpublished BC writers aged 50 and better can submit their work between Feb. 1st and May 1st when the call for submissions will close. If last year’s competition is anything to go by, we know this year’s competition will attract a high level of interest in this first-in-Canada writing program.”

In its first year, The Cedric Literary Awards received 168 submissions from writers from Pink Mountain to Langley and from Fort St. James to Victoria; each vying for one of the \$3,000 prizes awarded in four categories.

In addition to English-speaking writers, the awards program recognizes there are many writers who are writing in French, and wants to encourage more of them to consider entering their work in this year’s competition. Similarly, the Cedrics received a number of manuscripts from First Nations writers last year; more will be welcome in 2016.

Cedrics founder Peter Dale says: “We are changing the landscape of literary awards programs in Canada by providing a unique platform to recognize and reward unpublished English and French-speaking authors of fiction, creative non-fiction and poetry, and First Nations writers, age 50 and better.”

Authors interested in taking part in the 2016 Cedric Literary Awards should log on to the website at: www.thecedrics.ca or email Veronica at vosborn@thecedrics.ca.

Media contact: Veronica Osborn, Executive Director, The Cedric Literary Awards
250-370-0200 or 250-888-8839, vosborn@thecedrics.ca, www.thecedrics.ca

Cutting Your Cancer Risk

Does reducing the number of cancer deaths around the world by one-third sound like a lofty goal? 9 simple lifestyle changes could do just that and have a dramatic impact on cancer's death toll, according to a recent study. Here's what all of us can do to cut the risk.

Reducing cancer's death toll through prevention

Ever heard the saying "prevention is the best medicine"? While there are a number of factors that contribute to the risk of developing cancer and affect its prognosis, a study published in the medical journal *The Lancet* found that 9 risk factors contributed to more than one-third of cancer deaths around the world annually.

But unlike risk factors that are beyond our control, such as family history, these are modifiable risk factors that we do have control over. So taking positive action in any or all of these areas can lower the risk of developing and dying from cancer.

The risk factors identified in the study were:

- overweight and obesity
- low fruit and vegetable intake
- physical inactivity
- smoking
- alcohol use
- unsafe sex
- urban air pollution
- smoke from coal or wood stoves
- transmission of hepatitis virus in a health care setting

In the study, researchers from the Harvard School of Public Health analyzed data from the World Health Organization's Comparative Risk Assessment project, which examines risk factors in different regions around the world. In their analysis, the Harvard researchers looked at how certain risk factors affected men and women as well as the impact these risk factors had in high-, low-, and medium-income countries.

Overall, the researchers concluded that these risk factors account for 35% (or 2.43 million) of the world's 7 million annual cancer deaths. In high-income regions such as North America, smoking, alcohol, and overweight and obesity were found to be the most important risk factors.

Each year in Canada, there are over 177,000 new cases of cancer and an estimated 75,300 people die of cancer. In 2007, cancer surpassed cardiovascular disease as the leading cause of death in Canada. Because there are effective screening methods available for only a few cancers (and prognosis can be dependent on catching cancer early, before it spreads), the effectiveness of treatment for many cancers may be limited. According to the Harvard study, the best way to reduce these deaths is to prevent the cancers from developing in the first place by targeting modifiable risk factors. This is where you can be in control.

Take control of your cancer risk

Knowing which lifestyle factors have an impact on cancer risk worldwide is important, but how can you tell which factors actually affect *your* life?

You can start by looking at the list of modifiable risk factors and asking yourself how you measure up. Remember, these are risk factors you can control. While you should feel good about the positive lifestyle decisions you've made, you also know when you are doing something that isn't good for your health. It's important to be honest with yourself.

Is your weight higher than it should be? Do you know your body mass index (BMI)? Do you smoke even the occasional cigarette? Do you exercise regularly? Do you know the difference between moderate alcohol intake and problem drinking?

If you're less than totally honest with yourself, you're not alone. A recent survey of New Yorkers found that only 39% of obese adults described themselves as obese. If you are only dealing with a couple of extra pounds right now, it might not be a problem. But adding a pound or two every year with the promise to "take it off in the summer" can add up over time, and that extra weight may eventually add up to a big health problem.

If you only smoke the occasional cigarette, you may be telling yourself it doesn't carry the same health risks as being a regular smoker. But "social" smokers should beware. Even light smoking (1 to 4 cigarettes per day) can carry a hefty health toll, increasing your risk of dying from lung cancer and other ailments.

But acknowledging you could improve in certain areas and actually doing something about it are two different things. After all, why do today what you can put off until tomorrow? Making different lifestyle decisions can be very difficult. These are habits that have developed over years and understanding their effect on your chances of developing cancer and changing them isn't always easy.

If you're confused about how these risk factors may affect you, ask your doctor.

The next time your doctor asks you questions about your lifestyle - for example, if you smoke or if you exercise regularly - be honest. Admitting your habits aren't always the healthiest can feel embarrassing, but your doctor is there to help, not judge. When it comes to getting help to make the changes you need to cut your cancer risk, your doctor is a valuable resource, but they can only help you make those changes if you tell them what areas you need help with. There's no health benefit to sticking your head in the sand.

Three strikes: smoking, drinking, and obesity

According to the Harvard study, smoking, drinking, and obesity are the three biggest risk factors affecting people in high-income countries like Canada. Here are some strategies to help you fight the battle against cancer on these three fronts.

Smoking

Lighting up may increase your risk of developing a number of cancers, including lung, bladder, kidney, colorectal, pancreatic, breast, among others. Even if you are just an occasional smoker, you may still be significantly increasing your risk of developing cancer.

Here are some tips for butting out:

- **Set a quit date and stick to it.**
- **Tell others about your plan. If they know you are trying to quit, friends who smoke may be less likely to offer you a cigarette or invite you on a smoke break.**
- **Talk to your doctor or pharmacist about medications that can help you quit.**
- **Learn your smoking triggers, then eliminate, reduce, or change those smoking-related routines, such as an after-work drink or coffee breaks, to weaken the association.**
- **If you are craving a cigarette, set a time limit, say 20 minutes, and see if the craving passes before you give in.**

Drinking

For many people, drinking in moderation (2 drinks per day for men or 1 drink per day for women) isn't considered a problem, but excessive drinking can increase your risk of gastrointestinal, oral, esophageal, liver, breast, and other cancers.

Here's how to keep your alcohol consumption under control:

- **Talk to your doctor about whether alcohol is appropriate for you, given your existing risk factors for cancer, medications you may be taking, and other factors.**
- **At parties, alternate between alcoholic and non-alcoholic beverages to stay hydrated and limit the total amount of alcohol you consume.**

- **Know what makes a serving. One drink is defined as 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 80-proof distilled spirits.**
- **Avoid binge drinking - 3 or more drinks on a single occasion for women and 4 or more drinks on a single occasion for men.**
- **Recognize the signs of problem drinking. These include drinking in secret, episodes of blacking out, feeling a "need" to drink, and requiring increasing amounts of alcohol to feel the effects of alcohol. If you experience these signs, talk to your doctor.**

Overweight and obesity

If you are overweight or obese, you are carrying more than just extra pounds - you're also carrying an increased risk of developing a number of different cancers, including breast, cervical, gallbladder, and ovarian cancer for women, and colorectal and prostate cancer for men. In addition to increasing your risk, the excess weight may also make it more difficult to test for some cancers, increasing the chance that they may spread before being caught.

Here are some tips for keeping your weight under control:

- **Be familiar with what appropriate serving sizes look like. Measure out portions at first and from time to time. If your servings are too large, you may inadvertently be consuming extra calories.**
- **Swap full-fat meat and dairy products for lower-fat alternatives. If the taste of low-fat products takes some getting used to, gradually introduce them into your diet.**
- **Allow yourself the occasional indulgence. If you deprive yourself all the time, you may be more tempted to binge. But keep treats small.**
- **Exercise! If you don't have time for a long workout, break up your exercise into sessions that are no less than 10 minutes each. Accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity over the course of the week. You can do many different types of activity, from brisk walking to jogging to cycling. The more active you are, the more health benefits you'll see.**

More things you can do to cut your cancer risk

Aside from your weight, smoking, and drinking, the Harvard study found other lifestyle factors that can increase your risk of developing cancer. Here are some other ones that are likely to affect your health here in North America:

- **low intake of fruits and vegetables**
- **"unsafe" sex**
- **air pollution**

Just as with the three main factors, there are ways you can reduce the risk posed by these factors as well. Here are some tips.

Eat healthy.

- **Get at least 7 to 10 servings of fruits and non-starchy fruits and vegetables per day (e.g., green leafy veggies, broccoli, carrots), as recommended by Canada's Food Guide. Keep fresh fruit and veggies washed, cut, and ready to eat. You're more likely to grab them as a quick snack if there's not a lot of preparation.**
- **Start meals off with a salad, or top your cereal with fresh fruit.**
- **Keep frozen fruits and veggies on hand. Vegetables maintain their nutrient content through the commercial freezing process and can easily be incorporated into a pasta or stir-fry. Fruits can be a great addition to milk, juice, or yogurt for a quick smoothie.**
- **You've probably heard this before, but it's worth repeating: stay away from sugary drinks, fast foods, and processed foods! Just remember - lots of fruit, veggies, and fibre, very little sugar and fat!**
- **Limit your salt and red meats - the World Cancer Research Fund suggests aiming for no more than 2.4 g of sodium a day and 500 g of red meat a week. Also limit the amount of processed meat that you consume.**

Practice "safe" sex.

- **Have a sexual relationship with only one partner at a time, and use condoms until you and your partner have been in the relationship exclusively for 6 months and have tested negative for any sexually transmitted infections.**
- **Learn how to use condoms properly. They are the only form of contraception that, when used properly, can decrease your risk of sexually transmitted infections.**
- **Don't store condoms in your wallet unless you plan to use them within a few hours.**
- **Use a water-based lubricant. Oil-based lubricants can cause condoms to break down.**
- **For women, have Pap smears as recommended by your doctor in order to check for early signs of cervical cancer.**
- **Speak to your doctor about the vaccine available to help prevent HPV (human papillomavirus) - this virus has been linked to cervical cancer.**

Reduce your exposure to air pollution

- **Make your home and car smoke-free.**

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

ADDRESS:
1415 Wewaikum Rd.
Campbell River, B.C.
V9W 5W9

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

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

Valentine Treasures

Valentine treasures are people who
have often crossed your mind,
family, friends and others, too,
who in your life have shined
the warmth of love or a spark of light
that makes you remember them;
no matter how long since you've actually met,
each one is a luminous gem,
who gleams and glows in your memory,
bringing special pleasures,
and that's why this Valentine comes to you:
You're one of those sparkling treasures!

By Joanna Fuchs

Wherever I May Go

You're in my thoughts and in my heart
Wherever I may go;
On Valentine's Day, I'd like to say
I care more than you know.

By Joanna Fuchs

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.

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

ANNUAL BC ELDERS GATHERING INFO CORNER

40th Annual BC Elders Gathering

Hosted by Tl'etinqox Government, Elders and Co-Hosts Nations from July 11th "Wild Wild West Rodeo" at the Williams Lake Stampede Grounds and Elders Gathering taking place from July 12-14, 2016 at Cariboo Memorial Recreation Complex. Elders Care Area will be at the Thompson Rivers University.