

Volume 12 Issue 3

February 2012



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

ATTENTION: Elders Contact People
Please Remember To Make Copies of the
EV Each Month For Your Elders AND If
You Could Also Make Copies For Your
Chiefs and Councils That Would Be A Great Help, And Much Appreciated!

EV'S 135th Issue!

HAPPY BIRTHDAY TO ALL ELDERS BORN IN FEBRUARY!

SUPPORT FEE INVOICES
WENT OUT WITH THE NOVEMBER ISSUE OF THE EV
FOR THE 2012 YEAR AND ARE DUE NOW.

PLEASE DO ALL YOU CAN TO HELP THIS OFFICE TO
KEEP OPERATING FOR ALL THE ELDERS IN BC.

The 36th Annual BC Elders Gathering
is to be hosted by
Sto:lo Nations and Tsawwassen First Nation,
In Abbotsford at the TRADEX Centre (as is 2011)
July 10-12, 2012.
Roger Andrew and Audrey Kelly
From Shx'wohamel First Nation
Were crowned the King and Queen

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Easy Bakers Corner – Apple Cake makes 12-18 servings

Preheat oven to 325°F. Grease a 9x13 cake pan.

Mix together 2 cups of all-purpose flour, 2 tsp. of baking powder, 1/2 cup of granulated sugar, 2 Tbs. of butter, or margarine, 2 eggs, and 1 cup of milk. Pour into prepared pan.

Slice 4 to 5 baking apples and place on top of batter.

Topping: Combine 1 cup of granulated sugar, 2 Tbs. all-purpose flour and 3 Tbs. butter, mix together and sprinkle this mixture on top of batter. Then sprinkle a bit of cinnamon and nutmeg on top.

Bake for 1 hour. Enjoy!

QUOTES:

“God doesn’t look at how much we do, but with how much love we do it.” Mother Teresa of Calcutta

“Your time may be limited but your imagination is not.” Anonymous

“Dost thou love life? Then do not squander time; for that’s the stuff life is made of.” Benjamin Franklin

“I never found the companion that was so companionable as solitude.” Henry David Thoreau

“Do what you can with what you have, where you are.” Theodore Roosevelt

“What we have to learn to do, we learn by doing.” Aristotle

“They can because they think they can.” Virgil

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.

Beginning August 1st. 2011 issues of your Elders Voice Newsletter will only be posted on the website at the 1st of each month. Although we mailed out the issues for almost 11 years straight (128 issues) we can no longer afford the cost to mail to your Elder’s Contact People. All groups have been notified to go to www.bcelders.com the 1st of each month.

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 11th Year GRATITUDE LIST

Support Fee from Dec. 1st 2011 – Nov. 30th 2012

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

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. TAHLTAN BAND COUNCIL

FROG LEVEL - \$750

1. Lhoosk'uz Dene Nation

SISIUTL LEVEL - \$500

1. Vancouver Aboriginal Friendship Centre

2. We Wai Kai First Nation

HUMMINGBIRD LEVEL - \$250

1. Gingolx Elders Group
2. We Wai Kum First Nation
3. Musquem Indian Band
4. St. Mary's Indian Band
5. Osoyoos Indian Band
6. Tsawwassen First Nation
7. Squiala First Nation
8. Akisqnuk First Nation
9. Da'naxda'xw First Nation
10. Hailika'as Heiltsuk Health Centre
11. Indian Residential School Survivors Society
12. Laich-kwil-tach Treaty Society
13. Coldwater Indian Band
14. Qualicum First Nation
15. Xaxli'p Indian Band
16. Bridge River Indian Band
17. Quatsino Band
18. Osoyoos Indian Band
19. Klulx Klulx Hu-up
20. McLeod Lake Indian Band
21. Tobacco Plains Indian Band

22. Tsleil-Waututh Nation
23. Lytton First Nation
24. Chawathil Elders
25. Doig River First Nation
- 26.

Two brothers killed in house fire on Nanoose reserve

By Cindy E. Harnett and Katie DeRosa, timescolonist.com January 25, 2012



Brothers Jordan, 9, and Devon, 6, were killed in a house fire Wednesday morning on the Snaw'Naw'As reserve near Lantzville.

Photograph by: Matthew Gauk, Nanaimo Daily News

The close-knit Nanoose First Nation is grieving after fire ripped through a reserve house Wednesday, killing two young brothers and sending a family of four to hospital.

The boys were at a relative's house down the road from theirs. They had gone there because of concern that a windstorm would knock trees onto their own home. Trees had already fallen on power lines, causing an electrical outage.

At the relative's home, a fire started about 5 a.m.

"There were candles in use but we don't know the cause of the fire yet," said RCMP Const. Gary O'Brien, adding that foul play has been ruled out.

Devon Drake, 6, and Jordan Drake, 9, died in the fire. Their parents are James Drake and Lara Edwards.

The brothers were sleeping in the home of Anitsa Hawkins and Kyle Evans and their sons Kiodi, 4, and William, 9 when flames consumed the house on the small Snaw'Naw'As reserve.

At 5:05 a.m., police received several 911 calls from neighbours about a house fire on the reserve off Quil-xe'mait Road, just past Lantzville, police said.

The volunteer Lantzville Fire Department responded and was on scene at 5:12 a.m., O'Brien said. When police arrived at 5:23 a.m., the home was "fully engulfed."

The homeowners, asleep on a couch in the living room, awoke to smoke and the sound of the fire alarm. Attempts to put out the fire failed. They grabbed their children, who were sleeping in the closest room, but the raging fire prevented them from rescuing Devon and Jordan.

"Both the adults tried to save the two brothers. However, based on the scope of the fire and how quickly it spread, [they] were unable to rescue them," O'Brien said.

The family was taken by ambulance to Nanaimo Regional General Hospital, where they were treated for smoke inhalation. Evans also suffered burns to his hands and face.

The coroner returned to the scene soon after 1 p.m. and removed the bodies of the boys from the house. The coroner has taken over the investigation.

A fallen tree knocked down power lines, cutting off electricity in the area about 9:30 p.m. Tuesday night, neighbours said. The power remained off Wednesday morning, B.C. Hydro confirmed.

The boys' father went to look for a chainsaw to cut the fallen trees and the boys were sent to a neighbour's house, police said.

"The two brothers were brought to the residence for their safety due to high winds and the danger of falling trees occurring [near] their own home," O'Brien said.

"They said they were scared by the storm and wanted to sleep at their friends'," added Sheena Edwards, whom the boys called auntie.

Edwards wept as she remembered the boys as loving, happy and energetic.

"They were so sweet, I can't even tell you how sweet they were," she said.

Lantzville Fire Chief Tom Whipps said the investigation continues and a cause has not been determined.

The fire was so hot it melted the siding off neighbouring houses on either side. Hours later, all that remained was a partial back wall standing amid blackened rubble. Two vehicles parked beside the house are charred shells.

Neighbour Dorothy Bob is surprised the home was razed so quickly.

"I opened the door and the whole thing was on fire," Bob said. "It just went up like a matchbox."

Neighbour Charles Peter said he woke up to an orange glow outside window and saw "the whole roof was engulfed in flames."

Read more: <http://www.timescolonist.com/news/brothers+killed+house+fire+Nanaimo+reserve/6049839/story.html#ixzz1kaidmW5O>

Identity Theft and Identity Fraud

(from the Royal Canadian Mounted Police website, www.rcmp-grc.gc.ca/scams-fraudes/id-theft-vol-eng.htm)

Recognize it What is Identity Theft? Identity theft refers to the preparatory stage of acquiring and collecting someone else's personal information for criminal purposes. As of January 8, 2010, Senate Bill S-4 became law, making it illegal to possess another person's identity information for criminal purposes.

What is Identity Fraud? Identity fraud is the actual deceptive use of the identity information of another person (living or dead) in connection with various frauds (including for example personating another person and the misuse of debit card or credit card data).

Facts

- Identity theft techniques can range from unsophisticated, such as dumpster diving and mail theft, to more elaborate schemes.
- Technology, mainly the Internet, facilitates more elaborate schemes, such as skimming, phishing, and hacking as criminals gather profiles of potential victims. Computer spywares and viruses, designed to help thieves acquire personal information, are an emerging trend.
- Victims of identity theft or fraud can experience financial loss and difficulty obtaining credit or restoring their "good name".
- The Canadian Anti-Fraud Centre (CAFC) maintains statistics on the complaints they receive.
- In 2009, the CACF received identity fraud reports from 11,095 Canadian victims, totaling a loss of more than 10 million dollars. This represents an increase of more than 1 million dollars of what was reported in 2008. Payment card fraud was the most commonly reported incident, and yet, many instances of identity theft and fraud go unreported.

Information sought Identity thieves are looking for the following information:

- full name
- date of birth
- Social Insurance Numbers
- full address
- mother's maiden name
- username and password for online services
- driver's license number
- personal identification numbers (PIN)
- credit card information (#, expiry dates and the last three digits printed on the signature panel)
- bank account numbers
- signature
- passport number

The new legislation on identity theft provides a complete list of identity documents. The new section 402.1 of the *Criminal Code* lists the definition and examples of identity information.

What your information could be used for Criminals can use your stolen or reproduced personal or financial information to:

- access your bank accounts
- open new bank accounts
- transfer bank balances
- apply for loans, credit cards and other goods and services
- make purchases
- hide their criminal activities
- obtain passports or receive government benefits

Using identity theft to facilitate organized criminal and terrorist activities also appears to be a growing trend.

How can you find out if your identity was stolen The best way to find out is to monitor your hard copy or on-line financial accounts frequently and to check your credit report regularly for any unusual activities. If you receive calls from collection agencies about unfamiliar accounts, or if you applied for credit and were unexpectedly turned down, you should investigate further.

Report it If you suspect or know that you are a victim of identity theft or fraud, or if you unwittingly provided personal information or financial information:

- Step 1 - Contact your local police force and file a report.
- Step 2 - Contact your bank/financial institution and credit card company
- Step 3 - Contact the two national credit bureaus and place a fraud alert on your credit reports.
 - o Equifax Canada
Toll free: 1 800 465-7166
 - o TransUnion Canada
Toll free: 1 877 525-3823
- Step 4 - Always report identity theft and fraud. Contact the Canadian Anti-Fraud Centre

Stop it Prevention is the best way to deal with this crime:

- Identity theft can occur over the Internet or telephone, or via fax or regular mail. Therefore, be particularly wary of unsolicited e-mails, telephone calls or mail attempting to extract personal or financial information from you.
- Ask yourself if you really need all of the identity documents you carry in your wallet or purse. Remove any you don't need and keep them in a secure place instead.

- Periodically check your credit reports, bank and credit card statements and report any irregularities promptly to the relevant financial institution and to the credit bureaus.
 - During transactions, it's safer to swipe your cards yourself than it is to allow a cashier to do it for you. If you must hand over your card, never lose sight of it.
 - Always shield your personal identification number when using an ATM or a PIN pad.
 - Memorize all personal identification numbers for payment cards and telephone calling cards. Never write them on the cards.
 - Familiarize yourself with billing cycles for your credit and debit cards.
-

Foods That Produce Serotonin in Your Brain from www.ehow.com

By Sarah Harding

Serotonin is a vital brain chemical for happiness, problem-solving, and concentration. Fluctuations in serotonin can lead to changes in mood, sleep, appetite, memory, learning, temperature, and cardiovascular and muscle performance. Serotonin deficiencies are often regulated with medication but people can boost their brain by consuming foods known to increase serotonin levels.

Fruits

Among the less known serotonin producing foods are fruits. Try plums, pineapple, bananas or sour cherries. Bananas have high levels of tryptophan, which converts in the brain to serotonin. Sour cherries actually contain melatonin, which aids in deep sleep. When possible, select fruits without added sugar to avoid a spike in energy followed by a crash when the sugar subsides.

Proteins

Dark Chocolate is a great serotonin boosting snack.

Consuming turkey, which adds tryptophan, can increase the production of serotonin in the brain. This promotes the positive feelings associated with serotonin. Other proteins to consume are wild fish and seafood, whey protein, eggs, and beef. In most cases, select animal products raised without hormones.

Snacks

Dark chocolate is a mood-boosting treat, though the nutritional value of dark chocolate is not as high as other serotonin-boosting foods. Other sugar-rich snacks may actually counteract the positive influence serotonin has on the brain. Thus, replacing sugary snacks with proteins like nuts will have a better outcome.

Carbohydrates and Dairy

Most carbohydrates can boost serotonin by increasing the feeling of fullness. Foods to try are pasta, breads, and starchy foods like white potatoes. Milk, swiss cheese and cheddar cheese contain mood boosting chemicals or create an increase in serotonin. Stick to whole grain options like whole-grain rice or whole-wheat rice.

Resolving to get fit, again? Experts share how to keep exercise commitments Jan 2, 2012

Provided by: The Canadian Press Written by: Melanie Patten, The Canadian Press

HALIFAX - As sure as bargain hunters storm the malls in search of post-Christmas sales, gyms can be a magnet for people who have resolved — this time for good — to get fit in the new year.

It's a burst of dogged determination that experts say is too often abandoned before the last of the holiday shortbreads are eaten.

Oh, well, there's always next year.

"Definitely people are motivated in January," says Sandra Jamieson, program co-ordinator for the Tower Athletic Facility at Saint Mary's University in Halifax.

"I try to encourage that and get people to remember what got them started in the first place because some people tend to lose that motivation in a few weeks."

Janet Polivy has been studying the notion of self-change through diet and exercise for the past three decades. Specifically, why is it that people don't seem to learn from their broken commitments, no matter how many times they've given up on the same promise?

"It started to strike me as something very odd," says Polivy, a professor of psychology and psychiatry at the University of Toronto at Mississauga.

"We are supposed to learn from our mistakes, and what we seem to learn is how to make them over and over again."

Her research has shown that despite fitness failures, what chronic resolution-makers tend to remember the most is their success, no matter how brief. And Polivy says everyone has at least some degree of success with a new resolution.

"You can do any self-change for at least some time ... but then it gets hard," she says. "There aren't immediate benefits that you can see. You don't get a big payoff."

It's something Polivy has coined "false-hope syndrome" — the mistaken idea that self-change efforts will lead to a huge and fast reward. It's that hope that creates repeat offenders.

Craig Saikaly, vice-president of operations for GoodLife Fitness in Atlantic Canada, says keeping people motivated and realistic about their goals is a year-round challenge, but particularly so around the beginning of the new year when more people are signing up for memberships.

"People who get started in January are often so optimistic about what it is that they want to accomplish," he says. "They're really fired up for a month or maybe two."

When change doesn't come fast enough, Saikaly says disappointment tends to set in and newcomers are at risk of falling off the workout wagon.

Polivy agrees, but she says it's not surprising they are often enticed to try, try again.

She points to advertisements featuring happy, smiling exercise enthusiasts and quick-fix miracle machines that vow to tighten and tone in little time, with minimal effort.

Such ads may set up couch-potatoes for disappointment, but Polivy says no one is doomed to a life of broken resolutions.

She suggests finding a type of exercise that you don't mind doing — even if you don't love it. Maybe hitting the gym isn't your thing, but a fast-paced tennis match is.

Most important is setting realistic goals that can be measured, and determining what actions will help you achieve that goal. Ultimately, a major part of success is accepting that nothing happens overnight.

"If you're going to change, you have to be prepared to face the fact that this is a permanent change," says Polivy. "People make a resolution, but it's usually time-limited."

At the Tower, Jamieson says working toward a specific event, such as a marathon, a wedding or an upcoming vacation, tends to motivate people to get in shape because there's a date looming.

For some gym-goers, Jamieson says staying on track comes down to the bottom line. No one likes to see their membership dollars wasted from one month to the next.

"For some people, I notice that is motivating and it does get them to come in and continue," she says.

Saikaly says GoodLife offers a variety of group exercise programs at different levels to keep people interested and challenged. Members can also sign up for personal training as an individual or in a group, which can provide the accountability some people crave.

There are group orientations for first-timers to get comfortable in a gym setting and learn how to use unfamiliar equipment. There's also the social aspect of working out, which Saikaly says can make exercise feel like interacting with friends.

Often, Saikaly says success means realizing that changing your habits doesn't mean rearranging your entire life. Forty-five minutes of activity, two or three times a week, is plenty.

"If you can just do those small baby steps over a long period of time, you're going to always see gradual results, you're always going to feel great," says Saikaly.

"You're not going to want to leave."

Heartburn triggers to avoid From Seniors' Health at www.medbroadcast.com

Leery of being visited by that old flame, heartburn? Meet the fiery five - lifestyle and diet factors to avoid if you don't want to get burned.

1. Super-sized meals

We're not just talking about the mega-meals from fast food restaurants (though those don't help heartburn either). When you gobble down too much food at one sitting, you overwork your lower esophageal sphincter (LES), the gate between your gullet and your gut. An overworked LES is like a gate with broken hinges, and it has a tough time keeping out what shouldn't come back up into your esophagus - namely, stomach acid.

2. Post-meal naps

Sprawling out in a post-meal food coma does your digestive system no favours. But gravity does. Gravity is your friend. It keeps food moving down in the direction of your stomach and your intestines. Sit up for a while after chowing down. To keep the burn from getting into bed with you, elevate the head of your bed about 10 cm.

3. Trigger foods and drinks

Amo

ng the foods most likely to set the heartburn fires a-burning are the terrible ten: high-fat foods, spicy foods, garlic, French fries, onions, mint, coffee, tea, tomato sauce, and chocolate. Some of the most fun food around, right? If you can't completely cut out the triggers, at least aim for moderation.

4. Cigarette smoking

As if you needed another reason to quit smoking! Just like when you eat too quickly or too much at once, cigarette smoking damages the LES. Also, smoking can cause dry mouth, depriving you of a powerful acid fighter - saliva.

5. Alcohol

Alcohol wreaks all sorts of havoc on the LES and on the rest of the digestive system. Relaxing the LES, churning up stomach acids, disrupting the normal rhythm of swallowing, alcohol is a literal cocktail of heartburn triggers.

Stroke facts and warning signs

A stroke occurs when the flow of blood to a part of the brain is cut off. This can be due to something (usually a blood clot) blocking the flow of blood to the brain (*ischemic stroke*). It can also be caused by a burst blood vessel bleeding into the brain (*hemorrhagic stroke*). About 80% of strokes are ischemic and 20% are hemorrhagic. Without a blood supply, the brain cells in the affected area start to die.

The effects of a stroke depend on which part of the brain is affected and how severe the damage is. A stroke may affect your ability to move, your ability to speak and understand speech, your memory and problem-solving abilities, your emotions, and your senses of touch, hearing, sight, smell, and taste. In some cases, a stroke can be fatal.

It's important to recognize the warning signs of stroke, because quick treatment can reduce the risk of brain injury and death. A stroke usually comes on suddenly, over a few minutes or hours.

The warning signs of stroke include:

sudden weakness, numbness, or tingling of the face, arm, or leg (often on only one side of the body)

sudden confusion, trouble speaking, or trouble understanding speech

sudden vision loss (often in one eye only) or double vision

sudden trouble walking, dizziness, loss of balance or coordination, or falls

sudden severe headache (often described as "the worst headache of my life") with no known cause

If you notice these symptoms, call 9-1-1 (or your emergency medical number if you do not have 9-1-1 service) immediately. Stroke is a medical emergency.

Preventing strokes

Your best bet in preventing stroke is to identify your risk factors for stroke, and to work on the ones that can be controlled or treated. Your health care professional will be able to help you identify the risk factors that you can work on, and develop a plan that will work for you.

There are many changes that you can make to your lifestyle that will not only reduce your risk of stroke, but also improve your overall health:

Quit smoking and avoid secondhand smoke. Between 5 and 15 years after quitting smoking (depending on how much and how long you smoked), your risk of stroke will be the same as that of someone who never smoked.

Drink alcohol in moderation. Limit yourself to no more than 2 drinks per day, to a maximum of 14 per week for men or 9 per week for women.

Be active. Try to have at least 150 minutes of moderately intense physical activity each week. It can be as simple as going for a walk at lunch. If you are not very active now, check with your doctor before starting a new exercise program.

Try to reach and stay at a healthy weight. Talk to your doctor about a nutrition and exercise program that can help you do this.

Control stress. Be aware of what causes stress for you and find ways to cope. To reduce the amount of stress that you have, you can look for ways to simplify your life or delegate some responsibilities to others. To help deal with the physical effects of stress, some people find exercise, yoga, meditation, and deep breathing helpful. It may take a few tries before you find the method that works best for you.

Know what you're taking. Some natural health products and over-the-counter products can increase blood pressure and the risk of stroke. Check with your doctor or pharmacist before taking any new medications.

There are a number of health conditions that may increase your risk of stroke. To control these risk factors:

Have your blood pressure checked regularly. If you have high blood pressure, work with your health care professionals to keep it under control.

Find out whether you have high cholesterol. If so, work with your health professionals to reduce it to a healthy level.

If you have diabetes, work with your health care professionals to keep your blood sugar in a healthy range.

If you have already had a stroke or heart attack, your doctor may provide a program of medications, diet changes, and exercise to help prevent a stroke.

Articles from www.medbroadcast.com

13th Annual Aboriginal Mental Health Conference

“Aboriginal Elders: The Forgotten Ones”

March 15th & 16th, 2012

8:30 am – 4:00 pm

Aboriginal Friendship Center

1607 East Hastings

Special Guests

His Honor, Steven Point, Lieutenant Governor
Dr. David Ostrow, Vancouver Coastal Health CEO

Keynote Speakers:

Her Honour, Mrs. Gwendolyn Point and Dr. Lee Brown

A Free Event for the Aboriginal Community and VCH Staff

*Please confirm your attendance by calling
The Aboriginal Wellness Program at 604-875-6601*

Dear First Nations Elders and Elders Support People,

LUNCH WORKSHOPS

Dr. Clem Persaud is a Professor and Health Educator in retirement in Victoria. Over the past five years he has done numerous lunch workshops for Elders throughout B.C., and in Alberta. He uses stories, models, discussion and humour to stimulate and engage Elders. He is available to speak on any of the following:

1. Vitamin D and Senior Health: new research shows that many seniors have too low levels of this vitamin, and that appropriate supplementation is vital for overall health.
2. Stroke: Seniors learn how to lower the risk of stroke, how to recognise the symptoms of stroke, and how to respond if there appears to be a stroke episode.
3. Nurturing the Brain: We explore ways of caring for our brains, through diet, lifestyle and environmental precautions, so as to age gracefully. Two prunes a day will keep brain fog away. (Some "ordinary" foods are surprisingly good for the brain!)
4. The Gene Weaver: It is well known that the Residential School system has traumatised students well into adulthood. There is now scientific evidence from the new field of epigenetics that the abuse may affect the genes of the children and grandchildren of the original students.

We discuss what may help to reverse the gene damage.

If you may be interested in a lunch workshop, please contact:

Dr. Clem Persaud

Tele: 250-381-8442 (Victoria) E mail: cdpersaud@shaw.ca

Chiefs meet Harper, but wonder if Ottawa can really be trusted

January 29, 2012 - 4:35am By TIM HARPER

<http://thechronicleherald.ca/thenovascotian/56778-chiefs-meet-harper-wonder-if-ottawa-can-really-be-trusted>

OTTAWA — There was a smudging ceremony, a replica of a historic wampum belt and the traditional drumming ritual.

But that nod to tradition was wrapped up early, quickly overtaken by a long overdue mission to regain mutual trust.

This gathering on the Algonquin territory known as Sussex Drive was a First Nations-government summit unlike those of the past, led as it was by the two pragmatists-in-arms.

That Prime Minister Stephen Harper sought to reset a badly strained relationship without a flashy announcement or initiative aimed for the top of the newscast played to type.

That Assembly of First Nations national chief Shawn Atleo often appears cut from the same incrementalist cloth carries for him a risk.

More than 400 regional chiefs journeyed to the capital with a sense of urgency, many of them not happy about returning home talking of renewed trust and empathy when their people are boiling water or struggling to keep family members warm in substandard housing.

Neither Harper nor Atleo is given to the rhetorical flourish or the grand gesture.

Both know the peril of overpromising or unwisely raising expectations.

Both men cast the problem in a context that went beyond these walls, trying to reach glassy-eyed Canadians who see the plight of natives as something intractable and unending, either overwhelmed by the task at hand or apathetic to it on any scale.

Harper tied it to his own preoccupation, the economy.

He spoke of tapping the enormous economic potential of the First Nations to meet the demand for labour in this country's future economy.

"(It) is therefore in all of our interests to see aboriginal people educated, skilled and employed," Harper said. Atleo responded in kind.

"Our people are the youngest, fastest-growing community in a Canadian labour force that is rapidly aging," he said. "Closing the education and employment gaps for our people would contribute \$400 billion to the national economy and save \$115 billion in expenditures."

The statistics, now well-worn and oft-recited, do reflect a demographic imperative that should concern all Canadians.

More than half of the First Nation population in Canada is under 23. The aboriginal birth rate is double that of many regions of the country. Sixty-one per cent of First Nation adults aged 20-24 have not completed high

school, compared with 13 per cent of non-aboriginal Canadians. The unemployment rate for First Nation peoples living on reserve is 25 per cent, three times the rate for non-aboriginal Canadians.

"Our kids, just like every Canadian family's children, deserve good schools," Atleo said.

The priority was identified, but, so far, solutions consist of working groups.

"I have to get on a plane and deal with the realities back home," said Derek Nepinak, grand chief of the Assembly of Manitoba Chiefs.

He said there was a lack of urgency on "both sides of the table" Tuesday, but when pressed, stopped short of criticizing the AFN leadership.

Bill Erasmus, regional chief of the Northwest Territories, said a Monday meeting with Harper was, in many respects, more fruitful than Tuesday's session.

It gave chiefs who came to Ottawa a chance to tell the prime minister firsthand of the hardships at home, he said.

Atleo said he respected the fact there would be those, both inside the conference hall and watching on television, who would see the gathering as another event promising much and delivering little.

But a deep well of mistrust had to be addressed, he said. The real news of the day might have been the fact that this summit happened at all.

Harper is disdainful of the type of big meetings freighted with symbolism that were features of the Liberal years.

Yet he spent the day at the meetings, despite expectations he would leave early for the Davos economic summit. He met with leaders Monday evening and 12 cabinet ministers joined him in the room for the general session Tuesday.

That builds trust. But for chiefs with more immediate needs, can they sell trust at home?

Tim Harper is a national affairs writer for the Toronto Star.

Ready for the Arts Challenge?

**Are you an Aboriginal Canadian between the ages of 14-29?
Showcase your talent and creativity, and have your work reviewed by the foremost Aboriginal artists!**

You could win cash prizes and even have your work exhibited in a gallery!

Deadline: March 31, 2012 (www.our-story.ca/ac)

**UBCIC fully supports Save the Fraser Declaration, First Nations Tanker Ban and Oil Pipeline Ban
Open Letter. January 10, 2012**

**Premier Christy Clark
Government of British Columbia
PO Box 9041 Stn Prov Govt
Victoria, BC V8W 9E1
Via facsimile: 250-387-0087**

**Prime Minister Stephen Harper
Office of the Prime Minister
80 Wellington St.
Ottawa, ON KIA 0A2
Via facsimile: 613-941-6900**

OPEN LETTER: The Union of BC Indian Chiefs fully supports the Save the Fraser Declaration, the Coastal First Nations Tanker Ban and the Indigenous laws banning Crude Oil Pipeline and Tanker Shipments through BC

Dear Premier Clark and Prime Minister Harper

We are writing with respect to Union of BC Indian Chiefs Resolution 2011-54, “Support for the Save the Fraser Declaration, the Coastal First Nations Tanker Ban and the Indigenous laws Banning Crude Oil Pipeline and Tanker Shipments through BC.” which was presented, affirmed and endorsed by consensus at the UBCIC Chiefs Council on November 23rd, 2011.

The UBCIC Chiefs Council endorses the Coastal First Nations Tanker Ban and Save the Fraser Declaration that prohibit the transportation of crude oil by pipeline and tanker on the north and south coast and through the Fraser River watershed. As Indigenous Peoples, we continue to exercise our laws and jurisdiction to protect our lands, our waters, our coasts and our rivers, as we have done for thousands of years and both the Save the Fraser Declaration and the Coast First Nations Tanker Ban are grounded in our laws. Further, we draw your attention to the United Nations Declaration on the Rights of Indigenous Peoples, which states:

Article 32:

- 1. Indigenous peoples have the right to determine and develop priorities and strategies for the development or use of their lands or territories and other resources**
- 2. States shall consult and cooperate in good faith with the Indigenous peoples concerned through their own representative institutions in order to obtain their free and informed consent prior to the approval of any project affecting their lands or territories and other resources, particularly in connection with the development, utilization or exploitation of mineral, water or other resources.**

We urge your governments to reject the proposed Enbridge pipeline and Kinder-Morgan pipeline and to respect the laws and authority of BC First Nations and ultimately to protect the environment, fisheries and health and safety of all BC communities.

**On behalf of the UNION OF BC INDIAN CHIEFS
[Original Signed] Grand Chief Stewart Phillip President, Chief Robert Chamberlin Vice-President,
Chief Marilyn Baptiste Secretary-Treasurer**

Open Letter

Invitation to a Gathering of Aboriginal Men Standing up against Violence towards Aboriginal Women and Children

On Wednesday, February 15th, from 10 am to 12:30 pm a group of Aboriginal men will meet at the Hotel Grand Pacific in Victoria to stand up for Aboriginal women and Children and to speak out against all forms of violence towards them.

This letter is both a call to action and an open invitation for our brothers, uncles, grandfathers, fathers, and sons to come together and build a Province-wide campaign to end violence against Aboriginal women and children.

Aboriginal women are three times more likely to experience domestic violence than non-Aboriginal women, and three times more likely than non-Aboriginal women to be killed by someone they know. Too many of our wives, daughters, sisters, aunties, mothers, grandmothers are not safe in their own home. Too many have been murdered or are missing. It is time for us to change this.

This cycle of violence came from residential schools, racism against our Peoples, and colonization. It was never in our culture to do violence to the women and children in our families and communities, it was always our responsibility to protect them.

Many efforts, projects, and strategies are now under-way throughout the province to change this reality, but we can and need to do more. Silence is not good enough, and simply being a non-abuser is not good enough. We need to speak up and take action, and we need to support each other as Aboriginal men.

The Gathering of Aboriginal Men - Standing up against Violence towards Aboriginal Women and Children, will take place on Wednesday, February 15th from 10 am to 12: 30 pm at the Hotel Grand Pacific. At 1 pm we will hold a Press Conference on the front steps of the BC Legislature to speak out publicly against violence towards Aboriginal women and children, and to commit ourselves to action.

This invitation is being extended to Aboriginal males of all ages in BC First Nations communities, Aboriginal Friendship Centres, colleges and universities, Provincial and Federal government offices, RCMP and municipal police forces, and other Aboriginal organizations.

Please share this invitation and spread the word.

For further information, please contact Paul Lacerte at 250-388-5522 or e-mail at: placerte@bcaafc.com.

Northwest Coast Energy News

Covering energy, environment and science on the northwest coast of British Columbia

Flanagan suggests that Harper use constitutional override clause to force through Northern Gateway

Posted on January 19, 2012 by Robin Rowland

According to the CBC Inside Politics blog, Tom Flanagan, a former advisor to Prime Minister Stephen Harper, a professor at the University of Calgary and a frequent guest on CBC's Power and Politics is advocating the use of constitutional override clause to force the completion of the Northern Gateway pipeline. You can read Max Paris's complete blog *Hard advice on Northern Gateway pipeline* here.

Flanagan also suggests using the same power to "settle" aboriginal land claims. On Power and Politics he said:

[T]oughness is needed right now. You've got to signal that you're serious about this. No, no, I support that completely. Other advice I'd be giving if I were asked, I'd be researching the constitutional powers of the federal government...the declaratory power which will allow the federal government to declare something to be a work for the national interest. Also a possibility of a legislative settlement of aboriginal claims.

According to the blog "declaratory power" is in section 92(10)(c) of the Constitution Act of 1867. It reads thus:

Such Works as, although wholly situate within the Province, are before or after their Execution declared by the Parliament of Canada to be for the general Advantage of Canada or for the Advantage of Two or more of the Provinces.

The blog also quotes Bruce Ryder, a constitutional law expert and prof at Osgoode Hall, as saying: "It's a valid legal power that Parliament possesses. To use it would raise an outcry and be intensely controversial from the point of view of constitutional convention or practices that have evolved to reflect contemporary understandings of federalism that treat the provinces and the federal government as equal."

Ryder figures Flanagan considers B.C. a bit of a wildcard in this whole Northern Gateway Pipeline business. Using 92(10)(c) is his ham-fisted... but totally legal... way of getting around any potential problems with Victoria. It's Tom's version of how to crush political dissent and coerce provinces.

Even the hint of a constitutional override can only increase the skepticism and mistrust of the Joint Review Panel and the process. That skepticism and mistrust has been expressed at every single session over the first two weeks, despite the futile attempts by panel chair Sheila Leggett who tries to tell people to leave the criticism until the final argument sessions.

web@haidanation.net

Information from: A.D.A.M. Medical Encyclopaedia.

Appendicitis

Appendicitis is swelling (inflammation) of the appendix. The appendix is a small pouch attached to the beginning of your large intestine.

Causes, incidence, and risk factors

Appendicitis is one of the most common causes of emergency abdominal surgery in the United States. It usually occurs when the appendix becomes blocked by feces, a foreign object, or rarely, a tumor.

Symptoms - The symptoms of appendicitis can vary. It can be hard to diagnose appendicitis in young children, the elderly, and women of childbearing age.

The first symptom is often pain around your belly button. (See: Abdominal pain) The pain may be minor at first, but it becomes more sharp and severe. Your appetite will be reduced and you may have nausea, vomiting, and a low fever.

As the swelling in the appendix increases, the pain tends to move into your right lower abdomen. It focuses right above the appendix at a place called McBurney's point. This most often occurs 12 to 24 hours after the illness starts.

If your appendix breaks open (ruptures), you may have less pain for a short time and you may feel better. However, once the lining of your abdominal cavity becomes swollen and infected (a condition called peritonitis), the pain gets worse and you become sicker.

Your pain may be worse when you walk or cough. You may prefer to lie still because sudden movement causes pain.

Later symptoms include:

- **Chills**
- **Constipation**
- **Diarrhea**
- **Fever**
- **Nausea**
- **Shaking**
- **Vomiting**

Signs and tests - If you have appendicitis, your pain will increase when the doctor gently presses on your lower right belly area. If you have peritonitis, touching the belly area may cause a spasm of the muscles. A rectal exam may find tenderness on the right side of your rectum.

Doctors can usually diagnose appendicitis by:

- **Your description of the symptoms**
- **The physical exam**
- **Lab tests**

In some cases, other tests may be needed, including:

- **Abdominal CT scan**
- **Abdominal ultrasound**

Treatment - If you do not have complications, a surgeon will usually remove your appendix soon after your doctor thinks you might have the condition. For information on this type of surgery see: Appendectomy.

Because the tests used to diagnose appendicitis are not perfect, sometimes the operation will show that your appendix is normal. In that case, the surgeon will remove your appendix and explore the rest of your abdomen for other causes of your pain.

If a CT scan shows that you have an abscess from a ruptured appendix, you may be treated for infection. You will have your appendix removed after the infection and swelling have gone away.

Expectations (prognosis) - If your appendix is removed before it ruptures, you will likely get well very soon after surgery. If your appendix ruptures before surgery, you will probably recover more slowly, and are more likely to develop an abscess or other complications.

Complications

- **Abnormal connections between abdominal organs or between these organs and the skin surface (fistula)**
- **Abscess**
- **Blockage of the intestine**
- **Infection inside the abdomen (peritonitis)**
- **Infection of the surgical wound**

Calling your health care provider - Call your health care provider if you have abdominal pain in the lower-right portion of your belly, or any other symptoms of appendicitis. Also call your doctor if:

- **Your pain is severe, sudden, or sharp**
- **You have a fever along with your pain**
- **You are vomiting blood or have bloody diarrhea**
- **You have a hard abdomen that is tender to touch**

- **You are unable to pass stool, especially if you are also vomiting**
- **You have chest, neck, or shoulder pain**
- **You are dizzy or light-headed**
- **You have nausea and a lack of appetite with your pain**
- **You are losing weight that you did not mean to lose**
- **You have yellowing of your eyes or skin**
- **You have bloating for more than 2 days**
- **You have diarrhea for more than 5 days, or your infant or child has had diarrhea for 2 days or vomiting for 12 hours (call right away if a baby younger than 3 months has diarrhea or vomiting)**
- **You have had abdominal pain for more than 1 week**
- **You have burning with urination or you are urinating more often than usual**
- **You have pain and may be pregnant**
- **Your pain gets worse when you take antacids or eat something**

Information from <http://www.ncbi.nlm.nih.gov/pubmedhealth>

Safety Tips Emailed in to pass on in the EV. It may save your life or a loved one's life.

1. Tip from Tae Kwon Do : The elbow is the strongest point on your body. If you are close enough to use it, do!
2. Learned this from a tourist guide. If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM**. Toss it away from you.... Chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. **RUN LIKE MAD IN THE OTHER DIRECTION!**
3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.
4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their check book, or making a list, etc. **DON'T DO THIS!**) The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go.

AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.

If someone is in the car with a gun to your head **DO NOT DRIVE OFF**, Repeat: **DO NOT DRIVE OFF!** Instead gun the engine and speed into anything, wrecking the car.

Your Air Bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.

5. A few notes about getting into your car in a parking lot, or parking garage:

A.) Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.

B.) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

C.) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get guard/policeman to walk you back out. IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)

6. ALWAYS take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at NIGHT!

7. If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely WILL NOT be a vital organ. RUN, preferably in a zig -zag pattern!

8. As women, we are always trying to be sympathetic: STOP It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked 'for help' into his vehicle or with his vehicle, which is when he abducted his next victim.

9. Another Safety Point: Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird.. The police told her 'Whatever you do, DO NOT open the door.' The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, 'We already have a unit on the way, whatever you do, DO NOT open the door.' He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby. He said they have not verified it, but have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night.

10. Water scam! If you wake up in the middle of the night to hear all your taps outside running or what you think is a burst pipe, DO NOT GO OUT TO INVESTIGATE! These people turn on all your outside taps full blast so that you will go out to investigate and then attack.

Man selling drugs out of his underwear - KELOWNA, B.C.

Police don't usually care about underworld underwear, but this case was different.

After watching a man make some drug deals from his car in downtown Kelowna, B.C., the Mounties moved in and searched him.

They found his undershorts were outfitted with a hidden, zippered compartment containing small packets of cocaine, meth and heroin. They also turned up some illicit prescription medication and a can of bear spray. The 31-year old Kelowna man was set for a short — or maybe it was a brief — appearance in court Wednesday on drug and weapons charges. (CKQQ)

Restoring Balance Consulting Book Order and Workshop Information

The legacy of the Residential School throughout the 20th Century has caused repercussions of inter-generational trauma. The signs and symptoms of post traumatic stress disorder are clearly visible in all Aboriginal reserves and in the Aboriginal Urban population. The statistics clearly show negative results in all areas of social, education, medical and mental health, poverty, homelessness, justice system, employment and economy.

To restore balance within individuals, families and communities it is paramount to raise awareness of post traumatic stress disorder. A community based approach is a strategy that is safe and workable. I have developed a Trauma Resource Kit for Aboriginal Communities that provides a guide to educating community workers to better understand PTSD and have the tools to assist and guide those in the healing process, Trauma Healing Guides are available for Youth, Adults, Former Residential School Students, Day School Students.

Attached document is information about training workshops for frontline workers, healing workshops for community members and trauma resource material.

Can you please forward the information on to your colleagues who may be interested. If you have any further questions about the workshops or resource material please do not hesitate to contact me at restoringbalance-consulting@hotmail.com or visit the website at www.restoringbalanceconsulting.ca

Thank you, Gerald Kiesman, Owner/Author/Trainer

My name is Peter Kent, former stuntman to Arnold Schwarzenegger and partner in STORYJOURNEYS with Tsimshian master artist Bill Helin.

"Our Chiefs and tribal Elders have many stories to tell, a rich heritage which deserves to be honored and preserved. Story Journeys will focus on the spiritual, creative, cultural and career aspects of these timeless ancient tales. As we know, Aboriginal youth have been traditionally marginalized and are losing sight of their roots and their purpose in life, cultural stories are becoming largely forgotten. With the Story Journeys project, this can all be changed."

Bill and I are excited to offer our services as both mentors and instructors in the Storyjourneys program.

We are available to come to your location, speak to your elders and youth and help motivate the process of archiving & preserving your cultural heritage in video and storybooks before it is lost or forgotten.

As Arnold Schwarzenegger's former stuntman and actor, producer and director, I am also available to speak to and motivate your youth, helping them find new life choices, careers and direction.

I speak on topics such as literacy, (I am an English Literature major) film and how I made my choices in my career as stuntman and actor. <http://www.peterhkent.com>

Please take a look at our website for our concept and our biographies -- <http://storyjourneys.com/>

We look forward to hearing from you to discuss how we can help empower your youth, while preserving your heritage through StoryJourneys!

Sincerely- Peter Harris Kent

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

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Sundial Inscription:

Time is too slow for those who wait,
too fast for those who fear,
too long for those who grieve,
too short for those who rejoice.

But for those who love, time is
eternity. Hours fly, flowers die,
new days, new ways, pass by.
Love stays.

"You don't stop laughing because you grow old. You grow old because you stop laughing." --Michael Pritchard

"Always be nice to your children, because they are the ones who will choose your rest home." --Phyllis Diller

Two elderly ladies were discussing the upcoming dance at the country club. "We're supposed to wear something that matches our husband's hair, so I'm wearing black," said Mrs. Smith. "Oh my," said Mrs. Jones, "I'd better not go."

An old fellow fell in love with a lady. He got down on his knees and told her there were two things he would like to ask her. She replied, "OK." He said, "Will you marry me?" She replied, "Yes," then asked what his second question was. He replied, "Will you help me up?"

Reporter: "So you are 100 years old. How did you manage to live so long?"
Old man: "Well, son, I got married when I was 21. The wife and I decided that if we had arguments, the loser would take a long walk to get over being mad. I suppose I have been benefitted most by 79 years of fresh air."

QUOTES: "Age doesn't matter, unless you're a cheese."

--Billie Burke

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 (except unfortunately for 2011)**

ANNUAL BC ELDERS GATHERING INFO CORNER

**The 36th Annual BC Elders Gathering is to be hosted by
Sto:lo Nations and Tsawwassen First Nation,
In Abbotsford at the TRADEX Centre (as is 2011)
July 10-12, 2012.**

**Roger Andrew and Audrey Kelly
From Shx'wohamel First Nation
Were crowned the King and Queen**