

Volume 14 Issue 3

February 2014

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

EV'S 159th Issue!



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

HAPPY BIRTHDAY TO ALL ELDERS BORN IN FEBRUARY!

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

Contact: Inez Pierre, Elder's Coordinator

Email: ipierre@pib.ca

Tel: 250-493-0048

Fax: 250-493-2882

TF: 1-877-493-0048

**Registration, Volunteer and Booth Forms on page 5-8,
there are no vendor forms as yet.**

HAPPY VALENTINE'S DAY!!

Inside this issue

Easy Bakers Corner/Website	2
List of Paid Support Fees	3
Irving K. Barber Aboriginal Student Award Information	4
Elders Group Registration Form for the 2014 Elders Gathering	5
Volunteer Form for the 2014 Elders Gathering	6-7
Gathering Vendor Form	8
New Documents May Shed Light	9-10

Pg. 10: Suicide Numbers in Nunavut -2013
Pg. 11: PERSONAL CREDITS
Pg. 12: Ktunaxa Challenge Resort
Pg. 13: Ottawa Drops Bid To Keep St. Anne's Evidence Secret
Pgs. 14-15: Healthy Choices - Birth Control Awareness
Pgs. 15-16: BC Must Probe Experiments on Kids – NDP
Pg. 17: FNHA – Influenza Information
Pg. 18: Healthy Aboriginal Network
Pg. 19: UBCIC PRESS—Robert Wright Case
Pg. 20: Judge Exposes Harper Government
Pg. 21: Aboriginal Tourism BC - Update
Pgs. 22-23: National Eating Disorder Awareness Week - It's Not About Food

Easy Bakers Corner – Chocolate Marshmallow Clusters - 3 Doz.

Heat 3 cups of miniature marshmallows, 1 cup milk chocolate chips, and 2 Tbs. of butter or margarine in a 3-quart saucepan over low heat 1 to 2 minutes, stirring constantly, until smooth.

Remove from heat; stir in 4 cups of Honey Nut Clusters cereal until evenly coated.

Drop by teaspoonfuls onto waxed paper. Let stand about 1 hour or until set. Store tightly covered. Enjoy!

Happy Saint Valentine's Day

A bell is no bell 'til you ring it,
A song is no song 'til you sing it,
And love in your heart
Wasn't put there to stay -
Love isn't love
'Til you give it away.
- *Oscar Hammerstein*

What Can you please share?

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

Gilakasla, Donna Stirling

'PRESERVING THE PAST'

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

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

Disclaimer:

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

BCECCS 14th Year GRATITUDE LIST

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

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

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. TAHLTAN BAND COUNCIL
2. PROVINCIAL HEALTH SERVICES AUTHORITY

FROG LEVEL - \$750

- 1.

SISIUTL LEVEL - \$500

1. Aboriginal Tourism Association of BC
2. First Nations' Emergency Services Society of BC
3. Osoyoos Indian Band
4. Tsleil-Waututh Nation

HUMMINGBIRD LEVEL - \$250

1. Union of BC Indian Chiefs
2. Lake Babine Nation
3. Irving K Barber BC Scholarship Society
4. Skidegate Band Council
5. Seton Lake Indian Band
6. Xaxli'p Indian Band
7. Mamalilikulla Qwe'Qwa'Sot'Em Band
8. McLeod Lake Tse'khene Elders Society
9. Lytton First Nation
10. Akisqnuq First Nations
11. Doig River First Nation
12. Weiwaikum First Nation
13. Pacheedaht First Nation
14. Hailika'as Heiltsuk Health Centre
15. Tk'emlups Te Secwepemc

Donation: First Nations Tax Commission

OPEN DOORS, GO PLACES



WITH A BC ABORIGINAL STUDENT AWARD

OPEN TO BC RESIDENTS WHO HAVE BEEN ACTIVE IN THEIR SCHOOL OR COMMUNITY AND ARE PLANNING TO STUDY IN BC IN:

An approved trades training or apprenticeship program

.....
A certificate or diploma program

.....
An undergraduate or graduate degree program

APPLY NOW! DEADLINE IS MARCH 31, 2014

Visit www.bcscholarship.ca



THE IRVING K. BARBER
British Columbia Scholarship Society

ADMINISTERED BY

VICTORIA



FOUNDATION



38TH ANNUAL BC ELDERS GATHERING

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

ELDERS GROUP REGISTRATION FORM

GENERAL INFORMATION

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

REGISTRATION

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

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

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

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

HOTEL/MOTEL NAME:		PHONE:	
ADDRESS:			

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

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

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

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

REGISTRATION FEE

- I AM ENCLOSING EARLY BIRD REGISTRATION FEES
 FOR _____ (#) PARTICIPANTS @ \$125.00 EACH
- I AM ENCLOSING LATE REGISTRATION FEES
 FOR _____ (#) PARTICIPANTS @ \$150.00 EACH

TOTAL CHEQUE/MONEY ORDER
 ENCLOSED: \$ _____

FOR FURTHER REGISTRATION INFORMATION AND/OR CHANGES PLEASE CONTACT:
 SABRINA ENEAS, REGISTRATION COORDINATOR
 EMAIL: SENEAS@PIB.CA PHONE: (250) 493 0048 EXT. 135

“HONOURING OUR OLD ONES, STORY TELLERS & TEACHINGS”

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



38TH ANNUAL BC ELDERS GATHERING

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

VOLUNTEER REGISTRATION FORM

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

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

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

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

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

“HONOURING OUR OLD ONES, STORY TELLERS & TEACHINGS”

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



38TH ANNUAL BC ELDERS GATHERING

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

Name: _____

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

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

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

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

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

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

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

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

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

“HONOURING OUR OLD ONES, STORY TELLERS & TEACHINGS”

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38TH ANNUAL BC ELDERS GATHERING

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

ARTS & CRAFTS BOOTH REGISTRATION FORM - July 7, 8 & 9th, 2014

First Name:		Last Name:	
Mailing Address:			
City:	Province:	Postal Code:	
Phone:	Cell (Event):	E-mail:	
Booth Information:			

Emergency Contact Person Name:	Phone number:
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Signature:	Date:
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PAYMENT:

- \$420.00 includes: Parking and Meals (Mon & Tues: Breakfast, Lunch & Dinner Wed: Breakfast & Lunch). Additional payment of \$120.00 to cover cost of meals for 2nd person.
- \$300.00 Booth Cost Only
- Vendor registration fee is payable with registration.
- Method of payment – certified cheque or money order.
- Upon receipt of registration with payment, you will receive 1. Confirmation of payment 2. Assigned a floor space.
- A donation of goods from your booth would be appreciated – that will make up a portion of the prizes drawn throughout the event and promote your booth.

BOOTH SET UP:

- One table and 2 chairs will be provided for each 10 X 10 X 10 X 10 space
- Set up can begin at 1:00 pm on Sunday July 6, 2014
- Booths are to be set up no later than 11:00 am Monday July 7, 2014
- Electrical outlets will be available advance \$45.00 by June 15th or onsite \$55.00 Please contact coordinator to request Power Order Form.
- Registration table will be set up for you where you will receive your assigned booth and meal information
- For safety reasons and out of respect for individuals requiring chairs & walkers, vendors must stay within the assigned space and not have merchandise outside of area.
- Arts & Crafts Booth is allowed 2 people per booth.
- Parking in loading zone is for loading and unloading only. Parking is provided in designated area.

ADDITIONAL GUIDELINES:

- Vendor booths may not sell food, drinks or raffle tickets of any kind. Please note your buyers are Elders with limited budget.
- No burning will be allowed in the booths as some elders may have respiratory ailments.
- If a booth is not set-up by 11:00 am on Day 1 of the Gathering, the booth will be re-rented with no refund to the original booth registrant.
- Any merchandise pertaining to alcohol and drugs will not be permitted for sale or display.
- Notice of cancellation must be provided by June 1, 2014 in writing to be issued a refund. No exceptions.

By signing this form you agree to the guidelines as set out above

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

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

Inquiries: Arts & Crafts Coordinator – Joanne Cel 250.280.7194 or Email: vendors38@telus.net

For Committee use only

Payment received date:	Method: Certified cheque <input type="checkbox"/> or money order <input type="checkbox"/> Initial:
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“HONOURING OUR OLD ONES, STORY TELLERS & TEACHINGS”

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New documents may shed light on residential school deaths

B.C. releases trove of information about aboriginal deaths to Truth and Reconciliation Commission

By Connie Walker, CBC News Posted: Jan 07, 2014 3:42 PM ET Last Updated: Jan 08, 2014 9:03 AM ET

New documents released to the Truth and Reconciliation Commission (TRC) may shed some light on the number of children in British Columbia who died in residential schools.

The TRC was recently given over 4,000 documents, including death certificates for aboriginal children aged four to 19 who died between 1917-56 in British Columbia. It is unclear how many of them were residential school students.

The commission previously reported that at least 4,100 children died in 130 schools across the country, but that number could grow as more federal and provincial documents are analyzed.

"What we need to do is we need to take those names and cross reference them to the list of students who were in the various residential schools during that period of time to see if we can start matching names," said TRC chair Justice Murray Sinclair.

Sonny McHalsie is a researcher for the Sto:lo First Nation near Chilliwack. He hopes the list of names supplied by B.C.'s coroner and vital statistics department may eventually identify some of the children in unmarked graves located close to Coqualeetza residential school.

"We don't know anything about them, we don't know the names. It's important because families from different communities up north have called me and wanted to find out where their loved one was and we don't know where they are."

Approximately 150,000 children attended residential schools in Canada from the 1870s until the mid 1990s. The church-run and government-supported schools operated under a deliberate policy of "civilizing" aboriginal children.

The TRC's Missing Children Project has been working since 2008 to try to determine the number of children who went missing or died in residential schools across Canada.

"It is a time-consuming effort, but I think at the end of the day we will probably be able to do that for most of the children and ensure that our search of the records also will tell us whether the families were ever informed and what the families were told," said Sinclair.

Gary Williams's aunt attended the Kamloops Indian Residential School in British Columbia with her brother who died there, but the family was never told where he was buried.

"She's not too healthy now, but she was saying the last thing she wanted to do before she goes away is to find her brother," Williams said.

The majority of residential school students died of diseases like tuberculosis. Records also show children also died from malnutrition or accidents. Schools burned down, killing students and staff. Drownings or exposure were another cause. Some committed suicide. Justice Sinclair said mortality rates reached up to 60 per cent at some schools.

"There is pretty significant evidence that disease and illness were the major causes, but contributing factors would be the conditions within the schools. We do know for example there were many reports of assessments being done of the schools showing that one of the reasons why tuberculosis was such a major problem was because the schools were poorly ventilated and the children were malnourished and incapable of fighting off disease," Sinclair said. Last year, the federal government was ordered to release thousands of documents to the TRC from Libraries and Archives of Canada. Sinclair said researchers are still analyzing that information.

Some of the documents released last year revealed the federal government conducted nutritional and medical experiments on thousands of children who attended residential schools. Those who survived were often subject to physical, emotional and sexual abuse. In the 1990s, thousands of victims sued the churches that ran the schools and the Canadian government. The \$1.9-billion settlement in 2007 prompted an apology from Prime Minister Stephen Harper followed by the creation of the commission in 2008.

So far, only Ontario and British Columbia have released provincial documents to the commission. Sinclair is hoping other provinces will follow suit. The commission's mandate was recently extended until June 2015.

Suicide numbers in Nunavut in 2013 a record high

Nunavut youth decry lack of help for those thinking about suicide

CBC News Posted: Jan 10, 2014

The suicide total in Nunavut rose to a record level in 2013 with young men most at risk, yet some youth in the territory say they're not getting the mental-health support they need.

In 2013, at least 45 people died by suicide, according to the territory's chief coroner. That's the highest number recorded since the territory was created in 1999.

The suicide rate among Nunavut Inuit is 13 times the rate in the rest of Canada, according to Nunavut social researcher Jack Hicks. The rate among young Inuit men in Nunavut is 40 times the rate of their peers in Southern Canada.

Nonetheless, young people who want help say they're not satisfied with the services that are available. One young woman told CBC News she went to the local health centre for help, but was directed to the church. Then the church directed her back to the health centre.

Linda Airut says the same thing happened to her. She is from Igloolik but now lives in Toronto. "They only wanted to report the cops on me. I didn't want to talk to the cops," Airut said. "They wanted to help only if there was something serious, like cut my arm or something, like they would want to see if I'm mentally ill."

Kelly Fraser, who is from Sanikiluaq and now lives in Cape Dorset, said she got support after her father took his life. She says she developed a trusting relationship with that counsellor, but then he moved away. Elders have also been helpful, but Fraser said that when some young people try to get professional help, it's not always available.

"If it's someone that isn't equipped or professionally trained with that kind of thing, then I wouldn't feel comfortable being directed," she said. CBC News asked to speak to Nunavut's Department of Health but a spokesperson said no one was available at the time.

Personal Credits

The Indian Residential Schools Settlement Agreement stipulates that once all Common Experience Payments (CEP) have been made, if more than \$40 million remains in the Trust Fund, the funds are to be made available to CEP Recipients, upon application, in the form of non-cash Personal Credits of up to \$3,000 each for educational purposes.

- CEP Recipients will be able to choose to transfer their Personal Credits to certain [Family Members](#) as defined in the Indian Residential Schools Settlement Agreement and the Terms and Conditions;
- [Terms and Conditions](#) for Personal Credits have been developed by Canada and the Assembly of First Nations and by Canada and Inuit Representatives to determine which Education Entities and Groups and which Educational Programs and Services are eligible;
- Once the Personal Credits have been distributed, any amount remaining in the Trust Fund on January 1, 2015 is to be paid to the National Indian Brotherhood Trust Fund and the Inuvialuit Education Foundation to be used for educational programs.

Important Deadlines

Deadline to submit your Personal Credits Acknowledgement Form: postmarked by October 31, 2014.

Deadline for Education Entity or Group to submit Personal Credits Redemption Form: postmarked by December 1, 2014.

All inactive files will be closed on December 1, 2014.

Applying for Personal Credits

In January 2014, a Personal Credits Acknowledgement Form will be mailed to each CEP Recipient who has received a CEP payment. The Acknowledgement Form must be completed and returned to the Personal Credits Administrator postmarked no later than October 31, 2014.

If you have not received your Acknowledgement Form by February 1st, 2014, please call the Personal Credits Help Desk at 1-866-343-1858 or 1-877-627-7027 (TTY).

You will receive a letter by mail once your Acknowledgement Form is received to let you know that we received it. If we have any questions about your Acknowledgement Form we will contact you by telephone and/or mail so it is important to keep us informed of any changes to your address or telephone numbers. You can contact us:

By Phone: 1-866-343-1858 or 1-877-627-7027 (TTY) By Fax: 1-888-842-1332

By Mail: Personal Credits Administrator
Suite 3 - 505, 133 Weber St N Waterloo, ON N2J 3G9

By Email: IRSPersonalCredits@crawco.ca

Incomplete information may lead to delays or denial of your request for Personal Credits.

You will receive another letter by mail once your Acknowledgement Form has been reviewed. If your Acknowledgement Form is approved, the letter will include a Personal Credits Redemption Form that you, and/or your Family Member(s), will need to provide to the Education Entity and/or Group. The Education Entity and/or Group will then need to fill out the Personal Credits Redemption Form and send it to us in order for the Education Entity and/or Group to receive the value of your Personal Credits.

For Immediate Release

January 6th, 2014

Ktunaxa Challenge Jumbo Resort In BC Supreme Court

Vancouver – The Supreme Court of British Columbia will hear the Ktunaxa Nation’s challenge of the approval of a Master Development Agreement for Jumbo Glacier Resort. The resort would be built in the heart of what the Ktunaxa call Qat’muk (GOT MOOK), which is located an hour west of Invermere. The Ktunaxa Nation is seeking to have the development agreement granted by the Province overturned.

“The Ktunaxa have been opposed to this development for 20 years,” said Kathryn Teneese, Ktunaxa Nation Chair. “We have tried to explain to provincial ministers and other government representatives that Qat’muk is of profound spiritual and cultural importance to our nation and that the resort will desecrate the area and undermine beliefs and practices at the core of Ktunaxa culture and identity.”

Qat’muk is where the Grizzly Bear Spirit was born, goes to heal itself, and returns to the spirit world. For Ktunaxa, Grizzly Bear Spirit is a unique and indispensable source of collective as well as individual guidance, strength, and protection. Qat’muk’s importance for Grizzly Bear Spirit is inextricably interlinked with its importance for living grizzly bears now and in the future.

“We are not alone in our desire to keep Jumbo wild,” continued Teneese. “There is strong local, regional and provincial opposition to this development. The environmental impacts this project will have will be irreversible, particularly to the grizzly bear population in the area. British Columbians are already wary of risky projects that prioritize resource development over environmental protection. If Jumbo Glacier Resort proceeds, it may cause lasting damage to the relationship between the Ktunaxa and the Province.”

During the expected ten day length of the court hearing, a contingent of Ktunaxa Elders, leadership and citizens will be present at the British Columbia Supreme Court building to attend the proceedings. An event in support of the Ktunaxa Nation’s court challenge is also planned for Cranbrook.

For more information on Qat'muk, or to read the Qat’muk Declaration, please visit www.qatmuk.com or www.facebook.com/qatmuk.

–30–

For Further Information Contact:

**Jesse Nicholas
Communications Manager
Ktunaxa Nation Council
jnicholas@ktunaxa.org
250-489-2464**

Ottawa drops bid to keep St. Anne's evidence secret

The federal government had requested that documents related to residential school abuse be kept sealed.

By: Tim Alamenciak News reporter, Published on Fri Jan 24 2014
http://www.thestar.com/news/crime/2014/01/24/ottawa_drops_bid_to_keep_st_annes_evidence_secret.html

The Canadian government has dropped its bid to keep secret documents related to survivors of St. Anne's residential school after a Toronto Star story highlighted the move.

A judgment issued Jan. 14 directed the government to hand over documents from a 1992-1996 Ontario Provincial Police investigation to the Truth and Reconciliation Commission and the Independent Assessment Process, the body responsible for administering claims from survivors of residential schools.

The government asked that all evidence from the hearing be kept secret.

The package of evidence contains affidavits from seven survivors of St. Anne's, as well as transcripts of criminal trials in the 1990s that resulted in the conviction of several staff members.

Residents of St. Anne's say they suffered horrible abuses at the facility, including being forced to eat their own vomit and being subject to shocks from an electric chair.

During the hearing, lawyers for the federal government requested a sealing order on the evidence presented, including that of Fay Brunning, a lawyer for 60 survivors. Justice Paul Perell granted a temporary sealing order to give the media and government time to prepare arguments.

The bundle of evidence is still subject to an interim sealing order that will be deliberated Feb. 24, but the government will not ask for it to be permanently sealed.

"All parties have obligations to protect confidential information provided under the Indian Residential School Settlement Agreement. Canada takes this obligation seriously however in this case we will not pursue a sealing order," said a statement from the office of the Minister of Aboriginal Affairs and Northern Development.

The move marks a significant victory for Brunning's clients.

"As one of my clients said, 'What's worse? The original abuse or the fact that now they're hiding the abuse we've already proved through court proceedings?'" said Brunning last week. "My clients, the former students, trust the media that they'll comply with a publication order that would merely require that they can't distribute this on the internet and they have to not identify names or identifying factors."

The chief adjudicator, an independent body that oversees the administration of claims, is still considering the information and may still request a sealing order or other limitations.

"The Chief Adjudicator was just recently advised that Canada would not be seeking a sealing order and in view of this, is reviewing the matter with a view to making a decision shortly," wrote Michael Tansey, a communications advisor for the adjudication secretariat, in an email.

FOR IMMEDIATE RELEASE

January 16, 2014

viha.ca/news

FYI: promoting island health

Healthy choices for maternity begin with awareness about effective birth control

NANAIMO — Women and teens who are well-informed about birth control are in a good position to make healthy choices when they decide to have babies, says Nanaimo family physician Dr. William (Bill) Ehman.

“If every pregnancy was planned, it would really support the health of babies and their mothers,” says Ehman. “Many people don’t appreciate the importance of early care as the embryo develops.”

With estimates that up to 50 per cent of pregnancies are unplanned, it’s important to provide reliable information about contraception particularly to young people, he says.

Ehman notes that many healthy choices are best made months before conception — steps such as taking folic acid supplements and cutting out smoking and alcohol to enhance the prospect of a healthy baby and mom.

Ehman has been in family practice for more than 35 years and promotes excellence in maternity care at the local, provincial and national levels. He praises his colleagues for their teamwork in the Perinatal Unit of Nanaimo Regional General Hospital.

He is a consultant with Perinatal Services BC, assistant-professor in the faculty of medicine at the University of British Columbia, BC member of the Maternity and Newborn Care Program of The College of Family Physicians of Canada and in 2012, he received the Distinguished Service Award from the Society of Obstetricians and Gynaecologists of Canada.

When he talks about his practice, Ehman is clear that he provides health care for women who are pregnant, rather than “pregnant women.” He makes the distinction to emphasize that there is much more than a nine-month time frame to consider.

“It’s about the health of women throughout their lives,” Ehman says.

In his experience, most expectant mothers take very good care of themselves, avoiding alcohol, eating a healthy diet to avoid unnecessary weight gain, exercising and taking advantage of prenatal education opportunities.

He advises expectant mothers to consult with a knowledgeable health care provider as early as possible. This will enable them to learn about the importance of an ultrasound and tests for maternal health and the health of the developing baby.

Among other things, the ultrasound will provide an accurate date for the start of pregnancy. The prospect of testing for potential genetic disorders may be challenging for couples but Ehman says results of the tests will allow them to learn about their babies and assist health care providers in following the pregnancies.

He advises expectant parents to write down their questions before meeting with their health care providers so they don’t forget to ask.

And, while there is a constantly expanding body of medical knowledge about pregnancy and childbirth,

Ehman advises couples to pay attention to their inner guidance.

“If you have an intuition about something, trust your intuition and talk to your doctor about it.”

-30-

Note: Island Health’s *Right From The Start* public health nursing program provides access to information, maternal supports and services. For more information and to register, visit <http://www.viha.ca/children/pregnancy/> or contact your nearest Health Unit.

Cutline: Nanaimo Family physician Dr. Bill Ehman.

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**TIMES COLONIST (VICTORIA) (FINAL)
CAPITAL & VAN. ISL., Page: A3**

B.C. must probe experiments on kids: NDP

Unauthorized nutrition tests on residential school students blasted as 'absolutely repugnant'

Lindsay Kines, Times Colonist

The B.C. government should hold hearings into the unauthorized experiments done on malnourished children at Indian residential schools in the 1940s and 1950s, the Opposition NDP said Thursday.

Aboriginal relations critic Doug Donaldson called on the government to reactivate its aboriginal affairs committee to investigate the experiments done at the residential school in Port Alberni.

The committee would hear evidence about the experiments and investigate whether similar tests were done on students at other residential schools across the province, he said.

"It's an absolutely repugnant example of biomedical experimentation on children without their approval or their parents' approval," Donaldson said.

"When you see something like that, I don't think that it's good enough just to say, 'That's a federal issue,' or, 'That's not within provincial interests.' " Last year, food historian Ian Mosby said he had discovered research showing that aboriginal children on northern Manitoba reserves and at six residential schools across Canada were used in experiments between 1942 and 1952.

According to Mosby, children at the Alberni Indian Residential School on Vancouver Island were refused dental care - an effort to allow government employees to see the effect of an improper diet on children's health. The children also received eight ounces of milk a day, instead of the recommended 24 ounces.

Donaldson said Mosby's findings are compounded by the fact that the Truth and Reconciliation Commission has reported that more than 4,000 children died at Indian residential schools across the country.

"A major contributing factor was malnourishment, and we know that food was purposely kept from children,"

he said. "I think it just amounts to a lot of uncertainty, a lot of angst and a lot of hurt. I think going into this legislative session, we can ask the minister to consider activating the committee. It's just the timely thing to do and the right thing to do."

B.C. Aboriginal Relations and Reconciliation Minister John Rustad was unavailable for comment. His office issued a statement noting that the B.C. government did not run or administer Indian residential schools, which were set up by the Canadian government and administered by churches in order to assimilate aboriginal people.

"The B.C. government's continuing goal is to work together in partnership with aboriginal people to achieve strong governments, social justice and economic self-sufficiency for indigenous people - a goal that is beneficial to all British Columbians," the statement said.

In a letter to Rustad, Donaldson said that assigning a standing committee to investigate the issue would demonstrate the government's "desire to pursue reconciliation with aboriginal people in this province." He said the committee could hear from experts, hold hearings and receive submissions from the public and aboriginal groups. It would also have the ability to travel within the province to gather evidence, he said.

The aboriginal affairs committee has not been active since 2001, when it was used to discuss a referendum on treaties, Donaldson said.

lkines@timescolonist.com ILLUS: Abdullah Hekimhan / NDP aboriginal relations critic Doug Donaldson:

Hearings into experiments at residential schools are the "timely thing to do."; Darren Stone, Times Colonist /

B.C. Aboriginal Relations Minister John Rustad: The province's goal is to "work together in partnership with aboriginal people."

How Do I Love Thee?

How Do I Love Thee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of Being an ideal Grace.
I love thee to the level of everyday's
Most quiet need, by sun and candlelight.
I love thee freely, as men strive for Right;
I love thee purely, as they turn from Praise.

I love thee with the passion put to use
In my old griefs, and with my childhood's faith.
I love thee with a love I seemed to lose
With my lost saints,- I love thee with the Breath,
Smiles, tears, of all my life!- and, if God choose,
I shall but love thee better after death.

- Elizabeth Barret Browning

Increased Influenza Activity and What You Can Do

From the First Nations Health Authority www.fnha.ca

Jan 8, 2014

To First Nations Communities,

Happy New Year to all BC First Nations from the First Nations Health Authority!

In the past week, the number of reported influenza cases in BC was the highest yet this flu season. The most common form of the influenza virus in BC this year is Influenza A(H1N1)pdm09. Influenza A (H1N1) was responsible for the pandemic in 2009. In that year it was predicted that this new virus would result in more hospitalizations and deaths than had been seen in prior influenza seasons. This was not the case; however, young children, teens, and pregnant women did suffer more serious illness due to H1N1.

This year's flu shot will protect you against H1N1 and keep you from transmitting it to others. In fact, even last year's flu shot provided this protection because public health officials predicted that H1N1 would return. At this time, H1N1 seems to be a flu virus which has become a regular part of the flu season. It is especially dangerous for children, seniors, pregnant women and those with other health conditions, but H1N1 influenza also causes illness in previously healthy young adults.

We encourage you to take the following steps to protect loved ones and stay well during flu season:

- Wash hands frequently with soap and water;
- Sneeze/cough into your sleeve and not your hands;
- Throw away used tissues;
- Ensure household surfaces are kept as clean as possible; and
- If you are feeling sick, stay home from work or school and call your local health care provider or HealthLink at 811.

Free flu shots for Aboriginal people are available at your Health Centre or Nursing Station, and can also be obtained in physician's offices or pharmacies. If you haven't had the flu shot this year, don't delay- the flu shot remains the most effective way to prevent the flu.

Remember: when you get the flu shot, you are not only protecting yourself, but also your family and community.

If you have any questions about the flu shot please visit: <http://www.fnha.ca/what-we-do/communicable-disease-control/influenza-information>

or contact our Health Protection Unit:

Jessica Harper, Immunization coordinator, FNHA
jessica.harper@fnha.ca | Tel: 604-666-8365

The Healthy Aboriginal Network

Non-profit promotion of health, literacy & wellness

Something new and exciting from your friends at the Healthy Aboriginal Network:

Staying in school / dropping out motion comic

HAN has created a motion comic based on its staying in school book, Level Up. The trailer may be seen at www.youtube.com/user/HealthyAboriginal and www.thehealthyaboriginal.net. The DVD will be released in March. If you would like to pre-order a copy please send an email to sean@thehealthyaboriginal.net with your address for the invoice. The DVDs cost \$15 each including shipping. You can preview the low res story at www.thehealthyaboriginal.net.

In Level Up, Terry is contemplating dropping out of school. But before he does, he's asked to spend some time with his cousin Dave, a successful game developer. Rather than lecture Terry, Dave makes the importance of school relatable - he compares education to moving up a level in a video game.

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

Sean Muir

Executive Director

3240 Comox Road Courtenay , BC V9N 3P8

Phone 250-941-8881 sean@thehealthyaboriginal.net

A BC incorporated non-profit Society

Updated: Mon, 21 Oct 2013 04:36:48 GMT | By The Associated Press, thecanadianpress.com

Thief returns Pa. boy's giant 255-pound pumpkin

YORK, Pa. - A thief has returned a 255-pound pumpkin that a central Pennsylvania boy won by correctly guessing its weight — along with a note apologizing for the theft.

Nine-year-old Jaiden Newcomer of York won the pumpkin at an Oktoberfest celebration in Windsor Township. He had displayed the giant pumpkin on his family's porch until it was stolen last week.

But the York Dispatch reports (<http://bit.ly/16pZ6hd>) the pumpkin was back on the family's porch Sunday evening after it returned from a weekend trip.

The thief also left a note saying: "I'm really sorry about taking your pumpkin, it was wrong of me, you earned the pumpkin, I didn't think my actions through nor realize who they were affecting. Sincerest apologies."

Amy Newcomer says her son is "very excited. He's beside himself."

QUOTES

"All things are difficult before they are easy."

Thomas Fuller

"Ask and it shall be given unto you, Seek and ye shall find, Knock and the door shall be open unto you."

Matthew 7:7

"Contentment is accepting the world as an imperfect place."

Unknown

"Joy is not in things. It is in us."

Richard Wagner

Robert Wright permanently brain injured at hands of RCMP sues police officer and the province

January 20, 2014 NEWS RELEASE Union of BC Indian Chiefs

VANCOUVER – On Friday, Robert Wright, a 49 year old First Nations man from Terrace who received a disabling brain injury at the hands of police, filed a civil lawsuit against the RCMP constable who allegedly assaulted him while he was in custody. The provincial government, who is responsible for policing in BC, is also named in the suit. The lawsuit was brought on his behalf by his wife, Heather Prisk-Wright, as his litigation guardian.

The lawsuit alleges that RCMP Constable Brian Heideman assaulted and battered Mr. Wright, used excessive force in dealing with him, and was negligent in dealing with him while he was in custody, including failing to properly de-escalate the situation with Mr. Wright. It states that Const. Heideman threw Mr. Wright to the ground in the RCMP holding cells in Terrace, and then dragged him and kneeled on him while he was unconscious. The lawsuit alleges that other officers in the Terrace RCMP detachment failed to protect Mr. Wright. These allegations have not been proven in court.

"Robert Wright was tragically and permanently injured when he was in the care and custody of the police. The Crown decided that it would not try to hold the officer involved criminally responsible for his actions, so now Mr. Wright himself is asking the court to hold the officer and the government legally responsible for his terrible injuries," said Josh Paterson, Executive Director of the BC Civil Liberties Association. "Even when a person is not fully cooperating with police, the police must deal with that person in a way that won't leave him brain damaged for life. This lawsuit may shed light on what happened to Mr. Wright at the hands of police, and it may result in someone finally being held responsible."

On April 21, 2012, Mr. Wright, a construction worker taken into custody in Terrace cells after his wife called police for assistance. A five page report released by the BC Criminal Justice Branch outlined that Robert Wright visited hospital three times and hit his head twice while in police custody. The report stated that Mr. Wright was being uncooperative with police. In one of the two incidents, Wright was handcuffed and kneeling, facing the wall and being searched by three police officers when he was "taken" to the ground by one of the officers. Wright sustained a head injury requiring twelve stitches and causing a traumatic brain injury. He had to be taken by air ambulance for emergency life-saving surgery in the lower mainland of BC, where he lay in a coma for 10 days. He remains seriously brain injured and suffers significant memory issues making independent living impossible.

The New Westminster Police Department investigated the case and recommended charges against at least one police officer; however, the regional Crown in New Westminster declined to approve those charges and proceed to trial. In declining to approve charges, the Criminal Justice Branch relied on a use of force expert report, surveillance video and audio, none of which have been publicly disclosed. In November 2012, the BC Civil Liberties Association and the Union of BC Indian Chiefs called for the province to appoint a special prosecutor to review whether criminal charges should be laid. The BC government did not act on this request.

"This case is just one of far too many in which First Nations people have been dealt with brutally by police in this province," said Grand Chief Stewart Phillip of the Union of BC Indian Chiefs. "Time after time, we see our people being grievously injured and killed at the hands of police, and the families and communities get no justice. The Crown refused to charge the officer who assaulted and disabled Robert Wright even though police recommended charges. Now it's up to Robert Wright himself, and his family, to find justice. It is a travesty that people who are seriously injured by police need to do the work themselves and file lawsuits in order to ensure that police are held accountable."

Grand Chief Phillip and Mr. Paterson visited Mr. Wright in Terrace in March 2013. Robert Wright continues to live with disabling brain injuries in Terrace in the full-time care of his wife, Heather Prisk-Wright. Mr. Wright's lawsuit has been filed by his lawyers at Murphy Battista LLP in Vancouver.

Contact:

Grand Chief Stewart Phillip, UBCIC – (604) 684-0231

Josh Paterson, Executive Director, BCCLA – (604) 630-9752

Scott Stanley, Lawyer for the Wright Family, Murphy Battista LLP – (604) 683-9621

Judge Exposes Harper Government's "paternalistic, self serving, arbitrary" approach to First Nations News Release. January 28, 2014

(Coast Salish Territory/Vancouver – January 28, 2014) On January 17, 2014, Justice Patrick Smith of the Specific Claims Tribunal issued his decision in *Aundeck Omni Kaning v. Canada*, finding that Canada's unilateral, take-it-or-leave-it approach to the resolution of specific claims represents a blatant refusal to negotiate and undermines the Honour of the Crown in its dealings with First Nations.

"The Union of BC Indian Chiefs has carefully reviewed the decision and it is clear it is a damning picture of the Government of Canada's fundamental lack of respect and commitment to resolving specific claims and bringing about true reconciliation between First Nations and the Crown. Specific claims can only be resolved through meaningful engagement not through abusing the very process of specific claims resolution Canada imposed on First Nations," stated Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. "We stand with the Aundeck Omni Kaning in their efforts hold Canada to account."

In his decision, Justice Smith observed Canada's position is:

"frankly, paternalistic, self-serving, arbitrary and disrespectful of First Nations. It falls short of upholding the honour of the Crown, and its implied principle of "good faith" required in all negotiations Canada undertakes with First Nations. Such a position affords no room for the principles of reconciliation, accommodation and consultation that the Supreme Court, in many decisions, has described as being the foundation of Canada's relationship with First Nations. "

Chief Maureen Chapman, Chair of the BC Specific Claims Working Group commented "We, as First Nations, engaged in Canada's process to resolve our specific claims because we hoped that Canada would keep its promise to negotiate. To truly resolve these past wrongs, the claims must be heard. There is no place for unilateralism in a process intended to bring about reconciliation. There is no place for bullying and strong-arming when the honour of the Crown is at stake."

The decision is a scathing critique of Canada's process for resolving many specific claims – those it unilaterally deems to be of small value. The specific claims process was created to resolve Canada's past lawful obligations through negotiations and to bring about meaningful reconciliation between First Nations and the Crown.

Since 2008, 86% of claims are now rejected outright or their files are arbitrarily closed (up from 44%). At least 20% of the claims currently under review at the Tribunal are the subjects of file closures as are 30% of claims listed as "concluded" by the specific claims branch.

Media inquiries:

Grand Chief Stewart Phillip (604) 684-0231



**ABORIGINAL
TOURISM BC**

AtBC Update: January 24th, 2014

ABORIGINAL MARKETPLACE EVENTS IN PARTNERSHIP WITH  ABORIGINAL TOURISM BC

INTERNATIONAL ABORIGINAL TOURISM CONFERENCE

WHISTLER | APRIL 15TH - 16TH, 2014

AT THE BEAUTIFUL SQUAMISH LIL'WAT CULTURAL CENTRE &
FAIRMONT CHÂTEAU WHISTLER, BRITISH COLUMBIA, CANADA



International Aboriginal Tourism Conference

Have you registered for the International Aboriginal Tourism Conference yet?

Aboriginal Tourism BC continues to share experiences with Indigenous groups from across the world, and have opened their doors to Indigenous tourism operators to come and share their best practices and stories of working in the cultural tourism industry. The Honourable Alyssa Hayden MLC, Parliamentary Secretary to Deputy Premier and Minister of Tourism Australia, will be speaking about Indigenous Tourism Australia.

This will not be an event to miss. The tickets are going quickly, get yours today!

New Associate Stakeholder

AtBC would like to extend a warm welcome to the newest Associate Stakeholder Uchucklesaht Tribe Government

One of the five First Nations involved in the Maanulth Treaty with Canada and Province, the Uchucklesaht Tribe has 263 Uchucklesaht enrollees/citizens, 10 living in the village and 253 living away from the village. The Uchucklesaht Tribe has two villages that are situated approximately 24 miles down the Barkley Sound, southwest from Port Alberni. The first village is immediately past the Uchucklesaht Inlet on the West side of Barkley Sound, named "Cowishulth". The second village is located at the head of Uchucklesaht Inlet and is named "Hilthatis".



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VIHA.CA NEWS RELEASE

National Eating Disorder Awareness Week

It's not about food

JANUARY 30, 2014

Vancouver Island - Maria remembers having negative thoughts about the shape of her body when she was five years old. So does Sally. Bethany started thinking about dieting while she was still in elementary school and began actively trying to lose weight at the age of thirteen. These women were all diagnosed with eating disorders as adults, although their illnesses began as children.

Eating Disorder Awareness Week takes place February 2 – 8, 2014. Classified as mental illness, the eating disorders anorexia nervosa and bulimia nervosa often appear in conjunction with depression, obsessive-compulsive disorder and anxiety disorder. Among Canadian women aged 15–24, 1.5% reported having an eating disorder.

There is much misinformation about eating disorders. Often portrayed as teenage girls “just trying to get attention” or vomiting so they can “stay skinny,” the reality of the disease is quite different.

“People don’t choose to have an eating disorder; these are complex illnesses, often with underlying issues that need to be addressed in order to get well,” notes Fee Forbes, Eating Disorder Liaison Nurse for Island Health.

“I grew up in a chaotic household, and obsessing over what I ate made me feel like I had some control in my world,” says Maria, now age 29. “As a teenager I was constantly dieting and over-exercising, and then in my twenties I became obsessed with counting calories and restricting my eating. I never felt thin enough or good enough.”

One of the biggest myths about eating disorders is that it’s about being thin and driven by images in the media. Eating disorders are mental illnesses having little to do with looks, eating or beauty—in fact, most people will continue with the behaviour long after they reach their “target” weight. “Our brains are where this starts,” says Sally. “Something triggers the restricted eating. Then it becomes your friend, your coping mechanism.”

Another myth around eating disorders is that it is a disease of teenage girls. Although the statistics for anorexia in males are not as well documented, it is estimated that up to one-quarter of people with anorexia are male. The disease can look different in males, where the focus could include eating foods to increase muscle mass and over-exercising.

The average age for the onset of anorexia nervosa is 17. However, the behaviours leading to the disease have often been in place for several years before that. Many are not diagnosed until their twenties or later. “At age 26 I knew something was wrong, but I couldn’t ask for help. I truly didn’t believe I was sick until I started having memory issues and felt cognitively impaired,” says Maria. “My family intervened, and I was able to get treatment.”

In fact, the number of women diagnosed with an eating disorder in mid-life is growing. “I started having issues with food as a child,” notes Sally. “All through my adulthood I coped with distress by controlling my food intake; however, I wasn’t diagnosed with an eating disorder until I was in my forties.”

Eating disorders are treatable, and there are a number of program options, working with different types of professionals ranging from mental health professionals to physicians and dieticians. There are usually several types of therapy involved as well as treatment for medical issues. Treatment programs are designed for each individual and their specific needs, and vary from person to person; families are often involved in the recovery process.

“After my treatment, I feel like now I can live like a normal person,” says Maria. “I don’t think about food all the time, and my weight has reached a healthy BMI (body mass index). The first step was giving myself permission to eat and to get better.”

Many assume that people with eating disorders look really sick and become emaciated, when the reality is that most don’t. “We come in all shapes and sizes—you don’t have to be super-skinny to be sick,” says Maria. “Everyone with an eating disorder is facing a different struggle, and it’s not about food.”

“Eating disorders are serious but treatable diseases,” adds Fee. “There is hope for recovery.”

-30-

For more information:

Island Health Eating Disorders Webpage

Background :

People with anorexia nervosa (AN) have a great fear of gaining weight. They are obsessed with losing weight and becoming thin. They eat very little, or not at all, even though they are hungry. Their bodies begin to starve because they are not getting the nutrients they need to stay healthy. People with AN often have a distorted body image. They insist that they are too fat, even when family and friends know that they are dangerously skinny.[1]

AN has the highest mortality rate of any psychiatric illness—it is estimated that 10% of individuals with AN will die within 10 years of the onset of the disorder.[2]

Bulimia nervosa (BN) affects how you feel about your body and how you eat. A bulimic person will diet and try to control what they eat for a while, and will then eat a very large amount of food in a short period of time. This is called bingeing. People with bulimia often say they feel out of control when they binge. Afterwards, they feel guilty and disgusted by how much they have eaten. They force themselves to vomit, take laxatives and/or diuretics, or exercise for hours to get rid of the calories. This is called purging. They purge because they are scared they will gain weight.[3]

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

MYTH 9

PAINT CHIPS AND NICKS DON'T AFFECT MY WARRANTY

To keep your new vehicle paint and corrosion warranty valid, have dents, scratches and collision damaged panels inspected and repaired. When the exterior finish in 'broken' through damage to the body panel, the integrity of the bond between the metal and its protective 'skin' is compromised. This can easily lead to moisture 'creeping' under the paint and primer surface, causing rust to start to form. Left to the elements over time, the rust will spread. New cars have a minimum five-year rust perforation warranty. Unprotected panels that cause rust will not be covered by the manufacturer's warranty.

The rust caused by nicks and chips can also impact lease returns. You must minimize the damage by chips and nicks to maintain your lease agreement.

Most chip and nick repairs cost less money than most people imagine. Cover paint chips as quickly as possible. For a quick fix until you can get some touch-up supplies, dab a little clear nail polish on the scratch.

Touch-up paint can be found for virtually every vehicle ever built, including antiques. Use the paint code number shown on the identification plate which is likely located on the door jamb, in the glove box, under the hood or in the trunk next to the spare. The owner's manual will tell you where to find it.

Info from www.carcarecanada.ca

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

**The 38th Annual Elders Gathering
The dates for next years event have been announced as
July 7, 8, and 9th 2014 and will be held at the
Trade And Convention Centre in Penticton.
Contact: Inez Pierre, Elder's Coordinator
Email: ipierre@pib.ca
Tel: 250-493-0048
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