

ATTENTION:  
ELDERS SUPPORT PEOPLE  
PLEASE DON'T FORGET TO MAKE  
COPIES OF THE ELDERS VOICE  
EACH MONTH FOR YOUR ELDERS.



## Happy of New Year To All!!!

### Invoices

Dear Elders, Elders Support Workers, Presidents, Chief and Councils,  
Board of Directors

Support Invoices accompanied last month's issue. Please see if you  
can assist with the costs for this provincial elders office.

Donna Stirling, BCECCS Coordinator

### JANUARY BIRTHDAY WISHES

Go out today to my own Mom, Grace Charest, my Aunt Barbara Drake,  
sister Marilyn Dwornik, and Grandma Bev Stirling.

All our love, Donna, Jessie and Jackson xoxoxoxo

The Osoyoos Indian Band would like to wish it's following elder members  
a Very Happy Birthday. Jan 8th to Pauline George and Jan. 21st to  
Marcus Louie Sr.

The Splatsin First Nation would like to wish the following seniors and  
elders very special birthday greetings:

Shirley Berchtold, Laura Beattie, Jeanie Haskett, Gerald William, Lloyd  
Charlie, Violet Maxime, Charles Joe, Marlowe Martell, Jean Brown, and  
Julianne Alexander.

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## Easy Bakers Corner – Apricot Lattice Coffee Cake - serves 10

Filling: In a saucepan, combine 4 Tbsp. Butter or margarine, 1/3 cup of sliced almonds, 1/4 cup of granulated sugar, and 1/3 cup apricot jam or preserves. Bring to a boil. Cook for a few minutes. Let cool.

In a small bowl dissolve 1 1/2 tsp. of active dry yeast in a 1/4 cup of warm water.

In a large bowl, beat together 1/3 cup soft butter or margarine and 1/4 granulated sugar until creamy. Beat in 2 eggs, one at a time. Add dissolved yeast.

Finally beat in 2 scant cups of all-purpose flour and 1/2 tsp. salt. Combine into a sticky dough.

Remove about one-fifth of the dough. With floured hands and a floured board, shape into 8 ropes, each about 8 inches long.

Spread remaining one-fifth of dough into a greased 9-inch baking pan. Spread the apricot filling over dough.

Top with ropes, making a crisscross. Cover.

Let rise in a warm place 45 minutes to 1 hour.

Bake at 375°F for 20 minutes until golden. Delicious served warm from the oven or reheated.

### *Handy Tips:*

1. Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.
2. Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
3. Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!

## What Can you please share?

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

### **‘PRESERVING THE PAST’**

**New Elder’s Website: [www.bcelders.com](http://www.bcelders.com)**

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

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

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

### Disclaimer:

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

# **BC ELDERS COMMUNICATION CENTER SOCIETY**

## **8th Year GRATITUDE LIST**

**Groups who have thankfully paid their \$250 'Yearly Support Fee'  
so far for the Dec. 2007 – Nov. 2008 Year**

- 1. Snuneymuxw First Nation**
- 2. Ts'kw'aylaxw Elders**
- 3. Hamatla Treaty Society**
- 4. BC Assoc. of Aboriginal Friendship Centres**
- 5. Mamalilikulla Qwe'Qwa'Sot'Em Band**
- 6. Tansi Friendship Centre Society**
- 7. Gitanyow Health Services**
- 8. Qualicum First Nation Council**
- 9. Tsleil-Waututh Nation**
- 10. Nuuchahnulth Tribal Council**
- 11. Lower Nicola Indian Band**
- 12. K'omoks First Nation**
- 13. McLeod Lake Tse'khene Elders Society**
- 14. Hailika'as Heiltsuk Health Centre**
- 15. Quatsino Band**
- 16. Wei Wai Kum First Nation**
- 17. Ehattesaht Tribe**
- 18. Tobacco Plains Indian Band**
- 19. Lhoosk'uz Dene Nation**
- 20. Ktunaxa Nation Council**
- 21. Xaxli'p Band**
- 22. Tsawwassen First Nation**
- 23. Ki-Low-Na Friendship Society**
- 24. Simpew First Nation**
- 25. Hesquiaht First Nation**
- 26. Squiala First Nation**
- 27. Lower Kootenay Band**
- 28. Bridge River Indian Band**
- 29. BC Transmission Corporation**
- 30. Blueberry River First Nation**
- 31. Carnegie Community Centre**
- 32. Osoyoos Indian Band**
- 33.**

**Dear Elders Contact Person,**

**\*If your office has paid the support fee, thank you very much for your assistance!**

**\*If your office/group has VOIDED the invoice for this year and faxed it back into the office then thank you also.**

**\*Staff changes often occur, so please call into the office if you require the Invoice to be resent to a new elder's 'Contact Person'.**

**Thank you for your continued support!**

**Donna Stirling, BCECCS Coordinator**

## **Federal Government Must Conduct Full Inquiry into Missing or Murdered Aboriginal Women News Release For Immediate Release November 27, 2008**

Coast Salish Territory (Vancouver, BC) – The BC First Nations Leadership Council supports the recommendation of the United Nations Committee on the Elimination of Discrimination against Women, urging the Government of Canada to hold a detailed public inquiry into the 511 missing or murdered Aboriginal women in the country and to resolve problems with the law enforcement system.

“Unfortunately, BC First Nations are all too familiar with the cases of missing or murdered women from our communities, including in the Pickton case. All we have to do is look at the cases in the downtown eastside or the Highway of Tears (Highway 16). It is unacceptable that Canada continues to ignore the need for an inquiry into these 511 cases”, said Grand Chief Edward John of the First Nations Summit Political Executive.

“We must learn from and act upon the senseless murders and disappearances of our loved ones. We cannot continue to allow these tragedies to fall by the wayside; we must continue to fully advocate for the victims and their families by calling on Canada and the RCMP to conduct an immediate public inquiry and expand investigations in order to prevent further senseless and tragic deaths”, added Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs.

Both the BC First Nations Leadership Council and the National Assembly of First Nations have Public Safety Cooperation Protocols with the RCMP. The Protocols are an indication of First Nations’ desire to work with law enforcement agencies to develop their relationships through mutual respect and trust and to outline strategies to address community safety issues.

“In the spirit of the Protocol First Nations have signed with the RCMP, the First Nations Leadership Council is urging Canada and the RCMP to examine options to strengthen their response to these unsolved cases, thus preventing similar tragedies and providing answers and peace of mind to the grieving families” concluded Regional Chief Shawn Atleo of the BC Assembly of First Nations.

In a recent report of the UN Committee on the Elimination of Discrimination against Women, the committee indicated Canada must explain why law enforcement agencies have failed to deal with the disappearance and murder of Aboriginal women across Canada and urged Canada to conduct an inquiry into the outstanding cases of 511 missing or murdered Aboriginal women and to resolve problems with the law enforcement system.

The UN Committee has indicated that Canada has one year to report on how it will boost social assistance rates and address the lack of progress on the files of missing and murdered women. A copy of the CEDAW Committee's Concluding Observations on Canada is available at:

<http://www2.ohchr.org/english/bodies/cedaw/docs/co/CEDAW-C-CAN-CO-7.pdf>

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The First Nations Leadership Council is comprised of the political executives of the BC Assembly of First Nations, First Nations Summit, and the Union of BC Indian Chiefs.

The Council works together to politically represent the interests of First Nations in British Columbia and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all First Nations in British Columbia.

For more information please contact:

Grand Chief Edward John, First Nations Summit Political Executive: 778-772-8218

Grand Chief Stewart Phillip, President, UBCIC: 250-490-5314

Ryneld Starr, Communications Officer, BC Assembly of First Nations: 604-922-7733

## Inflammatory Breast Cancer: Questions and Answers from www.nci.nih.gov

### Key Points

- Inflammatory breast cancer (IBC) is a rare but very aggressive type of breast cancer (see [Question 1](#)).
- IBC usually grows rapidly and often spreads to other parts of the body; symptoms include redness, swelling, and warmth in the breast (see [Questions 2](#) and [3](#)).
- Treatment for IBC usually starts with chemotherapy, which is generally followed by surgery, radiation, targeted therapy, and/or hormone therapy (see [Question 4](#)).
- People with IBC are encouraged to enroll in clinical trials (research studies with people) that explore new treatments (see [Question 5](#)).

### 1. What is inflammatory breast cancer (IBC)?

Inflammatory breast cancer is a rare but very aggressive type of breast cancer in which the cancer cells block the lymph vessels in the skin of the breast. This type of breast cancer is called “inflammatory” because the breast often looks swollen and red, or “inflamed.” IBC accounts for 1 to 5 percent of all breast cancer cases in the United States ([1](#)). It tends to be diagnosed in younger women compared to non-IBC breast cancer. It occurs more frequently and at a younger age in African Americans than in Whites. Like other types of breast cancer, IBC can occur in men, but usually at an older age than in women. Some studies have shown an association between family history of breast cancer and IBC, but more studies are needed to draw firm conclusions ([2](#)).

### 2. What are the symptoms of IBC?

Symptoms of IBC may include redness, swelling, and warmth in the breast, often without a distinct lump in the breast. The redness and warmth are caused by cancer cells blocking the lymph vessels in the skin. The skin of the breast may also appear pink, reddish purple, or bruised. The skin may also have ridges or appear pitted, like the skin of an orange (called peau d'orange), which is caused by a buildup of fluid and edema (swelling) in the breast. Other symptoms include heaviness, burning, aching, increase in breast size, tenderness, or a nipple that is inverted (facing inward) ([3](#)). These symptoms usually develop quickly—over a period of weeks or months. Swollen lymph nodes may also be present under the arm, above the collarbone, or in both places. However, it is important to note that these symptoms may also be signs of other conditions such as infection, injury, or other types of cancer ([1](#)).

### 3. How is IBC diagnosed?

Diagnosis of IBC is based primarily on the results of a doctor's clinical examination ([1](#)). Biopsy, mammogram, and breast ultrasound are used to confirm the diagnosis. IBC is classified as either stage IIIB or stage IV breast cancer ([2](#)). Stage IIIB breast cancers are locally advanced; stage IV breast cancer is cancer that has spread to other organs. IBC tends to grow rapidly, and the physical appearance of the breast of patients with IBC is different from that of patients with other stage III breast cancers. IBC is an especially aggressive, locally advanced breast cancer.

Cancer staging describes the extent or severity of an individual's cancer. (More information on staging is available in the National Cancer Institute (NCI) fact sheet *Staging: Questions and Answers* at <http://www.cancer.gov/cancertopics/factsheet/Detection/staging> on the Internet.) Knowing a cancer's stage helps the doctor develop a treatment plan and estimate prognosis (the likely outcome or course of the disease; the chance of recovery or recurrence).

#### 4. How is IBC treated?

Treatment consisting of chemotherapy, targeted therapy, surgery, radiation therapy, and hormonal therapy is used to treat IBC. Patients may also receive supportive care to help manage the side effects of the cancer and its treatment. Chemotherapy (anticancer drugs) is generally the first treatment for patients with IBC, and is called neoadjuvant therapy. Chemotherapy is systemic treatment, which means that it affects cells throughout the body. The purpose of chemotherapy is to control or kill cancer cells, including those that may have spread to other parts of the body.

After chemotherapy, patients with IBC may undergo surgery and radiation therapy to the chest wall. Both radiation and surgery are local treatments that affect only cells in the tumor and the

immediately surrounding area. The purpose of surgery is to remove the tumor from the body, while the purpose of radiation therapy is to destroy remaining cancer cells. Surgery to remove the breast (or as much of the breast tissue as possible) is called a mastectomy. Lymph node dissection (removal of the lymph nodes in the underarm area for examination under a microscope) is also done during this surgery.

After initial systemic and local treatment, patients with IBC may receive additional systemic treatments to reduce the risk of recurrence (cancer coming back). Such treatments may include additional chemotherapy, hormonal therapy (treatment that interferes with the effects of the female hormone estrogen, which can promote the growth of breast cancer cells), targeted therapy (such as trastuzumab, also known as Herceptin®), or all three. Trastuzumab is administered to patients whose tumors overexpress the HER-2 tumor protein. More information about Herceptin and the HER-2 protein is available in the NCI fact sheet *Herceptin® (Trastuzumab): Questions and Answers*, which can be found at <http://www.cancer.gov/cancertopics/factsheet/therapy/herceptin> on the Internet.

Supportive care is treatment given to improve the quality of life of patients who have a serious or life-threatening disease, such as cancer. It prevents or treats as early as possible the symptoms of the disease, side effects caused by treatment of the disease, and psychological, social, and spiritual problems related to the disease or its treatment. For example, compression garments may be used to treat lymphedema (swelling caused by excess fluid buildup) resulting from radiation therapy or the removal of lymph nodes. Additionally, meeting with a social worker, counselor, or member of the clergy can be helpful to those who want to talk about their feelings or discuss their concerns. A social worker can often suggest resources for help with recovery, emotional support, financial aid, transportation, or home care.

### 1. Are clinical trials (research studies with people) available? Where can people get more information about clinical trials?

Yes. The NCI is sponsoring clinical trials that are designed to find new treatments and better ways to use current treatments. Before any new treatment can be recommended for general use, doctors conduct clinical trials to find out whether the treatment is safe for patients and effective against the disease. Participation in clinical trials is a treatment option for many patients with IBC, and all patients with IBC are encouraged to consider treatment in a clinical trial.

People interested in taking part in a clinical trial should talk with their doctor. Information about clinical trials is available from the NCI's Cancer Information Service (CIS) (see below) at 1-800-4-CANCER and in the NCI booklet *Taking Part in Cancer Treatment Research Studies*, which is available at <http://www.cancer.gov/publications> on the Internet . This booklet describes how research studies are carried out and explains their possible benefits and risks. Further information about clinical trials is available at <http://www.cancer.gov/clinicaltrials> on the NCI's Web site. The Web site offers detailed information about specific ongoing studies by linking to PDQ®, the NCI's comprehensive cancer information database. The CIS also provides information from PDQ.

### 2. What is the prognosis for patients with IBC?

Prognosis describes the likely course and outcome of a disease—that is, the chance that a patient will recover or have a recurrence. IBC is more likely to have metastasized (spread to other areas of the body) at the time of diagnosis than non-IBC cases (3). As a result, the 5-year survival rate for patients with IBC is between 25 and 50 percent, which is significantly lower than the survival rate for patients with non-IBC breast cancer. It is important to keep in mind, however, that these statistics are averages based on large numbers of patients. Statistics cannot be used to predict what will happen to a particular patient because each person's situation is unique. Patients are encouraged to talk to their doctors about their prognosis given their particular situation.

### 3. Where can a person find more information about breast cancer and its treatment?

To learn more about IBC, other types of breast cancer, and breast health in general, please refer to the following resources:

- NCI's Breast Cancer Home Page (<http://www.cancer.gov/breast/>)
- *Breast Cancer (PDQ®): Treatment* (<http://www.cancer.gov/cancertopics/pdq/treatment/breast/patient/>)
- *Understanding Breast Changes: A Health Guide for All Women* (<http://www.cancer.gov/cancertopics/understanding-breast-changes>)
- *What You Need To Know About™ Breast Cancer* (<http://www.cancer.gov/cancertopics/wyntk/breast>)

## **UBCIC Supports BC Representative for Children and Youth Report Press Release December 1, 2008**

Coast Salish Territory (Vancouver, BC) – The Union of BC Indian Chiefs is calling on the Province of British Columbia to address the growing concern highlighted by BC Representative for Children and Youth, Mary-Ellen Turpel-Lafond in the BC Legislature on November 26, 2008. Representative Turpel-Lafond warned that soon seven out of ten children in care or living outside of the parental home will soon be Aboriginal, indicating that the current trends will result in negative outcomes for Aboriginal children at large.

When Turpel-Lafond took office in 2007, approximately 51% of children in care were Aboriginal, but Turpel-Lafond indicates that given demographics and current trends, it could result in an increase to 60-70% of children in care could be of Aboriginal descent.

The findings of the Representative, underscores the concern that Aboriginal children remain vulnerable to the current policy regime of the Ministry of Children and Family Development. These findings are indicative of the short-comings of MCFD to adequately address the needs of Aboriginal children in care and children living outside of the parental home. This raises a litany of questions that need to be addressed to get a broader understanding of the status of Aboriginal children in British Columbia. What is the state of Aboriginal children in care and those living outside of the parental home? There is considerable discussion on the status of Aboriginal children in care, however, not enough information is provided to the status of Aboriginal children living outside of the parental home. This is cause for concern due to unknown challenges and shortcomings these children and their caregivers face.

Aboriginal children, in particular, those of First Nations descent, face a broad spectrum of challenges when it comes to growing up in British Columbia. They face issues around poverty, access to essential health services, housing and an emphatic gap between services available to them, depending whether they reside on- or off-reserve. The well-being of First Nations children is not the sole responsibility of the Ministry of Children and Family Development, but rather is a responsibility that is ours to share collectively.

UBCIC President, Grand Chief Stewart Phillip states “Deepening poverty has thrust our Indigenous communities into a state of crisis.”

Grand Chief Phillip further stated “Consequently, the health, safety and well-being of our children are at great risk. Clearly, the current MCFD legislative and policy framework is failing to effectively address the alarming rise in the number of Indigenous children being taken into care and raised outside of their parental homes. This is absolutely unacceptable.”

“The Provincial Government through MCFD must invest the resources necessary for Indigenous People(s) to develop a legislative framework that allows for the exercise of our inherent right and jurisdiction to care for our children,” concluded Grand Chief Phillip. “Indigenous problems demand Indigenous solutions. “

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

## Government Rallies 'drown out' Victims of Violence Against Women

PRESS RELEASE December 4, 2008

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs stated today, "The Union of BC Indian Chiefs respectfully acknowledges that Saturday, December 6th, 2008 is the National Day of Remembrance and Action on Violence Against Women."

"Unfortunately, rather than mark this solemn day by respectfully mourning the loss of too many women to senseless acts of violence, the Harper Government has decided to stage partisan rallies designed to generally foment and incite partisan hatred against Quebeckers. Needless to say, these mob-like partisan rallies will completely eclipse the significance of this day of remembrance and mourning the legions of victims of violence against women."

"Once again Stephen Harper has disgracefully demonstrated his arrogant contempt for the fundamental human rights of the women of Canada," concluded Grand Chief Phillip.

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December 6 is the National Day of Remembrance and Action on Violence Against Women in Canada. Established in 1991 by the Parliament of Canada, this day marks the anniversary of the murders in 1989 of 14 young women at l'École Polytechnique de Montréal.

For further information: <http://www.ubcic.bc.ca/> and [http://www.swc-cfc.gc.ca/dates/dec6/index\\_e.html](http://www.swc-cfc.gc.ca/dates/dec6/index_e.html)

### **FOR FURTHER INFORMATION PLEASE CONTACT:**

**Grand Chief Stewart Phillip, President, Union of British Columbia Indian Chiefs**

**Primary Phone: 250-490-5314    Secondary Phone: 604-684-0231    E-mail: [president@ubcic.bc.ca](mailto:president@ubcic.bc.ca)**

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**For: Coastal First Nations**

**Contact: Art Sterritt, Coastal First Nations**

**Primary Phone: 604-868-9110**

**Date issued:** December 8, 2008, 23:49 e

**Attention:** Assignment Editor, Business/Financial Editor, News Editor, Travel/Tourism Editor, Government/Political Affairs Editor

### **Great Rain Forest - Unique Economic Partnership**

Vancouver, BC, MEDIA ADVISORY, Dec.08 /CCNMatthews/ - Coastal First Nations and the King Pacific Lodge have created a unique partnership that has increased economic opportunities and at the same time respects and protects First Nations cultures and territories in the Great Bear Rainforest.

Hartley Bay has a successful partnership with King Pacific Lodge, A Rosewood Resort that provides jobs and other business opportunities. King Pacific Lodge was recently named Canada's Best Resort by the 2008 Conde Nast Reader's Choice Awards and was 4th Best of the Best in the World. More than 32,000 readers voted in this annual poll that judged the Lodge the best in the western hemisphere.

When: Tuesday, December 9, 2008 at 10:00 a.m. Where:

10th Floor - Room 1051 (Executive Boardroom)

409 Granville Street (United Kingdom Building) Vancouver, B.C.

**OKANAGAN NATION ALLIANCE  
SHUSWAP NATION TRIBAL COUNCIL**

**SCC Decision Leaves Land Question Unresolved**

**December 4, 2008**

The Okanagan and Secwepemc Nations and their member Bands, Adams Lake, Neskonlith, and Spltasin, are bitterly disappointed with the Supreme Court of Canadas denial of the Okanagan Nations application for leave to appeal the B.C. Court of Appeals decision severing the Aboriginal title issues from the case of *British Columbia v. Okanagan Indian Band*. The Province succeeded in its strategy to delay once more having the land questions answered by the courts, by their application to remove the Aboriginal title issue from a trial, where the Band had been awarded an historic cost order to resolve this very issue.

The decision today is a loss to everyone in this Province. The Province has recently lost a large number of cases because it has not fulfilled its obligations arising from unextinguished Aboriginal rights and title. The Provinces illegal conduct places Crown granted tenures increasingly at risk, and adds to economic instability. The decision today delays a Court addressing this problem.

The Province continues to claim 100% ownership and jurisdiction over the lands and the forests in the absence of Treaty. Is that claim legal? What changes to law and policy need to be made by the Province, in order to achieve reconciliation? These are the questions which the Province did not want the Court to answer.

Okanagan Indian Band Chief Fabian Alexis stated: We are deeply disappointed by this outcome. The Okanagan people are committed to continue to fight for recognition of our Aboriginal title as our ancestors have done for generations. We have tried to address this through the courts, but given the Supreme Court of Canadas decision, we are going to pursue all other options. The problem is not going away.

The Supreme Court of Canadas decision totally frustrates its earlier order that the Province pay the Bands legal costs so that we could access justice regarding the unresolved land question, said Spltasin First Nation Chief and Shuswap Nation Tribal Co- Chair, Wayne Christian. It is a total waste of public money because nothing has been resolved. Our communities continue to live in poverty, and what caused this litigation in the first place will only occur again. In spite of the New Relationship and the many Court victories of First Nations, the Province remains committed to the *status quo*. The Courts are needed if systemic change from denial to recognition is to occur.

Adams Lake Indian Band Chief Nelson Leon observed: In denying the Band leave to appeal, the Court has bought into the Provinces procedural manoeuvres to avoid addressing the land question, something the Province has done since B.C. joined Confederation in 1871. For years it was illegal for First Nations to go to Court to advance recognition of our title and rights. Our ancestors, the Chiefs of the Shuswap, Okanagan and other Tribes of the Interior of British Columbia, in a 1911 Petition to the federal government to settle the land question, described the Provinces intransigence:

Premier McBride, speaking for the B.C. government, said We Indians had no right or title to the unsundered lands of the province. . This means that the B.C. government asserts that we have no claim or title to the lands of this country. Our tribal territories which we have held from time immemorial, often at cost of blood, are ours no longer if Premier McBride is correct. We are all beggars, and landless in our own country. We told him through one of our chiefs we were of the opposite opinion from him, and claimed our countries as hitherto. We asked that the question between us be submitted for settlement to the highest courts, for how otherwise can it now be settled? His answer was: There was no question to settle or submit to the courts.

Chief Leon added: The decision which was under appeal was the Provinces third attempt in this case to avoid a trial about Aboriginal title. Todays decision means that the Province has sidelined the issue for now but, sadly, nothing has been resolved.

Neskonlith Indian Band Chief Judy Wilson stated: By leaving the land question unresolved, the Courts decision continues the economic climate of uncertainty about tenures issued by the Province and growing frustration in First Nation communities.

Okanagan Nation Alliance Chair Grand Chief Stewart Phillip added: The Province has offered no process for negotiation of the unresolved land question outside of the fundamentally flawed Treaty process which, after 16 years and at a cost of over a billion dollars, has been a disaster. The Province simply has demonstrated no real commitment to achieving recognition and reconciliation with First Nations in B.C. Todays decision from the Supreme Court of Canada means that there will be no guidance in this case on Aboriginal title from the courts either. It is just completely unacceptable that the people of B.C., Aboriginal and non-Aboriginal, should have to continue to endure the growing economic uncertainty and the related debilitating economic consequences in Aboriginal communities, caused by the Provinces denial of Aboriginal title - a denial which remains entrenched in policy and law.

**For more information, please contact**

Grand Chief Stewart Phillip, Chair, Okanagan Nation Alliance  
Primary Phone: 250-490-5314

Chief Wayne Christian, Co-Chair, Shuswap Nation Tribal Council  
Primary Phone: 250-828-9789

Chief Fabian Alexis, Okanagan Indian Band  
Primary Phone: 250-542-4328

Louise Mandell, Q.C., Mandell Pinder  
Primary Phone: 604-681-4146

**Background**

Two Interior First Nations, the Okanagan and Secwepemc, represented by their Tribal Councils, issued permits to their member Bands - the Okanagan, Adams Lake, Neskonlith, and Spltasin Bands to log in accordance with their laws within their traditional territories, to provide housing for their membership, and to challenge the Provinces authority over their lands and forests. The logging which started these proceedings occurred in 1999, following the Supreme Court of Canadas decision in *Delgamuukw* where the Court resolved a thirty year legal battle and held that Aboriginal title had not been extinguished in B.C., and that it had a jurisdictional and economic component. When the Province refused to put that decision into effect, logging commenced with the Okanagan Indian Band logging in the Browns Creek area near the head of Okanagan Lake and the Secwepemc Bands logging in the Harper Lake area.

Shortly after the logging activities took place, the Ministry of Forests issued a stop work order, and then went to Court seeking a compliance order, and obtained an injunction preventing members of the Bands from doing any more logging. The Okanagan and Secwepemc Nations challenged the constitutionality of the provincial legislation, based on their Aboriginal title and rights. They also successfully challenged the Province, who started these proceedings, to assume the onus to first prove its claim of 100% ownership and jurisdiction over the land and timber in the Province an assertion which the Province has enshrined in the forestry legislation.

In 2003, the Supreme Court of Canada, recognizing the public importance of the Aboriginal title issues engaged in these proceedings, ordered the Province to pay the Bands legal costs. In an effort to avoid this order, the Province unsuccessfully brought a motion to discontinue. In 2005, the Province brought a second motion, also

unsuccessfully, to remove the Aboriginal title issues from the litigation by severing and proceeding with the rights issues. The Court rejected this motion too, but stayed the Secwepemc case, allowing only the Okanagan case to go forward.

But, in, 2007, the Province tried again, and this time they were successful in severing the title issues out of the trial. Just prior to bringing the severance application, which is the subject of this leave application, the Supreme Court of Canada, in *Gray* and *Sappier*, found that the Mikmaq and Maliseet had established an Aboriginal right to harvest wood for shelter, transportation, tools and fuel. Following *Gray* and *Sappier*, the Province advised that it was making an admission that the Okanagan Indian Band has an Aboriginal right to harvest timber for domestic purposes, within the traditional territory of the OKIB, including on the cut block site where the logging took place in 1999. Based on the admission, and the impending close of the *Tsilhqotin* trial, the Province brought a severance motion to sever the title issues and try the rights issues first.

The lower Court ruled that Aboriginal title issues should be severed from the Okanagans case on the basis that it could be cheaper to the public purse to decide the case without addressing the Aboriginal title issues, and because the issues would be decided by the Court of Appeal in the *Tsilhqotin* case - a second case which had achieved a costs order. This decision was upheld by the majority of the Court of Appeal. In a sharply worded dissent, Mr. Justice Donald pointed out that the Okanagan have been assigned a different cause by the Province:

Ordinarily, it is assumed that the parties to litigation will fight for their respective causes. But here, the appellants have been assigned a cause which does not satisfy their goal of establishing authority over the forest lands; and they have to lose the justification issue to move on to the title determination under the umbrella of the costs order.

The Okanagan have waited a long time for their day in Court, and now they must wait longer.

**Emailed in to this office to pass on in the EV**  
Crime Reduction Unit, Nanaimo RCMP

Hello Everyone.....this has been passed to us by the Sexual Assault Unit. Please read.

A man came over and offered his services as a painter to a female putting gas in her car and left his card. She said no, but accepted his card out of kindness and got in the car. The man then got into a car driven by another gentleman. As the lady left the service station, she saw the men following her out of the station at the same time. Almost immediately, she started to feel dizzy and could not catch her breath. She tried to open the window and realized that the odor was on her hand; the same hand which accepted the card from the gentleman at the service station.

She then noticed the men were immediately behind her and she felt she needed to do something at that moment. She drove into the first driveway and began to honk her horn repeatedly to ask for help. The men drove away, but the lady still felt pretty bad for several minutes after she could finally catch her breath. Apparently, there was a substance on the card that could have seriously injured her.

This drug is called 'BURUNDANGA' and it is used by people who wish to incapacitate a victim in order to steal from or take advantage of him/her. This drug is four times more dangerous than the date rape drug and is transferable on simple cards. So take heed and make sure you don't accept cards at any given time alone or from someone on the streets.

This applies to those making house calls and slipping you a card when they offer their services.

PLEASE SEND THIS E-MAIL ALERT TO EVERY FEMALE OR MALE YOU KNOW

## **Some victim's families still await justice on first anniversary of Pickton verdict FOR IMMEDIATE RELEASE December 9, 2008**

Coast Salish Territory/Vancouver – One the first anniversary of the conviction of Robert William Pickton on six counts of murder, the First Nations Leadership Council is encouraging the Attorney General's office to proceed with a trial on the 20 remaining counts of murder.

"The November 2007 conviction of Robert Pickton brought a close to a sad chapter in the lives of six women; however there has been no closure for many of the other victim's families", said Grand Chief Doug Kelly, a member of the First Nations Summit political executive.

"The Crown must plan to proceed with a second trial for Robert Pickton on all outstanding counts in order to give the remaining victims' families their day in court and a chance at closure" added Chief Kelly.

"On this sad and solemn day our hearts and prayers go out to all the families who were completely devastated by the tragic loss of their daughters, sisters, Aunties and Mothers", said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. "There exists an absolute need to hold an additional trial for the other 20 women to enable their families to move beyond photos of their murdered relatives to a place of closure. There must be a full public inquiry to expose the systemic deficiencies and failures within the criminal justice system that directly contributed to the tragic death of so many women. Police and civic officials must be held to account for their negligence."

There are more than 511 missing and murdered Aboriginal women (by some accounts as many as 2000) in Canada. These staggering numbers represent the indifference of the state to the treatment of Aboriginal women and other vulnerable groups.

"We must bring an end to this indifference. Canada must call for a full public inquiry into how and why the justice system failed these women and their families", said Shawn A-in-chut Atleo, BC Regional Chief for the Assembly of First Nations. "These women must not be dismissed as the pursuit of justice demands equitable treatment of all citizens".

The call for justice for the victims' families is especially significant given tomorrow's 60th anniversary of the Universal Declaration of Human Rights (United Nations Human Rights Day).

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The First Nations Leadership Council is comprised of the political executives of the BC Assembly of First Nations, First Nations Summit, and the Union of BC Indian Chiefs. The Council works together to politically represent the interests of First Nations in British Columbia and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all First Nations in British Columbia.

For more information:

Grand Chief Stewart Phillip, UBCIC, (250) 490-5314

Colin Braker, First Nations Summit, (604) 926-9903

Ryneld Starr, BC Assembly of First Nations, (604) 837-6908

**For: Coastal First Nations      Contact: Art Sterritt, Coastal First Nations**  
**Primary Phone: 604-868-9110   Secondary Phone: 604-696-9889   Date issued: December 9, 2008**  
**Attention:** Assignment Editor, Business/Financial Editor, News Editor, Travel/Tourism Editor,  
Government/Political Affairs Editor

### **Coastal First Nations Study Award Winning Hartley Bay Tourism Model**

Vancouver, BC, PRESS RELEASE, Dec.09 /CCNMatthews/ - Representatives of Coastal First Nations working together under the Turning Point Initiative are meeting with leaders from the Gitga'at Nation of Hartley Bay to review the model of their relationship with award winning tourism operator, King Pacific Lodge.

Hartley Bay has successfully partnered with King Pacific Lodge, A Rosewood Resort to develop economic opportunity while respecting and protecting Gitga'at culture and their home in the Great Bear Rainforest.

King Pacific Lodge was recently named Canada's Best Resort by the 2008 Conde Nast Reader's Choice Awards and was 4th Best of the Best in the World. More than 32,000 readers voted in this annual poll that judged the Lodge the best in the western hemisphere.

As Coastal First Nations continue to develop a sustainable tourism economy, the lessons of the Gitga'at and King Pacific Lodge will be incorporated in tourism development available for broader implementation throughout their Traditional Territories.

King Pacific Lodge employs Gitga'at residents of Hartley Bay throughout its operation (approx. 1/3 of the staff is Gitga'at) and includes its entire staff in cultural training in Hartley Bay each spring before season opening. Several Gitga'at owned businesses are supported including guided tours to search for the rare Kermode or Spirit Bear that makes its home in the Great Bear Rainforest and a planned run-of-river hydro plant. Elders' breakfasts, student mentoring programs and opportunities to share their rich and ancient culture with guests from around the world are among the benefits that contribute to both a socially and environmentally sustainable model for tourism operations.

Albert Clifton, hereditary chief of the Gitga'at said, "The relationship between King Pacific Lodge and the Gitga'at people is much more than a partnership based on business and economics. It has been built on a foundation of friendship, respect and a conscious effort to understand and embrace the culture and values of the Gitga'at."

"The Gitga'at and King Pacific Lodge model of sustainable tourism values, preserves and protects natural and human resources while providing economic opportunities for our communities and businesses", says Art Sterritt, Executive Director of the Coastal First Nations. Sterritt adds, "Enhancing sustainable tourism practices in our Traditional Territories makes good business sense for our communities, and creates quality experiences for both visitors and residents. Supporting the local economy is one of the most important steps in sustainable tourism development."

President of King Pacific Lodge, Michael Uehara comments, "Our recent recognition by affluent global travelers in the Conde Nast Reader's Choice Awards is undeniable evidence of the success of a triple bottom line approach to tourism - one that recognizes that economic success is attainable because of an attention to social equity and conservation, not despite it."

Coastal First Nations have formed a new legal entity to pursue the expansion of the King Pacific Lodge model to several new locations in their territory. Site selection is underway with anticipated opening of the next Lodge in 2011.

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## **BACKGROUNDER**

Established in 2000, The Coastal First Nations is an alliance of First Nations on British Columbia's North and Central Coast and Haida Gwaii. The Coastal First Nations include Wuikinuxv Nation, Heiltsuk, Kitsoo/Xaixais, Homalco, Gitga'at, Haisla, Metlakatla, Old Massett, Skidegate, and Council of the Haida Nation.

Their strategic approach to development includes:

- \* sustainable ecosystem-based management of marine and land resources;
- \* increased local control and management of forestry and fisheries operations;
- \* coordinated development through regional strategic planning in forestry, fisheries and tourism with an emphasis on value added initiatives;
- \* partnerships and cooperative arrangements with governments, industry, NGOs and other stakeholder groups; and
- \* building capacity.

### **The Gitga'at of Hartley Bay**

From the beginning of time, the Gitga'at people have existed in their Territory on what is now British Columbia's northwest coast. The well-being of their people is intricately related to the health of their lands, waters, and resources, and the community continues to work to sustain their abundance and richness.

Gitga'at culture is strengthening, and traditional practices continue to shape day to day life in the village. Opportunities exist for visitors to share cultural, wildlife, and other types of experiences in Gitga'at territory, which is home to some of the most spectacular scenery, captivating wildlife, and rich historical and cultural sites in the world.

About 180 Gitga'at live in Hartley Bay year round, and another 450 live off-reserve, mostly in Prince Rupert, Vancouver and on Vancouver Island. The community has a high percentage of young people, and the population in Hartley Bay is expected to grow significantly in the future.

Historically, the community depended upon the commercial fishing industry; however, many Gitga'at people are now employed in other economic sectors, including village administration, public works and safety, social and health services, housing, treaty negotiations, education services, salmon enhancement, forestry, tourism and ecological research.

There are about 60 homes and several community buildings in Hartley Bay. There are no roads in the village - homes and other buildings are linked by a network of boardwalks and surrounding by walking and hiking trails leading to nearby rivers, lakes, hilltops and estuaries.

King Pacific Lodge, A Rosewood Resort is Canada's preeminent luxury wilderness resort. Floating on the shores of Princess Royal Island in the Great Bear Rainforest, King Pacific Lodge has led the industry in both guest experience and a triple bottom line approach to sustainable tourism. In addition to being the first tourism operator in British Columbia to sign a working protocol with a First Nation, it has led the industry in catch/release programs, carbon offsets and use of local products. For more information, visit [www.kingpacificlodge.com](http://www.kingpacificlodge.com)

In 2004, on the basis of its reputation and successful operations, King Pacific Lodge prepared a report on the feasibility of establishing 2-3 new luxury wilderness lodges in the Coastal First Nations territories for the Turning Point Initiative. The intention of this tourism project is to create a sustainable tourism economy that creates wealth and employment for First Nations while respecting social and environmental values. The report concluded that there was indeed a market demand for 2-3 additional luxury wilderness properties that would each be unique and distinct while at the same time being linked by a brand and a standard of excellence.

- END RELEASE - 09/12/2008

For further information: Michael Uehara, President - King Pacific Lodge, Cell: 604-987-5452

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## 9 ways to warm up this winter from [www.medbroadcast.com](http://www.medbroadcast.com)

When it comes to winter, bears get it right - all that fur and fat as natural insulation against the frigid cold. And the idea of hibernation is certainly tempting. Imagine not having to emerge from your warm, snuggly bed every morning. Imagine looking out at the snowy skies from your cave and grumbling in response, "Nah, not today."

Well, you're no bear, but you *can* be a yogi! Practicing yoga is just one of the many ways you can warm up your winter. Snuggle up to these 9 ways to thaw, melt, warm, or otherwise heat up the cold, cold months of winter.

**Warm up like a yogi bear.** Ashtanga is a form of yoga that heats you up from within. But this isn't the so-called "hot" or Bikram yoga you may have heard of. In Ashtanga yoga, you do a series of flowing *asanas* (poses) connected by special breathing techniques, all intended to create internal body heat. You may feel cold and stiff when you first walk into a yoga studio, but you'll soon feel your body warming up and becoming more flexible and strong. By the end of an Ashtanga class, you're bound to shake off the chill and walk out into the cold all wrapped up in new, warm, and blissed-out energy.

**Switch on the slow cooker.** Fog up the kitchen windows with slow-cooking foods. Catch-all crock pots give you a chance to cook up a variety of vitamin-rich vegetables. Choose winter fresh veggies, such as potatoes, parsnips, squash, or pumpkin to create hearty, healthy stews and soups. You could add in cuts of chicken, turkey, or pork for a lean source of protein.

**Set the kettle to boil.** Crock-pots also come in handy when you're longing for the warm, winter scent of hot apple cider. Cider, hot cocoa, a steaming cup of coffee or tea - they're the sorts of sips we crave more often when the temperature dips. There's something so comforting about folding cold fingers around a steaming cup of something warm - like coffee. Thankfully, research has proven that coffee will *not* kill you. And black tea, green tea, red wine, and cocoa are high in antioxidants, which can help protect the body from the damaging effects of reactions in the body involving oxygen. Marshmallows, on the other hand, should be plopped into your cocoa with moderation.

**Get steamed.** Could hot cocoa benefit your skin, too? Some spas in Japan actually offer hot baths in... chocolate! With or without extra flavour, hot soaks, steam baths, and saunas have been enjoyed by people around the world for centuries. Each can stoke your internal furnace and warm you into a state of relaxation.

If you take a steamy escape, just be cautious. While steam may relax you and relieve overworked or sore muscles, extreme heat can lead to hyperthermia (heat stroke) or dehydration. Should you feel faint or ill,

take a break from the steam. A leisurely bath infused with lavender essential oil is another calming, warm-up option. Keep baths brief, since the hot water can dry out your skin. People with certain medical conditions (e.g., heart disease) should stay away from the steam all together or seek advice from their doctor before trying it out.

**Apply some heat.** Heat can soothe sore, tight muscles and comfort stressed-out nerves. Drape a heating pad around tired feet or stiff wrists. You could fill a clean sock with uncooked rice and pop it into the microwave, creating a flexible heating pad to wrap around aching necks or shoulders. An old fashioned hot water bottle could ease a headache and raise your skin temperature. Heat could also come from body rubs made from warming ingredients like eucalyptus, mint, ginger, or cinnamon.

**Huddle with friends.** You rarely hear people talking about loneliness as warm. We talk about the chill of rejection, an icy stare, or being "left out in the cold." A couple of University of Toronto psychologists wondered about the origins of the "cold and lonely" link. One group of test subjects was asked to remember and talk about a time when they felt socially alone. The other group were prompted to recall a time when they felt socially accepted and included. After the groups had reminisced awhile, the researchers got sneaky. They asked everyone what they thought the temperature of the room was, pretending that building maintenance needed to know for repairs. Those who recalled lonely times perceived the room to be colder than those summoning up happy memories. Loneliness actually makes us feel cold!

**Bundle up.** Obviously, you don't want your body heat escaping, right? But unless you're a ski bunny or a winter weather pro, you may not think of some of the less-obvious bundle-up clothing and accessories. Sure, scarves shield our necks from the cold and hats keep us from losing 30% of our body heat out of our heads. But have you tried wearing a belly warmer? These tummy-toasters are based on *haramaki*, a protective wrap worn by 16th-century samurai in Japan. The modern version wraps around your midsection and can be worn under other layers. They provide coverage for shirts that may be a little too short and cause that draughty peek-a-boo thing to happen when you stretch or reach.

And don't forget leg warmers, that '80s fashion staple. Or balaclavas: those full ski masks work just as well for people who are *not* ninjas, paratroopers, or planning on robbing a bank! There are also faux-turtleneck neck warmers and always-precious earmuffs. And don't forget the magic word for winter warmth: layers.

**To thaw a cold body, get close.** It's a strong instinct across the animal kingdom - to snuggle up to someone when you're cold. But it's also just good physics. When a cool body comes into contact with a hot body, some of the warmth will get transferred from the warmer to the colder body. A snuggle can be innocent and comforting - or a bit more intimate.

Sexual intercourse, with all of the increased blood flow and movement, will obviously generate some body heat. And weird as it sounds, keeping your socks on while you do the deed could make things even steamier - and not just because your feet will be warmer! In a Dutch study, researchers found that couples who had cozy toes were more likely to reach orgasm than those with bare feet. Now you have a good excuse for wearing those big woolly socks to bed.

**Wear those woolly socks to bed.** Sleeping your way through the long, cold nights makes sense, but what do you do if you're awakened in the night by fitful sleep? Put on some socks - and warmer pajamas maybe. Turns out that warming the skin may improve the quality of sleep. One study has shown that if you increase your skin temperature by only 0.4 degrees Celsius, you may experience deeper, more satisfying sleep with fewer wake-ups through the night.

## 8<sup>th</sup> Annual Talking Stick Festival A celebration of Aboriginal Performance & Art

First Nations Performance presents the 8<sup>th</sup> Annual Talking Stick Festival, February 9 - 15, 2009, A celebration of traditional and contemporary Aboriginal performance and art. This year's Talking Stick Festival will unite a diverse and talented community of local, national and international Aboriginal artists and feature a fusion of music, dance, theatre, multimedia, performance art, visual art and storytelling. The vibrant city-wide event takes place at a range of venues, including the Kay Meek Centre, the Roundhouse Community Arts & Recreation Centre, the Ironworks Studio, the Aboriginal Friendship Centre, the First Nations House of Learning and the Wise Hall.

The Opening Exhibition will start in advance of the Festival, on Sunday February 1<sup>st</sup>. The exhibition includes two dugout canoes carved as part of the local Community Carving Experience, while *Through Our Eyes* documents the whole carving process in photography and writing. The exhibition also features *Clearing the Path from Saskatchewan*, which explores notions of tradition, continuity and change in Indigenous arts.

The Festival kicks off in earnest with a Gala opening on February 9<sup>th</sup> at West Vancouver's new performance space, the Kay Meek Centre, featuring outstanding traditional Indigenous music and dance from across Canada. Performers include S'pak'wus Slúlum (the Eagle Song Dancers) from the Squamish Nation, the Inuvialut Drummers (Nunavik), the Dancers of Damelahamid (Gitksan), the Copper Maker Dancers (Kwakwaka'wakw), and the Whitefish Jrs. Drummers (Cree) from Saskatchewan.

The week-long celebration continues on Tuesday, Feb. 10<sup>th</sup> with Metis Night at the Roundhouse featuring Andrea Menard in her one woman musical show, *The Velvet Devil*, as well as Metis fiddlers John and Vicki Arcand and jigger Scott Duffee. Wednesday Feb. 11<sup>th</sup> features the Big Sky Multi-Media Story Telling Society with performances of *Matriarchs of the Earth and Spirit Whales*. This dance theatre performance includes masks carved by Victor Reece and choreography by Alvin Tolentino.

Thursday Feb. 12<sup>th</sup> is *Going Solo*, featuring a number of the Full Circle Ensemble, as well as Yukon performing artist Joseph Tisigia and Regina based rapper/emcee InfoRed. Friday Feb. 13<sup>th</sup> will feature discussions and readings by a distinguished panel of Aboriginal writers at the First Nations House of Learning on the UBC campus, including Giller Prize winner Joseph Boyden. And Friday evening features a musical tribute to legendary jazz singer Mildred Bailey (Coast Salish) at the Ironworks, featuring a well known lineup of Aboriginal voices.

Saturday Feb. 14<sup>th</sup> will mark the return of the ever-popular *Ab-Original Cabaret* featuring some of the best up-and-coming First Nations performers, including the Full Circle Ensemble, as well as emcee troubadour Art Napoleon. The Festival closes on Sunday Feb. 15<sup>th</sup> with a community feast at the Wisehall with performances by some of the best of the Talking Stick talent, including singer/songwriter Laura Vinson.

**Tickets: Special Offer: Buy a special Holiday Season Pass for only \$45 (if you purchase your ticket before January 1st).** Tickets are available at Tickets Tonight, call (604) 631-2872 or book online at [www.ticketstonight.ca](http://www.ticketstonight.ca)

General Tickets: \$15 adults, \$12 students and seniors.

Festival passes: \$55 adults; \$45 students and seniors.

For group rates, contact Full Circle.

**Media Contact:** Bonnie Allan, Bridge Communications, 1081 Cambie St, Vancouver, BC, V6B 5L7, 604-739-3180 (office) 604-221-5052 (fax), 604-218-9525 (cell)

## The 3 Main Stages Necessary to Healing Addicted Lives

### Crack Cocaine Detox and Rehabilitation:

Crack Cocaine addiction requires a full detox and drug rehab program to fully overcome the adverse mental and physical effects of the drug. Once a person becomes used to having crack in their body and brain, physical and mental addiction begins to take hold of the person. Crack sometimes makes the user feel superior, in control, psychic, even god like. These delusions are intense while using crack and lessen when not using. Because crack can make the person feel high artificially without the usual demands reality requires: like success, doing good, being acknowledged, etc, crack seems like a short cut to pleasure. The idea that crack cocaine improves life is the major LIE that crack users secretly hang onto. Users sometimes deny crack use and dependence and lie very convincingly to friends and family: as long as they can get more crack. **Detox from crack cocaine** requires a controlled environment away from the enticement of the drug.

### Longer Detox:

With some drug rehab programs, **crack detox** can take considerably longer because the addict can apparently go without using for weeks and months at a time. Crack is usually a binging drug. Binging means the crack user usually smokes a lot of the drug over a short period of time, then doesn't use. Some crack addicts will use \$1,000s of crack in one binge if the drugs and the money are available. When the crack addict stops using crack, they often substitute other drugs for crack. Also, watch your sugar supply go down when a crack addict is around.

### Dry-out versus Detox:

**Crack detox** is much more than simply drying out or ceasing to use crack for awhile. Drying out allows the liver and kidneys enough time to remove the drug toxins from the blood system. Crack use leaves drug residues in the body; including the brain, liver and other tissues. After drying out from crack use, the person is now ready to detox from crack. Under carefully monitored detox programs of exercise, sauna sweat out, specific increasing amounts of effective nutrients, oils and vitamins, a person can fully detoxify from crack cocaine addiction. The process requires medical supervision, specialists and an exact procedure, but 1,000's of people successfully detox from crack every year. Full and complete detox ends physical cravings for crack, for good.

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### Baby Carrots ok...so no more baby carrots

The following is information from a farmer who grows and packages carrots for IGA, METRO, LOBLAWS, etc.

The small cocktail (baby) carrots you buy in small plastic bags are made using the larger crooked or deformed carrots which are put through a machine which cuts and shapes them into cocktail carrots, most people probably know this already.

What you may not know and should know is the following: once the carrots are cut and shaped into cocktail carrots they are dipped in a solution of water and chlorine in order to preserve them (this is the same chlorine used your pool) since they do not have their skin or natural protective covering, they give them a higher dose of chlorine. You will notice that once you keep these carrots in your refrigerator for a few days, a white covering will form on the carrots; this is the chlorine which resurfaces. At what cost do we put our health at risk to have esthetically pleasing vegetables, which are practically plastic?

We do hope that this information can be passed on to as many people as possible in the hopes of informing them where these carrots come from and how they are processed. Chlorine is a very well known carcinogen. Please let us make this information available to as many people as possible. If you care about your family and friends, pass it on.

Emailed in to pass on in the EV...author unknown

## **A New Year Prayer** from [www.about.com](http://www.about.com)

**Holy Father,**

**God of our yesterdays, our today, and our tomorrows.**

**We praise You for Your unequaled greatness.**

**Thank You for the year behind us and for the year ahead.**

**Help us in Your new year, Father, to fret less and laugh more.**

**To teach our children to laugh by laughing with them.**

**To teach others to love by loving them.**

**Knowing, when Love came to the stable in Bethlehem, He came for us.**

**So that Love could be with us, and we could know You.**

**That we could share Love with others.**

**Help us, Father, to hear Your love song in every sunrise,**

**in the chripping of sparrows in our backyards,**

**in the stories of our old folks, and the fantasies of our children.**

**Help us to stop and listen to Your love songs,**

**so that we may know You better and better.**

**We rejoice in the world You loved into being.**

**Thank You for another new year and for new chances every day.**

**We pray for peace, for light, and for hope, that we might spread them to others.**

**Forgive us for falling short this past year.**

**We leave the irreparable past in your hands, and step out into the unknown new year knowing You will go with us.**

**We accept Your gift of a new year and we rejoice in what's ahead, depending on You to help us do exactly what You want..**

**I say it again, we rejoice!**

**In Jesus name, Amen.**

## 10 Worst (and Weirdest) Work Stories of 2008 By Rachel Zupek, CareerBuilder.com writer

2008 has been a big year: We experienced one of the most debated presidential elections in history; the Phillies won the World Series; Madonna and Guy Ritchie separated; our economy is in a recession; and a man got stabbed for giving an inexcusable haircut.

Wait a second -- you didn't hear about that last one? Let me fill you in: A San Diego man allegedly stabbed a **barber** who gave him an unacceptable haircut. The man attacked the shop owner as he was closing down and slashed him twice in the face. The motive was that the man was unhappy with a previous haircut, according to authorities. (Source: 10News.com)

In midst of all the daily chaos that goes on in the world, a different type of pandemonium takes place every day in the workplace. Sometimes you hear about it and sometimes you don't -- on the off chance that you haven't, we've done that part for you.

Here are some of the stranger things that happened in the workplace (and out) during 2008:

### 1. Central Florida **firefighters** save dogs with mouth-to-mouth resuscitation

Firefighters in **Florida** revived several dogs by performing mouth-to-mouth resuscitation after they were rescued from a house fire. The dogs were taken to area hospitals. (Source: Local6.com)

### 2. Man shot by friend so he could skip work

One man took calling in sick to new extremes after he had his friend shoot him the shoulder so he could miss work. The man told **deputies** in Pasco, Wash., he was shot in a drive-by while jogging before work. He later revealed that he'd asked a friend to shoot him so he wouldn't have to take a drug test at the office. (Source: MSNBC.com)

### 3. **Police chief** fired after stealing beer from firefighters' fridge

The police chief of a small **Kansas** town was convicted of stealing beer after a surveillance tape showed him taking it from the fire department's refrigerator. It wasn't disclosed how much beer he pilfered or why it was in the fire department. He was suspended without pay pending an appeal of the conviction. (Source: Fox News)

### 4. Man shoots co-worker while rescuing him from crocodile

Two crocodile **farm** workers in northern Australia were collecting crocodile eggs by a riverbank when a crocodile grabbed one of them by the arm. The second man shot the crocodile, which caused him to release the victim. A second shot fired, however, hit the man in the same arm in which the crocodile grabbed him. The man survived. (Source: CNN.com)

### 5. DVD in firefighter's coat blocks bullet

Barry McRoy, a **South Carolina fire and rescue director**, was leaving a Waffle House restaurant when two men came in fighting over a gun. The gun fired, hit one of the struggling men, shattered a window

and hit McRoy, who didn't realize he'd been shot. The bullet hit a DVD McRoy had in his pocket; he suffered only a bruise. (Source: MSNBC.com)

#### 6. Man tries to pay for meal with pot

A **Vero Beach, Fla.**, McDonald's **restaurant** worker received a shock when a drive-thru customer offered to pay for his meal with marijuana. The **cashier** called **police**, who found drugs in the customer's car and arrested him. (Source: MSNBC.com)

#### 7. Store changing 'open door' policy

After being robbed three times in one year, a **New Hampshire** convenience store is now requiring customers to be "approved" by the store owner before coming in. The store will keep its doors locked and customers are refused if the owner can't recognize them through the glass doors. (Source: WISHTV8.com)

#### 8. Snake bites mailman -- who finishes rounds

A 66-year-old **Florida mailman** doing his rounds was bitten by a poisonous snake when he put mail inside a mailbox. He told authorities he shook his arm and beat the snake against his car door to loosen its grip. He continued his rounds for the next 30 minutes before seeking help. The snake was thought to be an Eastern diamondback rattlesnake. (Source: MSNBC.com)

#### 9. 2 ex-workers sue Neiman Marcus over sex tape

Two former **security** employees at an **Illinois** Neiman Marcus are suing the department store, alleging they were illegally videotaped while having sexual intercourse at work. The two claim they were secretly videotaped on a hidden video camera and were fired because of their interactions. They also allege that a store **manager** shared the videotape with several others and on a nationwide online database of security personnel. (Source: Chicago Tribune)

#### 10. Employee is charged in fight at restaurant

Two brothers employed at a **Maryland** restaurant argued over their job duties, which resulted in a knife fight. One brother reportedly told the other to mop the floor, which enraged him. Both brothers suffered small cuts, but only one was charged with first-degree assault. This was the second call from the restaurant where one worker attacked another with a knife. (Source: Baltimore Sun)

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#### 10 Best Excuses for Calling in Sick By Anthony Balderrama, CareerBuilder.com writer

Did you hear the one about the woman who couldn't go to work because her chickens' feet were frozen to the driveway? It's not a joke — it's an actual excuse given to a boss.

Gone are the days when an employee called in sick and coughed a little to make the story believable. Today, workers give a variety of excuses when they stay home from the office. And they're doing it alot.

Almost one-third of employees admitted to calling in sick to work last year even though they weren't ill, according to CareerBuilder.com's annual survey. Fortunately for them, 75 percent of employers believe their employees are sick when they say they are. But some bosses aren't falling for it.

Thirty-five percent of employers checked up on their supposedly sick employees. The majority (67 percent) of those suspicious bosses demanded a note from the doctor. A determined 14 percent actually drove by the employee's home. So what should you tell your boss if you need a rest but there's not a holiday in sight?

Honesty is the best policy, says Rosemary Haefner, vice president of human resources for CareerBuilder.com. "If you're a strong employee and you're truthful about the time you need off, your employer is likely to give it to you." But if you get caught in a lie, you risk your reputation and possibly even your job.

Luckily, many employers are beginning to understand that an employee doesn't have to be suffering from the flu to need a day off. Mental health days, which allow employees to stay home from work to escape the stress and chaos of the office, are gaining acceptance in the workplace. Sixty-nine percent of surveyed employers consider mental health days acceptable uses of sick leave.

"Employers are placing a greater emphasis on work/life balance, offering more opportunities for employees to recharge and return to the office more productive," Haefner says.

So the next time you call in sick — whether you have the flu or a desire to stay in your pajamas until noon — you can decide if you want to tell the truth or a little white lie. If you choose the latter, here are some of the most unusual excuses bosses revealed.

1. At her sister's wedding, an employee chipped her tooth on a mint julep, bent over to spit it out, hit her head on a keg and was knocked unconscious.
2. While at a circus, a tiger urinated on the employee's ear, causing an ear infection.
3. An employee's dog wasn't feeling well, so the employee tasted the dog's food and then got sick.
4. "Someone put LSD in my salad."
5. An employee's roommate locked all his clothes in a shed for spite.
6. "Stuck on an island – canoe floated away."
7. An employee was upset because his favorite "American Idol" contestant was voted off.
8. "I didn't think I had to come in if I had time in my vacation bank. I thought I could take it whenever I wanted."
9. An employee said he wasn't feeling well and wanted to rest up for the company's holiday party that night.
10. A groundhog bit the employee's car tire, causing it to go flat.

[From www.msn.com](http://www.msn.com)

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

For information on the Residential School Settlement's Common Experience Payment please call:  
Service Canada at 1-866-699-1742

1415 Wewaikum Road  
Campbell River, B.C. V9W 5W9

To be on put on the Telemarketing  
National Do Not Call List call: 1-866-580-3625

Phone: 1-250-286-9977  
Fax: 1-250-286-4809  
Toll-Free: 1-877-738-7288  
Coordinator: Donna Stirling  
Website: [www.bcelders.com](http://www.bcelders.com)  
Email:  
[bcelders@telus.net](mailto:bcelders@telus.net)

*FUNNY QUOTES*

Question: "What do you get when you cross the Godfather with a lawyer?"  
Answer: An offer you can't understand.

"I think animal testing is a terrible idea; they get all nervous and give the wrong answers."

"Karate is a form of martial arts in which people who have had years and years of training can, using only their hands and feet, make some of the worst movies in the history of the world."

"Why is it called 'after dark' when it really is 'after light'?"

"One of the great things about books is sometimes there are some fantastic pictures." George W. Bush

"If you die in an elevator, be sure to push the Up button."

"Always remember you're unique, just like everyone else."

'ELDERS VOICE' ISSUES  
ARE SENT OUT TO  
COMMUNITIES BY THE  
**1st** OF EACH MONTH.

If your area's copy is not received in a timely manner please call in to the office.

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

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

**CAPRICORN** - The Go-Getter (Dec 22 - Jan 19) Patient and wise. Practical and rigid. Ambitious. Tends to be Good-looking. Humorous and funny. Can be a bit shy and reserved. Often pessimistic. Capricorns tend to act before they think and can be Unfriendly at times. Hold grudges. Like competition. Get what they Want.

**National Survivors Support Line**

24 Hours a day - 7 days a week - 1-866-925-4419

The Indian Residential School Survivors Society provides free, immediate, confidential, non-judgmental, support for residential school survivors across Canada.

**ANNUAL BC ELDERS GATHERING INFORMATION CORNER**

**The Dates Are Set!**

**The next Annual Elders Gathering will be**

**July 13, 14, 15 2009**

**at the Terrace Arena, Terrace, BC.**

(I won't be passing on contact info just yet, to give the host community more time to continue planning, but for now we have the dates and that is even earlier than usual. Please book your rooms before the holidays as I am sure they will go fast.)