



ELDERS VOICE

**ATTENTION:**

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

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

**EV'S 110th Issue!**

**HAPPY NEW YEAR TO ALL!!**

**34th Annual BC Elders Gathering Announcement on Page 5...**

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

Dear Elders, on page 4 please find a page from our website that I thought you might be interested in on the beginnings of this office... for those of you who do not have internet access. And on page 8 please find a photo of the BC Elders Council's logo, many have asked about it so I thought I would include that explanation as well in this issue. D. Stirling

Airport X-ray machines can do damage to your memory card  
[www.msn.com](http://www.msn.com) Tech Myths

Picture the scene; You've just spent three months trekking across South America taking in all the spectacular sights, and when you reach arrivals the pics you saved appear to have been erased. Well, the likelihood of this actual scenario occurring is minimal, contrary to what some are led to believe there is no case to suggest that the machines will affect the data on your memory cards. Magnets on the other hand may be more of a threat, so perhaps keeping your camera away from the beginning of the conveyor belt will help keep your pics and data safe.

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## Easy Bakers Corner – Peanut Butter Banana Muffins - Makes 10

Preheat oven to 375°F. Grease 10 cups of a 12 cup muffin pan or line with paper liners.

Combine 1/3 cup Canola Oil, 1/2 cup milk, 1 egg, 3/4 cup of mashed ripe bananas, 1/2 cup creamy peanut butter in a medium-sized mixing bowl.

Add 2 cups all-purpose flour, 2/3 cup of granulated sugar, 1 Tbsp. baking powder, 1/4 tsp. of cinnamon and 1/4 tsp. of salt.

Stir just until combined.

Add 1/3 cup semi-sweet chocolate chips (or strawberry jam), mixing lightly.

Divide evenly among the 10 prepared muffin cups, pouring water into the 2 unused cups.

Bake in centre of preheated oven for 20-25 minutes or until golden and top springs back when lightly pressed.

Cool in pan.

### HANDY TIPS:

1. To remove old wax from a glass candle holder, put it in the freezer for a few hours. Then take the candle holder out and turn it upside down. The wax will fall out.
2. Take your bananas apart when you get home from the store. If you leave them connected to the stem, they ripen faster.
3. Allow eggs to sit out at room temperature for 30 minutes before using in baking. Room temperature eggs will provide better volume in baked goods. Alternatively, place cold eggs in a bowl of warm water and let sit for 5 minutes.

## 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

## 10th Year GRATITUDE LIST

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

1. Indian Residential School Survivors Society Repeating INVOICE Message:
2. Ditidaht First Nation
3. Qualicum First Nation IT IS THAT TIME OF YEAR AGAIN!
4. Cowichan Elders
5. Tsleil-Waututh Nation Dear Elders, Elders Workers, Presidents, Chief and Councils, & Boards of Directors
6. Laich-Kwil-Tach Treaty Society
7. BC Assoc. of Aboriginal Friendship Centres Support Invoices accompany the November issue of the Elders Voice each year.
8. Kla-How-Eya Circle of Elders
9. BC Transmission Corporation
10. K'omoks First Nation Please see if you can assist with the costs for this provincial elder's office to operate by paying the \$250 yearly support fee.
11. Douglas Band
12. Kluskus Indian Band
13. Lower Nicola Indian Band
14. Ki-Low-Na Friendship Society
15. Hartley Bay Village Council Your consideration is very much appreciated.
16. Squiala First Nation
17. Akisqnuq First Nation If your office/group needs another copy faxed or emailed please contact:
18. Wei Wai Kum First Nation
19. Wet'suwet'en First Nation
20. Kitamaat Village Council 1-877-738-7288 or email [bcelders@telus.net](mailto:bcelders@telus.net)
21. McLeod Lake Tse'khene Elders Society
22. Da'naxda'xw First Nation
23. Gitwangak Education Society Thank you,
24. Quatsino Band
25. Spallumcheen Indian Band Donna Stirling,
26. Williams Lake Indian Band BCECCS Coordinator
27. Bridge River Indian Band Secretary, BC Elders Council
28. Lytton First Nation
29. Lower Kootenay Band
30. Ehattesaht Tribe
31. Xaxli'p Indian Band
32. Adams Lake Indian Band
33. Kwikwetlem First Nation
34. Osoyoos Indian Band
35. Hailika'as Heiltsuk Health Centre
36. Carnegie Community Centre
37. First Nations Health Society
38. We Wai Kai Nation
39. Hesquiaht First Nation
40. Sumas First Nation
- 41.

WELCOME to [www.bcelders.com](http://www.bcelders.com)

B.C. Elders Communication Center Society strives to be a positive way for the Aboriginal Elders of British Columbia to gain strength from the greater community; their family and friends who live throughout all of the traditional territories that make up British Columbia.

**"All my relations" is a phrase Elders use to refer to all of their peers.**

**This Society is dedicated to respecting the First Nations Elders of BC** by understanding and facilitating their need to have a network for gathering and distributing information that is valuable to them.

**In order to provide this information the Communication Center publishes a provincial newsletter, the "Elders Voice", each month.** The information is shared with the many thousands of Aboriginal Elders in the province.

**The first objective of the B.C. Elders Communication Center Society is to ensure that B.C.'s First Nations Elders all know that they are valued, that their legacy will be preserved and that their feelings and culture matter.**

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The Annual B.C. Elders Gathering is an important chance for the Aboriginal Elders to meet and renew contacts and share information.

Beginning in September of 1999 through to July 2000, I (Donna Stirling) had the honour of being the Assistant Coordinator for the 24th Annual B.C. Elders Gathering; this very successful "Millennium" event was held in my hometown of Campbell River; it is the most important cultural and informational event held for our Aboriginal Elders in British Columbia each year.

**During the year of planning and fundraising, attempts to contact Elders throughout this province proved very, very difficult;** there is an incredible lack of communication afforded the thousands upon thousands of Aboriginal Elders [Seniors] living in B.C. I found that many First Nations offices do not have Elders Workers and some that do can provide only the bare minimum in hours of work.

**For whatever the reason, the consequence of this understaffing is Elders being misinformed** or uninformed on their issues and events and/or left totally out of things due to lack of information, funds or organization.

The Elders Coordinators/Representatives, at a meeting held at the Gathering July 2000, asked that the B.C. Elders Communication Center be set-up as quickly as possible so that the momentum over the previous year would continue. Generally, they wanted someone to provide an office with which to send and receive information relevant to them: i.e. news on health issues, changes to wills and estates, upcoming Wellness Seminars, and the information from each new Host Community, etc.

**Specifically, the Elders want and need to be included in the information age,** they are tired of being left outside of the loop - they wanted a change for their futures and for those that follow, the Elders in our province want and needed to finally be in touch with each other and the world.

**Our First Nation's Elders are the generation directly affected by the mental, sexual and physical abuses endured at Residential Schools.** This Center is a positive way for the Elders to gain strength from their greater community, which is their family and friends who live throughout all of the traditional territories that make up British Columbia.

**Learning wisdom from our Elders is crucial to our people surviving. The Elders need to be able to speak and we all need to listen. It is important that the Elders are afforded the great respect due them.**

This Center shows them that respect by understanding and facilitating their need to have a network for gathering and distributing information valuable to them.

# **34th Annual BC Elders Gathering**

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

Host: Adams Lake Indian Band  
And the  
Secwepemc Nation

Location: Sunwave Centre in Salmon Arm, BC

2009 BC Elder King and Queen  
JD and Ethel Billy

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

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

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

## **Preventing heart attack - know your HEART!**

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

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

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

### **Warning signs of heart attack**

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

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

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

Women may experience different heart attack symptoms than men. Like men, the most common heart attack symptom is chest pressure, pain, or discomfort. But women may have chest pain that spreads to the neck, shoulders, or arms as mentioned above. They may also be more likely to experience symptoms unrelated to chest pain, including abdominal pain, difficulty breathing, nausea, dizziness or lightheadedness, or unexplained fatigue during a heart attack. Women are also less likely than men to realize they are having a heart attack due to lack of symptoms ("silent heart attack").

Heart attack symptoms vary and not everyone will experience every symptom. If you suspect you are having a heart attack, seek emergency medical help right away. To learn what to do in case of emergency, see [heart attack first aid](#).

### **Heart Attack Prevention: Options for Women**

Did you know that women are more likely than men to die after their first heart attack? Learn more about how heart attack symptoms, risk factors, and prevention differ between men and women.

### **Risk factors**

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

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

menopause

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

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

## Symptoms

Women may describe or experience heart attacks differently from men:

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

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

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

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

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

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

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

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

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

Rest comfortably while waiting for emergency medical services to arrive.

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

## Prevention

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



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

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

### **Nonmodifiable risk factors**

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

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

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

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

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

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***As Requested: Explanation about the BC Elders Council's Logo***

### *"The Bear in the Medicine Wheel"*

*The Bear is empowering the human to be fearless, powerful and successful in long life, holding onto the Circle of the Medicine Wheel, and in keeping the connection of togetherness as we are all one Nation. The Heart shape chest represents that our Elders are the heart and soul of our people and have been the keepers and teachers of culture and traditions. I have deep respect for all who carry this on and have chosen to use the medicine wheel colors on the sacred circle that joins all First Nations people as one. When you mix the colors of the Wheel it becomes the color of brown, which I have painted the Bear as we are all one!*

*Gelakesla "Quayam" – Greg Henderson – 2009*



## **Aging well from SeniorsHealth@Medbroadcast.com**

Riding the crest of the first wave of baby boomers, I find that my latest interests and concerns will soon become the focus of many others. So my current preoccupation with maintaining my health well into the retirement years is likely to resonate for a growing number of people.

It's not that I'm afraid of dying, I don't think I am, but I dread getting older and being sick, miserable, or a burden to others.

The "Serenity Prayer" offers a practical approach to this problem: "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

So what do we have to accept and what can we change if we want to increase our chances of enjoying life while growing old?

### **Common health problems**

The big ones are cardiovascular disease including heart attack and stroke, osteoporosis and fractures, dementia, depression, and some cancers. The greatest single influencing factor for healthy longevity is genetics, and we're pretty much stuck with the hand we've been dealt. But by making a few simple lifestyle modifications, we can significantly reduce some risks for most of these conditions.

Dr. Bradley Willcox, in his book on longevity, reports on the residents of Okinawa who are more likely to live 100 years and less likely to experience cardiovascular disease, cancer, and mental deterioration than North Americans. This research suggests that balancing a low fat diet, exercise, and stress reduction through meditation and spiritual activity seems to slow the aging process.

People are bio-psycho-social organisms. Our needs are not only physical, biochemical, and nutritional, but also social and spiritual. If we neglect our social, spiritual, and psychological needs we harm the physical organism. By changing how and what we think, through talking therapy, such as cognitive therapy, we can bring about demonstrable changes in the biochemistry of our brains - elevating serotonin levels and decreasing depression.

By exercising we reduce the risk heart disease and stroke through altering levels of serum cholesterol and developing collateral coronary circulation while increasing brain levels of essential neurotransmitters. By continuing to use and challenge our brains, the functions and probably the corresponding structures of this most important organ are preserved.

Participation in support groups has been shown to increase both quality and quantity of life in people with terminal illnesses. Dr. Randolph Byrd, in a randomized, prospective study on the effect of prayer on coronary care unit patients, reported a significant positive health effect.

### **A cookbook for healthy retirement**

#### **Exercise**

Although 30 minutes exercise 3 or 4 times per week is optimal, recent studies have shown that women who walk as little as an hour per week cut the risk of heart disease in half. Whether exercise can replace bone lost to osteoporosis is controversial; however, it does reduce the rate of bone loss and associated risk of fractures while making you feel better.

## **Nutrition and weight**

We are meant to be grazers and not gorgers. Eat small, frequent meals with lots of fruit and vegetables. Omega-3 fatty acids found in fish and fish oil, and flavonoids, found in many fruits and vegetables, fight atherosclerotic heart disease and cancer.

As our metabolic needs decrease with age, it is important to reduce intake of calories, even if our appetites lie to us about our needs. Choose more soup and less dessert. It's easier to stay slim than to lose weight, so start today with the goal of no further weight gain.

## **Social**

Work on developing and maintaining at least one emotionally intimate relationship. Join a group or an athletic club. Build a relationship with a mentor, someone you admire and whom you can trust enough to share your plans and worries. Read or listen to something funny, tell a funny story and set a goal of one good belly laugh every day.

From your valuable store of wisdom and experience, start volunteering your services in the community.

## **Prayer and meditation**

Learn how to sit in a pleasant, quiet spot, breathe deeply and don't think, just be. If you haven't yet begun to solve the mystery of your place in the universe, talk to people and read about God.

Once you decide where you fit, find the group of people with similar beliefs so you may learn and share your ideas with them. Discover the value of prayer for you. Try to live according to your values.

## **Stress**

Although a certain amount is essential, prolonged and unrelieved stress can be fatal. Balance is everything. Work out your "pie of life" giving all things important to you a proportionate piece, then modify your activities and time accordingly. Stay engaged in new learning.

## **Other**

The best single investment a person can make in their health is to quit smoking. Within 24 hours of stopping there is a significant decrease in cardiovascular risk, and many more health benefits follow with time. Next time you see your doctor have your blood pressure, cholesterol, and triglycerides checked; discuss prostate, breast, and bowel cancer screening; and ask about aspirin for heart disease prevention.

If you drink alcohol, careful moderation is essential, staying under 3 drinks on any one day and no more than 12 drinks per week.

It sounds like a lot of work, but here's the secret: if you gradually work all of these things into your life, the dividends are huge and immediate. You will have more energy, more joy, and more healthy time to enjoy those precious senior years.

*Dr. Ray Baker, MD  
in association with the MediResource Clinical Team*

# SPIRIT WORKS LIMITED

Unit 4 – 1500 Railway Street, North Vancouver, B.C., V7J 1B5

TEL: 604 982 0024 FAX: 778 340 0615 EMAIL: [spiritworkslimited@shaw.ca](mailto:spiritworkslimited@shaw.ca) [www.spiritworkslimited.com](http://www.spiritworkslimited.com)

Greetings from Spirit Works,

**We need your support!!** We are a local Aboriginal owned, operated and staffed company which does something very unique. We 100% design, produce, and distribute “Authentic” Aboriginal gifts here at home in Canada. These products consist of traditional bentwood boxes, traditional wooden jewelry inlaid with beautiful abalone shell, traditional ornamental paddles, and so on. With companies from abroad appropriating our culture and selling it for cheap, we have found it very challenging to maintain our core values of Community, Tradition, and Environment and yet still compete in the retail market. Our response to this is to try to connect with our customers directly in the hopes that you will not only buy something made 100% in Canada, but also buy Aboriginal products made by Aboriginal people, with the benefits going back to where they are needed most, our communities.

Our product lines are of the utmost quality as evidenced by the galleries who carry them (Bill Reid Gallery, B.C. Royal Museum, Museum of Anthropology, Vancouver Art Gallery, etc.). We are able to supply not only gifts for the individual, but we are also well equipped for your corporate gifting needs. We feel we can provide the perfect gifts for those interested in something beautiful and truly Canadian, but also for those who would take great pleasure in receiving something from an ethical source. Spirit Works is an ethical source.

We go to great lengths to ensure our communities remain healthy by paying fair wages, providing employment and training to our youth, and donating space, tools, equipment and support to Aboriginal artists. We take our obligations to pass down knowledge very seriously, and follow up with action by conducting free workshops to provide youth with important cultural teachings. We protect our culture and traditions by consulting our elders and cultural keepers about every step of our operation to ensure we are being respectful and consistent with our values. Also we go to great lengths to ensure our environment is not harmed by using only recycled, salvaged, or otherwise sustainable materials in the creation of our products.

Many have said that as a company we cannot survive in this economic climate, where globally it is a race to the bottom in regards to the values we hold dear. We are asking that you help us in our struggle to prove this is not the case. When you purchase a product from us, you support all of the above and so much more.

Please allow us to meet your gifting needs, whether it be for individual gifts, or corporate gifting. Also, it would be extremely appreciated if you could pass this email along to anyone you feel would also be interested in supporting a business such as ours. Thank you so very much.

Attached is our pricelist/order form, and our Catalogue can be seen on our website at:

[www.spiritworkslimited.com/gifts.html](http://www.spiritworkslimited.com/gifts.html)

We look forward to any business you can send our way.

Shain Jackson

President

Spirit Works Limited

Unit 4 - 1500 Railway Street

North Vancouver, B.C.

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# Union of BC Indian Chiefs Opposes Unilateral Implementation of Harmonized Sales Tax

**Press Release November 26, 2009**

The Union of BC Indian Chiefs (UBCIC) urgently calls upon BC Finance Minister Colin Hansen and federal Finance Minister James Flaherty to immediately address the impacts of the proposed Harmonized Sales Tax (HST) on First Nations families and communities.

The UBCIC opposes implementation of the HST as it will increase the financial burden of First Nations families who are living in poverty or working poor. Both levels of government failed to consult with First Nations on the implementation of HST, and both levels of government have refused to meet with UBCIC to discuss the impacts of this tax.

Chief Keith Matthew, Simpcw First Nation and member of the UBCIC HST Committee stated “They are brushing us off. First Nations strongly believe there is a need to have discussions based on prior and informed consent when the actions of government infringe on our Aboriginal and Treaty Rights. Taxation is one of those rights under Section 87 of the Indian Act. Any action that impacts these rights has to be discussed with our elected representatives prior to enacting this legislation. The honour of the Crown is at stake.”

The BC Government announced its intention to harmonize the current 7% PST with the 5% federal GST effective July 1, 2010. BC’s HST will apply at the rate of 12%, and will be, for the most part, applied to the same tax base that the GST is currently applied to, with a slight increase. The HST will benefit businesses by creating access to input tax credits to offset the full amount of HST spent; however, the burden of the HST will be shifted to consumers.

Grand Chief Stewart Phillip observed “First Nations families on and off-reserve already experience high poverty rates and will no doubt be greatly impacted by the proposed HST. This tax will further marginalize and add hardship to First Nations families and communities while increasing the coffers of industry and government. The UBCIC will work with like-minded organizations here in BC, and will reach out to First Nation organizations such as the Union of Ontario Indians and the Assembly of First Nations.”

The UBCIC Chiefs Council met on November 18 and 19 and one of the pressing issues discussed was the imposition of the HST. A legal analysis was presented to the Chiefs Council and a resolution was drafted, reviewed and passed. The resolution calls for immediate meetings with both levels of government, time-specific commitments to develop appropriate information packages regarding the application of HST to First Nations and inclusion of specific non-derogation language regarding the preservation of Section 87 of the Indian Act tax exemption and continuing rights of First Nations taxation rights under the First Nations Goods and Services Tax Act and the First Nations Sales Tax.

For further information contact:

Chief Keith Matthew, Simpcw First Nation, UBCIC HST Committee

Phone: (250) 819-0346

Grand Chief Stewart Phillip, President, Union of BC Indian Chiefs

Phone: (250) 490-5314

**For:** Okanagan Nation Alliance

**Contact:** Grand Chief Stewart Phillip, Chair, Okanagan Nation Alliance

Primary Phone: 250-490-5314

**Date issued:** November 26, 2009, 14:21 e

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

### **Okanagan Nation Concludes Injunction Application Against Tolko**

*Okanagan Nation Concludes Injunction Application Against Tolko Industries Ltd*

Westbank, BC, PRESS RELEASE, Nov.26 /CCNMatthews/ - The Okanagan Nation Alliance (ONA) appeared in BC Supreme Court last week seeking an injunction to stop Tolko Industries Ltd. from proceeding with industrial logging plans in the Browns Creek Watersheds. The ONA also defended against a counter injunction application brought by Tolko where the company seeks to prevent interference with its harvesting activities in the Browns Creek Watersheds.

In response to Tolko's plans to initiate industrial logging operations in the Browns Creek Watershed on October 21, 2009, the ONA set up camps at Bouleau Lake. Tolko attempted to bring heavy equipment in the area to commence its industrial logging operations and were met by Okanagan Nation members requesting that Tolko respect the Okanagan Nation's connection to the land.

The BC Supreme Court heard three (3) days of submissions from both parties. The ONA argued that Tolko is trespassing and interfering with the Okanagan Nation's rights in the Watersheds that includes a right admitted by the Province to harvest trees for domestic uses. The ONA explained to the Court the harm that Tolko's clearcut logging will do to the watersheds and Okanagan Nation rights, including hydrological impacts that could lead to flooding of the Okanagan Indian Band community and damage to their water sources and to the fisheries in the watersheds. The logging would also prevent the completion of evidence-gathering to prove Okanagan Nation Aboriginal Title. In a case that has been on-going for over a decade, the Court issued a preservation order that allows for the gathering of evidence for Aboriginal Title in the Watersheds. The issue of Aboriginal Title directly addresses ownership and jurisdiction of the resources within the litigation area.

The Browns Creek Watershed (located outside of Vernon, BC) is a sacred area of the Okanagan Nation and is also an area that is important for hunting, fishing and gathering plants for medicine, food and materials. The area contains archaeological and other evidence important for establishing the Okanagan Nation's Aboriginal Title. The ONA presented the Court with evidence that demonstrated the importance of the Watersheds to the Okanagan Nation. The evidence also demonstrated Tolko's disregard and lack of recognition for the Okanagan Nation's relationship to the Watersheds in its various plans.

Grand Chief Stewart Phillip, Chair of the Okanagan Nation Alliance stated "In light of the provincial government's refusal to engage Aboriginal Title through the decade old Wilson case," Grand Chief Phillip further stated "We have no choice but to defend the integrity of our Aboriginal Title within the Browns Creek Watershed by all legal means necessary".

Chief Fabian Alexis of the Okanagan Indian Band stated "If Tolko does obtain its injunction; this will seriously impact the Wilson case". Chief Alexis concluded by stating "I hope the judge makes the right decision on this matter. The Okanagan Nation will continue to defend our lands".

The BC Supreme Court is expected to issue a judgment with written reasons on December 4, 2009. In the meantime, Tolko has not agreed to refrain from logging until that decision and instead has moved more

equipment into the area in the last few days.

The Okanagan Nation Alliance is a political organization representing the seven (7) Okanagan bands with a mandate to protect and advocate for Okanagan Title, Rights and Lands.

- END RELEASE - 26/11/2009

For further information:

Grand Chief Stewart Phillip, ONA - (250) 490-5314; Chief Fabian Alexis, OKIB - (250) 306-2838

**Release ID:** 200911260004

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### **Quotes from *The Power of Positive Words* Newsletter by Phil Minnaar**

**Our aspirations are our possibilities. Samuel Johnson (1709 – 1784)**

**Achievement is largely the product of steadily raising one's level of aspiration and expectation. Jack Nicklaus**

**Well done is better than well said. Benjamin Franklin**

**You can't build a reputation on what you are going to do. Henry Ford**

**Do what you love and believe in and success will come naturally. Anonymous**

**In matters of style, swim with the current; In matters of principle stand like a rock. Thomas Jefferson**

**There is no education like adversity. Benjamin Disraeli**

**A man of character finds a special attractiveness in difficulty, since it is only by coming to grips with difficulty that he can realize his potentialities. Charles de Gaulle**

**You gain strength, courage and confidence by every experience in which you really stop to look fear in the face... You must do the thing you cannot do. Eleanor Roosevelt**

**They say courtesy is contagious. So why not start an epidemic? Anonymous**

**Coming together is a beginning. Keeping together is progress; Working together is success. Henry Ford**

**Think like a man of action. Act like a man of thought. Henri Bergsen**

**Sometimes the hardest person to forgive is yourself. But we should not be harder on ourselves than we would be on others. Anonymous**

**Think deeply, speak gently, love much, laugh often, work hard, give freely, pay promptly and be kind. Anonymous**

**I have strived not to laugh at human actions, not to weep at them, nor to hate them, but to understand them. Benedict Spinoze (1632 -1677)**

## UBCIC Congratulates Nlaka'pamux Playwright Kevin Loring on Governor General's Award in Drama

**News Release November 30, 2009**

The Union of BC Indian Chiefs (UBCIC) is proud to recognize the accomplishments of Kevin Loring, recipient of the 2009 Governor General's Award in Drama- English for his play *Where the Blood Mixes*. Loring is a member of the Lytton First Nation of the Nlaka'pamux Nation, and is an actor as well as a playwright. The play is set in the Lytton village of Kumsheen.

Grand Chief Stewart Phillip stated "The UBCIC recognizes the immense contribution of First Nations people who use literature, visual or performing arts as powerful mediums for expressing our vibrant culture and varied experience. It is our artists who best describe who we are and where we need to go."

*Where the Blood Mixes* tells the story of Floyd, a First Nations man preparing for a reunion with his daughter Christine, taken into care by social services two decades earlier. Floyd is deeply scarred from his residential school years, and must face the truth about his past in order to move forward in the present. He grapples with the guilt he feels about the loss of his daughter amidst the backdrop of the country's growing awareness about the abuse that First Nations experienced in residential schools. Through sharing his experiences, Floyd embodies one of the play's central themes, the healing power of storytelling.

"Our community is very proud of the dedication and growing public recognition of Kevin's work" said Chief David Walkem of Cooks Ferry Indian Band, Kevin's home community. "As communities, leaders and families we must support our youth to not only dream but to instill in them the hope and determination to achieve their dreams."

Loring worked on the play for nine years and has noted that the most important performance of the play took place in Lytton, among his family and friends at home. Importantly, the Vancouver premier of the play was on June 11, 2008, the day that the Canadian government apologized for the residential school system.

Grand Chief Phillip commented "In recognition of Kevin's achievements, the UBCIC has donated \$500 to Full Circle First Nations Performance where Kevin is a theatre instructor. We invite all communities to support and donate to their local Arts organization or program."

*Where the Blood Mixes* returns to Vancouver beginning February 25, 2010 until March 6, 2010, at the Firehall Arts Centre. Tickets are available now at the Firehall Arts Centre.

For further information:

Grand Chief Stewart Phillip, President

Phone: (250) 490-5314

<http://www.ubcic.bc.ca>

Full Circle First Nations Performance

<http://www.fullcircleperformance.ca/>



**For:** Nadleh Whut'en

**Contact:** Tara Marsden, Project Director for the Enbridge Pipeline, Nadleh Whut'en  
Primary Phone: 250-614-3317

**Date issued:** December 4, 2009, 15:26 e

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

### **Enbridge Review Panel Already An Infringement of Aboriginal Rights**

Fort Fraser, BC, PRESS RELEASE, Dec.04 /CCNMatthews/ - Today's announcement of the finalization of the Joint Review Panel Agreement for the proposed Enbridge Northern Gateway Pipeline is a step in the wrong direction and will not deliver the certainty sought by Enbridge and the federal government with respect to Aboriginal rights and title.

"People need to know that any project that enters this federal process has a more than 99% chance of getting approved," said Chief Larry Nooski. "To Nadleh Whut'en, this is not an open and transparent process, it is not real governance or decision-making, but it is a direct infringement of our constitutional right to Aboriginal governance."

Nadleh Whut'en has been proposing a parallel Aboriginal rights and title process for four years with both Enbridge and the federal government, both of whom have flat-out rejected the proposals. Recent court cases on Aboriginal rights have strongly indicated that there must be consultation on the review process itself, where large projects such as the Enbridge pipeline are concerned. The courts have also indicated that Aboriginal rights are not limited to hunting and fishing, but to governance over lands not ceded to the Crown.

"We want to send a clear message to potential investors in this project that the federal government cannot be trusted to properly address Aboriginal rights and title issues," said Nooski. "This blatant disregard for our traditional governance processes will continue to pose a major legal risk to the project's viability."

Nadleh Whut'en territory is located in the Northern interior of BC, between Fraser Lake and Babine Lake. The Enbridge pipelines propose to cross approximately 50km of Nadleh Whut'en territory, including a crossing of the Sutherland River, a significant habitat for numerous types of fish. Nadleh Whut'en environmental concerns are well documented in the 2006 Aboriginal Interests and Use Study (Carrier Sekani Tribal Council).

Chief Nooski concluded: "Our territory has never been surrendered to the Crown. We are seeking a true government-to-government process with the federal government for the review of the Enbridge project. We are prepared to defend our rights and title through all necessary means, including through the Canadian courts."

- END RELEASE - 04/12/2009

For further information:

Chief Larry Nooski, Nadleh Whut'en (250) 690-7211

**Release ID:** 200912040005

**For:** Carrier Sekani Tribal Council

**Contact:** Terry Teegee, Vice Tribal Chief, Carrier Sekani Tribal Council

Primary Phone: 250-640-3256

E-mail: [tteegee@cstc.bc.ca](mailto:tteegee@cstc.bc.ca)

**Date issued:** December 16, 2009, 10:34 e

**Attention:** Assignment Editor, Environment Editor, News Editor, World News Editor, Government/Political Affairs Editor

### **CSTC at Copenhagen: Canada's Dirty Oil Shame**

Copenhagen, Denmark, PRESS RELEASE, Dec.16 /CCNMatthews/ - Leaders and activists from around the world have been meeting in Copenhagen, Denmark since December 7, 2009 to discuss a new climate change agreement. Dubbed COP15, this United Nations Framework Convention on Climate Change (UNFCCC) is being considered one of the most important and historic meetings about climate change because our Earth is now facing imminent threat and we need to do something about it. Indigenous people are the first to feel the impacts of climate change because of their connection to their lands, which is why Vice Tribal Chief Terry Teegee has travelled to be part of the COP15 with other indigenous leaders.

"Our people have seen first hand what climate change is doing to our lands and culture. The mountain pine beetle infestation has adversely affected our forests and wildlife. It's impacted our food sources, traditional medicines and our way of life." Teegee continued, "The rights of indigenous people need to be included in the new climate change treaty. We've gathered in Denmark to say 'enough', we must be heard."

On Monday a protest was held at the Canadian Embassy in Copenhagen, Denmark to highlight the fact that Canada's tar sands production is the leading contributor to carbon emissions nationally. CSTC territories are directly impacted from the tar sands through the pipeline proposal being brought forward by companies like Enbridge. Teegee spoke to a crowd of activists with other First Nations from the Athabasca area as well as Council of Canadian activist Maud Barlow and Naomi Klein, the author of the "Shock Doctrine". "We've told the government and Enbridge that Dakelh people do not want their dirty oil going through our territories. The world knows that Canada is a climate criminal for allowing tar sands development to occur and yet they continue to allow it."

"There are no more excuses for emitting carbon. We have traditional and technological solutions already. What we need is more political will for a legally binding treaty that will see results and reverse the effects of climate change. Our forests have already been destroyed by the mountain pine beetle." Teegee noted.

"Our Elders have told us: Yun hughwuts'inli de, neghole', 'Take care of the land, and it will take care of you'." Teegee will be in Copenhagen until the end of COP15 and returns to his community along with other indigenous leaders from the Assembly of First Nations delegation that includes National Chief Shawn Atleo who is a special advisor to Prime Minister Harper.

- END RELEASE - 16/12/2009

For further information:

E-mail primary means of contact - [tteegee@cstc.bc.ca](mailto:tteegee@cstc.bc.ca); Carrier Sekani Tribal Council at COP 15 - <http://www.facebook.com/influencers#/group.php?gid=195046723995>

**Release ID:** 200912160001

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

**For:** Nlaka'pamux Nation Tribal Council

**Contact:** Chief Robert Pasco, Chair, Nlaka'pamux Nation Tribal Council

Primary Phone: 250-371-0775

**Date issued:** December 21, 2009, 19:24 e

**Attention:** Assignment Editor, City Editor, Environment Editor, News Editor, Government/Political Affairs Editor

## **Nlaka'pamux Challenges Approval of Cache Creek Landfill**

*Nlaka'pamux Nation Files Legal Challenge Over Approval of Cache Creek Landfill Annex*

Cache Creek, BC, PRESS RELEASE, Dec.21 /CCNMatthews/ - Chief Robert Pasco, chair of the Nlaka'pamux Nation Tribal Council ("NNTC"), announced that a legal challenge on behalf of the Nlaka'pamux Nation ("Nation") is being filed today in respect of the approval by the B.C. Ministry of Environment on August 31, 2009 of an annex to the Cache Creek Landfill ("Annex").

The Cache Creek Landfill is located southwest of the Village of Cache Creek, approximately 5 kilometres northwest of the Town of Ashcroft, and 330 kilometres northeast of Greater Vancouver, in an area critical to the interests of the Nation. The landfill receives up to 500,000 tonnes of municipal waste per year from Metro Vancouver, and is scheduled to reach capacity in 2010. The Annex would extend the life of the landfill into 2012.

Chief Pasco stated that the members of the Nation are deeply disappointed by the provincial government's continued failure to properly consult with the Nation regarding the Cache Creek landfill:

"The Cache Creek landfill was constructed over 20 years ago without any consultation with, or input from, the Nation. The Province approved the construction of the Annex after having but one meeting with us, during which they refused to discuss the impact of the existing landfill, and provided us with an internal report claiming that the landfill was not historically within our traditional territory. We were not provided with any funding to respond to that report, leaving us to commission our own report from respected historical geographer Dr. Ken Brealey of the University of the Fraser Valley, who has concluded that the landfill falls within territory used and occupied by the Nlaka'pamux and Sewempemc (Shushwap) Nations from the prehistoric period through to the present day. We do not believe that the Province's conduct in approving the Annex is consistent with the honour of the Crown and we will not sit idly by while decisions are made on our territory without proper consultation.

Chief Pasco added that the Nation is perplexed by the Province's refusal to sit down and talk about solutions to Metro Vancouver's garbage problem:

"The Nlaka'pamux Nation has a long history of seeking real, long-term solutions to Metro Vancouver's waste problems. Yet, as recently as last week, the Province continues to reject our offers to sit down and talk about solutions, preferring, it appears, to force First Nations to get a Court order before they will talk to us. We do not think that this is consistent with the New Relationship, and we intend to do whatever it takes to secure a fair and respectful outcome, including bringing the issue of Vancouver's garbage to the world's attention during the upcoming Olympic Winter Games."

Until the Province and Metro Vancouver acknowledge and address the historic infringement of the Nation's rights and title by the existing landfill, and engage with the Nation in a meaningful and respectful way, Chief Pasco expects protracted conflict over Metro Vancouver's garbage into the foreseeable future.

- END RELEASE - 21/12/2009

**Release ID:** 200912210004

This information was in The New York Times several weeks ago as part of their "Spotlight on the Home" series that highlighted creative and fanciful ways to solve common problems. (Emailed in to pass on)

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

50 Ways to Improve Your Health in Five Minutes or Less from [www.msn.com](http://www.msn.com)

1. Eating spinach can improve your eyesight.
2. Adding lemon to your green tea will help you get all the health benefits from it.
3. Adding raspberries to your diet can help stabilize your blood sugar and help prevent diabetes.
4. Eating a baked potato, especially with the skin, helps increase your potassium levels and decrease blood pressure.
5. Eating garlic can reduce your risk of prostate cancer by 50 percent.
6. Eating shrimp can increase your bone strength.
7. Cinnamon can be a natural appetite suppressant because it controls insulin spikes.
8. Antioxidants in olive oil have been shown to raise HDL, or good cholesterol, and lower LDL, or bad cholesterol.
9. Don't drink all of your calories.
10. Smaller portions do not always equal fewer calories.
11. Swap creamy salad dressing for salsa.
12. Use a flexible microfiber duster to clean the top of your refrigerator.
13. Water vapour from cooking can cause mould, so make sure to always turn the kitchen fan on.
14. Keep your cat off of counters and tables. It likes to jump on them, try putting sticky paper, aluminum foil or pepper on the surface because cats don't like them on their paws.
15. Don't vacuum more than once a week because vacuuming too much can stir up dust mites.
16. Always stand when you flush the toilet to avoid getting bacteria from the water on you.
17. Disinfect bathroom doorknobs and switch plates regularly.
18. Don't use your eye shadow or eyeliner brush with saliva.
19. Disinfect your electronics and office space regularly.
20. Clean make-up brush with vinegar to kill bacteria.
21. Use olive oil as a moisturizer.
22. To avoid medication mix-ups, paint the lids of your prescription bottles.
23. Keep birth control pills next to your toothbrush.
24. Know your family's medical history.
25. Have your baby wear sunglasses.
26. Use a sunscreen with zinc oxide or titanium dioxide.
27. Wet swimsuits can pose health hazards, so change out of your wet trunks as soon as possible.
28. Put your pillows in allergen-proof pillowcases.
29. For better health, sleep on your back or side.
30. Take a hot shower before bed.
31. Stretch your muscles by putting a pillow in the middle of the bed. Sit on the end of the bed, lean backwards so the pillow is placed squarely between your shoulders. Then hang your head over the end of the pillow and allow your arms to go out to your sides. Breathe deeply for 2 minutes.
32. Put your child on a sleep schedule.
33. Exercise toes to relieve high-heel pain.
34. Specialty flip-flops can help tone the body.
35. When doing crunches, place your tongue against the roof of your mouth to help prevent neck strain and ensure that your head is aligned properly.
36. Wipe down exercise equipment before and after each use to avoid catching or spreading germs.
37. When running on a treadmill, increase the speed or incline for a better workout.
38. Stay active during your rest period between sets at the gym by re-racking weights.
39. Squeeze your glutes when lifting weights overhead.
40. Use exercise balls to strengthen your core.
41. Plank exercises help burn calories.

42. Adjust your workspace to avoid carpal tunnel syndrome.
  43. Improve your fertility by quitting smoking.
  44. Clean music earbuds to avoid bacteria.
  45. Applying cool skim milk to sunburns helps to soothe the pain.
  46. Chew gum sweetened with xylitol.
  47. Adding cream or milk to coffee will dilute the dark stain coffee can leave and help keep your teeth a little whiter.
  48. Prevent tooth erosion by drinking a glass of water after drinking soda.
  49. Avoid wiping your eyes with your fingers. Use the inside of your shirt instead.
  50. Hugs help prevent heart disease.
- 

## **EU to set volume limits on MP3 players to limit risk of hearing loss**

BRUSSELS, Belgium - The EU says it will draft new technical standards to limit the volume of mobile music players.

EU Consumer Affairs Commissioner Meglena Kuneva says maximum sound levels on the popular gadgets are damaging and will lead to more hearing loss among young people.

She says the 27-nation bloc will impose new limits setting default safe noise levels for players such as iPods and those installed in cellphones. Manufacturers will also have to include "clear warnings" on risks involved in listening to MP3 players for extended periods of time at certain volume levels.

The proposed standards, announced Monday, would see new players include a maximum sound level default at 80 decibels.

## **1,400-pound bull escapes slaughterhouse, drags cops during 10-block run down city streets**

PATERSON, N.J. - Police say a 1,400-pound (635-kilogram) bull that escaped from a northern New Jersey slaughterhouse dragged officers with a lasso down a street and ran 10 blocks before being captured and sedated.

Chief John DeCando, spokesman for Paterson Police's animal control division, says the bull was being unloaded at ENA Meat Packing Inc. when it broke loose just before 8:30 a.m. Monday.

Police tried to corral the bull by lassoing a rope around the animal's neck, but it dragged officers down the street instead, The Record of Bergen County reported.

DeCando says traffic was light during the bull run.

Officers finally corralled the animal and DeCando was able to sedate it.

No injuries were reported. The bull was returned to the slaughterhouse.

From [oddnews@msn.com](mailto:oddnews@msn.com)

Above articles from [www.msn.com](http://www.msn.com)

## **Erectile Dysfunction: A Guy's Perspective**

Erectile dysfunction is a major downer (pun intended - talking about it gets easier, I promise). Honestly, if I could share my story with every guy on this planet whose sidekick has gone MIA, I would. I went through hell during a six-month journey of denial and avoidance, which nearly cost me my marriage. Spoiler alert: having ED is not the end of the world, and my advice is simple. Understand what you're going through (outlined below) and don't make the same mistakes I did (I like to call this wisdom of mine "the rebound ropes").

### **"Is it my job?"**

The first time he didn't rise to the occasion I was caught off guard. But I brushed it off right away because we all know the worst thing you can do is think about it. After the second and third times, I was terrified but kept busy attempting to convince my wife that I was still attracted to her (I am). All my excuses centered on job stress. I could tell she wasn't buying the "it's no big deal" cover. (Neither was I, but I was in denial.)

### **"Boy, I'm tired tonight."**

By night, I simply avoided the subject and therefore the deed (meanwhile even standby fantasies involving adult magazines failed to titillate). By day, I became Magnum PI, hunting down all the information I could on Web sites like [www.40over40.ca](http://www.40over40.ca).

### **"I'm half the man I used to be."**

Enter dark days. Who knew my sense of humour was dependant on my virility, and both were limp at best. Friends and family mentioned that I wasn't myself. I began to question my skills at work. Looking back, I couldn't concentrate on anything, and the things I used to enjoy were lackluster. Part of the problem was the needless sense of shame that shadowed me: If I couldn't talk about it with my wife, how could I talk about it with a doctor?

### **"What's up, doc?"**

My eight-year marriage was strained. Now I was worried about that, too. I knew I needed to face what was happening. When I did, I could see that I owed it to myself, and my wife, to get help. I opted for a direct approach with my doctor. When I said, "I have a problem getting it up," he was all business (why did I think he would laugh?). When he told me that 40% of men my age (over 40) have some degree of ED, and that it is treatable almost all of the time, I could feel the tension ooze out of me. I think I even cracked a joke during that conversation.

### **"Later that night..."**

After deciding to pursue the right treatment for me, and discussing it openly with my wife, let's just say we've never been closer. I'm not going to tell you that I'm cured, but I will say I really don't care. I am back to me, fully and completely. I can now have sex with my wife again. I only wished I'd confronted the situation sooner and saved myself the misery. I can't emphasize this enough: guys, your doctor is a miracle worker.



**Feast your eyes on this** from [SeniorsHealth@Medbroadcast.com](mailto:SeniorsHealth@Medbroadcast.com) by *Amy Toffelmire*

You've hopefully chosen to eat healthier for better cardiovascular health, improved mood and concentration, or to cut your cancer risk, but your eyes require certain nutrients to properly function, just like any other part of your body. Like the rest of your body, your eyes age and can be affected by your lifestyle choices and behaviours.

Your eyes are no stranger to the wear-and-tear of the normal aging process. In fact, *age-related macular degeneration* (AMD) is the leading cause of vision loss in older people. As a part of the eye called the *macula* (the part of the eye that allows you to see fine details) deteriorates over time, the vision can blur and become less clear.

Other eye conditions that are more likely to occur as you get older include *cataracts* (a clouding over the lens of the eye) and *glaucoma* (increased eye pressure that damages the nerves in the eye). People with diabetes may develop *diabetic retinopathy*, which involves changes in the blood vessels that deprive the retina of oxygen.

You may have heard that carrots are good for your eyes, but are there other foods you can add to your diet to support healthy vision?

Foods packed with antioxidants help to protect your eyes from oxidative damage. By eating **green, leafy vegetables** like kale, spinach, turnip and collard greens, broccoli, or Brussels sprouts, you'll feed your eyes hearty helpings of lutein and zeaxanthin. These two eye-friendly antioxidants have been linked to a decreased risk of cataracts.

Greens supply potent antioxidants and are a healthy addition to any diet, but they're not the only tasty lutein source. In one study, the lutein in lutein-enriched **eggs** was found to be more available for the body to use than the lutein in spinach. If you're egg-shy because of cholesterol concerns, talk to your doctor first before increasing your egg diet.

Eating 3 or more servings of **fruits** per day may protect you from a more serious form of macular degeneration. *Neovascular AMD*, also known as "wet" macular degeneration, often progresses rapidly and leads to greater vision loss than the "dry" form of the disorder.

Get into the swim and go nuts because the specific types of fat in **fish** and **nuts** have proven to be protective against the progression of age-related eye problems. High intake of dark meat (high in omega-3 fats) fish, like salmon, sardines, or mackerel, was especially helpful against cataract formation and AMD.

When it comes to **carbohydrates** and eye health, it's what you *don't* eat that matters. Some kinds of carbs break down very quickly after you eat them and are distributed through your body as glucose. These quick-release carbs are high on what's called the *glycemic index* and include foods like white bread, baked potatoes, popcorn, pure sugar, and watermelon. By reducing your intake of these kinds of carbs, you may also reduce your risk of AMD.

And what about **carrots**? Carrots are rich in beta-carotene, a nutrient our bodies convert to vitamin A, which is crucial for healthy vision. Vitamin A deficiency can cause night blindness and is the leading cause of blindness in children worldwide. If you eat plenty of **colourful fruits and veggies**, you should get all the beta-carotene you need. And eating tons of carrots won't improve your vision if you're already eating a healthy diet with sufficient vitamin A - it would just eventually turn your skin a yellowish orange! Keep an eye on your total health. **Strive to eat a nutritious and varied diet** to avoid cardiovascular disease, diabetes, obesity, and other risks that might threaten the health of your eyes.

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

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

**Phone: 1-250-286-9977  
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Coordinator: Donna Stirling  
Website: [www.bcelders.com](http://www.bcelders.com)  
Email:  
[bcelders@telus.net](mailto:bcelders@telus.net)**

**'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.**

**Murphy's Law**

1. If there is a worse time for something to go wrong, it will happen then.
2. If anything simply cannot go wrong, it will anyway.
3. If you perceive that there are four possible ways in which a procedure can go wrong and circumvent these, then a fifth way unprepared for, will promptly develop.
4. Left to themselves, things tend to go from bad to worse.
5. If everything seems to be going well, you have obviously overlooked something.
6. It is impossible to make anything fool-proof because fools are so ingenious.
7. Whenever you set out to do something, something else must be done first.
8. Every solution breeds new problems.
9. All warranties expire upon payment of invoice.
10. In case of doubt, make it sound convincing.
11. Anything good in life is either illegal, immoral or fattening.
12. If more than one person is responsible for a miscalculation, no one will be at fault.
13. There's never time to do it right, but there's always time to do it over.
14. Nothing is as easy as it looks.

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

**Happy! Happy! Birthday To All Elders Born in 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. Gets what they Want.

**PLEASE CHECK OUT OUR RE-VAMPED WEBSITE AT:  
[www.bcelders.com](http://www.bcelders.com)  
Including Grand Entry Photos from the Annual Elders Gatherings**

**ANNUAL BC ELDERS GATHERING INFORMATION CORNER**

**34th Annual BC Elders Gathering  
Dates July 13,14,15th 2010 (with registration beginning July 12th)  
Host: Adams Lake Indian Band  
And the Secwepemc Nation Bands  
Event Location: Sunwave Centre in Salmon Arm, BC  
For Info contact Karen Everard at PH: 250-679-8841**