

Volume 8 Issue 2

January 2008



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

Happy New Year to all!!

To have an application sent to you for the Residential School Settlement's Common Experience Payment please call Service Canada at 1-866-699-1742

32nd Annual BC Elders Gathering

July 7, 8, 9th 2008 (with early registration on July 6th, 2008)

Host: Friendship House Association of Prince Rupert

Address: 744 Fraser Street, Prince Rupert, BC, V8J 1P9

Phone: (250) 627-1717 Fax: (250) 627-7533

New Year's Reality Check

Another year, another chance

To start our lives anew;

This time we'll leap old barriers

To have a real breakthrough.

We'll take one little step

And then we'll take one more,

Our unlimited potential

We'll totally explore.

We'll show off all our talents

Everyone will be inspired;

(Hmm...while I'm writing this, I'm getting very tired.)

We'll give up all bad habits;

We'll read and learn a lot,

All our goals will be accomplished,

Sigh...or maybe not.

Oh well, Happy New Year anyway!

By Joanna Fuchs

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Easy Bakers Corner – Chocolate Macaroons — Makes 2 dozen

Line two baking sheets with foil. Lightly grease foil. Knead 1 cup of almond paste to soften. In food processor, or with an electric mixer, mix softened almond paste, 1/4 cup of unsweetened cocoa, 1 cup of granulated sugar, and 3 large egg whites. Beat on low speed until well blended.

Add 1/3 cup plus 2 Tbsp. of powdered sugar and 3 Tbsp. of all-purpose flour to almond paste mixture. Continue to beat until thoroughly mixed.

Drop batter by heaping teaspoons onto foil lined baking sheets (you will need to repeat this once again with remaining batter). Cover with plastic wrap. Chill for 30 minutes.

Remove plastic wrap.

Bake cookies at 300°F for about 25 minutes.

Remove foil **with** cookies. Lay on waxed paper. Let cool.

Peel off macaroons from foil.

Repeat with remaining batter.

Handy Tips:

1. Put a couple of marshmallows in with your brown sugar and it won't harden in the container.
2. You can use olive oil in place of shaving cream for your legs, or as conditioner for your hair, it is natural and has no additives.
3. For fluffy white rice, add 1 tsp. of lemon juice per quart of water.

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

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

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

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8th Year GRATITUDE LIST

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

- 1. Gingolx Elders**
- 2. Seton Lake Elders**
- 3. Assembly of First Nations (Ottawa)**
- 4. Mamalilikulla Qwe'Qwa'Sot'Em Band**
- 5. Nuuchahnulth Tribal Council**
- 6. Hamatla Treaty Society**
- 7. Hailika'as Heiltsuk Health Centre**
- 8. Qualicum First Nation Council**
- 9. Quatsino First Nation**
- 10. Tobacco Plains Indian Band**
- 11. Tansi Friendship Centre Society**
- 12. Tsleil-Waututh Nation**
- 13. Gitsegukla Band**
- 14. Bridge River Indian Band**
- 15. Vancouver Aboriginal Friendship Centre Society**
- 16. Sumas First Nation**
- 17. Tsawwassen First Nation**
- 18. BC Assembly of First Nation**
- 19. Osoyoos Indian Band**
- 20. Carnegie Community Centre Association**
- 21. Wuikinuxv Nation**
- 22. Mowachaht/Muchalaht**
- 23. Wewaikum First Nation**
- 24. Da'naxda'xw First Nation**
- 25. Tseycum First Nation**
- 26. Gitanyow Human Service**
- 27. Uchucklesaht Band Council**
- 28. Chehalis Indian Band**
- 29. In-SHUCK-ch Nation**
- 30. Wet'suwet'en First Nation**
- 31. Douglas First Nation**
- 32. Xaxli'p Indian Band**
- 33. BC Transmission Corporation**
- 34. Squiala First Nation**
- 35. Ts'kw'aylaxw Elders Society**
- 36. McLeod Lake Tse'khene Elders Society**

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 In-
voice for this year and faxed it back in to this
office, then thank you all very much, as it
saves office time on this end having received
a reply from you.**

***If you are in the process of paying the fee
with the new fiscal year upon us, then thank
you very much for your continued efforts!**

***Staff changes often occur, so please call into
the office if you require the Invoice to be re-
sent to a new Contact Person.**

Thank you for your continued support!

Donna Stirling, BCECCS Coordinator

Pedometers plus goals encourage weight loss and other health benefits Nov. 20th 2007

Provided by: The Canadian Press Written by: Carla K. Johnson, THE ASSOCIATED PRESS

CHICAGO - A \$20 fitness gadget stood up to multiple research studies, helping people walk an additional 1.5 kilometres each day - but only if they logged their steps. Those who did lowered their blood pressure and lost a few pounds, an analysis found.

Pedometers, also called step counters, clip to a belt or waistband and count the steps the wearer takes during the day. They range in price from \$5 to \$60, with simple yet reliable models costing around \$20.

The analysis found that increasing physical activity depended on setting a goal and keeping a diary of the number of steps walked each day, said co-author Dr. Dena Bravata of Stanford University. Her report appears in Wednesday's Journal of the American Medical Association.

"Every night, you write down how many steps you walked that day," she said. "By flipping back through your diary, you're able to see patterns: 'On the two days a week I took the stairs, I increased my steps.'"

Bravata, a practising internist, wanted to recommend pedometers to her patients. But she "really wanted to know if these little gizmos that now are increasingly popular worked."

She and her colleagues analyzed 20 studies from the United States and Canada and half a dozen from Japan, Europe and Australia. The average age of participants was 49, and 85 per cent were female because some studies targeted women. The total number of volunteers overall was more than 2,700.

The research showed that pedometer users increased their physical activity by about 27 per cent, walking about 1.5 kilometres more a day than they did before they started their step-counting routines. Most of the studies established a baseline by asking these walkers not to change their usual activity while wearing a sealed pedometer, that is, one where they couldn't see the number of steps, for three to seven days.

On average, the volunteers lost a few pounds. And their blood pressure dropped enough to lower their risk for stroke and heart disease, Bravata said. Keeping a step diary was key; those who didn't do that showed no significant increase in walking. Pedometer users who didn't have a step goal also failed to increase their physical activity.

A Japanese fitness movement sets a goal of 10,000 steps, but more modest goals also worked to increase activity, Bravata said. It's still unclear whether the effects are long-lasting, she said. The studies followed patients, on average, 18 weeks.

There were lasting effects for Marcy Ross, 54, an encyclopedia editor from Great Barrington, Mass. She has clocked more than three million steps since putting on a pedometer 2 1/2 years ago and has lost "five to 10 extra pounds."

"It's the best thing I ever did," Ross said. Recording her steps on the website of the non-profit group America on the Move inspires her to walk instead of drive when doing errands and to get up to talk to a co-worker rather than send an e-mail.

Dr. David Bassett Jr. of the University of Tennessee praised the analysis for pulling together what's known about pedometers and fitness. Bassett has done pedometer research, but was not involved in the new analysis. "This puts us on firmer ground in saying what we know about the use of pedometers in changing behaviour," Bassett said. The analysis was supported by a grant from the National Institute on Aging.

First Nations to Shine World Climate Change Spotlight on Northern Boreal Forest Crisis

News Release - FOR IMMEDIATE RELEASE November 30, 2007

Coast Salish Traditional Territory (Vancouver) - Canadian First Nations, who are already on the front lines of the devastation being caused by climate change, will be asserting their voice at meetings being held during the United Nations Conference of the Parties (COP 13) talks in Bali next month.

Dave Porter, a member of the First Nations Summit political executive and BC First Nations Leadership Council has been invited to attend and deliver a presentation at a major side meeting on the state of the Boreal forest. He will use the opportunity to talk about the climate-change induced pine-beetle crisis in BC's interior and Boreal forest. This threatens to rival disasters in other major forested areas of the world, such as the rapid destruction of Amazon rain forests, but has yet to gain the same level of international awareness.

"As stewards of the land, First Nations have a leading role to play in responding to the global climate change crisis that they had no hand in creating, but for which they are now among the first to be paying the price," Mr. Porter said.

"The COP 13 talks in Bali and the side meetings on forests are a chance for us to share our experience and ideas with delegations from around the world, to learn from others, and to establish ourselves clearly as participants in the battle to respond to climate change."

Mr. Porter, who leaves for the Bali conference on Monday, will take to the international audience the story of the devastation now being caused to BC's interior and Boreal forests by climate change.

His presentation will include a report of the rapid colonization of the BC Interior by the mountain pine beetle which has flourished because of climate change and has already destroyed more than ten million hectares of old-growth pine – an area that would swallow countries like Portugal or South Korea.

It has created a natural disaster that dwarfs any seen before in the province and is growing worse by the day. The BC Interior is now filled with immense regions of dead and dying forest, creating a massive tinderbox just waiting for a spark to literally set it ablaze. It has now crossed eastward over the Rocky Mountains, infesting more pine, and this devastation is poised to spread through Canada's boreal forests from coast to coast.

The pine beetle infestation is already so entrenched that there is no hope of reversing the damage in the short-term. For now, the priorities are the adaptation and survival of the 103 First Nations communities in the midst of this disaster whose cultures and livelihoods are now in jeopardy, and containment to prevent the destruction from spreading to the rest of Canada's Boreal Forests.

Mr. Porter will be using the Bali Conference to network with other indigenous groups, environmental and conservation organizations and others to share information and ideas, and to engage the Canadian government's official delegation to the conference.

"This is our land, as the courts have yet again confirmed in the this month's historic Tsilhqot'in Nation v. BC ruling by the BC Supreme Court, and we must and will be a part of the discussions to find solutions and of the solutions themselves," said Mr. Porter.

Mr. Porter also noted the UN recently adopted the Declaration on the Rights of Indigenous Peoples – and Bali is an opportunity for that Declaration to begin delivering results.

“It is my hope, that, even though the Canadian government sadly chose to be among only four nations who voted against this declaration, it will now demonstrate political will and leadership and work with Canada’s Aboriginal leaders to respect and implement the principles and intent of the Declaration”, Mr. Porter said.

“We believe that there are opportunities for Canada to work with First Nations to conserve large areas of northern Boreal forest which remains intact, securing vital habitat for forest-dwelling species whose southern ranges are being devastated and storing carbon for the long-term.

“I am going to Bali to assert our First Nations voice and to champion our role in the urgent and pressing battle that we and the rest of the world are all already losing – the war to turn around the devastating march of climate change,” Mr. Porter said.

-30-

The First Nations Leadership Council is comprised of the political executives of the First Nations Summit, Union of BC Indian Chiefs and the BC Assembly of First Nations. 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
Dave Porter, 778-772-8542

Flu and Cold **The difference between influenza and the common cold**

Both influenza and the common cold are viral respiratory infections (they affect the nose, throat, and lungs). Viruses are spread from person to person through airborne droplets that are sneezed out or coughed up by an infected person. In some cases, the viruses can be spread when a person touches an infected surface (e.g., doorknobs, countertops, telephones) and then touches his or her nose, mouth, or eyes. As such, these illnesses are most easily spread in crowded conditions such as schools.

Influenza is commonly referred to as "the flu." Between October and March each year, between 10% and 40% of people are stricken with influenza. Although most people recover fully, the flu causes approximately 7,000 deaths annually in Canada, mostly among high-risk populations (people with other medical conditions or weakened immune systems, the elderly, or very young children). There are three types of influenza viruses: A, B, and C. Type A influenza causes the most serious problems in humans.

There are over 200 different known cold viruses, but most colds (30-40%) are caused by rhinoviruses. In Canada, the peak times for colds are at the start of school in the fall, in mid-winter, and again in early spring. Children catch approximately eight colds per year, adults catch roughly four per year, and seniors about two per year.

Many people confuse the flu with a bad cold. The following table highlights the differences between influenza and the common cold:

Symptom	Flu	Cold
Fever	Usually present, high (102-104°F or 38-41°C); lasts 3-4 days	Uncommon
Headache	Very common	Uncommon

Aches and pains	Common and often severe	Slight
Fatigue and weakness	Can last up to 14-21 days	Mild
Extreme exhaustion	Very common at the start	Never
Stuffy nose	Sometimes	Common
Sneezing	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate, hacking cough

People infected with an influenza or cold virus become contagious 24 hours after the virus enters the body (often before symptoms appear). Adults remain infectious (can spread the virus to others) for about 6 days, and children remain infectious for up to 10 days.

Article from Medbroadcast.com

God's Boxes

*I have in my hands two boxes,
Which God gave me to hold.
He said, 'Put all your sorrows in the black box,
And all your joys in the gold. '*

*I heeded His words, and in the two boxes,
Both my joys and sorrows I stored,
But though the gold became heavier each day,
The black was as light as before.*

*With curiosity, I opened the black,
I wanted to find out why,
And I saw, in the base of the box, a hole,
Which my sorrows had fallen out by.*

*I showed the hole to God, and mused,
'I wonder where my sorrows could be!'
He smiled a gentle smile and said,
'My child, they're all here with me.. '*

*I asked God, why He gave me the boxes,
Why the gold and the black with the hole?
'My child, the gold is for you to count your blessings,
The black is for you to let go. '*

Honey seems to calm children's coughs in 1-night study, research shows Dec. 03, 2007

Provided by: The Canadian Press

Written by: Carla K. Johnson, THE ASSOCIATED PRESS

CHICAGO - A teaspoon of honey before bed seems to calm children's coughs and help them sleep better, according to a new study that relied on parents' reports of their children's symptoms.

The folk remedy did better than cough medicine or no treatment in a three-way comparison. Honey may work by coating and soothing an irritated throat, the study authors said.

"Many families are going to relate to these findings and say that grandma was right," said lead author Dr. Ian Paul of Pennsylvania State University's College of Medicine.

The research appears in December's Archives of Pediatrics and Adolescent Medicine.

Federal health advisers have recently warned that over-the-counter cough and cold medicines shouldn't be used in children younger than six, and manufacturers are taking some products for babies off the market.

Three pediatricians who read the study said they would tell parents seeking alternative remedies to try honey. They noted that honey should not be given to children under age one because of a rare but serious risk of botulism.

For the research, researchers recruited 105 children with upper respiratory infections from a clinic in Pennsylvania. Parents were given a paper bag with a dosing device inside. Some were empty. Some contained an age-appropriate dose of honey-flavoured cough medicine containing dextromethorphan. And some contained a similar dose of honey.

The parents were asked about their children's sleep and cough symptoms, once before the bedtime treatment and once after. They rated the symptoms on a seven-point scale.

All of the children got better, but honey consistently scored best in parents' rating of their children's cough symptoms.

"Give them a little time and they'll get better," said Pat Jackson Allen, a professor at Yale University School of Nursing.

The study was funded by a grant from the National Honey Board, an industry-funded agency of the U.S. Department of Agriculture. The agency had no influence over the study design, data or results, Paul said.

ChildrensHealth@Medbroadcast.com

Provided by: The Canadian Press Written by: THE CANADIAN PRESS

SASKATOON - Canada's secretary of state for seniors says elder abuse is not something people like to acknowledge takes place.

Marjory LeBreton made the comment Friday as federal, provincial and territorial ministers for seniors wrapped up a day-and-a-half meeting in Saskatoon with a commitment to work together to address the problem. LeBreton says elder abuse can include physical isolation or financial scams involving strangers or even members of a senior's own family.

Estimates suggest between four and 10 per cent of seniors are mistreated - almost all of them women.

Senior women living alone have an average income of \$19,000 a year, and face poverty rates 10 times greater than senior couples.

The Conservative Harper government said in its throne speech in October that it intends to introduce new measures to fight elder abuse.

Article from SeniorsHealth@Medbroadcast.com

Provided by: The Canadian Press Written by: Lauran Neergaard, THE ASSOCIATED PRESS

WASHINGTON - Too little milk, sunshine and exercise: it's an anti-bone trifecta. And for some kids, shockingly, it's leading to rickets, the soft-bone scourge of the 19th century.

But cases of full-blown rickets are just the red flag. Bone specialists say possibly millions of seemingly healthy children aren't building as much strong bone as they should - a gap that may leave them more vulnerable to bone-cracking osteoporosis later in life than their grandparents are.

"This potentially is a time-bomb," says Dr. Laura Tosi, bone health chief at Children's National Medical Center in Washington.

Now scientists are taking the first steps to track kids' bone quality and learn just how big a problem the anti-bone trio is causing, thanks to new research that finally shows just what "normal" bone density is for children of different ages.

Dr. Heidi Kalkwarf of the Cincinnati Children's Hospital led a national study that gave bone scans to 1,500 healthy children ages six to 17 to see how bone mass is accumulated. The result, published last summer: the first bone-growth guide, just like height-and-weight charts, for pediatricians treating children at high risk of bone problems.

Next, the government-funded study is tracking those 1,500 children for seven more years, to see how their bones turn out. Say a seven-year-old is in the 50th per centile for bone growth. Does she tend to stay at that level by age 14, or catch up to kids with denser bones? If not, is she more prone to fractures?

Ultimately, the question is what level is cause for concern.

"I don't know if we're raising a population that's going to be at risk" for osteoporosis, Kalkwarf cautions. "It's really hard to know what the cutoff is, how low is too low."

But almost half of peak bone mass develops during adolescence, and the concern is that missing out on the strongest possible bones in childhood could haunt people decades later. By the 30s, bone is broken down faster than it's rebuilt. Then it's a race to maintain bone and avoid the thin bones of osteoporosis in old age.

"There's some early data showing that even a 10 per cent deficit in your bone mass when you finish your adolescent years can increase your potential risk of having osteoporosis and fractures as much as 50 per cent," says Dr. James Beaty, president of the American Academy of Orthopaedic Surgeons.

Already there's evidence that U.S. children break their arms more often today than four decades ago - girls 56 per cent more, and boys 32 per cent more, according to a Mayo Clinic study.

Kalkwarf's hospital recently found that kids who break an arm have lower bone density than their playmates who don't. That suggests the fracture rise isn't due solely to newer forms of risky play, like inline skates.

And last year, government researchers found overweight children were more likely to suffer a fracture, even though theoretically their bones should be harder from carrying more weight. Maybe they have poorer balance; maybe they fall harder. Kalkwarf says there even are hints that fat itself may produce bone-harming substances.

Doctors have long known that less than a quarter of adolescents get enough calcium. But strong bones require more than calcium alone. Exercise is at least as important. Consider: the dominant arm of a tennis player has 35 per cent more bone than the non-dominant arm.

And Canadian researchers recently reported that postmenopausal women who had exercised more as teens had eight per cent stronger bone decades later than their more sedentary counterparts.

Yet childhood exercise is dropping as obesity rises. Likewise, the body can't absorb calcium and harden bones without vitamin D. By some estimates, 30 per cent of teens get too little.

It's not just that they don't drink fortified milk. Bodies make vitamin D with sunlight. With teen computer use, urban youngsters without safe places to play outdoors and less school P.E., it's no wonder D levels are low. Because skin pigment alters sun absorption, black children are particularly at risk.

Rickets marks the worst deficiency, where bones become so soft that legs literally bow. Rickets was once thought to have been eradicated with milk fortification, but "I am now treating rickets in a way that I never treated it 20 years ago," says Tosi, who diagnoses rickets or super-low D levels in children every month at a bone clinic she runs for mostly inner-city children.

Doctors who've never seen rickets can miss it. Charlene Bullock repeatedly asked her five-year-old's doctor why his leg was bending inward and he could no longer run with his playmates. It took a trip to Tosi's special clinic to learn Na-shun had rickets - the once energetic child had quit running because his bones ached like an old man's.

Fortunately, rickets caught early is easily cured with high-dose infusions of vitamin D and calcium, and Bullock's son quickly rebounded. "He's doing everything with that little leg." It's the kids whose low vitamin D hasn't gotten quite bad enough for symptoms that Tosi most worries about. They may never get treated.

Article is from WomensHealth@Medbroadcast.com

First Nations Leadership Council calls for full implementation of "Jordan's Principle"

For Immediate Release - December 12, 2007

Coast Salish Territory/Vancouver - The First Nations Leadership Council is urging the federal and provincial governments to take immediate steps to implement Jordan's Principle, a motion (M-296) which was passed unanimously in the House of Commons today.

Jordan's Principle involves a "child first" approach to resolving jurisdictional disputes regarding the provision of services to Status Indian children. The principle supports a system where the government of first contact assumes primary economic responsibility for the child's health care.

"The health and well-being of our children who require health care must be at the forefront. The federal and provincial governments must take immediate steps to implement Jordan's Principle to ensure that our children are no longer the victims of a jurisdictional dispute between bureaucracies", said Grand Chief Edward John of the First Nations Summit political executive.

"It is entirely unacceptable that the health and lives of First Nations children should be put at risk over jurisdictional wrangling about which government has the financial responsibility to cover health care costs. Nor is it acceptable that First Nations parents should be forced to put their children into care in order to receive proper health care", said Regional Chief Shawn Atleo of the BC Assembly of First Nations. "We welcome the federal government's adoption of Jordan's principle. If the principle is to be truly effective, participation of all the provinces is required."

"These petty jurisdictional disputes are far too common and costly to the health of our children," said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. "We cannot afford the bickering and quibbling of government bureaucracies when a child's care is at risk. We demand the Federal Government to immediately implement the Jordan's Principle."

Background

The NDP Member for Nanaimo-Cowichan, Jean Crowder, introduced motion (M-296) in support of Jordan's Principle to the House of Commons.

Under this principle, where a jurisdictional dispute arises between two government parties (provincial/territorial or federal) or between two departments or ministries of the same government, regarding payment for services for a Status Indian child which are otherwise available to other Canadian children, the government or ministry/department of first contact must pay for the services without delay or disruption. The paying government party can then refer the matter to jurisdictional dispute mechanisms.

Jordan's Principle was named after a young First Nations child with a rare neuromuscular disorder who spent his short life in hospital while governments disagreed over who would pay for his at-home care. While the jurisdictional dispute was settled shortly after Jordan's fourth birthday in hospital, he passed away before he could live in a family home.

The Principle stems from the findings of the First Nations Child & Family Caring Society of Canada ("FNCFCS") contained in the report *Wen:De, We are Coming to the Light of Day* (2005).

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

YOU'RE BANK ACCOUNT

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window.

'I love it,' he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

'Mr. Jones, you haven't seen the room; just wait.'

'That doesn't have anything to do with it,' he replied.

'Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged .. it's how I arrange my mind. I already decided to love it. 'It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away. Just for this time in my life.

Old age is like a bank account. You withdraw from what you've put in.

So, my advice to you would be to deposit a lot of happiness in the bank account of memories! Thank you for your part in filling my Memory bank. I am still depositing.' Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Power outage kits help British Columbians prepare for storm season - Canada Wide - November 7, 2007

VANCOUVER – A unique partnership between BC Hydro and St. John Ambulance will help British Columbians better prepare for winter storms by offering St. John Ambulance “Ready Kits” at a discounted price. Customers will save twenty dollars off the regular retail price for emergency kits prepared by St. John Ambulance.

“This Emergency Preparedness initiative, in partnership with BC Hydro, is about raising emergency preparedness awareness in communities throughout British Columbia,” said Larry Odegard, St. John Ambulance’s CEO. “We want to focus on educating people about the importance of personal preparedness at home and in the workplace.”

“A kit with the necessary supplies can make a huge difference during a power outage,” said Bob Elton, BC Hydro’s president and CEO. “After last year’s unprecedented storm season, BC Hydro has been making significant investments to better prepare our system for outages. We are also working to increase customer awareness of what to do in case of a power outage and help people be more prepared if there is an extended outage.”

The “Ready Kits” are available from participating retailers and local St John Ambulance offices and contain emergency supplies for 72 hours, including a hand-cranked flashlight and radio, a 30-piece first aid kit, three day supply of food and water (for one person), an emergency thermal blanket, a family preparedness planning guide, as well as other supplies recommended by St. John Ambulance during an outage. They also include important contact information for BC Hydro’s 1-888-POWERON to report power outages and fallen lines.

In addition to a storm kit, BC Hydro recommends customers:

- Have a corded phone since most cordless phones will not work during a power outage.
 - Listen to local radio for the most up to date information on restoration times.
- Call 1-888-POWERON if they spot a fallen power line. Fallen lines should never be approached and individuals should stay at least 10 metres or 33 feet back. Always assume lines and anything they are in contact with, are energized.
- Never use a gas-powered home generator or barbeque indoors as these present a serious threat of deadly carbon monoxide poisoning.

During the 2006-2007 storm season, more than 800,000 BC Hydro customers, or an estimated 1.6 million residents, experienced at least one power outage. BC Hydro has been working to improve the resiliency of the system to decrease the frequency and duration of such outages and is spending up to \$250 million over the next five years to harden circuits, manage hazard vegetation around lines and improve customer communications.

-30-

For more information visit BC Hydro's website www.bchydro.com or St. John Ambulance's website www.sja.ca

Contacts:

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Karen White / Dave Frank
Emergency Program Manager / Director-Marketing and Public
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**Union of
British Columbia
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**FIRST
NATIONS
SUMMIT**

1200 - 100 Park Royal South
West Vancouver, BC V7T 1A2
Tel: 604-926-9903, Fax: 604-926-9923
Toll Free: 1-866-990-9939
www.fns.bc.ca



British Columbia
Assembly of
First Nations

507 - 100 Park Royal South
West Vancouver, BC V7T 1A2
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www.bcafn.ca

Xeni Gwet'in Court Decision

On November 21, the Supreme Court of British Columbia handed down its decision in the case of *Tsilhqot'in v. British Columbia*. Chief Roger William, on behalf of all Xeni Gwet'in and Tsilhqot'in people, brought the suit forward in 1990. In his reasons for decision, BC Supreme Court Justice Vickers found that Aboriginal title does exist in the Tsilhqot'in territory. The First Nations Leadership Council fully welcomes and champions this decision - emphasizing that the Tsilhqot'in people have aboriginal rights, including the right to trade furs to obtain a moderate livelihood, that BC's *Forest Act* does not apply within Aboriginal title lands, that BC has infringed the Aboriginal title and rights of the Tsilhqot'in people and has no justification for doing so, that Canada has unacceptably denied and avoided its constitutional responsibility to protect Aboriginal lands and rights and finally that BC has been violating Aboriginal title in an unconstitutional and therefore illegal fashion ever since it joined Canada in 1871.

For more information go to:
www.woodwardandcompany.com/
www.blakes.com/english/view.asp?ID=1902

Strategic Planning Session

On Nov. 27-29, the FNLC hosted a three day strategic planning session in North Vancouver, which was attended by over 120 First Nations leaders from across British Columbia. This session was an opportunity for First Nations leaders to examine and discuss the important *Tsilhqot'in Nation v. BC* decision and to develop a unified strategy for the recognition of Aboriginal Title.

During the session, First Nations leaders issued and signed a declaration entitled "*All Our Relations*" A Declaration of the *Sovereign Indigenous Nations Of British Columbia*, affirming Aboriginal

Title to their respective traditional territories across British Columbia. The preamble states the following:

We, the Indigenous leaders of British Columbia, come together united and celebrate the victory of the Tsilhqot'in and Xeni Gwet'in peoples in securing recognition of their Aboriginal title and rights – and all those Indigenous Nations and individuals that have brought important court cases over the years resulting in significant contributions in the protection and advancement of Aboriginal title and rights, including the Nisga'a, Gitksan, Wet'suwet'in, Haida, Taku River Tlingit, Musqueam, Heiltsuk and Sto:lo - shining light on the darkness of years of Crown denial of our title and rights. After pursuing different pathways, we now come together to make this solemn Declaration out of our common desire to be unified in affirming our Aboriginal title.

**10th Anniversary of
Delgamuukw/Gisday'wa Decision**

December 11 was the 10th anniversary of the land-mark Delgamuukw/Gisday'wa decision. The decision is viewed by many to be the most significant court decision since the Calder decision in 1974. Delgamuukw/Gisday'wa greatly added to the legal groundwork for significant court rulings like *Haida*, *Taku River Tlingit* and *Tsilhqot'in*. Collectively, these judgments have made it clear that governments have an obligation to consult with First Nations when decisions related to Crown land impacts Aboriginal Title and Rights.

Satsan (Herb George) President of the National Centre for First Nations Governance stated in a release commemorating the anniversary "For far too long, the spirit in the land was not respected. Our traditions were not respected. We, as the original inhabitants of this land, were not respected. With this decision, and others like it, we have won the recognition that we rightfully deserve. And with this recognition, we can

continue to instill memories of hope and a legacy of victory into our future generations of First Nation leaders.”

For more information go to:

www.fngovernance.org/news/comme nt_satsandelg10.htm
www.grantnative law.com/pdf/Delgam uukw_Ten.pdf

FNLC denounces tasteless comedy routine about victims of Pickton

The FNLC joined with the families of Robert Pickton’s victims in denouncing a tasteless and inconsiderate comedy routine by Vancouver comedian Richard Lett. In a six minute video posted on YouTube, Lett performs a song about the Pickton case. During the song, Lett sings about the victims to the tune of the old and racially insensitive nursery rhyme "Ten Little Indians".

"It is shocking to think anyone would trivialize and make light the heinous crimes of William Pickton a part of a comedic routine", said Chief Judith Sayers of the First Nations Summit political executive.

BC Assembly of First Nations Regional Chief Shawn Atleo stated "Mr. Lett may try to defend his display of poor taste as social commentary, but the despicable crimes of Robert Pickton and his victims are not something to be made fun of, nor is a comedy club the kind of forum to make commentary"

"I am absolutely astounded that anyone would sink low enough to actually attempt to joke about William Pickton's depraved and horrible acts of murderous violence against women. Such callous disregard is exactly why so many women are missing in the Downtown Eastside and along the Highway of Tears" said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs.

The FNLC calls on Mr. Lett to immediately issue an apology to the families of Pickton’s victims and

remove the offensive song from his act.

UN Declaration on the Rights of Indigenous Peoples

On September 13, the United Nations General Assembly adopted the Declaration on the Rights of Indigenous Peoples. Fundamental rights which have been upheld in this Declaration include the inherent rights related to our traditional lands, territories and natural resources, our self-determination, our unqualified recognition as Peoples, our own cultures, languages and identities.

The FNLC and the AFN will be hosting a conference on February 19-21 to raise awareness about the Declaration and counter the misconceptions advanced by the Canadian government.

For more information go to:

www.un.org/esa/socdev/unpfii/en/declaration.html

UN Climate Change Conference

Dave Porter, member of the FNS Task Group and FNLC, attended the recent UN Climate Change Conference in Bali. He was there to deliver a report on the rapid colonization of the BC Interior by the mountain pine beetle which has thrived due to climate change and has already destroyed more than ten million hectares of old-growth pine – an area that would swallow countries like Portugal or South Korea.

During his time at the Conference, Mr. Porter spent time meeting with numerous Indigenous groups, environmental and conservation organizations and others to share information and ideas.

For more information go to:

www.un.org/climatechange/

Federal Engagement

On October 26, 2007, the FNLC met with Minister of Indian and Northern Affairs, Hon. Chuck Strahl and the Minister of Aboriginal Relations and Reconciliation Hon. Michael de Jong.

The parties have committed to continue to meet with future tripartite

sessions having a particular focus on improving policy (i.e. Comprehensive Claims Policy, Specific Claims Policy, Inherent Right of Self-Government Policy), processes (i.e. negotiations processes), and quality of life (i.e. education, children and families, housing, etc.) issues.

New Relationship

In the New Relationship, commitments were made to a new government-to-government relationship based on respect, recognition and accommodation of aboriginal title and rights and to reconciliation of Aboriginal and Crown titles and jurisdictions. First Nations and the Province also agreed to establish processes and institutions for shared decision-making about the land and resources and for revenue and benefit sharing. The New Relationship acknowledges that aboriginal title includes the inherent right for the *community* to make decisions as to the use of the land.

On September 20th, the FNLC and the Province of BC issued a Joint Statement on the New Relationship highlighting that the Province and FNLC are undertaking work to develop frameworks and tools to assist the Province and BC First Nations to implement the New Relationship. The FNLC and Province respect First Nations autonomy and recognize that First Nations are the holders of Aboriginal Title and Rights. The purpose of the New Relationship is to bring about policy changes and set a course forward that will be of benefit to all First Nations.

The New Relationship must not be used as an excuse not to engage with First Nations directly and the policy level discussions are not intended to impede upon or displace First Nations negotiations with the Crown. In fact, these community-level government-to-government negotiations provide valuable insights and guidance to broader discussions.

Each First Nation has the right to a government-to-government

relationship with the Crown, and the authority to enter into negotiations and agreements to suit the unique circumstances of the community.

For more information go to:

www.ubcic.bc.ca/News_Releases/UBCICNews09210701.htm

New Relationship Working Groups

A joint FNLC-BC Recognition Working Group is tasked with the main deliverables from the New Relationship document – producing principles & mechanisms for: recognition & Honour of the Crown, consultation/accommodation, shared decision-making, revenue & benefit sharing, and other matters. This group is currently focused on Recognition legislation as the first priority.

Other working groups achieving progress under the New Relationship include the Resolutions Strategy Side Table; Telling Our Stories Committee; Crown Land Allocation Framework Working Group; Aquaculture Working Group; Working Group on First Nations Heritage Conservation and the Ecosystem Stewardship Planning Working Group.

AFN strongly denounces and opposes BC Mining Industry's Kemess North campaign

The Assembly of First Nations has unanimously passed a resolution entitled, "Confronting BC Mining Industry's Kemess North Campaign" at the AFN Special Chiefs Assembly in Ottawa this week. The resolution was passed by the Chiefs in response to the BC mining industry's mail out of a letter and brochure to all BC mayors, MLA's, and MP's in November asking them to write letters to the provincial and federal governments in support of Northgate Minerals' Kemess North Mine.

Northgate Minerals' controversial Kemess North Mine project was recently rejected by a joint federal-provincial environmental assessment review panel because it was deemed not to be in the public interest, as it would result in the destruction of Amazay Lake, which is of cultural

significance to First Nations in the area.

Fisheries

A key item in the BC First Nations Fisheries Action Plan is the establishment of a BC First Nations Fisheries Council. The FNLC faxed a request for applicants to all BC bands. Having reviewed the received applicants, the FNLC appointed the following individuals to the Fisheries Council: Percy Starr (Kitasoo); Chief Allan Claxton (Tsawout First Nations); Michelle Corfield (Nuu-chah-nulth Tribal Council); Grand Chief Doug Kelly (Sto:lo Tribal Council); Howie Wright (Okanagan Nation Alliance); Chief Thomas Alexis (Tl'azt'en Nation). The first meeting of the Fisheries Council will take place in mid-January.

Housing and Infrastructure

The FNLC is working with federal and provincial governments to develop a high-level Memorandum of Understanding on Housing and Infrastructure. This MoU will commit the Parties to work collaboratively to develop interlinked on- and off-reserve housing and infrastructure strategies.

Economic Development

The FNLC hosted a meeting in July to discuss BC First Nations economic development and human resource development. The meeting was attended by federal and provincial governments, First Nations representatives, and the business community. This group agreed to explore the signing of a Memorandum of Understanding to establish an Economic Development Partners Group – an advisory body on First Nations economic development. A small working group has been struck to develop this MoU and a framework for a province-wide BC First Nations Economic Development Strategy.

A draft outline of the BC First Nations Economic Development Strategy has now been completed, and BC First Nations are invited to review and discuss this draft at regional forums through the fall/winter. Chiefs,

Councils and economic development officers are encouraged to attend these important sessions in order to provide input into the development of a province-wide economic development strategy. Based on the feedback from these sessions, a more comprehensive draft will be developed and reviewed by BC First Nations at an Economic Development Forum which will be held in February 2008.

Health

The First Nations Health Council is currently developing workplans and budgets pursuant to the *Transformative Change Accord: First Nations Health Plan* and the *Tripartite First Nations Health Plan*. Priority areas for this year include: community health plans; governance structure for First Nations health in BC; mental health and addictions (including healing residential school traumas); e-health; and chronic disease management (including a First Nations ActNow program). Community engagement is also a key priority, and dialogue sessions are now being held throughout the province.

Forestry

The Board of Directors of the First Nations Forestry Council has been reconfigured as follows: one appointment by the BCAFN; three by the FNS; and three by the UBCIC. The Board is composed of the following individuals: Chief David Walkem; Chief Eric Joseph; Chief Mike Retasket; Chief Bill Williams; Leonard Thomas; Harley Chingee; and Dave Porter.

The First Nations Forestry Council will hold a province-wide Forestry Forum on March 11-13, 2007 to develop a *BC First Nations Forestry Action Plan*. Please visit www.fnforestrycouncil.ca for further information.

Frank Paul Inquiry

In February of 2007, the Solicitor General of British Columbia announced that there would be a full public inquiry relating to the death of Frank Paul in December of 1998. Mr. Paul, a First Nations man of Mik'maq

descent, died of hypothermia in an alley in the downtown eastside of Vancouver after being released there by a member of the Vancouver Police Department.

Since the announcement of this inquiry, the First Nations Leadership Council has been in constant contact with both the Solicitor General and Attorney General of BC. The FNLC has been granted participant status and will be actively involved in the inquiry until its conclusion.

The Frank Paul inquiry began on November 13, 2007 and is expected to run well into 2008. The final report and recommendations are to be presented to the Attorney General no later than May 31, 2008. Updates on the Frank Paul inquiry can be found at the website www.frankpaulinquiry.ca.

FNLC Meeting Notes

At the recommendation of First Nations, this section of the information bulletin is to describe FNLC discussion and meetings.

- FNLC has developed a template Declaration / Protocol to sign with First Nations organizations to improve coordination and collaboration on all matters
- FNLC participating in Cabinet Committee on Climate Change.

Calendar of Events

- **January 23-25:** Child at the Centre Forum. Vancouver Sheraton Wall Centre.
- **February 13-15:** Chiefs Forum – Strategic Planning/Economic Development
- **February 19-21:** UN Declaration on the Rights of Indigenous People Conference
- **February 27-28:** UBCIC Chiefs Council. Vancouver, Holiday Inn and Suites Downtown
- **March 5-7:** First Nations Summit Meeting. North Vancouver, Chief Joe Mathias Centre
- **March 11-13:** BC First Nations Forestry Forum

Leadership Council

On March 17, 2005, the Regional Chief of the BCAFN, the Task Group of the FNS, and the political executive of the UBCIC signed the *Leadership Accord*.

The purpose of the Accord is to: affirm mutual respect; formalize a cooperative working relationship to politically represent the interests of BC First Nations and develop strategies and actions to bring about significant changes to government policy that will benefit all BC First Nations.

Work under the Leadership Accord is guided by the following principles:

- The Parties recognize and respect each other's respective mandate;
- The Parties will be mindful that they each represent a diversity of perspectives on issues relating to Aboriginal title, rights and interests;
- The Parties commit to work to advance the interests of First Nations in political level discussions amongst themselves and with governments;
- The Parties will represent their respective memberships in any discussions that directly involve government and industry.

Through the Accord, the Parties commit to engage in ongoing dialogue through regular meetings to achieve the purposes of this Accord and, where possible, develop common understandings, strategies and/or positions on identified issues of mutual concern. The Parties also agree to establish working groups on identified issues. The relationship established through the *Leadership Accord* remains strong. The mandate of the FNLC is determined only through the mandates of each of its participating organizations – the BCAFN, FNS, and UBCIC – as established via resolution of their respective memberships.

The FNLC is a political process, not a new organization. Its purpose is to generate political power through cooperation and collaboration between the existing provincial First

Nations organizations. Although the FNLC works with governments to develop frameworks on a number of issues, these efforts are never to impede government-to-government discussions and negotiations between individual First Nations and governments.

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:

- BC Assembly of First Nations Regional Chief A-in-chut, Shawn Atleo;
- First Nations Summit Task Group members Grand Chief Edward John, Chief Judith Sayers, Dave Porter;
- Union of BC Indian Chiefs President Grand Chief Stewart Phillip, Vice-President Chief Robert Shintah; Chief Lynda Price

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



**UNYA Aboriginal Youth FIRST
Sports and Recreation Program**
(Futures in Recreation and Sports Training)

Come Join Us For Exciting New Programming!

VANCOUVER SUN RUN TRAINING

Prepare to Walk or Run 10K, or just come out and be active!

For everyone, ages 11- 24

Young Parents, bring your strollers!

Training starts in January 2008



KICK START FITNESS

Personal Training

For girls, ages 11-24

4 weeks

Starts January 8, 2008

SELF-DEFENSE CLASS

Learn to defend yourself!

For girls, ages 11-24

4 weeks

Starts in January 2008

LEARN TO SNOWBOARD!

With the CHILL Program

Sign-up deadline is January 4th.

Starts January 31, 2008

For everyone, ages 13-18

HIKE, BIKE AND SWIM CLUB

Train for My First Triathlon,
or just come get out and have fun!

For everyone, ages 11-24

Starts February 2008

DROP-IN RECREATION CLUB

Try some new things!

Experience adventure!

For everyone, ages 11-24

Starts January 2008

All Activities are Free!

Healthy Snacks Provided!

To register and for more info: SARAH 604-254-7732

Urban Native Youth Association, 1640 East Hastings Street, Vancouver, B.C

Email: sportsandrec@unya.bc.ca

Emailed in to pass on in the EV - **Drinking cold water after each meal...**

This is a very good article. Not only about the warm water after your meal, but about ladies and their heart attacks.

This makes sense.... the Chinese and Japanese drink hot tea with their meals...not cold water... maybe it is time we adopt their drinking habit while eating!!! Nothing to lose, everything to gain...

For those who like to drink cold water, this article is applicable to you. It is nice to have a cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion.

Once this "sludge" reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks: Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line.

You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up.

Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive...

A cardiologist says if everyone who gets this mail sends it to 10 people, you can be sure that we'll save at least one life. Read this... It could save your life!!

Two Horses...Truly Inspiring

Just up the road from my home is a field with two horses in it. From a distance, each looks like every other horse, but if you stop your car or are just walking by, you will notice something quite amazing. Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him...This alone is amazing.

If nearby and listening, you will hear the sound of a bell. Looking around for the sound, you will see that it comes from the smaller horse in the field. Attached to her halter is a small bell. It lets her blind friend know where she is, so he can follow her.

As you stand and watch these two friends, you'll see how she is always checking on him, and that he will listen for her bell and then slowly walk to where she is, trusting that she will not lead him astray. When she returns to the shelter of the barn each evening, she stops occasionally and looks back, making sure her friend isn't too far behind to hear the bell.

Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges. He watches over us and even brings others into our lives to help us when we are in need.

Sometimes we are the blind horse being guided by the little ringing bell of those who God places in our lives. Other times we are the guide horse, helping others see. Good friends are like this. You don't always see them, but you know they are always there... Please listen for my bell and I'll listen for yours.

NEW FORM OF KIDNAPPING

Please take a minute to read this. This is very scary and could happen to any of us.. Seems like every nice thing people do for one another can be perverted. A new twist on kidnapping from a very smart survivor:

About a month ago there was a woman standing by the mall entrance passing out flyers to all the women going in. The woman had written the flyer herself to tell about an experience she had, so that she might warn other women. The previous day, this woman had finished shopping, went out to her car and discovered that she had a flat.

She got the jack out of the trunk and began to change the flat. A nice man dressed in a business suit and carrying a briefcase walked up to her and said, "I noticed you're changing a flat tire.

Would you like me to take care of it for you?" The woman was grateful for his offer and accepted his help.

They chatted amiably while the man changed the flat, and then put the flat tire and the jack in the trunk, shut it and dusted his hands off.

The woman thanked him profusely, and as she was about to get in her car, the man told her that he left his car around on the other side of the mall, and asked if she would mind giving him a lift to his car.

She was a little surprised and she asked him why his car was on other side.

He explained that he had seen an old friend in the mall that he hadn't seen for some time and they had a bite to eat, visited for a while, and he got turned around in the mall and left through the wrong exit, and now he was running late. The woman hated to tell him "no" because he had just rescued her from having to change her flat tire all by herself, but *she felt uneasy*. (Trust that gut feeling!)

Then she remembered seeing the man put his briefcase in her trunk before shutting it and before he asked her for a ride to his car.

She told him that she'd be happy to drive him around to his car, But she just remembered one last thing she needed to buy. (Smart woman!!)

She said she would only be a few minutes; he could sit down in her car and wait for her; she would be as quick as she could be.

She hurried into the mall, and told a security guard what had happened, the guard came out to her car with her, but the man had left. They opened the trunk, took out his locked briefcase and took it down to the police station.

The police opened it (ostensibly to look for ID so they could return it to the man). What they found was rope, duct tape, and knives. When the police checked her "flat" tire, there was nothing wrong with it; the air had simply been let out. It was obvious what the man's intention was, and obvious that he had carefully thought it out in advance. The woman was blessed to have escaped harm. (Amen...thank you, God!)

How much worse it would have been if she had children with her and had them wait in the car while the man fixed the tire, or if she had a baby strapped into a car seat? Or if she'd gone against her judgment and given him a lift?

7 toy dangers you shouldn't overlook

As you head out to the stores or go online to pick out toys for all the good girls and boys on your list, safety may be on your mind. Keep this guide close at hand as you shop, so you know the warnings to watch for, the dangers that the packages might not reveal, and the not-so-obvious hazards of some children's toys.

1. Surprising choking hazards:

Watch for hidden choking hazards: small parts that might be untied and removed; poorly attached eyes and noses on stuffed animals; buttons that could be detached from a doll's clothing; wheels on cars, trucks, or trains.

2. Magnets:

When magnets are small enough to be swallowed, they become more than just a choking hazard. If a child swallows more than one magnet, there is danger of the magnets attracting one another as they travel through the intestines. This can cause blockage, and the results can be fatal.

3. Aspiration:

Another unexpected risk is doll hair or plush toy fur. If it is pulled out or falls out, the hair or fur from toys can get into the mouth and be breathed back into the lungs causing choking and air constriction.

4. Makeup kits:

More and more toys designed to appeal to glamour girls are hitting the shelves. Makeup kits with eye shadows, nail polishes, and lip glosses can pose allergen risks or contain potentially toxic chemicals.

5. Electricity and batteries:

Batteries may leak, and electrical toys could cause shock or fire. Battery- and electrically-operated toys should be used only by older children and always with an adult's supervision. Adults should change batteries in any toy.

6. Strangulation:

Toys with strings, cords, or ropes could strangle a child if used improperly. Watch out for jewellery, toys with detachable or worn-down laces or cords, and toys with netting.

7. Ordering toys online:

When you buy a toy online, you can't hold it in your hands, inspect it, or read warnings or indications listed on the packaging. Look for information on the site from which you're ordering, and if need be, call the vendor or the manufacturer for more facts.

Worried that one of your children's toys could be a safety risk? Get rid of it! And if a toy-safety emergency situation occurs, don't hesitate to call 911. These threats are nothing to play around with.

Article is from HealthNewsletter@Medbroadcast.com

Diarrhea - Did You Know? Why people get diarrhea

If you're suffering from diarrhea, you may be wondering what happened to cause it. Understanding what is causing your diarrhea is the key to finding relief. In many cases, the way that diarrhea is treated depends on the cause. If you've been having diarrhea for 14 days or less, then the most likely culprits are an infection, something in your diet, stress, menstruation, running, or starting a new medication.

Infections and travel: Infections with bacteria, viruses, or parasites are a common cause of diarrhea, especially during travel. Diarrhea caused by a viral infection is also called the "stomach flu," although it's not actually caused by a flu virus. Common diarrhea-causing viruses include Norwalk virus and rotavirus. Bacteria that often cause diarrhea include *E. coli*, *salmonella*, and *campylobacter*. You can become infected through contaminated food or drinks, by touching contaminated surfaces, or by close contact with an infected person. To protect yourself from infection, wash your hands before you eat or touch your face, and after you go to the washroom. When traveling, avoid ice cubes; drink only bottled water, pop, or beer; peel your own fruit; eat only food that is well-cooked and piping hot; and avoid shellfish and street vendor food.

Food and overindulgence: As you've already seen, food can carry infections that can cause diarrhea. But did you know that you can also get diarrhea from the food itself? Artificial sweeteners (e.g., mannitol and sorbitol) found in diet or "sugar-free" foods can lead to diarrhea if you eat too much of them. These sweeteners pull extra water into your bowels, which makes your stools more watery, leading to diarrhea. Food allergies and intolerances, such as lactose or gluten intolerance, can also cause diarrhea. You may have a food allergy if you often have diarrhea after eating a certain type of food. As well, overindulgence in food, especially spicy foods, foods high in sugar, and foods containing artificial sweeteners (such as sorbitol), can cause diarrhea. Overindulgence in alcohol can also lead to diarrhea. Remember, it is better to have everything in moderation.

Stress: Stress and nervousness can cause diarrhea. What's the connection between stress and diarrhea? Stress can make the bowels move faster. This leaves less time for water to be reabsorbed into your body, leading to watery stools.

Menstruation: Sometimes, diarrhea can be linked to a woman's menstrual cycle. Diarrhea may appear just before or during menstruation.

Running: Runners may experience "runner's diarrhea" - loose bowel movements that happen during or just after a run. We don't know exactly what causes runner's diarrhea, but it's believed that the action of running may stimulate bowel activity or make food pass more quickly through the digestive system.

Medications: Sometimes a new medication can cause diarrhea. Antibiotics can often cause diarrhea that starts a couple of days after you start the medication and stops when you finish taking it. Certain medications for diabetes, heart conditions, cancer, and HIV can also lead to diarrhea. Talk to your doctor or pharmacist about which of the medications you are taking may be associated with diarrhea.

If you've been having diarrhea for 2 weeks or less, think about recent changes or new things in your life. This can help you pinpoint the cause.

Diarrhea lasting more than 2 weeks may be a sign of an underlying health problem. See your doctor to find out what may be causing your diarrhea. Possible suspects include irritable bowel syndrome (IBS), inflammatory bowel disease, poor blood flow to the bowels, problems absorbing nutrients, a long-standing infection, or a food allergy or intolerance. Long-standing diarrhea can also be caused by chemotherapy and radiation.

Article from HealthNewsletter@Medbroadcast.com

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

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

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Fax: 1-250-286-4809
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Coordinator: Donna Stirling
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**'ELDERS VOICE' ISSUES
ARE SENT OUT TO
COMMUNITIES BY THE
1st OF EACH MONTH.**

**If your area's copy is not re-
ceived in a timely manner
please call in to the office.**

PROVERBS:

Better to wear out than rust out.
The best weapon is education.
A half truth is a whole lie.
Think before you speak, and look before you leap.
Great talkers are not great doers.
As you sow, so you will reap.
Dignified silence is better than dignified speech.
Never mind the remorse; don't commit the sin.
Where there is patience, everything is possible.
The older the wiser.
Every obstacle is for the best.

BIBLE QUOTES:

"Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the cravings of the sinful nature and the lust of the eyes and the pride of life, is not of the Father, but is of the world. And the world passes away, and all its lusts, but he who does the will of God abides forever."
I John 2:15-17

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

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

Capricorn - Earth December 22 - January 19

Capricorn the goat is motivated by a desire for success, money, authority and love. Capricorns are superb organizers and party planners. They strive patiently for the good things in life. Ambitious and sensual, Capricorns have a sense of purpose, great faith in their abilities and do not easily part with money.

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

32nd Annual BC Elders Gathering
July 7, 8, 9th 2008
(with early registration on July 6th, 2008)

Host: Friendship House Association of Prince Rupert
Address: 744 Fraser Street, Prince Rupert, BC, V8J 1P9
Phone: (250) 627-1717 Fax: (250) 627-7533