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BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

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

EV'S 134th Issue!

HAPPY BIRTHDAY TO ALL ELDERS BORN IN JANUARY!

HAPPY NEW YEAR TO ALL!!

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

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

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

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

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Easy Bakers Corner – Chocolate Brownie Cake

Preheat oven to 350°F. Grease a jelly roll pan.

In a medium saucepan combine 1 cup of water, 1/2 cup of margarine or butter, 4 tablespoons of cocoa and 1/2 cup of shortening and bring mixture to a boil.

Remove from heat and add 2 cups of flour, 2 cups of granulated sugar, 2 eggs, 2 heaping tablespoons of sour cream, 1 tsp. of vanilla, 1/4 cup of milk, and 1 teaspoon of baking soda.

Combine ingredients and pour into the jelly roll pan. Bake for 20 minutes and enjoy!

Recipe from www.northpole.com

QUOTES:

“The shortest way to do many things is to do only one thing at once.” Samuel Smiles

“The distance doesn’t matter. It is only the first step that is the most difficult.” Marquis de Deffant

“Action speaks louder than words.” Proverb

“If a friend is in trouble, don’t annoy him by asking him if there is anything to do. Think of something appropriate and do it.” EW Howe

“No matter what your level of ability, you have more potential than you can ever develop in a lifetime.”

“The stars are constantly shining, but often we do not see them until the dark hours.”

What Can you please share?

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

Gilakasla, Donna Stirling

‘PRESERVING THE PAST’

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

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

Disclaimer:

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

BCECCS 11th Year GRATITUDE LIST

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

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

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. TAHLTAN BAND COUNCIL

FROG LEVEL - \$750

1. Lhoosk'uz Dene Nation

SISIUTL LEVEL - \$500

1. Vancouver Aboriginal Friendship Centre
2. We Wai Kai First Nation

HUMMINGBIRD LEVEL - \$250

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

FOR IMMEDIATE RELEASE

Ashoka Canada Launches “Inspiring Approaches to First Nations, Métis and Inuit Learning”

(October 26, 2011/Toronto) Ashoka Canada announces the launch of “Inspiring Approaches to First Nations, Métis and Inuit Learning”—an online community of action known as the Changemakers Initiative, which connects social entrepreneurs around the globe to share ideas, inspire, and mentor each other. Inspiring Approaches enables participants to discuss and share innovative ideas and to comment and vote on entries through an open, online platform.

A first in Canada, the Initiative is a unique collaboration of Aboriginal and non-Aboriginal groups including philanthropic and citizen sector organizations brought together under the leadership of Ashoka Canada. Their mission: to look for innovative ideas that respond to the question: “*How can life-long education achievement levels of First Nations, Métis and Inuit learners in Canada be improved?*”

The Changemakers online platform creates an opportunity for a respectful, open community forum to spark new conversations and collaborations to support better learning environments, programs, and outcomes. Participants submit their ideas online at <http://www.changemakers.com/fnmi-learning> and become eligible for more than 30 awards ranging from \$500 to \$5,000. Finalists will be determined by the Initiative’s independent judges—leading Aboriginal people with diverse backgrounds in learning—selected by Ashoka Canada and the Initiative’s partners. For some of the awards, there will be an online community vote to choose the winners from among the finalists.

“Prizes are just the start,” says Stephen Huddart, President and Chief Executive Officer of the J. W. McConnell Family Foundation. “The real impact of Inspiring Approaches is realized when funders and policy-makers get behind the best ideas and support their dissemination.”

Support expressed by National Aboriginal Organizations:

“Inspiring Approaches is an excellent way to recognize outstanding individuals and organizations in our communities who strive to make a difference in Inuit education,” says Mary Simon, President of Inuit Tapiriit Kanatami. “The Initiative clearly complements the work of our National Committee on Inuit Education.”

“We applaud and support this Changemakers Initiative and wish to express our appreciation for the leadership shown by Ashoka Canada,” says National Chief Shawn A-in-chut Atleo, Assembly of First Nations. “Linking agents of change within our communities to resources and the broader community of innovators is an excellent way to enable, support and rapidly increase the rate and pace of innovation and change among all First Nations across Canada.”

Betty Ann Lavallée, National Chief of the Congress of Aboriginal Peoples (CAP), says the Initiative is one which would greatly benefit CAP’s constituency. “The Changemakers Initiative holds the potential to benefit *all* of the Aboriginal Peoples of Canada.”

Clément Chartier, President of the Métis National Council, “Education is the key to so many successes in life and we’ve learned that it really does take an entire community to support and encourage our Métis learners to strive and achieve excellence. It’s through forward thinking initiatives like the Changemakers Initiative that we can promote learning through the sharing of unique, creative and practical ideas brought to the table through the online community.

This Initiative takes community engagement to the next level - I have no doubt that Metis across the Homeland will benefit as a result of this initiative.”

The Canadian Teachers’ Federation (CTF) has added their support. As CTF President, Paul Taillefer,

affirms, “the educational successes of First Nations, Métis and Inuit students continue to be a priority for the Federation.”

Partners for the initiative include: the Ashoka Changemakers, Chagnon Foundation, the Counselling Foundation of Canada, Donner Canadian Foundation, First Nations Child and Family Caring Society of Canada, the J. W. McConnell Family Foundation, Mamow Sha-way-gi-kay-win: North South Partnership for Children, Martin Aboriginal Education Initiative, Ontario Trillium Foundation, RBC Foundation, Small Change Fund, and Vancouver Foundation.

Changemakers.com is one of the world’s most robust spaces for launching, discussing, and scaling ideas to solve the world’s most pressing social problems. Changemakers builds on Ashoka’s three-decade history and vision for an “Everyone A Changemaker” world by creating a place where the best ideas in social innovation can be shared, refined, and funded.

Visit Inspiring Approaches online at <http://www.changemakers.com/fnmi-learning>
For more information on Ashoka Canada: <http://canada.ashoka.org>

Please contact: Elisha Muskat, Ashoka Canada Tel: 416-646-2333 Email: fnmi-learning@ashoka.org

7 Things You Didn't Know About Pumpkins from www.msn.com

They look great on a doorstep and taste great in a pie, but that's not their only claim to fame.

1. **Pumpkin pie wasn't always sweet.** Pumpkin pie dates back to the colonial period, when colonists filled a pumpkin's interior with milk, spices and honey. The concoction was then baked in hot ashes. Thank goodness the recipe has changed since then.
2. **They used to be medicine.** Got a snakebite or a few freckles? Pumpkin will clear that right up! Or at least that's what people thought back in the 18th century when medicine men prescribed pumpkin as a cure-all.
3. **Jack-O-Lanterns weren't always pumpkins.** Even though pumpkin carving is a huge American tradition, turnips, potatoes or beets were the original Jack-O-Lanterns. Can you imagine a carved beet?
4. **They come in more than 50 varieties.** A pumpkin is a pumpkin is a pumpkin, right? Not so! While everyone knows the classic Howden Field variety, you may not have heard of the Atlantic Giant, which grows to more than 100 pounds, the precious Little Boo, or the miniature Munchkin varieties.
5. **The largest Jack-O-Lantern weighed more than a horse.** Think your Jack-O-Lantern is huge? You've got nothing on Scott Cully. In 2010, this determined New Yorker carved a pumpkin that weighed 1,810 pounds!
6. **Pumpkins are grown all over the world.** This tough fruit grows on almost every continent, including super cold climates like Alaska. The only place you won't find pumpkins? Antarctica.
7. **They're mostly water.** Pumpkins might seem substantial, but really, they're 90 percent water. Still, this didn't stop the world's largest pumpkin from weighing more than 2,000 pounds. The world's largest watermelon weighs in at a measly 268 pounds.

Crown - First Nations Gathering

<http://www.afn.ca/index.php/en/news-media/latest-news/crown-first-nations-gathering-background>

What is it?

The Crown – First Nations Gathering is a meeting between the Prime Minister and First Nations. The Crown – First Nation Gathering is aimed at re-setting the relationship between First Nations and the federal government. This gathering represents the first meeting for Prime Minister Stephen Harper with collective First Nation leadership. Building directly on the historic statement of apology, the endorsement of the United Nations Declaration on the Rights of Indigenous Peoples as well as the Specific Claims Tribunal and the creation of the Truth and Reconciliation Commission, the Crown - First Nation Gathering creates the next step to move our relationship forward.

How did the meeting come about?

This meeting is a direct result of a call from First Nations to meet with the Crown. During the Annual General Assembly July 2010 in Winnipeg, discussion centered on First Nations advancing their rights and jurisdiction. As one of the principal suggestions of how to advance overall national advocacy and momentum in support of First Nation governments, the concept of a Crown - First Nations Gathering emerged. In December 2010 the Prime Minister sent a letter agreeing to the gathering taking place.

In June 2011 the Canada–First Nations Joint Action Plan was announced, which further committed to the gathering. The Joint Action Plan based on recognition of key milestones including Canada’s endorsement of the UN Declaration and commits to a constructive relationship based on the core principles of mutual understanding, respect, ensuring mutually acceptable outcomes and accountability.

Building on these important steps, we can reset the Crown - First Nation relationship in real terms. The Crown - First Nation Gathering is an important opportunity to respectfully engage and focus interaction and advancement of key interests for First Nations and all Canadians.

What is the agenda?

The Crown – First Nation Gathering provides us with an opportunity to move forward various mandates provided by Chiefs-in-Assembly. The Gathering is designed with three specific goals:

- 1. Renewing and affirming the relationship**
- 2. Marking progress being achieved on key, agreed upon topic areas**
- 3. Setting a future agenda through open dialogue and reflecting mutual interests**

This means our broader interests in education, treaties, improving negotiations and policy reform, advancing First Nation governments, economic development and others will all be a focus.

The Crown - First Nation Gathering is also an opportunity to highlight future areas for consideration and exploration. Our goal is that this gathering signal the beginning of regular such gatherings confirming an interactive relationship that is responsive to mutual needs and interests.

The format of the Crown – First Nation Gathering may include:

Part One: Ceremony reflecting and affirming the enduring relationship between First Nations and the Crown as well as Indigenous peoples heritage and future as important aspect of Canadian reality, identity and culture.

Part Two: Opening addresses by Prime Minister and First Nation leadership

Part Three: Concurrent sessions on agreed-upon topics for submission by First Nation delegation and dialogue with members of Cabinet/caucus and officials as designated

Part Four: Setting forward looking agenda

How can First Nations participate?

It is recognized that not everyone is going to be able to come to Ottawa to participate, so extraordinary measures are being put in place to maximize everyone's participation. Leading up to the Crown – First Nations Gathering an aggressive social media and online presence will be created to foster dialogue in the topics being discussed. We are reaching out to Chiefs to ensure that they can provide their input on the areas being discussed.

The Crown - First Nation Gathering itself will have the opening, plenary, key note address and final plenary webcast for all to observe. As with past AFN events, a live web-chat will take place to encourage as much discussion and dialogue as possible!

In addition, ten (10) regional video conference facilities are being identified to provide access to Chiefs regionally to participate in the breakout sessions. The AFN will be working with Regional Chiefs to help identify locations and facilitate access for every First Nation across Canada.

Finally, the gathering is just the beginning of the discussions and action. The AFN will be producing a series of short video clips from the Gathering and continuing to engage in dialogue online. The Crown – First Nation Gathering website will remain live for some time to be a gathering place for updates, documents and ongoing engagement.

Where can I get more information?

In the coming days a specific website will be launched to act as a clearing house for information. In the meantime a special session has been added to our Special Chiefs Assembly on December 8, 2012 at 5:30pm.

BETTER TOGETHER BC

Better Together BC (<http://bettertogetherbc.ca>) is a partnership between the BC Ministry of Health and BC Dairy Foundation. It is maintained by BC Dairy Foundation as a resource for, and a network of, people sharing their stories and tips around eating together.

Our goal is to help you experience the joys of eating together—whether in your family or with other groups of people. Research tells us that the benefits of eating together include better nutrition, better school performance, and better social adjustment for everyone involved: kids, youth and adults.

We know it's not always easy, but we're all in this together! This website has some tools to help you share your stories, recipes, videos, and more, in a safe, non-threatening environment. Do you have any comments or suggestions for things you'd like to see? Please let us know!

Better Together BC has great kid-friendly recipes that you can have fun making – and eating – with kids and grandkids!

Union of BC Indian Chiefs Supports Attawapiskat Council. Donations Accepted Through Red Cross

December 3, 2011

(Vancouver BC, December 3, 2011) Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs, stated today "To the Attawapiskat Chief and Council, we have read your urgent letters of appeal. On behalf of the Union of BC Indian Chiefs, we fully support your position that the Government of Canada has engaged in a game of 'political deflection' at this time of community crisis. We look forward to working with Attawapiskat Council at the upcoming Assembly of First Nations Special Chiefs Assembly."

Grand Chief Stewart Phillip, Chief Bob Chamberlin and Chief Marilyn Baptiste have personally pledged to collectively donate \$1,100.00 to the Attawapiskat through the Canadian Red Cross. The Union of BC Indian Chiefs will also donate \$500.00. The Attawapiskat Council has requested that the Red Cross coordinate donations on their behalf.

"We urge all Indigenous Peoples, band councils, tribal councils and provincial organizations to consider donating to Attawapiskat during this urgent crisis," said Grand Chief Phillip.

Financial donations may be made online at <http://www.redcross.ca/article.asp?id=41678&tid=001> by calling 1-800-418-1111 or through your local Canadian Red Cross office. Cheques should be made payable to the Canadian Red Cross, earmarked "Attawapiskat" and can also be mailed to the Canadian Red Cross, Ontario Zone, 5700 Cancross Court, Mississauga, ON, L5R 3E9.

Media inquires:

Grand Chief Stewart Phillip, Union of BC Indian Chiefs

Phone: (250) 490-5314

Quick Sodium Facts

(from Know your sodium facts, win great prizes: www2.news.gov.bc.ca/news_releases_2009-2013/2011HLTH0099-001550.pdf)

- Chronic diseases such as diabetes, high blood pressure and heart disease are the largest causes of disability and death in British Columbia.
- Excess sodium is linked to high blood pressure, the major cause of cardiovascular disease and a risk factor for stroke and kidney disease.
- There is also evidence that a diet high in salt is a risk factor for osteoporosis, stomach cancer and asthma.
- The recommended daily sodium intake for an adult is 1,500 mg, but the majority of British Columbians consume more than twice that amount, at 3,400 mg. This means that the average British Columbian consumes the equivalent of 11 cups of salt a year.
- Evidence shows that if we are physically active, achieve and maintain a healthy body weight, enjoy a healthy diet and refrain from smoking, we can reduce our risk factors for most chronic diseases by up to 80 per cent.

Learn More:

Test your sodium knowledge and enter the Healthy Families BC Sodium Facts Contest at www.healthyfamiliesbc.ca

Canada's First Nations policies cause friction, human rights challenges: U.S. diplomatic cable By Robert Hiltz, Postmedia News

December 2, 2011

<http://www.vancouversun.com/news/>

[Canada+First+Nations+policies+cause+friction+human+rights+issues+cable/5805446/story.html](http://www.vancouversun.com/news/Canada+First+Nations+policies+cause+friction+human+rights+issues+cable/5805446/story.html)

OTTAWA Officials in the U.S. embassy in Ottawa worry that unless Canada gets a comprehensive policy for dealing with First Nations rights, tension between Aboriginals and governments will continue to fester and will "pose ongoing human rights challenges," according to a leaked U.S. diplomatic cable.

U.S. diplomats say in the document unclassified but labelled "sensitive" that the government's lack of a clear policy on First Nations rights is detrimental to relations with First Nations.

"Lack of a standard model for resolving comprehensive land claims, self-government agreements, and the absence of a clear legal definition of what constitutes an 'aboriginal right' have resulted in complex multi-year negotiations, a significant claims backlog, and friction between aboriginal communities and the federal and provincial governments," the cable says.

This week, the government has come under withering fire for what the opposition says is gross mismanagement of the First Nations reserve of Attawapiskat.

The community declared a state of emergency last month because some residents are living without adequate heating, shelter or sanitation.

The federal government put the Northern Ontario community's finances under a third-party manager who will directly administer the band's funding from Aboriginal Affairs, which is usually managed by the First Nation itself.

Prime Minister Stephen Harper, appearing with national president of the Assembly of First Nations Shawn Atleo, announced Thursday that First Nations leaders will be meeting in late January to discuss what the two sides can do to improve the social and economic standing of native peoples.

Harper called the planned meeting historic and said he hopes it will be useful for both sides.

Atleo, meanwhile, said it was a chance to "reset" relations between First Nations and the federal government.

Under a section labelled comment, one diplomat says, "Canadian courts have been the primary drivers of federal and provincial efforts to resolve Aboriginal grievances, both in imposing new obligations and in encouraging negotiations to pre-empt litigation."

The diplomat, who signs his or her name only as Hopper, goes on to say that without a comprehensive policy, Canada won't be able to effectively deal with grievances in a timely manner.

The cable, dated Aug. 21, 2009, was written in response to a border dispute between Mohawks and the Canadian Border Services Agency because customs agents were given firearms at the Cornwall Island crossing to the United States. The Mohawks had to cross into the U.S to reach the island, part of the Akwesasne First Nation.

The cable is part of a trove of more than 251,000 classified and sensitive U.S. diplomatic documents released by Wikileaks in November 2010.

"This is perhaps a moment that we grasp, we seize this opportunity and that this government can grasp this moment to work with First Nations and we can begin to look forward to supporting the unleashing of potential of our young people," Atleo told reporters.

rhiltz@postmedia.com
twitter.com/robert_hiltz

Commentary: Hassan Arif from www.telegraphjournal.canadaeast.com

A society is judged by how it treats its weakest and most vulnerable. This does not seem to be a priority of Stephen Harper's Conservatives, though. Instead, their focus is on building more prisons and taking a "tough on crime" approach - stiffening sentences in areas such as possession of marijuana - to fill these new prisons.

This represents misplaced priorities, criminalizing people and putting them away in prisons, rather than addressing real social problems. It is also an approach that does not measure up to factual scrutiny.

Over the past decade, crime rates have fallen, even if it may not seem that way on the evening news sometimes. Furthermore, according to a report by Statistics Canada, most Canadians feel safe from crime, with 93 per cent of Canadians age 15 and over stating they were satisfied with their personal safety from crime. This conclusion is based on 2009 figures which are similar to earlier figures from 2004.

The Harper Conservatives are devoting time and money to what is a trumped-up problem, and in the process ignoring many of the real problems facing Canadians.

On Employment Insurance, ACOA Minister Bernard Valcourt raised the possibility of making a high school diploma a requirement for EI as a means to reduce the number of those who take EI payments. This does not solve the problems of structural unemployment or poverty faced by regions of northern New Brunswick. All this would do is leave those without a determined set of credentials helpless.

Picking and choosing who should benefit, and who should suffer, is not the approach we need.

What is needed is a focus on providing routes out of poverty, for example emphasizing education to build skills so people can enter the workforce. While education is a primarily provincial jurisdiction, federal funding and initiatives can be involved as well, especially with regards to access to post-secondary education.

We do not need finger pointing and we do not need to build more prisons to chase after a trumped-up problem.

In northern Ontario, abysmal living conditions on the Attawapiskat First Nations reserve, with its poor housing conditions and a lack of proper facilities made more dire by the onset of winter, have shone light on the poor quality of life conditions on many First Nations.

It is important to note that the problems faced by Attawapiskat and other First Nations are not the product of any one government. While one can rightly criticize the Harper government's approach to dealing with this crisis, poor living conditions and lack of basic amenities on reserves predate the Harper government.

In an interview with Assembly of First Nations Chief Shawn Atleo, the CBC's Peter Mansbridge stated that one of his first stories, 40 years ago, was about an impoverished First Nation reserve in northern Manitoba, raising concerns that this could be another case of the story being highlighted for a short time, then forgotten until a few years later, when a similar story comes into the media.

The Martin government brokered the Kelowna Accord between federal and provincial governments and First Nations to provide assistance to impoverished First Nation communities. However, that government was brought down by the NDP and the Conservatives, and the subsequent Harper government reneged on the Accord.

Furthermore, Prime Minister Harper's insistence on asking "where did the money go" - referring to \$90 million in federal funds allocated for Attawapiskat - is not helpful. For one thing, this amount is not a lump sum, but had been paid out over five years. Secondly, it ignores the unique jurisdictional issues that First Nations communities face. One could make an assumption that this \$90 million would have been used exclusively for housing upgrades, but this is not the case on First Nations reserves, which cannot be treated as analogous to non-aboriginal municipalities.

For non-aboriginals, provincial governments deal with areas such as education, health care, and social development. On First Nations, these services are dealt with under the auspices of the federal Department of Aboriginal Affairs. Thus, federal funds allocated for Attawapiskat - even with some provincial and local funding involved - must deal with a wide range of services from education, to health care, social welfare and housing.

"Where did the money go?" is not an adequate response.

In addition to properly addressing short-term problems of housing and basic amenities facing Attawapiskat and other First Nations communities, there needs to be a long-term approach, to provide routes out of poverty and deprivation. In this regard, investing in education is key, just as it is for non-aboriginal Canadians.

Our government needs to have the proper priorities, based upon helping the poor and vulnerable with their immediate needs as well as providing long-term avenues out of hardship. Going after trumped-up problems that are not a real priority of the Canadian people is not the approach we need. Hopefully, there can be a re-ordering of priorities.

Hassan Arif can be reached by email at arif.telegraphjournal@gmail.com

QUOTE

**“There is so much good in the worst of us,
and so much bad in the best of us,
that it hardly becomes any of us
to talk about the rest of us.”**

How to prevent native uprising

By: Douglas Bland / First column: View from the West

Posted: 12/5/2011 3:19 AM | Comments: 23 (including replies)

Warrior raises rifle from atop an overturned police cruiser at Oka roadblock in Quebec on July 1990. (TOM HANSON / THE CANADIAN PRESS ARCHIVES)

Justice Murray Sinclair, chair of the Truth and Reconciliation Commission, declared earlier this week "that Canadian society must heal the damage caused by the Indian residential school system or deal with the violence that will be undoubtedly unleashed against it."

As alarming as that sounds, Canadians seem as oblivious to the plight of aboriginal people as they are to their own vulnerability should aboriginal anger boil over into insurrection. Imagine what would happen, for example, were "warriors" to roadblock every intersection of the Perimeter Highway.

Imagine how quickly such actions could escalate from anger to outrage to violence. Now imagine what might be done to prevent it.

Quite clearly, Canadians are not much interested in fixing the consequences of the residential schools era any more than they are interested in fixing the deplorable conditions on First Nation reserves, home to more than 300,000 native Canadians.

But why should Canadians rush to redress these matters, what certain benefits would flow to the larger Canadian society if they were fixed?

Aboriginal policy in Canada has been and will continue to be directed at servicing and benefitting the aboriginal community.

It is seen by those few Canadians who take an interest in aboriginal policies almost as a "righteous duty" or an obligation to the down-and-outs in our society. For most other Canadians the matter is unimportant because fixing the problem would provide no noticeable benefit to them or their families.

Serious attention -- and not just money -- will be focused on these and the many other dysfunctions in aboriginal-Canadian affairs only after aboriginal leaders create a credible story aimed at convincing Canadians that fixing the problems will serve their immediate interests.

However, if it were possible to do so in a peaceful way, it would have been done by now.

Unfortunately, for all the aboriginal-Canadian constitutional conferences, the heartfelt apologies, the flow of billions of dollars into the aboriginal community, there is no positive story of national benefits aboriginal leaders are willing to tell or Canadians are willing to believe. Thus, the widening fracture between our founding societies exemplified by Justice Sinclair's dark message of "the great violence" that is in our future "if we do not learn how to fix" what he termed "injustices."

There is, of course, another way beyond aimless violence to convince Canadians to redress past wrongs and to engage the aboriginal community in a seriously and urgent effort at nation building. Paradoxically, a unified nationwide aboriginal rebellion may be the best way.

Rebellions or insurgencies, however, are very difficult to launch and simple grievances, such as the residential schools issue, would never provide sufficient motive to mobilize the aboriginal community to follow such a desperate strategy. Current research suggests the key motive that initiates rebellions is "feasibility."

As Paul Collier, Oxford scholar and international award-winning expert on the "root causes of insurgences," concludes, "Wherever an insurgency is feasible, it is most likely to occur."

In other words, when people can be convinced a rebellion can be effective, the state's vital interests are vulnerable, and success has been demonstrated in some manner, then ordinary people will support the cause and some will actively participate in rebellious actions.

Research suggests feasibility is greatly reinforced when three preconditions coincide.

First, there must exist within a relatively affluent or politically advantaged society of a distinct, culturally separate, and socially-politically disadvantaged community.

Second, this distinct community is composed of a high ratio of young -- 15 to 35 years old -- males (the 'warrior cohort').

Third, that at least 25 per cent of the state's economy is dependent on the export of resources or products through a large, geographically difficult to defence territory inhabited by this disadvantaged society. All these conditions exist today in Canada.

Vulnerability is the second key ingredient in this equation.

In Canada, this vulnerable target is the nation's critical infrastructure that transports natural resources and manufactured goods from mines, oilfields, hydro-electric facilities and factories to international markets. Without these reliable systems, Canada's economy would collapse.

Native leaders know this fact. Shawn Brant, the famous Mohawk highway and railway blockader in eastern Ontario remarked to the international media in 2010 "the government ran its infrastructure through our land... now it serves as an incredibly powerful tool of influence that allows us now as a society to engage governments in a dialogue, a relationship, based on us having the power."

Police, politicians and Canadian intelligence services understand this dynamic well.

Manitoba and Winnipeg are classic examples of political entities especially vulnerable to any aboriginal resource-based insurgency. More than 175,000 First Nations people, 15 per cent of the total population, live in Manitoba. The critical factor, however, is the concentration of inter-provincial and international transportation infrastructures in the narrow corridor north of the Canada-U.S. border and south of lakes Winnipeg and Manitoba. Even more critical is the concentration and convergence of these road and rail systems in Winnipeg. None of these systems is defended and most are indefensible against a wide-scale aboriginal purposeful disruption of them.

Imagine the effect on Canada's economy if unarmed convoys brought thousands of members of Manitoba's First Nations to blockade -- "for as long as it takes" -- all the intersections of the Perimeter Highway and all the east-west railway systems in and out of the city. Imagine the difficulty the province's small police forces would face if it attempted to intercept these convoys or dismantle transportation barriers supported by huge numbers of men, women and children.

Such a gathering of First Nations people, peaceful as it may begin, would be fraught with the threat of sudden escalation at the first sign of aggressive Canadian responses.

Any attempt, for example to use the army to clear away blockades, would be a very dangerous escalation that would most likely result in the widespread sympathy blockades by other First Nations across the country.

It was just this concern that prevented the Ontario government from enforcing the law even off-reserve during the long and violent Six Nations' insurgency at Caledonia in 2006.

And the best national response to disarming this approaching violence and rebellion is, what?

The simple-to-suggest but difficult-to-implement answer is a program aimed at reducing the feasibility factor in the equation.

Hardening and otherwise securing all the critical infrastructure in Canada is obviously impossible. We cannot divert or redirect the resource supply lines either. The First Nations' population, the youngest in Canada, is growing rapidly and that trend does not seem likely to change soon. Thus, we cannot expect to reduce the growing 'warrior cohort' any time soon.

We could, however, work with the First Nations' community vigorously and immediately to reshape this young population into a positive, community-oriented work and leadership cohort. Finally, and again in cooperation with First Nations' leaders, we could launch a national campaign aimed at convincing these young people they are indeed prized citizens in our national community.

No matter the history of failed aboriginal policies and of our prejudices against the aboriginal community and our assumption the community can only fail, Canadians must see the danger they face and act in their own interests to diminish it peacefully and immediately.

Douglas Bland is the former chair of the defence studies program at Queen's University and author of the new book *Uprising*, the story of the coming First Nations insurgency in Canada.

Republished from the Winnipeg Free Press print edition December 5, 2011 J1

LOOK OUT FOR SCAMS AND FRAUD

(Information from the Canadian Anti-Fraud Centre, www.antifraudcentre.ca)

It's not always easy to spot a scam, and new ones are invented every day.

If you suspect that you may be a target of fraud, or if you have already sent funds, don't be embarrassed - you're not alone.

If you want to report a fraud, or if you need more information, contact The Canadian Anti-Fraud Centre:

Toll Free: 1-888-495-8501
Toll Free Fax: 1-888-654-9426
Email: info@antifraudcentre.ca

FOR IMMEDIATE RELEASE

Harper government condemned for using police to conduct political surveillance of First Nations instead of resolving Canada's violations of Indigenous Peoples' constitutional and international rights

Unceded Algonquin Territory/Ottawa, December 6, 2011—The Defenders of the Land (DotL), a network of Indigenous Communities, today condemned reports that in 2007, the Harper government established a national and international police surveillance network to spy on Indigenous Peoples and their supporters for defending Indigenous Peoples' self-determination and land rights. The RCMP surveillance operation shared its findings with private industry.

Arthur Manuel, spokesperson for DotL said today “Many of the so-called ‘communities of concern’ identified in the recently disclosed RCMP documents are members of our network. They are not extremists or terrorists. All of their protests or political actions were in defense of their constitutionally recognized and internationally affirmed right of self-determination and land rights as Indigenous Peoples. These documents show that the federal government cares only about extracting wealth from Indigenous lands, and will criminalize Indigenous Peoples who are protecting their lands and livelihoods from destruction. While governments are taking hundreds of millions of dollars in resource monies out of Indigenous communities like Attawapiskat, they are underfunding those same communities to the point of destitution and disease. As in Attawapiskat, those who speak out are blamed and punished.”

Norman Matchewan, a spokesperson for the Algonquins of Barriere Lake said, “both Canada and Quebec have been not only spying on us as these documents confirm, but these two governments are coordinating the political use of the police to criminalize our people. As in Attawapiskat, the federal government imposed Third Party Management on our community, to bury signed agreements between our Customary Chief and Council and Canada and Quebec. These agreements were intended to improve living conditions in our community through co-management and revenue resource sharing. Rather than deal with outstanding land issues, then the federal government extinguished our right to self-determination in 2010 by forcing our community into the Indian Act elective system with the support of only 10 members in our community. The surveillance of our community directly reflects the lucrative natural resources that the governments wish to access on our lands. By criminalizing our defense of our lands, they demonstrate their intent to exploit the territory without community consent.”

Mireille Lapointe, past Chief of the Ardoch Algonquins said “these documents show that we were under police surveillance because we were protecting our lands and people from the potential development of a uranium mine on our traditional territory, a project that we were not meaningfully consulted about, despite the Supreme Court of Canada's 2004, decision in the Haida case, which clarified the Crown's duty to consult with Aboriginal Peoples.”

Mel Bazil, Co-Founder of the Lhe Lin Liyin of the Wet'suwet'en people said “what these RCMP documents show is that the Harper government doesn't respect the international standard that before developments like pipelines can take place on Indigenous Peoples territories, their free, prior, and informed consent must be obtained. If this international standard were respected and implemented on the part of governments, law enforcement and industry, Indigenous Peoples response to proposed development would probably not escalate to the point where protests and blockades are felt to be necessary by the affected Indigenous Peoples.”

Arthur Manuel, DotL spokesperson stated “the RCMP can change the name of the unit keeping Indigenous Peoples under surveillance, but until the Harper government respects the constitutionally protected and internationally recognized Aboriginal Title & Rights and Treaty Rights of Indigenous Peoples in Canada, then Indigenous Peoples are justified in using political action in protecting and defending their right to self-

determination and their rights to their respective traditional territories. We are encouraging grassroots peoples to mobilize and defend themselves and their lands from bad agreements involving their lands and resources, which do not meet the standards of constitutional and international law.”

Arthur Manuel concluded by stating “Indigenous Peoples will be watching the upcoming First Nations-Crown Gathering in Ottawa. If there are no tangible results addressing the recognition of Indigenous self-determination and land rights coming out of that meeting, you can be sure that resource development in Canada without fair and honest agreements with the affected Indigenous Peoples will be in trouble.”

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FOR MORE INFORMATION CONTACT:

Arthur Manuel, Spokesperson, Defenders of the Land: Cell: (250) 319-0688

Norman Matchewan, Spokesperson, Mitchikanabikok Inik (Algonquins of Barriere Lake): Cell: (819) 435-2171

Mireille Lapointe, Past Chief, Ardoch Algonquin First Nation: (613) 273-3530

Mel Bazil, Co-Founder, Lhe Lin Liyin, Wet'suwet'en Peoples: Cell: (250) 877-2085

To: BC Elders Communication Center Society / BC Elders Council:

Aboriginal Tourism BC and the Thompson Okanagan Tourism Association are hosting a National Aboriginal Tourism Conference at the Osoyoos Indian Band's NK'MIP Conference Centre from March 28th – 30th 2012.

EDO's who have tourism related projects as part of their portfolio or wish to develop tourism related products will benefit greatly from attending this event.

Topics include: *Who is the Typical Aboriginal Tourism Customer, Financing Tourism Projects, Creating Successful Tourism Products, How to Develop a Tourism Strategy and Best Practice Case Studies of Indigenous Tourism Products.*

Join Host Chief Clarence Louie and a fantastic lineup of industry expert speakers to learn how to make your tourism projects successful!

More information and registration details for the conference are at this link:

<http://www.theeventpros.ca/conferences/Aboriginal-Tourism-in-Osoyoos-2012.html>

The conference is being organized by the 2GGroup of Companies:

Main Contact Person:

Geoff Greenwell

CEO

2G Group of Companies

geoff@2ggroup.ca

Toll Free: 866 284-8322 Fax: 250 766-0253

www.2ggroup.ca

Algonquins preparing to launch biggest land claim in Canada's history

By Mohammed Adam, Postmedia News December 11, 2011 7:06 PM

OTTAWA — A group of Algonquins in West Quebec is preparing to launch what could be the largest land claim in Canada's history — for a swath of territory covering 650,000 square kilometres across eastern Ontario and West Quebec.

Stretching from Sault Ste. Marie and Cochrane in northern Ontario through much of eastern Ontario, including Ottawa, the territory cuts across West Quebec to Montreal, and all the way to the confluence of the Saint-Maurice and St. Lawrence rivers at Trois-Rivieres. About two-thirds of the land is in Quebec.

Gilbert Whiteduck, chief of the Algonquins of Maniwaki known as the Kitigan Zibi, says the process will begin soon with the presentation of the territorial map to Quebec Premier Jean Charest to underline the claim. Whiteduck says the map and accompanying documents were presented to the federal aboriginal affairs minister earlier this year, and the group is now seeking a meeting with Charest to do the same.

“We are getting ready to present the territorial map to Premier Charest as soon as he is able to give us a time, to lay out what it is we are expecting from Quebec, specifically,” Whiteduck said.

The submission, being made under the umbrella of the Tribal Council that represents six of the nine Algonquin communities in West Quebec, is the first step on a long and arduous road to negotiations and, potentially, compensation.

Ontario's Golden Lake Algonquins for instance, first made their claim for eastern Ontario in 1983, but it took nearly 10 years before the federal government recognized the claim. Negotiations that began in 1994 have dragged on, and a non-binding agreement-in-principle is now expected early next year.

Whiteduck says the plan is not to demand return of the land to the Algonquin. He recognizes that land settlement “is going to be way down the line” but aboriginal communities, which face serious socio-economic problems, have to be able to utilize the resources of their land to improve their lives.

“What we want to say to the premier is, ‘This is our territory, and since you are premier of Quebec, we want to be able to sit down with you and discuss the fact that resources are being taken from the land and there should be some kind of sharing arrangement here,’” he said. “We want the federal government to also sit at a table with us.”

The federal government has conceded nothing, but it may have implicitly recognized the Algonquin right to aboriginal title because native leaders are regularly consulted by all levels of government when land in the national capital region has to be sold or developed. The National Capital Commission, for instance, consults Quebec Algonquins on the future of Gatineau Park. The city also does the same and in 2007, the development of the old Rockcliffe airbase by Canada Lands Corporation was put on hold when the Algonquin intervened.

While it has acknowledged that the Kitigan Zibi submission meets the test of a land claim, the federal government has refused to formally engage them in discussions until all the nine Quebec Algonquin communities sign on.

“Canada has funded the Algonquins of Western Quebec to research and prepare a comprehensive claim, but has not yet received a claim submission from all nine Quebec Algonquin First Nations. A formal claim submission is required before the claims process can begin,” federal aboriginal affairs spokeswoman Genevieve

Guibert wrote in an email.

But Whiteduck says the government did not put such a condition on Ontario's Golden Lake Algonquins when they made their claim for eastern Ontario — and so the Kitigan Zibi and their allies will press on.

The land being claimed encompasses more than the 36,000-square kilometres in eastern Ontario that the Golden Lake Algonquin claim, and is currently the subject of negotiations between them and federal and Ontario governments. It includes Brockville and Cornwall, areas that have long been considered Mohawk territory. The land area is also larger than the 350,000 square kilometres that the Inuit got to establish the self-governing territory of Nunavut.

Aboriginal land claims in Canada have long been controversial, with assertions by some, including the Canadian government at one time, that under colonization by France, and later England, native people lost title and right to land ownership. But a series of Supreme Court decisions rejecting the argument that aboriginals lost their land ownership under colonization recognized First Nation rights to land — unless they sold it or gave it away in a treaty.

Whiteduck says the Algonquin did neither under French and British rule, and the land they occupied 400 years ago, remains theirs to this day.

“We the Algonquin Nation never signed a treaty giving up our lands. All our leaders, our warriors, there was no time we ever signed anything that extinguished or gave up our rights to our lands even though we were forced onto reserves,” Whiteduck said.

Ottawa Citizen

RE: Request for Proposals for the Aboriginal Training for Employment Program

The Official Request for Proposals (RFP) for the Aboriginal Training for Employment Program is now posted on BCBid, the RFP number is ON-002189. To find the RFP, go to BCBid.ca and click on “browse” then “browse opportunities” by organization and scroll down to “Ministry of Advanced Education.” The following page will bring you to the link to the RFP.

Please note that this is the official “Request for Proposals” (RFP). Responses to the questions and comments that were received during the draft posting for comment are included as an attachment to the RFP for information purposes only.

To assist with proposal submissions, the Government Not for Profit Initiative has developed a course for “Understanding & Responding to Government Procurement Processes” that can be found here. For further instructions on how to submit a proposal please refer to the RFP.

Thank you,
Stephanie Papik
Program Advisor

Teaching Universities, Institutes and Aboriginal Programs
Ministry of Advanced Education
PO Box 9877 Stn Prov Govt | 2nd Flr - 835 Humboldt St | Victoria BC V8W 9T6
t. 250-387-2572 | f. 250-952-6110 | e. stephanie.papik@gov.bc.ca

Union of BC Indian Chiefs Applauds UN Inquiry into Missing and Murdered Aboriginal Women December 14, 2011

(Coast Salish Territory/Vancouver BC, December 14, 2011) An inquiry into the missing and murdered Indigenous women in Canada is being launched by the United Nations Committee on the Elimination of Discrimination against Women (CEDAW).

“The Union of BC Indian Chiefs welcomes the inquiry undertaken by the CEDAW into the murders and disappearances of Indigenous women and girls and believes it will finally hold the Canadian government to account on the international stage,” said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. “To truly address and eliminate the tragic and devastating issues of violence against Indigenous women and girls, the Harper Government must be compelled and forced to examine the intersecting and deeply-rooted factors of poverty, colonialism, and systemic racism. We hope that the Harper Government will not try to block the inquiry as we believe an open and inclusive inquiry can be helpful in addressing this national tragedy.”

“The Union of BC Indian Chiefs supports the efforts of Native Women’s Association of Canada, the Canadian Feminist Alliance for International Action, Downtown Eastside Women’s Centre and February 14th Women’s Memorial March Committee and we will fully cooperate with the CEDAW inquiry,” said Grand Chief Phillip. “This is not only a ‘women’s issue’, this is a fundamental and universal human rights issue.”

In conclusion, Grand Chief Phillip stated “Our hearts and prayers forever go out to the families who lost their loved ones and to their many friends who continue their commitment to ensure justice will be served. The UBCIC joins them and will never abandon the families who have lost a daughter, a sister, a mother, an aunt and a grandmother.”

Media inquires: Grand Chief Stewart Phillip, Union of BC Indian Chiefs Phone: (250) 490-5314

19th Annual National Aboriginal Achievement Awards—Ticket packages on sale now!

Ticket packages and Individual Tickets for the 19th Annual National Aboriginal Achievement Awards are now available for purchase on the National Aboriginal Achievement Foundation website and on the attached forms.

The Awards will be held Friday, February 24, 2012 at the Queen Elizabeth Theatre in Vancouver, British Columbia. Recognized for the recipients’ outstanding accomplishments in various disciplines, the Awards are the highest honour the community can bestow on its achievers.

In February, 15 exceptional individuals will be honoured and celebrated at the Gala, and subsequently broadcasted on Global Television and the Aboriginal Peoples Television Network (APTN) this March. We look forward to seeing you in Vancouver for an inspirational evening of achievement and celebration.

We thank you for your generous support.

**Sincerely,
Andy Wilson, Ticket Sales Coordinator
National Aboriginal Achievement Foundation
215 Spadina Ave, Suite 450, Toronto, ON M5T 2C7
Tel: 416-987-0250 Fax: 416-977-1764**

**VIHA
PUBLIC SERVICE ANNOUNCEMENT**

**FOR IMMEDIATE RELEASE
December 19, 2011**

KEEP NUTRITION ON TRACK OVER THE HOLIDAYS

ISLAND WIDE – For many, the holidays are a time to indulge in treats and rich food. But chances are a number of people will try to get their diets back on track in the New Year after overdoing it during the holidays. The Vancouver Island Health Authority (VIHA) has some tips to keep a balance of maintaining a nutritious diet while enjoying your favorite treats.

- Before going out to a party or holiday dinner, have a nutritious snack like a banana to avoid hunger which will allow you to make better food choices.
- When out at parties, choose protein first such as shrimp or sushi over “empty” calorie foods such as chips or candy; protein will help curb your appetite.
- Choose rich foods in smaller quantities or, when cooking, try healthier versions of traditional rich treats by reducing the amount of sugar, salt and fat.
- Limit your alcohol intake and avoid free refills to keep track of your consumption.
- Drink plenty of water whether you are out caroling or at home cooking making your holiday feast.
- Lead with healthy options by serving hummus with vegetables, bean or whole-grain salads, roasted vegetables or sushi.
- At parties, keep moving and back away from the buffet; standing next to the buffet table makes it too easy to keep reaching for the cheese ball.
- If weather permits, try walking to and from your social gatherings or park a few blocks away; fitting in exercise wherever possible will help keep your metabolism up.
- Plan holiday activities that will get you moving; staying active will not only balance out any extra eating you do, it will help manage the added stress that can come with the holidays. Join a loved one for a stroll, lace up your skates, hit the bowling alley or the curling rink!

For more information on nutrition, local public health units can be found on VIHA’s site at: http://www.viha.ca/finding_care/facilities/health_units.htm, or call HealthLink BC's Dietitian Services toll free at 8-1-1 or email at <https://www.healthlinkbc.ca/dietitian/ead/disclaimer.stm>.

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Media Contact:
Shannon Marshall
VIHA Communications
250.370.8270



Wəy xast səlaxalt (WELCOME)

“We extend our warmest greetings to you from NK’MIP Resort in Osoyoos! As Aboriginal people and organizations, we must support one another in business ways by being customers at Native owned businesses. Over the last year, many First Nations, private industries, along with Federal and Provincial Government organizations, have held their meetings and conferences at the Osoyoos Indian Band’s first-class resort.”

Chief Clarence Louie of the Osoyoos Indian Band and CEO of the Osoyoos Indian Band Corporation, sends his best wishes and his invitation for you to come to NK’MIP – for work, pleasure, culture or relaxation – we offer it all at our resort!

NK’MIP Resort is a four-season experiential tourism destination featuring premium accommodation and visitor experiences including an award-winning winery, gourmet dining, desert golf, a cultural centre, a full-service spa and conference centre, just minutes from Osoyoos in the Okanagan Valley.

Our 4.5 star “Spirit Ridge at NK’MIP Resort” was built in conjunction with the Osoyoos Indian Band. This partnership has created the ultimate aboriginal tourism destination offering world class amenities and activities. Spirit Ridge offers luxurious 1, 2 and 3 bedroom suites and villas complete with lavish bedding, gourmet kitchens and inviting living rooms offering all guests an exceptional resort experience.

Our conference facility can cater to groups up to 250 people (banquet-style) and has state-of-the-art audio/visual equipment providing the ideal location for weddings, family reunions, conferences, meetings and retreats. The conference centre has the ability to be divided into smaller venues to accommodate groups of all sizes. Full-service catering is available from The Restaurant at Spirit Ridge. For your well respected ceremonies, we offer the perfect setting with our own Spiritual Fireplace. The NK’MIP Desert Cultural Centre is only steps away and celebrates thousands of years of a precious Okanagan First Nations culture and habitation on desert lands.

NK’Mip Sales Coordinator, Shelly Alex, is a proud member of the Osoyoos Indian Band. She will be contacting you personally within the next week. If you wish to reach Shelly in the meantime, you may do so at (250-495-5445 x5059) or by email shel-ly@bellstar.ca. Shelly will be very happy to arrange an appointment for a tour through our facilities or provide you with a complete package detailing all that Nk’Mip Resort can offer your First Nations gathering.

It will be our great pleasure to make your event unique and memorable!

Sincerely,

**Todd Mallen,
Director of Operations
Bellstar Hotels & Resort
Spirit Ridge Vineyard Resort & Spa**

**Chief Clarence Louie,
Chief of the Osoyoos Indian Band and
CEO of the Osoyoos Indian Band Corporation**



COSCO BC Workshops (from <http://coscobc.ca/workshops>)

Health Promotion Workshops

The Council of Senior Citizens' Organizations of B.C. has developed many health and safety promotion workshops that are available free of charge to any seniors' group. Each session lasts for approximately 90 minutes and a trained senior facilitator delivers the program. The workshops contain practical and useable information and are free of technical jargon. Participants are encouraged to make concrete plans to create a safe physical environment and to adopt strategies for healthy living.

Success

Since the first health promotion workshop on fall prevention was offered in 2007, Sheila Pither estimates that COSCO has presented some 200 workshops to over 4,000 recipients. Nineteen different workshops are currently available, with several more under development.

Current List of COSCO Workshops

FALLS PREVENTION
HEALTHY EATING FOR SENIORS
PREVENTING ELDER ABUSE & NEGLECT
SAFETY IN THE HOME
MEDICATION AWARENESS FOR SENIORS
UNDERSTANDING OSTEOARTHRITIS
OSTEOPOROSIS: THE SILENT THIEF
DOING IT YOUR WAY- LEGAL DOCUMENTS YOU NEED
CARE GIVING
EMERGENCY PREPAREDNESS FOR SENIORS
ABCs OF FRAUDS & SCAMS
CREATING AN AGE-FRIENDLY COMMUNITY
DEALING WITH STRESS
CHRONIC DISEASES
MENTAL HEALTH
PENSION & TAX OPTIONS
SOCIAL CONNECTEDNESS
ADDICTION & SENIORS

Book a Workshop

Each workshop is about 90 minutes long and free of charge. To book or enquire about a workshop - contact Sheila Pither by email at pither470@shaw.ca or telephone (604)-684-9720

Emergency or Grandparent Scam

"Hi, Grandma! How are you?"

"Is that you, Jeffrey? How are you?"

"Actually, I'm in some trouble and I don't want Mom and Dad to know."

Seems like a plausible phone call from your grandchild, right? It might be, at least until the caller claims he needs cash to get out of jail, fix a car or leave a foreign country. He begs you to wire money right away and to keep his request between the two of you. If you think this call sounds fishy, the Canadian Anti-Fraud Centre says you're right...

Though the "Emergency Scam" (or sometimes referred to as the "Grandparent Scam") has been around for years, the Canadian Anti-Fraud Centre warns the public to be on alert after noting a marked increase in the number of complaints in the last two months.

In the typical scenario, a grandparent receives a phone call from a con-artist claiming to be one of his or her grandchildren. The caller goes on to say that they are in some kind of trouble and need money immediately. Typically they claim being in a car accident, trouble returning from a foreign country or they need bail money.

A typical call can go something like this:

Con-artist: Hi, Grandma/Grandpa

Victim: Hi.

Con-artist: Do you know who this is?

Victim: John?

Con-artist: Yeah.

Victims don't verify the story until after the money has been sent as the caller specifically asks that they do not want other relatives to know what has happened by asking "Can you please help me? I'm in jail (or in the hospital or in some type of financial need). But don't tell Dad. He would kill me if he found out, please send the money ASAP. I'm scared"

Wanting to help their grandchild, the victim sends money by a money transfer company such as Money Gram or Western Union.

Variations on the scam exist such as an old neighbour, a friend of the family etc. but predominantly the emergency scam is directed toward the Grandparents.

In 2007, 128 consumers reported this scam to the CAFC. From January to August 31st 2008, 317 complaints were reported to the Center with the majority reported (155 complaints) in July and August 2008.

The Canadian Anti-Fraud Centre (Phonebusters) was established in January 1993 and is jointly operated by the Royal Canadian Mounted Police, the Ontario Provincial Police (OPP) and the Competition Bureau Canada.

The CAFC is a national call centre where victims can report fraud complaints. The information is used to assist in investigations.

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

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

**Phone: 1-250-286-9977
Fax: 1-250-286-4809
Toll-Free: 1-877-738-7288
Coordinator: Donna Stirling
Website: www.bcelders.com
Email:
bcelders@telus.net**

**BCECCS HAS GONE
PAPERLESS!
AND
ELDERS VOICE
ISSUES
ARE POSTED ONLINE
ONLY NOW BY THE 1ST OF
EACH MONTH!**

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;
(Whew! 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

QUOTES:

"Try to say the very thing you really mean, the whole of it, nothing more or less than what you really mean. That is the whole art and joy of words."
C S Lewis

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

**Annual Elders Gathering Grand Entry Photos are on:
www.bcelders.com each year (except unfortunately for 2011)**

ANNUAL BC ELDERS GATHERING INFO CORNER

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

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