

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
Chief & Council and Board of Directors That Would Be A Great Help Here!

HAPPY BIRTHDAY TO ALL ELDERS BORN IN JULY!

FEES ARE DOWN!

Support Fee Invoices Went Out With The November Issues 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 of BC.

ANNOUNCEMENT: The Department of Indian and Northern Affairs
(Fed.) and the Ministry of Aboriginal Relations and Reconciliation (BC)
have both been unable to extend any financial support for this Elder's
Office again this year.

For those of you who have not helped with the fee so far this year, could
you please bring the list on pg. 3 of this issue to your Chief and Council,
your Board of Directors, Band Manager, etc. and let them know that this
office has no funding that comes in from INAC like bands do, and we
really need help from the monies that each band gets yearly for the eld-
ers. \$250 shouldn't be too tough to put on the books once a year in order
for the Elders of BC to keep their communications office running.

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

CONTACT INFORMATION IS ON PAGE 5 OF THIS ISSUE



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Easy Bakers Corner – Strawberry Shortcake

Preheat oven to 375°F. Grease and flour 8 or 9 inch round cake pan.

In a large bowl combine 2 cups all-purpose flour, 1/2 cup granulated sugar, 3 tsp. of baking powder and 1/2 tsp. salt, mix well.

With a pastry blender or fork cut in 1/2 cup of butter until mixture resembles coarse crumbs.

Add 3/4 cup milk and 2 eggs, slightly beaten, stirring just until dry ingredients are moistened, spoon into greased and floured pan.

Bake for 25-30 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.

Topping: Meanwhile in a medium bowl combine 4 cups of fresh sliced strawberries and a 1/2 cup of sugar and mix well. Refrigerate at least 30 minutes. Just before serving beat 1 cup of whipping cream in a small bowl until soft peaks form. Add 2 Tbs. of powdered sugar and 1/2 tsp. of vanilla and beat till stiff peaks form.

Handy Tips:

1. For nose bleeds—tilt your head forward NOT back—tipping your head forward and pinching your nose for 5 minutes will keep blood from going into your stomach.
2. For 2nd Degree Burns, DO NOT USE ICE, instead soak burn in cold water of 20 minutes to stop the burning.

What Can you please share?

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

Gilakasla, Donna Stirling

‘PRESERVING THE PAST’

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

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

Disclaimer:

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

BCECCS 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
2. Mr. Graham Cope

FROG LEVEL - \$750

1. Lhoosk'uz Dene Nation

SISIUTL LEVEL - \$500

1. Vancouver Aboriginal Friendship Centre
2. We Wai Kai First Nation
3. Lower Kootenay Band
4. McLeod Lake Tse'khene Elders Society
5. Hailika'as Heiltsuk Health Centre

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. Akisqnuq First Nation
9. Da'naxda'xw First Nation
10. Indian Residential School Survivors Society
11. Laich-kwil-tach Treaty Society
12. Coldwater Indian Band
13. Qualicum First Nation
14. Xaxli'p Indian Band
15. Bridge River Indian Band
16. Quatsino Band
17. Osoyoos Indian Band

18. Klulx Klulx Hu-up
19. Tobacco Plains Indian Band
20. Tsleil-Waututh Nation
21. Lytton First Nation
22. Chawathil Elders
23. Doig River First Nation
24. BC Assembly of First Nations
25. Kamloops Indian Band
26. Williams Lake Indian Band
27. Adams Lake Indian Band
28. Carnegie Community Centre
29. SIMPCW First Nation
30. Ts'kw'aylaxw Elders
31. Mount Currie Band Council
32. Shxw'ow'hamel First Nation
33. Nicomen Indian Band
- 34.

UBCIC Calls on First Nations to Support "Our Dreams Matter Too" Campaign

News Release. June 11, 2012

Today, on the fourth anniversary of the Prime Minister's residential schools apology, the First Nations Child and Family Caring Society (FNCFCS) is launching an important campaign called "Our Dreams Matter Too." The campaign focuses on giving First Nations children the same chance as non-First Nations children to grow up safely at home, get a good education and be healthy and proud of their cultures. The campaign encourages individuals and organizations to send letters to the Prime Minister supporting culturally based equity for First Nations children.

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs (UBCIC) stated "The UBCIC calls on all First Nations leadership and community members to take action in support of the campaign by sharing information, organizing community walks and encouraging letters from as many individuals as possible."

Last week, the UBCIC Chiefs Council met with Dr. Cindy Blackstock, Executive Director of the FNCFCS, who spoke eloquently about the great efforts of thousands of school children who understand reconciliation means not saying sorry twice. By Resolution 2012-23, the UBCIC Chiefs Council proudly joins the FNCFCS to call for a community-based walk to the mailbox with letters of support for the campaign and cause.

"Non-discrimination and respect for cultures and languages are shared principles of the United Nations Declaration on the Rights of Indigenous Peoples, the Convention on the Rights of the Child, and the Convention on the Elimination of all Forms of Racial Discrimination," said Grand Chief Phillip. "The 'Our Dreams Matter Too' campaign is an opportunity for all First Nations to actively be involved in ensuring that these important international instruments are upheld."

Please join with us today and take a moment to send a letter to Prime Minister Harper supporting culturally based equity for First Nations children. A template letter is attached for your use.

Media inquires:
Grand Chief Stewart Phillip
Phone: (250) 490-5314

Stevens and Company Law



Sam Stevens, Barrister & Solicitor

The dedicated staff, at Stevens and Company, offers help in submitting Residential School Claims to the Independent Assessment Process (IAP). If you, your family member, or other members of your community would like more information, please call our office.

Our toll free number is: 1-877-248-8220.

Time is running out, to submit a claim.

The deadline for claims is September 19, 2012.

Visit our website at:

<http://www.stevensandcompanylaw.com>

The contacts for the 36 Annual BC Elders Gathering are:

Rick Quipp, Co-Chair PH: 604-798-5574
Diane McElhinney, Co-Chair PH: 604-230-7174
Millie Silver, Elder Chair, PH: 604-852-4159

Registrations for Elders, Elder Support persons,
and Groups of Elders are to go to:

Melanie Williams
c/o Tzeachten First Nation Governance Office
Unit 29 – 6014 Vedder Road
Chilliwack, BC V2R 5M4
FAX: 604-846-4889
PH: 604-846-4888

Arts & Craft Vendor Registrations are to go to:

Rick Quipp
c/o Cheam First Nation
52130 Old Yale Road
Rosedale, BC V0X 1X0
FAX: 604-794-7456
PH: 604-798-5574

**Passing of budget bill is bad news for Canadians and the environment
Movement to protect nature and democracy in Canada will continue to build.**

TORONTO, June 19, 2012 - Today, our elected Members of Parliament passed Bill C-38, ignoring thousands of Canadians who spoke up for nature and democracy. The budget, which represents sweeping changes to environmental protection laws, eases the way for industrial developments that could put the future of our land, water and climate at risk. It also attempts to silence voices of dissent against such developments by making it more difficult for environmental charities to participate in the public policy process.

"This bill marks a step backwards for our democracy and economy, as well as for the protection of the air, water and land on which we and our children depend," said Peter Robinson, Chief Executive Officer of the David Suzuki Foundation. "By weakening environmental laws and smothering the voices of First Nations and other concerned Canadians it will undermine communities, add to our economic uncertainty and inhibit investment over the long term."

The gutting of environmental safeguards means that Canadians will face increasing risk from big projects like new pipelines, and will have fewer opportunities to participate in the review processes before they are approved.

"This budget ignores the true goals of Canadians by changing our laws to fast-track risky major infrastructure projects like the Northern Gateway pipeline," said Rick Smith, Executive Director of Environmental Defence. "Gutting of environmental safeguards and democratic process puts all Canadians at risk."

"Concerns about democracy and nature won't just go away because the bill has passed," said Éric Hébert-Daly, National Executive Director, Canadian Parks and Wilderness Society. "This marks the beginning of a new sustained effort to mobilize Canadians to speak out for nature and democracy. We're more committed than ever to providing the means for everyone who cares about the future of our environment and our democratic rights to have a voice."

"Nurses are very concerned about the health of Canadians and the budget bill increases risk to Canadians of factors that contribute to ill health - poverty, environmental degradation and reduced access to services and social supports," said Linda Silas, President of the Canadian Federation of Nurses Unions.

"Ignoring democracy and silencing First Nations in environmental assessments of major projects will only bring conflict to our territories," said Grand Chief Stewart Phillip, president of the Union of B.C. Indian Chiefs. "It is time for people to put down their Starbucks and wake up: this bill will define the future of our country in ways we may not want. We need to remember the hard lessons of Clayoquot Sound, Ipperwash and Oka."

This isn't the direction Canadians want their country to go. On June 4, more than 600 organizations and thousands of Canadians came together to speak with one voice, taking part in online actions to oppose Bill C-38, including darkening their websites. That week, #blackoutspeakout trended on Twitter, and almost 50,000 Canadians wrote to their Member of Parliament to say no to the bill. Black Out Speak Out will continue to work to protect nature, democracy, in the interest of all Canadians.

Black Out Speak Out (blackoutspeakout.ca / silenceonparle.ca) is a joint project of Canadians Association of Physicians for the Environment (CAPE), Canadian Parks and Wilderness Society (CPAWS), David Suzuki

Foundation, Ecojustice, Environmental Defence, Equiterre, Greenpeace, Nature Canada, Pembina Institute, Sierra Club Canada, West Coast Environmental Law, and WWF Canada.

For further information:

For more information, or to arrange an interview, contact:

Stephanie Kohls, Communications Director, Environmental Defence, 416-323-9521 ext. 232; 647-280-9521 (cell); skohls@environmentaldefence.ca

For Immediate Release

June 15, 2012

2012 BC Aboriginal Business Awards Call for Submissions Launched

VANCOUVER – BC Achievement Foundation chair Keith Mitchell has announced that the call for submissions is now open for the fourth annual BC Aboriginal Business Awards. “From young entrepreneurs to joint venture businesses, we welcome submissions for this unique awards program, which celebrates Aboriginal businesses from across BC,” says Mitchell.

The BC Aboriginal Business Awards honour business excellence in the following categories: Young Entrepreneur (Male and Female), Joint Venture, Community-Owned and Business of the Year awards for one-to-two-person enterprises, two-to-10-person enterprises, and enterprises with 10 or more persons.

“The continued success of these awards illustrates how much Aboriginal business has to offer all of British Columbia in terms of drive, innovation, and business expertise,” says Mary Polak, Minister of Aboriginal Relations and Reconciliation. “Last year, the award recipients’ businesses ranged from pilates to real estate, from catering to construction and I encourage Aboriginal entrepreneurs from across the province to participate in this year’s awards by entering their own submissions or nominating a business they feel deserves recognition.”

A judges’ panel evaluates the submissions guided by the viability, success, and competitiveness of the business. The panel selects a first-place recipient and up to two second-place outstanding business achievers in each category. All winners will be celebrated at a gala presentation ceremony on December 5, 2012 in Vancouver.

“It was a tremendous privilege to receive my award and I hope my experience will encourage and inspire other Aboriginal entrepreneurs to consider entering the business world as I did,” says Sharon Bond, president of Kelowna’s Kekuli Café Aboriginal Foods and Catering and past winner of a Business of the Year Award.

“These awards are made possible thanks to a partnership with the Province of British Columbia and our generous sponsors, New Relationship Trust, BC Hydro, Teck, Encana, and Spectra Energy,” says Mitchell. “Thank you to all our partners for recognizing and celebrating the value of our Aboriginal entrepreneurs.”

For further information and submission forms, visit: www.bcachievement.com

The deadline for submissions is Friday, September 14, 2012.

Contact:

Nora Newlands, Executive Director
BC Achievement Foundation
604-261-3348

Dog Blamed For Arson By Pennsylvania Man From msn.com

Farting and blaming the dog is something we've all done from time-to-time, but one man in Pennsylvania tried to blame his dog for starting a fire.

According to reports, authorities in Cresson Township, Pa. say that's what 58-year-old John Saparo did.

The western Pennsylvania man who blamed his dog for causing a fire in his apartment last year has been jailed on charges that he set the blaze, instead. In a court document, authorities said Saparo told a state police fire marshal that "a dog may have started the fire by knocking over one of the fans."

Saparo is jailed on arson and other charges and is scheduled for a June 20 hearing. He was arraigned by on-call District Judge Rick Varner of Salix and sent to the Cambria County Prison after failing to post 10 percent of \$25,000 bond.

Police say roving cows drank US backyard brews

BOXFORD, Mass.- Police say a roving group of cows crashed a small gathering in a Massachusetts town and bullied guests for their beer.

Boxford police Lt. James Riter says he was responding to a call for loose cows on Sunday and spotted them in a front yard. Riter says the herd headed for the backyard and then he heard screaming. He says when he ran back there he saw the cows had chased off some young adults and were drinking their beers.

Riter says the cows had knocked the beer cans over on a table and were lapping up what spilled. He says they even started rooting around the recycling cans for some extra drops. Riter says the cows' owner and some friends herded the cows back home.

Police: Bank robber had to be cut from air duct By The Associated Press, thecanadianpress.com

OAK LAWN, Ill. - A wig-wearing man broke into a suburban Chicago bank vault and nearly made off with \$100,000 but got stuck in an air duct and had to be cut out hours later, authorities said Sunday.

Charles Estell, 38, was found early Sunday hiding in an air duct in an office next to the bank, according to Oak Lawn police spokesman Michael Kaufmann. The Chicago man had allegedly robbed the suburban bank Saturday afternoon, and pointed a gun at bank employees who confronted him in the vault, according to the FBI.

"I don't want to kill or hurt you," Estell said, according to the criminal complaint. "I just want the money." He allegedly stuffed \$100,000 in a backpack and fled. Employees told authorities it appeared he escaped through the ceiling.

Authorities spent hours searching for him and located him around 1 a.m. Sunday. But before they could cut him loose from the air duct, they had to remove a wig of long, beaded dreadlocks he was wearing.

According to the criminal complaint, Estell told investigators that he got into the vault through the ceiling.

Estell was charged Sunday with one felony count of bank robbery and could face up to 20 years in prison. He has not entered a plea, and is due back in court Tuesday. It wasn't immediately clear if he had a lawyer. A phone message left Sunday at a number listed as his wasn't immediately returned.

For Immediate Release - June 20, 2012

**ABORIGINAL COMMUNITY TO MARCH IN VANCOUVER
ON NATIONAL ABORIGINAL DAY TO PROTEST SURPRISE FEDERAL CUTS
TO ABORIGINAL YOUTH PROGRAM FUNDING**

On a day that is meant to recognize the unique history, culture, and contributions of Aboriginal people to Canada, the Metro Vancouver Aboriginal community will be marching to protest cuts to the federal Cultural Connections for Aboriginal Youth (CCAY) funding by the Department of Aboriginal Affairs. The announcement was made more devastating when the surprise notice was delivered the day after the 4th anniversary of Canada's apology to residential school survivors, and only one week before the federal government's announcement that \$28 million will be spent to reenact the War of 1812. (The total annual budget for the CCAY program is only \$22 million nationally - \$6 million less than what is being earmarked for the celebration of a war that happened 200 years ago). Total yearly funding for Metro Vancouver's 14 programs was \$1.37 million.

Co-Chair of the Metro Vancouver Aboriginal Executive Council (MVAEC), Christine Smith, says that this devastating decision will have far-reaching negative social impacts across Metro Vancouver and the entire country, as hundreds of projects and programs are being immediately shut down due to the surprise and late notice of the federal government. This will lead to higher social costs for the federal and provincial federal governments as youth will have 14 fewer programs to help them make positive choices in their lives. This seems to contradict the federal government's commitment to fiscal responsibility as what may seem like a cost saving, will ultimately be paid for in other more costly ways. Smith also notes that despite a 12 year history of receiving funding late in the fiscal year, not-for-profit organizations will now be forced to absorb large deficits, as the funds that they have spent in good faith to ensure that urban Aboriginal youth were being supported while awaiting funding, will not be reimbursed. This means up to a \$30,000 deficit for some organizations.

The National Association of Friendship Centres, which administers the CCAY program funding, stated this morning that they are working with the federal government to change the terms and conditions of CCAY which may result in future funding. In the meantime, Aboriginal community organizations are being forced to shut down effective prevention and intervention programs that were helping Aboriginal youth to develop their leadership and build skills, self-esteem, and support networks that ultimately help them to achieve their educational, training, employment, cultural, and artistic goals. Smith notes that over 1,700 Aboriginal youth in Metro Vancouver have been reached through this important initiative.

Smith adds that there is no clear reason why the federal government would willingly choose to stop CCAY funding half way through its five-year mandate with no consultation or discussion with the Aboriginal community. The Metro Vancouver Aboriginal Executive Council calls upon the federal government to immediately reinstate funding to this unique and much needed program while they work with the NAFC on next year's potential funding so that the lives of Aboriginal youth will not be unduly disrupted and negatively impacted.

See attachments for more information. You can reach Christine Smith at 604-251-7200.

MVAEC Members Include: Aboriginal Community Career Employment Services Society; Aboriginal Front Door Society; Aboriginal Mothers Centre Society; Canadian Aboriginal Aids Network; Circle Of Eagles Lodge Society; Federation of Aboriginal Foster Parents; Healing Our Spirit BC Aboriginal HIV/AIDS Society; Helping Spirit Lodge Society; Honourable Elder, Marge White; Klahowya Aboriginal Centre; Knowledgeable Aboriginal Youth Association; Lu'ma Native Housing Society; Native Education College; Nisqa'a Ts'amiks Vancouver Society; Pacific Association First Nations Women; Spirit of the Children Society;

Urban Native Youth Association; Vancouver Aboriginal Child & Family Services Society; Vancouver Aboriginal Community Policing Centre; Vancouver Aboriginal Friendship Centre Society; Vancouver Aboriginal Transformative Justice Services Society; Vancouver Native Health Society; Vancouver Native Housing Society; Warriors Against Violence Society

Metro Vancouver Aboriginal Executive Council (MVAEC)

MVAEC was formed in 2008 to respond to our community's desire for a more collaborative, strategic, and unified voice to represent the 40,000-60,000 Aboriginal people living in Metro Vancouver. MVAEC became a Society in 2009, and is comprised of Executive Directors from diverse urban off-reserve Aboriginal organizations.

With 25 member organizations, MVAEC represents the vast majority of off-reserve, urban Aboriginal people in Metro Vancouver. Our members are recognized for their leadership, accountability, and ability to develop and deliver programs and services that are responsive to the unique needs and values of the urban Aboriginal community.

We believe that urban issues are very important as over 60% of the Aboriginal population now live in large urban settings, yet very little funding is being allocated to meet their unique needs. Our members are leaders in many areas including youth, children & families, justice, health, housing, women, family violence, and many other important issues that are affecting our community. We work with all levels of government, First Nations leadership, the private sector, and others to help them better understand our needs, how addressing challenges in the Aboriginal community also benefits all Canadians, and how they can help to contribute to fostering positive change.

Through regular Council and Round Table meetings addressing priority areas, and other pro-active efforts, MVAEC has accomplished a great deal, and we continue to play a major leadership role in Metro Vancouver. MVAEC has successfully engaged many businesses, community organizations, and all levels of government in discussions and partnerships that will ultimately lead to benefits for the urban Aboriginal community. We welcome contact from individual organizations, city councils, and government departments who are interested in partnering with MVAEC to help build a stronger Metro Vancouver Region for all its citizens.

The Council meets regularly to discuss municipal, regional, provincial, and federal issues as they relate to urban off-reserve Aboriginal people. This is especially important, given that almost 60% of all Aboriginal people now live in urban centres. Despite this reality, there is very little acknowledgement of the unique needs of urban Aboriginal people, or investments to meet those needs. MVAEC's goal is to ensure that all levels of government, both mainstream and Aboriginal, acknowledge this reality and provide meaningful and sustainable efforts, financial investments, and ongoing support to meet urban Aboriginal people's short and long-term needs.

March time and route:

Begins at 11:00am at the Vancouver Aboriginal Friendship Centre at 1607 East Hastings Street and will travel south along Commercial Drive to East 15th Avenue, and then eastward to Trout Lake. Christine Smith and other community representatives will be participating in the March and available for comment.

Cultural Connections for Aboriginal Youth Local Projects Cut:

- Circle of Eagles Lodge Society
- Collingwood Neighbourhood House
- Federation of Aboriginal Foster Parents
- Kla-how-eya Aboriginal Centre of SACS
- Knowledgeable Aboriginal Youth Association

- Metis Family Services
 - Native Education Centre
 - Red Fox Healthy Living Society
 - Richmond Youth Services Agency
 - Urban Native Youth Association
 - Vancouver Aboriginal Community Policing
 - Vancouver Aboriginal Friendship Centre Society
 - Warriors Against Violence Society
 - Women Against Violence Against Women Society
- For more information on the CCAY Program:

Aboriginal and Northern Development Canada:
<http://www.aadnc-aandc.gc.ca/eng/1333030576029>

[BC Association of Aboriginal Friendship Centres:](http://www.bcaafc.com/programs/ccay-umayc) <http://www.bcaafc.com/programs/ccay-umayc>
[AANDC Press Release issued on March 28, 2012:](http://www.aadnc-aandc.gc.ca/eng/1332962234756)
[can be viewed at](http://www.aadnc-aandc.gc.ca/eng/1332962234756) <http://www.aadnc-aandc.gc.ca/eng/1332962234756>

Two New Blood Types Discovered by Mitch Marconi

Two new blood types have been discovered in research conducted by biologists at the University of Vermont, reports Science Daily, and the knowledge of yours could be a matter of life and death.

Human blood types are regularly classified as A, B, AB or O, and most people do know or learn their blood type at some point in their lives. But you may be surprised to know you could be either a positive or negative type, Rhesus positive or negative, or have the Langereis blood type or Junior blood type, which most of us don't discover until we are in dire straits.

In the February issue of Nature Genetics, Prof. Bryan Ballif and his colleagues report on their discovery of two proteins on red blood cells responsible for lesser-known blood types, specifically Langereis and Junior, which he and his colleagues believe put some ethnic populations at risk.

Ballif identified the two molecules as specialized transport proteins, named ABCB6 and ABCG2.

Beyond ABO and Rhesus (Rh), the International Blood Transfusion Society recognizes 28 additional blood types with names like Duffy, Kidd, Diego and Lutheran. But Langereis and Junior have not been on this list.

"Only 30 proteins have previously been identified as responsible for a basic blood type," Ballif notes, "but the count now reaches 32."

Both of the newly identified proteins are also associated with anticancer drug resistance, so the findings may also have implications for improved treatment of breast and other cancers, says the report.

For details regarding this discovery, the first of its kind in a decade, visit the Science Daily website.

From: http://www.postchronicle.com/news/science/article_212408858.shtml



FOR IMMEDIATE RELEASE
May 28, 2012
FNHA2012-GWV04

Interim First Nations Health Authority
First Nations Health Council

BC First Nations establish first permanent provincial First Nations Health Authority in Canada

COAST SALISH TERRITORY (Vancouver) – BC First Nations have achieved a historic level of consensus in moving to establish Canada’s first provincial First Nations Health Authority (FNHA). The decision was made at the fifth annual Gathering Wisdom for a Shared Journey forum on May 15-17, 2012 and marks another significant step forward in creating a more effective and culturally-responsive health service system for BC First Nations.

Over 800 delegates were on hand at the three-day event that saw 94% of Chiefs and Proxies in attendance approve the *Consensus Paper 2012: Navigating the Currents of Change – Transitioning to a New First Nations Health Governance Structure*. The Consensus Paper mandates transition from the *interim* First Nations Health Authority into a permanent form and begins planning for the establishment of Regional Offices to support health and wellness engagement with First Nations and Health Authorities at the regional level.

The new model is founded upon the principle of reciprocal accountability and creates an environment for innovation, tradition and continued collaboration with all partners towards the overall goal of improving the design and delivery of health services and achieving a higher standard of health for BC First Nations. This development will enhance the clear separation between the political health governance work of the First Nations Health Council (FNHC) and the service delivery responsibilities that will soon fall under the FNHA.

“We have seen an overwhelming level of consensus again in the setting of further standards and clear marching orders by BC First Nations for our work over the next 18 months. As directed we will now establish *our* permanent Health Authority and provide tools for First Nations within the regions to do the work they need to improve services locally,” said Grand Chief Doug Kelly, Chair of the FNHC. “We are seeing a new level of leadership make ground-breaking changes in the way health services are created and delivered to BC First Nations. Our work is rooted in the Directives laid out by our leaders from the *Consensus Paper 2011* that triggered the momentous change we’re seeing now in the transformation into a permanent system of wellness that will elevate the quality of life for all BC First Nations.”

This year’s forum also included signing ceremonies for Regional Partnership Accords between First Nations and Regional Health Authorities in the North, Vancouver Island, and Vancouver Coastal regions, opening new doors for cooperation and shared decision-making.

“The main focus of our work is improving services for BC First Nations. We are eager to implement an innovative holistic health and wellness model and to transform into our new role as a wellness partner to First Nations in BC,” said Joe Gallagher, CEO of the *i*FNHA. “This truly will be *our* Health Authority, built upon a foundation of responsiveness, efficiency and innovation.”

The Gathering Wisdom for a Shared Journey forums are the largest assembly of BC First Nations leadership in the province. The event brings together Chiefs, Elders, front-line health workers, community members, and provincial and federal partners to move forward on health systems transformation for BC First Nations. It's a celebration of culture, tradition and the vision of healthy, self-determining and vibrant BC First Nations children, families and communities.

Connect with the First Nations Health Authority: www.fnha.ca

First Nations Health Council: www.fnhc.ca

High resolution photos are available upon request.

Background Documents:

2011 Gathering Wisdom IV Press Release

The Transformative Change Accord: First Nations Health Plan (2006)

The Tripartite First Nations Health Plan (2007)

The Consensus Paper: British Columbia First Nations Perspectives on a new Health Governance Arrangement (2011)

British Columbia Tripartite Framework Agreement on First Nation Health Governance (2011)

Media Contact:

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Communications

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604-831-4898

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Intruder calls 911, afraid homeowner may have gun

By the CNN Wire Staff

March 8, 2011 10:11 p.m. EST

A man breaks into a house, then locks himself in the bathroom when the owner returns, police say

- **The intruder makes an emergency call**
- **The owner also calls the police**
- **The suspect is arrested without incident**

(CNN) -- This time it was the intruder who called 911.

A man who broke into a house in Portland, Oregon, called police -- afraid the homeowner may have a gun.

The suspect, Timothy James Chapek, was in the bathroom taking a shower when the homeowner returned to the house Monday night, Portland police said in a statement.

Accompanied by two German shepherds, the homeowner asked Chapek what he was doing in the house.

Chapek locked himself in the bathroom and made an emergency call, police said. He said he had broken into the house, the owner had come home, and that he was concerned the owner might have a gun. The homeowner also called the police to report that he had found a man in the house.

Police with dogs took Chapek, 24, into custody "without incident," they said. He was booked for criminal trespass.

They did not say if the homeowner did in fact have a gun.



Minister's Message

I am pleased to update you on our progress on initiatives underway to improve the health and well-being of First Nations and Aboriginal peoples in British Columbia (BC). This quarterly newsletter will inform you about these initiatives and the staff and partners working on them.

Firstly, I am honoured to say that Dr. Evan Adams has the new role of Deputy Provincial Health Officer in which he will work with the interim First Nations Health Authority to improve the quality of data collected and health indicators related to First Nations health. Dr. Adams will provide independent direction on First Nations and Aboriginal health issues to the Ministry of Health, reporting to citizens on health issues affecting the general population, and setting out a path for the improvement of First Nations and Aboriginal health and wellness. Dr. Adams' new role reflects a strengthening of the partnership between the Province and First Nations in BC.

The five year mark has just passed since the signing of the Tripartite First Nations Health Plan, between the First Nations Leadership Council and the governments of BC and Canada. That 10-year agreement is focused on the areas of governance and health actions, which have a combined total of 39 action items to fulfill. Approximately one-third of the action items are complete, and two-thirds are in progress.

This year, key priorities in health actions include:

- integration with the Ministry of Health's Innovation and Change Agenda;
- linkages with the Integrated Primary and Community Care Initiative;
- linkages with health systems planning;
- development of a reciprocal accountability framework;
- development of health knowledge and information initiatives;
- development of health human resources and cultural competency training; and
- development of a 10-year First Nations and Aboriginal Mental Wellness and Substance Use Plan.

On October 13, 2011, I had the pleasure to represent the Province in the signing of the BC Tripartite Framework Agreement on First Nations Health Governance (Framework Agreement). The agreement was signed by the First Nations Health Society and, the federal and the provincial governments. The agreement, a first of its kind in the country, sets out the commitment for the transfer of the planning, designing, management, and delivery of First Nations federal health programs currently under Health Canada First Nations and Inuit Health to the First Nations Health Authority. The transfer date of programs and services to the First Nations Health Authority is April 1, 2013.

The 2006 Métis Nation Relationship Accord identifies the need to improve information sharing and collaboration between the Province and the Métis people of BC, and to focus on closing socio-economic gaps in six key areas including community, family, and individual health. The Métis Public Health Surveillance Program is a significant step in this endeavour; it seeks to increase knowledge about the health of Métis people residing in BC through the development of population health status indicators. An Information Sharing Agreement signed in September 2011, between the Province and Métis Nation BC will allow the Ministry of Health to receive personally identifiable information from Métis Nation BC Citizens who have consented to participate in the project, and provide Métis Nation BC with aggregated health data.

Achieving the tripartite goals of building a more integrated health system and establishing the new First Nations Health Authority requires coordinating the planning, programming and service delivery of health services for First Nations in BC.

A key forum for this work is the Tripartite Committee on First Nations Health which consists of the following representatives:

- Interim First Nations Health Authority
 - Council Chairperson, interim First Nations Health Authority
 - Chairperson, First Nations Health Council
 - Deputy Chairperson, First Nations Health Council
 - Representative, each one of the five First Nation regional tables
 - President, First Nations Health Directors Association
- Federal
 - Assistant Deputy Minister, First Nations and Inuit Health Branch
- Provincial
 - BC Deputy Minister of Health
 - Provincial Health Officer
 - Deputy Provincial Health Officer
 - Associate Deputy Minister
 - Assistant Deputy Minister
- BC Health Authorities
 - Chief Executive Officers

One of the highlights from the work of this committee in recent months is the signing of regional partnership accords between the First Nations Health Council Regional Caucuses and the regional health authorities. Since starting my role as the Minister of Health, I have had an opportunity to meet some of our partners and have renewed acquaintances with others. I look forward to engaging with First Nations and Aboriginal organizations and partners in the work that lies ahead.

Michael de Jong, Q.C.
Ministry of Health

JOKE

**A little boy was attending his first wedding.
After the service, his cousin asked him, “How many women can a man marry?”
“Sixteen,” the boy responded.
His cousin was amazed that he had an answer so quickly. “How do you know that?”
“Easy,” the little boy said.
“All you have to do is add it up, like the Bishop said: 4 better, 4 worse, 4 richer, 4 poorer.”**

Presented by the Urban Native Youth Association www.unya.bc.ca

June 4 – How Long Have We Really Been Here?

- The original First Nations population on Turtle Island (North America) is estimated to be from tens of millions to over 100 million people within hundreds of unique Nations
- Most First Nations have their creation stories happening here in North America, not somewhere else. Our stories are based on our true history and honor our ancestors, so you can rely on that more than science.
- Scientists, anthropologists, and even the media continue to find mistakes in their methods and assumptions, but rather than admit that they were wrong and have caused many problems for First Nations people who have to defend their history to this land, they just come up with a new theory. They continue to guess where they think First Nations people came from, and then many years later they are proven wrong, AGAIN! So they just make a new guess, rather than believing what we have been saying all along – that we originated here.

June 6 – Urban Population

Although almost 60% of all First Nations people now live in cities. Despite this reality, government policy, efforts, or funding have not caught up to this reality. This has resulted in a severe lack of services and resources for urban First Nations people.

Friendship Centres have been supporting First Nations people in urban areas since the 1950s. Despite the explosion of the First Nations population in cities, there has been a cap on funding since 1996 so Friendship Centre struggle to meet the needs of their local community.

Urban First Nations people and individual communities are not allowed proper representation at the municipal, regional, provincial, or federal levels (both Aboriginal and mainstream systems) even though we represent almost 60% of the entire First Nations population, are in the best position to identify our community needs, and have the experience, skills, and knowledge to meet those needs.

The Urban Aboriginal People's Study is a good source of information. It and other city specific reports can be found at http://uaps.ca/wp-content/uploads/2010/03/UAPS-Main-Report_Dec.pdf

June 7 - Seven Sacred Teachings

The Seven Sacred Teachings remind us that we are all one; we are all connected regardless of race, culture, spiritual beliefs, or social, economic, or political backgrounds. Here is a very brief overview: LOVE is unconditional and in being so, it is given without asking for anything in return; RESPECT is given to others without expectation that it will be given back; BRAVERY is doing something when it may be painful such as asking for help when you need it; HONESTY is the act of being honest with yourself about who you really are, what you do, and why you do it; WISDOM is the knowledge that what you do or say, or don't do or say, is important; HUMILITY is recognizing that sometimes you're wrong or accepting success with pride, not arrogance; TRUTH is walking through life truthfully with yourself and with others

June 8 – Culture: What's the Big Deal

The following excerpt from the book First Nations 101 is being used with permission of the author Lynda Gray. Lynda is donating \$1 from the sale of each book to UNYA's capital campaign to build a Native Youth Centre in Vancouver, BC www.firstnations101.com

First Nations cultures that were purposefully disrupted and damaged are extremely valuable to us as individuals and sustained our ancestors in healthy communities since the beginning of time. Our cultures defined who we were as individuals and in relation to others, taught us our roles and responsibilities, instilled values, gave us purpose, and taught us to be thankful to the Creator and for all living things. Those of us who have not been exposed to our true culture, or are just learning about it, have missed out on so much. I cannot deny my anger at being denied the opportunity to be raised within my own culture; yet I have such happiness that I am learning about it now. I can only dream about how much of a stronger, healthier, and confident person I

would be if I was immersed in Tsimshian culture which is based on a strong connection to the Creator and our ancestors, respect for every living being and the earth, extended families, and strong communities. Those are the important things that I have been denied access to, even to this day as we struggle to find our way back to the ways of our ancestors.

Sidebar – Culture vs Pop Culture

Everyone who came to North America comes from a place that had a distinct culture with specific beliefs, norms, and practices. North America is full of people who have been displaced from their homelands and cultures and many do not have a connection to either of those. A lack of culture is often replaced with something that leads to the same sense of purpose and belonging. In mainstream culture this often comes in the forms of sports fanaticism, gang involvement, or heavy involvement in things such as punk rock, hip hop, or a Star Trek convention. People don't usually call it culture, but it often fills in for a lack of cultural belonging. Regalia is replaced by hockey jerseys, leather jackets, or baggy clothing and traditional dance is replaced by the Macarena or line dancing. Now, if you can see the similarities between true culture and mainstream culture you will likely have a greater appreciation for why First Nations people are so adamant about relearning, retaining, and passing on our cultural teachings to future generations.

June 11 - Residential School Apology

On June 11, 2008 the Government of Canada made a televised formal apology to the survivors of the Indian residential school system. These are a few of the words that the Prime Minister spoke that day:

“The burden of this experience has been on your shoulders for far too long. The burden is properly ours as a Government, and as a country. There is no place in Canada for the attitudes that inspired the Indian Residential Schools system to ever again prevail. You have been working on recovering from this experience for a long time and in a very real sense, we are now joining you on this journey”

Despite those words, the federal government has not lived up to its obligations or the ‘honor of the crown’ in helping our community to recover and heal from that long-term horrible experience. Rather, they continue to cut funding to many important and effective First Nations organizations and have not made many additional counselling, healing, or cultural learning opportunities available to residential school survivors or their descendants. Actions really do speak louder than words. Be sure to write to your local Member of Parliament (MP) letting them know that this is not acceptable.

June 12 – Guess who this is!

Today, we celebrate a Native innovator and trail-blazer! What Native singer-songwriter, musician and composer has:

- released 18 albums
- received an Academy Award
- been inducted into the Canadian Songwriters Hall of Fame
- has had her songs covered by the likes of Elvis Presley, Janis Joplin, Barbra Streisand, Neil Diamond, and Janis Joplin?

Who is she? [Buffy Sainte-Marie!](#)

Buffy Sainte-Marie is also an actor, educator, accomplished media artist, and social activist. Her song Universal Soldier was regarded as the anthem of the peace movement. She was born in 1941 on the Piapot Cree reserve in the Qu'Appelle valley, Saskatchewan. She was orphaned and later adopted, growing up in Maine, with little contact with Native people/communities during her childhood. Despite her cultural isolation, Buffy developed a strong sense of Native identity.

By age 24, Buffy started touring worldwide. Over the course of a career that has lasted more than four decades, she has capitalized on her visibility and world travels to improve opportunities for Native people. She regularly visits Indigenous communities around the world, and she's never hesitated to raise the profile of Native Americans and take action to support our peoples, wherever she goes.

In addition to her music career, Buffy starred on Sesame Street for five years as their first regular Native cast member. She has also attained a Bachelor of Arts in Oriental Philosophy, a teaching degree, and a PhD in Fine Arts, along with several honorary degrees.

Given her love of education and commitment to Native people, Buffy founded the Nihewan Foundation for American Indian Education. For almost 30 years, she's re-directed much of her own money to provide scholarships for Native American students. Two recipients of Nihewan scholarships have gone on to become the presidents of Tribal Colleges!

She also founded the Cradleboard Teaching Project, an on-line educational curriculum that aims to increase self-esteem and foster cultural pride amongst Native American children. This site provides many interactive tools and resources that provide positive and accurate information about our peoples and cultures.

For more information, check out: <http://www.creative-native.com/> <http://cradleboard.org>

June 13 – The Medicine Wheel

One of the many teachings of the Medicine Wheel is that a person is made up of four areas (physical, emotional, mental, and spiritual) that must be taken care of and nurtured in order to be balanced and healthy. Balance is reached when all four areas are taken care of as each area can have a positive or negative effect on the other areas which can set us off balance. By not looking after one part of yourself, you may cause another part to suffer. So, it is important to work on all areas to develop and maintain good overall health.

The Medicine Wheel can also be used to look at your family and community's health. It can help to identify how well each family or community is actively looking after the overall health of its members.

June 14 - Thanksgiving & First Contact

If you are like most people, you've never wondered what Nation the Indigenous people were who first met the Pilgrims who landed on the eastern shores of Turtle Island (North America). Well, we now know that they are the Wampanoag Nation!

Most believe that the Pilgrims celebrated the "first" Thanksgiving with the Wampanoag. However, the day was just one example of the everyday life of the Wampanoag who give thanks to the Creator for the change of seasons and many food harvests (strawberries, green beans, corn, and cranberries). Their ceremonies usually involve prayers of thanks to the Creator for providing sustenance, singing, dancing, and the sharing of food throughout the community. So while modern day people have commercialized it, the Wampanoag and many other First Nations do not.

You can find out more info at http://www.wampanoagtribe.net/Pages/Wampanoag_Education/celebrations

Ever wonder how to help support Native youth? UNYA is in the midst of a capital campaign to build a Native Youth Centre at Hastings and Commercial Streets in Vancouver, BC. We need help spreading the word, encouraging government and other funders to provide funding and support to the NYC, and donations are always welcome. You can find out more at www.nativeyouthcentre.ca

June 15 – Youth Are Our Future

Did you know that almost 60% of the Native community is under the age of 25? Yep, that's right, almost 60%, and it's projected to grow to 70% in the next 10-15 years! Our youth population is growing at three times the rate of non-Native people in Canada. Many are now aware of this reality, especially in the Native community. However, funding and meaningful youth involvement is still very low. Youth know what they need and are more than willing to tell us if we are willing to listen. If we're not willing to listen to and work with these future and current leaders, who are going to do the important community work once we're gone?

Having youth involved on committees, councils, and boards is great – if youth are properly supported. Meaningful youth engagement means meeting at times when youth are out of school or work, making sure they have bus tickets if they need it, providing food, and respectfully encouraging them to share their comments, opinions, or knowledge during the meeting so that they become comfortable in a room of adults and with public speaking.

June 19 – Modern Artifacts

Many people focus on historic artifacts while completely forgetting that our artists, musicians, film makers, and writers are creating new artifacts every day. Rather than focus on just the past to understand First Nations people, we should be looking at what we are creating today. Fifty years from now, people will be looking to these things as they try to understand and explain who we are/were.

The Urban Native Youth Association has been working with youth to provide more opportunities for them to recognize, develop, and celebrate their own art forms so that they can express who they are. We are very privileged to have two such pieces of art on our UNYA Gear. These two amazing works of art were submitted by two youth who are helping us to promote youth art and positive messaging about Native youth. Even though they are living in the city, these designs clearly show that these youth are aware of and embracing of the medicine wheel, have interests in both traditional and contemporary art, and are very creative in getting their messages across to us.

Presented by the Urban Native Youth Association www.unya.bc.ca

Sasha McArthur - UNYA Reception

Urban Native Youth Association

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Bus monitor taunters get their punishment

The Associated Press June 30, 2012

Four Grade 7 boys from upstate New York who were caught on video mercilessly taunting a 68-year-old bus monitor have received their punishment.

The school system in the Rochester suburb of Greece says it will suspend the middle school students from school and from using regular bus transportation for a year.

The students will be transferred to a special alternative education program.

Each student will also be required to complete 50 hours of community service with senior citizens.

The video uploaded to YouTube by a fellow student drew millions of viewers. A fund drive that began in Canada with a goal of \$5,000 to help Klein take a nice vacation raised more than \$667,304 as of Friday.

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May 22, 2012 13:32 ET from www.marketwire.com

Commemorative War of 1812 Medal for Aboriginal Canadians

OTTAWA, ONTARIO--(Marketwire - May 22, 2012) - The Honourable John Duncan, Minister of Aboriginal Affairs and Northern Development, is proud to unveil the commemorative War of 1812 medal for the 44 First Nation and Métis communities with a heritage linked to the War of 1812.

"Today I am pleased to unveil this medal as part of the commemoration of the 200th Anniversary of the War of 1812," said Minister Duncan. "Carrying forward the medal tradition to the present day gives us an opportunity to honour and recognize the contributions of Aboriginal people to our military history."

At the end of the War of 1812, military banners and medals were presented to Aboriginal groups who had fought alongside British forces. While the banners were generally awarded by the British Army, 'King George medals' were issued by the government as symbolic acts of gratitude and recognition to the Crown's Aboriginal allies. In order to strengthen the recognition of Aboriginal efforts, Aboriginal Affairs and Northern Development Canada has developed commemorative War of 1812 medals [pictured].

Today's announcement builds on the February 10th announcement by the Honourable Peter MacKay, Minister of National Defence, of a number of initiatives developed to support the Government of Canada's effort to mark the 200th Anniversary of the War of 1812. Among these initiatives was the announcement of a War of 1812 Commemorative Banner that will be presented to First Nation and Métis communities, as well as Canadian Forces units, formations and establishments whose heritage embraces service in the War of 1812.

The 1812 Commemorative Banner and Medal Ceremony for First Nation and Métis communities will take place later in 2012 to help mark the 200th Anniversary of the War of 1812, an important milestone in the lead-up to the 150th anniversary of Canada's Confederation in 2017.

More information on events and activities to commemorate the 200th Anniversary of the War of 1812 are available at 1812.gc.ca.

This release is also available on the Internet at www.aandc.gc.ca.

You can receive all our news and media updates automatically. For more information or to sign up for our Media Room RSS Feed, visit: <http://www.aadnc-aandc.gc.ca/eng/1291225661056>.

Medals are available at the following address: <http://media3.marketwire.com/docs/Medals.pdf>

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'Bath salts' addict warns of street drug's dangers CBC News

Posted: May 30, 2012 12:26 PM AT Dangerous drug catching on in rural N.S.

It's a drug with a harmless-sounding name, but a Nova Scotia man knows the horrors of bath salts first-hand.

Bath salts are not Epsom salts and have nothing to do with the substances that people put in their bath tub.

The drugs used in the concoction are legal in Canada. There is one controlled substance, but producers can get that online or at a pharmacy without a prescription.

Bath salts are comparable to a mix of cocaine and amphetamine. It's a long-lasting street drug that produces extreme euphoria. When that feeling disappears, the user craves more.

Taking them can result in serious consequences, including death.

John's first big trip on bath salts was in February. He was strung out on the drug for eight days with virtually no sleep until he crashed.

'Felt like I wanted to kill me or kill somebody else'— *John, bath salts user*

He says the feeling was scary even for an experienced drug user.

"Felt like I wanted to kill me or kill somebody else. Horrible feeling of sketchiness, constantly looking over your shoulder or peeking out around your curtains or windows, hiding under the blankets."

John is not his real name. He says he decided to talk to CBC because he felt he should warn people about the dangers of bath salts.

John, who is in his mid-40s, got the drugs from a friend. He doesn't remember how many times he smoked them during that eight-day stretch.

He was told he looked like a corpse.

"A person actually walked into the room and told me that he thought I was almost dead."

John spent a day and a half in hospital after that.

"I come out of the hospital; I went home and never moved outside my house for another week."

Weeks later, John went to the detox unit in Pictou County, where he experienced the same paranoia.

Many dangers Doctors in northern Nova Scotia say they are seeing two to three people on bath salts a week. They warn of the dangers, including heart attacks, kidney failure, extreme aggression and death.

"You basically take cocaine and multiply it by a factor of 10 and you have this," said Dr. Heidi-Marie Farinholt, a physician at Aberdeen Hospital in New Glasgow.

Farinholt says when it comes to violence and drugs, bath salts are among the worst. She did her training in Baltimore, where she saw a lot of cases involving drugs and guns. "I have to say this drug scares me more than any of that ever did," she told CBC last week.

Bath salts are banned in the United States, Australia, the United Kingdom and many other European countries. Canada is still considering what to do. In an email to CBC, Health Canada said it does not recommend the use of bath salts because of their potentially dangerous health effects and also because little is known about their potential long-term effects on the brain and body.

Pounding head in the hotter months? Changes in weather could bring on headaches, trigger migraine attack

Provided by: The Canadian Press

Written by: Diana Mehta, The Canadian Press

Jun. 11, 2012

TORONTO - Valerie South is no fan of summer storms.

While most people just have to worry about getting caught in the rain, for South, the rumbling of thunder can herald the onset of a crippling migraine attack.

South suffers from weather-related headaches, particularly as spring turns to summer. But unlike many who experience similar episodes, she's fortunate enough to have figured out the environmental trigger behind her attacks.

"I'm like a human barometer. I can tell when a storm is coming before I see clouds in the sky," said the 49-year-old. "Sometimes it can be more mild and sometimes they can be so debilitating that I'm vomiting and I have to go to bed."

South first noticed a link between her attacks and humid, stormy weather some 20 years ago. When over-the-counter medication wasn't helping, she asked other migraine sufferers about a potential link to environmental factors and realized there might be something to it.

After speaking to a specialist and developing a plan to cope with the attacks, South began trying to stave off her headaches before they took hold. She discovered that she was more susceptible to a weather-related headache if other factors were in play.

"If I'm tired or if I've had alcohol or sometimes chocolate in combination with the storm, the triggers work together to light the fuse that blows the dynamite off in my head," she said. "I'm always watching the Weather Network and reading the paper and listening to the radio for storms coming in and then I try to be on my best behaviour with my other triggers."

South is now executive director of Headache Network Canada, a charitable organization that aims to educate sufferers and health professionals on all aspects of headache diagnosis and treatment. After years of dealing with her own headaches, South urges others who may be susceptible to similar attacks not to dismiss a potential connection between their pounding heads and the weather.

While the reason for the link between the weather and headaches of varying severity is still unclear, doctors now know that environmental factors play a big role.

"For a lot of headache sufferers they notice that seasonal change can be a time of worsening headaches for them," said Dr. Christine Lay, director of the Centre for Headache at Women's College Hospital in Toronto. "Probably more than 50 per cent of migraine patients have some kind of weather trigger."

Studies have shown that a rise in temperature by a few degrees — no matter what the season — can trigger headache attacks, she said. Other weather features, including bright sunshine, humidity levels and shifts in barometric pressure are all also factors that play a role.

And while weather changes can have a distinct impact on those who know they suffer from migraine attacks in particular, Lay explained that even people who think they might have a simple tension headache ought to consider a link to the environment.

"The majority of migraine patients are undiagnosed," she said, adding that weather-triggered migraine attacks are often mischaracterized as sinus headaches or bad tension headaches.

To compound matters, summer activities such as enjoying barbecued meats containing nitrites — a known headache aggravator — and a tendency to opt for colourful summer cocktails carrying dyes and artificial sweeteners, can all make a person more vulnerable to a weather-related headache, said Lay.

"It's a combination of the weather change and sometimes what we do in the summer," she said. "The main thing is awareness, rather than discounting it. A lot of people will just say 'oh it's just a weather headache.' It's best just not to ignore it but to really get advice from doctor."

Once people do see their physicians, one of the best ways to deal with weather-related headaches is to figure out just which kind of environmental feature brings on an individual's attack.

"What type of weather pattern changes trigger off one individual's headaches may not trigger off another individual's headaches. What we suggest is that individuals keep a headache diary," said Dr. Gary Shapero, a Markham, Ont.-based family physician and director of the Shapero Markham Headache and Pain Treatment Centre.

"What they need to do is educate themselves on what the potential triggers are and then try to identify what those triggers are for them."

Once those triggers have been identified, as the weather itself is out of their control, patients are urged to focus on avoiding the headache aggravators they do have power over, Shapero said. That could include ensuring proper sleep and meal patterns are followed.

If however, despite all attempts at avoidance, an attack is triggered by the weather, Shapero advises his patients to take their acute migraine medication for relief. More serious cases, involving patients who are extremely sensitive to their individual triggers, may be prescribed preventative headache medication taken daily over the long-term.

In addition to migraine-related episodes, cluster headaches, which are an entirely different kind of distinct headache, may also have links to the weather, said Shapero.

In those cases, he explained, patients often wake up in the middle of the night with an intense pain on one side of their head that lasts for an hour or two before disappearing. The headache may reappear once or twice in a day, every day, for two or three months before stopping entirely for several months.

"The episodes of cluster headaches can be triggered off by changes of season," said Shapero. "People will start that process of daily headaches during the spring and the fall, and when in the midst of that cluster period, they may find that heat and hot weather will trigger off a specific headache attack."

No matter what kind of headache experienced, the bottom line recommended by specialists is for people to investigate just what might be bringing on that pounding head.

"More awareness is important," said Shapero, who cautioned against a dependence on over-the-counter drugs as too many such doses could actually cause headaches to get worse over time.

"People really need to educate themselves. They need to get to their family physician, and get a proper diagnosis."

From SeniorsHealth@Medbroadcast.com

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“Treasure the love you receive above all. It will survive long after your gold and good health have vanished.”

“Love begins when a person feels another person’s need to be as important as his own.”

“Acceptance of others, their looks, their behaviours, their beliefs, brings you an inner peace and tranquility—instead of anger and resentment.”

“Love is, above all, the gift of oneself.”

‘Sympathy is the golden key that unlocks the hearts of others.’

“Our greatest glory isn’t in never falling, but in rising every time we fall.”

“I have learned more from my mistakes than from my successes.”

“A loving heart is the truest wisdom.”

“Wisdom is to live in the present,
plan for the future and profit from the past.”

“Prosperity is a great teacher,
adversity is a greater teacher.
Possession pampers the mind,
privation trains and strengthens it.”

www.myseniorssite.ca

A woman's husband dies. He had left \$30,000 to be used for an elaborate funeral. After everything is done at the funeral home and cemetery, she tells her closest friend that "there is absolutely nothing left from the \$30,000."

The friend asks, "How can that be?"

The widow says, "Well, the funeral cost was \$6,500. And of course I made a donation to the church. That was \$500, and I spent another \$500 for the wake, food and drinks. The rest went for the memorial stone.

The friend says, "\$22,500 for the memorial stone? My God, how big is it?" The widow says, "Four and a half carats."

**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 Nations 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**