



ATTENTION: Elder's Contact People  
Please Make Copies of the EV Each  
Month For Your Elders, Chief &  
Council or Board of Directors.

EV'S 188th Issue!

40th Annual BC Elders Gathering

Hosted by Tl'etinqox Government, Elders and Co-Hosts Na-  
tions from July 11th "Wild Wild West Rodeo" at the Wil-  
liams Lake Stampede Grounds and Elders Gathering taking  
place from July 12-14, 2016 at Cariboo Memorial Recreation  
Complex. For more info visit - [www.eldersgathering.ca](http://www.eldersgathering.ca)

HAPPY BIRTHDAY TO ALL ELDERS BORN IN JULY!!

Our Grateful Appreciation

To: The First Nations Health Authority For Continuing to Help Support  
Your Provincial Aboriginal Elders Office, Gilakasla, BCECCS



First Nations Health Authority  
Health through wellness

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## Easy Bakers Corner – Texas Sheet Cake with Frosting

Preheat oven to 350°F. Grease and flour a 15 x 10 jelly roll pan.

Combine 1 cup of butter, 1 cup of water, and 1/4 cup of cocoa in saucepan over medium heat: heat until butter melts.

Combine with 2 cups of granulated sugar, 2 cups of all-purpose flour, 1/8 tsp. of salt, 2 eggs, 1 tsp. baking soda, 1/2 cup of sour cream, and 1 tsp. of vanilla; mix well.

Pour into prepared pan.

Bake for 20 minutes.

While cake is baking prepare frosting by combining 1/2 cup of butter, 1/4 cup of cocoa, and 1/4 cup plus 2 Tablespoons of milk in a saucepan; bring to a boil. Add 4 1/2 cups of sifted icing sugar, 1/2 tsp. of vanilla and mix well with a electric mixer.

Spread over the hot sheet cake then sprinkle with chopped pecans.

## 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](http://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](http://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](mailto: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 15th Year GRATITUDE LIST

Support Fee from Nov. 1st 2014 – Oct. 31st 2015

(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

\$15,000 - Thunderbird

\$10,000 - Killer Whale

\$5,000 - Eagle

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

### Thunderbird Level - \$15,000

1. First Nations Health Authority

### Killer Whale Level - \$10,000

- 1.

### Eagle Level - \$5,000

1. Provincial Health Services Authority
- 2.

### SALMON LEVEL - \$1,000

1. Lhoosk'uz Dene Nation
2. Kwakiutl Band Council
3. Halfway River First Nation
4. Neskonlith Indian Band

### FROG LEVEL - \$750

1. Tale'awtxw Aboriginal Capital Corporation
2. Westbank First Nation
- 3.

### SISIUTL LEVEL - \$500

1. Tk'emlups Te Secwepemc
2. Weiwaikum First Nation

### HUMMINGBIRD LEVEL - \$250

1. BC Association of Community Response Networks
2. Chawathil First Nation
3. Hailika'as Heiltsuk Health Centre Society
4. Spuzzum First Nation

5. Ki-low-na Friendship Society
6. Mamalilikulla Qwe'Qwa'Sot'Em Band
7. St. Mary's Indian Band
8. K'omoks Health Centre
9. Irving K. Barber BC Scholarship Society
10. First Nations Tax Commission
11. Doig River First Nation
12. Naut'sa mawt Tribal Council
13. Skidegate Band Council
14. Osoyoos Indian Band
15. First Nations Tax Commission
16. Da'naxda'xw First Nation
17. Neskonlith Indian Band
18. Adams Lake Indian Band
19. Tseil Waututh Nation
20. Lhtako Dene Nation
21. Chief Harvey Paul for Sts'ailes Band
22. Whispering Pines/Clinton Indian Band
23. Halalt First Nation
24. Lower Kootenay Band Health
25. BC Aboriginal Friendship Centres
26. Tl'esqox Band Health
27. Ts'kw'aylaxw Elders
28. Ki-low-na Friendship Society
29. Dzawada'enuxw First Nation

## **News Release**

# **Williams Lake to Host 40th Annual Elders Gathering**

**February 16, 2016**

**Chilliwack:** Preparations are already underway for what organizers expect will be the largest gathering of First Nations Elders from across British Columbia. The Tl'etinqox (Anaham) Government is hosting the Elders Gathering under the theme *River Unity, River Spirit – “Keepers of the land and water”* at the Cariboo Memorial Recreation Centre and Thompson Rivers University from July 12 – 14.

This year's event kicks off in true Cariboo style with the Wild Wild West Rodeo on July 11 at the Williams Lake Stampede Grounds where in 1970 the Tl'etinqox People put on a rodeo for then Prime Minister Pierre Trudeau. Plans are in the works to invite the current Prime Minister Trudeau to share in the fun and excitement.

Also new this year is the Cultural Tent City, which will showcase the culture of the Tsilhqot'in, Shuswap and Carrier Peoples of the Cariboo Chilcotin. People visiting the Tent City will be treated to exhibits and displays highlighting the language, culture and traditions of these local First Nations.

The Chair of this year's Gathering Committee, Cecil Grinder, is excited about hosting the milestone event. “In the true spirit of our Peoples, First Nations from throughout the Cariboo region are joining together to host more than 3,000 Elders from across British Columbia. I also welcome the financial support of the federal and provincial governments and invite corporate sponsors to join us in this great opportunity to share the culture and traditions that have sustained our Peoples for thousands of years on these sacred lands.”

Over the past 40 years the Elders Gathering has become the premier event for celebrating and sharing the heritage of BC First Nations so registration fills up fast. To sign up or for information on this year's entire event, including registration forms for the Arts and Craft exhibition, please visit [www.eldersgathering.ca](http://www.eldersgathering.ca).

**For more information contact:**

**Cecil Grinder, Chair 40<sup>th</sup> Elders Gathering:**

**(250) 394-4240 or [cgrinder@tletincox.ca](mailto:cgrinder@tletincox.ca)**

**Dianne Garner, Director Elders Society:**

**(604) 798-4519 or [40elders@telus.net](mailto:40elders@telus.net)**

# NENQAYNI WELLNESS CENTRE PRESENTS **'MOVING FORWARD'**



Two 4-week Elders Wellness Programs:

**Session 1: June 25-July 20, 2016**  
**Session 2: July 23-August 19, 2016**

Couples and Individuals welcome.

For program information please see letter or contact:

Joan Evans: [jevans@nenqayni.com](mailto:jevans@nenqayni.com) or  
Sharon Duffy: [sduffy@nenqayni.com](mailto:sduffy@nenqayni.com)  
PH (250) 989-0301 Fax (250) 989-0307



*Cultural Crafts & Activities*



*Medicine Wheel Teachings*



*Nutrition  
Traditional & Natural Medicines*



## **NENOAYNI WELLNESS CENTRE SOCIETY**

P.O. BOX 2529, #4802 HIGHWAY 97 NORTH  
WILLIAMS LAKE, B.C. V2G 4P2  
PHONE 250 989-0301 · FAX 250 989-0307  
[www.nenqayni.com](http://www.nenqayni.com)

May 12, 2016

At this time Nenqayni Wellness Centre would like to inform you of our Elders Wellness Program Moving Forward.

There will be 2 summer sessions:

- June 25 – July 20
- July 23 – August 19

The programs will include cultural activities (smudging, sweats), group workshops, recreation activities and nutrition. All meals will be provided. Those attending the first session will be able to participate in the 40<sup>th</sup> Annual Elders Gathering that is being held in Williams Lake this year July 11-14<sup>th</sup>.

Applicants should meet the following criteria;

- 14 day drug/alcohol clean time
- Preparedness to fully participate in activities – must be fully mobile without special care needs.

Applicants will need to fill out the Elder Application Package which includes a Medical Assessment and TB screen. Priority will be given to the local 15 bands but registration will be on a first come first served basis.

For more information contact our intake workers:

- Joan Evans, extension 206 [jevans@nenqayni.com](mailto:jevans@nenqayni.com) or
- Sharon Duffy, extension 223 [sduffy@nenqayni.co](mailto:sduffy@nenqayni.co)

1-888-668-4245



*Statement of Purpose*  
" To provide holistic healing to First Nations and Inuit youth, families,  
and communities in a safe and secure environment."

## **NEWS RELEASE**

**June 17, 2016**

### **UBCIC Seeks Details on Funding Announcement for Highway of Tears Public Transportation Plan**

**(Coast Salish Territory/Vancouver, B.C. – June 17, 2016) The Union of BC Indian Chiefs (UBCIC) is asking the Provincial Government to provide concrete details and a clear timeline for public transportation along Highway 16, which is known as the Highway of Tears due to the tragic murders and disappearances of mostly Indigenous women and girls hitchhiking along the route.**

**On June 15, the Province of BC made an announcement of \$2 million in new provincial and federal funding for the now \$5-million Highway 16 Transportation Action Plan, which was launched in December 2015. The 5 point Action Plan includes \$2.4 million over 3 years for transit expansion which will be available on a cost-shared basis with local communities to extend or enhance BC Transit services to better connect communities.**

**Grand Chief Stewart Phillip, President of UBCIC, stated “It has been ten years since the Highway of Tears Symposium which initially advanced the demand for the immediate establishment of a public transit system to offer a ‘safe’ alternative to young Indigenous women and girls who are forced to engaged in the high-risk practice of hitchhiking along the remote highway. While we cautiously acknowledge the Province’s promise of public transit along the Highway of Tears, we want to ensure that it is collaboratively and transparently planned and appropriately funded. After a decade of stonewalling the issue of public transit on the Highway of Tears, it is no coincidence that the Province has changed their mind on the doorstep of the BC Liberal re-election campaign.”**

**The Province reports that a discussion document outlining initial options for the transit expansion services will be ready for review in early summer by the 16 northern communities that have signed MOUs with BC Transit, followed by a detailed service planning process. Grand Chief Phillip concluded, “We are extremely concerned that \$800,000 per year for three years is not enough to provide sufficient and long-term public transportation along the Highway of Tears. We want to see a business plan from the BC Government which ensures there will be sufficient public transit buses at minimal cost to be accessible to those most at risk.”**

**Media inquiries:**

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

**Phone: (604) 684-0231**



**First Nations Health Authority**  
Health through wellness

# DROUGHT PLANNING

## Information for First Nations Communities

This information is being provided to increase awareness of drought and water restriction conditions and to take action to minimize negative impacts during this summer's dry season.

### What Causes Drought Conditions?

A drought can occur whenever there is insufficient rain or snowfall over an extended period of time, resulting in water shortage for communities and environment.

### What are the Impacts of Drought?

Drought conditions can impact communities and individuals by reducing the amount of water available for household and business uses. Under extreme conditions, water systems could run out of potable water and be unable to meet fire suppression requirements. Drought can also impact water quality from surface sources that can reduce the safety of the treated water.

### How Can I help Conserve Water?

- *Fix leaky faucets and taps promptly.* A dripping tap can waste up to 20 litres or more per day! Report any water leaks noted in your home, and around your community.
- *Do not let the water run continuously* when shaving, brushing teeth, washing your face or hand-washing dishes.
- *Take shorter showers*, and use a water-conserving showerhead rather than taking baths.
- *Create a low-flow toilet* by displacing water in the tank reservoir. A water-filled one-litre plastic milk jug works well. Be sure to place them so that they do not interfere with the flushing mechanism.
- *Fill a water jug and refrigerate for cold water* rather than letting the cold water tap run.
- *Run the dishwasher and laundry machines only with full loads.* Use the shortest wash and rinse cycles and the lowest water level setting possible. Avoid the permanent press cycle.
- *Use a bucket when washing your car, and wash and rinse sections individually.* During severe restrictions, washing cars should be discouraged.
- *Use soaker hoses and drip irrigation for garden watering*, which are more efficient than spray. *Do not water in the heat of the day.* Early morning or evening watering provides the most water for your plants. *Lawns should not be watered in severe drought.*
- *Using a pool cover will minimize loss due to evaporation.* Filling of pools, hot tubs or fountains may be restricted or banned during severe drought.

Under severe water restriction, use potable water for the following essential uses only:

Drinking water / Mixing Baby Formula / Cooking / Brushing teeth / Washing / Flushing

For information on developing an Emergency Response Plan, go to the Indigenous and Northern Affairs Canada (INAC): [www.aadnc-aandc.gc.ca/](http://www.aadnc-aandc.gc.ca/)

For up to date drought information for British Columbia, please see the [British Columbia Drought Information Portal 2016](#) website.

For any water-related public health issues, contact your FNHA Environmental Health Officer (EHO): [www.fmha.ca/what-we-do/environmental-health](http://www.fmha.ca/what-we-do/environmental-health)

# FNHA eHealth Team wins Award of Excellence for Telehealth

Jun 16, 2016



Last week on Coast Salish Territory in Vancouver, the Canadian Health Informatics Awards Gala shone its light on the innovators who are reimagining healthcare delivery in Canada. The First Nations Telehealth Expansion Project was proud and honoured to win one of the seven awards of the evening – the award for 'Excellence in Canadian Telehealth'.

"This award is truly a celebration of the success of BC First Nations in developing and implementing access to health care services – services that are timely, efficient and culturally-safe," said Megan Hunt, former Director, eHealth, as she accepted the award on behalf of the whole team. "These telehealth services positively impact the health and wellbeing of our Nations."

By project completion in December 2015, the three year project was providing virtual health and education services to over 15,000 First Nations individuals living in remote communities. One hundred and twenty eight health care providers are now connected to and providing clinical care to 33 First Nations communities. A further 12 communities were enabled with educational telehealth equipment for administrative purposes and continuing education for a total of 45 communities across the province.

The Telehealth Team is a dedicated group of professionals with unique and complementary skills who have an in-depth understanding of the complex environments that this project touched. Over the course of the project, the team collectively logged over 100 trips to community and travelled over 375,000 kilometers by highway, logging road, airplane, seaplane, ferry and water taxi.

Article from FNHA eBlast



June 21st, 2016

**Latest report, *Resident to Resident Aggression in BC Care Homes*  
released by BC's Seniors Advocate**

BC's Seniors Advocate, Isobel Mackenzie, will publicly release the report, *Resident to Resident Aggression in BC Care Homes*, Wednesday June 29<sup>th</sup>, 2016 at 10 a.m. in Victoria BC via teleconference only.

The Advocate's report examines incidents of aggression between residents in residential care in BC, explores emerging patterns, and makes recommendations for system improvements.

**Release Date:** June 29th, 2016

The full report will be available online on the Office of the Seniors Advocate's website ([www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)) shortly before 10:00 a.m. on June 29<sup>th</sup>, 2016. Power point slides used in the release of the report will also be available online.

**Dial-in Information:** 1.877.353.9184  
Participant Pass code: 65988#

Seniors Advocate Isobel Mackenzie will speak about the report at 10:00 a.m.

**Media contact:**  
Sara Darling  
Director of Communications  
Office of the Seniors Advocate  
778-679-2588  
[sara.darling@gov.bc.ca](mailto:sara.darling@gov.bc.ca)

## NEWS RELEASE

### HarbourCats hit a homerun with tobacco-free partnership

**VICTORIA – Island Health and the Victoria HarbourCats baseball club are teaming up to knock chewing tobacco out of the park this summer, educating youth, players and fans about the benefits of tobacco free sports – especially the dangers of smokeless tobacco products.**

**Known as “chew,” “dip,” or “snuff,” chewing tobacco is a type of smokeless tobacco product consumed by approximately 8% of Canadians, 15 and older. People who use chewing tobacco are 50% more likely to acquire mouth cancers compared to those who do not use.**

**Island Health’s Tobacco Prevention and Control program will provide an in-service educational training program for youth attending baseball camps with the team throughout the summer. The partnership also features tobacco-free promotions at each home game in Victoria, including video messages recorded by members of the team.**

**The HarbourCats’ commitment to keep dip and chew out of the park will help players stay healthy, and sends a positive message to young fans who are watching from the stands, says Dr. Murray Fyfe, Island Health’s Medical Health Officer.**

**“We’re rooting for the HarbourCats to have a very successful season and we’re thrilled to partner with the team to promote a sport that is free from the harms of tobacco,” Dr. Fyfe says. “They know, as we do, that tobacco – especially chewing tobacco – is a guaranteed strikeout. Tobacco has no place in the great game of baseball.”**

**Chewing tobacco has more than 3,000 chemicals with 28 known carcinogens. Each tin of chewing tobacco contains the same amount of nicotine as 60 cigarettes. Using eight to 10 chews per day delivers the same amount of nicotine as a smoker who smokes 30 to 40 cigarettes per day.**

**HarbourCats’ General Manager Brad Norris-Jones welcomes this new partnership, saying it’s a win-win for players and fans alike**

**“Chewing tobacco does not improve player’s performance. In fact, chewing during the game is completely outlawed in our league,” he says. “Players who chew tobacco can have a negative impact on youth watching the game. Through this partnership we are saying that this practice is no longer an acceptable part of playing baseball.”**

**Learn more:**

**For information on B.C.’s Smoking Cessation Program, walk into any pharmacy or visit:**

**[www.health.gov.bc.ca/pharmacare/stop-smoking/](http://www.health.gov.bc.ca/pharmacare/stop-smoking/)**

**Need some support as you try to quit tobacco? For information, tips, and free coaching from a trained quit coach, visit: [www.quitnow.ca](http://www.quitnow.ca)**

**Hello Everyone,**

**A message to all from the College of New Caledonia, Lakes District Campus at Burns Lake, BC!**

**There has been a great deal of northern focussed interest for some time now in training programs for health professionals. To address our regional needs and future northern job prospects in the health care professions, the CNC Lakes Campus at Burns Lake proposes a 2 year Practical Nursing Diploma Program to begin here in January, 2018. Our Practical Nursing Program current calendar page is attached with admission requirements.**

***To help students to meet the admission requirements for the Diploma Program we are offering the pre coursework through our Access Program, including English, Math and Biology beginning in September, 2016. Some students may not need all of the coursework depending on their previous education.***

***Funding is available for upgrading through the Adult Upgrading Grant, and I am available to describe how this program can assist students to find tuition, textbook and other supports towards a Practical Nursing Diploma. Community members have expressed an interest in a Nursing career, and Student Aid BC has the financial help for upgrading fees for eligible participants.***

**This summer I will be involved with information sharing in a number of communities in the region. I would be very interested in speaking with health care providers across the north, and any other community members interested in learning more about how to navigate the path to a Practical Nursing Diploma.**

**I look forward to hearing from you. Please feel free to send this on to your health care professionals and any members who may be interested in more information.**

**Regards,**

***Anne MacDowall  
Academic Advisor, Lakes District Campus  
The College of New Caledonia  
Burns Lake, BC***

**250 692 1716**

**1 866 692 1943**



First Nations Health Authority  
Health through wellness

#itstartswithme  
**Creating a Climate  
for Change** 

For Immediate Release

June 22, 2016

## Cultural Humility Campaign Launched as part of National Aboriginal Day of Wellness Events in BC

*What will you do to make healthcare culturally safe? Make your public commitment today.*

**(Coast Salish Territory – Vancouver, BC)** – The First Nations Health Authority (FNHA) is pleased to announce the launch of a campaign to support the advancement of cultural humility and cultural safety for First Nations and Aboriginal peoples in the British Columbia health system.

The #itstartswithme for cultural humility campaign is centered around personal and systemic change for better health services. Health care providers are encouraged to learn more about cultural humility and cultural safety in healthcare and to make the pledge of commitment by visiting [www.fnha.ca/culturalhumility](http://www.fnha.ca/culturalhumility).

“Cultural humility and cultural safety are both personal and systemic change journeys. The Declaration of Commitment signed in 2015 supports this systems-level change in the BC health landscape,” said Joe Gallagher, First Nations Health Authority Chief Executive Officer. “On the FNHA cultural humility web portal, we encourage the over 100,000 health system employees in BC to learn more, pledge and share their commitment with the hashtag #itstartswithme.”

Cultural humility is a process of self-reflection to understand personal and systemic biases and develop relationships based on mutual trust. Cultural humility involves humbly acknowledging oneself as a learner when it comes to understanding another’s experience. Cultural safety is an outcome based on respectful engagement that recognizes and strives to address power imbalances inherent in the health care system. It results in an environment free of racism and discrimination, where people feel safe when receiving and making decisions about their health care.

“I understand this work is only the beginning, not the end,” said Health Minister Terry Lake. “Cultural humility is a lifelong process of self-reflection to understand personal biases, and to develop and maintain mutually respectful partnerships based on trust. From our partnerships, we will know we have achieved cultural safety when the people receiving our services tell us we have.”

In July 2015, all Health Authority CEOs in BC signed a Declaration of Commitment to advancing cultural humility and cultural safety within their health service organizations. This health system commitment to the declaration gives all health professionals a mandate to advance cultural humility and safety in their practices with First Nations in BC.



First Nations Health Authority  
Health through wellness

#itstartswithme

**Creating a Climate  
for Change** 

“Cultural humility and safety are the foundation of patient-centered care. It is about listening to each person and their story, and ensuring that they feel safe when receiving care and making decisions about their health,” said Christina Krause, Executive Director of the BC Patient Safety & Quality Council. “Together, we can make a significant difference to the lives and health of First Nations and Aboriginal peoples in BC.”

When health care professionals engage with First Nations and Aboriginal peoples from a place of cultural humility, they are helping to create safer environments where individuals and families feel respected. This shift will not only benefit First Nations peoples, but also lead to more culturally safe services for all British Columbians.

Each Health Authority is implementing the declaration in their own way, in partnership with the First Nations and Aboriginal peoples they serve. This includes new localized training, relationship building and onboarding for health staff, decision-making and conflict resolution tables including peacemaking circles, and working closely with the First Nations Health Authority and BC Patient Safety & Quality Council to address health service complaints in a culturally safe way.

This campaign announcement is timed to coincide with June 21 National Aboriginal Day of Wellness and more than 100 wellness-focused, community-organized events in First Nations communities across the province of BC supported by the FNHA.

To learn more on cultural humility in the BC health system and pledge your commitment as a health care provider visit: [www.fnha.ca/culturalhumility](http://www.fnha.ca/culturalhumility) and use the hashtag #itstartswithme and #culturalhumility.

[Find out more about the 2016 National Aboriginal Day of Wellness events online here.](#)

**Media Contact:**

First Nations Health Authority

[Media@fnha.ca](mailto:Media@fnha.ca)

604-831-4898

Christina Krause, BC Patient Safety & Quality Council

[ckrause@bcpsqc.ca](mailto:ckrause@bcpsqc.ca)

250-490-6994

## **To Those I Love And Those Who Love Me**

**When I am gone, release me. let me go...  
I have so many things to see and do.  
You mustn't tie yourself to me with tears,  
Be happy that we had so many years.**

**I gave you my love, and you can only guess  
How much you gave to me in happiness.  
I thank you for the love we each have shown,  
But, now it's time I traveled alone.**

**So grieve a while for me if grieve you must  
Then let your grief be comforted by trust.  
It's only for a while that we must part  
So bless the memories within your heart.**

**I won't be far away, for life goes on,  
So if you need me, call and I will come.  
Though you can't see or touch me, I'll be near...  
And if you listen with your heart, you'll hear  
All my love around you, soft and clear.**

**And then, when you must come this way alone,  
I'll greet you with a smile, and "Welcome You Home".**

**By Mary Alice Ramish**



**BCAAFC** | BC Association of  
Aboriginal Friendship Centres

**RELEASE**

**For Immediate Release  
May 25, 2016**

**Registration Open  
For BC Aboriginal Funding Conference  
For First Nations and Aboriginal Organizations**

**Victoria, B.C. - The BC Aboriginal Funding Conference aims to support Aboriginal peoples and communities by bringing together federal and provincial funders, private and public foundations and corporations to make presentations on funding opportunities to First Nations and Aboriginal organization representatives.**

**The BC Association of Aboriginal Friendship Centres will host this year's conference in Richmond, BC at the Sheraton Vancouver Airport Hotel from September 21 - 23, 2016. Building on the success of last year's event, representatives from BC's First Nations and Aboriginal organizations will learn about funding available to them and learn strategies to grow their revenue and diversify their funding sources.**

**This conference is an excellent opportunity for funders to showcase their funding priorities to this target audience. If you provide funding to Aboriginal organizations or First Nations and you are interested in presenting, this conference is for you.**

**Sponsorship details to follow.**

**For further information, please contact Della Preston at 250-388-5522 or 1-800-990-2432 or email at [dpreston@bcaafc.com](mailto:dpreston@bcaafc.com) website: <https://funding-conference.bcaafc.com/>**

**Della Preston | Conference Coordinator |  
BC Association Aboriginal Friendship Centres | 551 Chatham Street | Victoria, BC | V8T 1E1  
(Phone) 250-388-5522 or 1-800-990-2432 | (fax) 250-388-5502 |  
Email: [dpreston@bcaafc.com](mailto:dpreston@bcaafc.com) | Website: [www.bcaafc.com](http://www.bcaafc.com)|**



**BC Association of Aboriginal Friendship Centres**  
551 Chatham Street | Victoria, BC | V8T 1E1 | [www.bcaafc.com](http://www.bcaafc.com)  
Phone: 250-388-5522 | 1-800-990-2432 | Fax: 250-388-5502

## Shellfish Safety for First Nations Harvesters – Paralytic Shellfish Poisoning and Amnesic Shellfish Poisoning

The First Nations Health Authority (FNHA), Island Health, Vancouver Coastal Health and Northern Health would like to remind First Nations harvesters to be aware of shellfish closures during the upcoming shellfish harvest season. Summer is a common period for toxic forms of algae to increase in ocean water as a result of warming water temperatures.

Concentrations of toxins can accumulate in filter-feeding shellfish, such as clams and mussels. When contaminated shellfish are consumed, illness can result. The below information provides advice to prevent various shellfish related illness.

***Please be aware of shellfish closures during the shellfish harvest season.*** In 2015, high levels of domoic acid were detected along Vancouver Island and Haida Gwaii. Typically present in California, higher domoic acid levels in BC are being attributed to warming ocean waters. Domoic acid is a naturally occurring toxin produced by certain types of algae, and at high levels, can be harmful or even fatal to humans. It is referred to as amnesic shellfish poisoning (ASP). Some algae found in red-tide can produce toxins, and at high levels may lead to paralytic shellfish poisoning (PSP). The absence of a red algae bloom is not a good indicator of shellfish safety.

Shellfish that have accumulated toxins will not appear to be ill or contaminated. Shellfish that can be affected include: clams, oysters, scallops, mussels, cockles, geoducks, whelks, periwinkles or the innards of lobster and crab.

Symptoms of shellfish poisoning can occur within 30 minutes and up to 24 hours after eating contaminated shellfish. In mild cases, symptoms may include vomiting, diarrhea, abdominal cramps, headache, dizziness, muscle weakness, disorientation, memory loss, loss of coordination, or difficulty swallowing. These symptoms disappear within several days. In serious cases, seizures, unstable blood pressure, paralysis, difficulty breathing, coma or death may occur. There have been no reported illnesses in BC.

### **Please Note:**

- **Cooking does not render the shellfish safe.**
- **The best way to keep your family safe is not to harvest shellfish from closure areas.**

Health Authorities are working with the BC Center for Disease Control, the Canada Food Inspection Agency (CFIA) and Department of Fisheries and Oceans (DFO) in the monitoring of harvest areas to ensure that impacted and shellfish are not commercially distributed into the human food supply.

Shellfish that are harvested for sale are monitored and tested by the CFIA; shellfish from an approved source are considered safe for consumption in moderate amounts. FNHA is working with agencies to improve monitoring in areas not used for commercial harvesting and which may have greater use by First Nations self-harvesters.

**At the first sign of such symptoms, contact your Poison Control Centre at 1-800-567-8911 for first aid advice and seek medical attention immediately.**

- Closure information can be found at:  
<http://maps.bccdc.org/shellfish/>  
<http://www.pac.dfo-mpo.gc.ca/fmmp/contamination/biotox/index-eng.html>
- Information on marine toxins can be found at:  
<http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=ug2961>

Additional messages will be provided throughout the season. For information please contact:

**Island Health MHO**

South Island: 250-519-3406  
Central Island: 250-739-6304  
North Island: 250-331-8591  
After Hours: 1-800-204-6166

**FNHA Island Region SMO**

Dr Shannon McDonald: 250-514-6840

**Northern Health MHO**

Dr. Raina Fumerton: 250-631-4261

**FNHA Northern Region SMO**

Dr. Charl Badenhorst: 250-783-5351

**Vancouver Coastal Health MHO**

Weekdays: 604-675-3900  
After Hours: 604-527-4893

**FNHA Vancouver-Coastal Region SMO**

Dr. Evan Adams: 604-328-4812

What if I told you there was a groundbreaking new tool to help you lose weight, reduce bloat, fight cancer and increase your energy—all for just 19 cents a piece. And bonus: Each one comes with a free carrying case, so you can grab it and go!

You'd call us bananas. And we'd say you're right.

The humble fruit—botanically, actually a berry!—is perhaps the least-heralded supermarket staple, a superfood more associated with kids, monkeys and slapstick comedy than with steel-cut abs. But it's powers are proven, and to investigate just how impactful they can be, *Eat This, Not That!* consulted our team of nutritionists to determine exactly what eating one banana does to your body. (Cool pro tip: The riper the banana the more nutrients it has!)

Here are the top 21 most b-a-n-a-n-a-s things that will happen. Add one a day to your diet, and to keep up your weight loss, blast fat fast with help from *Insanity* trainer Shaun T, Maria Menounos, Padma Lakshmi and more using these 50 best-ever weight-loss secrets from skinny people.

**21. You'll Look Less Bloating -** Belly bloat makes even the most toned six-packer look like they just downed a six-pack of Coors. Fight back against the gas and water retention with bananas. One recent study found that women who ate a banana twice daily as a pre-meal snack for 60 days reduced their belly-bloat by 50 percent! Why? The fruit increases bloat-fighting bacteria in the stomach, and it's also a legendarily good source of potassium, which can help diminish retention of fluids.

**20. You'll Start Burning Fat -** Bananas have 12 mg of choline, a fat-blasting B vitamin that acts directly on the genes that cause fat storage in the abdomen. (One reason heavy drinkers have bloated bellies is that alcohol depletes choline, causing weight gain around the liver.) You can also find it in lean meats, seafood and collard greens.

**19. You'll Feel Happier, Faster -** Bananas don't just look like smiles; they promote them, because they contain vitamin b9, aka folate, a nutrient that may fight depression by boosting a substrate that has antidepressant properties. (In other words, it helps serotonin, the feel-good chemical, enter the brain faster.) Studies have shown an elevated incidence of folate deficiency in 50% of patients with depression, and some doctors recommend increasing folate intake if you're taking anti-depressants, to boost their effects.

**18. You'll Feel Less Stress and Anxiety -** Besides the mood-boosting B9, bananas also have tryptophan, "a precursor for serotonin," says Bjork, "and serotonin may be the most important brain chemical because is a natural anti-depressant and can treat, anxiety and insomnia, as well as other mood issues such as fatigue, irritability, agitation, anger, and aggression. Bananas also have norepinephrine, which regulates our "fight or flight response," which helps to regulate stress. They're an optimal, natural, real-food way to promote positive moods and help to prevent depression," she continues. "Good thing we don't need a prescription!" (Try mashing on into a detox water and drink your way calm.)

**17. You'll Sleep Better -** This is also because of the "tryptophan," says Cassie Bjork, RD, LD of Healthy Simple Life. "It's a precursor for melatonin, which promotes relaxation and helps to regulate sleep." Peel one before bed.

**16. You'll Build Lean Muscle...** If after a workout, you've felt like your muscles are sore—or not growing fast enough—you might not be getting enough magnesium in your diet. A good source of magnesium, bananas can help with muscle contraction and relaxation as well as protein synthesis — which, in turn, increases lean muscle mass. An added bonus: magnesium intake helps boost lipolysis, a process by which your body releases fat from its stores. One fun way to get your magnesium: Make banana tea. Just boil some water, cut off both ends of a banana (still in its peel) and boil for 7-10 minutes. Then drain and drink before bed.

**15. ...And Recover Faster - Potassium helps your muscles recover from a workout, strengthens their development and allows you to work out more.**

#### **14. Your Blood Sugar Will Stabilize**

**“Bananas are a great source of nutrition for a lot of reasons!” says Bjork. “I encourage consuming protein and healthy fat with the banana to slow down the absorption of the sugar from the banana into your bloodstream. This is the most effective strategy for keeping blood sugar levels stable, which means consistent energy levels and weight loss (since stable blood sugar levels allow the pancreas to secrete glucagon, the fat-burning hormone!)” Speaking of hunger hormones, click here to discover the best-ever foods that shut off your hunger hormones—fast.**

**13. You’ll Have Fewer Cravings - This is another benefit of keeping your blood sugar stable, one of our classic Eat This, Not That! weight loss tips. Eating a banana between meals means less bingeing, and no more monkeying around in the snack drawer.**

**12. And Feel Fuller - Prior to ripening, bananas are rich in something called resistant starch, which, as the name suggests, literally resists the digestion process. This feeds healthy gut bacteria, which suppresses the appetite and leads to more efficient fat oxidation. In fact, one study found that replacing just 5 percent of the day’s carbohydrates with a source of resistant starch can boost post-meal fat burn by up to 30 percent! Since underripe bananas are a bit bitter, we suggest adding them into weight loss smoothies with other fruits and veggies to mask the taste.**

#### **11. You’ll Reduce Bad Cholesterol Levels**

**If you’ve recently eaten at BK or other fast food chains, you’ve likely consumed trans fats—the kind of fat that raises your LDL (“bad”) cholesterol levels. Before you reach for the Lipitor, grab a banana. They contain phytosterols, which are compounds that have LDL cholesterol-lowering effects according to a study in *The Journal of Nutrition*. Additionally, “Bananas contain Vitamin B6 which is important for nearly everything—heart health, immune health, digestive health, and nervous system function,” says Bjork. Speaking of fast food, see how you can lose weight eating your guilty pleasures using this essential list: The entire McDonald’s menu—ranked.**

**10. You’ll Digest Easier - Do you constantly feel...not right after eating? Or find yourself blaming the dog? Bananas can help your poor digestion. They’re an excellent source of prebiotics, nondigestible carbohydrates that act as food for good gut bacteria (probiotics) and improve digestion—because they contain (say it with us, now) fructooligosaccharides, a cluster of fructose molecules that lead to better gastrointestinal health.**

**9. You’ll Be More Regular - If you have kids, you likely already know this trick: The high fiber in bananas can help normalize bowel motility. With 3 grams of insoluble fiber, they help you push out waste better by making stools easier to pass. Bonus—they also help when things are loosey-goosey: “Bananas are binding for anyone with diarrhea, and they also contain probiotics that are essentially ‘food’ for the healthy microbes (probiotics) that live in our guts,” says Isabel Smith, MS RD CDN, founder of Isabel Smith Nutrition. If you suffer from any sort of bowel trouble, you might have IBS. Don’t miss these essential 37 IBS remedies that will change your life.**

**8. Your Bones Will Grow Stronger - Although bananas don’t contain a high amount of calcium—less than 1% of your daily recommended intake—they can help promote calcium uptake with the help of those prebiotic fructooligosaccharides. As fructooligosaccharides ferment in the digestive tract, they enhance the body’s ability to absorb calcium according to a study in *The American Journal of Clinical Nutrition*.**

## **7. You'll Have More Energy**

There's a reason marathoners grab a banana before (and during, and after) the race: Bananas are rich in glucose, the most easily digestible source of sugar that will provide optimal energy for your run, power lift or Soul Cycle class. Eating one post workout helps to quickly replenish energy stores that are depleted during a tough sweat session. And to tone your tummy fast, use these 11 eating habits that uncover your abs.

## **6. Your Body Will Fight Disease...**

Even though bananas have no vitamin A, they can still help alleviate vitamin A deficiency. They're rich in provitamin A carotenoids beta-carotene and alpha-carotene. And according to an article in the *Food and Nutrition Bulletin*, foods containing high levels of carotenoids have been shown to protect against chronic disease, including certain cancers, cardiovascular disease, and diabetes.

## **5. ...and Battle Cancer**

Delphinidin is an antioxidant found in bananas that has anti-tumor properties. A study in *Food and Chemical Toxicology* found that applying concentrations of delphinidin to stomach cancer cells inhibited their growth and proliferation. Controlling your weight also reduces the risk of cancer. If you're struggling, don't miss these 50 ways to lose 10 pounds—fast.

## **4. Your Blood Pressure Lowers**

According to the FDA, "the combination of a low-sodium, high potassium intake is associated with the lowest blood pressure levels and lowest frequency of stroke in individuals and populations." Well guess what? Bananas are high in potassium and low in sodium, the fruit is officially recognized by the FDA as being able to lower blood pressure and protect against heart attack and stroke.

## **3. Your Blood Gets Stronger**

Strengthen your blood and relieve anemia with the added iron from bananas. "Iron is important for energy levels since it transfers oxygen to your cells," says Bjork. "Iron deficiency can halt weight loss because when levels are low, the body attempts to conserve energy, which means a slowed metabolism and stalled loss, and even weight gain."

## **2. Your Vision Will Improve**

Bananas contain vitamins A and C, and "both are antioxidants and are eye and skin-healthy nutrients," says Smith. "They also have beta carotene, an antioxidant that can help to protect cells and repair damage at the cellular level, and bananas also contain other nutrients like vitamin E and lutein—both which are eye healthy. Lutein is a nutrient that may help to reduce risk for macular degeneration." Pair a banana with any of these 50 snacks with 50 calories or less.

## **1. You Detoxify**

Rich in pectin, bananas are an all-natural detox. The gelatin-like fiber that sticks to toxic compounds in the blood and flushes them out of the body through the urine. In fact, citrus pectin increased mercury excretion in the urine by 150 percent within 24 hours of supplementation, according to one study. As a rapid weight loss bonus, research shows pectin can limit the amount of fat your cells can absorb!

Article from msn.com

## **18 Bizarre Home Remedies That Really Work from [www.msn.com](http://www.msn.com)**

**Home remedies, no matter who swears they work, are more often bunk than bona fide fixes. But some actually do have science on their side and, in fact, perform even better than their traditional medical counterparts. We dug into research, talked with the experts, and found 18 treatments that passed muster. Prepare to look at duct tape in a whole new way.**

- 1. Cure cuticle infections with vinegar.** The natural antibacterial properties of vinegar can eliminate infections caused by an overzealous manicurist or picking at cuticles. Apply white wine vinegar combined with warm water for 15 minutes a day.
- 2. Eliminate dandruff with a DIY aspirin shampoo.** Aspirin is basically salicylic acid, the anti-acne ingredient that sloughs off dead skin. "It does the same thing for your scalp—gets rid of flakes," says Marie Jhin, MD, a board-certified dermatologist based in San Francisco. Add 1 tablespoon of crushed aspirin to your regular shampoo, suds up, and leave the souped-up shampoo in for 5 to 10 minutes. **Tip:** use a mortar and pestle to finely crush the aspirin.
- 3. Ease nausea with ginger.** Your mom was right. Ginger accelerates stomach emptying and helps break up and release intestinal gas, says Stephen Hanauer, MD, a professor of gastroenterology and hepatology at Northwestern University Feinberg School of Medicine. Sip on ginger ale or ginger tea, or slowly eat a few candies made with real ginger.
- 4. Beat a migraine with sex.** But don't just go through the motions—43% of those who found relief in the sheets said their symptoms improved only after orgasm, according to a study published in *Cephalalgia*. The researchers speculate that endorphins may cause pain to subside.
- 5. Eliminate warts with duct tape.** Docs theorize that the combination of the airtight environment and something in the adhesive is toxic to warts (but harmless to you), says Patrick DeHeer, MD, a podiatrist and board-certified foot surgeon based in Indianapolis. In fact, 85% of warts were eliminated with the tape, compared to just 60% who had them frozen off, according to research published in the *Archives of Pediatrics & Adolescent Medicine*. Replace the tape every 6 days for 2 months, or until the wart disappears.
- 6. Bypass motion sickness with lemon.** Motion sickness is often accompanied by excess salivating. Tannins (bitter, astringent plant compounds) found in lemons (olives, too) dry out the mouth, eliminating saliva and, in turn, easing oh God, not here nausea, says Hanauer.
- 7. Heal cracked heels with Krazy glue.** "No amount of cream or moisturizer will bring that crack back together," says Jhin. "Krazy Glue is a great little trick to fix it." Soak your feet in water for a few minutes, then apply moisturizer and dab the glue on any remaining cracks. Just one application should do the trick. The challenge will be to avoid getting it on your hands.
- 8. Get rid of corns with licorice.** Coating the affected area with a mixture of licorice and oil, then covering it with plastic wrap and a sock while you sleep, gives the estrogen-like substances in licorice time to work their softening magic, says DeHeer.

**9. Treat eczema with baking soda.** "Eczematic skin tends to be more acidic, and baking soda brings it back to a more neutral pH and sloughs off some of that dead, flaking skin," Jhin says. Combine 1 Tbsp baking soda with warm bathwater, and soak for 15 minutes, 3 times a week.

**10. Soothe a sore throat with sage tea.** A study in the European Journal of Medical Research found that a spray containing 15% sage offered significant relief within just 2 hours, compared with a placebo. Try DIY sage tea: Pour 1 cup of almost-boiling water over 2 tablespoons fresh sage or 1 tablespoon dried. Cover and steep 10 to 15 minutes, then strain.

**11. Solve stinky feet with rubbing alcohol.** Its dehydrating properties kill flourishing bacteria and fungus and eliminate excess perspiration problems at the root of odors, says DeHeer. Dampen a cotton ball with rubbing alcohol and wipe over the bottoms of your feet in the morning to minimize moisture and control odor all day.

**12. Stop a migraine with ice.** Applying ice to your temples or the back of your neck for 10 to 15 minutes numbs the nerve that's sending the pain signal and constricts blood vessels. Plus, the icy sensation on your skin helps distract from the pain, says Lawrence Newman, MD, a board-certified neurologist and director of the Headache Institute at Mount Sinai Roosevelt in New York City.

**13. Halt a respiratory tract infection with salt water.** Start swishing at the first sign of trouble. If you're dealing with tonsillitis rather than a regular cough, add some salt to help clear out the bits of food that can get stuck in tonsils and often cause the problem. Doing so led to a 36% reduction in peak-season respiratory tract infections, according to a study published in the American Journal of Preventive Medicine.

**14. Kick athlete's foot with garlic.** A study in the Journal of the American Academy of Dermatology reported that ajoene, an antifungal compound found in garlic, can reduce the signs and symptoms of every gym-goer's worst foe. Crush a few cloves, mix with olive oil, and use a cotton ball to rub the mixture on the affected area several times a day until the infection clears up.

**15. Ease tinnitus with nature sounds.** Research published in the Journal of the American Academy of Audiology found that digitally produced sounds mimicking nature and water provided significant relief from tinnitus. A white-noise machine with nature sound settings or a nature sound app on your phone will do the trick.

**16. Cure swimmer's ear with a vinegar.** "Vinegar acidifies the external auditory canal, killing the bacteria that cause swimmer's ear," says Lucian Sulica, an otolaryngologist at New York-Presbyterian Hospital/Weill Cornell Medical Center. Dilute white vinegar with an equal amount of distilled water and, using an eyedropper, put 3 drops in the affected ear 3 times daily.

**17. Fix indigestion with licorice and peppermint.** A study in Digestion found that an herbal preparation of licorice root and peppermint leaves eased indigestion. Makes sense, says Hanauer: "Licorice increases mucus production for a soothing effect, and peppermint relaxes the sphincter in the esophagus, which acts up during indigestion." Licorice and peppermint candies can provide similar relief, as can teas containing either or both.

**18. Experience less anxiety with peppermint essential oil.** Research from Wheeling Jesuit University suggests keeping this feel-good scent on hand to sniff when stress levels start to bubble over. Doing so led study participants to have 20% less self-reported anxiety and 25% less frustration.

**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](http://www.bcelders.com)  
Email:  
[bcelders@telus.net](mailto:bcelders@telus.net)**

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PAPERLESS!**

**ELDERS VOICE ISSUES  
ARE NOW EMAIL-ONLY**

**AND POSTED ONLINE  
BY THE  
7TH OF EACH MONTH!**

**If other flowers adorn the house by Emile Verhaeren**

**If other flowers adorn the house and the  
splendour of the countryside, the pure ponds  
shine still in the grass with the great  
eyes of water of their mobile face.**

**Who can say from what far-off and unknown  
distances so many new birds have come  
with sun on their wings?**

**In the garden, April has given way to July,  
and the blue tints to the great carnation tints;  
space is warm and the wind frail;  
a thousand insects glisten joyously in the air; and summer  
passes in her robe of diamonds and sparks.**

**Bees by Mother Goose**

**A swarm of bees in May  
Is worth a load of hay;  
A swarm of bees in June  
Is worth a silver spoon;  
A swarm of bees in July  
Is not worth a fly.**

**CANCER - The Protector (June 21 - July 22)**

**Moody, emotional. May be shy. Very loving and caring. Pretty/handsome. Excellent partners for life. Protective. Inventive and imaginative. Cautious. Touchy-feely kind of person. Needs love from others. Easily hurt, but sympathetic.**

**ANNUAL BC ELDERS GATHERING INFO CORNER**

**40th Annual BC Elders Gathering**

**Hosted by Tl'etinqox Government, Elders and Co-Hosts Nations from July 11th "Wild Wild West Rodeo" at the Williams Lake Stampede Grounds and Elders Gathering taking place from July 12-14, 2016 at Cariboo Memorial Recreation Complex. Elders Care Area will be at the Thompson Rivers University.**

**FOR FURTHER INFO ON THIS YEAR'S GATHERING, INCLUDING FORMS PLEASE VISIT THEIR WEBSITE @ [www.eldersgathering.ca](http://www.eldersgathering.ca)**