

ATTENTION: Elders Contact People Please Make Copies of the EV Each Month For Your Elders, Chief & Council and Boards of Directors if possible.

EV'S 151st Issue!



HAPPY BIRTHDAY TO ALL ELDERS BORN IN JUNE!

The 37th Annual BC Elders Gathering
Prince George, BC
Dates: July 9, 10,11 2013
(With Early Registration on July 8th)

Please see the Host's Contact Info on pg. 4

All groups are encouraged to book your elder's rooms and send in your Registration as soon as possible. Register on or before March 31, 2013 and save \$15.

All forms can be found on the host's site at www.37theldersgathering.ca as well as our own site each year at www.bcelders.com

Happy Father's Day

"My Father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "We're raising boys."

"Fatherhood is pretending the present you love most is soap-on-a-soap."
Bill Cosby

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Easy Bakers Corner – Applesauce Cookies—Yields 3 Dozen

Preheat oven to 375°F.

In a mixing bowl, cream 1/2 cup of shortening and 1 cup of granulated sugar together. Add 1 cup of unsweetened applesauce and blend into mixture.

In a second bowl, sift 2 cups of all-purpose flour, add 1 tsp. of baking soda, 1/2 tsp. salt, 1 tsp. ground cinnamon, 1 tsp. ground cloves and sift again.

Add sifted dry ingredients to shortening mixture and stir until smooth. Stir in 3/4 cup of raisings, and 3/4 cup of chopped nuts.

Drop onto a greased baking sheet spacing approximately 2 inches apart.

Bake approximately 12 minutes.

QUOTES:

“Better is the man who finds wisdom, the man who gains understanding, for he is more profitable than silver and yields better return than gold.”

“Plan for the future because what’s where you are going to spend the rest of your life.”

Mark Twain

“Anyone who has never made a mistake has never tried to do something new.”

Albert Einstein

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 13th 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. West Moberly First Nation

FROG LEVEL - \$750

- 1.

SISIUTL LEVEL - \$500

1. Osoyoos Indian Band
2. Nicomen Indian Band

HUMMINGBIRD LEVEL - \$250

1. Akisqnuq First Nation
2. Weiwaikum Nation
3. Laich-Kwil-Tach Treaty Society
4. Klulx Klulx Hu-up (Westbank FN)
5. Tseil-Waututh Nation
6. St. Mary's Indian Band
7. Tk'emlups Te Secwepemc
8. Stevens & Company Law
9. Shxw'ow'hamel First Nation
10. McLeod Lake Tse'khene Elders Society
11. Xaxli'p Indian Band
12. Seton Lake Indian Band
13. Eniyud Health Services
14. K'omoks First Nation
15. Pacheedaht First Nation
16. Tobacco Plains Indian Band
17. Lhtako Dene Nation
18. BC Assembly of First Nations
19. Carnegie Community Centre
20. Whispering Pines/Clinton Indian Band
21. Ts'kw'aylaxw Elders

22. Ki-Low-Na Friendship Society
23. Bridge River Indian Band
24. Carrier Sekani Tribal Council
25. Tl'esqox Health Centre
26. Gitselasu Elders
27. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation
28. Quatsino Band
29. Doig River First Nation
30. Mamalilikulla Qwe'Qwa'Sot'Em Band
31. Chawathil First Nation
32. Skidegate Band Council
33. Ts'lkt Elders - Bella Coola
- 34.

Donation

First Nations Tax Commission



Welcome

Event Details

**37th Annual BC Elders Gathering
July 8, 9, 10, 11, 2013**

**King Duncan Gouchie &
Queen Mary Gouchie**

Location:

**Charles Jago Sports Centre
University of Northern
British Columbia
3333 University Way
Prince George, BC V2N 4Z9**

**Jason Morgan
Executive Director
Lheidli T'enneh Nation
(250) 963-8451
jmorgan@lheidli.ca**

**Brett Lowley
Special Events Coordinator
Lheidli T'enneh Nation
(250) 563-1661
blowley@lheidli.ca**

**Rena Zatorski
Project Manager
Red Earth Management
(250) 613-7337
zatorski@hotmail.com**

The 37th Annual BC Elders Gathering, a celebration acknowledging and bestowing respect, gratitude and honour, hosted by Lheidli T'enneh Nation, will bring over five thousand Elders to Prince George on July 8, 9, 10, and 11, 2013.

Register for the event today!

Register on or before March 31, 2013 and save \$15

All forms can be found on the host's site at www.37theldersgathering.ca as well as our site each year at www.bcelders.com

37TH



Lheidli Tenneh

ANNUAL BC ELDERS GATHERING

Honour Your Journey



July 9-11

Day 1 - CN Centre

Day 2 & 3 - UNBC

(Pre-registration July 8 @ CN Centre 3-8pm)

For more Info...

Brett Lowley

Special Events Coordinator

250-563-1661

www.37theldersgathering.ca



OFFICIAL HOST FIRST NATION

2015 Canada Winter Games Gathering of the Rocks

From February 13-March 1, 2015, Prince George and northern British Columbia will welcome the 2015 Canada Winter Games on the traditional territory of the Lheidli T'enneh First Nation. To honour the traditional territory, the Lheidli T'enneh have been named the Official Host First Nation of the 2015 Games. Since the Canada Games inception in 1967, this is the first time in history that a First Nation has been acknowledged as a formal partner.

The 2015 Canada Winter Games occurring in conjunction with the City of Prince George's 100th Anniversary will mark the first time a Canada Winter Games has been hosted in the province of British Columbia. The 2015 Canada Winter Games will be the largest multi-sport and cultural event to ever be held in Prince George and northern British Columbia and is forecasted to generate an economic impact of between \$70- \$90 million while building champions and inspiring dreams amongst Canadian youth.

Athletes from 10 provinces and 3 territories will compete in 19 sports with the dream of becoming Canada's next champions. Over 15,000 visitors, 3,600 athletes, coaches, team staff and officials and 4,500 volunteers will journey to Prince George for 18 days of sports, arts, culture and entertainment. The Canada Games are a gathering of the entire country as athletes from over 800 Canadian communities will arrive in Prince George in 2015.

To celebrate this, the 2015 Canada Winter Games Host Society will be creating an art sculpture in Prince George that will be filled with a variety of rocks gathered from across Canada. Over the next 700+ plus days, citizens, visitors, delegates, athletes, business leaders and many other groups will be encouraged to bring a small rock from their home community to place in the translucent art sculpture. Once enough rocks have been placed inside the hollow sculpture, the shape will be complete and compiled by rocks from across the nation.

This July 2013, as you make your journey to the traditional territory of the Lheidli T'enneh Nation, it would be an honour if an indigenous rock of your land could be brought to form the foundation of this national art sculpture. Rocks gathered from the Lheidli T'enneh and Elders from across the province of British Columbia will be the first rocks placed inside the sculpture, symbolizing them as the first inhabitants of the region.

Choose your path, leave your tracks and make the journey with Prince George and northern British Columbia as preparations are made to host the nation in just under 2 years.



W. Zarchikoff & Associates and Stratcom Consulting Present:

Education & Health Regional Forum 2013

Aboriginal Traditional Medicine, Healing & Wellness Prevention & Intervention Approaches



Vancouver, British Columbia

August 27 – 29, 2013

Holiday Inn Hotel & Suites Vancouver Downtown

1110 Howe Street, Vancouver, BC V6Z 1R2
Tel: (604) 684-2151 Toll Free: (800) 663-9151

reservations@hivancouverdowntown.com
www.holidayinnvancouverdowntown.com/contact.aspx

Room Discount

Please ask for the event room rate of \$145.00 + taxes when you book your room. Tell the staff you are with this Forum!

PRE-FORUM WORKSHOPS: August 27

1. Pre-forum Workshop #1: Strengthening and Healing Ourselves Through Traditional Medicine
2. Pre-forum Workshop #2: The Community Is the Medicine – Understanding Trauma, Criminal Activity & Suicide
3. Pre-forum Workshop #3: Ancient Traditional Native Games

FORUM SESSIONS: August 28 – 29

The Forum includes these exciting topics:

- Practicing Traditional Medicine in a Modern World
- Healing and Strengthening Our Home Fires “Ki-ko-ta win”
- Cultural Awareness & Traditional Native Games
- Healing Ourselves, Healing Mother Earth
- Traditional Health Practices
- Traditional Healing Practices and Their Place in Today’s Healthcare System

FORUM PROGRAM & CONTACT INFORMATION

For the complete Forum Program and forum updates visit our website at:

www.aboriginaltrainingandconsultingservices.com. You can also call or email Rebecca Marinis, Co-Forum Manager, at (650) 888-2654 or rebecca@rebeccamarinis.com for any inquiries.



FYI: promoting island health

P.A.R.T.Y. Program Drives Home Serious Message to Teens

Vancouver Island Health Authority likes to P.A.R.T.Y. Despite the fun suggested by its name, Prevent Alcohol and Risk-Related Trauma in Youth is a program designed to teach high school students about real-life physical trauma from those who witness it firsthand. Vancouver Island Health Authority presents the P.A.R.T.Y. program to high school students across Vancouver Island as part of its mandate to deliver injury prevention education.

Just in time for “Grad season” a group of students from a southern Vancouver Island high school recently spent 3 ½ hours touring Victoria General Hospital recently, where they met medical professionals, public safety experts and crash survivors and experienced what happens to a seriously injured patient, from the crash site through to rehabilitation.

This is a hard-hitting program and the morning starts with a presentation by an emergency room trauma physician. Dr. Jill Kelly describes in graphic detail what she sees when a trauma victim arrives. Her PowerPoint presentation, which starts with slides of statistics, quickly progresses to images taken at accident scenes with photos of severe injuries.

Dr. Kelly now has the full attention of her audience—the shuffling feet have stopped, as has the nervous laughter. First one girl, and then another puts up her hand and asks to be excused. The second girl’s knees buckle when she stands, as a seasoned volunteer scoops her up and gets her out the door where she will wait for someone to pick her up and take her home. (The program provides schools with notices to send home, explaining to parents that the program will be graphic. Parents are encouraged to discuss this aspect with their children in advance).

The message in this presentation is the same as it will be in all the presentations the kids see today—making bad choices can have life-altering consequences. You have the choice.

The students form smaller groups and visit a number of stations around the hospital. They see a vehicle that has been damaged in a car accident and hear how firefighters respond to an accident. Students learn the steps firefighters take to get victims out of the vehicle and rushed to the hospital.

Students also get a chance to “drive” with a simulator set up like a video game. One student wears goggles that simulate being impaired (by either drugs or alcohol) and then tries to “drive” while his friends are yelling directions at him. Another student tries to drive while texting. Not only does this exercise demonstrate driving while impaired or distracted by passengers, it’s also a great way to illustrate how dangerous it is to drive and use a mobile device.

There are visits to the morgue and autopsy suite (no longer in use) with a former coroner and presentations by police about the legal and financial consequences of impaired or distracted driving.

The small groups finish by visiting a trauma room in the emergency department, where they find a teenage girl on the hospital stretcher, covered in blood and bandages. Registered Nurse Laura Peterson takes the group through the harrowing ordeal of what this victim has just experienced, from having a tube pushed down her throat to help her breathe, to the nail gun-like instrument used to put an IV in

her bone, the tubes to catheterize her and finally, the body bag she is going to end up in because she didn't make it.

Laura Peterson doesn't pull any punches—speaking to kids in their own language, she graphically describes how “the people in this room end up here from making one bad choice” and explains that she's the one who's going to have to tell their parents. The kids look shell-shocked. This message has hit home.

The day finishes back in the lecture hall. The message about making good choices has been delivered loud and clear by a number of professionals. The last presenter of the day is someone whose life has been forever impacted by somebody else's bad choice.

Sandy is a brain-injured trauma survivor. Eighteen years ago, his life changed forever when a drunk driver broadsided the jeep in which he was a passenger. Starting off the presentation with his mantra “drinking and driving is for losers,” Sandy goes on to tell the story of his journey from a young man with his life ahead of him to someone who is reminded, literally with every step he takes, that his life will never be the same. V

“Every one of your actions has consequences,” notes Sandy. “It's so easy for you guys not to screw up your lives. Just think about what you're doing— to yourself and to others.”

P.A.R.T.Y. is made possible by the legions of volunteers who give their time to help educate youth so that they don't end up as another roadside tragedy. *“If I can change the mind of one kid so they don't make a stupid choice and lose their life, then it's worth it,” says Laura Peterson, RN. “This program works; we believe in it and are passionately committed to talking to these kids.”*

The next P.A.R.T.Y. program at VGH takes place Thursday May 2. For a schedule of dates across Vancouver Island and for more information on the program: <http://www.viha.ca/trauma/party/>

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Cut lines: (photos taken at recent P.A.R.T.Y. Program)

At Victoria General Hospital RN Laura Peterson talks to teens about what happens to car accident victims when they arrive in the trauma room

At Victoria General Hospital Fire Department personnel talk to teens about car accident rescue operations

Media Contact:
Sarah Plank, VIHA Communications
250-727-4275

QUOTES

“My Father gave me the greatest gift anyone could give another person, he believed in me.” J. Valvano
“It is easier for a Father to have children than for children to have a real father.” Pope John XXIII
“I've had a hard life, but my hardships are nothing against the hardships that my Father went through in order to get me to where I started.” B. Hubbard
“I cannot think of any need in childhood as strong as the need for a Father's protection.” S. Freud

Aboriginal Canada and the Future of the Natural Resource Economy

First papers in new series highlight the alternative futures facing Aboriginal and non-Aboriginal Canadians in defining new relationships around natural resource development

<http://www.macdonaldlaurier.ca/aboriginal-canada-and-the-future-of-the-natural-resource-economy/>

OTTAWA, 1 May, 2013 – Canada’s leading independent, non-partisan think tank, the Macdonald-Laurier Institute (MLI) announces today the launch of a signature project aimed at showing how natural resource wealth may be used to reset the relationship between Aboriginal and non-Aboriginal Canadians.

Canada finds itself today in the midst of one of the most important resource development booms in national history. The scale and intensity of resource development in Canada has buoyed the national economy in the midst of global difficulties; equally important, the vast treasure trove of Canadian resources provides solid assurance that the Canadian economy will remain robust well into the future.

These exciting and important opportunities, however, hinge on Canada’s ability to establish fair, clear, and durable agreements with First Nations and other Aboriginal communities over natural resource development. In two landmark analyses released simultaneously by MLI, Ken Coates, Canada Research Chair at the University of Saskatchewan, and Douglas Bland, professor emeritus at Queen’s University, lay out the two stark options Canada now faces; the benefits of getting it right, and the consequences of getting it wrong. These papers set the stage for the Macdonald-Laurier Institute’s major new three-year project on Aboriginal Canada and the Natural Resource Economy.

The paper by Ken Coates and Brian Lee Crowley (http://www.macdonaldlaurier.ca/files/pdf/2013.01.05-MLI-New_Beginnings_Coates_vWEB.pdf) outlines the potentially positive future available if Aboriginal and non-Aboriginal Canadians manage to find ways to collaborate on natural resource development, ensuring significant benefits for all parties. Coates draws attention to the experience of Aboriginal engagement with resource development, growing Aboriginal empowerment over the last 40 years, and the constructive, mutually beneficial collaborations that have emerged between Aboriginal groups, governments, and developers informed and shaped by recent court decisions and modern treaties.

Aboriginal participation in resource development is essential for Canadian prosperity and for a fair and appropriate pathway for the improvement of the situation of Indigenous peoples. The history of Aboriginal/non-Aboriginal relations in Canada has not been kind to Indigenous peoples. They have borne most of the negative effects of resource development and settlement, with the impacts still painfully evident in the 21st century. The legal empowerment of Aboriginal peoples in recent years has given the Indigenous governments much greater, if not absolute, ability to shape development projects to better suit community needs and

aspirations. It is vital that the historic pattern be changed and that models of more positive engagement come to the fore. This paper shows that, far from being a vain and pious hope, such models are already emerging and provide guidance on where to go from here.

Coates' analysis shows that decades worth of court decisions have laid the groundwork for legal frameworks upon which successful partnerships have been built. By building on past successes and learning from past mistakes, Canada's economy can continue to grow on foundations that are economically sustainable, ethically justifiable, legally defensible and environmentally practical.

Douglas Bland's paper (http://www.macdonaldlaurier.ca/files/pdf/2013.01.05-MLI-New_Beginnings_Coates_vWEB.pdf) argues that Indigenous uprisings in the rest of the world rely less upon "root causes", and more on their feasibility. Combined with real and perceived grievances of historical, political and social wrongs, Canada also possesses the key components present in other uprisings;

- **Social fractionalization** – The fractionalization along First Nations and non-Aboriginal fault-lines is obvious. Social life on many reserves is defined by poverty and its consequences.
- **A "warrior cohort"** - By 2017, 42 percent of the First Nations population on the Prairies will be under the age of 30, over twice their share in the non-Aboriginal community.
- **Economic and resources factors** - for Canada, the matrix of the economy, national resources and transportation is irreversibly vulnerable.
- **A security factor** – First Nations leaders also understand the reluctance in governments, in the Canadian Forces and police organizations (as demonstrated at Caledonia) to intervene in Aboriginal demonstrations, even when there are urgent and lawful reasons for doing so.
- **Geography** – Canada remains a vast, sparsely populated country reliant upon key, strategic infrastructure but lacking sufficient security forces to control more than a handful of locations in the face of large unrest.

However, Canadian governments have options available to them not only to avert such possible uprisings, but to continue to lead the world in economic growth through increased development of our abundant natural resources, including working partnerships with the Aboriginal communities often situated close to resource sites.

The Project

The Aboriginal Canada and the Natural Resource Economy Project arises from a conversation MLI Managing Director Brian Lee Crowley and then-CEO of the AFN, Richard Jock, had about the need for Aboriginal and non-Aboriginal Canadians to be able to look to an independent and non-partisan source of thoughtful analysis about how all communities can realise

maximum benefit from the opportunities the natural resource economy makes possible. The papers released today are just a small down payment on the wide-ranging work in this area that MLI will be releasing in the next three years.

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The Macdonald-Laurier Institute is the only non-partisan, independent national public policy think tank in Ottawa focusing on the full range of issues that fall under the jurisdiction of the federal government.

For more information:

Sean Osmar

Director of Communications

Macdonald-Laurier Institute

613-482-8327 x 103

sean.osmar@macdonaldlaurier.ca

Union of BC Indian Chiefs

BCCLA, UBCIC & VATJS Travel to Prince Rupert to Listen to Families' Deep Concerns With RCMP Investigations

News Release. May 3, 2013

PRINCE RUPERT, Tsimshian Territories – The Union of BC Indian Chiefs, the BC Civil Liberties Association and the Vancouver Aboriginal Transformative Justice Services Society traveled to Prince Rupert today to meet with families of young First Nations people whose suspicious deaths remain unsolved. The families say that the deaths of their family members have not been sufficiently investigated by the RCMP.

On March 4, Justin Brooks, a 21-year-old Indigenous man living in Prince Rupert, was found dead under mysterious circumstances on the shore near the city's downtown. Apparently, Mr. Brooks had been in a fight the same evening as his death. A coroner's report indicates that his cause of death was drowning, but there is so far no conclusion as to how Mr. Brooks ended up in the water or whether his death was connected in any way to the fight earlier that evening. While the RCMP indicate that their investigation is ongoing, the Brooks family is concerned about the way the investigation is proceeding. The family says that RCMP officers who visited them seemed to blame Justin's death on him, suggesting that he may have committed suicide, or tripped into the water. They say that the police returned their son's bloodied clothing to the family instead of keeping it as evidence. The family also say they were denied the ability to view Justin's body and the condition that he was in after he was found.

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs stated: "The relationship between many First Nations communities and the RCMP is broken. Time and time again, RCMP action and inaction has made our people feel they cannot rely on them for help and that they will not be treated fairly. The RCMP have not paid enough attention to violent crimes against our people, whether along the infamous Highway of Tears or the many unsolved deaths of women and men throughout the north. We question why the RCMP are so quick to dismiss the suspicious death of Justin Brooks as a suicide or as an accident. We are deeply concerned as to how casually the RCMP approach their investigations when a First Nations person is killed."

Justin Brooks' death follows the unsolved deaths of a 15-year-old Indigenous woman at the same park in 2003, Kayla Rose McKay, and a 14-year-old Indigenous woman Emmalee Rose Mclean in 2010 on Prince Rupert's shore.

Micheal Vonn, Policy Director of the BC Civil Liberties Association added: "There is clearly a problem in BC when First Nations families and communities are unable to place their faith in law enforcement either to protect them, or to properly investigate crimes committed against them. Across the north we have heard from many First Nations communities that police treat them poorly compared to non-First Nations communities. The tragedy of missing and murdered women on the Highway of Tears is the most well-known example, but the problem extends well beyond that."

The BCCLA will spend Friday, May 3 meeting with families of Indigenous people whose deaths remain unsolved. The BCCLA will also seek a meeting with the local RCMP. There will be a vigil in memory of the victims on Saturday, May 4 at 8pm at the Prince Rupert's Rotary Waterfront Park

For more information, please contact:

Micheal Vonn, BCCLA - 604 250-6815

Grand Chief Stewart Phillip, UBCIC - 250 490-5314

Christine Smith, VATJS - 604 340-6197

Dear First Nations Community Members,

GIFTS urgently needs your help to give bullied youth a voice, a chance to express themselves, and find their passion at an unforgettable summer camp experience.

As you know, GIFTS has a long history (can you believe it's been 19 years?) of opening it's doors to youth with scholarships and bursaries to make our programs affordable and accessible to everyone.

This past March, GIFTS fully funded 7 bullied youth to come to Galiano and tell their stories. We called it The Bully Files, and it gave these teens a real voice for the first time in their lives. It was a great success and this summer we want to bring 24 more troubled teens to GIFTS, giving them the same opportunity.

That's where you come in. GIFTS has launched a new campaign to raise the funds we need to run The Bully Files. The funds cover not just tuition, but travel, food and lodging for each student. Please visit the campaign page and give what you can. (Even \$5.00 is great help!) Share the campaign with your friends & family and encourage them to give a little, then pass it on.

Thanks for helping us give bullied kids a voice!

George

**If the link above doesn't work please copy and paste the following link onto your browser
<http://www.indiegogo.com/projects/the-bully-files>**

**Kelly White
2-1560 East 4th Avenue
Vancouver, BC
V5N 1J8
604-565-4927
Kellyewhite4@gmail.com**

Greetings Representatives,

Requesting endorsement letters: regarding support for Community Memorial –Healing- Closure of 33 murdered women at the Coquitlam Pickton pig farm.

Thank you for your unconditional support to the 33 families of Murdered Women at Coquitlam Pickton Pig Farm, over the years. Appreciations for the members attending the Memorial march since 1990 -2013 as well as daily support over the years.

Please be advised that current work toward our Community Healing - Closure - Memorial supporting the families continues. Including Meeting with Parks Board representative, with tour of CRAB park - as potential for Memorial Sites with in the park.

As well Representatives, please be advised that China town merchants Board of Directors offered support, of creating temporary work site in China Town for working place on the Community Memorial, for the murdered women: Considerations of seeking site on Hastings Street for the Memorial Site - Unveiling Ceremony.

Meanwhile, as Memorial works are still in progress, our goal is to engage with downtown community groups for the year, while the Memorial: Items, Permanent Site, Foundations are being worked on for the year.

Please be advised that Chief James Delorme of Klahoose Nation Office, with his council has voted to support the Memorial Pole for the beloved 33 women murdered.

The Klahoose Nation donated Red Cedar Tree for 33 foot Memorial Pole.

Salish Master Carver Susan Point of Musqueam has agreed to work on the Memorial Item-Pole at her Musqueam Studio.

Please be advised that Our goal is to have all preparations of Memorial Ceremonies be unveiled June, 2014 down town east side.(anniversary of Public Inquiry Hearings) Community Memorial is led by Protocol of Salish governance, partnered with Municipal, Provincial, Federal, Community need for Closures for the families, community support groups, country are our utmost concerns, supporting the 33 families. If you require further information, for endorsement letter incentive, please be advised I am on standby for your communications at your earliest convenience.

**Kelly White
Co-founding member of Memorial March for Missing Murdered Women**

Snuneymuxw First Nation and Waterfront Holdings announce partnership to develop Nanaimo's waterfront.

First of its kind agreement forges strong ties between Snuneymuxw First Nation and Nanaimo based developer

Snuneymuxw First Nation and Waterfront Holdings Limited today announced a partnership to collaborate on gentrifying and rejuvenating Nanaimo's waterfront along Stewart Avenue, as well as working to enhance the future use of Newcastle Island in a manner that reflects and respects Snuneymuxw. The agreement, the first of its kind in Nanaimo specifically focused on waterfront developments, highlights how the Snuneymuxw and progressive local businesses are working together to make Nanaimo a leading destination.

The agreement between Snuneymuxw and Waterfront Holdings highlights the importance of respectful and meaningful engagement which is grounded in recognition of the Treaty of 1854, officials from Snuneymuxw and Waterfront Holdings said.

"We are very pleased to form a strategic and visionary partnership with Waterfront Holdings and the Sirri Family," Chief Douglas White III said.

"The entire waterfront of Nanaimo is an area where our People have lived for countless generations. While the Treaty of 1854 recognized our Title to our villages, the Treaty has been systematically violated. Today, we work very consciously to see that this waterfront area continues to be used and improved in a manner that recognizes and respects our historic and enduring connection to the area, our values, and our interests. We are ready to work with anyone who demonstrates that respect and willingness. The Sirri family spent many years working with us, and learning about what is important, and we are grateful to be working with them on this positive initiative," he added.

The foundation of this partnership is based on mutual respect, a shared purpose, and common goals that encourage community economic development, officials from both groups stated. The agreement also highlights how Snuneymuxw and progressive local-based businesses can and are working together for the social and economic health of the community.

"It is a tremendous honour to work with Chief White and Snuneymuxw and announce how we are partners in the success of Nanaimo and the waterfront district," said Hesham Sirri, Director of Waterfront Holdings Ltd.

"This is a proud day for my family and I. We are proud of the relationship that we have with Snuneymuxw, and are excited to be working together on the Waterfront and for the enhancement of the Newcastle Island experience," Sirri added.

"My sincere hope is that this serves as an example to other businesses and governments not only in Nanaimo, but across the country; that First Nations and business can work together to promote what we all want: Respectful relations, that contribute to healthier peoples, stronger relationships, and economic opportunities," Chief White added.

The agreement between Snuneymuxw and Waterfront Holdings Ltd signifies solid support for the restoration and expansion of 1000 Stewart Avenue property. Formerly a motel built by ex-mayor Frank Ney, Waterfront Holdings Ltd acquired the property in 2009. The property is today known as The Waterfront Suites and Ma-

The multi-phased development includes the reconstruction of a new state-of-the-art marina, a new public walkway, a marina services building, restaurant and lounge, and a new 150-room hotel and condominium development.

For further information contact: Chief Douglas White III Kwulasultun 250-740-2300
Odai Sirri 250-729-2804

Hello; My name is Shelley Burnstick, Don Burnstick's Promotions Manager.

I am currently in the planning stages of producing a Comedy Show featuring Don Burnstick in the Nanaimo area. I'm still in the very early stages of production, however, I am planning this show for September or October.

I am contacting the First Nations Communities and organizations of Vancouver Island to inform you of a great opportunity. We are inviting First Nations Community Organizations of Vancouver Island to take advantage of booking Mr. Burnstick to provide one or more of his many health and wellness workshops, and or, his hilarious Comedy show.

Some of you have had Mr. Burnstick come to your community in the past and are aware of the very costly airfare that is incurred. Burnstick Promotions is able to reduce the cost to you significantly as we will be coming to Nanaimo for our own Comedy Show production. The date of this will be determined in the very near future.

At this stage, I am asking you to consider having Don come to your community, once I have heard your response, I will be able to provide dates of this Vancouver Tour and set the date for the Comedy Show in Nanaimo.

Again, I am targeting either September or October, depending on your community and or organizations schedules.

This idea is very early stages of planning, and I am confident that you will take advantage of the opportunity of having Don come to your community.

Attached I have provided a List of Services and prices, (please keep in mind that air travel cost will not be the host community's responsibility).

What you need to consider for costs are:

- type of service desired, please refer to the list Services attached
- agency fee
- accommodation for two
- ground transportation (.55c per km) to your community while on Vancouver Island (if applicable)
- per diem for Don and his Assistant, while in your community (\$100.00 per person, per day)

I would also appreciate if you would forward this email to any organization you think would be interested. I look forward to hearing from you, as I would like to start scheduling our stops while on Vancouver Island very soon. Until then, be well, and have a wonderful summer.

Ekosi
Shelley Burnstick, Promotions Manager
Burnstick Promotions 1-204-688-6051
shellp1@mymts.net

Union of BC Indian Chiefs

BCCLA and UBCIC slam BC decision to stop working on missing and murdered women recommendations

News Release. May 17, 2013

VANCOUVER – The BC Civil Liberties Association and the Union of BC Indian Chiefs reacted this morning to the government’s statement that civil litigation by children of Robert Pickton victims may stall its work in responding to the recommendations of the Missing Women Commission of Inquiry, and the resignation of Steven Point as advocate for the recommendations:

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs, stated: “We are extremely concerned and disgusted that the Christy Clark Government – as one of its first official actions – appears to be backing away from critical work on the urgent issue of murdered and missing women because children of Pickton’s victims are suing the government after being denied justice both in the courts and at the Inquiry.”

Micheal Vonn, Policy Director of the BC Civil Liberties Association, stated: “Legally, these lawsuits in no way prevent the government from making long overdue changes and from taking the advice of affected communities on what changes should be implemented. To us this looks like the government trying to protect itself from potential financial liability in court cases by refusing to make any policy or legal changes that might look like an admission of wrongdoing or negligence.

“The Attorney General says that the government “remains committed to creating a legacy of safety of security for vulnerable women”. On the contrary, it appears that the government is prepared to indefinitely stall or abandon this work. This is a terrible indicator of the state of the government’s commitment to women’s safety and equality.

“We will be meeting with our coalition partners who have been working together on the issue of missing and murdered women to decide on a course of action.”

**For more information, please contact:
Micheal Vonn, BCCLA - 604 250-6815
Grand Chief Stewart Phillip, UBCIC - 250 490-5314**

Quotes

**“They say that from the instant he lays eyes on her, a Father adores his daughter.
Whoever she grows up to be, she is always to him that little girl in pigtails.
She makes him feel like Christmas.**

**In exchange, he make a secret promise not to see the awkwardness of her teenage years,
the mistakes she makes or the secrets she keeps.” Unknown**

**“A Father is someone that holds your hand at the fair, makes sure you do what your Mother says,
holds back your hair when you are sick,
brushes that hair when it is tangled because your Mother is too busy,
lets you eat ice cream for breakfast, but only when your mother is away,
he walks you down the aisle and tells you everything's gonna be ok.” Unknown**



The New Horizons for Seniors Program is accepting applications for the 2013-2014 funding period.

THE APPLICATION DEADLINE IS JULY 5, 2013.

The New Horizons for Seniors Program offers grants of up to \$25,000 for projects led or inspired by seniors that make a difference in communities and in the lives of others. The New Horizons for Seniors Program supports projects that aim to address one, or more, of the following objectives:

- promoting volunteerism among seniors and other generations;
- engaging seniors in the community through the mentoring of others;
- expanding awareness of elder abuse, including financial abuse;
- supporting the social participation and inclusion of seniors;
- providing capital assistance for new and existing community projects and/or programs for seniors.

Enhancements to the New Horizons for Seniors Program have been made to allow a broader array of organizations to develop projects to meet the changing needs of communities. Please ensure you use the NEW application available on the New Horizons for Seniors Program website.

This will be the only Call for Proposals in 2013.

For more information please visit: **New Horizons for Seniors Program**

- or email: bc-yt-rhq-br-nhsp-pnha@hrsdc-rhdsc.gc.ca
- or leave a voice message at: 1-866-717-5842.

We will respond to your enquiry within 48 hours.

Please share this email with other interested organizations.

What Is A Dad?

A dad is someone who
wants to catch you before you fall
but instead picks you up,
brushes you off,
and lets you try again.

A dad is someone who
wants to keep you from making mistakes
but instead lets you find your own way,
even though his heart breaks in silence
when you get hurt.

A dad is someone who
holds you when you cry,
scolds you when you break the rules,
shines with pride when you succeed,
and has faith in you even when you fail...

2 Day Restorative Practice Training Event

July 18th and 19th

Vancouver, British Columbia

Training Workshop Outline

Thursday July 18th

9:00 am - 10:15
Defining Restorative Practice

10:15 - 10:30
Nutrition Break

10:30 - 12:00
Restorative Conversations
Why and How

12:00 - 12:45
Lunch Break

12:45 - 2:00
Family Conferencing

2:00 - 2:15
Nutrition Break

2:15 - 4:00
Restorative Circles

Friday July 19th

9:00 am - 10:15
Healthy Relationships and
Restorative Practice

10:15 - 10:30
Nutrition Break

10:30 - 12:00
Peer Mediation and
Restorative Practice

12:00 - 12:45
Lunch Break

12:45 - 2:00
Circle Games and
Relationship Building

2:00 - 2:15
Nutrition Break

2:15 - 4:00
Making Your Own
Talking Piece for Circles

Restorative Practice : A Method to Build Relationships

When something has gone wrong, Restorative Practice methods can be utilized to bring together everyone affected by an incident of wrong doing or conflict and discuss a resolution of how to repair the harm so everyone can move forward.

As Human Beings we never graduate from making mistakes and building relationships. Restorative Practice helps to provide the framework and tools to support children, educators, support workers, social workers, mental health clinicians, parents, guardians and community members.

This Workshop Will Cover :

- Restorative Conversations
- Restorative Circles
- Family Conferencing
- Healthy Relationships
- Peer Mediation

ONLY 50 Seats Available

Cost : \$ 400 plus Applicable Taxes
Student / Elder Rate \$ 325 plus Applicable Taxes

July 2013

S	M	Tu	We	Th	Fri	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
1	15	16	17	18	19	20
2	22	23	24	25	26	27
2	29	30	31			

Thursdays Session : What is Restorative Practice, Restorative Conversations, Family Conferencing and Circle Games.

Fridays Session : Healthy Relationships, Peer Mediation, Circles Games and Making your Own Talking Piece.

ONLINE REGISTRATION NOW OPEN

WWW.STRONGERNATIONS.COM

FOR MORE INFORMATION PLEASE CALL
A STRONGER NATIONS REPRESENTATIVE

1-(250)-981-2015

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admin@strongernations.com



**Stronger Nations
Consulting Corporation**

Suspicious Dog Treats: CBC's Marketplace Investigates a Deadly Mystery in this Unregulated Canadian Industry

Sep 25, 2012

September 25, 2012- Thousands of dogs are sick or dying across North America and it's been going on for years. No one can say what, exactly, made the dogs sick, but owners say their dogs got sick after they were fed a popular chicken jerky treat. MARKETPLACE is on the trail of this mysterious illness and putting these treats to the test: *Fighting for Fido* airs Friday, Sept. 28 at 8 p.m. (8:30 NT) on CBC-TV.

Are big companies putting profits before pets? In this new MARKETPLACE investigation, Tom Harrington looks into the unregulated business of pet food--a business worth 50 billion dollars a year--and uncovers some disturbing details that Canadian pet owners need to know.

Warnings and advisories from the U.S. Food and Drug Administration, along with the American Veterinary Association, and the Canadian Veterinary Medical Association warn consumers and vets about the treats, but so far, Canadian government regulators remain silent, and there have been no recalls on either side of the border. With some of the biggest pet food companies marketing these made-in-China treats, who fights for Fido when things go wrong? MARKETPLACE is Canada's consumer watchdog, and is taking some hard evidence to the lab, hoping to crack the case.

***Fighting for Fido* airs Friday, Sept. 28 at 8 p.m. (8:30 NT) on CBC-TV; Sept. 29 at 9:30 p.m. ET and Sept. 30 at 5:30 p.m. ET on CBC News Network.**

Winner of the 2011 Gemini Award for Best News Information Series, MARKETPLACE airs Fridays at 8 p.m. (8:30 NT) on CBC Television. MARKETPLACE also airs Saturdays and Sundays at 5:30 p.m. ET on CBC News Network. For more information on MARKETPLACE, visit our website at cbc.ca/marketplace, join us on Facebook and follow us on twitter: twitter.com/cbcerica and twitter.com/cbctom. Executive producer is Tassie Notar.

About CBC News

For more than 75 years, CBC News has been the source Canadians turn to, to keep them informed about their communities, their country and their world. Through regional and national programming on multiple platforms, including CBC Television, CBC News Network, CBC Radio, CBCNews.ca, mobile and on-demand, CBC News and its internationally recognized team of award-winning journalists deliver the breaking stories, the issues, the analyses and the personalities that matter to Canadians.

For further information, or to request interviews, contact:

Melissa Prince, Veritas Communications o) 416-482-2669 c) 647-205-4744
prince@veritascanada.com

or Corey Black, News and Current Affairs Publicist, CBC o) 416-205-8710 c) 647-221-4133
corey.black@cbc.ca

The following news release has been sent to all Vancouver Island media:

View online at http://www.viha.ca/about_viha/news

FOR IMMEDIATE RELEASE

May 29, 2013

HEADS UP! CONCUSSION PREVENTION FOCUS OF SAFE KIDS WEEK

VANCOUVER ISLAND - Getting a concussion during childhood can temporarily interfere with the way the brain works and interrupt the development of critical cognitive and communication skills. This year, the goal of Safe Kids Week is to reduce the incidence of childhood concussions by raising awareness among parents, coaches, children and youth participating in sports.

“We’ve all heard the saying ‘getting your bell rung’ and although it sounds harmless, it isn’t,” said Dr Richard Stanwick, Chief Medical Health Officer for Vancouver Island Health Authority. “Concussions have been described as the leading cause of injury associated with disability in childhood, and can have lingering effects on the development of a young brain if the concussion is not recognized and treated in a timely way. We want to educate parents, caregivers and coaches about concussions and how to help the children in their lives avoid this injury.”

A concussion includes any blow to the head, face, neck or body that causes a sudden shaking or jarring of the brain inside the skull. Symptoms of concussion may include losing consciousness but can also include headache, nausea, difficulty concentrating or foginess, and sadness.

“It is critical that the injured child or adult get medical assessment as soon as possible,” said Dr Stanwick. “Symptoms can worsen over the following day or two after the incident, so it is important the individual is not left alone and is given time to rest. Typically, it can take six to eight weeks before they can resume their usual activity levels. Under no circumstances should the child or youth return to the game – either at the time of injury or until their symptoms have resolved. A concussed individual is actually more prone to another concussion if they return prematurely.”

“From our community’s perspective, we know that helmet safety is critical in preventing head injuries including concussions. Through the work of our police and fire departments, we see the results of what can happen when people of all ages don’t wear helmets especially when cycling or participating in sports,” said Oak Bay Mayor Nils Jensen. “Having safe, healthy and vibrant communities requires everyone’s participation – adults and kids alike – to play safely and wear helmets properly.”

“It is important for students to be physically active. In an on-ice classroom such as our Hockey Academy, the right equipment, safe-play rules, and good coaching can help keep our kids safe to enjoy the activity they love,” noted Read Jorgensen, Principal of Rockheights Middle School.

Stanwick emphasized that children participating in sports is a great way to establish a healthy lifestyle in the long term, but noted that parents also play a vital role in educating their children about safety. “Talk to your kids about helmet safety and support them playing safely in sports and other activities,” said Stanwick.

Safe Kids Week is a national child injury prevention awareness campaign from May 27 to June 2, 2013. For more information, please visit: www.parachutecanada.org/activeandsafe.

-30-

Media Contacts:

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Valerie Wilson (Central and North Island) Phone: 250-739-6303

Email: sarah.plank@viha.ca

Email: Valerie.wilson@viha.ca

Eyesight Problems and Solutions: Keeping an eye on macular degeneration

Macular degeneration is the leading cause of blindness in North America for those over the age of 55.

While this disease can develop at any age, it is a common part of the aging process, where it is referred to as "age-related macular degeneration," or AMD.

Macular degeneration occurs as the *macula* deteriorates. The macula is at the centre of the *retina* (the tissue at the back of the eye that is sensitive to light) and is what allows us to distinguish colour and make out fine detail. As the macula degenerates, a small spot or blurriness appears in the middle of the line of vision, which makes it difficult to see clearly. Over time, this obstruction may increase in size, effectively blocking the view of objects directly in front of the person. While the peripheral vision (the vision off to the side) usually remains intact, some activities that may have been once taken for granted, such as reading, hobbies, sports, or even recognizing the face of a loved one, may no longer be possible.

AMD takes two forms, referred to as "dry" and "wet." The dry form accounts for about 90% of cases; it progresses at a gradual pace as the tissue of the retina slowly becomes damaged. The wet form is more severe and involves leakage from blood vessels into the retina, leading to scarring and, in turn, rapid loss of vision.

If you have a family history of AMD, speak to your ophthalmologist about your chances of having inherited this condition. Additional risk factors include smoking, damage from ultraviolet light (e.g., the sun's rays), eye injuries or infections, high blood pressure, diabetes, and hardening of the arteries.

There is no "wonder cure" for AMD. As with many diseases, early detection plays a key role in the success of treatment - so be sure to attend regular eye examinations with your eye care professional. While certain vitamin combinations, such as those containing beta-carotene, vitamins C and E, zinc, leutine, zeaxanthin, and omega-3 fatty acids, are known to delay the progression of dry AMD, they cannot stop it completely nor reverse any damage already done. Wet AMD can often be treated through a procedure called *photodynamic therapy*, which involves injecting a dye and shining an infrared light on the macula to help stop the blood vessels from leaking fluids. This can help restore some vision. Researchers working on new medications hope that one day these can counter this degenerative disease. To learn about coping with loss of vision and maximizing the use of remaining peripheral vision, contact the Canadian National Institute for the Blind (CNIB). Or ask your eye care professional to refer you to special resources in your area. While vision loss can lead to feelings of isolation, keep in mind that macular degeneration is a common condition and plenty of help and support exists.

Eyesight Problems and Solutions: A look at cataracts

As we grow older, we are more likely to develop cataracts. A cataract is a clouding that appears on the lens of the eye, leading to a loss in vision. Cataracts can vary in size and thus in the effect they have on vision. They can occur at any age, although they most commonly develop in people over the age of 60.

No one is sure what causes cataracts. What is known is that they result from a changing chemical balance in the lens of the eye - the part of the eye that sends light to the retina at the back of the eye. When the lens becomes cloudy, it becomes difficult to see properly. Advancing age, eye injuries, some diseases (e.g., diabetes), certain medications, smoking, and a family history of cataracts are all believed to play a role in the development of this condition. Cataracts do not spread from one eye to the other - a cataract in one eye will not cause a cataract in the other. Unfortunately, though, cataracts often develop in both eyes at the same time - although they may progress at different rates. In the early stages, you may not even be aware you have a cataract. Common symptoms include blurriness, spots in the line of vision, a feeling of having a film over your eyes, or a sensitivity to glare. If you experience any of these, or any other changes in vision, contact your eye doctor. He or she can then do special tests to determine the cause of the problem.

If you have cataracts, it may take years before they significantly impede your vision. Until then, your eye specialist will likely continue to change the prescription of your eyewear to help you maximize your vision. At a certain stage, though, further treatment will be needed. The only effective option at that point is to have surgery to remove the cloudy lens and have a new artificial one implanted. Cataract surgery is done on an outpatient basis (i.e., no stay in the hospital) and eye surgeons consider it a fairly straightforward procedure. During surgery, local anesthetic is used so you will be awake for procedure, although you won't feel any pain. Afterwards, over-the-counter pain relievers and prescription antibiotic eye drops are usually enough to help you through the recovery period. As with any operation, cataract surgery carries some risk - but the good news is that the success rate is high: 95% of people enjoy improved vision afterwards. Often, you may still need glasses to read or see objects up close, but your distance vision may be much better on its own. About 4 weeks after surgery, your eye specialist will examine your eyes and give you a new prescription for new glasses - and a new lease on sight! Information from www.seniorshhealth@medbroadcast.com

Foods to avoid if you have gout By Anne Harding www.health.com

Gout is an extremely painful inflammation of the joints caused by a buildup of needle-sharp uric-acid crystals.

The big toe is the most common target, but gout can attack the feet, ankles, knees, and hands as well.

An attack or “flare” can last for days or months. Men and obese people are at greater risk. If you're prone to gout, the foods you eat—and don't eat—play a key role in keeping your joints pain-free.

Here are eight foods to avoid.

- 1. Scallops** Cut back on seafood and meat during a flare-up, says Lona Sandon, an assistant professor of clinical nutrition at the University of Texas Southwestern Medical Center in Dallas. These animal foods are rich in purines, which your body breaks down into uric acid. You have a little more freedom in your food choices when your gout is at bay, but it's still a good idea to keep meat and seafood intake to a minimum—4 to 6 ounces daily at most. Scallops and salmon are okay for an occasional indulgence.
- 2. Herring** Whereas some types of seafood can be eaten once in a while, others should be off the menu completely for those who have gout. Avoid herring, tuna, and anchovies, for example. On the other hand, shrimp, lobster, eel, and crab are relatively safe, says Scott Zashin, MD, a rheumatologist and clinical professor of medicine at UT Southwestern.
- 3. Beer** Drinking beer is a double-whammy for gout-prone folks, Dr. Zashin says. Not only does it increase your uric-acid level, beer also makes it more difficult for your body to clear this substance from your system. Wine is a better choice, but heavy drinking is a bad idea for everyone, and people who get gout are no exception, says Sandon, who is a spokesperson for the American Dietetic Association. During a flare, doctors will usually recommend that you abstain from alcohol entirely.
- 4. Red meat** All meat is not created equal when it comes to purine content. White meat is generally better than red, but it is okay to eat some types of red meat once in a while. You're a bit better off if your occasional indulgence is beef or pork rather than turkey or lamb, says Dr. Zashin. And lamb chops are a better choice than leg meat.
- 5. Turkey** Turkey and goose are higher in purines than other types of food, so it's best to avoid them. And gout-prone people should also keep their intake of wild game to a minimum. Chicken and duck are the safest choices, according to Dr. Zashin. However, leg meat is a better choice than a chicken breast with skin.
- 6. Sugary drinks** Avoid beverages sweetened with high-fructose corn syrup, such as non-diet sodas or “fruit” drinks. Downing these drinks isn't just an easy way to pack on pounds; the sweeteners will stimulate the body to produce more uric acid. A study found that men who consumed lots of fructose were at higher risk of developing gout; in 2010 that same research team reported that drinking fructose-sweetened drinks every day, compared with consuming less than one drink a month, upped women's gout risk too.
- 7. Asparagus** Asparagus, cauliflower, spinach, and mushrooms are higher in purines than other vegetables. But if you like these foods, there's no reason to avoid them completely, says Sandon. “Certainly you wouldn't want to go wild with these high-purine vegetables, but they don't seem to be an issue like the meats are,” she adds. Veggie-rich diets actually help you clear purines from the body, according to Sandon, while the body seems to have an easier time excreting purines from vegetable sources.
- 8. Liver** Organ meats, such as liver, kidneys, and sweetbreads, are a major no-no.

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

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V9W 5W9**

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Fax: 1-250-286-4809
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The Be Car Care Aware 10-Minute Road Trip Check-UP:

1. Check all fluids including engine oil, power steering, brake and transmission fluids and windshield washer solvent and antifreeze/coolant.
2. Check hoses and belts.
3. Check the tires: Check tire inflation and also inspect the tread for uneven wear, also look for bulges and bald spots.
4. Check lighting.
5. Check the wiper blades and make sure the windshield wipers are working properly.

From www.carcarecanada.ca, Sent in by Great Canadian Oil Change, C.R.

GEMINI - The Chatterbox (May 21 - June 20) Smart and witty. Outgoing, very chatty. Lively, energetic. Adaptable But needs to express themselves. Argumentative and outspoken. Like change. Versatile. Busy, sometimes nervous and tense. Gossips. May seem superficial or inconsistent. Beautiful physically and mentally.

**Annual Elders Gathering Grand Entry Photos are on:
www.bcelders.com each year**

ANNUAL BC ELDERS GATHERING INFO CORNER

The 37th Annual BC Elders Gathering

Prince George, BC

Dates: July 9, 10, 11 2013 (With Early Registration on July 8th)

Please see the Host's Contact Info on pages 4 of this issue.

**All groups are encouraged to book your elder's rooms and send in your
Registration as soon as possible.**

Register on or before March 31, 2013 and save \$15.