

Volume 16 Issue 7

JUNE 2016



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

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

EV'S 187th Issue!

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

**HAPPY BIRTHDAY
TO ALL ELDERS BORN IN JUNE!!**

HAPPY FATHER'S DAY TO ALL DADS!!

NOTICE: Elders Voice issues are now distributed on the 7th of each month.

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Easy Bakers Corner – Flower Garden Cake

Preheat oven to 350°F. Grease and flour a 8 x 12 baking dish with salad oil.

Make a custard of the following ingredients: 3/4 cup of granulated sugar, 6 egg yolks, 3/4 cup of lemon juice, and the grated rind on 2 lemons.

The custard should be cooked over water until it coats a spoon.

Dissolve 2 envelopes of plain gelatin in cold water.

Add the dissolved gelatin to the custard mixture.

In a bowl, beat 6 egg whites very still and gradually add 3/4 cup of granulated sugar.

Pour the lemon cusard into egg whites.

Tear one large angel food cake into bite size pieces then fold into the above mixture lightly with 2 forks.

Pour mixture into grease baking dish. Place in refrigerator and leave overnight. Remove one hour before serving. Then before serving, ice with whipped cream. Enjoy!

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 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

\$5,000 - Thunderbird

\$2,500 - Killer Whale

\$1,500 - Eagle

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

Thunderbird - \$5,000

1.

Killer Whale - \$2,500

1.

Eagle Level - \$1,500

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. TI'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.

For more information contact:

Cecil Grinder, Chair 40th Elders Gathering:

(250) 394-4240 or cgrinder@tletincox.ca

Dianne Garner, Director Elders Society:

(604) 798-4519 or 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 or
Sharon Duffy: 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

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WILLIAMS LAKE, B.C. V2G 4P2
PHONE 250 989-0301 · FAX 250 989-0307
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 40th Annual Elders Gathering that is being held in Williams Lake this year July 11-14th.

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 or
- Sharon Duffy, extension 223 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

May 3, 2016

First Nations Leadership Council Strongly Supports RCY Report Condemning Wide-Ranging and Biased Plecas Review

(Coast Salish Territory/Vancouver) Senior First Nations leadership in BC are thanking Mary Ellen Turpel-Lafond, BC's Representative for Children and Youth, for her recent special report detailing serious concerns about the unbalanced review carried out by Mr. Bob Plecas for the Province of BC.

The RCY's report is titled "Implementation of the Plecas Review, Part One: Decision Time" and highlights that the Plecas Review was created without any input from Aboriginal leadership or the RCY Office.

Grand Chief Stewart Phillip, President of UBCIC, stated, "We fully support and totally commend Mary Ellen Turpel-Lafond for continuing to fight for the inclusion of Aboriginal voices into highly sensitive top-level discussions around child welfare. Mr. Plecas' complete and offensive disregard for Aboriginal input reflects an absence of a balanced perspective and indicates that his report is lacking important and essential information regarding the child welfare crisis in BC."

BCAFN Regional Chief Shane Gottfriedson added, "As Indigenous Peoples, our families, our communities and our children are central to who we are and why we do what we do. The Plecas report and the government's response with respect to it is unacceptable. We must be innovative in our approach by focusing on prevention and permanency. The Plecas report tells us what we already know about the child welfare in BC, however now is the time to engage our leadership and those in our communities to ensure we take an inclusive and collaborative approach to addressing the child welfare crisis in BC. We need action and not just words, our children's future depends on it."

Cheryl Casimer, First Nations Summit, concluded, "The First Nations Leadership Council organizations have consistently and clearly stated that significant and real change is required, as well as direct investments to First Nations communities to support First Nations' children and families. What is certain is that there are far too many First Nations children in care in this province and we must work together to effect the positive changes so desperately needed to lower the disproportionate and dreadful statistics."

Background

In 2015 Mr. Plecas was hired as a special independent advisor to Premier Clark and the Minister of Children and Family development, Hon. Stephanie Cadieux, to review the J.P. case, but his mandate was expanded to include an "interim report on the comparative analysis of applicable legislation, policy, standards and practice and recommendations for the improvement of Ministry and other systemic processes."

The Union of BC Indian Chiefs, First Nations Summit, and BC Assembly of First Nations, working together as the First Nations Leadership Council (FNLC), have been extremely vocal in their opposition to the Plecas Review recommendations to limit the RCY position, as articulated in an open letter on December 14, 2015 (attached). The FNLC sent a further letter dated April 28, 2016 (attached), expressing concerns about the Province's identification of \$100M to develop a workplan to implement recommendations from a report that is so clearly biased.

-30-

The First Nations Leadership Council is comprised of the political executives of the BC Assembly of First Nations, First Nations Summit, and the Union of BC Indian Chiefs.

OUR LAND IS OUR FUTURE

UNION OF BRITISH COLUMBIA INDIAN CHIEFS

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May 10, 2016

Honourable Christy Clark
Premier of British Columbia
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Honourable Mike Bernier
Minister of Education
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Via facsimile: 250 356 0948
Via email: mike.bernier.MLA@leg.bc.ca;
educ.minister@gov.bc.ca

Honourable Teresa Wat
Ministry of International Trade & Responsible
for Asia Pacific Strategy & Multiculturalism
PO Box 9063 Stn Prov Govt
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Honourable John Rustad
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Reconciliation
PO Box 9055 Stn Prov Govt
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Via Email: ABR.minister@gov.bc.ca
Via Facsimile: 250 953 4856

**RE: Support for the Canadians for Reconciliation Society protection of New Westminster
Douglas Road Cemetery.**

Dear Premier Clark, Minister Bernier, Minister Wat, and Minister Rustad:

The Union of BC Indian Chiefs (UBCIC) supports the Canadians for Reconciliation Society's efforts to advocate for a new site for the proposed New Westminster Secondary School and to protect the Douglas Road Cemetery from further development.

This cemetery is the only heritage site in New Westminster with Chinese Canadian significance, and this site holds the ancestral remains of local Sikh and First Nations communities. The city of New Westminster recognizes 33 "stakeholder groups," 19 of which are Indigenous.

The Province of BC has ignored the ongoing concerns of the impacted First Nations and non-Aboriginal people of the cemetery. Any development on this site without adequate consultation to the 19 Indigenous stakeholders would be in direct contravention of the *United Nations Declaration on the Rights of Indigenous Peoples* which necessitates the inclusion of those Indigenous stakeholders when determining any actions impacting upon their cultural and historic sites:

Article 11(1): Indigenous peoples have the right to practice and revitalize their cultural traditions and customs. This includes the right to maintain, protect, and develop the past, present, and future manifestations of their cultures, such as archaeological and historical sites, artifacts, ceremonies.....;

Article 12(1): Indigenous peoples have the right to “maintain, protect, and have access in privacy to their religious and cultural sites; the right to the use and control of their ceremonial objects; and the right to the repatriation of their human remains;

Article 12(2): States shall seek to enable the access and/or repatriation of ceremonial objects and human remains in their possession through fair, transparent and effective mechanisms developed in conjunction with indigenous peoples concerned.

By UBCIC Resolution 2007-48, the UBCIC Chiefs Council acknowledged that the existing *Heritage Conservation Act* and associated management regime does not recognize Aboriginal Title and Rights, nor does it adequately address the needs and interests of First Nations as it relates to their culture and heritage resources. The Provincial *Heritage Conservation Act* does not protect our sacred sites, the sanctity of our artifacts and the remains of our ancestors in accordance with our laws and customs.

We call on the Provincial government to recognize the new legal reality post *Tsilhqot'in* by fully respecting and protecting First Nations sacred burial sites, and recognizing that any impact on Aboriginal Title lands requires our free, prior and informed consent. The UBCIC calls on the Provincial government to fully respect and protect First Nations sacred and burial sites and to pursue an alternative location for the development of the much needed New Westminster Secondary School.

On behalf of the UNION OF BC INDIAN CHIEFS



Grand Chief Stewart Phillip
President



Chief Robert Chamberlin
Vice-President



Kukpi7 Judy Wilson
Secretary-Treasurer

CC: Bill Chiu, Canadians for Reconciliation Society
Andrew Weaver, MLA Oak Bay
Jonathan Cote, Mayor of New Westminster
Joint Working Group on First Nations Heritage Conservation

Healthy Aboriginal Network

Hello again. It's been awhile since we've released new resources; so let this be the day:

Animated racism video

We created a video for the Indigenous Youth Wellness Project: Cuystwi at PHSA Indigenous Health. You can check it out on Youtube at <https://www.youtube.com/watch?v=7h9CBMDIb0w>. Or, if you have social media blocked at work you can watch it at <http://thehealthyaboriginal.net/other-projects/>. Roots of Racism is about a sister that takes her brother back through time to show him how racist polices developed in Canada. If you like it please consider sharing on https://www.facebook.com/cuystwi/?ref=aymt_homepage_panel.

Community justice comic book

We created a resource last year for the Grand Council of the Crees, who wanted to roll out a new program, but needed help in getting the word out to their communities. The books can be downloaded for free at <http://thehealthyaboriginal.net/> in both English and James Bay Cree. The story is about a Community Justice Committee, which is a group of volunteers who work closely with police and justice departments on minor and non-violent offences. The idea is that if the police and Crown know about the conflict, and agree to divert the offence to keep it out of the courts, the CJC can help with the resolution.

Website update

And we've got a website update, showing a greater array of our work over the past 12 years - all 18 books, animation projects we've created for clients, how we focus group test our draft stories, augmented reality resources and UNCRC posters. You can check it all out at <http://thehealthyaboriginal.net/>.

Suicide prevention comic book

We started to work on a suicide prevention resource to replace Darkness Calls last year, then got bogged down in work. We're getting back to it again, so if you would like to be involved on the team setting up the outline and content, please send an email to sean@thehealthyaboriginal.net.

We hope you continue to find us relevant to youth's needs,

Sean Muir
Executive Director

3322 Comox Road Courtenay , BC V9N 3P8

Phone 250-898-1193 sean@thehealthyaboriginal.net

A BC incorporated non-profit Society

Intergenerational Healing

By Patricial Vickers, Director, Mental Wellness

As children, we can sense that there are roots to the suffering in our family, but social conditioning makes it difficult for First Nations peoples to understand the roots of the suffering. In my case, by the time I was in my mid-teen years, I'd been conditioned to believe that the abuse, addiction and violence in my family existed because my father was an "Indian." Something deeper inside me rebelled against this judgement, but after witnessing and experiencing the violence and abuse, I eventually succumbed to the external conditioning and agreed – it must be because we are Indians.

Repeated experiences of abuse and/or neglect strengthen the conditioning of inferiority and intensify the shame. I was ashamed and yet at the same time I was defiant and respected my grandparents' teachings. The defiance and pride covered the shame—I simply didn't know it as shame, only a dark heavy feeling in the bottom of the stomach.

After my first child was born, however, the feelings of shame and inadequacy increased. Rage against a deep sense of powerlessness increased with the birth of each of my four children. I found myself raging at my children without being able to stop myself. I knew there had to be a different way, but I was unable to find that good way, and my seeming inability to parent respectfully intensified the shame and misbelief of inadequacy. I felt trapped in a vicious cycle. My eldest child was nine years old and my youngest child three when friends of my parents, Bruce and Dolly Lansdowne, came into my life and began to teach me about intergenerational shame, codependence and the roots of addiction. Until then, I'd been searching a very long time for teachings that would bring healing. Not long afterward, I went through treatment for intergenerational shame in Arizona.

I have continued the healing journey since then. It isn't that one is *healed* from intergenerational shame or that we are forever flawed. One day, good teachers come along and help our understanding to awaken to the need for acceptance, forgiveness and love—first for the self and then for others. They also help us to understand the need to be accountable and responsible for the perpetuation of intergenerational trauma. Learning to live outside of the box is an adventure, a quest, a freedom.

It took a while for me to see that my childhood wasn't all dark and heavy; there were times of deep joy and lasting beauty. The land and nature was a healing force in my life. When I was a child, we lived in Gitxsan territory and I roamed freely, exploring the creek, spring and beaver dam pond. I remember enjoying the sweet smell of moss on the hill under the coniferous trees and roaming through the underbrush with my older sister to pick enough lady slippers for a posy for our mother. These were not only times of respite, they were also times of regeneration, renewal, times of dialogue with a greater force, a force of everlasting goodness.

In my clinical practice as a psychotherapist, I have worked over and over again with people who have had moments of healing from nature. Whether holding onto the trunk of a tree before going into the house, hiding in a secret place of underbrush with a younger sibling, sitting on the beach with a dog, or sitting on the rock by the lake ... nature grounds and at the same time gives us the energy we need to do what needs to be done. May you know this force in your life and may it bring deep understanding and freedom. May it bring understanding and the ability to forgive and love—yourself first.



e-Newsletter

SeniorsBC.ca

BC Seniors' Guide – Updated 11th Edition and New eBook Format

Apr 15, 2016

The Ministry of Health has recently completed updates to the popular *BC Seniors' Guide*. Among other enhancements, the revised edition will help seniors with lower incomes identify programs, services, grants, and subsidies that may be available to them.

The English version of the updated 11th edition of the *BC Seniors' Guide* is now available, and translated versions in Chinese, Punjabi and French will be available shortly. For more information, or to access the *BC Seniors' Guide* as a PDF or in the new, easier-to-read ebook format, visit www.gov.bc.ca/seniorsguide

To order a free print copy of the *BC Seniors' Guide*, call 1-877-952-3181 (toll-free in B.C.), or 250-952-3181 in Victoria.



e-Newsletter

SeniorsBC.ca

Resources to Raise Awareness of Elder Abuse Apr 15/16

On March 6, 2013, the Government of B.C. released its elder abuse prevention strategy, *Together to Reduce Elder Abuse—B.C.'s Strategy* (www2.gov.bc.ca/assets/gov/people/seniors/health-safety/pdf/trea_strategy.pdf). The strategy includes a focus on raising awareness of elder abuse, including how to recognize and prevent it, how to respond, and where to go for assistance.

As part of its work to raise awareness of elder abuse, the Ministry of Health has developed and distributed Elder Abuse Prevention Information Kits to help people prevent and recognize elder abuse, and to encourage them to speak out against elder abuse and to ask for assistance if they need it. The kits include seven brochures that address elder abuse in all its forms, as well as contact details for the toll-free Seniors Abuse and Information Line, which you can call for more information or for assistance: 1-866-437-1940.

The Forum of Federal/Provincial/Territorial (F/P/T) Ministers Responsible for Seniors has developed a number of related resources, including a brochure entitled "What every older Canadian should know about Powers of Attorney (for financial matters and property) and Joint Bank Accounts." To help British Columbians understand how powers of attorney work in B.C., the Province has produced a fact sheet with B.C.-specific information to accompany the F/P/T brochure. Both resources are available at www2.gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/substitute-decision-making

For more information about efforts to address elder abuse in B.C., including *Together to Reduce Elder Abuse—B.C.'s Strategy*, Elder Abuse Prevention Information Kits (available in English, Chinese, French, and Punjabi), and additional resources, visit

www.gov.bc.ca/elderabuse



e-Newsletter

SeniorsBC.ca

Income Supports for Seniors

Apr 15, 2016

In March 2015, the Office of the Seniors Advocate released its *B.C. Seniors Survey: Bridging the Gaps* report (www.seniorsadvocatebc.ca/osa-reports/b-c-seniors-survey-bridging-the-gaps), which found that many seniors surveyed were not aware of programs and services that could benefit them. Consult the 11th edition of the *BC Seniors' Guide* (www.gov.bc.ca/seniorsguide) to learn about government programs and services available to you, including the income support programs described below.

Old Age Security (OAS) Pension

The Old Age Security (OAS) pension is paid monthly to Canadian citizens and legal residents of Canada aged 65+ who meet the residency requirements. You should apply for OAS benefits at least six months before your 65th birthday or the date you become eligible.

For more information and full eligibility requirements, call Service Canada (toll-free) at 1-800-277-9914, or visit www.esdc.gc.ca/en/cpp/oas/index.page

Guaranteed Income Supplement (GIS)

The Guaranteed Income Supplement (GIS) provides additional money, on top of the Old Age Security pension, to eligible low-income seniors living in Canada. You must apply to receive the GIS.

For more information and full eligibility requirements, call Service Canada (toll-free) at 1-800-277-9914, or visit www.esdc.gc.ca/en/cpp/oas/gis/index.page

Allowance/Allowance for the Survivor

If you are a spouse or common-law partner of someone receiving both Old Age Security and the Guaranteed Income Supplement, you may qualify for a benefit called the Allowance. The Allowance provides extra money to eligible low-income individuals aged 60 to 64.

If your spouse or common-law partner dies (or has died), you are 60 to 64, and you have low income, you may receive a benefit called the Allowance for the Survivor until you reach age 65.

You must apply to receive the Allowance or the Allowance for the Survivor. For more information and full eligibility requirements, call Service Canada (toll-free) at 1-800-277-9914, or visit the following websites:

www.servicecanada.gc.ca/eng/services/pensions/oas/allowance.shtml

www.servicecanada.gc.ca/eng/services/pensions/oas/allowance-survivor.shtml

Canada Pension Plan

The Canada Pension Plan (CPP) provides a retirement pension and other benefits for those who have contributed to the plan through paid employment in Canada. You must apply to receive CPP benefits. Retirement benefits do not begin automatically unless you were receiving CPP disability benefits when you turned 65. Apply at least six months before you want your CPP pension to begin.

For more information and full eligibility requirements, call Service Canada (toll-free) at 1-800-277-9914 or visit www.esdc.gc.ca/en/cpp/index.page

Senior's Supplement

The Senior's Supplement is a monthly payment from the Province of B.C. to low-income seniors who are receiving federal Old Age Security and the Guaranteed Income Supplement or federal Allowances. It is paid automatically to those who are eligible – seniors do not need to apply.

For more information and full eligibility requirements, call the Senior's Supplement call centre (toll-free) at 1-866-866-0800 or visit www.sdsi.gov.bc.ca/mhr/ss.htm

Income Assistance for Seniors Not Receiving Old Age Security Pension

If you are 65 or over and not eligible for the Old Age Security pension and the Guaranteed Income Supplement, you may be eligible for income assistance from the Province of B.C. Eligibility is based on your income, assets and shelter costs.

For more information and full eligibility requirements, call the Ministry of Social Development and Social Innovation (toll-free) at 1-866-866-0800, then press 3 – or visit www.sdsi.gov.bc.ca/bcea.htm



**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 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 | Website: www.bcaafc.com|**



The Power of Tourism – Celebrate All That Tourism Brings - #BCTourismMatters

We need your assistance to spread the Power of Tourism message...

May 29 – June 4 is Tourism Week in Canada and Aboriginal Tourism Association of BC (AtBC) is celebrating the power of tourism! Destination marketing organizations across the country are spreading the message and encouraging everyone in the tourism sector to spread the word about the value of tourism.

British Columbia’s visitor economy contributes to our high quality of life by supporting arts, culture, sports and heritage assets, festivals and events, cuisine and wine experiences, parks and recreation venues, among many others.

We have much to celebrate in the tourism industry, however, tourism’s voice is often unheard by decision-makers when setting policies, developing framework for investment, or introducing major economic initiatives. Similarly, graduating students do not consider tourism as a primary career choice although the opportunities and benefits are virtually unmatched.

AtBC is working with industry partners to strengthen our collective voice to fully capture the opportunities ahead and address the obstacles hampering industry growth. Our goal is to foster a climate that encourages investment in tourism infrastructure, experience development and marketing. We also need people to see tourism as a career choice.

Visitors bring far more than luggage to our communities. As a leader in Aboriginal tourism, we’ve experienced the socio-economic benefits the tourism industry brings to Aboriginal communities. It is far more reaching than just building an economy and jobs in our communities; the real power comes in the building of cultural capital and cultural pride in sharing our stories and who we are to a global audience. We have a captivated audience that is seeking to have a deeper experience and learn more about the Aboriginal people and our rich diverse cultures.

AtBC is a leader for Aboriginal tourism development and experiences across the country. We appreciate the partnerships that we have in our Aboriginal communities, entrepreneurs and the suppliers that contribute to making the overall tourism sector a success.

How can you get involved?

- 1. Take photos of visitors, and share the experience on social media. Use #BCTourismMatters to make it easier to track and share Tourism Week Activities.**
- 2. Collect photos, videos and stories to take part in the Initiative Power of Tourism Story. Email Linda@AboriginalBC.com 100 – 200 word summaries, or short unedited videos, that describe your career journey, what BC’s tourism industry has given you and what advice you would give to people considering a career in our industry.**

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Marking 5 years since B.C. chiefs voted to control their health care

May 27, 2016

By Lydia Hwitsum and Joe Gallagher

Five years ago Thursday, B.C. chiefs voted to take control of federally delivered First Nations health programs and services for their peoples. The historic vote led to the most significant change for federal health services since the 1986 Indian Health Transfer Policy.

This vote set in motion a new era of health partnership with both B.C. and Canada, including creation of a First Nations Health Authority (FNHA). The wholesale transfer of federal health services to the FNHA in October 2013 was viewed by many as a bold move, certainly one not seen before in Canada. The FNHA is overseen by and directly accountable to First Nations in B.C. through a decision-making structure that is by First Nations, for First Nations.

A 2011 legal agreement between Canada, B.C. and the FNHA describes Canada's new relationship as governance partner and funder and B.C. as a health service partner and funder. The agreement also describes the reciprocal obligations between Canada, B.C. and the FNHA. Reciprocal accountability is a hallmark of the new relationship. It means partners are accountable to one another for results — in health outcomes, service delivery, and dollars and cents.

Since the vote in 2011 and transfer of services in 2013, it's clear that integration among service providers within B.C.'s health landscape is having significant impact for better health services. By 2012 five regional Partnership Accords were in place between regional health authorities and First Nations communities within health authority administrative boundaries. These Accords outline priorities and reciprocal accountabilities of First Nations and local health authorities to improve First Nations health and wellbeing.

In practice, the Accords have led to additional primary care and support services available to First Nations where they live. New investments include commitments of ongoing sustainable funding of \$15 million which will include 87 FTE's serving First Nations through a diverse suite of primary care, and mental health and wellness integration projects.

Day-to-day operations for the FNHA include public health, primary care through rural nursing services, environmental health, telehealth, and facilitating alignment of B.C.'s health system together with First Nations and Aboriginal peoples. Part of FNHA's mandate is to transform the programs and services inherited in 2013. This transformation will take many years but strong headway is being made, driven by a philosophy of health through a First Nations concept of wellness.

Our agenda follows health issues that matter most to First Nations and their experiences with health care they receive. Social disadvantage and intergenerational impacts of colonization means poor health outcomes and crisis are too familiar in our Nations. The FNHA is focused on transforming relationships including being more responsive in crisis situations. Concrete steps have included rapid resourcing, reducing response time, and reduced bureaucracy. This means boots on-the-ground and resources in-the-bank within the first 48 hours. Mental health supports and services through both traditional and western interventions give flexibility to communities to design their response in a meaningful way.

We know we cannot do this work alone. Commitment from health service and governance partners to achieve our vision is central. In July 2015, CEO's from each health authority in B.C. signed a declaration of commitment to cultural safety and humility for First Nations and Aboriginal peoples. This declaration sets the stage for transformative work in the coming years on-the-ground for health care services. Culturally respectful and safe care will benefit not only First Nations and Aboriginal peoples, but all British Columbians.

The organization's tagline is Health through wellness. We recognize that good health is an outcome of being and living well. Our work focuses on improving the quality of health care for First Nations through the integration of Indigenous ways of being and knowing including approaches to leadership, kinship and traditional wellness. On this five-year anniversary of the vote we remain honoured to have been given this mandate by First Nations leadership in B.C. and are excited to champion this transformative work.

Lydia Hwitsum is chair and Joe Gallagher is CEO of the First Nations Health Authority.

(Ottawa, ON) – The Assembly of First Nations (AFN) National Youth Council (NYC), AFN Nova Scotia-Newfoundland Regional Chief Morley Googoo, and federal Minister of Health, the Honourable Dr. Jane Philpott, gathered today for a roundtable discussion on Life Promotion in First Nations communities, looking at community and youth-driven strategies to address this urgent situation and identify next steps to support First Nations youth and communities.

“Today, we identified many pressing issues that affect mental wellness and increase risks of suicide among First Nations youth,” said NYC Co-Chair Hjalmer Wenstob. “In collaboration with First Nations youth across the country, the National Youth Council will develop Calls to Action on Life Promotion aimed at sparking meaningful action from all governments to move on these issues. The goal is to continue to develop a sense of purpose, hope, meaning and belonging among First Nations youth, all of which build resilience and decrease the risk of suicide.”

The AFN NYC, which includes representatives from all regions, shared the experiences of First Nations youth from across Canada and brought forward examples of successful and promising practices on life promotion underway in First Nations communities. A top priority for the NYC is working to ensure there are no further tragedies. Today’s roundtable with Minister Philpott is a direct result of the NYC’s consistent and targeted advocacy.

“I am grateful for this opportunity to speak directly with First Nations youth, and I want to thank the AFN National Youth Council members for bringing their concerns and ideas to the table. Their willingness to talk about their challenges, and how we can work together to address them, helps me better understand how the Government of Canada can support their well-being. Their support is a critical factor in generating positive, long-term change,” says federal Health Minister Jane Philpott.

AFN Regional Chief Morley Googoo, who oversees the Youth portfolio at the AFN, emphasized the important role of youth in this matter: “One of the keys for our First Nations communities going forward is to make sure we empower and strengthen our youth by engaging them in these discussions. They are the leaders on these issues and we want to support them in breaking barriers and changing lives for the better. They are our future and the AFN will work diligently to support them.”

The Truth and Reconciliation Commission (TRC) Calls to Action identify gaps in general health and health care delivery, specifically identifying life promotion, and calls for government support and action. The TRC also calls for recognition and support for Indigenous healing practices. Today’s roundtable discussion is an important step toward answering those calls.

The dialogue at this roundtable will contribute to the development of the NYC’s Calls to Action on Life Promotion in First Nations communities. These will be shared both at the upcoming AFN Youth Summit and Annual General Assembly (AGA) in July 2016 in Niagara Falls (ON). The NYC Calls to Action will provide the federal government with recommendations from First Nations youth to address this pressing issue.

For more information and to register for the upcoming AFN Youth Summit in Niagara Falls, Ontario on July 10, 2016, please visit: <http://health.afn.ca/en/news/general/nationalyouthsummit>

The AFN is the national organization representing First Nations citizens in Canada. Follow AFN on Twitter @AFN_Comms, @AFN_Updates.

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NEWS RELEASE

May 17, 2016

UBCIC Calls on Trudeau Government to Truly Commit to UN Declaration on the Rights of Indigenous Peoples

(Coast Salish Territory / Vancouver, B.C. – May 17, 2016) At the 15th session of the United Nations Permanent Forum on Indigenous Issues, Canada publicly stated it would be a full supporter of the UN Declaration on the Rights of Indigenous Peoples (Declaration) without qualification and then immediately qualified the statement by adding “to adopt and implement the declaration in accordance with the Canadian Constitution.”

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs observed, “Canada must commit to the true spirit and intent of the Declaration, by not doing so threatens the very purpose, essence and integrity of the Declaration as a fundamental international human rights instrument for all States to honour. The Declaration advances human rights for Indigenous peoples beyond the status quo and offers a framework for justice and reconciliation. Clearly it should be Canada’s own legal and constitutional frameworks that must adapt to the Declaration, not how the Declaration can be domestically defined, especially our free, prior and informed consent (FPIC), solely on one section of the Constitution of Canada.”

Chief Bob Chamberlin, Vice-President of the UBCIC stated, “There is a clear difference between FPIC and Consultation and Accommodation. FPIC is based on Indigenous peoples’ inherent sovereignty and inalienable rights. Consultation and Accommodation, as typically used, is within the decision-making process of the state. While certainly robust dialogue and substantive measures to address our interests is needed - these are part of the path of Indigenous Peoples making decisions pursuant to our indigenous laws and authorities. FPIC is the right to say yes and the right to say no to development on our traditional lands and territories in order to safeguard the salmon, trees, waters for our future generations.”

Kukpi7 Judy Wilson concluded, “It is critically important our inherent Title and Rights are recognized and affirmed in all forums and processes Canada and BC engages in at the international level. When our Title and Rights are entirely disregarded or domestically diluted, governments should be liable. Such actions weighed against such international instruments like the Declaration should be reflected in financial determinations of credit rating agencies like Standard and Poor’s, Moody’s, DBRS and Fitch.”

Media inquiries:

Grand Chief Stewart Phillip, Union of BC Indian Chiefs: (604) 684-0231

May 25, 2016

**Honourable Hunter Tootoo
Minister of Fisheries and Oceans and the Canadian Coast Guard
200 Kent Street, Station 15N100
Ottawa, Ontario K1A 0E6**

**Via Email: Min@dfo-mpo.gc.ca; Hunter.Tootoo@parl.gc.ca
Via Facsimile: (613) 990-1866**

OPEN LETTER: BC Fish Farms Threaten Wild Salmon Runs: DFO Confirms Potential HSMI Disease

Dear Minister Tootoo,

The First Nations Leadership Council (FNLC) calls on the Government of British Columbia and Canada to recognize the extreme risk to which their promotion of the BC finfish aquaculture industry presents to not only the pristine coastal BC environment but to already critically low wild salmon runs on which many British Columbians rely.

The May 20, 2016 Department of Fisheries and Oceans Canada (DFO) new release, titled “Potential Diagnosis of Heart and Skeletal Muscle Inflammation in Atlantic Salmon at BC Fish Farm”, announced that DFO’s Dr. Kristi Miller has diagnose a potential Heart and Skeletal Muscle Inflammation (HSMI) in farmed Atlantic salmon samples collected from a BC aquaculture facility in 2013-14.

Critically, the virus known to be associated with this disease, Piscine Reovirus (PRV), is widespread and often devastating to the salmon farming industry, and by proximity presents a significant threat to wild salmon populations. Salmon infected with PRV are physically stunted, with muscles so weakened that they have trouble swimming or even pumping blood. Often fatal, outbreaks of this disease have followed the aquaculture industry around the world and have now been observed in wild fish, suggesting that farmed fish are interacting with wild salmon and are infecting already-dwindling wild stocks. The potential threat of this virus to BC salmon can no longer be ignored.

In the 2015 *Alexandra Morton v. Minister of Fisheries and Oceans and Marine Harvest Canada INC.*, 2015, Mr. Justice Rennie concluded that the weight of evidence conducted by international and credible scientific bodies, suggests that PRV is causally linked to HSMI, and that it would be unreasonable to not expect HSMI to appear in PRV infected BC farmed salmon. As a result, infected fish pose a significant risk to both wild and farmed salmon in BC and thus should not be placed in ocean-net pens until we reach clearer scientific understanding of the risks infected farmed salmon pose to wild salmon stocks.

These seemingly glaring warnings have been mirrored by the principles and recommendations of the 2009 Cohen Commission of Inquiry into the Decline of Sockeye Salmon in the Fraser River, one of which concluded that a moratorium be placed on the expansion of aquaculture industry and the limitation of existing licences to a renewal period of one year pending a comprehensive scientific analysis of the impact salmon farms have on wild salmon stocks. Thereafter, if salmon farms are determined to pose more than a minimal risk of serious harm to wild salmon stocks, those farms should cease operations.

The FNLC is extremely disappointed in the previous Conservative government’s decisions; despite

numerous attempts to draw government's attention to the critical nature of these issues, DFO has made little progress in enacting the principles of Cohen, and continue to place our wild salmon stocks at extreme risk by allowing the granting of multi-year salmon farm licences in BC, in direct conflict with the recommendations of Cohen. DFO must work with First Nations in BC to enact the principles of Cohen and to effectively protect our wild salmon.

Wild salmon are integral to many First Nations' cultures, well-being and livelihood, and the protection of our wild salmon stocks is equally integral to the economic and environmental sustainability of the province and country as a whole.

This year, only an estimated two million sockeye have returned to the Fraser River, far short of the more than six million predicted in preseason forecasts, with an even further dramatic collapse of the pink salmon fishery, with only an estimated five million fish returning when more than 14 million have been forecast.

Immediate action must be taken to safeguard and protect our wild salmon for the benefit of all British Columbians and Canadians. The principles of the Cohen Inquiry must be respected. A moratorium on the expansion of all finfish aquaculture ventures along the BC coast needs to be implemented until further evidence is gathered on the negative impacts these installations have on our wild salmon.

The FNLC supports the work of DFO's Dr. Kristi Miller and urges the Government of Canada to expand her work coast wide and further encourages the support of programs focused on ecosystem research and habitat restoration such as the Pacific Salmon Foundation's (PSF) Salish Sea Project.

Critically First Nations need to be a part of the picture, in order to achieve certainty on the impacts salmon farms have on our communities we must develop First Nations capacity to pursue independent interval sampling to be analysed through such genomic tests as Dr. Miller's.

The well-being of our wild salmon and the sincerity to which DFO pursues a meaningful and significant relationship with First Nations in BC, will be a significant indicator of how well the Liberal Government achieves it's goals of a strengthened relationships with First Nations in BC.

Sincerely,
FIRST NATIONS LEADERSHIP COUNCIL
On behalf of the **FIRST NATIONS SUMMIT:**

Grand Chief Edward John
Robert Phillips
Cheryl Casimer

On behalf of the **UNION OF BC INDIAN CHIEFS:**
Grand Chief Stewart Phillip
Chief Bob Chamberlin
Chief Judy Wilson

On behalf of the **BC ASSEMBLY OF FIRST NATIONS:**
Regional Chief Shane Gottfriedson

CC: Honourable Christy Clark, Premier of BC
Honourable Norm Letnick, Minister of Agriculture BC

While you can't stop or even slow down the natural aging process, you can prevent the signs of premature aging due to sun exposure and smoking!

Protect your skin from the sun

The first step is to protect your skin from the harmful rays of the sun. Not only will you be preventing premature signs of aging, you will also be reducing your risk of developing skin cancer or *actinic keratosis*.

- **Avoid the sun between 11 am and 4 pm.**
- **Wear wide-brimmed hats, long-sleeved shirts, and long pants.**
- **Use a generous amount of sunscreen and reapply it frequently (every 2 to 3 hours).**
- **Use sunscreens that have a sun protection factor (SPF) greater than 15 and that have UVA and UVB coverage. Apply sunscreen all year round at least 15 to 30 minutes before going out.**
- **Avoid tanning beds.**

Other things you can do to keep your skin healthy

Exercise. Not only will exercise keep your body fit and decrease your risk of conditions like high blood pressure and heart disease, but it will also get the blood flowing. Improved blood flow will increase the delivery of oxygen and nutrients to the skin that keeps it healthy and gives it a healthier looking colour. The increase in oxygen and nutrients to skin cells also provides the ideal conditions needed for collagen production that help ward off wrinkles. Exercise should be an important part of every anti-aging skin care program.

Eat right. Sometimes minor nutritional deficiencies can cause rashes, skin lesions, and other skin changes, even if no other symptoms are present.

Stop smoking. If you smoke or spend time with a smoker, you may be harming your skin. Research has shown that exposure to cigarette smoke significantly increases skin wrinkles and dryness. This is partly because cigarette smoke depletes your body of vitamin C, which is a key ingredient for keeping skin plump and moist.

Get enough rest. Too little sleep makes you look and feel tired. One of the first places where lack of sleep shows up is on your face, with sagging skin and dark circles and bags under the eyes. Research has shown that most adults function best with 8 to 9 hours of sleep each night.

*Written and reviewed by the MediResource Clinical Team
From www.medbroadcast.com*

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What Makes a Dad

**God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so,
He called it ... Dad**

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 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