

Volume 13 Issue 4

March 2013

**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 148th Issue!



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

HAPPY BIRTHDAY TO ALL ELDERS BORN IN MARCH!

**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 EASTER TO ALL!!

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Easy Bakers Corner – The Best Pumpkin Bread—makes 2 loaves

Preheat oven to 350°F. Grease 2 9x5 inch loaf pans and dust with flour.

In a large mixing bowl, combine 2 cups of canned pumpkin, 3 cups of granulated sugar, 1 cup of water, 1 cup of vegetable oil, and 4 eggs. Beat until well mixed.

In a separate bowl, combine 3 1/3 cups of all-purpose flour, 2 tsp. of baking soda, 2 tsp. of cinnamon, 1 tsp. of salt, 1 tsp. baking powder, 1/2 tsp. of nutmeg, and 3/4 tsp. of ground cloves. Stir until combined. Slowly add the dry ingredients into the pumpkin mixture, beat until smooth.

Evenly divide batter between the two pans. Bake for 60-70 minutes or until toothpick inserted into the center comes out clean. Cool for 10-15 minutes. Remove bread from pans. Enjoy!

QUOTES:

“He who is not contented with what he has, would not be contented with what he would like to have.”

Socrates

“We are punished by our sins, not for them.”

Elbert Hubbard

“On Easter Day the veil between time and eternity thins to gossamer.”

Douglas Horton

What Can you please share?

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

Gilakasla, Donna Stirling

‘PRESERVING THE PAST’

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

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

Disclaimer:

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

BCECCS 11th Year GRATITUDE LIST

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

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

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. Tahltan Band Council
2. West Moberly First Nation

22. Ki-Low-Na Friendship Society
23. Bridge River Indian Band
24. Carrier Sekani Tribal Council
25. Toosey Bands Health

FROG LEVEL - \$750

- 1.

Donation
First Nations Tax Commission

SISIUTL LEVEL - \$500

1. Osoyoos Indian Band
2. Nicomen Indian Band

HUMMINGBIRD LEVEL - \$250

1. Akisqnuk First Nation
2. Weiwaikum Nation
3. Laich-Kwil-Tach Treaty Society
4. Klulx Klulx Hu-up (Westbank FN)
5. Tsleil-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



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**

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Lheidli T'enneh Nation
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Project Manager
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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

NEWS RELEASE

***HerWay Home* officially opens at James Bay Community Project** February 8, 2013

VICTORIA, BC – Respect, safety, support and wellness: these are a few of the principles behind *HerWay Home*, a child-focused, women-centred, family-oriented drop-in and outreach program for pregnant women and new moms with substance use challenges and their children.

Spearheaded by a community-based advisory committee – and generously funded by Children’s Health Foundation of Vancouver Island through a pledge of \$3.3 million over five years – the program will be operated by the Vancouver Island Health Authority (VIHA) in partnership with the Ministry of Children and Family Development (MCFD).

“*HerWay Home* will support the health and social care needs of women in Greater Victoria who are considered high-risk and might otherwise fall through the cracks,” said Stephanie Cadieux, Minister of Children and Family Development. “The program will provide access to services that vulnerable, expectant mothers and women with young children need so they can have healthier pregnancies and focus on being good parents.”

“The Foundation’s pledge of \$3.3 million speaks to the Board’s strong belief in the positive impact this program will have on children and families in our community,” says Margot McLaren Moore, chair, Board of Directors of Children’s Health Foundation. “*HerWay Home* responds to an urgent need in our community, and the Foundation, on behalf of its generous donors, is pleased to be the leading funder for this important project.”

HerWay Home is based on a proven model where clients can access a broad range of health and social services – under one roof – including financial and housing assistance and, in time, housing placement. Similar successful programs in B.C. include *SheWay* in Vancouver’s Downtown Eastside and *The Maxxine Wright Community Health Centre* in Surrey.

“*HerWay Home* is the result of an effective community partnership that is improving access to services for these struggling families,” said Dr. Richard Crow, VIHA’s executive medical director of Mental Health & Addiction, Public Health and Child, Youth & Family Services. “Our aim is to enable a ‘one stop’ approach to encourage healthier, richer lives for these women and their babies.”

Six years of planning and research went into the development of *HerWay Home* by a volunteer committee of 30 experts, community organizations, advocates and educators.

“Currently, a baby a week on Vancouver Island is born that is exposed to drugs or alcohol in the womb,” said David Gerry, co-chair of the *HerWay Home* Advisory Committee, “The range of services and how they are provided by *HerWay* are a crucial step in reducing the number of babies born here prenatally exposed to substances.”

Conveniently located in the James Bay Community Project, the new program began working with women and children on January 7, 2013. *HerWay Home* has served eleven women and three babies within its first few weeks of operation.

-30-

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The Healthy Aboriginal Network

Non-profit promotion of health, literacy & wellness

Hot on the heels of our last update, here is what is new with your favorite youth-friendly resource creator.

Dropping out / staying in school comic book - back in stock digitally!

In *Level Up*, Terry is contemplating dropping out of school. But before he does, he's asked to spend some time with his cousin Dave, a successful game developer. Rather than lecture Terry, Dave makes the importance of school relatable - he compares education to moving up a level in a video game. Available for sale digitally on iBooks / iTunes, Amazon (Kindle edition) and Graphicly (the nicest display, but just like iTunes and Kindle, you can only see it on their platform). Search Healthy Aboriginal to find the book.

Diabetes prevention comic book - back in stock

An Invited Threat is about a family's realization that the food they eat and make available to their community is not good for them. It's about making healthy decisions now, rather than waiting until it's too late. The comic book may be previewed at www.thehealthyaboriginal.net and ordered by sending an email to sean@thehealthyaboriginal.net.

Residential school comic book - preview

Lost Innocence is a fictional story (but based on documented real life experiences of survivors) of a brother and sister's residential school experience in the 1930's. The sneak preview on our website is 20 pages long but the completed book will be 64 pages and has a truth and reconciliation theme. Because of the length this book costs \$6 each. It can be previewed at www.thehealthyaboriginal.net and ordered by sending an email to sean@thehealthyaboriginal.net.

We hope you continue to find us relevant to youth's needs,
Sean Muir
Executive Director

3240 Comox Road Courtenay , BC V9N 3P8
Phone 250-941-8881 sean@thehealthyaboriginal.net
A BC incorporated non-profit Society

THOUGHTS ON THE APOLOGY FROM A STOLEN GENERATIONS CHILD

MELISSA BRICKELL FEBRUARY 12, 2013

It is now five years since the historic National Apology to the Stolen Generations by the Australian government. When it happened the Stolen Generations (of which my mother was a member), their families, friends and supporters wept. It was a moment we never thought would happen. I felt I finally mattered, and that it mattered what happened to my family and community. We needed to hear that Apology.

We never expected the Apology would resolve all the ills of colonial takeover and oppression, nor the inter-generational grief and pain that impacts present day Aboriginal and Torres Strait Islander communities. But the words of the Apology gave a sense of expectation that greater justices, and the implementation of the full recommendations of the Bringing Them Home report, are still possible for Stolen Generations.

Yet the grief and sadness remain despite the best intentions of the government at the time. The government refuses to offer compensation and reparations as per the recommendations of Bringing Them Home. The suspension of the Racial Discrimination Act, the Intervention and income management policies add further pressure on our community and push the ongoing issues of the Stolen Generations further down the line.

Fortunately there are small groups quietly advocating for full justice for the Stolen Generations. Generally, these are the same groups that drove the people's movement towards the Apology. These groups are choosing practical ways to seek justice. This includes the push for Stolen Generations history to be taught in all Australian schools, and the pursuit of memorials as culturally appropriate places to remember and pay respect.

The government built the national reconciliation memorial, with a significant tribute to Stolen Generations. The river of tears at the memorial site is fitting: the grief and trauma of Stolen Generations, their families and their communities, is present and very real. The memorial was a first step which moved beyond the denial in Australian history that anything wrong or evil ever happened to Aboriginal people.

The Australian government should also consider a national Aboriginal and Torres Strait Islander memorial day, to validate the pain and suffering of Stolen Generations and recognise the historical crimes of massacres, black wars, genocide and gross violation of Aboriginal and Torres Strait Islander human rights. It already funds the Healing Foundation for retributive programs.

The Apology itself suggests the possibility of healing for Stolen Generations and other Australians with saddened hearts. Stolen Generations and their families and many other Australians continue to come together to celebrate the Apology, and to put pressure on the government to fully realise justice for Stolen Generations peoples. Some organisations are still offering programs, and their work continues to support the Stolen Generations.

But we should not dwell on the Apology and glorify it while there is still much-needed support and greater justice to be achieved for Stolen Generations and the Aboriginal and Torres Strait Islander communities across Australia.

The denial of natural justice through compensation for genocide is a selfish decision with moral implications. This chapter in Australia's history is not yet complete. The reparations and compensation to Stolen Generations by government would be a truer reflection of the recognition of our human rights, but alas this basic legal right to justice is denied. Until all the gaps for Stolen Generations are filled, the grief and trauma will continue.

Failure to implement the 54 recommendations of *Bringing Them Home* and to fully address Stolen Generations issues is simply a continuation of the mistakes of the past. There needs to be cultural restoration and full reparations accorded the Stolen Generations, with full human rights restored to bring about a just human co-existence for Aboriginal people and all who live in this country. This is what matters now.

Melissa Brickell is a Yorta Yorta Wiradjeri woman and the daughter of a member of the Stolen Generations, and Director of Reconciliation Victoria.

“We have been taught to be comfortably blind to need when it is in our midst,” says Truth and Reconciliation commissioner Marie Wilson.

BY MICHELLE LALONDE, THE GAZETTE FEBRUARY 7, 2013

MONTREAL — Canadians have a blind spot when it comes to facing, and responding to, the extensive damage done to this country’s native people through the residential school system, a commissioner with Canada’s Truth and Reconciliation Commission said Thursday.

“Canadians have good hearts,” commissioner Marie Wilson told *The Gazette* in an interview. “We are the first to jump up to help in places like Haiti and other places around the world where there are tragedies. But we have been taught to be comfortably blind to need when it is in our midst.”

Wilson was in Montreal to announce and invite the public to a “national event” to be held April 24-27 at the Queen Elizabeth Hotel. This will be the fifth of seven such national events the commission has held across Canada since it was created in 2008 as a result of the Indian Residential Schools Settlement Agreement, the largest class-action settlement in Canadian history.

Wilson, a former journalist and director with CBC North, was appointed to the commission in 2009 after its original three commissioners resigned. She said she has been dismayed by the lack of attention paid to the commission’s work thus far.

“The media uptake has been limited,” she said. “In fact, the coverage of the South African Truth and Reconciliation Commission in Canada was much more extensive than the coverage here of the Canadian TRC, even though this is the first time in history a nation has established a commission to look not at post-conflict reconciliation, but at systematic harm done by a policy that specifically targeted little children.”

And the public and the media need to pay attention, Wilson said, because the commission’s \$60-million budget is insufficient for it to carry out its court-ordered, five-year mandate on its own. That mandate is to educate all Canadians about what really happened at residential schools and the profound extent to which they harmed and continue to harm aboriginal peoples, and to foster reconciliation.

Canada’s residential school system existed for more than 100 years, right up until the early 1990s. About 150,000 First Nations, Inuit and Métis children were placed in these schools, run by the federal government in partnership with several Christian churches. The stated goal of the schools was to assimilate aboriginal people into mainstream Canadian society. Aboriginal children were taken, often forcibly, from their homes, and sent a great distance away to schools where they were forbidden to speak their own languages. Many did not see or communicate with their parents for years.

Former students have told the commission they were given new names at the schools, or simply referred to by a number. Many said they were beaten or sexually abused by teachers, staff members or other students, and many died at the schools due to illness or unexplained causes.

An estimated 80,000 Indian Residential School survivors are still living in Canada, about 6,000 of them in Quebec. Several of the churches that managed residential schools in Quebec are participating actively in commission events.

“We, as Christians, recognize our duty to participate in this process toward healing and reconciliation,” Brian McDonough, director of the Social Action Office of the Catholic Diocese of Montreal, said at Thursday’s news conference. “We have to go beyond apologies and requests for forgiveness. We cannot change the past, but we can and must work with native peoples to build a future founded on mutual respect.”

The commission has already held two regional events in Quebec, one in Mani-Utenam near Sept-Îles and another in Val d’Or. Two more regional events will be held before the national event in Montreal, one in La Tuque on March 5 and 6 and one in Chisasibi on March 19-20.

Also Thursday, the commission identified two prominent Quebecers who will act as “honorary witnesses” at the Montreal event: Éloge Butera, a survivor of the Rwandan genocide and now a human-rights activist, and Charles-Mathieu Brunelle, director general of Montreal’s Space for Life.

Madeleine Basile, from the Atikamekw Nation in Wemotaci, Que., closed Thursday’s news conference with a prayer. A survivor of the Pointe Bleue Indian Residential School, Basile wept as she spoke of the pain caused to her own mother, one of thousands of “parents left behind,” as well as the pain felt by her own children and all the survivors. She concluded by asking the creator to bless all aboriginal nations.

For more information on the Quebec national event, go to www.trc.ca

mlalonde@montrealgazette.com

THERE IS A GREEN HILL FAR AWAY

There is a green hill far away,
Beyond the city wall,
Where the dear Lord was crucified,
Who died to save us all.
We may not know, we can not tell,
What pains he had to bear;
We believe it was for us
He hung and suffered there.
He died that we might be forgiven;
He died to make us good,
That we might go to heaven,
Saved by His precious blood.
There was no other good enough
To pay the price of sin,
He only could unlock the gate,
Of heaven and let us in.
O dearly, dearly, He has loved,
We must love Him too,
Trust in His redeeming blood,
And try His works to do

By Cecil Frances Alexander 1818-1895

Hupacasath Files for Judicial Review of Canada-China FIPPA

News Release. February 20, 2013

(Coast Salish Territory/Vancouver, B.C. – February 20, 2013) On January 18, 2013, legal counsel for the Hupacasath First Nation, filed a Notice of Application with the Federal Court of Canada regarding the Canada-China Foreign Investment Promotion and Protection Agreement (FIPPA). Supporting affidavits for the application were submitted on February 15, 2013.

Brenda Sayers, Councilor of the Hupacasath First Nation stated “First Nations were not consulted on the Canada China FIPPA. As First Nations with our Aboriginal Title, Rights and Treaty Rights, it is our duty to intervene for the sake of our children's futures. Our firm belief, if ratified, FIPPA will immediately affect our Title and Rights by limiting our ability to exercise Hupacasath jurisdiction in land use planning and regulation of our territory as well as our ability to fairly negotiate in the British Columbia Treaty Process.”

The Hupacasath First Nation is supported with affidavits from Serpentine River First Nation and the Tsawwassen First Nation along with the Union of BC Indian Chiefs and the Chiefs of Ontario.

Grand Chief Stewart Phillip, President of the UBCIC, said “On November 29th, 2012 the Chiefs Council of the Union of BC Indian Chiefs passed by consensus, Resolution 2012-59 which expresses our shared belief it is necessary to conduct a thorough legal review of FIPPA and its impact on First Nations. Without such a review, it is difficult for many First Nations to demonstrate the specific ways in which their own Aboriginal Title, Rights and Treaty rights may be affected by an arrangement as complex and long lasting as FIPPA. To ratify the without consultation would adversely impact our rights and territories and would require us to take legal action. It is why the UBCIC fully supports the Hupacasath call for a judicial review.”

The following representatives spoke at this morning's press conference in Vancouver:

- Brenda Sayers, Councilor, Hupacasath First Nation
- Grand Chief Stewart Phillip, President, Union of B.C. Indian Chiefs
- Susan Lambert, President, BC Teachers Federation
- Irene Lanzinger, Secretary Treasurer, BC Federation of Labour
- Susan Spratt, BC Area Director, Canadian Auto Workers
- Karen Cooling, National Representative, Communications Energy and Paperworkers Union
- Harjap Grewal, Pacific Regional Organizer, Council of Canadians
- Jamie Biggar, Executive Director, LeadNow.ca
- Ben West, Tar Sands Campaign Director, ForestEthics

For further information contact:

Brenda Sayers, Councillor, Hupacasath First Nation: (250) 731-4147

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

EASTER Latin Hymn

**Jesus Christ is risen today,
Our triumphant holy day;
Who did once upon the cross
Suffer to redeem our loss.
Hallelujah!**

NATIONAL NEWS | 23. FEB, 2013 BY APTN NATIONAL NEWS

By **Kathleen Martens** kmartens@aptn.ca
APTN Investigates

VANCOUVER – A Vancouver lawyer has agreed to have his work with residential schools compensation clients put under the microscope.

The Independent Assessment Process' Chief Adjudicator Dan Ish confirmed that the lawyer will be interviewed by investigators, who will also talk to at least one person who has made an allegation concerning the lawyer.

The lawyer, who cannot be named under court order, agreed to a review of his practice Friday after three days of talks supervised by Vancouver Supreme Court Judge Brenda Brown.

The meetings were held in a closed courtroom. Subsequently, arguments for and against the review were not made public.

However, sources tell APTN only three parties agreed to the review. They are the unnamed lawyer, Canada and the court monitor. Others wanted a full-scale investigation.

While the court monitor, who oversees the IAP process on behalf of the court, and the federal government agreed to the review as a way of getting the process started, Ish opposed it.

“I don't think it goes far enough,” he said.

Other parties, including the Assembly of First Nations, have not yet stated their positions. The AFN did not have a lawyer present for the hearings.

The three-day hearing, which was marked by an unusually high level of secrecy, started in Vancouver Wednesday. Allegations against the lawyer were to be presented to the judge who would then provide direction on how to proceed.

Parties were expecting the judge to order a full-scale investigation like she did before in the case of Blott & Company and form filling company Honour Walk, who were eventually banned from the Independent Assessment Process.

But not this time.

Brown urged everyone to try and resolve the issue or at least narrow the scope of the probe. The judge did not explain her reasons but cited the “extensive” and expensive nature of ordering a full investigation.

The move took all parties by surprise.

They spent the next two-and-half days and nights negotiating the review that was announced at noon Friday.

The details of the order were not immediately made public. The order was to be typed up and released later today. APTN will report in more detail once a copy of the order is obtained.

The review was sparked by complaints that residential school survivors in several B.C. communities were

being intimidated and threatened to hand over some of their compensation money to a convicted killer named Ivan Johnny. APTN has learned the convicted killer dealt with at least 284 people.

“Mr. Johnny scared a lot of people,” Ish said.

Johnny, 62, was on parole at the time. He said he worked for the unnamed lawyer distributing and collecting compensation application forms using a truck the lawyer bought him.

He denies he extorted funds from residential school survivors, forced them to drop their lawyers to sign on with his, or exaggerate their claims of abuse to receive more compensation.

The money is paid by Canada for serious physical and sexual abuse suffered by children who were forced to attend residential schools.

Johnny’s full parole was revoked by a parole board last month after the extortion allegations became public. Brown also suspended him from participating any further in the compensation program known as the Independent Assessment Process.

How regular vehicle maintenance can keep money in your wallet and your vehicle on the road

November 29th, 2012, Ottawa – The Automotive Industries Association (AIA) of Canada’s 2012 Outlook Study indicates that 54 percent of vehicles on Canadian roads are over eight years of age and that this number is growing, making vehicle maintenance more important than ever before.

Older vehicles require more TLC to keep them running efficiently and safely. Staying on top of your vehicle’s maintenance schedule means that it will emit fewer greenhouse gases and will be less likely to run into problems that can lead to expensive repairs and potentially dangerous breakdowns.

“A lot of drivers are opting to pay off their vehicles, and are enjoying not having a monthly car payment,” said Marc Brazeau, President and CEO, AIA Canada. “This is a great situation to be in, but it’s important to remember that you still need to invest in regular maintenance. Not doing so – especially for an older vehicle – means that you are reducing your car’s lifespan and are likely to have to pay for expensive repairs down the road.”

Bottom-line benefits of regular vehicle maintenance include:

1. **More Mileage:** A well-serviced vehicle has an increased fuel economy of ten percent and will cost you significantly less at the pump.
2. **Less Costly Repairs:** Simple things like having your oil changed regularly can correct small problems that, if left unchecked, can lead to costly repairs down the road.
3. **Less Accident-Related Expenses:** Regular vehicle maintenance may cost you a few dollars today, but taking care of your car keeps you safe on the road and helps you prevent accidents, which typically cause your insurance premiums to soar and your monthly payments to increase dramatically.
4. **Higher Resale Value:** A vehicle that has been serviced as per its manufacturer recommended service guide, with proper records, is likely to have a higher resale value than one that hasn’t.
5. **Longer Life for Your Car:** Regular maintenance will prolong the life span of your vehicle, therefore postponing the need for a new car. This will allow you to save more money for your next vehicle down payment, or pay off other debts.

Info furnished by The Great Canadian Oil Change, Campbell River

At least 3,000 died in residential schools, research shows

Dormitories for aboriginal children in disgraced system were disease 'breeding grounds'

The Canadian Press www.cbc.ca/news Posted: Feb 18, 2013 12:18 PM ET

At least 3,000 children, including four under the age of 10 found huddled together in frozen embrace, are now known to have died while they were attending Canada's aboriginal residential schools, according to new unpublished research.

While deaths have long been documented as part of the disgraced residential school system, the findings are the result of the first systematic search of government, school and other records.

"These are actual confirmed numbers," Alex Maass, research manager with the Missing Children Project, told The Canadian Press from Vancouver.

"All of them have primary documentation that indicates that there's been a death, when it occurred, what the circumstances were."

The number could rise further as more documents — especially from government archives — come to light.

The largest single killer, by far, was disease.

For decades starting in about 1910, tuberculosis was a consistent killer — in part because of widespread ignorance over how diseases were spread.

"The schools were a particular breeding ground for [tuberculosis]," Maass said. "Dormitories were incubation wards."

The Spanish flu epidemic in 1918-1919 also took a devastating toll on students — and in some cases staff. For example, in one grim three-month period, the disease killed 20 children at a residential school in Spanish, Ont., the records show.

While a statistical analysis has yet to be done, the records examined over the past few years also show children also died of malnutrition or accidents. Schools consistently burned down, killing students and staff. Drownings or exposure were another cause.

In all, about 150,000 First Nations children went through the church-run residential school system, which ran from the 1870s until the 1990s. In many cases, native kids were forced to attend under a deliberate federal policy of "civilizing" Aboriginal Peoples.

Many students were physically, mentally and sexually abused. Some committed suicide. Some died fleeing their schools.

One heart-breaking incident that drew rare media attention at the time involved the deaths of four boys — two aged 8 and two aged 9 — in early January 1937.

A Canadian Press report from Vanderhoof, B.C., describes how the four bodies were found frozen together in slush ice on Fraser Lake, barely a kilometre from home.

The "capless and lightly clad" boys had left an Indian school on the south end of the lake "apparently intent on trekking home to the Nautley Reserve," the article states.

A coroner's inquest later recommended "excessive corporal discipline" of students be "limited."

The records reveal the number of deaths only fell off dramatically after the 1950s, although some fatalities occurred into the 1970s.

"The question I ask myself is: Would I send my child to a private school where there were even a couple of deaths the previous year without looking at it a little bit more closely?" Maass said.

"One wouldn't expect any death rates in private residential schools."

In fact, Maass said, student deaths were so much part of the system, architectural plans for many schools included cemeteries that were laid out in advance of the building.

Maass, who has a background in archeology, said researchers had identified 50 burial sites as part of the project.

About 500 of the victims remain nameless. Documentation of their deaths was contained in Department of Indian Affairs year-end reports based on information from school principals.

The annual death reports were consistently done until 1917, when they abruptly stopped.

"It was obviously a policy not to report them," Maass said.

In the 1990s, thousands of victims sued the Canadian government and the churches that ran the 140 schools. A \$1.9-billion settlement of the lawsuit in 2007 prompted an apology from Prime Minister Stephen Harper, and the creation of the Truth and Reconciliation Commission.

The research — carried out under the auspices of the commission — has involved combing through more than one million government and other records, including nuns' journal entries.

The longer-term goal is to make the information available at a national research centre.

Cell phones and car safety

Cell phones are illegal in some provinces if you're not hands-free. That being said, several recent reports suggest that Bluetooth devices are no safer than handheld phones because it's the distraction of the conversation that presents the danger. (See *the Myth Slayer Guide - Myth 10: Hands-free Headsets are Safer than Cell phones at www.carcarecanada.ca*).

Overall, the best rule is don't use a cell phone while driving at all. If you must, do the following:

- Pull over and stop.**
- Allow a passenger to operate the phone.**
- Use voice mail and respond to the call at a safer time.**
- Let someone else drive, freeing yourself up to make or receive calls.**

Aboriginal men take stand against violence toward women, children

Judith Lavoie / Times Colonist www.timescolonist.com/news

February 15, 2013

Violence against women and children was never part of traditional First Nations culture and it is time for aboriginal men to reclaim their path as spiritual warriors, an annual gathering was told in Victoria Friday.

The Moose Hide Campaign, organized by the B.C Association of Aboriginal Friendship Centres, culminated with a gathering of First Nations men on the legislature steps where participants pledged to speak out against all forms of violence.

Pointing to the small patch of moose hide on his lapel, Songhees artist Butch Dick said, "We are wearing this little patch to say, we, as men, will spread the word among our communities that violence against women and children must stop."

First Nations men and non-aboriginal supporters across the country, including some police departments in Ontario, wear the patches of moose, deer or bear hide to signify their commitment to honour, respect and protect women and children in their lives.

Although aboriginal women are not the only ones to suffer domestic violence, they do face disproportionately greater violence, said Aboriginal Relations Minister Ida Chong.

"This is an issue that affects all of us, each and every day of our lives," she said.

Aboriginal communities and families need to heal, said organizer Paul Lacerte, after speakers at the conference talked about feelings of dislocation caused by residential schools, poverty and addictions.

"When I wear this [patch] it's a commitment that I will never use my fists against women and children in my life," he said.

"If we see and hear violence is taking place, we have made a commitment to speak up."

That includes speaking up about missing and murdered aboriginal women across Canada, said Scott Fraser, Alberni-Pacific Rim MLA and aboriginal relations critic for the NDP.

"It's a provincial problem. It's a national problem and there needs to be an inquiry. That has been resisted by government and I don't know why," he said.

The conference was witnessed by women, several of whom spoke about growing up in violent homes.

Dealing with violence is not just about stopping the beatings, it is about showing children how partners can respect each other and how men can show affection and kindness, said Karen Joseph.

"We all need to be OK with love and not let fear lead us to this place," she said.

jlavoie@timescolonist.com

CEP Education Credit:

Thank you for your email regarding personal education credits. Please accept my apologies for the delayed response. I wanted to ensure I had all the relevant information for you. Feel free to share the information below as you deem appropriate.

It is likely that there will be more than \$40 million remaining in the CEP trust fund once all Common Experience Payments have been processed. If this is the case, further to the Indian Residential Schools Settlement Agreement, a maximum of \$3,000 in the form of Personal Credits for educational purposes will be paid out to each eligible CEP recipient who applies.

As per the Settlement Agreement, terms and conditions will be developed by Canada and the Assembly of First Nations to determine which programs and services and which educational institutions are eligible. A similar set of terms and conditions will be developed by Canada and Inuit Representatives.

Any amount remaining in the trust on January 1, 2015 is to be paid to the National Indian Brotherhood Trust Fund and the Inuvialuit Education Fund to be used for educational programs.

In January 2012, the Courts approved a governance model for personal credits proposed by Canada and the appointment of three education experts (Madeline Dion Stout for the Assembly of First Nations, Blair Stevenson for the Inuit representatives and Mike DeGagné for Canada). The experts have been meeting with educational institutions across the country, and aim to have completed terms and conditions by the fall of 2012.

It is anticipated that once these terms and conditions have been approved by the courts, implementation would begin by the fall of 2013.

CEP recipients can choose to transfer their Personal Credit to certain family members as per the Settlement Agreement.

I invite you to visit our website to consult the fact sheets on the implementation of the Indian Residential Schools Settlement Agreement at: <http://www.aadnc-aandc.gc.ca/eng/1315320539682/1315320692192> and a list of Frequently Asked Questions at: <http://www.aadnc-aandc.gc.ca/eng/1348071781555/1348071862685> for additional information.

These websites will continue to be updated periodically as new information becomes available.

Thank you,

Annette Arsenault
A/Director, Policy and Reconciliation
Resolution and Individual Affairs Sector
Aboriginal Affairs and Northern Development Canada

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Three Canadian aid groups that have worked for years to alleviate poverty and suffering overseas are launching projects in First Nations communities in Canada:

Created on Monday, 18 February 2013

By Alyson Rowe Special to the Star

Three Canadian aid groups that have worked for years to alleviate poverty and suffering overseas are launching projects in First Nations communities in Canada.

One of them, Save the Children Canada, is working inside the country for the first time since the Depression. This shift in focus represents a turning point in Canadian international development: Canadian NGOs who specialize in helping developing countries see a space for their expertise here in Canada where one in four First Nations children lives in poverty.

Save the Children, one of Canada's largest international development charities, is rolling out the second phase of its program in the Kenora and James Bay areas of Ontario following the completion of a pilot program that started in 2009.

There is no question that a recurring reality is that extreme poverty in the Canadian context exists in indigenous populations, said Cicely McWilliam, the charity's senior adviser of policy, campaigns and media. From a development agency's point of view it's not about what country or hemisphere the agency is operating in.

We have a moral imperative to respond and address the impact of this poverty on children no matter where they live. Save the Children isn't alone.

Right to Play a charity that promotes development in the lives of children through play and sport started operating in First Nations communities with two projects in northern Ontario in 2010. Within nine months of launching the program, the charity secured \$1 million from the province's Ministry of Aboriginal Affairs to expand. By 2012 there were projects in 39 communities across the province.

Journalists for Human Rights a media development organization that runs programs in west and central Africa also saw a place for its expertise in Canada.

The charity is currently running a pilot program to identify and train aboriginal journalists in six northern communities, including Attawapiskat. The program is set to roll out in May.

Voices from aboriginal civil society have been largely missing in the ongoing Idle No More debate, said Rachel Pulfer, executive director of Journalists for Human Rights. Pulfer sees the new program as an opportunity for her organization to play a constructive role in creating a future where the ongoing public conversation about aboriginal issues is much more informed.

Eric Fisher of Wabaseemoong Independent Nations, an Ojibway community northwest of Kenora, Ont., said the most pressing issue facing his community is child and youth mental health. We have a lot of First Nations in a state of poverty, said Fisher.

Fisher is on the board of the Kenora Chiefs Advisory, an alliance of Ojibway Chiefs that is committed to providing health and social services for seven First Nations communities in rural, northern Ontario. Save the Children started working with The Kenora Chiefs in 2009, when it came on board to help fund a parenting project. The partnership has provided the group funding that it could not find from government programs.

Chiefs are committed to healing the community and thinking outside of the box. Thinking outside of the box means working with NGOs like Save the Children, said Fisher.

Post-contact history of Indigenous Nations and People in Canada

Main source: Union of BC Indian Chiefs website. Prepared by Bill Chu of Canadians For Reconciliation Society.

1752-59 Seven Year's War between the French and British with both seeking alliance with the indigenous people in eastern Canada. Most Indian Nations in the east sided with the British and helped them to win a decisive battle over the French settlers on the Plains of Abraham, resulting in the Treaty of Versailles.

1759-63 When the British refused to vacate and remove the 10 forts built on Native territories during the battles with the French, the native Confederacy started the Pontiac War against the British.

1763 Upon seeing 7 out of the 10 occupied forts fell, King George III of England issued the Royal Proclamation decreeing that aboriginal title could not be purchased or taken by the colonists. Only the British Crown could negotiate the secession of Aboriginal lands in a process that required agreed consent of all members of the indigenous nations in a solemn treaty with the Crown. Any occupation of aboriginal lands outside this nation to nation process was declared to be a fraudulent act of treason. This was accepted by the Indian Nations and formed the basis for the Treaty Process.

1778 Captain James Cook was the first European to land in BC west coast.

1808 Simon Fraser explored the Fraser River leading to early European settlements & trade in BC.

1849 Hudson Bay Company was given the responsibility by Britain to colonize Vancouver Island.

1851-3 James Douglas, a Hudson Bay officer, became the first governor of the colony of Vancouver Island. He signed 14 treaties (358 sq. miles) with the Nations in south Vancouver Island. However after coal was discovered at Nanaimo, the British decided to colonize, attempting no treaties until a century and half later.

1858 Charles Darwin published his theory of evolution: a natural selection process based on the survival of the fittest. Indirectly it changed many minds about making treaties with indigenous nations. The British established the colony of British Columbia on the mainland, with a colonial proclamation vesting all land with the Crown.

1862 Smallpox epidemic killed every 1 out of 3 aboriginal people.

1867 Fearing an American invasion, the British Parliament passed the BNA Act to form the new nation Canada. No Indian Nation was consulted or to obtain consent for the formation of a country upon its land. In order to expand to the west, the new Canada sent out Indian Agents to make treaties with various Indian Nations in other provinces. As the agents claimed they did so in the Queen's name, the treated Nations thought their treaties were with the British Crown and continue to believe so today. Canada has thus committed a massive fraud.

1871 BC, with over 99% of its land without any treaty, joined the new Canada. As with the eastern colonies, no Indian Nation in BC was part of any discussion, negotiation or agreement regarding the new Union.

1875-79 Land in BC was available to settlers free of charge while natives protested and get nowhere with the settlement of their land question. In addition from 1871 to 1923, Indians were not allowed to fish commercially.

1876 Indian Act: a federal legislation set up to break the right of Indian people and Nations through breaking their spirit-via ugly assimilation tactics like residential school system, restriction of food collection like fishery and trapping, Reserve system, Band Council system (an indirect control technique developed in Africa to further divide the people while shielding the British from the blame), etc..

1884-1951 The government banned the native Potlatch (their major social, economic and political institution) to prevent them from organizing and exercising their self-governance.

1887 Nisga'a & Tsimshian chiefs paddled to Victoria to discuss the land question with Premier W. Smithe, who responded that Indians could no more be owners of land than birds or bees.

1909-26 many native delegations traveled to England to present to the Crown their land question. They were referred back to Canada or intercepted in London and persuaded to return home.

1920 BC Indian Land Settlement Act implemented the reduction of reserve land without consent of the indigenous people, contradicting the Indian Act.

1927 The government banned the Sundance, hereditary governments, fund raising for land claim efforts and any off-reserve meeting of more than 3 Indians. The above were not repealed until 1952.

1949 BC aboriginal was granted provincial voting right.

1960 On reserve Indians were granted federal voting right.

1968 Nisga'a took the land claim to court.

1982 With the repatriation of the Constitution from England, the totality of treaties, proclamations and other British laws governing British relationship with the many sovereign aboriginal nations in British North America were incorporated into the Canadian Constitution. The incorporation was vital, as the Royal Proclamation, together with the many treaties is now part of our Constitution, the fundamental law of the land. Furthermore, Section 35 (1) was added to the Constitution to recognize and affirm the "existing" aboriginal and treaty rights of aboriginal people in Canada.

1985 The Indian Act was amended to remove the discriminatory sections inside due to intense pressure regarding human rights violations pointed out by United Nations in 1982.

1995 Gustafsen Lake standoff: the largest peacetime mobilization of Canadian Armed Forces against a dozen or so natives celebrating Sundance on unceded territory near 100 Mile House.

1997 The historic Delgamuukw decision by Supreme Court of Canada overturning all former BC court decisions on the same case and affirming the native's oral history and their claim to land.

2000 Pavilion First Nation withdrew from the treaty process when refused interim measures protecting its interest in the Pavilion Creek watershed. Natives also since 2000 set up a protest camp at Melvin Creek to protest the approval of a proposed Nancy Greene Raine ski resort on unceded territories.

2001 During opposition to Sunpeak Ski Resort expansion into their territory, natives were arrested for "trespassing" in their homeland and native house and cabin were destroyed by RCMP.

2002 The new BC Liberal Government conducted a referendum worded to tempt voters to give them a mandate to stop the treaty process but failed.

2005 After the Winter Olympics was awarded to Vancouver BC in 2003, BC government came up with a New Relationship document supposedly to deal with aboriginal concerns. While it sounds good, it turned out to be an empty government promise to minimize native outcries when the eyes of the world are on Vancouver.

CP: Truth Commission Fight

TORONTO - An Ontario judge has ruled the federal government should give its files on Indian residential schools to the Truth and Reconciliation Commission.

The judge says the feds have an obligation to do so under the agreement that established the commission. The federal government had argued it was only obliged to provide access to its archives.

The commission insisted Ottawa was obliged to provide all documents relevant to the residential school system. Justice Stephen Goudge today agreed with the commission, saying the language in the original agreement was "straightforward."

Goudge also dismissed the government's arguments that the commission had no standing to bring the case to court.

Women who suffer from migraines with aura at greater risk for heart, blood clot problems

Women who suffer from migraines with visual components like flashing lights may have a higher risk of having heart and blood vessel problems, according to a study presented on Wednesday at the American Academy of Neurology's 65th Annual Meeting. Another study presented at the same conference, which is being held in San Diego from March 16 to 23, showed that women on newer forms of hormonal contraceptives with the same migraine with aura problems may be at a higher risk for blood clots. A migraine with aura is a migraine that comes with or is fronted by sensory signs or symptoms like flashes of light, blind spots or tingling in your hand or face, according to the Mayo Clinic. It is typically treated with the same medications as a regular migraine.

WebMD reports that migraines with aura make up less than 20 percent of all migraine. Risk factors for migraines with aura include genetics and being overweight. The first study examined 27,860 women who were part of the Women's Health Study, including 1,435 women who had migraines with aura. Over the 15 years of the study, 1,030 cases of heart attack, stroke or death from a cardiovascular cause occurred. After having high blood pressure, migraines with aura was the second largest risk contributor to heart attacks and strokes.

"It came ahead of diabetes, current smoking, obesity, and family history of early heart disease," Dr. Tobias Kurth, fellow of the American Academy of Neurology and researcher with INSERM, the French National Institute of Health and Medical Research in Bordeaux and Brigham and Women's Hospital in Boston, said in a press release. Kurth added that, though these individuals have an increased risk, it does not mean that they all will have a heart attack or stroke. In addition, women with migraine aura can decrease their risk by lowering their blood pressure, keeping their weight down and exercising.

"What is concerning about this is that migraine with aura is more of a risk than diabetes," Dr. Noah Rosen, director of the Headache Center at Cushing Neuroscience Institute at North Shore-LIJ Health System in Manhasset, N.Y., told HealthDay. "Maybe this will change the way we stratify risk based on a history of migraine."

The second study examined women who had migraines that were using newer contraceptives that combined estrogen and progestin like the patch and the ring and other older oral contraceptives. Out of the 145,304 subjects on contraceptives, 2,691 had migraines with aura and 3,437 had migraine without aura.

The researchers found that 7.6 percent of women with migraine with aura who used a newer contraceptive had deep vein thrombosis or a clot in the leg vein, compared to 6.3 percent of women who had migraines without aura. However, whether the clots occurred before or after taking the contraceptives was unclear. Blood clots were also more common in women with migraines who took contraceptives when compared to women without migraines who took contraceptives.

"Women who have migraine with aura should be sure to include this information in their medical history and talk to their doctors about the possible higher risks of newer contraceptives, given their condition," study author Dr. Shivang Joshi, a neurologist at Brigham and Women's Falkner Hospital in Boston and a member of the American Academy of Neurology, said in a press release.

Dr. Noah Rosen, neurologist, migraine specialist and director of the Headache Center at the Cushing Neuroscience Institute at the North Shore-LIJ Health System in Manhasset, N.Y. said to WebMD that the most important take away from the studies is that doctors need to identify more people with migraines so they know their risk factors. "Only about half of people with migraines ever get diagnosed," he explained. "We now know that it is important to have a diagnosis not only for the treatment of the migraine but to understand the risk for other conditions."

From www.cbs.com

10 Easy Ways to Cut Your Stroke Risk from SeniorsHealth@Medbroadcast.com

You've probably heard all kinds of helpful advice on how to reduce your risk of a stroke. At this point, you may be feeling a bit overwhelmed by all the things you need to do.

But don't despair! You *can* reduce your risk of stroke if you take things one step at a time. Here are 10 easy ways to get started (consult with your doctor to decide on the best way for you to reduce your risk of stroke):*

1. Talk to your doctor about how to reduce your stroke risk. Ask your doctor to write down the things that put you at risk of stroke (*stroke risk factors*). Develop a simple plan with your doctor for how to reduce your risk.
2. Take a small bite out of healthy eating. This week, buy whole-grain bread instead of white.
3. Make a move to get active if your doctor has recommended it. If you're thinking of getting active, talk to your doctor first. If your doctor gives you the green light for physical activity, try to sneak a little extra activity into your daily routine: take the elevator instead of the stairs or get off the bus one stop early.
4. Know your healthy weight. To reach a healthy weight, you need to know what to aim for. Use the body mass index (BMI) calculator to find your BMI. Write it down, along with your BMI goal (you can discuss a goal with your doctor). Keep it somewhere you can see it, such as on the fridge.
5. Take a look at your alcohol use: For the next couple of weeks, keep track of how many drinks you have each day. For women, it may be time to cut back if you're having more than 2 drinks a day, especially if your weekly total is more than 10 drinks. For men, it may be time to cut back if you're having more than 3 drinks a day, especially if your weekly total is more than 15 drinks.
6. Look through the smokescreen: People who smoke have nearly twice the risk of stroke. Second-hand smoke increases your risk too. If you smoke, talk to your doctor or pharmacist about quitting. If you don't smoke, think about places where you are exposed to second-hand smoke and how to avoid them.
7. Find a happy place: Stress can hike your stroke risk. Write down the number one reason for stress in your life and brainstorm at least one way to deal with it.
8. Give yourself a 5-minute "check-up": Some medical conditions can increase your stroke risk. These may include: atrial fibrillation, diabetes, high blood pressure, high cholesterol, a history of stroke or TIA ("mini-stroke")
If you have these medical conditions (or have not recently been tested for them), talk to your doctor about how this may affect your stroke risk and what you can do. Please note that the list above does not include all possible medical conditions that may increase the risk of stroke; ask your doctor for more information.
9. Check for medication concerns: Use the Medication Check-Up tool to see if it's time to talk to your doctor about your medications.
10. Shake your family tree: Find out if any of your close relatives (parents, siblings, or children) had a stroke before age 65. If so, tell your doctor so that he or she may accurately assess your stroke risk.

****Please note that these suggestions are intended to help reduce the risk of a stroke but are not guaranteed to prevent a stroke.***

Seniors' Fall Prevention from SENIORSBC.CA e-newsletter

Did you know that falls are the leading cause of injury and loss of independence among seniors? Although the risk factors increase with age, falls are not an inevitable part of aging. Without prevention efforts, about one third of people aged 65 years and over typically fall once or more than once each year.

Falls usually happen due to the combined effects of factors that can be prevented, and the more risk factors a person has, the greater their chances of falling. Many falls can be prevented, and there are many resources available to help seniors stay healthy and independent as long as possible.

Are you or your family members at risk of falls?

To find out, take the online interactive survey: [Are You at Risk of Falling?](#)

Key Ways to Prevent Falls

Here are six key ways to help you or your loved ones reduce the risk of a fall:

Increase physical activity and muscle strength.

Physical strength is particularly important to keep mobile and prevent falls and injury. Exercise is good for your heart and circulation, as well as your bones, muscles and balance. It also helps to maintain a healthy weight and mental well-being.

Improve mobility and balance.

Keeping mobile and improving balance are particularly important to help prevent falls and injury, as individuals with low mobility levels and impaired balance are at higher fall risk. Maintaining or improving these can also increase overall health and independence.

Ensure adequate levels of vitamin D and calcium, through diet and supplements.

As you get older, it is particularly important to keep up your calcium and vitamin D intake to maintain strong bones and muscles.

Have regular vision check-ups and correct vision problems.

Regular eye exams are important to address vision problems, as poor vision can increase the risk of a fall.

Review all medications with a doctor or pharmacist.

Taking multiple medications is linked to falls - the greater the number of medications a person takes, the greater the risk of any kind of adverse reaction from a medication, including falls. Some drugs in particular, such as sedatives, are more likely to increase the risk of falling.

Reduce trip and slip hazards in the home or outdoors.

Paying attention to our surroundings helps us to be safe in our homes and communities. Many falls happen to active, healthy older adults as well as individuals with impaired mobility.

For additional information, including suggestions and resources for these key ways to prevent falls, visit the SeniorsBC fall prevention website at: www.gov.bc.ca/fallprevention.

BC Seniors' Fall Prevention Awareness Week

The sixth annual Seniors' Fall Prevention Awareness Week was held November 5-11, 2012.

Cut Salt, Save 500,000 U.S. Lives Over a Decade, Study Finds

From www.medbroadcast.com

MONDAY, Feb. 11 (HealthDay News) -- Reducing salt in Americans' diets would save hundreds of thousands of lives over 10 years, according to a new study.

Excess salt, the primary source of sodium, contributes to high blood pressure and cardiovascular disease, the leading killer in the United States.

Immediately reducing people's salt consumption from current levels to the upper limit of the U.S. government guideline -- 2,300 milligrams a day -- would save 500,000 to 850,000 lives over the next decade, largely by reducing heart attacks and strokes, the study found.

Gradually reducing sodium levels in processed or restaurant foods by 4 percent a year for 10 years would still save 280,000 to 500,000 lives over a decade, the researchers concluded.

The average American consumes about 3,500 mg per day, and men tend to ingest much more than that, according to the study, which was published Feb. 11 in the journal *Hypertension*.

"No matter how we look at it, the story is the same -- there will be huge benefits in reducing sodium," study lead author Pam Coxson, a mathematician at the University of California, San Francisco, said in a university news release.

For the study, the U.S. Centers for Disease Control and Prevention brought together three groups of scientists who used different computer models to estimate how lowering salt intake would save lives.

All the models showed consistent, substantial benefits if current sodium intake were reduced to a level close to the upper limit of the federal guidelines.

Many people believe that taking the salt shaker off the dinner table will reduce their sodium consumption to a healthy level, but 80 percent of the sodium consumed by Americans comes from processed foods, Coxson noted.

Bread and other cereals account for about one-third of daily sodium intake. Other types of processed foods that have high sodium levels include canned soup and processed meats. Even fresh chicken is sometimes injected with salt solutions before packaging. Restaurant meals are also high in sodium. In commercial settings, salt is primarily added for flavor and sometimes to preserve foods.

QUOTES

**“Angels, roll the rock away;
Death, yield up thy mighty prey:
See, He rises from the tomb,
Glowing with immortal bloom.” ~Thomas Scott, "Easter Angels"**

**“For I remember it is Easter morn,
And life and love and peace are all new born.” ~Alice Freeman Palmer**

**“But from this earth, this grave, this dust,
My God shall raise me up, I trust.” ~Walter Raleigh**

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Easter is the gift...

*Easter is the gift of HOPE
Easter is the gift of PEACE*

*Easter is the gift of LOVE
Let us rejoice in Him,
Who gives them all.*

*May God bless you at Easter,
And keep you all year through.*

*May God give you all the faith it takes,
To make your dreams come true.*

*May His love and wisdom always help,
To guide you on your way.*

*May His light shine down upon you now,
To bless your Easter Day.*

PISCES

The Dreamer (Feb 19 - Mar 20) Generous, kind, and thoughtful. Very creative and imaginative. May become secretive and vague. Sensitive. Don't like details. Dreamy and unrealistic. Sympathetic and loving. Kind. Unselfish. Good kisser. Beautiful.

**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.**