

Volume 9 Issue 6

May 2009



BC ELDERS COMMUNICATION CENTER SOCIETY

# ELDERS VOICE

**ATTENTION:**  
ELDERS SUPPORT PEOPLE  
PLEASE DON'T FORGET TO  
MAKE COPIES OF THE  
ELDERS VOICE EACH  
MONTH FOR YOUR ELDERS

**EV'S 102nd Issue!**  
**HAPPY Mother's DAY!!!**

**Invoices**

Dear Elders, Elders Workers, Presidents, Chief and Councils, & Boards Support Invoices accompanied the Dec. issue. Please see if you can assist with the costs for this provincial elder's office to operate. Please call into the office if you need a copy of the invoice faxed.

Thank you, Donna Stirling, BCECCS Coordinator

**MAY BIRTHDAY WISHES GO OUT TO:**

Cindy William, Nancy Louie, Pearl Alexander, Arlene Tronson, Ronald Felix, Robert Lezard, Delores Roop, And Lena ( Minnie) Paul.

**FUNDING REMINDER: NRT's (New Relationship Trust) website says: BC FN Elders Grant Program**

Please check again in the spring of 2009 for application guidelines for the 2009/10 fiscal year.

In the 2008/09 fiscal year, NRT allocated \$125,000 for the BC First Nation Elders Grants Program.

A total of 44 projects were supported. Types of initiatives included traditional knowledge transfer, culture and language initiatives, and travel expenses for groups of elders to attend the annual Elders Gathering.

Mail: Suite 1008 - 100 Park Royal South, West Vancouver BC V7T 1A2

Phone: Toll-free: 1-877-922-3338

Fax: (604) 925-3348

PLEASE CHECK OUT OUR RE-VAMPED WEBSITE AT:

[www.bcelders.com](http://www.bcelders.com)

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*DID YOU KNOW...* The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left...they are called palindromes.

## Easy Bakers Corner – Chocolate Chip Muffins makes 12

Pre-heat oven to 400°F. To prepare Almond Crumb Topping, mix 1/4 cup of cake or all-purpose flour, 1 Tbsp. shortening, 1 1/2 tsp. butter, 3 Tbsp. granulated sugar, 1/8 tsp. cinnamon together using your fingertips until crumbly. Break up 1 Tbsp. sliced almonds slightly. Add to flour mixture. Set aside.

For Muffins, sift together 2 cups cake flour, 1 Tbsp. baking powder, 1/2 tsp. salt, 1/2 cup of granulated sugar, 1/2 cup of chocolate chips. Toss to coat.

Combine 2 eggs, 1 cup of milk, 1 tsp. vanilla. Using a fork, whisk to break up eggs.

Add 1/4 cup of melted butter, slightly cooled to the milk mixture. Stir to blend.

Pour milk mixture into the flour mixture. Blend together in a few strokes, until the dry ingredients are just moistened.

Spoon batter into a muffin pan lined with paper cups. Fill about 2/3 full.

Sprinkle with the crumb topping. Place a few chocolate chips on top of each muffin.

Bake at 400°F for about 15 minutes.

Cool muffins in pan slightly before removing. Serve warm.

*Handy Tips:* 1. Place a dryer sheet in your pocket. It will keep the mosquitoes away.

2. Use your hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs smooth.

3. To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

## 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/Birthday Wishes, 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'

**New Elder's Website: [www.bcelders.com](http://www.bcelders.com)**

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

Issues of your Elders Voice Newsletter are also posted on the website each month, though all issues still continue to be mailed out to your Elder's Contact People throughout the province (to ensure that no one is left out because of a lack of access to the internet).

\*\*\*Comments? Please feel free to call in to the Communication Center - contact info is on the back page.\*\*\*

### 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.

## BC ELDERS COMMUNICATION CENTER SOCIETY

### 9th Year GRATITUDE LIST

Groups who have thankfully paid their \$250 'Yearly Support Fee'  
so far for the Dec. 2009 – Nov. 2010 Year

1. Snuneymuxw First Nation
2. Ts'kw'aylaxw Elders
3. Hamatla Treaty Society
4. BC Assoc. of Aboriginal Friendship Centres
5. Mamalilikulla Qwe'Qwa'Sot'Em Band
6. Tansi Friendship Centre Society
7. Gitanyow Health Services
8. Qualicum First Nation Council
9. Tsleil-Waututh Nation
10. Nuuchahnulth Tribal Council
11. Lower Nicola Indian Band
12. K'omoks First Nation
13. McLeod Lake Tse'khene Elders Society
14. Hailika'as Heiltsuk Health Centre
15. Quatsino Band
16. Wei Wai Kum First Nation
17. Ehattesaht Tribe
18. Tobacco Plains Indian Band
19. Lhoosk'uz Dene Nation
20. Ktunaxa Nation Council
21. Xaxli'p Band
22. Tsawwassen First Nation
23. Ki-Low-Na Friendship Society
24. Simpew First Nation
25. Hesquiaht First Nation
26. Squiala First Nation
27. Lower Kootenay Band
28. Bridge River Indian Band
29. BC Transmission Corporation
30. Blueberry River First Nation
31. Carnegie Community Centre
32. Osoyoos Indian Band
33. Tl'azt'en Nation
34. Da'naxda'xw First Nation
35. Kermode Friendship Society
36. BCAFN
37. Cowichan Elders
38. UBCIC
39. Indian Residential School Survivors Society
40. Wet'suwet'en First Nation
41. Doig River First Nation
42. Cook's Ferry Indian Band
43. Akisqnuq First Nation
44. Mt. Currie Band Council
45. Tla-o-qui-aht First Nation
46. Kwadacha Band
47. Wui'kinuxv Nation
48. First Nation Summit Society
49. Adams Lake Indian Band
50. Kamloops Indian Band
51. Gitwangak Education Society
52. Sumas First Nation
53. Kaien Island First Nation Elders
54. Gitsegukla Band Council
55. Uchucklesaht Band Council
56. Douglas Band
57. Musquem Indian Band
58. T'It'Qet Elders Council
59. Gingolx Elders
60. Skw'lax Elders Group
61. Spallumcheen Indian Band
62. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation
63. Chehalis Indian Band
64. In-SHUCK-ch Nation
65. Nicomen Indian Band
66. Homalco Indian Band
67. Old Massett Village Council
- 68.

Dear Elders Contact Person,

\*If your office has paid the support fee, thank you very much for your assistance!

\*If your office/group has VOIDED the invoice for this year and faxed it back into the office then thank you also.

\*Staff changes often occur, so please call into the office if you require the Invoice to be resent to a new elder's 'Contact Person'.

Thank you for your continued support!

Donna Stirling, BCECCS Coordinator

**NISGA'A NATION ELDERS ASSOCIATION**  
**5200 SKATEEN AVENUE,**  
**NEW AIYANSH, B.C. V0J 1A0**  
**TELEPHONE – 250-633-2242**  
**FAX 250-633-2265**

**Sayt-K'ilim-Goot**  
**one heart, one path, one nation**



## **INFORMATION PACKAGE**

### **2009 B.C. ELDERS GATHERING:**

THE NISGA'A NATION ELDERS FROM NEW AIYANSH, GITWINKSIHLKW, LAXGALTS'AP, GINGOLX AND TERRACE NISGA'A URBAN LOCAL WILL BE HOSTING THE 2009 ELDERS GATHERING IN TERRACE, B.C.

### **2009 B.C. ELDERS KING & QUEEN:**

MELVIN & ROSE ROBINSON FROM THE COMMUNITY OF NEW AIYANSH WERE SELECTED AS KING & QUEEN FOR 2009. OVER THE NEXT TWO MONTHS THEY WILL BE TRAVELLING THROUGHOUT THE NORTHWEST ADVERTISING AND PROVIDING UPDATES ON THE STATUS OF THE 2009 ELDERS GATHERING.

### **THEME:**

**AT THE GINGOLX MEETING HELD ON MONDAY, FEBRUARY 23, 2009, THE ELDERS HAVE AGREED THAT THE THEME OF THE GATHERING SHALL BE:**

**“SAYT-K'ILIM-GOOT” (ONE HEART-ONE PATH-ONE NATION).**

### **CONFIRMED DATE:**

THE DATE FOR THE B.C. ELDERS GATHERING SHALL BE **JULY 13, 14 & 15, 2009.**

### **LETTER FROM THE PRESIDENT:**

A FORMAL LETTER FROM THE PRESIDENT OF NISGA'A LISIMS GOVERNMENT SHALL BE FORWARDED TO THE TSIMSHIAN NATION – KITSUMKALUM – KITSALAS, REQUESTING PERMISSION TO HOST THE BC ELDERS GATHERING IN THEIR TERRITORY.

### **INVITATIONS:**

INVITATIONS TO BC ELDERS WILL BE SENT OUT IMMEDIATELY AND INVITES FOR DIGNITARIES SHALL BE SENT OUT BY END OF MARCH.

### **VENUE:**

THE GATHERING SHALL BE HELD AT THE **TERRACE ARENA.**

### **REGISTRATION:**

PARTICIPANTS ARE ENCOURAGED TO REGISTER BY JUNE 15, 2009 TO ENABLE THE PLANNING COMMITTEE TO PROPERLY PLAN FOR MEALS. REGISTRATION FOR ATTACHED.

### **REGISTRATION FEES:**

THE REGISTRATION FEE FOR THE BC ELDERS GATHERING SHALL BE **\$30.00.**

### **PARTICIPANTS:**

WE ANTICIPATE APPROXIMATELY 3500 ELDERS FROM THROUGHOUT THE PROVINCE OF BC TO ATTEND THE GATHERING PLUS THEIR CHAPERONES, HOME SUPPORT WORKERS AND FAMILIES, POSSIBLY AN ADDITIONAL 500 PEOPLE.

### **HOTEL ACCOMMODATIONS:**

AS OF DECEMBER 2008, ALL THE ROOMS IN TERRACE HAVE BEEN BOOKED BY ELDERS FROM THROUGHOUT THE PROVINCE FOR THE ELDERS GATHERING. ELDERS ARE NOW BOOKING ROOMS IN KITIMAT, APPROXIMATELY 40 KM AWAY – HALF HOUR DRIVE.

### **BILLETING:**

TERRACE NISGA'A SOCIETY WILL BE RESPONSIBLE FOR BILLETING FOR THOSE WHO ARE UNABLE TO SECURE A ROOM. YOU MAY CONTACT THEIR OFFICE TOLL FREE AT 1-866-935-4422 OR 250-635-4422.

**NORTHWEST COMMUNITY COLLEGE:**

WE HAVE BOOKED THE NWCC DORMS FOR THE LAXGALTS' AP ELDERS AND OUR COOKING CREW.

**VENDOR + INFORMATION BOOTHS:**

SPACE IS LIMITED AND WILL BE RESERVED ON A FIRST COME FIRST SERVE PAYMENT BASIS. THE COST PER TABLE FOR VENDORS SHALL BE \$100.00 FOR THREE (3) DAYS, AND THE COST FOR INFORMATION BOOTHS SHALL BE \$200.00 FOR THREE (3) DAYS. APPLICATION FORM ATTACHED.

**ORGANIZER:**

DARLENE MORGAN, EXECUTIVE DIRECTOR FROM NEW AIYANSH HAS AGREED TO ORGANIZE THE EVENT ON BEHALF OF THE NISGA'A NATION ELDERS.

**PLANNING COMMITTEE:**

THE PLANNING COMMITTEE FOR THE EVENT SHALL BE OSCAR MERCER, CHAIR OF THE COUNCIL OF ELDERS, THE 2009 KING & QUEEN – MELVIN & ROSE ROBINSON, 4 MEMBERS OF TERRACE NISGA'A LOCAL, 4 MEMBERS FROM GINGOLX, 4 MEMBERS FROM LAXGALTS' AP, 4 MEMBERS FROM GITWINKSIHLKW AND 4 MEMBERS FROM NEW AIYANSH. THIS COMMITTEE WILL MEET ONCE PER MONTH.

**PRIMARY CO-ORDINATOR:**

MARGARET NELSON HAS BEEN HIRED AS THE PRIMARY CO-ORDINATOR AND SHALL START WORK ON MONDAY, MARCH 30, 2009. SHE WILL BE RESPONSIBLE TO OVER-SEE THE DAY TO DAY OPERATIONS OF THE PLANNING, SUPERVISE THE 4 COORDINATORS AND THE DISSEMINATION OF INFORMATION PROVINCE WIDE REGARDING THE EVENT. NEW AIYANSH VILLAGE GOVERNMENT HAS PROVIDED OFFICE SPACE, TELEPHONE, FAX, INTERNET SERVICE AND LAPTOP.

**OTHER CO-ORDINATORS:**

EACH NISGA'A VILLAGE GOVERNMENT WILL HIRE A CO-ORDINATOR TO WORK WITH THE PLANNING TEAM AND THE PRIMARY COORDINATOR. KATHLEEN CLAYTON HAS BEEN HIRED AS THE ADMINISTRATIVE ASSISTANT FOR NEW AIYANSH.

**FUNDING:**

ON BEHALF OF THE NISGA'A ELDERS, DARLENE MORGAN SUBMITTED A PROPOSAL TO NISGA'A LISIMS GOVERNMENT FOR A CULTURAL GRANT TO OFF-SET COSTS.

THE BC ELDERS COMMUNICATION CENTER SOCIETY OFFICE HAS CONFIRMED FUNDING IN THE AMOUNT OF \$5,000.00 FOR THE VENUE RENTAL AND IS WAITING FOR FINAL CONFIRMATION OF THE \$75,000.00 FOR FOOD COSTS FROM THE MINISTRY OF HEALTHY LIVING AND SPORT THROUGH THE MINISTRY OF ABORIGINAL RELATIONS AND RECONCILIATION.

FUNDING PROPOSALS HAVE SUBMITTED TO NEW RELATIONSHIP TRUST, FIRST NATIONS SUMMIT.

**BOOKLETS:**

WE HAVE REQUESTED COST QUOTES FOR THE ELDERS GATHERING BOOKLET.

**NISGA'A NATION ELDERS MEETING DATES:**

NEW AIYANSH	5:00 PM – JANUARY 26,2009	AUDITORIUM
GINGOLX	5:00 PM – FEBRUARY 23, 2009	DOME
GITWINKSIHLKW	5:00 PM- MARCH 23, 2009	REC CENTRE
TERRACE LOCAL	5:00 PM- APRIL 20, 2009	LOCATION - TBA

**CONTACT INFORMATION:**

BC ELDERS GATHERING OFFICE – NEW AIYANSH  
TELEPHONE 250-633-2242  
EMAIL [margaretn@nisgaa.net](mailto:margaretn@nisgaa.net) or [kathleenc@nisgaa.net](mailto:kathleenc@nisgaa.net)  
FAX 250-633-2265

Sayt-K'ilim-Goot  
one heart, one path, one nation



33<sup>RD</sup> ANNUAL BC ELDERS GATHERING  
HOSTED BY NISGA'A NATION ELDERS  
JULY 13, 14 & 15, 2009  
TERRACE ICE ARENA, TERRACE, B.C.

REGISTRATION FORM

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

FIRST NATION/BAND: \_\_\_\_\_

GROUP NAME: \_\_\_\_\_

GROUP LEADER: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

MEDICAL INFO: \_\_\_\_\_  
DIABETIC, ALLERGIES, HEART CONDITION, ETC.

EMERGENCY CONTACT: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

METHOD OF PAYMENT: \_\_\_\_\_ CERTIFIED CHECK \_\_\_\_\_ MONEY ORDER

\*\*\* THE REGISTRATION FEE IS \$30.00 PER PERSON

\*\*\* All elders and support workers are encouraged to carry emergency medical and contact information with them at all times in case of an emergency.

Mail in completed registration forms with fee to:  
Nisga'a Nation Elders Association  
P.O. Box 233, New Aiyansh, B.C. V0J 1A0  
Attention: Kathleen Clayton

Please ensure you are registered by June 15, 2009  
Registration check-in for the gathering shall begin on Sunday, July 12, 2009 – 1:00 pm – 8:00 pm  
On-site registration will be available on Sunday, July 12, 2009

Group leaders are responsible for checking-in those Elders who are registered as a group.

Sayt-K'ilim-Goot  
one heart, one path, one nation



33<sup>RD</sup> ANNUAL BC ELDERS GATHERING  
HOSTED BY NISGA'A NATION ELDERS  
JULY 13, 14 & 15, 2009  
TERRACE ICE ARENA, TERRACE, B.C.

INFORMATION BOOTH REGISTRATION FORM

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ fax: \_\_\_\_\_

FIRST NATION: \_\_\_\_\_ email: \_\_\_\_\_

BOOTH INFORMATION: \_\_\_\_\_

PAYMENT:

- Information booth registration fee is payable with registration.
- Method of payment – certified cheque or money order – payable to New Aiyansh Village Government in the amount of \$200.00.
- Upon receipt of registration with payment, you will then receive confirmation of payment and an assigned floor space. There will be no changing spaces once assigned a booth.

SET UP OF BOOTH:

- Set up can begin at 1:00 pm on Sunday, July 12, 2009
- Booths are to be set up no later than 9:00 am on Monday, July 13, 2009

GUIDELINES:

- The 2009 Elders Gathering Planning Committee, workers and volunteers are not responsible for lost or stolen items or injury.
- Information booths may not sell food, drinks or raffle tickets.
- No burning will be allowed in the booths as some elders may have respiratory ailments.
- One table and 2 chairs will be provided for each vendor.
- Electrical outlets will **not** be available for vendors.
- Notice of cancellation must be provided by June 30, 2009. Any cancellations after this date will not be issued refunds.
- If a Vendor does not set-up their booth by 9:00 am on Day I of the Gathering, the booth will be re-rented with no refund to the original Vendor.
- If you do not hear from us within 10 days of submitting your registration, please call to confirm that it was received by our office.

I have read and agree to all of the above guidelines:

\_\_\_\_\_  
Signature of Applicant

Date: \_\_\_\_\_

Mail in completed Registration Forms with fee to:  
P.O. Box 233, New Aiyansh, B.C. V0J 1A0  
Attention: Kathleen Clayton, Administrative Assistant

Sayt-K'ilim-Goot  
one heart, one path, one nation



33<sup>RD</sup> ANNUAL BC ELDERS GATHERING  
HOSTED BY NISGA'A NATION ELDERS  
JULY 13, 14 & 15, 2009  
TERRACE ICE ARENA, TERRACE, B.C.

VENDOR REGISTRATION FORM

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ fax: \_\_\_\_\_

FIRST NATION: \_\_\_\_\_ email: \_\_\_\_\_

Type of craft: \_\_\_\_\_

PAYMENT:

- Vendor booth registration fee is payable with registration.
- Method of payment – certified cheque or money order – payable to New Aiyansh Village Government in the amount of \$100.00.
- Upon receipt of registration with payment, you will then receive confirmation of payment and an assigned floor space. There will be no changing spaces once assigned a booth.

SET UP OF BOOTH:

- Set up can begin at 1:00 pm on Sunday, July 12, 2009
- Booths are to be set up no later than 9:00 am on Monday, July 13, 2009

GUIDELINES:

- Vendors are asked to donate 2 items, which will be collected at the time of Vendor check-in, and will be used for door prizes for the Elders Gathering.
- The 2009 Elders Gathering Planning Committee, workers and volunteers are not responsible for lost or stolen items or injury.
- Vendors may not sell food or drinks.
- Vendors may sell raffle tickets throughout the duration of the gathering but are not permitted to sell 50/50 raffles, as this will be done by the Planning Committee.
- No burning will be allowed in the booths as some elders may have respiratory ailments.
- One table and 2 chairs will be provided for each vendor.
- Electrical outlets will **not** be available for vendors.
- Notice of cancellation must be provided by June 30, 2009. Any cancellations after this date will not be issued refunds.
- If a Vendor does not set-up their booth by 9:00 am on Day I of the Gathering, the booth will be re-rented with no refund to the original Vendor.

I have read and agree to all of the above guidelines:

\_\_\_\_\_  
Signature of Applicant

Date: \_\_\_\_\_

Mail in completed Registration Forms with fee to:  
P.O. Box 233, New Aiyansh, B.C. V0J 1A0  
Attention: Kathleen Clayton, Administrative Assistant



Rose Lube's Elders Voice submission:

The goal of the BC Aboriginal Diabetes Advisory Council is to promote healthy lifestyles while increasing awareness and knowledge of Diabetes, its prevention and its associated complications. We provide a forum for people affected by the disease to come together in the spirit of sharing and mutual support.

Diabetes is on the increase in our aboriginal communities and the most powerful tool we have to change this is through education.

On March 9-12<sup>th</sup> 2009, we celebrated our 8<sup>th</sup> year of the BC Aboriginal Diabetes Conference. Forty-eight communities from throughout the province sent a total of over 300 delegates to the Penticton Lakeside Resort and Conference Center. People of all ages who are Diabetics, their families, youth, community, support persons, health care workers, traditional practitioners and professionals attended along with some fantastic presenters.

If you were one of the fortunate to have attended, my hopes and wishes are that you have shared your knowledge with your community and family members when you returned.

I was personally able to see the difference made in a persons' ability to walk with the aid of "walking poles" when they were able to take those extra steps and could see the pathway opening before their eyes. We got to see the smiles and the excitement in people's faces and energy in their voices as they were empowered to do something about their condition. Through these gatherings, people realize that they are not alone in Diabetes and that there is help and knowledge to be gained. We can make progress in turning the tables on Diabetes.

Our children are our future; if we educate them about balanced eating practices, teach them to read and understand the labels on products consumed, help to increase their activity level and promote the fresh air and sunshine that we as kids grew up with we will all win. Let's not forget about ourselves, either! The use of pedometers and walking the recommended 10,500 steps per day or working to that goal is a great way to make sure that we are all benefitting ourselves through exercise. It's spring - let's take it outside so that we can get some fresh air and appreciate the beautiful backdrop Mother Nature has provided.

Another valuable way to promoting healthy eating habits is to divide the dinner plate into three sections. One half of the plate should be for vegetables, one quarter for proteins and the last quarter for carbohydrates. If you are eating cheddar cheese your serving size should be no larger than a cube the size of your thumb.

Through education, support and the changing of our ways we can control Diabetes.

It was truly an honour to have met all the registrants this year and to have been part of such a wonderful conference. May your life be as blessed as mine has been by meeting you all.

Thank you for reading this insertion to the Elders' Voice.

To our better health -

Sincerely,

Mrs. Rose Lube

Member- BC Elders Council

BC Aboriginal Diabetes Advisory Council

Westbank First Nation- old person and member

My native rights plan or the road to ruin, Campbell says to critics  
But Liberals have yet to draft legislation

## **Vaughn Palmer**

Vancouver Sun

Saturday, March 28, 2009

Shortly after 5 p.m. Thursday, Premier Gordon Campbell quietly slipped into the legislature to deliver his first public defence of the plan to recognize aboriginal rights and title in provincial law.

"In this throne speech, the government committed specifically to a new relationship with first nations that is critical to our future," Campbell reminded the house. "We called for an act of aboriginal reconciliation and recognition, and we are working on that."

Campbell initially promised native leaders that the legislation would be enacted before the election.

He had to back away from that commitment two weeks ago, after the proposal drew significant concerns from B.C. Liberal MLAs, the business community, and other government supporters.

"Today I wanted, again, to recognize the generosity of spirit that first nations leaders have brought to this endeavour," Campbell continued. "With open hands, they are reaching out and calling out to the business community and saying: 'Let us join together in getting this right.'"

First nations leaders were disappointed when Campbell postponed the legislation. The premier then agreed to make a speech in the house, underscoring his determination to proceed after the election. This was it.

"The act that we have been proposing, the Recognition and Reconciliation Act, is about mutual respect and recognition. ... Together we can build that relationship, a relationship that moves beyond the failed approaches of the past with constructive dialogue and a genuine desire to move forward together, as true partners in building an even stronger British Columbia."

Campbell plans a single piece of legislation, entrenching rights, title and shared-decision making. It would be drafted to override all other provincial laws dealing with land use and resource management.

"Together, we are aiming to provide new certainty on the land base, new clarity about our mutual legal rights and responsibilities, and a new commitment to share decision-making and revenue-sharing and benefit-sharing."

Worthy goals. But critics have questioned whether the remedy would achieve the goal. They worry that his one-size-fits-all-law would give native bands a de facto veto over any and all decisions on land use and resource management within their traditional territories, meaning (with overlaps) virtually the entire province.

The premier cast the choice in starker terms.

"We can follow a path of litigation and confrontation, or we can follow a path of consultation, mutual understanding, mutual benefit and mutual strength in our commitment to creating shared prosperity for all of the people of British Columbia in every region.

"Negotiation, consultation, accommodation and reconciliation of aboriginal peoples' constitutionally protected inherent rights and title, with the Crown's title, jurisdiction, and obligations, are imperative for all British Columbians."

His way or the road to ruin.

Mind, it is hard to say one way or another what the legislation would do. There's only been a short discussion paper and some battling legal opinions on the proposal. The Liberals have produced nothing like a draft text and aren't likely to do so until after the election.

Which is, itself, remarkable given what the Liberals themselves have said about the importance of this legislation. Cabinet minister Mike de Jong called it "unprecedented" and forecast it would bring about a "seismic shift" in relations between the province and first nations.

Campbell one-upped him with his characterization in the legislature Thursday:

"There is nothing more important than reflecting on the constitutional rights that all Canadians share and hold, aboriginal and non-aboriginal alike. There is nothing more important than British Columbia leading the way in recognizing the constitutional rights of aboriginal people."

Arguably. But the premier's words raise an obvious question.

If the thing is so all-fired important, why was he making his pitch at the end of the day, without advance notice to the provincial news organizations? Why had the government failed to respond to requests from the press gallery, asking when the premier would be delivering his promised speech in defence of the recognition act?

I'll guess at the answer.

The BC Rail case was up in court again Thursday and the defence chose to focus on the role of Liberal insider Patrick Kinsella. Campbell won't answer questions about it. But he worries about the Opposition turning his silence against him, making it look as if he has something to hide.

Thus, he slipped into the house without notice, hoping to avoid a scrum. The recognition act is important. But so is minimizing the fallout from the Kinsella story.

[vpalmer@shawlink.ca](mailto:vpalmer@shawlink.ca)

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See Vaughn Palmer's blog at [vancouver.sun.com/palmer](http://vancouver.sun.com/palmer)

# Aboriginals earn far less than all other Canadians, study shows

**Income disparity suffered by Indians should trump concerns about other groups, an SFU economist involved in the research says**

**By Shannon Proudfoot, Canwest News Service**

March 30, 2009 9:00 PM

<http://www.vancouversun.com/news/todays-paper/Aboriginals+earn+less+than+other+Canadians+study+shows/1446482/story.html>

The income gap between aboriginals and other Canadians is so wide it should trump concerns about other ethnic disparities in this country, a Canadian economist says.

"My way of thinking about it is once you start thinking about ethnic disparity in Canada, you should really only be paying attention to aboriginal people," says Krishna Pendakur, an economics professor at Simon Fraser University. "They're an order of magnitude worse off than all other ethnic minorities."

He and his brother Ravi Pendakur, a sociologist at the University of Ottawa, recently completed the largest study of its kind quantifying the exact size of that gap, and the results are stark.

"Those of us who live in Canadian cities have an intuitive awareness that aboriginal people are on average kind of poor," Pendakur says. "The thing is that if you then push yourself and ask how poor, you don't really have any answers. We were lacking a quantitative assessment in this area."

Using an extensive database from the 2001 census, which includes 20 per cent of all Canadian households and 100 per cent of those on aboriginal reserves, the researchers traced the earnings gap of several segments of the aboriginal population, both on reserves and in cities.

They looked at aboriginals with registered status living on and off reserve, those without registered status who still identified themselves as Indian, Metis or Inuit on the census questionnaire, and people who didn't identify themselves as aboriginal but said their ancestors were.

The income of males with registered status living on a reserve is 50 per cent lower than that of non-aboriginals, they found, while women in the same category have incomes 21 per cent lower than other women. Registered male and female aboriginals living off-reserve, meanwhile, have incomes 38 and 23 per cent lower than their peers -- a disparity that's "less, but still gigantic," Pendakur says.

"Even comparing people who have the same age and the same education level, aboriginal people are even then astoundingly poorer," he says.

People who claimed aboriginal identity fared better than those with registered status but still much worse than their non-aboriginal counterparts, he found. Even those who simply claim aboriginal ancestry lag behind.

With the study taking into account age, education and even location, prejudice is the only explanation left for this gap, says Dan Wilson, senior director of strategic policy and planning with the Assembly of First Nations.

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Figures show income levels for aboriginals are dramatically lower

Total income (wages, investment income and government benefits) compared with non-aboriginal Canadians:

- Registered Indian living on a reserve: 50% lower for men, 21% lower for women
  - Registered Indian living off-reserve: 38% lower for men, 23% lower for women
  - Not registered, identify as a North American Indian (first nations): 33% lower for men, 19% lower for women
  - Aboriginal ancestry: 18% lower for men, 12% lower for women
  - Earnings for registered Indians living in cities compared with non-aboriginals:
    - Vancouver: 40% lower for men, 40% lower for women
    - Victoria: 35% lower for men, 32% lower for women
    - Calgary: 35% lower for men, 33% lower for women
    - Edmonton: 38% lower for men, 26% lower for women
    - Winnipeg: 47% lower for men, 38% lower for women
    - Saskatoon: 63% lower for men, 44% lower for women
    - Montreal: 23% lower for men, 20% lower for women
    - Ottawa-Hull: 25% lower for men, 4% higher for women
    - Toronto: 18% lower for men, 23% lower for women
- 

## **Green Party Commends Sharon McIvor as a Champion for Women's Rights**

Posted April 9th, 2009

OTTAWA--Despite putting up a contentious fight, the government of Canada has lost its battle to continue discriminating against Aboriginal women, thanks to the efforts of an Aboriginal woman named, Sharon McIvor.

The B.C. Court of Appeal has given the government one year to amend a discriminatory section of the Indian Act. The court struck down Section 6, which gives the Indian Registrar the sole authority to determine who is and is not an Indian under the Indian Act. The Court ruled that the 1985 amendments to the Indian Act known as Bill C-31 violate the equality rights guaranteed by section 15 of the Canadian Charter of Rights and Freedoms.

"While Bill C-31 was meant to ensure that many women and their children were entitled to be registered as status Indians, it also created different classes of Indian status, known as 6(1) and 6(2) depending on the section of the Indian Act that applied to a person's particular situation. This system was steeped in gender discrimination," said Green Party Leader, Elizabeth May.

"The discriminatory section in question essentially would have resulted in the elimination of huge numbers of people who would have been classified as Indians under the Act. It would have resulted in a huge reduction in the Aboriginal population," said Lorraine Rekmans, Aboriginal Affairs Critic for the Green Party of Canada.

"Sharon McIvor and her supporters must be commended for championing the rights of women and children in Canada. This victory is part of the battle to eliminate sex discrimination for some of the most vulnerable people in Canada," said Ms. Rekmans.

In this recent case, *McIvor v. Canada (Registrar of Indian and Northern Affairs)*, the court found that the 1985 amendments to the Indian Act contravened international conventions on human rights, women's rights and children's rights as well as the Canadian Charter of Rights and Freedoms. It was found that the Act drew a distinction between male and female ancestors in determining who is a status Indian.

"The Act supported the notion that our female ancestors are deficient or less Indian than our male ancestors, which is strange considering many of our societies where indeed matrilineal," said Rekmans.

There were many delays in getting Sharon McIvor's case into court. It took nearly two decades and lots of fundraising. The case went forward despite the fact that the government cut the Court Challenges Program that would have covered some of McIvor's costs. McIvor raised funds and did a lot of the work herself in order to get her case to the higher courts.

"There are a lot of burdens on Aboriginal women to uphold rights with little support. So, I think that Sharon is a true champion and I would like to thank her for staying strong in this long struggle," said Rekmans.

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COURT OF APPEAL FOR BRITISH COLUMBIA

Citation: McIvor v. Canada (Registrar of Indian and Northern Affairs),  
2009 BCCA 153 Date: 2009/04/06  
Docket: CA035223

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FOR IMMEDIATE RELEASE

March 30, 2009

T'Sou-ke First Nation Innovation and Demonstration Solar Project: Harnessing the Sun to Produce Clean Renewable Energy and Economic Self-Sufficiency, Sooke, BC

In a spectacular marriage of traditional values and state of the art technology, the T'Sou-ke First Nation on Vancouver Island has already become BC's most-solar-powered intensive community. As the first phase of a five-year plan designed to end the community's dependence on fossil fuels, the T'Sou-ke Nation is installing solar panels to pre heat hot water and photovoltaic panels to create clean electricity to power potentially large savings as hydro prices spike. In the process the Nation is creating much-needed skills in a new fast growing industry.

T'Sou-ke is truly a Solar Community. The whole community has contributed to the vision and is participating in the implementation; much of the work is being done by community members who are training as solar technicians. The innovative, culturally appropriate training program has produced 9 certified solar installers. The installation of solar hot water panels on the first 25 houses will be complete by the end of March. Then there is BC's largest photovoltaic solar array demonstrating three models most likely to be needed by on and off grid First Nations.

T'Sou-ke Nation leaders intend that the project, named "Sum-SHA-Thut", the Sencoten term for "sunshine", will lead to many benefits for First Nations:

- \* Provide a demonstration site to inspire remote and diesel dependent communities to "kick the tire" and learn about solar power, First Nation to Nation.
- \* Bring about a drastic reduction in fossil fuel emissions and improve the health of First Nations people by reducing particulates that cause asthma and other pollution-linked diseases;
- \* Create sustainable "green-collar" jobs in communities hard-hit by the loss of job in forestry, fisheries and building trades;
- \* Help set the stage for Canadian First Nations to become leaders in renewable energy solutions.

"For most of our history, First Nations were rooted in the traditions of sustainable living and respect for the land," says T'Sou-ke Chief Gordon Planes, "and the Sum-SHA-Thut project is the first step in achieving energy self-sufficiency once again."

"Starting with support from the Innovative Clean Energy Fund, T'Sou-ke Nation is making a real community success of their solar energy project," adds Small Business, Technology and Economic Development Minister Ida Chong, who will flip the switch to bring the photovoltaic system online at a ceremony at the T'Sou-ke First Nation this morning. "Energy self-sufficiency - a contemporary objective linked to T'Sou-ke Nation's deep cultural connection to the natural environment, will play a vital role in supporting future economic opportunities," says Minister Chong.

Chief Planes says that the T'Sou-ke Nation will share its knowledge and help empower First Nations to lead the way to a sustainable future for their own communities and the community at large. To that end, the T'Sou-ke Nation is sponsoring a Solar Gathering on Saturday July 11th 2009 and will invite interested First Nations and other communities to attend and learn about the effectiveness of the technology and gain insights into the financing of the project.

"It will be consistent with our Longhouse ideals," says Chief Planes. "We are giving this information away free of charge

to show how sustainability can be achieved once again, using the power of the sun, wind and sea".

"T'Sou-ke is a proving ground for community-wide, solar hot water and demonstrates a sustainable alternative to diesel for remote First Nations communities" said Joe Thwaites from Taylor Munro of his partnership with T'Sou-ke First Nation on The Sum-SHA-Thut demonstration project.

"The customized training program that graduates 9 trainee today breaks ground by teaching based on an "oral-tradition" approach which respects culture and harnesses the diverse skills of the community as both teachers and learners" said Donna Morton of First Power -- a hybrid business and non-profit project -- dedicated to supporting First Nation energy autonomy.

"This is a very interesting Photovoltaic (PV) project as it demonstrates 3 different configurations of PV systems for remote as well as on grid small communities in a BC type of climate" said Sia Vojdani from Unity Integration, Project Manager PV.

"BC leads Canada with over 1000 people employed in the solar industry. The province has many growing companies like Victoria's Home Energy Solutions and Burnaby's Day4 Energy working hard to make solar mainstream. We are pleased to see the Provincial Government support the solar industry and this showcase for solar systems on homes and buildings. The clear message is that Solar has a legitimate place as part of BC's clean energy future." said David Egles from HES Home Energy Solutions Ltd, responsible for the solar electric system design and integration into the T'Sou-ke Nation buildings.

"Day4 is pleased that its industry leading technology is being implemented in T'sou-ke First Nation's project. We have been a supporter since the project began." said John MacDonald, CEO. "Coincidentally this is the largest installation of our solar power products in BC to date."

Several federal and provincial governments have contributed finance to this scheme as have many business and non-profit groups, all of whom will be represented at the T'Sou-ke Solar Gathering.

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Information:

To interview any of the participants or for more details on the program and the summer T'Sou-ke Solar Gathering, please contact:

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JOHN BOUDRIAS



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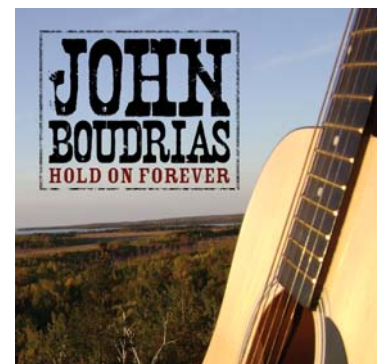
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[johnboudrias@email.com](mailto:johnboudrias@email.com) or 613-228-5206

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## Keeping a Healthy Smile from [www.medbroadcast.com](http://www.medbroadcast.com)

### Healthy mouths, healthier bodies - is there a link?

Do your body a favour. Go to the dentist. Research shows there may be a link between oral disease and other health problems such as diabetes, heart disease, and stroke, as well as premature and low-birth-weight babies. Although scientists are only just beginning to understand this link, dentists are encouraging people to make oral health care a regular part of a healthy lifestyle.

Good health requires good nutrition, but if you don't have strong teeth and healthy gums, your ability to eat properly is diminished. Your choice of foods becomes restricted, and you may have difficulties getting all the nutrients you need.

And it only makes sense that chronic infections in the mouth, as are common with people with gingivitis or gum disease, puts strain on the body's immune system.

To help people learn more about preventing oral disease, the Canadian Dental Association (CDA) urges Canadians to talk to their dentist during National Oral Health Month, which occurs every year in April.

### Prevention of gum and tooth problems

For your mouth as for your car, it makes good sense to do some maintenance on a regular basis rather than let a problem grow out of hand from neglect. Follow the Canadian Dental Association's Five-Point Prevention Plan to keep youth teeth and gums healthy.

#### Five-Point Prevention Plan

- 1. Brush your teeth carefully at least once every 24 hours.**  
It takes about 2.5 to 3 minutes to do the job right.
- 2. Floss your teeth daily.**  
Flossing cleans those areas your toothbrush simply can't reach between the teeth and under the gumline.
- 3. Eat, drink, but be wary.**  
Eat a well-balanced diet! Avoid sweet foods and drinks especially between meals. And please don't smoke. Smoking can promote serious dental problems like gum disease and oral cancer.
- 4. Check your gums.**  
Check regularly for these signs of gum disease, the leading cause of adult tooth loss: red, puffy or tender gums; gums that bleed even slightly when you brush or floss; persistent bad breath. See your dentist if any occur.
- 5. Don't wait until it hurts.**  
See your dentist for preventive checkups and professional cleanings. Regular visits are the best way to prevent trouble and unnecessary expense.

### Gum disease

Nine out of ten Canadians will develop gum disease at some time in their lives. It is the most common dental problem, and it can progress quite painlessly until you have a real problem. That's why it is so important to prevent gum disease before it becomes serious.

Gum disease begins when plaque adheres at and below the visible edge of your gums. If plaque is not removed every day by brushing and flossing, it hardens into tartar (also called calculus).

There are two main kinds of gum diseases: gingivitis and periodontitis. If you have gingivitis, your gums may be slightly red, or you may notice nothing at all. In cases of more advanced gingivitis, your gums may become puffy and bleed during brushing. Periodontitis is a more serious form of gum disease involving the bone that supports your teeth. Over time, as a result of the bone loss caused by periodontitis, you may be at risk of losing one or more teeth.

Prevention is the most important factor in the fight against gum disease. It is essential to keep your teeth and gums clean. Brush your teeth properly at least twice a day and floss at least once every 24 hours.

Using proper brushing and flossing techniques is equally important. Be sure to see your dentist regularly for professional cleaning and checkups so that he or she can detect any early signs of gum disease and provide appropriate treatment.

### **Cosmetic dentistry**

Wishing you had a dazzling white smile? Tired of your stained, crooked, or chipped teeth, or want to remove a mouthful of metal? More and more people are making cosmetic changes to their teeth. But before you commit, you need to understand your options.

There are many dental procedures that can be done for cosmetic reasons, including bleaching, crowns, veneers, and orthodontics. Choosing what's right for you starts with getting more information. And the first place you should go is to your dentist.

Your dentist can make sure that you start with healthy teeth and gums that are free of cavities or other problems that could prevent you from getting the results you want from your cosmetic procedure. Some dentists perform cosmetic procedures as part of their practices and others will refer you to an appropriate dentist to perform the work.

Before the work starts, find out how long it will take and how you will feel during the procedure. And make sure to check whether there is more than one way to get the final result. Some procedures, such as tooth bleaching or whitening, can be done in the dentist's chair, or you may be able to whiten your teeth at home using a special tray the dentist will make that will fit your teeth exactly. Home bleaching of the teeth can take 1-2 weeks, and the amount of time the bleaching solution has to remain on your teeth also varies.

You'll also need to know whether there will be any pain or sensitivity associated with the procedure. Some people find that the bleaching process can cause increased sensitivity to hot and cold. Ask the dentist if there are ways to prevent and manage this effect.

You also need to have reasonable expectations as to the results of treatment. Ask to see pictures of actual patients and find out how long your newly beautiful smile will last. Most procedures will eventually have to be redone at intervals that maybe be as short at 6 months to a year for bleaching or as long as 10 to 15 years for crowns

Most cosmetic procedures are not covered by employer dental plans. You need to find out the cost of the procedure up front and determine how you will finance it. Ask your dental office if they offer financing packages.

**Special thanks to the Canadian Dental Association for their help with this article.**

## The causes of breast cancer from [www.medbroadcast.com](http://www.medbroadcast.com)

The body's cells reproduce themselves throughout your lifetime, as tissues wear out and their cells are replaced in a controlled manner. Breast cancer - like all cancers - occurs when that control is lost, and cells begin to divide at an unusually high rate.

**No single trigger or cause has been identified for breast cancer.** Certain risk factors exist, though, that increase a woman's chance of developing it:

age: it's more common in women over 50

family history: if a woman's mother or sister had the disease before menopause, this is occasionally associated with one of two genes linked to breast cancer

previous breast cancer

family history of cervical, uterine, colorectal, or ovarian cancers

age of pregnancy: women who haven't had children, or whose first child was born after age 30, run a slightly higher chance of breast cancer than women who had children before age 25

age of menstruation: starting periods at a young age - under 12 years old - or entering menopause later - over age 55 - increases breast cancer risks

recent research suggests that women who start smoking regularly within five years of the onset of their menstrual periods are 70% more likely to develop breast cancer before the age of 50 than non-smokers.

alcohol consumption contributes to the risk of breast cancer, with women who consume three drinks a day having a 40% increased risk of this disease

hormone replacement therapy (HRT - estrogen plus progesterone): increases the risk of breast cancer slightly after five years of therapy

oral contraceptives: increase risks slightly, if used over many years

obesity with excess caloric and fat intake

The increased risks of getting breast cancer associated with the above factors are often statistically quite small. Any concerns should be discussed with your doctor.

## About lung cancer

**More men die of lung cancer than any other cancer. For women, it's the second largest killer, after breast cancer.** It usually occurs between the ages of 65 and 75.

Most lung cancers start in the bronchi, the airways leading to the lungs. There are different types of lung cancer. The most common is called squamous cell carcinoma. Other types of lung cancer are small cell carcinoma or oat cell carcinoma, adenocarcinoma, and large cell carcinoma.

Each type grows at a different rate and responds differently to treatment. Except for adenocarcinoma, most lung cancers are related to smoking. Cancer that has spread from other parts of the body to the lungs is also common.

## Causes and risk factors

**Smoking is responsible for more than 80% of lung cancers. It is estimated that smokers are at 10 to 30 times as high a risk for lung cancer as the general population.** Cigar smoking and pipe smoking are almost as likely to cause lung cancer as cigarette smoking is. Even secondhand smoke, the kind inhaled from nearby smokers, can cause lung cancer.

Living in an environment with high air pollution or working with radioactive minerals or asbestos can also increase the risk of cancer. These risk factors produce certain changes in the DNA of lung cells, causing the cells to grow abnormally and form cancers.

## Symptoms and complications

**The first and most common symptom of lung cancer is a cough.**

Other symptoms include:

- coughing up blood
- wheezing
- chest pain
- pneumonia (symptoms include cough, fever, chest pain, and shortness of breath)
- loss of appetite, weakness, and weight loss

**Lung cancer can spread to parts of the body near the lungs or to other parts of the body such as the liver, brain, and bones, causing pain and other complications,** such as heart failure, difficulty breathing, and nerve damage. Some cancers also release hormones that can affect the body's metabolism.

## About prostate cancer

**Prostate cancer is the cancer most often diagnosed in Canadian men.** It is second only to lung cancer as a cause of cancer death in Canadian men aged 65 years and over. Every year, about 19,000 Canadian men are diagnosed with prostate cancer.

The walnut-shaped prostate gland is an important part of the male reproductive system: it produces liquid that moves sperm. It is located between the rectum and the pubic bone.

## Causes and risk factors

**Cancer tumours grow from cells that have undergone genetic mutations.** In some people, the genetic mutation is inherited. However, most cancer-causing genetic changes occur after birth. Some genes don't directly cause cancer, but may make cells more vulnerable to *carcinogens* (cancer-causing agents) found outside the cell.

The following factors are believed to increase the risk of prostate cancer:

- age** - especially over 65
- family history** - having a father or brother who has or has had prostate cancer doubles your risk
- race** - men of African descent are more likely to get prostate cancer and men of East Asian descent are at a lower risk
- geography** - prostate cancer is rarer in Asia and South America
- weight and physical inactivity** - overweight and inactive men have higher rates of prostate cancer
- diet** - saturated fats and a lack of fruit and vegetables can increase the risk; tomatoes, grapefruit, and watermelon contain lycopene, a chemical that may lower prostate cancer risk

## Symptoms

**Usually prostate tumours are small and cause no symptoms.** That's why most of them are only discovered during blood screening tests or surgery for [benign prostatic hyperplasia](#), which often does cause noticeable symptoms. Occasionally, digital rectal exams (DRE) performed by a doctor will indicate a need for further tests.

**Large, advanced tumours can press on other organs such as the bladder, causing:**

incontinence (reduced bladder control)  
difficult urination (peeing)  
burning or pain when urinating  
erectile dysfunction  
pain when ejaculating  
blood in the urine or semen  
pain or stiffness in the lower back, hips, or upper thighs

## Complications

**If cells from a tumour break off and move into the bloodstream, they can settle in distant parts of the body and start dividing to form new tumours.** This is called *metastasis*, and the new tumours are called *metastases*. You may experience pain in distant parts of the body if the cancer has metastasized.

Loose cancerous cells can also be carried through the *lymphatic* system, a network of tubes that carry *lymph* (a clear liquid containing waste products and immune cells). From there, it can spread to lymph nodes and other organs. The lymphatic system is the main carrier of metastases in prostate cancer. Prostate cancer can spread to the lungs, brain, bones, lymph nodes, or almost anywhere else.

## Types of cancer treatment

**Surgery, radiation, chemotherapy, and, for some cancers, hormones or hormone-blocking medications are all used to treat cancer.** The goal of cancer treatment is to kill cancerous cells while killing as few healthy cells as possible in the process.

**Surgery is used to remove cancer cells that are packed together.** Half of all cancers are treated with surgery. Surgeons will also remove normal cells around the cancerous cells or tumour to determine if the cancer has spread. Once the cancer has spread, it's very difficult to remove cancer cells with surgery.

**Radiation is used to treat localized cancers.** Radiation therapy can take a number of different forms. A beam of radiation can be aimed onto the skin near the site of the cancer. The radiation kills the cancer cells. Unfortunately, it also kills healthy cells. Newer radiation machines are getting better at focusing the radiation only on the cancerous cells, and not the normal cells. Radioactive particles can also be injected into the blood. The particles stick to cancerous cells, but not to normal cells. Sometimes, small radioactive particles are placed into or near the cancer, giving the cancerous cells a much higher dose of radiation than the normal cells (this is called *brachytherapy*).

**Chemotherapy is treatment that uses anticancer medications.** It's often used when the cancer has spread into the bloodstream. For many cancers, a combination of medications is used because it works better than just one medication. A *complete response* to chemotherapy is when all detectable cancer has disappeared. However, some cancer cells may still remain in the body undetected. As a result, the cancer may grow back after a period of remission. A *partial response* is when the cancer shrinks by more than half. Unfortunately, many cancers become immune to the anticancer medications over time. There are certain types of cancers (e.g., breast cancer, prostate cancer) that are influenced by hormones; they can be treated with hormones or hormone-blocking medications to slow their growth.

**Genetic engineering is being used to control the genes that turn cancer growth on and off and to control the enzymes that allow cancer cells to continually divide and grow.** Cancer vaccines, antibodies combined with poisons, and chemicals that turn off blood vessel growth in cancers, are some of the newer developments being investigated in the battle against cancer.

## Help Me Lord *By Ann Foster (from [www.happiness.com](http://www.happiness.com))*

Instead of pointing  
My finger at he or she.  
Lord, just help me  
To work on me.

When I see others  
Making a mistake  
Help me to zip my lip  
And give them a break.

Help me to remember  
We all belong to You  
And it does matter,  
What each of us say and do.

*–Submitted by Carol Winebarger Traphill, NC*

### **HAPPINESS TIP** (from [www.happiness.com](http://www.happiness.com))

“Life ‘happens to you’ when you ‘throw in the towel.’ You ‘happen to life’ when you ‘get up again’ after you’ve been ‘knocked down.’ Sure, you may have made mistakes; but nobody’s perfect.”

Solution: So let’s stay in the ring and not give up. Keep a great attitude and don’t look back. Blessings abound all around you. Before you close your eyes tonight think over your day. You will find blessings you didn’t know about.

We have a brand new day. What we do with it depends on our attitude. Embrace life with gusto. Happen to life. I’ve discovered six important concepts to help get a good start each day for ways to “happen to life.” They are:

1. **AGE IS NOT A FACTOR.** Be thankful for whatever age you are. Run with it. Many times the youth think they are too young to be useful or they are worried about peer pressure. It takes real strength of character to do the right thing in spite of the crowd. Conversely there are elder ones who put themselves down with self-destructing words, “I’m not what I used to be.” I hear many times, “Those were the good old days.” Well, I disagree; today is the “good now day.” The younger generation profits immeasurably by the wisdom and experience of the older populace.

2. **DON’T BE ASHAMED OF YOUR IMPERFECTIONS.** A cracked and broken pot allows light to shine through. Be a vessel for light to shine. Blessings given are blessings returned.

3. **DEVOTE YOURSELF TO HELPING OTHERS.** Volunteering brings happiness to others and to you. Many community activities need volunteers and before you know it your work has made you happy.

4. **FORGET THE PAST AND LIVE IN THE PRESENT.** The “past” is just that. It’s over. Today is here “right now.”

5. **KEEP A RIGHT ATTITUDE.** No one likes to be around a “Scrooge.” So encourage yourself to happen to life. Be alive. Life is “delicious.”

6. **SMILE AND PUT ON A HAPPY FACE.** Say a “Thank You” today to a person you see. Find something to be thankful for. It will make you happy!

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

For information on the Residential School Settlement's Common Experience Payment please call:  
Service Canada at 1-866-699-1742

1415 Wewaikum Road  
Campbell River, B.C. V9W 5W9

To be put on the Telemarketing  
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Phone: 1-250-286-9977  
Fax: 1-250-286-4809  
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Website: [www.bcelders.com](http://www.bcelders.com)  
Email:  
[bcelders@telus.net](mailto:bcelders@telus.net)

**QUOTES**

"Resilience is the ability to adapt to changes in your environment, to know when to persevere and when to shift your course."

Alexander Graham Bell

"A goal without a plan is just a wish."

Antoine de Saint-Exupéry

"Establishing goals is all right if you don't let them deprive you of interesting detours."

Doug Larson

"A ship in a harbour is safe but that is not what ships are built for."

John A Shedd

"Do not go where the path may lead, go instead where there is no path and leave a trail."

Ralph Waldo Emerson

"There are many paths to the top of the mountain but only one view."

Harry Millner

'ELDERS VOICE' ISSUES  
ARE SENT OUT TO  
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**1st** OF EACH MONTH.

If your area's copy is not received in a timely manner please call in to the office.

***Please mail, fax, email, or call in your  
Special Wishes/Community Events !!***

**Happy! Happy! Birthday To All Elders Born in MAY!!**

**TAURUS** - The Enduring One (April 20 - May 20) Charming but aggressive. Can come off as boring, but they are not. Hard workers. Warm-hearted. Strong, has endurance. Solid beings that are stable and secure in their ways. Not looking for shortcuts. Take pride in their beauty. Patient and reliable. Make great friends and give good advice. Loving and kind. Loves hard - passionate. Express themselves emotionally. Prone to ferocious temper-tantrums. Determined. Indulge themselves often. Very generous.

**National Survivors Support Line**

24 Hours a day - 7 days a week - 1-866-925-4419

The Indian Residential School Survivors Society provides free, immediate, confidential, non-judgmental, support for residential school survivors across Canada.

**ANNUAL BC ELDERS GATHERING INFORMATION CORNER**

The next Annual Elders Gathering will be July 13, 14, 15 2009  
At the Terrace Arena, Terrace, BC.  
(Groups are already booking rooms in Kitamaat as Terrace is booked-up).

**Contact Group:**

**Nisga'a Nation Elders Association**

**Address: 5200 Skateen Ave. New Aiyansh, BC. V0J 1A0**

**Phone: 250-633-2242 fax: 250-633-2265**