

Volume 14 Issue 12

November 2014



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

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

EV'S 168th Issue!

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

The 39th Annual Elders Gathering
Hosted By: Tsawout First Nation July 7-9, 2015
Place: Panorama Recreation Centre
1885 Forest Park Drive, North Saanich, BC, V8L 4A3
2015 Elders Gathering Coordinator: Perry Lafortune
Email: eldersgathering2015@tsawout.ca
Website (for online registration): bcelders2015.ca

40th Annual Elders Gathering in 2016
Our office itself, the BCECCS/BC Elders Council will be bidding on the 2016 Elders Gathering to be in Campbell River. It hasn't been back here since we organized it in 2000. We hope that you will all support our bid next year in Saanich. Best regards, Donna Stirling

**REMEMBRANCE DAY
NOVEMBER 11TH
'LEST WE FORGET'**

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Easy Bakers Corner – Holiday Pumpkin Cake

Preheat oven to 350°F.

In a medium sized bowl, mix together 1 egg, 1/2 cup of melted butter, and 1 box of yellow cake mix (before adding cake mix, reserve one cup and put it aside).

Press this into a 9 x 12 glass pan.

Then in a separate bowl, mix a large can of Libby's pumpkin pie mix, 2/3 cup of sweetened condensed milk, 2/3 cup of brown sugar, 2 eggs, and 1 Tbs. of cinnamon.

Pour this on top of the cake layer.

Take the 1 cup of reserved cake mix and put in a small bowl, mix in 1/4 cup of butter, softened but not melted.

Sprinkle evenly on top of the pumpkin layer.

Bake for about 20-25 minutes, until the top looks baked.

Cool. Cut it and enjoy!

What Can you please share?

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

Gilakasia, 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 14th Year GRATITUDE LIST

Support Fee from Dec. 1st 2013 – Nov. 30th 2014

(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. Provincial Health Services Authority

FROG LEVEL - \$750

1. Lhoosk'uz Dene Nation
2. Carrier Sekani Family Services

SISIUTL LEVEL - \$500

1. Aboriginal Tourism Association of BC
2. First Nations' Emergency Services Society of BC
3. Osoyoos Indian Band
4. Tsleil-Waututh Nation
5. Tale'awtxw Aboriginal Capital Corporation
6. We Wai Kai Nation
7. Ka:'yu:'k't'h'/Che:k:tles7ett'h' Nation

HUMMINGBIRD LEVEL - \$250

1. Union of BC Indian Chiefs
2. Lake Babine Nation
3. Irving K Barber BC Scholarship Society
4. Skidegate Band Council
5. Seton Lake Indian Band
6. Xaxli'p Indian Band
7. Mamalilikulla Qwe'Qwa'Sot'Em Band
8. McLeod Lake Tse'khene Elders Society
9. Lytton First Nation
10. Akisqnuk First Nations
11. Doig River First Nation
12. Weiwaikum First Nation
13. Pacheedaht First Nation
14. Hailika'as Heiltsuk Health Centre
15. Tk'emlups Te Secwepemc

16. St. Mary's Indian Band

17. Lhtako Dene Nation

18. Westbank First Nation

19. Sts'ailes Band

20. Spuzzum First Nation

21. BC Assembly of First Nations

22. Squamish Nation

Donation:

1. First Nations Tax Commission
2. The Story Telling Elders

Personal Credits

The Indian Residential Schools Settlement Agreement stipulates that once all Common Experience Payments (CEP) have been made, if more than \$40 million remains in the Trust Fund, the funds are to be made available to CEP Recipients, upon application, in the form of non-cash Personal Credits of up to \$3,000 each for educational purposes.

- CEP Recipients will be able to choose to transfer their Personal Credits to certain Family Members as defined in the Indian Residential Schools Settlement Agreement and the Terms and Conditions;
- Terms and Conditions for Personal Credits have been developed by Canada and the Assembly of First Nations and by Canada and Inuit Representatives to determine which Education Entities and Groups and which Educational Programs and Services are eligible;
- Once the Personal Credits have been distributed, any amount remaining in the Trust Fund on January 1, 2015 is to be paid to the National Indian Brotherhood Trust Fund and the Inuvialuit Education Foundation to be used for educational programs.

Important Deadlines

Deadline to submit your Personal Credits Acknowledgement Form: postmarked by October 31, 2014.

Deadline for Education Entity or Group to submit Personal Credits Redemption Form: postmarked by December 1, 2014.

All inactive files will be closed on December 1, 2014.

Applying for Personal Credits

In January 2014, a Personal Credits Acknowledgement Form will be mailed to each CEP Recipient who has received a CEP payment. The Acknowledgment Form must be completed and returned to the Personal Credits Administrator postmarked no later than October 31, 2014.

If you have not received your Acknowledgement Form by February 1st, 2014, please call the Personal Credits Help Desk at 1-866-343-1858 or 1-877-627-7027 (TTY).

You will receive a letter by mail once your Acknowledgement Form is received to let you know that we received it. If we have any questions about your Acknowledgement Form we will contact you by telephone and/or mail so it is important to keep us informed of any changes to your address or telephone numbers. You can contact us:

By Phone: 1-866-343-1858 or 1-877-627-7027 (TTY) By Fax: 1-888-842-1332

By Mail: Personal Credits Administrator
Suite 3 - 505, 133 Weber St N Waterloo, ON N2J 3G9

By Email: IRSPersonalCredits@crawco.ca

Incomplete information may lead to delays or denial of your request for Personal Credits.

You will receive another letter by mail once your Acknowledgement Form has been reviewed. If your Acknowledgement Form is approved, the letter will include a Personal Credits Redemption Form that you, and/or your Family Member(s), will need to provide to the Education Entity and/or Group. The Education Entity and/or Group will then need to fill out the Personal Credits Redemption Form and send it to us in order for the Education Entity and/or Group to receive the value of your Personal Credits.

September 30, 2014

Celebrating the International Day of Older Persons

“Leaving no one behind: promoting a society for all.”

As the number of seniors in the world reaches unprecedented levels, the largest seniors’ federation in B.C. says October 1st – the International Day of Older Persons – is an opportunity to celebrate the achievements and contributions that older people make to our society and economy.

“We need to challenge negative attitudes, outdated stereotypes and myths,” says Lorraine Logan, President of the Council of Senior Citizens’ Organizations of B.C. (COSCO).

“For the first time in history, humanity is reaching a point at which there are fewer children than older persons in the world. By 2030, about 20 per cent of the global population will be over the age 60. There will be more people over 60 than children under ten,” says Logan.

This year’s theme for the United Nations’ International Day of Older Persons is “Leaving no one behind: promoting a society for all.”

“Respect, dignity and the right to make choices must be primary in an ageing demographic. Stereotypes that foster isolation, loneliness and feelings of worthlessness must be eradicated.

“The fact is that seniors today are healthier, more aware, more active, and have more resources than any previous generation. We participate at all levels in society and do the major portion of needed volunteer work across the country. We are a value-added commodity as well as contributing tax-payers,” says Logan.

On the International Day of Older Persons, Logan invites everyone to join COSCO and hundreds of other organizations to rejoice in the wisdom and story-telling of seniors, and to celebrate their past achievements and to look forward to the contributions still to come.

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COSCO is an umbrella organization that brings together 85 different seniors groups, representing 107,000 women and men, to work on common issues. COSCO is affiliated with the one million member National Pensions Federation which promotes these issues at the national level.

A major focus of COSCO’s work is promoting good health. To this end, COSCO volunteers provide a series of free workshops on 42 topics ranging from falls prevention to health literacy. More than 6,000 seniors have attended these workshops.

Contact:

**Lorraine Logan, President,
Council of Senior Citizens’ Organizations of BC (COSCO)
Telephone: (604) 916-5151
Email: logan33@shaw.ca**

Mount Polley Disaster: Support for Xat'sull and Williams Lake Nations, Call for Public Inquiry and Mining Reform

Open Letter. September 29, 2014

**Honourable Christy Clark
Premier of British Columbia
PO Box 9041
STN PROV GOVT
Victoria, BC, V8W 9E1
Via facsimile: (250) 387-1715**

**Honourable Stephen Harper
Prime Minister of Canada
Office of the Prime Minister
80 Wellington Street
Ottawa, ON K1A 0A2
Fax: 613-941-6900**

RE: OPEN LETTER regarding Union of BC Indian Chiefs Resolution 2014-17, "Support for Xat'sull and Williams Lake First Nations, Call for Public Inquiry and Mining Reform in the Aftermath of the Mount Polley Disaster"

Dear Premier Clark and Prime Minister Harper,

We are writing with respect to UBCIC Resolution 2014-17, "Support for Xat'sull and Williams Lake First Nations, Call for Public Inquiry and Mining Reform in the Aftermath of the Mount Polley Disaster" (enclosed) which was endorsed unanimously by the Chiefs-in-Assembly on September 18, 2014.

On August 4, 2014 the Mount Polley tailings pond breached and resulted in the worst mining disaster in British Columbia's history. The breach resulted in 10 billion litres of contaminated water and 5 billion litres of solid tailings waste into Polley Lake, down Hazeltine Creek into Quesnel Lakes and River which directly connects to the Fraser River Watershed. As a result of this disastrous breach, significant concerns have been raised by local First Nations of the water quality, impacts to food fish and the surrounding ecosystem.

The Mount Polley disaster highlights the inadequacy of existing Provincial laws, regulations and policies with respect to mining in the Province, consequently, as per the enclosed resolution UBCIC calls on your governments to hold a full and thorough public inquiry to:

- 1. Bring about the full disclosure of the record of facts;**
- 2. To understand the current inadequacy of existing provincial laws, regulations, standards, and policies with respect to mining in British Columbia; and**
- 3. To facilitate significant mining reform in the Province of British Columbia.**

Also troubling is the recent release of the 2010 safety inspection report of the Mount Polley dam which showed a significant crack in the structure that contains the toxic materials within the pond. It is with this resolution and the release of this frightening new information that we urgently call on your governments to move forward with a full public inquiry. We look forward to your immediate reply.

On behalf of the UNION OF BC INDIAN CHIEFS

**Grand Chief Stewart Phillip
President**

**Chief Robert Chamberlin
Vice-President**

**Kukpi7 Judy Wilson
Secretary-Treasurer**

**CC: UBCIC Chiefs Council
Xat'sull First Nation
Williams Lake Indian Band**



e-Newsletter

SeniorsBC.ca

MESSAGE FROM PARLIAMENTARY SECRETARY MICHELLE STILWELL

Autumn is almost upon us, bringing the promise of changing leaves and the pleasures of a bountiful harvest. It's definitely one of my favourite times of year – perfect for making delicious soups for my family and enjoying the crisp, sunny days together.

Fall is a time of transition, giving us the chance to catch our breath after busy summer and turn our attention from barbecues and vacations to other matters. One of the things I am focused on now is dementia and its effect on both sufferers and their families and caregivers in our province.

September was World Alzheimer's Month, when I learned the sobering fact that approximately 70,000 British Columbians have Alzheimer's or a related form of dementia.

With B.C.'s growing and aging population, our government is working to meet the related health care challenges, which include diseases like dementia that affects one in 20 people over the age of 65 and one in four over the age of 85. People can also develop early onset dementia before the age of 65.

We are committed to ensuring those with dementia and their families have access to early diagnosis, treatment and support. We know that people are happiest in their home and we are committed to providing home health services so people with dementia can live in their community safely for as long as possible. We are also committed to providing access to residential care when necessary that is designed to better meet the needs of those with dementia.

An Alzheimer's diagnosis can be stressful and overwhelming for all involved - the person with the disease as well as family and friends. They should know that in such times, there are supports in place to help.

In 2012, our government announced the Provincial Dementia Action Plan, which sets out goals to help people with dementia and their families to access quality care and services, from prevention through to the end of life. This also includes guidelines to support health care providers and other caregivers by giving them access to reliable tools and resources to assess persons who have the symptoms of dementia. More information on the 2012 Dementia Action Plan can be found by visiting:

www.health.gov.bc.ca/library/publications/year/2012/dementia-action-plan.pdf

The Province is in the process of refreshing the plan to identify areas we can improve upon based on a review of national and international best practices.

Our government has also partnered with the Alzheimer Society of B.C. and has invested \$6 million to support First Link. This program offers customized information and access to services as soon as possible after diagnosis. As well, a \$7.5 million fund was recently announced which will further British Columbia's research into Alzheimer's. Funding was provided by the Michael Smith Foundation for Health Research, Genome British Columbia, the Pacific Alzheimer Research Foundation and Brain Canada.

I also want to thank the health professionals who provide the high-quality care to those in need. It is comforting to know our province has so many dedicated caregivers, which also provides a level of comfort for loved ones of those with dementia.

Michelle Stilwell

Parliamentary Secretary for Healthy Living and Seniors to the Minister of Health

FNHA and Province of BC Announce Release of BC Elders' Guide

New guide supports the health of Aboriginal and First Nations Elders



Syilx Nation Territory (Penticton) – The First Nations Health Authority and Ministry of Health have released the first edition of the BC Elders' Guide. This unique health and lifestyle resource is based on the BC Seniors' Guide and is specifically designed for First Nations and Aboriginal Elders. "Elders play a pivotal role in the health and wellness of our communities and today it is more important than ever they are supported to live long and healthy lives, to provide their guidance, wisdom and support for the next generation," said First Nations Health Authority Board of Directors Chair Lydia Hwitsum. The BC Elders' Guide provides information on provincial and federal programs and community and local resources, with sections on health, lifestyle, housing, transportation, finances, benefits, safety and security, and other services.

In the guide, Elders share their secrets to aging well, including eating traditional foods and staying active through hunting and fishing. The guide also addresses the importance of nurturing spirit through being engaged in community life and a reminder to keep tobacco use ceremonial. The publication was launched by Wickaninnish Clifford Atleo Sr. at the 38th Annual BC Elders Gathering in Penticton to an audience of over 3,500 BC First Nations and Aboriginal Elders.

Read, download and share the BC Elders' Guide

For more information on seniors' services in BC, please visit: www.seniorsbc.ca



First Nations Health Authority
Health through wellness

Communique | Health Benefits Meal and Mileage Rate Increase

Effective October 1, 2014: Health Benefits will be introducing an additional increase in the daily meal rate as well as an increase in the kilometric (mileage) rate.

The additional investments are a direct result of our on-going dialogue with First Nations communities and the First Nations Health Directors Association.

As of October 1, **the new meal and mileage rates are in bold**, as follows:

For trips that are up to seven (7) nights in duration:

- **\$48 per night's stay (increased from \$40 per night's stay)**
- **\$25 per night's stay for children under 9**

For trips that are seven (7) or more nights in duration, a weekly rate will apply

- **A maximum weekly rate of \$163 per week, inclusive of the escort**

The same-day travel rate of \$10 for trips that are 6 hours or more in duration has not changed.

The per kilometre allowance for private vehicles will increase to **\$0.22.5/kilometre (increased from \$0.20)**. There will also be a **\$0.29/kilometre** for communities experiencing higher travel costs. Health Benefits is currently working with Regional Directors to determine criteria and processes for eligibility for the higher rate.

Aboriginal Electronica On The Rise

September 30, 2014

After 17 years in the DJ industry, Award-winning DJ Kwe (pronounced DJ Kway) has officially announced the launch of the first Aboriginal Electronica Record Label in North America karmically named “Wax Warriors Record Label.” Wax Warriors Record Label (WWRL) was created to showcase a legacy of digital excellence that contributes to the solidarity and self-reliance of Native communities.

<https://soundcloud.com/wax-warriors-record-label>

The mission of WWRL is to promote and distribute Aboriginal Electronica created by Aboriginal Music Producers, Recording Artists and Wordly Music Producers in hopes to publish evocative multi-genre fusions. WWRL also funnels opportunities to music producers who are walking the fine line between traditional and electronica genres. In the era where sampling is encouraged, WWRL maintains traditional values while fusing multiple genres respectfully in the eyes of our Ancestors.

<http://www.cdbaby.com/cd/letthemusicplayaborigina>

WWRL believes that Aboriginal Electronica is on the rise, therefore their first trailblazing digital album release proudly showcases “Wabs Whitebird - Let The Music Play - Electronica Remixes.” Wabs Whitebird is a seasoned Aboriginal Artist with many accolades behind him. He has several notable releases and always maintains the highest standard of quality and creativity throughout his productions.

Check out our latest releases and buy the entire “Let The Music Play – Aboriginal Electronica Remixes” album for only \$1.99 online at CD Baby, \$5.94 iTunes and other participating online music retailers. You will get 6 full-length Aboriginal Electronica tracks for the low price of \$1.99 to celebrate this monumental occasion.

<https://itunes.apple.com/ca/album/let-music-play-aboriginal/id922256558>

Give us one inch of land and we’ll feed a community; give us 12 inches of vinyl and we’ll feed the world...DJ Kwe

For more information please contact:

Crystal Favel
Squamish BC
Coast Salish Territory

(778) 985-8155
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djkw@hotmai.com

UBCIC and BCCLA react to video of Robert Wright's brutal take-down while in Terrace RCMP cells

News release. October 3, 2014

VANCOUVER - Coast Salish Territory - Nearly two years after the BCCLA and the Union of BC Indian Chiefs called for the public release of the cellblock videotape of an assault on Robert Wright in the cells of the Terrace RCMP detachment, the footage has been released to the public for the first time.

On April 21, 2012, Robert Wright, a 47-year-old construction worker at the time, was taken into custody by Terrace RCMP after his wife, Heather Prisk, called for police assistance. While in custody, Wright received a disabling brain injury at the hands of police. In one of the two incidents in which force was used on him, Wright was handcuffed and kneeling in a cell, facing the wall and being searched by three police officers when he was forcefully "taken to the ground" by one of the officers. Wright sustained a head injury requiring twelve stitches and causing a traumatic brain injury. He had to be taken by air ambulance for emergency life-saving surgery in the lower mainland of BC, where he lay in a coma for 10 days. He remains seriously brain injured and suffers significant memory issues making independent living impossible.

Earlier this year, Mr. Wright filed a lawsuit against the RCMP constable who allegedly assaulted him. Recently, that lawsuit was amended to allege that the constable in question was on illegal steroids at the time.

Josh Paterson, executive director of the BC Civil Liberties Association, reacted to the video: "This is shocking. It appears on the video that this brutal takedown was an excessive use of force. Mr. Wright was kneeling on a bench, cuffed, and posing no apparent threat at the time that a constable smashed him to the floor, breaking his head open and leaving a pool of blood. Rob's trip to the cells was life sentence to a permanent and debilitating brain injury. We hope that the family's lawsuit will get to the bottom of why this happened, and that it will bring some measure of justice to the Wright-Prisk family."

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs, added: "Two years ago I said I couldn't imagine a scenario that would justify the cruel use of force against Robert Wright, who was kneeling, cuffed, and surrounded by police. In video, it appears that there was no justification. He was viciously and inhumanely assaulted. When will the violence against Indigenous people stop in this province? This video shows how little value was placed on Robert Wright's humanity. He can never go back. He will never be the same. The police have got to be held accountable and we fully support them in this fight."

The New Westminster Police Department investigated the case and recommended charges against at least one police officer; however, the regional Crown in New Westminster declined to approve those charges and proceed to trial. In declining to approve charges, the Criminal Justice Branch relied on a use of force expert report, surveillance video and audio, none of which have been publicly disclosed. In November 2012, the BC Civil Liberties Association and the Union of BC Indian Chiefs called for the province to appoint a special prosecutor to review whether criminal charges should be laid. The BC government did not act on this request.

Grand Chief Phillip and Mr. Paterson visited Mr. Wright in Terrace in March 2013. Robert Wright continues to live with disabling brain injuries in Terrace in the full-time care of his wife, Heather Prisk-Wright.

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Contact:

Josh Paterson, Executive Director, BCCLA, 604-630-9652 josh@bccla.org

Grand Chief Stewart Phillip, UBCIC, 604-684-0231



For Immediate Release

Launch of Authentic Indigenous Arts Initiative supports hundreds of Indigenous artists across BC

Oct. 8, 2014, Coast Salish Territories – The Aboriginal Tourism Association of British Columbia (AtBC) launched its Authentic Indigenous Arts initiative, designed to honour the rich, diverse cultures of Indigenous peoples throughout BC, and protect the authenticity of Indigenous arts for future generations.

The Authentic Indigenous Arts initiative was designed to provide a simple way to clearly identify authentic Indigenous art, and protection of the art. It was also created to educate consumers, travellers and resellers on the positive community impact of buying authentic Indigenous art and crafts; to influence consumers, travellers and resellers to seek out and purchase authentic Indigenous products in British Columbia; and to nurture economic and cultural sustainability in First Nations communities throughout the province.

“Over the years, as interest in local Indigenous art has grown, we unfortunately have experienced an influx of knock offs into the market,” says Keith Henry, CEO of Aboriginal Tourism BC. “We want the consumers to buy authentic Indigenous art with confidence. Thanks to the work of Shain Jackson, and the Authentic Indigenous Arts team, the Authentic Indigenous Arts initiative is a simple way for consumers to identify authenticity and make a conscious choice to contribute to supporting local Aboriginal communities and artists.”

It is estimated that the sale of Northwest Coast art generates more than \$100M annually in Vancouver, BC alone. British Columbia is home to the largest number of Indigenous artists, with almost one-third of the country’s Indigenous artists (about 900 artists or 29 per cent of the Canadian total). These artists account for 3.8 per cent of all artists in B.C.

“Arts and culture are integral for enhancing the visitors experience, especially as we have an increasing number of visitors seeking an authentic experience. This program is another way to enhance the visitor’s experience when travelling to BC”, says Brenda Baptiste, Chair of AtBC.

“As an artist myself, it has always been important that Indigenous artists are at the heart of this process,” says Shain Jackson, owner of Spirit Works Ltd. “Our goal now is to get every BC Indigenous artist signed up for the initiative, as well as resellers to support the program. If we work together, this will be the single biggest shift in control over our artwork that has happened since contact, and in addition the single biggest shift in resources from the sale of our artwork. And on top of this, the consumers now have a trusted way to ensure they are purchasing local Indigenous art.”

The program uses a three tier process to certify Aboriginal artwork as well as products carrying Aboriginal designs. Each tier corresponds to a defined area within the Aboriginal art market, which allows for maximum participation by Aboriginal artists in what is being sold in addition to ensuring fair value is going back to artisans and their communities.

More than 31 Indigenous artists attended the pilot Authentic Indigenous Arts workshop in Victoria this past week, provided feedback on the tier system and also developed a greater understanding of how valued their work is by consumers. Also as part of the program any retailer who commits to stocking at least 30 per cent of their Indigenous - themed products as endorsed by the Authentic Indigenous initiative may become a recommended retailer.





Throughout the summer, AtBC piloted an additional two workshops to create a group of more than 200 artisans and 7 retailers who are now supporting the Authentic Indigenous Arts initiative.

“Our artists are very excited about this initiative,” says Workshop facilitator and Program Coordinator, Lou-ann Ika’wega Neel. “This is the first time in nearly 30 years that our artists have had this level of support on a provincial level; and we are really looking forward to engaging directly with the public to share the rich and sophisticated artistic traditions of our people.”

The Authentic Indigenous Artisan Program tiers include:

Tier 1:

If an artist, or an artist via an Indigenous company, designs, produces, and distributes a piece of artwork or an Indigenous art product it will be permitted to display a “Tier 1” Authentic Indigenous stamp or tag. This tag ensures that Indigenous artists and craftspeople have been remunerated for their work, while at the same time the integrity of their designs is being protected.

Tier 2:

Tier 2 has been designed to assist Indigenous arts entrepreneurs and allow them to compete in a market where there has traditionally been no Indigenous involvement. If an Indigenous art product is designed by an Indigenous person and distributed by an Indigenous person or business, but made by others outside the Indigenous community, that product will be permitted to display a “Tier 2” Authentic Indigenous stamp or tag.

Tier 3:

Tier 3 products bear the artwork of an Indigenous artist who has been fairly compensated for their work and has also approved the final design. The producer and/or distributor need not be Indigenous.

Further Authentic Indigenous Arts workshops are scheduled throughout the year, with information on locations and dates available through the new website www.AuthenticIndigenous.com.

About Aboriginal Tourism BC (AtBC)

The Aboriginal Tourism Association of British Columbia (AtBC) is a non-profit, stakeholder-based organization that is committed to growing and promoting a sustainable, culturally rich Aboriginal tourism industry. Through training, information resources, networking opportunities and co-operative marketing programs, AtBC is a one-stop resource for Aboriginal entrepreneurs and communities in British Columbia who are operating or looking to start a tourism business. AtBC works closely with tourism, business, education and government organizations to help B.C.’s Aboriginal tourism businesses offer quality experiences and actively promotes these experiences to visitors and local residents. www.AbandoriginalBC.com. Along with the launch of the Authentic Aboriginal Artisan program, AtBC launched earlier this year Aboriginal Travel Services. It is a full service travel agency with expertise in aboriginal tourism and proceeds from the agency flow back to assist in the development of local aboriginal tourism businesses.

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Media Contacts:

Paula Amos, AtBC: 604-803-4494 or paula@aboriginalbc.com

Kate Rogers, Tartan Group: 604-880-1494 or kate@tartangroup.ca

Brian Cant, Tartan Group: 250-592-3838 or brian@tartangroup.ca



URBAN NATIVE YOUTH ASSOCIATION



Britannia Community Centre

Monday Nights

Wellness Talking Circle

Need a safe space to talk?

Family, friends, relationships, school, anger, sadness, fear, peer pressure or anything else on your mind...

What you say in circle stays in the circle!

WHERE?

6:00-8:00 pm

Britannia

Teen Centre



Want someone to talk to but 1 on 1...

My name is Priscilla and I am an UNYA A&D Counsellor. I am at Britannia Monday to Friday afternoons and evenings.

You can find me:

- in my office located at GYM C,
- The Teen Centre *OR*
- walking around Britannia

We can talk confidentially about anything!

I also run workshops and cultural events so contact me for the next event coming up!

Contact: **Priscilla Bartleman**, Aboriginal Alcohol & Drug Counsellor
Available for **FREE** confidential 1-1 counselling

Phone: **604-785-7011** OR Email: **adcounsellor.bcc@unya.bc.ca**

Britannia Community Centre ~1661 Napier Street

From the First Nations Health Authority News and Events



Read, Download and Share the First Nations Health Benefits Information Package!

The First Nations Health Authority is pleased to release the first edition *First Nations Health Benefits Information Package*. This publication has essential and informative information about the First Nations Health Benefits program including principles, coverage, workflow for claims, appeals information, frequently asked questions, contact information and more.

This document intends to assist First Nations Health Benefits clients in navigating the system in an easy and convenient way. Information within covers the health benefits areas of dental, medical supplies and equipment, medical transportation, mental health, MSP, pharmacy, vision care, travel, general, and more.

Read, download and share the First Nations Health Benefits Information Package here and look out for hard copies coming to your community.

For more information on the First Nations Health Benefits Program please visit us online through the below links:

First Nations Health Benefits
Overview
Access for First Nations
Benefits Information
Frequently Asked Questions

Community Living BC Services Now Available in First Nations Communities

Services offered by Community Living BC (CLBC) will be available on-reserve to First Nations. CLBC funds supports and services to help adults with developmental disabilities and their families achieve their goals and live the life they want. Supports can include:

- Family support
- Connections with community services to support individuals, families or caregivers
- Helping find housing options that encourage independence while meeting an individuals' unique needs
- Community inclusion supports that focus on employment, social and life skills

This means that there can be First Nation service providers (i.e. shared homes, programs, etc.), on reserve, as long as they meet the CLBC standards and are approved. These services were previously not available on-reserve.

For more information please contact Community Living BC through their local offices. Find these here: www.communitylivingbc.ca/about-us/contact/local-clbc-offices

FOR IMMEDIATE RELEASE

FitNation 2014/15 Leader Training Session

December 2nd & 3rd, Richmond, BC

REQUEST FOR APPLICATIONS

The Aboriginal Sport, Recreation and Physical Activity Partners Council (Partners Council) is pleased to announce the application launch for the 2014/15 FitNation Leader Training. Entering into its second year, FitNation has developed a strong following and this year's leader training has been highly anticipated.

FitNation incorporates a series of dynamic stretching exercises that are fun, adaptable to any fitness level, and presented in an easy-to-use workout format specifically designed to increase physical activity in Aboriginal communities and Friendship Centres across BC. FitNation is for all ages, scalable to any size group, and requires no specialized facilities or equipment.

1. Are you a certified Fitness Instructor?
2. Do you have experience as a personal trainer or coach, or have a background in delivering physical activity or recreation programs in a First Nation, Friendship Centre, or Métis Chartered Community?

If so, you may be interested in this unique opportunity.

The Partners Council will be selecting 12 volunteer Aboriginal fitness and physical activity leaders to be trained in the FitNation program. Under the guidance of Dwayne Roberts, a certified Nike Sparq Instructor, participants will undertake an intensive two-day training process. After the training is completed, the 12 FitNation leaders become eligible to apply for a \$1,000 grant to plan and deliver their own 8 week FitNation program (2-3 FitNation classes per week) in their community/Friendship Centre.

Training will take place in Richmond December 2-3, 2014 at the Sheraton Vancouver Airport. Those selected to attend will have all travel costs covered by the Partners Council.

For more information on FitNation and the Leader Training Session, please contact:

Robynne Edgar, Manager – Healthy Living Activities

Email: redgar@bcaafc.com

Fax: (250) 250-388-5502 | Phone: (250) 388-5522 Ext.225

Heart Health Heart attack: Know the symptoms from www.medbroadcast.com

The key to surviving a heart attack is getting medical help early – nearly half of all deaths due to heart attack occur within three to four hours of the beginning of symptoms.

Keep in mind that not everyone experiences the same heart attack symptoms to the same degree – some older people and women can experience less obvious symptoms. Some heart attacks come on suddenly, but the vast majority start slowly with mild pain and discomfort. Many people experiencing a heart attack are not sure they are having one and may think it's only heartburn or indigestion. This may result in not seeking medical attention promptly.

Therefore, it's critical to be familiar with and recognize heart attack symptoms, and to take them seriously. The following are heart attack warning symptoms:

- **pain or discomfort in the chest, shoulder, arm, back, neck, or jaw that does not go away with rest (in women, pain may be more vague)**
- **pressure, heaviness, fullness, or squeezing in the chest**
- **shortness of breath**
- **nausea and/or vomiting**
- **sweating, or cool and clammy skin**
- **anxiety**
- **light-headedness or sudden dizziness**

If you experience these warning symptoms, the Heart and Stroke Foundation suggests doing the following things: Acting promptly may save your life!

- **Call 9-1-1.**
- **Stop all activity and rest (sit or lie down).**
- **If you are taking nitroglycerin, take your usual dose.**
- **If the 9-1-1 operator advises it, and you are not allergic to ASA, chew and swallow one 325 mg ASA tablet or two 81 mg tablets.**
- **Rest and wait for Emergency Medical Services (EMS).**

Ten ways to improve your heart health

From the Heart and Stroke Foundation

Making healthy choices will help prevent heart disease and stroke. By changing habits a little at a time, you can reach your heart-healthy goals. Here are some practical suggestions that may make the changes easier, day by day, week by week, month by month. Give them your best shot.

1. Eat 10 fewer restaurant, fast-food or takeout snacks or meals this month. By cooking for yourself at home or packing a lunch for work, you exercise greater control over ingredients, cooking methods (grilling, poaching, baking) and, vitally, smaller portion sizes. “We're still overdoing it when dishing out servings,” says Bonnie Stern, author of the Heart and Stroke Foundation of Canada's HeartSmart™ (Random House) series of cookbooks. “Restaurants make large portion sizes seem normal. And you have no idea what goes into each dish.” See our recipe files online for some great meal ideas

2. Take 10 seconds to read the new nutrition panel before you buy a food product. New labelling regulations introduced last December mean you can spot trans fats in foods quickly. Trans fats are an unhealthy fat that increase your blood cholesterol. Try to minimize your intake of trans fats as much as possible. Or, simply look for the Heart and Stroke Foundation's Health Check™ symbol, now on more than 500 items, to ensure that the products you buy are healthy choices. See the full list here
3. Spend 10 minutes with your mom, father, aunt or uncle on both sides of the family discussing your history of heart disease, stroke and diabetes. Although you can't change your genes, knowing your family's health history will help you and your doctor tailor an appropriate prevention plan for you.
4. Increase your intake of vegetables and fruit by 10 servings per week. These foods are chock-full of disease-fighting antioxidants and heart-healthy fibre. Five to 10 servings a day is your ultimate goal, but if you're not hitting that target, read about some simple ways to make them part of your daily diet here
5. Achieve and maintain a healthy weight. Consider this: a weight loss of only 10 pounds (4.5 kg) over five to ten weeks – that's 1 to 2 pounds per week – can result in as much as a 7 point reduction in systolic blood pressure (the top number) and a nearly 6 point reduction in diastolic blood pressure (the bottom number), which will lower your risk of stroke and heart disease. A healthy blood pressure reading is lower than 120/80. Read about healthy weight here
6. Take 10 seconds to measure your waist circumference. Maybe you've figured out how much extra weight you carry, but where do you carry it? Are you an apple or a pear? Studies show that those who carry weight around the middle tend to have higher blood pressure and cholesterol – two risk factors for heart disease. “I like to see my female clients measuring less than 88 centimetres around the waist and the men less than 102 centimetres,” says cardiologist and Heart and Stroke Foundation spokesperson Dr. Beth Abramson. “If you haven't already got one, get a tape measure. It's as vital to your health as a scale.” The best way to whittle down your middle is to be physically active – walking, hiking, jogging, biking as often as you can. Read about getting active here
7. Increase your physical activity by 10 minutes per day. While a healthy goal is 30 minutes of exercise most days of the week, you can get there by increasing your activity level by 10 minutes daily. And you don't have to run a marathon or become a triathlete; modest levels of physical activity will help to lower blood pressure, keep weight off and reduce your risk of developing coronary artery disease. So walk, play with the kids or dance to your favourite CD. Read more tips on getting active here
8. Set aside 10 minutes a day for a time-out. Leave your desk and walk around the block. Close your door at work or at home, then sit in a comfortable position and breathe in and out slowly. Stress is often associated with unhealthy activities such as smoking, overeating, excessive drinking, worrying or outbursts of anger. Read about more ways you can reduce your stress
9. Think about your alcoholic consumption for 10 seconds. Research shows that drinking more than nine (for women) and 14 (for men) standard drinks of beer, wine or liquor a week increases the risk of heart disease and stroke. Choose other beverages instead – sparkling mineral water or low-sodium tomato juice makes for a delightful, heart-healthy change. Read more about alcohol consumption here
10. Read and then send the risk factors for heart disease and stroke to 10 friends and members of your family. Your age, gender, ethnicity and genetic makeup can't be modified. But you can do something about smoking, inactivity and being overweight, among others, to reduce your risk. Read the list of risks for heart disease and stroke



King and Queen

Introducing

2015 King Doug and Queen Kathy Lafortune

Tsawout First Nation is one of 5 communities of WSANEC Nation. The population is estimated at almost 1800 people, with almost half of that identifying as Tsawout First Nation. With a high proportion of infant, child, and youth population Tsawout is vigorously trying to plan for recreational and community development to assist with keeping the young population active and healthy. The Elder population is small and precious but there is a great deal of community activism from the Elders group who are active in their own families, in their own businesses, and in travelling.

The original Tsawout representatives for 2015 King and Queen were Irvine and Lena Jimmy. The WSANEC community has relied very heavily on Irvine for many years for his cultural knowledge and SENCOTEN language expertise. Irvine and Lena considered the demands of travel and promotion of the 2015 Gathering and requested that the responsibilities of King and Queen be bestowed on Doug and Kathy LaFortune.

Doug LaFortune was born in Bellingham, Washington. His parents were John Horne and Georgene Harry. Over the years Doug lived in Duncan and Victoria but came back to Tsawout in 1990. He raised his family of three children and now helps guide his 6 grandchildren into the future.

As a successful Artist/Carver Doug LaFortune brings a unique dynamic and personality to the consideration of “tradition”. He acknowledges his mentor and teacher Simon Charlie for helping him to learn Coast Salish design. His artwork has helped to embrace difference and invite unity in both WSANEC and in the neighbouring municipality of Central Saanich. Examples of his work are featured in unique greeting cards, labeling on local coffee, and in beautiful WELCOME TO SAANICHTON VILLAGE totems. Noteworthy commissions include the Heron fountain sculpture featured at UPTOWN Shopping Centre in Victoria, totems in Butchart Gardens, Welcome Figures in the Indigenous House of Learning at University of Victoria and the Welcome Figures presented to Queen Elizabeth at the 1994 Commonwealth Games.

Kathy LaFortune brings her heritage and strong family values to the role of Queen. Kathy was born in Port Alberni and went to school in Alberni Indian Residential School. In 1971 she met Doug at the Victoria Native Friendship Centre and they stayed together settling at different times in Duncan, Westholme, Victoria, and then Tsawout. Kathy is the daughter of Walter Jones of Port Renfrew and Mary Yukum of Tseshah. Her Grandfather was legendary Chief Questo. She remains very active within her family supporting her husband in promotion and final finishing of his many works. She also is very active in guiding her family relationships with common sense, intellect, and disciplined personal values.

Their youthful vitality is deceptive for as a couple they have been married over 40 years. They are excellent role models/mentors in the Tsawout community for the respect and dignity they maintain in their relationship. They are wonderful, friendly, warm-hearted people who enjoy sharing their wisdom and experiences to help contribute to betterment.



Hosted By Tsawout First Nation Elders
 PO Box 121, 7728 Tetayut Rd,
 Saanichton BC V8M 2C3
 Phone: 250 652 9114 Fax: 250 652 9114
 Website: www.bcelders2015.ca

Individual / Group Registration Form

Registration Fees

General Information

July 7, 8, & 9, 2015
 Panorama Recreation Centre
 1885 Forest Park Dr,
 North Saanich, BC V8L 4A3

Early Bird – By May 10, 2015 \$100.00 per guest

Late – After May 10, 2015 \$125.00 per guest

*Registration includes continental breakfast, lunch, and dinner per agenda for one person; welcome package; scheduled transportation; parking; and tour options.

Nation / Tribe Name:			
Contact Name:		Email:	
Phone:		Fax:	
Address:			
On Site Caregiver Name:		Contact # :	
Hotel/Motel Name:		Phone:	
Address:			
Participant Names: <i>Please indicate if they are a Veteran</i>		Health Concerns, Disabilities, and/or Dietary Needs <i>(This information will be on badge worn by elder for emergency purposes)</i>	
1			
2			
3			
4			
5			
6			
7			
8			
Please mail complete registration form with cheque or money order payable to: Tsawout First Nation RE: 39th Annual BC Elders Gathering PO Box 121, 7728 tetayut rd Saanichton, BC V8M 2C3 <i>*Full payment must accompany registration forms; no registration will be secured without payment.</i>		Registration Fee	
		<input type="checkbox"/>	I am enclosing early bird registration fees for _____ (#) participants @ \$100.00 each
		<input type="checkbox"/>	I am enclosing Late registration fees for _____ (#) participants @ \$125.00 each
		Total cheque/money order enclosed: \$	

For further registration information and/or changes please contact:
 Kayla Charlie, EMAIL: elders2015@tsawout.ca , Phone: (250) 652 9101

"The 39th Annual Elders Gathering Core Committee is not responsible for lost or stolen items, nor injuries or illnesses during the event"



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VOLUNTEER REGISTRATION FORM

First Name:		Last Name:	
Mailing Address:			
City:	Province:	Postal Code:	
Phone:	Alternate Phone:	E-mail:	
Age (check one): * <input type="checkbox"/> Youth (16-17 Years) <input type="checkbox"/> Young Adult (18 – 24 Years) <input type="checkbox"/> Adult (24 Years +)			
<small>*please note that if you are under 18 you will need a chaperone with you when you are volunteering</small>			
Medical Number:		Illness/Allergy:	
Emergency Contact Information			
Contact Person:		Phone:	
Address:		City:	Province:
Signature:		Date:	

Description of Possible Volunteer Duties (Please complete the volunteer schedule on the following page)

- Registration – July 7, 2014. Will assisting staff with the registration process.
- Giveaways – Assisting coordinator with all giveaways for gathering
- Elders Rest Area – Assisting in quiet area for Elders
- Elders Support – Runners for water, snacks, servers, dance partners
- Food Server/clean-up - will assist with during meals and light clean-up.
- Transportation – directing to buses, connecting with tours
- Fundraising – assisting with 50/50 sales
- Arts & Craft Support – Checking in with vendors for any support required.
- Cultural Activities - will assist with duties related to the Cultural activities (may be with feast, luncheon).
- Venue Guide – July 7-9, 2014 will direct delegates who are looking for specific rooms or venues.
- Entertainment Aid – will assist with entertainment activities.
- Security/First Aid - provide assistance during gathering.
- Set-up/Take-down – Helping with setup (could be stage, chairs, etc.)

Please submit completed volunteer application forms by fax, mail or e-mail to:

Jessie Jim, Volunteer Coordinator
 39th Annual BC Elders Gathering
 7728 Tetayut Rd. Saanichton BC, V8M 2C3

“FROM THE PAST TO THE PRESENT FOR THE FUTURE”

“THE 39th ANNUAL ELDERS GATHERING PLANNING GROUP IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS, NOR INJURIES OR ILLNESSES DURING THE EVENT”



Hosted By Tsawout First Nation Elders
 PO Box 121, 7728 Tetayut Rd,
 Saanichton BC V8M 2C3
 Phone: 250 652 9114 Fax: 250 652 9114
 Website: www.bcelders2015.ca

E-mail: jjim@tsawout.ca or Fax: 250-652-9114 or Phone: 250-652-9101

Name: _____

1. Please check your top four (4) volunteer areas:

- | | | |
|---|--|---|
| <input type="checkbox"/> Registration (Monday only) | <input type="checkbox"/> Tours | <input type="checkbox"/> Accommodations |
| <input type="checkbox"/> Giveaways | <input type="checkbox"/> Entertainment | <input type="checkbox"/> Elders Rest Area |
| <input type="checkbox"/> Transportation | <input type="checkbox"/> Food Server | <input type="checkbox"/> Elders Support |
| <input type="checkbox"/> Venue Guide | <input type="checkbox"/> Food Clean-up | <input type="checkbox"/> Arts /Crafts Support |
| <input type="checkbox"/> Information Booth | <input type="checkbox"/> Cultural Events | <input type="checkbox"/> Cultural Foods |
| <input type="checkbox"/> Security | <input type="checkbox"/> First Aid | <input type="checkbox"/> Souvenir Booth |
| <input type="checkbox"/> Volunteer Booth | <input type="checkbox"/> Set-up Monday | <input type="checkbox"/> Take Down Wednesday |

2. Please check the days & shifts you are available:

Shift	Sunday July 6	Monday July 7	Tuesday July 8	Wednesday July 9
Morning: 6:30 am to 10:00 am	N/A			
Mid-day: 10:00am to 2:00pm				
Evening: 2:00pm to 6:00pm				
Night : 6:00pm to 10:00 pm				
Late Night 10:00pm to 1:00am	N/A			N/A

You may not be assigned to the entire time block as listed (i.e. – evening shift). We will only assign up to four hours of volunteer hours per shift depending on the schedule needs.

Thank you! The volunteer coordinator will consider your volunteer choices, your availability and assign an overall volunteer schedule for you. If you have any questions in the meantime please contact:

Please submit completed volunteer application forms by fax, mail or e-mail to:

Jessie Jim, Volunteer Coordinator
 39th Annual BC Elders Gathering
 7728 Tetayut Rd. Saanichton BC, V8M 2C3
 E-mail: jjim@tsawout.ca or Fax: 250-250-652-9114 or Phone: 250-652-9101

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The Remembrance Day Poppy & *In Flanders Fields* Poem

From www.warmuseum.ca

The poppy is the recognized symbol of remembrance for war dead in Canada, the countries of the British Commonwealth, and the United States.

The flower owes its significance to the poem *In Flanders Fields*, written by Major (later Lieutenant-Colonel) John McCrae, a field surgeon in the Canadian artillery, in the midst of the Second Battle of Ypres, in Belgium, in May 1915.

The poppy references in the first and last stanzas of the most widely read and oft-quoted poem of the war contributed to the flower's status as an emblem of remembrance and a symbol of new growth amidst the devastation of war.

In Flanders Fields

John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,

That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,

Loved, and were loved, and now we lie
In Flanders Fields.

Take up our quarrel with the foe:

To you from failing hands we throw
The torch; be yours to hold it high.

If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields.

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

**ADDRESS:
1415 Wewaikum Rd.
Campbell River, B.C.
V9W 5W9**

**Phone: 1-250-286-9977
Fax: 1-250-286-4809
Toll-Free: 1-877-738-7288
Coordinator:
Donna Stirling
Website: www.bcelders.com
Email:
bcelders@telus.net**

**BCECCS HAS GONE
PAPERLESS!
AND NOW
ELDERS VOICE ISSUES
ARE EMAILED OUT TO
ALL CONTACTS AND
POSTED ONLINE BY THE
1ST OF EACH MONTH!**

Lost

**In the sea,
Their bodies lay,**

**All those who
Went away,**

**So we would
Not worry
Everyday,**

**And then
Never come
Home again,**

**Some were found,
Others were not,**

**Bound to us,
They are now gone,**

**Forever lost,
Never to be found
Remember them!**

SCORPIO—The Intense One (Oct. 23—Nov. 21)

Very energetic. Intelligent. Can be jealous and/or possessive. Hardworking. Great kisser. Can become obsessive or secretive. Holds grudges. Attractive. Determined. Loves being in long Relationships. Talkative. Romantic. Can be self-centered at times. Passionate and Emotional.

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

ANNUAL BC ELDERS GATHERING INFO CORNER

**The 39th Annual Elders Gathering
Host: Tsawout First Nation July 7-9, 2015
Place: Panorama Recreation Centre
1885 Forest Park Drive, North Saanich, BC, V8L 4A3
2015 Elders Gathering Coordinator: Perry Lafortune
Email: eldersgathering2015@tsawout.ca
Website (online registration available): bcelders2015.ca**