

**Volume 15 Issue 12**

**November 2015**



**BC ELDERS COMMUNICATION CENTER SOCIETY**

**ELDERS VOICE**

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

**EV'S 180th Issue!**

### **The 40th Annual Elders Gathering**

Will be held in Williams Lake, BC

On July 11, 12, 13, 14, 2016

Next year's 2016 gathering will begin with the  
"early bird Wild West Celebration day"

on Monday, July 11 at the Williams Lake Stampede grounds  
beginning with a mountain race and Rodeo.

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

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

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## Easy Bakers Corner – Cherry Cake with Cherry Sauce

**Preheat oven to 350°F. Grease and flour a 13x9 baking dish.**

In a bowl, cream 1/3 cup shortening, 2 eggs, and 1 1/2 cups of granulated sugar. Sift together 1/2 tsp. of salt, 2 1/4 cups of all-purpose flour, 1 1/2 tsp. of baking powder, and 1/2 tsp. of baking soda.

Add dry mixture to creamed mixture alternately with 1 cup of milk.

Blend just until well mixed.

Add well drained sour pitted cherries (drained but reserve juice for sauce recipe) and 1/2 cup of chopped walnuts - FOLD them in.

Pour into prepared baking dish.

Bake 40 minutes or until done.

### **Cherry Cake Sauce:**

Mix 1/2 cup of granulated sugar, pinch of salt, 2 Tbs. of cornstarch in medium saucepan.

Mix 1 cup of water with cherry juice reserved from jarred cherries.

Stir constantly on medium heat. Bring to a boil and cook for approximately 10 minutes or until it begins to thicken and no longer tastes like cornstarch.

Remove from heat. Add 1/4 tsp. of almond extract.

Serve immediately over individual slices of Cherry Cake. Cake does not need to be warm.

Reserve remaining sauce in refrigerator for later. Only reheat as much as you need per slice.

## What Can you please share?

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

Gilakasla, Donna Stirling

## 'PRESERVING THE PAST'

The *First Ever* Elder's Website "Preserving the Past" is now online (as of Sept. 2002). Registration forms, booth forms, maps of the host territory, accommodation information, etc. concerning the Annual Elders Gatherings are available each year on the BC Elders Communication Center Society's website [www.bcelders.com](http://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](http://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](mailto:bcelders@telus.com) to be added to the email list. Thank you

### **Disclaimer:**

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

# BCECCS 15th Year GRATITUDE LIST

Support Fee from Nov. 1st 2014 – Oct. 31st 2015

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

Your support is much appreciated!

## LEVELS OF SUPPORT

\$5,000 - Thunderbird

\$2,500 - Killer Whale

\$1,500 - Eagle

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

### Thunderbird - \$5,000

1.

### Killer Whale - \$2,500

1.

### Eagle Level - \$1,500

1. Provincial Health Services Authority

2.

### SALMON LEVEL - \$1,000

1. Lhoosk'uz Dene Nation

2.

### FROG LEVEL - \$750

1. Tale'awtxw Aboriginal Capital Corporation

2.

### SISIUTL LEVEL - \$500

1. Tk'emlups Te Secwepemc

2.

### HUMMINGBIRD LEVEL - \$250

1. BC Association of Community Response Networks

2. Chawathil First Nation

3. Hailika'as Heiltsuk Health Centre Society

4. Spuzzum First Nation

5. Weiwaikum First Nation

6. Mamalilikulla Qwe'Qwa'Sot'Em Band

7. St. Mary's Indian Band

8. K'omoks Health Centre

9.

## **40th Annual BC Elders Gathering in Williams Lake, BC July 11, 12, 13, 14, 2016**

**To all BC First Nations Communities and Annual BC Elders Gathering Society Sponsor Partners**

**The host for the 40<sup>th</sup> Annual BC Elders Gathering under the guidance of Councillor Cecil Grinder and Elder Stan Stump is the Tl'etinqox Government from the Tsilhqot'in Nation with support from the Secwepemc, Carrier, Nuxalk & St'át'imc communities.**

**The 40<sup>th</sup> Annual BC Elders Gathering, will be held July 12,13 & 14, 2016 in Williams Lake, British Columbia. Next year's 2016 gathering will begin with the "early bird Wild West Celebration day" on Monday July 11 at the Williams Lake Stampede grounds beginning with a mountain race and Rodeo. A camp site on the Stampede Grounds is set up for motor homes and tents with cultural activities, Pow Wow, Sweat Lodges, healing circles and Slahal tournaments already in the early planning stages.**

**With the enormous excitement the elders from all across British Columbia have already demonstrated with next year's gathering being held in Williams Lake, the organizing committee is already looking at a shuttle service to the gathering for hotels in Quesnel, Williams Lake, Lac la Hache and 100 Mile House. The committee is putting together a list of camp sites for tents and motor homes. A list of billet and bed and breakfast locations is already being developed. With the early bird Wild West Celebration elders groups may wish to book four days this year.**

**The hunters, fisherman and cooks are already talking about making preparations for the traditional feasts. Tours are already being planned that will provide the opportunity for elders and guests to witness the rich culture, history and beauty of the Region.**

**Meetings have already taken place with the Cariboo Regional District (CRD), Tsilhqot'in Nation Chiefs, Williams Lake City Hall, Williams Lake Indian Band, Cariboo Friendship Centre, Waste disposal service providers, Food Service providers, Portable washroom facilities providers, Williams Lake Tourism, Cariboo-Chilcotin School District, Cariboo Memorial Recreation Complex, Williams Lake Stampede Grounds and many others in making preparations for the gathering.**

**Our next planning meeting for the 40<sup>th</sup> Annual BC Elders Gathering with the host community elders will take place July 31, 2015.**

**It is the hope of the Annual BC Elders Gathering Society that all 203 First Nations Communities in the province attend the 40<sup>th</sup> Annual BC Elders Gathering in Williams Lake. It is also our wish that the Chief or their designated representative from every community attends the gathering in respect for their elders.**

**We look forward to all our sponsor partners and invited guests attending next year's gathering to share a meal and get to know the traditions and rich culture of our First People.**

**With great respect**

**Kw'as hoy (Thank you),**

**Brad Boyes (Sqela':ta:le)**

**Director, Sponsorship Chair, Annual BC Elders Gathering Society**

**36007 Sundew Place**

**Abbotsford BC, V3G 1E9**

**Phone: 1-604-852-4503**

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**Email: [bboyes@telus.net](mailto:bboyes@telus.net)**

**<http://bcelders2015.ca>**



# Urban Native Youth Association's Native Youth Health & Wellness Centre

Holistic health care for Native youth ages 12-24 years

- Are you feeling sick or unwell?
- Have concerns about your physical, mental, emotional, or spiritual health?
- Want to talk about sexual health?
- Struggling with drug or alcohol use?
- Are you pregnant?
- Feeling anxious, sad, angry, worried, or stressed with work or school?
- Want to make some health goals & develop strategies to achieve them?

\*Bring your BC Care Card  
to your first visit \*

No BC Care Card? No problem.  
Let us know. We can still help.

## Drop-ins welcome:

Mondays 2pm - 7pm  
Tuesdays 2pm - 6pm  
Thursdays 2pm - 7pm

## Appointment only:

Mon, Tues, Thurs  
12 - 2pm

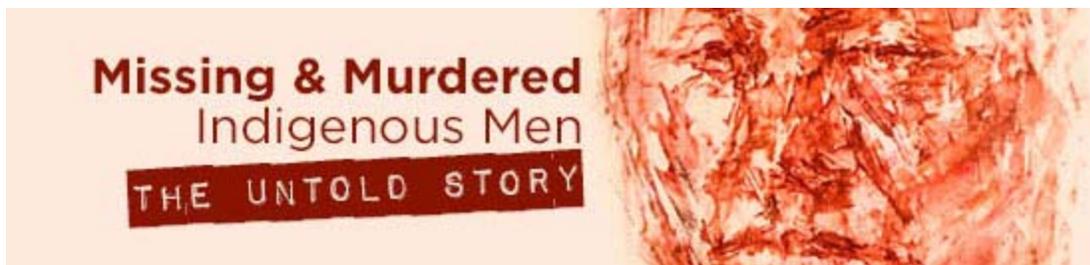


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Tel: 604-253-5885 [www.unya.bc.ca](http://www.unya.bc.ca)

*Programming offered in partnership with Providence Health Care's Inner City Youth Team, Vancouver Coastal Health, and the Strathcona Midwifery Collective.*

**Attention: The date for this has past, but I am running it anyway in case it helps people connect with the information.**



**YOUR OPPORTUNITY TO SUPPORT MEN'S ISSUES ADVOCACY IN VANCOUVER IS JUST DAYS AWAY!**

**MISSING AND MURDERED INDIGENOUS MEN: THE UNTOLD STORY**

Date: Thursday, October 8th, 2015

Time: 6:30pm

Location: SFU Burnaby, Maggie Benston Centre, Room #2292

Admission: Free

"Aboriginal men and boys have been marginalized in discussions of violence and victimization, even though they are the most vulnerable sector of Canadian society in this regard. Attitudes must change."  
- Dr. Adam Jones

**SPEAKER:** Adam Jones, Ph.D., is professor of political science at the University of British Columbia Okanagan in Kelowna, BC. He is the author of *Gender Inclusive: Essays on Violence, Men, and Feminist International Relations* (Routledge, 2009), and author or editor of over a dozen other books, mostly on genocide and crimes against humanity. He has also worked with the United Nations Office of the Special Adviser on the Prevention of Genocide, serving as an expert advisor for conflict-prevention workshops in the Balkans and elsewhere.

**Please RSVP via any of the following platforms:**

Facebook event

Meetup event

[\\*or email us vancover@equalitycanada.com](mailto:vancover@equalitycanada.com)

# Aboriginal Sport, Recreation and Physical Activity Partners Council



## Fraser Region Sport Development Camps and Clinics Fall/Winter 2015 Host Application Form



Co-Hosted by: The Chilliwack Métis Association and The Qw'ogw'elitha Elders Society (S-0061856)

42290 Elizabeth Avenue, Yarrow, BC Canada V2R 5C9

Main Contact: **Bryan Stephenson**

Position: **Education Coördinator**

Work Phone: 604-823-0229

Home Phone: 604-823-0229

Fax #: 604-823-0229

Email: [yarrow1@telus.net](mailto:yarrow1@telus.net)

Alternative Contact: **Barbara Hance**

Email: [b.hance@telus.net](mailto:b.hance@telus.net)

Phone: 604-823-0229

### Tennis Development Camp:

Our 2015 Tennis Development Camp has two complete instructional components each having ten sessions of skill development. The first instructional component will occur before Christmas, in ten consecutive Friday after-school sessions. The second instructional component will repeat the first, with ten new participants, again in ten consecutive Friday after-school sessions. McCammon Elementary School (the only SD 33 school immediately beside a First Nation reserve), dismisses at two pm. Volunteer teachers and parents will walk with the ten participants the three blocks to the Landing Sports Centre, whereupon the tennis instruction will begin at 2:30 and end at 4 pm, upon which, the parents and volunteer teachers will again assume full responsibility and walk with the children back to Skwah First Nation.

### Partnerships and affiliated communities:

Partners	Resources
Chilliwack Métis Association	Heritage connection with youth and Elders
Qw'ogw'elitha Elders' Society	Heritage connection with youth and Elders
Chilliwack Tennis Association	1) Certified Coaches and assistants trained in Progressive-Tennis 2) All necessary Progressive Tennis equipment 3) All instruction sanctioned by Tennis BC & Tennis Canada
McCammon Ele. Sch. & SD 33	Partnership and Teachers' support
Skwah First Nation	Partnership & Parental support
the City of Chilliwack	the Landing Sports Centre facility

### Facility funding

The Landing Sports Centre (45530 Spadina Avenue), rental (for Two Tennis courts) is \$35 per session. The Tennis Development Camp has Two Repeating Components with each having ten sessions. Therefore: (\$35/session x 10 sessions/component x 2 components = \$700 as our grant request.

We also have: 10 age-appropriate tennis racquets, two lower tennis nets, 40 slower-bounce tennis balls



## 6<sup>th</sup> Aboriginal Human Resource Forum

Aboriginal Trauma in the Workplace, Dealing With Lateral Violence in the Workplace,  
Combating the New Synthetic Drug Wave in the Workplace

December 3 – 4, 2015

The Yellowknife Inn – Yellowknife, Northwest Territories

### ABOUT THIS FORUM

We are excited to have SPECIAL GUEST SPEAKER SHELDON KENNEDY! Sheldon Kennedy has skated for three teams in his eight year NHL career but is best known for his courageous decision to charge his Major Junior Hockey League Coach with sexual assault for the abuse he suffered over a five year period while a teenager under his care. Sheldon has become an inspiration to millions of abuse survivors around the world and a committed, out-spoken child advocate. His life story was made into an award winning movie, he has appeared on Oprah, ABC's Nightline, W-5 and the Fifth Estate. He has received several awards for his tireless work including the Scotiabank Humanitarian Award, an Honorary Doctorate of Law Degree from the University of the Fraser Valley, 2012 Calgary Citizen of the Year, the 2014 David Foster Foundation Humanitarian Award and in 2015, Sheldon was named Member of the Order of Canada. He has influenced change in Canadian Law and has taken his message to the International Olympic Committee and the US Senate. Sheldon serves on the Board of the Sheldon Kennedy Child Advocacy Centre, the first of its kind in Canada, offering full wrap-around services for victims of child abuse. Sheldon continues to influence social change through Respect Group, the company he co-founded that provides empowering on-line education for the prevention of abuse, bullying, and harassment in youth serving organizations, schools and the workplace.

We have a host of other esteemed speakers lined up as well. You won't want to miss this one!

**FEES:** 1 – 2 participants: \$695.00 + GST (\$729.75); 3 – 6 participants: \$650.00 + GST (\$682.50); 7+ participants: \$600.00 + GST (\$630.00)

\*No refunds within 7 business days of the event. Outside of 7 days, a full refund, minus a \$100.00 administration fee, will be granted. Substitutions are permitted. Please read full policy information, which is included in the program (available on our website or by contacting us). GST Registration Number 86939 6309 RT0001.

**REGISTRATION INFORMATION:** To register, FAX this form to Rebecca Marinos at (650) 513-2020. We will send you a confirmation email and program information. You can also call to register: (650) 888-2654 or (604) 970-3419.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
Title \_\_\_\_\_ Organization \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

### PAYMENT INFORMATION

Payment Type:  Check  MasterCard  Visa  Purchase Order (# \_\_\_\_\_) Total amount due? \_\_\_\_\_  
Credit card # (if applicable) \_\_\_\_\_ Expiration: \_\_\_\_\_  
Name of person responsible for payment: \_\_\_\_\_ Phone number and email: \_\_\_\_\_

**MAIL CHECKS TO:** W. Zarchikoff & Associates - #112, 19899 55A Avenue, Langley, BC V3A 0C4. You can also call us to pay by credit card if you prefer. Rebecca Marinos: (650) 888-2654.

### CONTACT INFORMATION:

Bill Zarchikoff, W. Zarchikoff & Associates  
Phone: (604) 970-3419 or Toll-free: 1-888-683-7711  
Fax: (604) 530-3841  
Email: [wzarchikoff@gmail.com](mailto:wzarchikoff@gmail.com)  
Website: [www.aboriginaltrainingandconsultingservices.com](http://www.aboriginaltrainingandconsultingservices.com)

Rebecca Marinos, Stratcom Consulting  
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Email: [rebecca@rebeccamarinos.com](mailto:rebecca@rebeccamarinos.com)  
Website: [www.aboriginaltrainingandconsultingservices.com](http://www.aboriginaltrainingandconsultingservices.com)



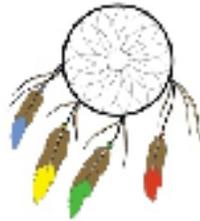
*Lake Country Native Association*

*Invites You to the 21st Annual*

**Winter Family Gathering**

**Traditional Pow Wow**

*November 21, 2015*



*Winfield Memorial Hall*

*Noon to 8:00 p.m.*

*Grand Entry: 1:00 p.m.*

*Host Drum: Birch Creek*

*Tiny Tot, Toonie Special*

*Special Presentations:*

*LCNA Youth Group*

**TRADITIONAL DINNER**

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## RATCLIFFE & COMPANY LLP

### *NEWS*

#### **SUPREME COURT OF CANADA DENIES LEAVE TO RIO TINTO ALCAN; UPHOLDS SAIK'UZ AND STELLAT'EN FIRST NATIONS WIN AT B.C. COURT OF APPEAL**

##### **Original article:**

**Supreme Court ruling means First Nations can sue Rio Tinto over Nechako water diversion  
SCC Summary of Rio Tinto Alcan Inc. Jackie Thomas, et al**

**Published Date:  
15 Oct 2015**

**The Supreme Court of Canada today denied Leave to Appeal to Rio Tinto Alcan, and dismissed Rio Tinto Alcan's Application for Leave to Appeal from the earlier BC Court of Appeal decision in favour of the Saik'uz and Stelat'en First Nations.**

**The case now confirms that, in British Columbia, First Nations may sue an industry or private company for damaging lands or interfering with their use and occupancy of lands and rivers. The case is the first to confirm that common law tort actions such as nuisance and breach of riparian rights can apply on First Nation traditional lands, even where the company holds a permit from the Crown.**

**Chief Archie Patrick stated "This is a significant victory and a step forward for First Nations. Rio Tinto Alcan had claimed immunity authorizing them to willfully continue to damage our lands until we proved aboriginal title. We're pleased that the Court recognized that such rights are under Canada's constitution "existing" and that we have rights to access the Courts just as much as non-First Nation landowners."**

**Jackie Thomas, former Chief of the Saik'uz First Nation and the named Plaintiff, stated "Alcan has been destroying the Nechako River and damaging our fishery since the 1950's, by diverting massive quantities of water out of the River. This is one of the largest environmentally damaging projects in BC history, and First Nations' interests were never considered nor were we ever consulted. We're pleased to finally have a victory in front of Canadian Courts."**

##### **Related lawyers:**

**Gregory J. McDade Q.C., Peter Millerd, Melinda J. Skeels**

##### **Practice Areas:**

**Aboriginal Rights & Land Claims, Civil Litigation for First Nations**

**From [www.ratcliffe.com](http://www.ratcliffe.com)**

**NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

**October 28, 2015**

**Preventing Falls Among Seniors**

Until six months ago, Doreen Wilson was still going strong, working at her son's fruit and vegetable farm. "I did all the flowers, a lot of the raking, sweeping and cleaning," the 89-year-old says proudly.

And then she fell. Not once, but twice.

The first fall resulted in no injury, so she went back to her regular routine. "Two months later I was getting back to normal, doing some housework, dusting, and all of a sudden my foot went out from under me and I went down," Wilson recalled.

A pair of old slippers was the culprit. And this time, she broke the femur in her left leg. The great-grandmother now has three pins in her hip and a metal rod in her leg. "I'm a bionic woman now," she said from her hospital bed, where she's spent the past two months undergoing rehab and getting falls prevention education and support.

To coincide with national Falls Prevention Week November 2 to 8, this year, the BC Falls and Injury Prevention Coalition (BCFIPC) is also launching a month-long public awareness campaign in November for falls prevention in the community.

"Doreen's situation is one that is common among many seniors and with winter approaching, there is an increased risk of losing footing and falling, which raises the risk of injuries that can limit independence," said Darryl Plecas, Parliamentary Secretary for Seniors. "Many falls are preventable and I encourage older British Columbians and their families to learn more about falls prevention."

Falls are the leading cause of injury-related deaths and hospitalizations for seniors in British Columbia, said Heather Fudge, Island Health's Clinical Nurse Specialist, Seniors and Spiritual Health.

"That's why we work so hard to identify patients in our facilities who are at risk. We want to make sure we follow best practice to avoid falls," Fudge said. "But what's also important is continuing that education in the community so that seniors don't fall in the first place. Forty percent of admissions to residential care facilities are because the senior has fallen, suffered a major fracture and is no longer able to stay at home, usually due to mobility issues."

Fudge says small things can make a big difference for seniors when it comes to preventing falls:

- Stay physically active;
- Make your home safer;
- Get your medications reviewed by your doctor or pharmacist; and
- Get your eyes checked once a year.

Wilson considers herself proactive when it comes to falls prevention, but there is one thing she plans to do when she gets home, to make sure this doesn't happen again.

“I had slippers that were old and had lost their tread,” she said. “So that means I better smarten up and buy myself some good slippers.”

Please visit <http://findingbalancebc.ca/> or <http://www.viha.ca/seniors/safety/falls.htm> for more information.

-30-

South Island media inquiries:

Kellie Hudson

Media Relations Manager

250.370.8908

[kellie.hudson@viha.ca](mailto:kellie.hudson@viha.ca)

## IN FLANDERS FIELDS

by John McCrae, May 1915

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.

## Keep Dogs and Cats Safe During Winter

Provided by



**SATURDAY, Dec. 27, 2014 (HealthDay News) -- Winter can be tough on dogs and cats, but there are a number of safe and effective ways you can help them get through the cold season, an expert says.**

**"Sidewalks, driveways and steps are often coated with rock salt or ice-melt products that can prove irritating and drying to animals' feet," warns Dr. Greg Nelson, director of surgery and diagnostic imaging at Central Veterinary Associates in Valley Stream, N.Y.**

**"If they lick their toe pads to remove these substances, the salt or chemicals can also trigger stomach irritation or even more dangerous reactions," he said in a news release.**

**He recommended keeping a spray bottle filled with water handy to spray your pet's feet when they come indoors. Then quickly wipe their paws with a towel to remove any residue.**

**When the temperature falls below 45 degrees Fahrenheit, you should keep your pets mostly indoors, except to take them out for walks/exercise or to go to the bathroom.**

**"Outdoor dogs should have an insulated dog house, and be sure outdoor cats aren't hiding in warm car engines before starting your car. Use plastic bowls for food and water outdoors, not metal," Nelson said.**

**Antifreeze is sweet-tasting and deadly to pets. Clean up antifreeze spills immediately and watch for antifreeze leakage on your garage floor or driveway. If you get antifreeze on your shoes, take them off and clean them so that you don't track the liquid indoors.**

**"Dry winter weather can leave animals' nasal passages stuffy, and the same over-the-counter saline drops and sprays we use can safely be given to dogs and cats to ease breathing," Nelson said.**

**"Regular Claritin [a quarter of a tablet for cats, up to a full tablet for dogs] also can provide relief for little sniffles. But never use the 'D' version of human antihistamines, which indicates the nasal decongestant phenylephrine," an ingredient unsafe for cats and dogs, Nelson said.**

**If you can hear your pet breathe through its nose, exposing it to steam heat can also be an easy fix, he said. Rather than use room humidifiers -- that steam can scald if pets get too close -- bring your dog or cat into a closed bathroom while you run a hot shower, Nelson recommended.**

**Constipation or bowel irregularity can be a problem for dogs and cats, especially if they get less exercise during the winter. Canned pumpkin (not pumpkin pie mix) is a natural and safe laxative for pets. Use one teaspoon per day in cats and up to two tablespoons per day in large dogs to keep them regular, Nelson said.**

**People's use of acetaminophen (Tylenol) increases during cold and flu season, but even small doses of the drug can be deadly to cats. Be sure not to leave acetaminophen tablets lying around. Do not give ibuprofen (Advil) or aspirin to pets unless it is prescribed by your veterinarian.**

**Be sure to check with your veterinarian before giving your pet any over-the-counter products meant for people, to confirm safety and dose information, Nelson added.**

From [www.medbroadcast.com](http://www.medbroadcast.com)

## **39 common facts that just aren't true from www.msn.com**

We've all grown up believing in certain facts that over the years have become common knowledge — veggies are best eaten fresh, bread with the slightest hint of brown is packed with nutrients and that nails and hair continue to grow well after we're dead. But how true are these facts? Click through as we bust many age-old myths.

### **Fresh vegetables are better than frozen ones**

Many studies have claimed that frozen fruits and vegetables can be as nutritious as the fresh ones. According to researchers, a fruit or vegetable starts losing its nutrients once it's picked up from the farm, and by the time it reaches the local grocery store, it has lost quite a lot of nutrients. On the other hand, a frozen fruit is immediately processed once it is picked and, as a result, can retain its nutrient levels better.

### **Alcohol warms you up**

Drinking alcohol may make your skin feel warm, but this apparent heat is deceptive. Alcohol actually lowers your body temperature by dilating blood vessels and making the veins pump warm blood closer to the skin. But this process causes the body to lose its core heat. Therefore, sipping a brandy may make you feel warm immediately, but it won't last long!

### **Cover head, stay warm**

Parents usually fuss over their children going out in the cold without a hat on, believing that most of the body heat is lost through the head. But scientists consider this a myth. A 2008 British Medical Journal report states that a person loses only 7 to 10 percent of body heat through the head. In fact, our body loses a disproportionate amount of heat through any part that is exposed, including hands and toes.

### **Don't step out with wet hair**

There is no connection between stepping out with wet hair and falling ill. You'll probably feel chilly if you skip the blow-dry on a cold day but you won't fall sick. Flu and cold are caused by viruses, not low temperatures.

### **Carbohydrates make you gain weight**

It's a common belief that cutting down on carbs helps you lose weight. But before you eliminate carbs from your diet completely, listen to what the experts have to say. According to Jean Harvey-Berino, head of the department of nutrition and food sciences at the University of Vermont, there is nothing inherently fattening about carbohydrates. Complex carbs in grains, fruits and vegetables provide energy to the body and thus are very important. The carbs to be avoided are the simple or refined ones present in foods made of white flour or with a high sugar content.

### **Cracking knuckles causes arthritis**

Your office mate who goes around cracking his knuckles may be annoying, but he's not any more likely to develop arthritis than anyone else, contrary to this popular belief. "Cracking the knuckles does not cause arthritis," says Stephen L. Burnstein, D.O., F.A.C.R., board certified in internal medicine and rheumatology and a professor at the University of Medicine and Dentistry of New Jersey. "The popping noise heard is from displacement of air in the joint and/or the supporting ligaments and tendons gliding over the joint surfaces."

### **We use only 10 percent of our brain**

On those days when you can't recall a name or phone number, it's tempting to wish for more brain power. Only we're using all that we have, just not all at once, says Dr. Marie Pasinski, staff neurologist at Massachusetts General Hospital, faculty member at Harvard Medical School and author of "Beautiful Brain, Beautiful

You" (Hyperion, 2010). "Think of your brain as a computer with special programs and software to allow it to perform an amazing array of tasks," says Pasinski. At any given time, not every single application is in use. When we are focused on a specific task, the parts of the brain needed for that task become more active.

### **Mount Everest is the tallest mountain**

When measured from the base to summit (and not from the sea level to summit), Mauna Kea (33,500 feet or 10,210 meters in height) located in Hawaii is the tallest mountain in the world. Most of it is submerged under water.

### **Einstein failed at Maths**

Many generations of students have consoled themselves for poor mathematics skills believing that even Einstein failed in the subject at school. But this is not true. He not only excelled in Maths but had mastered differential and integral calculus before he was 15. Einstein, however, failed to crack the entrance exam of the prestigious Federal Polytechnic School (or Academy) in Zurich, Switzerland at 16 years because he did not fare well in non-science subjects, especially French.

### **If you swallow your gum, it'll take 7 years to digest**

Swallowing your chewing gum on that amusement park ride last summer does not subject you to a gummy digestive tract for seven years, says Dr. Richard Desi, a gastroenterologist with the Institute for Digestive Health and Liver Disease at Mercy Hospital in Baltimore, U.S.. "This is certainly a myth. A portion of gum is indigestible, and like any indigestible substance that is consumed, it will simply pass through the gastrointestinal tract and be evacuated." The digestible ingredients in gum do not take any longer than other foods to digest. And the indigestible portion does not "stick" around one's intestines for years, says Desi.

### **The Great Wall of China is visible from space**

No way! Astronauts can't see much detail of any Earth structure with naked eye from space, even the Great Wall of China. According to Canadian astronaut Chris Hadfield, the wall "is too narrow, and it follows the natural contours and colors [of the landscape]."

### **Deodorant causes cancer**

Deodorants have been accused of causing cancer, especially breast cancer in women. However, a 2002 study by Fred Hutchinson Cancer Research Center in Seattle found no link between the use of these products and cancer.

### **Professional removal of plaque loosens the teeth**

The opposite actually holds true, says John Koutsoyiannis, DDS, founder of SoHo Smile in New York. "The reality is if you leave plaque on your teeth it turns into tartar. Not removing it can loosen your teeth." If a person hasn't had their teeth cleaned in a long time and their teeth are compromised, she may feel spaces between the teeth once the tartar is removed, which may make them feel loose," says Koutsoyiannis. "Or, in cases of severe periodontal disease, the tartar may be holding the teeth together and [they] were loose all along."

### **Lots of protein is good for you**

Though protein is no doubt important, excessive intake of it can be dangerous as it burdens the liver and kidneys. Ideally, protein should make up only 10-15 percent of your daily diet, which is roughly around 55g for men and 45g for women.

### **Black holes are hollow**

Don't let the name fool you. Black holes are not empty spaces but huge amounts of matter packed so densely that even light can't escape their strong gravitational force.

**Bulls get angry when they see red**

This has nothing to do with the color red. Bulls are colorblind and it's the waving movement of the cape that annoys them.

**Sharks don't get cancer**

This myth is based on the fact that a shark's skeleton is not made from bones but cartilage, which somewhat inhibits the growth of blood vessels, crucial for cancer cells to thrive. But scientists have found tumors in sharks, albeit only rarely. The myth can only be attributed to a lack of research on this topic.

**Brown bread is better than white**

Store-bought brown bread may not always be the health food it claims to be. The brown color could be coloring agents or sprinkled fiber flakes. Look for labels that say whole grains, as these use bran, germ and endosperm – the components that make up the entire grain.

**A duck's quack doesn't echo**

Nobody knows who invented this one but it simply isn't true. A duck's quack echoes as much as any other sound in nature because it cannot defy the laws of physics.

**Bats are blind**

Although bats have tiny eyes and nocturnal hunting habits, they are not blind. "Bigger bats can see three times better than humans," says Rob Mies, executive director of the Michigan-based Organization for Bat Conservation. Paul Faure, of McMaster University's Bat Lab located in Canada, elaborates further: "All bats can see and all bats are sensitive to changing light levels because this is the main cue that they use to sense when it is (night time) and time to become active."

**The five-second rule**

We've all done it. Picking up dropped food items before five seconds and thinking they're fit to consume has somehow made its way into everyday knowledge. Experts, however, believe differently. According to research by food scientist Paul Dawson from Clemson University, South Carolina, U.S., "a cookie could've picked up toxic salmonella bacteria during that brief time window, especially on a tiled or wooden surface." How dirty the food gets does not depend on time but other factors like the food's moisture, surface geometry and floor condition.

**Bananas grow on trees**

The Banana plant is actually a herb (the largest herbaceous flowering plant) and not tree.

**Don't wake sleepwalkers**

Did you know that up to 40 percent of children sleepwalk at night, but most grow out of it as they age? One piece of advice which many have heard is never to wake a sleepwalker as it might send them into shock upon their sudden awakening. This is simply not true. It'll only lead to a confused state for the sleepwalker at that moment and perhaps an awkward encounter for you!

**Toilet doors/handles are a hotbed for germs**

According to a test carried out at the University of Arizona, a toilet door is the least infected surface in the room. Most bacteria need a warm and moist environment to survive and cannot live on hard, dry surfaces for long.

**Fish have a 3-second memory**

It has been proven that fish can recall information for up to five months. Research scientists in Israel have even trained young fish to associate sound with feeding time. Every time they played a particular sound, the fish would return for food.

**A coin thrown off the Empire State Building could kill someone**

A 10-gram coin will never gather enough velocity to kill anyone even when dropped from a man-made skyscraper. Its velocity would be offset by air friction and the coin will certainly hurt you if it hit you, but not lethally.

**Humans have 5 senses**

Not true! Neurologists count as many as 21, including thirst, balance, hunger, temperature and movement.

**Dogs sweat by salivating**

Most of the sweat glands in dogs are located in the paws or footpads and none on the tongue. Panting and salivating is a way of regulating their body temperature as it causes evaporation from the moist lining of their lungs.

**Vikings wore horned helmets**

There is no historical or archaeological evidence to support this. The myth was probably propagated after German painter and costume designer Carl Emil Doepler created the horned helmet for the first time in 1876 for Richard Wagner's opera "Der Ring des Nibelungen."

**Nails and hair continue to grow after a person dies**

This creepy fact is a myth as well. In reality, the skin retracts from the body of a dead person as it becomes dehydrated, making nails and hair appear longer. Also, goosebumps caused by the contraction of the hair muscles may add to the effect.

**Don't touch baby birds!**

It is believed that picking up baby birds and putting them back in their nests can cause their mother to disown them. But the fact is that most birds have a very poor sense of smell, which means in most cases they wouldn't be able to tell.

**There's no such thing as sugar rush**

Do you worry that all that cake and sugary treats in a birthday party will turn on the hyperactive mode of your child? Various researches over the years have shown that there is very little link between sugar consumption and hyperactivity. Children are more likely to be excited by the games and activities they indulge in during a party and that leads to their rowdy behavior, not the sweets.

**Wait 24 hours before reporting a missing person to the police**

We've often heard that we need to wait for at least a day before officially filing a report for a missing person. However, there is no such rule that dictates to wait for that long. If you believe that someone is missing, don't wait for the 24-hour mark and inform the police immediately – they will never turn you down.

**The fruit orange named after the color**

Quite the opposite! It's in fact the color that's named after this juicy fruit.

**There are no designated taste spots on the tongue**

This is false as well. Research shows that every area on your tongue can more or less equally sense every kind of taste.

### **Fortune cookies are a Chinese tradition**

While you may find fortune cookies mostly in Chinese restaurant but they're very much an American invention. There have been various theories that the Chinese introduced fortune cookies to America but they were first made in California.

### **Lightning never strikes twice in the same place**

Lightning can and does strike more than once in the same place. There is absolutely no physical, meteorological, geographical or geological reason behind why it cannot strike in the same place twice. In fact, every year lightning reportedly strikes conductors atop buildings and towers such as the Empire State Building, the Eiffel Tower, and the Sydney Tower between 50 and 100 times.

### **Don't eat and swim!**

We are often told not to swim within an hour of eating, as it increases the risk of muscle cramps and drowning, but that's not true. Yes, the body requires greater flow of blood to you intestines and stomach to digest food but there's enough blood in the body to reach your limbs at the same time.

### **Sushi means "raw fish"**

Sushi does not mean raw fish but refers to any dish served with vinegared rice. It can be served with different kinds of sea food – cooked or raw.

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**From Canadian Family Physicians [www.cfp.ca](http://www.cfp.ca)**

## **Out of sight, out of mind**

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**Some might consider 8 cases of acute rheumatic fever (ARF) with 2 deaths in remote First Nations communities in northwestern Ontario hardly newsworthy. Given the challenges that face humanity and the carnage caused by the many threats to our health globally, it might hardly merit a second glance. But for Canadians, it is a canary in the coal mine—bellwether for problems and serious deficiencies in our health care system.**

## **Rise of an old scourge**

**We know that, in general, our fellow citizens of aboriginal heritage suffer from rates of disease and burdens of ill health that are considerably greater than those of their neighbours. The case series published in this issue of *Canadian Family Physician* (page 881) describes the recrudescence of an old scourge, ARF.<sup>1</sup> Relegated largely to the history books in affluent countries, we currently have an alarmingly high rate in communities far flung across the Canadian shield.**

The particulars of the cases are instructive. The nonsuppurative manifestations of streptococcal infection remind us of the great burden of infections and the consequences of late or missed diagnoses. Diagnosis and treatment of these infections requires excellent clinical, laboratory, and imaging services. Integration of public health and primary care ensures that the suffering of unfortunate victims is minimized. This did not happen in this case series. Two children died from complications of streptococcal infections.

It is not simply a question of ensuring adequate public health services for aboriginal communities. First Nations communities across this country are subject to a variety of challenges in housing; education; employment; domestic abuse; violence, particularly against women; drug use; and so on. Despite notable successes, the overall picture shows a widening gap between the health status of this marginalized population and the rest of Canadians.

## **No clear way forward**

Federal policies to develop capacity and autonomy have been sparse, inadequate, and ineffective. The relationship between First Nations and our federal government has yet to result in strategies that improve the basic determinants of health for this vulnerable population.

When the layers of the onion are peeled back, ARF is a disease of poverty. Not just financial poverty, with its inadequate housing, overcrowding, poor sanitation, and suboptimal nutrition, but poverty in the thinking, concern, and commitment that permeates the relationship between the dominant society and its most vulnerable component. The quiddity of this relationship is fiduciary—putatively beneficial to both parties. The reality falls very short.

Most Canadians are unaware of the circumstances in which a great number of their aboriginal brothers and sisters live. Cloistered in ghettos in some of our larger cities or buried in the vast hinterland, they are not front of mind for the average Canadian. It is not that Canadians do not care but that they simply do not know enough to create the concern that will lead to much-needed action.

If the increased rate of ARF occurred in the affluent suburbs of Toronto, Ont, there would be a considerable mobilization of concern and resources. If the rates of suicide that have plagued reserve communities were mirrored in Ottawa, Ont, we would have declared a state of emergency and demanded that mental health services and strategies be commensurate with the size of the problem.

## **Troublesome reading**

The recent report of the Auditor General of Canada makes for troublesome reading. In describing access to health services for remote First Nations communities, it lists a litany of serious deficiencies in Health Canada's capacity to deliver on its responsibilities.<sup>2</sup> Particularly remarkable in Health Canada's response is the absence of a concrete plan with timelines, actions, assignments, and the requisite additional budgets. Instead we see a weak-kneed acknowledgment of the problems with a series of blandishments and a commitment to, largely, continue with business as usual. The actual gap between what exists and what is needed is not acknowledged, measured, or addressed.

**This is a signal failure of a federal department that has a mandate to improve and protect the health of all Canadians, with a particular responsibility to the original inhabitants of this wonderful part of the world. It has eerie echoes of the report of Canada's first Chief Medical Officer, Dr Peter H. Bryce, who, as early as 1907, pointed out the adverse effects on the health of children who attended residential schools.<sup>3</sup> The response at the time was to deny a budget to publish and circulate the findings and to, perversely, discontinue the collection of the data that supported such unwelcome criticism. We should not have had to wait for an independent body to inform us of this glaring gap in the performance of what is, arguably, the most important federal ministry. Health Canada should generate and articulate the standards of the programs for which it is accountable and it should ensure robust and transparent mechanisms to monitor their performance.**

## **New approach needed**

**A just and civilized society is measured by how the weakest and most vulnerable are encouraged and assisted to reach their highest potential. We all benefit from this. This is not a patronizing, patriarchal, post-colonial, top-down process, but a partnership in which we realize that currently marginalized populations have gifts, a worldview, a culture, a heritage, and a spiritual capacity that enrich us all.**

**The recent conclusion of the Truth and Reconciliation Commission and its findings can help us enormously on this journey.<sup>4</sup> Viewed in combination with the report of the Royal Commission on Aboriginal Peoples, it gives a very clear picture of the history, the context, and the extent of the challenges that face all Canadians as we confront the legacy and reality of racism in this wonderful land.<sup>5</sup>**

**A practical departure in the delivery of health care to vulnerable aboriginal communities would be the development of a federal department of aboriginal health. It would report to Parliament through the Chief Public Health Officer for Canada, who would be charged with the responsibility for ensuring public health services and primary care services. It could facilitate a coordinated approach, allowing for the diversity of challenges and needs of this population, to improve the health of the First Nations and aboriginal peoples here. It would work in conjunction with the existing regional First Nations health authorities to undo the institutional racism that continues to permeate the various departments of the federal government.<sup>6</sup> The recent work and insightful publications of the National Collaborating Centre for Aboriginal Health<sup>6</sup> will assist in this process, as will its involvement in the wide, forthright, and inclusive approach that must replace current inadequate efforts.**

**This is a challenge. The failure to manage ARF properly underscores the inadequacy of the strategies and services aimed at improving health on reserves. The very publication of this case series<sup>1</sup> shows that there is local capacity to solve problems and a community of professionals who are keen to be involved. This is not enough. Current services are inadequate. This failure might not be as egregious as that of the residential school system, but it is a failure nonetheless. If it is not addressed, the health gap will widen. This is not the hope or the wish of those who labour at the coalface to deliver services. Neither is it the hope or wish of the policy makers who labour on behalf of our government, nor any Canadian who values the diversity that makes us the country that we have become. Yet this will be the outcome if we do not address this issue in a different, more comprehensive, and more unified fashion than we have to date.**

**Let us hope that we have the courage, humility, and wisdom to do so and that we support our current Chief Public Health Officer for Canada to have more effect than the sterling but, ultimately, futile efforts of his predecessor just over a century ago.**

## **10/20/15 AFN National Chief Congratulates New Prime Minister Trudeau, Looks Forward to Taking Action to Close the Gap**

**October 20, 2015**

**(Ottawa, ON) – Assembly of First Nations (AFN) National Chief Perry Bellegarde congratulated newly-elected Prime Minister Justin Trudeau and said today that he is looking forward to immediate action and working together on a comprehensive, strategic plan to close the gap in the quality of life between First Nations people and Canadians.**

**“We welcome the new federal government and congratulate Prime Minister Trudeau, the Liberal Party and all members of parliament,” said AFN National Chief Perry Bellegarde. “First Nations are ready to move. The Liberals put out a vision for real change. The Prime Minister spoke in his victory speech about a renewed nation-to-nation relationship that respects rights and honours Treaties. We are ready to start working now on those terms to close the gap together and build a stronger country for all of us.”**

**National Chief Bellegarde noted that the Liberal Party platform included commitments to work on a new approach to First Nations education, a new fiscal relationship, an inquiry into missing and murdered Indigenous women and girls, healthier communities and a new nation-to-nation relationship based on partnership and respect. The National Chief will meet immediately with Prime Minister Trudeau on action for the first 100 days and a strategic approach based on the AFN plan *Closing the Gap: 2015 Federal Election Priorities for First Nations and Canada* released in early September.**

**“I acknowledge and hold up First Nations citizens for participating in this election and congratulate all the Indigenous candidates,” said AFN National Chief Bellegarde. “I look forward to working with all elected parliamentarians on the urgent and important work of reconciliation and closing the gap.”**

**For more information on First Nation priorities and *Closing the Gap* in quality of life between First Nations people and Canadians please visit: <http://www.afn.ca/uploads/files/closing-the-gap.pdf>**

**The Assembly of First Nations is the national organization representing First Nation citizens in Canada. Follow AFN on Twitter @AFN\_Comms, @AFN\_Updates.**

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# FIRST NATIONS SUMMIT

## NEWS RELEASE

**FOR IMMEDIATE RELEASE**  
**October 20, 2015**

### **First Nations Summit looks to new federal Liberal Government to implement key Aboriginal commitments**

**Coast Salish Traditional Territory (Vancouver)** – Leaders of the First Nations Summit (FNS) congratulate Prime Minister-Elect Justin Trudeau and the members of the Liberal majority government following yesterday's federal election.

"We encourage Prime Minister-Elect Trudeau and his majority government to work with Aboriginal communities and citizens across Canada to ensure our issues are given the top priority they deserve within the new Liberal government's agenda", said Grand Chief Edward John, of the FNS Political Executive.

"Prime Minister-Elect Trudeau has created very high expectations with a platform based on change and his commitments on key Aboriginal issues during the campaign. Now the real work will begin for his government to come to the table and work with First Nations to implement those commitments in an effort to close the socio-economic gaps faced by our communities and citizens", added Cheryl Casimer of the FNS Political Executive.

"We will now look to the Liberal government to stand up and honour its fiduciary obligations and commitments to uphold Aboriginal and Treaty Rights in Canada and to make the resolution of fair and equitable treaty agreements in BC a top priority", concluded Robert Phillips, also of the FNS political executive.

Key Liberal commitments that FNS leaders expect the new Trudeau government to act on as soon as possible include;

- a) *Undertake a full review of regulatory law, policies, and operational practices, in full partnership and consultation with First Nations to ensure that the Crown is fully executing its consultation, accommodation, and consent obligations, including on resource development and energy infrastructure project reviews and assessments, in accordance with constitutional and international human rights obligations;*
- b) *Work in partnership with First Nations, to implement all 94 recommendations of the Truth and Reconciliation Commission, starting with the implementation of the UN Declaration on the Rights of Indigenous Peoples;*
- c) *Immediately launch a national public inquiry into missing and murdered Indigenous women and girls in Canada;*
- d) *Work with First Nations to renew and revive the Paul Martin Liberal government's \$5 billion Kelowna Accord;*



## **Saskatchewan senior finally gets his high school diploma at age of 83**

*By CJME, The Canadian Press*

**FORT QU'APPELLE, Sask. - An 83-year-old Saskatchewan man says he celebrated graduating from high school the same way a lot of teenagers do — playing a little beer pong.**

**But lest anyone think he takes the accomplishment lightly, David Thompson makes it clear that getting that diploma from Parkland College in Fort Qu'Appelle, Sask., is the culmination of a life-long dream.**

**Thompson was 15 and had just finished Grade 8 when he quit school to work on the family farm.**

**But he says a few years ago, he became inspired by a friend who got his diploma at the age of 60.**

**Thompson attended class one day a week and it took him two years to complete the program.**

**His family threw him a graduation party, complete with a cap and gown.**

**"We even played some beer pong and I had to drink a little beer," he says.**

**It should be noted that Thompson received a diploma in agriculture from the University of Saskatchewan in 1954. Back then, a high school education was not necessary to get into the program. Instead, an entrance exam was written.**

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## **Meet 'The Birdman of Chennai' who feeds thousands of parakeets each day**

*By Ainsley Smith | Good News – Thu, 29 Oct, 2015*

**About a decade ago, a large tsunami struck the coast of India. The tsunami caused grief for many, but for one camera repair man, it brought a gift instead.**

**Sekar had been running a camera repair shop in Chennai for 25 years. But after the tsunami hit, Sekar found two hungry parakeets in his yard.**

**Sekar was fascinated by the parakeets beauty and began feeding them. But what started off as a kind gesture turned into a full-time job as more parakeets began visiting Sekar.**

**He is able to care for all of the birds by laying wooden planks across the roof of his shop and spreads 60 kilograms of rice over them. Caring for the birds costs Sekar 40 per cent of his income and requires him to begin working at 4:30 every morning to prepare food for his visitors.**

**After spending ten years of caring for the birds, Sekar says caring for the birds is becoming a challenging.**

**"The birds have me in a cage," he says.**

**BC ELDERS  
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**Mahatma Gandhi**

**“When I admire the wonders of a sunset or the beauty of the moon,  
my soul expands in the worship of the creator.”**

**“Anger is the enemy of non-violence and pride is a monster that swallows it up.”**

**“Prayer is the key of the morning and bolt of the evening.”**

**“The greatness of a nation can be judged by the way its animals are treated.”**

**“If patience is worth anything, it must endure to the end of time. And a living faith will last in the midst of the blackest storm.”**

**“I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent.”**

**“Power is of two kinds. One is obtained by the fear of punishment and the other by acts of love. Power based on love is a thousand times more effective and permanent than the one derived from fear of punishment.”**

**“It is health that is real wealth and not pieces of gold and silver.”**

**“A nation’s culture resides in the hearts and in the soul of its people.”**

**SCORPIO - The Intense One (Oct 23 - Nov. 21)**

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**Annual Elders Gathering Grand Entry Photos are on:  
[www.bcelders.com](http://www.bcelders.com) each year**

**ANNUAL BC ELDERS GATHERING INFO CORNER**

**The 40th Annual Elders Gathering**

**Will be held in Williams Lake, BC**

**On July 11, 12, 13, 14, 2016**

**Next year’s 2016 gathering will begin with the**

**“early bird Wild West Celebration day” on Monday, July 11th**

**at the Williams Lake Stampede grounds**

**beginning with a mountain race and Rodeo.**