

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

EV'S 156th Issue!



HAPPY BIRTHDAY TO ALL ELDERS BORN IN NOVEMBER!

DATES of the 38th Annual Elders Gathering
The dates for next years event have been announced as July 7, 8, and 9th 2014 and will be held at the Trade And Convention Centre in Penticton. Watch the EV for further press releases on the Gathering from the new host.

All groups are encouraged to book your elder's rooms a.s.a.p.

LEST WE FORGET

Remembrance Day

*We wear a poppy
On Remembrance Day,
And at eleven
We stand and pray.
Wreaths are put
Upon a grave.
As we remember
Our soldiers brave.*

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Easy Bakers Corner – Best Texas Christmas Cookies (4 dozen)

Heat over to 350°F. Remove wrappers on 9 ounces of Hershey's Kisses.

In large bowl, beat 1/2 cup of shortening and 3/4 cup of creamy or crunchy peanut butter until well blended. Add 1/3 cup granulated sugar and 1/3 cup packed light brown sugar, beat until light and fluffy.

Add 1 egg, 2 Tbsp. of milk and 1 tsp. of vanilla, beat well.

Stir together 1 1/2 cups of all-purpose flour, 1 tsp. of baking soda, and 1/2 tsp. of salt, gradually add to peanut butter mixture.

Shape dough into 1-inch balls. Roll in granulated sugar, place on ungreased cookie sheet.

Bake for 8 to 10 minutes or until lightly browned.

Immediately place 1 Hershey Kiss on top of each cookie, pressing down so cookie cracks around edges.

Remove from cookie sheet to a wire rack. Cool completely. Enjoy!

QUOTES

“Praising what is lost makes the remembrance dear.”

William Shakespeare

“Valor is stability, not of legs and arms, but of courage and the soul”

M. de Montaigne

“We often take for granted the very things that most deserve our gratitude.”

C. Ozick

“How important it is for us to recognize and celebrate our heroes and she-roes!”

M. Angelou

What Can you please share?

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

Gilakasla, Donna Stirling

‘PRESERVING THE PAST’

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

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

Disclaimer:

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

BCECCS 13th Year GRATITUDE LIST

Support Fee from Dec. 1st 2012– Nov. 30th 2013

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

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. Tahltan Band Council
2. West Moberly First Nation

FROG LEVEL - \$750

1. Lhoosk'uz Dene Nation

SISIUTL LEVEL - \$500

1. Osoyoos Indian Band
2. Nicomen Indian Band
3. Vancouver Native Health Society
4. Tale'awtxw Aboriginal Capital Corporation
5. Tk'emlups Te Secwepemc

HUMMINGBIRD LEVEL - \$250

1. Akisqnuk First Nation
2. Weiwaikum Nation
3. Laich-Kwil-Tach Treaty Society
4. Kluhx Kluhx Hu-up (Westbank FN)
5. Tsleil-Waututh Nation
6. St. Mary's Indian Band
7. Stevens & Company Law
8. Shxw'ow'hamel First Nation
9. McLeod Lake Tse'khene Elders Society
10. Xaxli'p Indian Band
11. Seton Lake Indian Band
12. Eniyud Health Services
13. K'omoks First Nation
14. Pacheedaht First Nation
15. Tobacco Plains Indian Band
16. Lhtako Dene Nation
17. BC Assembly of First Nations
18. Carnegie Community Centre

19. Whispering Pines/Clinton Indian Band
20. Ts'kw'aylaxw Elders
21. Ki-Low-Na Friendship Society
22. Bridge River Indian Band
23. Carrier Sekani Tribal Council
24. Tl'esqox Health Centre
25. Gitselasu Elders
26. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation
27. Quatsino Band
28. Doig River First Nation
29. Mamalilikulla Qwe'Qwa'Sot'Em Band
30. Chawathil First Nation
31. Skidegate Band Council
32. Ts'lkt Elders - Bella Coola Elders
33. Lytton First Nation
34. Lower Kootenay Band
35. Pauquachin Band Health Society
36. Union of BC Indian Chiefs

Donation

First Nations Tax Commission
The Story Telling Elders

Education Awards Available

An increasing number of Aboriginal students are pursuing post-secondary learning and the award programs of the Irving K Barber BC Scholarship Society are making it a little easier for many to cover the high costs associated with advanced education. Each year the Society distributes hundreds of awards ranging from \$1000 to \$5000 to Aboriginal students studying everything from welding to medicine. Awards are available for students attending both college and university level institutions as well as a number of Aboriginal education institutes.

The awards are granted through a competitive process that considers financial need, career goals, and family and community responsibilities. References – in particular those provided by Elders – are an important part of the evaluation process for the awards. Grades are not considered a deciding factor as a student's commitment to his or her community is regarded as a more important measure of the likelihood of success and graduation than past academic achievement.

In 2013, the Aboriginal Awards program – including the new Aboriginal Teacher Education Program that provides special support for students seeking to become teachers – paid out over \$800,000 in awards to 271 individual Aboriginal students in BC.

The following chart details the wide range of post-secondary studies that were supported.

Program Category	# of Awards	Category Total
Apprenticeships/Certificates/Diplomas	45	45,000
Bachelors	105	367,000
Masters/Doctoral	45	225,000
Past Recipients	51	51,000
Teacher Education	25	125,000
Total	271	\$813,500

Information and application forms for the Society's Aboriginal Awards program are available online at www.bcscholarship.ca or by calling the Victoria Foundation (250-381-5532) who administer the program on behalf of the Society.

Application forms for next year's awards will be available in mid-December with an application deadline of March 31st, 2014.

E-cigarettes could hook a new generation on nicotine, experts warn

Helen Branswell, The Canadian Press - www.theglobeandmail.com

Published Tuesday, Oct. 08 2013, 9:26 AM EDT

A leading Canadian medical journal is raising concerns that electronic cigarettes could hook a new generation into nicotine addiction.

With fruit-flavoured products and movie star endorsements, e-cigarettes could lure youth who wouldn't otherwise smoke into a nicotine habit, an editorial in this week's issue of the Canadian Medical Association Journal suggests.

The editorial was written by Dr. Matthew Stanbrook, a Toronto-based respirologist and an editor at the journal.

He said it may be tempting for society to embrace e-cigarettes based on the assumption that they help some people to quit smoking. But he warned that some people use e-cigarettes to get a nicotine hit where they are not allowed to smoke and continue to smoke regular cigarettes as well.

"It isn't as obviously a good thing as those trying to sell these are trying to make it appear to be," Stanbrook said in an interview.

"You would think: 'Well, here's a cigarette that doesn't have all the bad stuff. How could that be bad?' But you have to think beyond an e-cigarette versus a regular cigarette and think about how this is going to change the behaviour of smokers. And that's the concern."

Electronic cigarettes are small cigarette-shaped canisters that are used to simulate the sensation of smoking. Batteries in the canisters heat up fluid-filled cartridges that then give off a vapour, which from a distance resembles smoke.

Some of the cartridges are filled with flavoured liquids, for example cherry or menthol. Others contain nicotine, though those are not meant to be sold in Canada.

Under Canadian law, it is illegal to sell e-cigarettes with nicotine. Still, vials of nicotine for e-cigarettes can be purchased in the United States or ordered over the Internet. Canadian border authorities will seize shipments of nicotine vials for e-cigarettes – when they spot them.

One of Stanbrook's major concerns is that increasing use of e-cigarettes could undermine the tool he credits most for having driven down smoking rates in Canada – the restrictions on smoking in workplaces, in restaurants and bars and many other public settings. These policies have made it harder for smokers to smoke, and have turned public perception against the habit.

"It was to make it more and more inconvenient to continue their addiction so that they were finally motivated to quit, as the overwhelming majority of smokers want to do anyway but can't," said Stanbrook, who practises at Toronto Western Hospital.

"So anything that reverses that most effective tool we've ever invented is of concern."

Stanbrook acknowledged that e-cigarettes probably do help some people quit smoking. But he worries that, unlike nicotine patches or gum, the devices have a cool quotient that could appeal to youth and spur them to

start consuming nicotine.

“The gum isn’t cool for youth to use in clubs. No one’s going to make that sexy. No one’s going to make sticking a nicotine patch on sexy and trendy. But here’s something that looks to a casual observer exactly like smoking, can be made trendy, can be expanded to people who never smoked. That’s where the concern comes in.”

The editorial comes as the Canadian Cancer Society calls on federal and provincial governments to ban all flavoured tobacco products.

Data from the national Youth Smoking Survey, released Monday, showed that more than half of high school students in Canada who used tobacco products in the previous 30 days reported having used flavoured tobacco products.

While the federal Tobacco Act bars the use of flavours (except menthol) in cigarettes, cigarillos and blunt wraps (flavoured rolling papers), there are ways around the ban, the society said in a release.

For instance, the act defines cigarillos as weighing 1.4 grams or less. Some tobacco companies have produced flavoured cigarillos that weigh more than 1.4 g, thereby sidestepping the regulation. As well, there is no prohibition on flavouring tobacco used in water pipes or adding flavours to smokeless tobacco – products like snuff, chewing tobacco and snus.

The Youth Smoking Survey found that among high school students, 14 per cent had smoked cigarettes in the previous 30 days, 20 per cent had used a tobacco product in the previous 30 days and 10 per cent had used a flavoured tobacco product (including menthol cigarettes) in the previous 30 days.

“Swift action is needed to protect youth from these products. It is essential that governments introduce new legislation without delay,” said Rob Cunningham, senior policy analyst for the Canadian Cancer Society.

In Flanders Fields

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.
- John McCrae

AFN chiefs pan Ottawa's education plan for First Nations children

OTTAWA — The Globe and Mail - Published Friday, Oct. 11 2013, 8:37 PM EDT

Native leaders are denouncing the federal government's attempts to craft legislation aimed at improving education for First Nations children, saying there has been a lack of consultation and no commitment to increase funding.

Shawn Atleo, the National Chief of the Assembly of First Nations (AFN), and Morley Googoo, the chair of the AFN chiefs committee on education, wrote this week to Aboriginal Affairs Minister Bernard Valcourt saying attempts to develop a First Nations education act have failed to address long-standing issues between the government and Canada's aboriginals.

"The federal government unilaterally announced legislation and has unilaterally designed an insufficient consultation process rather than pursue a process that enables First Nations to design, develop and implement their solutions for the benefit of their children," the chiefs wrote.

The government released a blueprint of its proposed legislation during the summer and the proposed act is expected to be tabled in Parliament not long after MPs return to the House of Commons next week. It is intended to form the cornerstone of the government's aboriginal policy.

But many First Nations leaders are angry over what they perceive as paternalism and top-down actions from Ottawa. That could portend a rocky road ahead as the government tries to open dialogues about resource development and pipeline construction.

In their letter, Mr. Atleo and Mr. Googoo call for "stable, fair funding" for First Nations education. Funding increases for native schools have been capped at 2 per cent annually since 1996 and the AFN says the money provided by the federal government has failed to keep pace with rising costs and a growing population.

The chiefs say the money issues must be addressed before there can be any meaningful talk about education reform. The government's role in First Nations education is to provide "predictable, sustainable and needs-based funding" with reasonable annual increases, they wrote in their letter to Mr. Valcourt.

"First Nations have repeatedly sought justice on this issue through resolutions, correspondence and meetings with federal officials," Mr. Atleo and Mr. Googoo wrote. "An initiative which has the goal of improving First Nations education should not leave First Nations people guessing."

Mr. Valcourt said in television interviews this week that the First Nations want to talk about more funding, but funding would not replace reform.

Erica Meekes, a spokeswoman for the minister, said in an e-mail on Friday that the government is committed to ensuring First Nations students have the same access to a good-quality education as other Canadian children enjoy.

The blueprint for educational reform was developed after extensive regional consultation sessions across Canada and all First Nations in the country are encouraged to provide feedback, Ms. Meekes wrote.

Mr. Valcourt, she wrote, has discussed the proposed education act with aboriginal leaders, educators, technicians and youth across Canada over the past several months and, in addition to setting standards for First Nations education, the legislation would include mechanisms for sustainable funding.

Message from EldersAbusePrevention@gov.bc.ca

Sept. 9, 2013

Dear Stakeholder:

The Government of British Columbia is committed to reducing the abuse of older adults in the Province. A crucial need exists for increased awareness about elder abuse prevention, including how to recognize and respond to elder abuse and where to go for assistance. In response to this need, the BC Government is funding an increase in hours and capacity for the Seniors Abuse and Information Line – SAIL (formerly the Seniors Advocacy and Information Line) to make it easier for individuals to obtain information and know where to go to address their concerns. The expanded availability was a commitment in Together to Reduce Elder Abuse – BC's Strategy (TREA Strategy), available, along with other information about elder abuse, on the SeniorsBC website at: www.seniorsbc.ca/elderabuse.

We understand that the work of your organization involves seniors, so we would like to advise you that, on July 1, 2013, the SAIL hours were expanded. This toll-free, province-wide phone line now offers service seven days a week from 8 a.m. – 8 p.m. (excluding holidays). British Columbians can access the line by calling: 604 437-1940 or toll-free: 1 866 437-1940. If you have this information posted on your website or in materials you distribute, we would appreciate if you would amend the reference to reflect the change in name and hours.

SAIL is operated by the non-profit organization BC Centre for Elder Advocacy and Support (BCCEAS). This toll-free line is a safe place for older adults, and those who care about them, to talk to someone confidentially about situations where they feel they, or someone they know, is being abused or mistreated and to seek advice and support. The increased hours will make it easier for people to get information, advice, and emotional support to reduce abuse.

SAIL staff and qualified volunteers are trained to talk to seniors who are being abused or mistreated, and to concerned individuals. They can advise about services in the caller's community, and will refer callers with related legal questions to one of their legal staff.

BCCEAS is committed to raising awareness and providing communities and individuals with information and assistance to promote a culture in which older adults are valued and elder abuse is not tolerated. Information about SAIL and BCCEAS' services can be found at: www.bcceas.ca.

Please help us build awareness about the need to reduce elder abuse and spread the word that SAIL is available to anyone wishing information or support with respect to elder abuse.

Yours truly,

Christine Massey
Executive Director
Seniors' Directorate

Martha Jane Lewis
Executive Director
BC Centre for Elder Advocacy and Support

Aboriginal Healthy Living News at www.eneletters.gov.bc.ca

Elders Gathering

By Mary Chu, Policy Analyst



Having had such a wonderful experience at the 36th Annual Elders Gathering in Abbotsford last year, Lori Isaac and I, representing the Aboriginal Healthy Living Branch, were excited to have the opportunity to represent our Branch again this year, at the 37th Gathering held in Prince George, July 9-11, 2013. This year's event, hosted by the Lheidli T'enneh First Nation, with honorary "King" Duncan Gouchie and "Queen" Mary Gouchie, was held at the beautiful University of Northern BC Campus and the Prince George CN Centre. This event brought together over 2,000 First Nations Elders and loved ones from all over BC, as well as service providers, entertainers, volunteers and vendors.

During the All Nations Grand Entry at the opening of the Gathering, participating Nations contributed rocks from their communities as gifts, for a monument to be built to commemorate the 2015 Winter Games to be held in Prince George. That afternoon, participants enjoyed a powerful Lheidli T'enneh community production, Honour Your Journey, including a film and live music by the Lheidli T'enneh Drum Group in collaboration with members of the Prince George Symphony Orchestra.

Activities at the Gathering included ceremonies, informative workshops, entertainment, and opportunities to visit a wide range of information booths. There were also opportunities to visit vendors' booths selling a wide variety of items. We teamed up with our colleague Megan Dol at the Ministry of Health Seniors' Directorate booth to share healthy living information and resources, distributing over 1,500 printed resources, including the newest edition of the very popular BC Seniors Guide and the Healthy Eating for Seniors handbook. We were profoundly inspired by the many stories of resilience, and journeys toward healing and health, that were shared with us by Elders during the Gathering.



We are already looking forward to the 38th Annual Elders Gathering, which will be hosted by the Penticton Indian Band from July 7-9, 2014, at the Penticton Trade and Convention Centre.

Union of BC Indian Chiefs

Aboriginal Affairs “Poisonous Atmosphere” Symptomatic of Failing Relationship with First Nations

News Release. October 2, 2013

(Coast Salish Territories / Vancouver, October 2, 2013) Earlier this week, APTN exposed an entrenched bureaucratic environment at the Specific Claims Branch (SCB) in which “bullied and intimidated” staff reported needless and arbitrary delays in the settlement of specific claims. While Aboriginal Affairs Minister Bernard Valcourt characterises SCB’s seeming dysfunction as “internal human resource management issues,” First Nations recognise it as an operational mandate intended to bypass meaningful negotiations of specific claims.

“Canada is reporting that the huge backlog of claims has been addressed. It has not. 86% of claims are now rejected outright or their files are arbitrarily closed. This has simply shifted the backlog to other, under resourced parts of the process – those that reside outside the reporting responsibilities of the Branch,” says Chief Maureen Chapman, Chair of the BC Specific Claims Working Group. “These claims are no longer negotiated, as promised, but bureaucratically removed from the Specific Claims Branch’s inventory so that the Aboriginal Affairs Department can publicly report it has addressed the backlog.”

Specific Claims deal with Canada’s failure to fulfil historical lawful obligations to protect reserve lands and assets. Canada widely uses a practice of partially accepting small, often non-substantive portions of claims and demanding full releases on rejected portions of the claim. Instead of addressing the backlog, this practice is creating large numbers of new claims that must be researched and developed because First Nations must split off interrelated issues into separate claims based on artificially separated allegations. In some instances, single claims that could be fairly negotiated now must be split into 10 or more new claims to be developed and submitted separately. Recently, the Specific Claims Branch announced dramatic cuts to research funding so these split claims may not receive the funding they require to meet Canada’s imposed minimum standards for claims submission.

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs, stated “Canada’s approach is abusive, counter-productive and significantly more costly to the Canadian public than negotiating specific claims in good faith. Canada cannot address specific claims merely by crossing them off a list. The only way these long outstanding legal obligations and liabilities can be addressed is by Canada resolving them through open dialogue and negotiation. We remind the Government of Canada that the Oka Crisis, Gustafson Lake standoff and Six Nations’ Haldimand Tract/Caledonia dispute resulted from unresolved specific claims.”

Media inquiries:

Grand Chief Stewart Phillip
(604) 684-0231

FOR IMMEDIATE RELEASE

October 4, 2013

**Healthy habits reduce risk
of Sudden Infant Death Syndrome (SIDS)**

ISLAND WIDE — While the cause of Sudden Infant Death Syndrome (SIDS) is unknown, there are several things that parents can do to keep their babies as safe as possible.

“We’ve worked hard on the Island to get the message out about what people can do to protect babies while they are sleeping,” says Dr. Charmaine Enns, North Island Medical Health Officer for Island Health.

Sudden Infant Death Syndrome occurs when a baby dies suddenly while sleeping and the death remains unexplained even after a full autopsy. SIDS is most likely to occur in babies between two and four months of age.

Dr. Enns participated in the development of a recently completed “Safe Infant Sleep Toolkit,” an assortment of informative material that highlights the importance of steps such as having babies sleep on their backs in cribs in the same room as their parents and avoiding risks such as exposure to second-hand smoke.

The safe sleep toolkit is an initiative of the Tripartite First Nations and Aboriginal Maternal and Child Health Committee, led by Perinatal Services BC, an agency of the Provincial Health Services Authority, in partnership with the Ministry of Health and First Nations stakeholders.

The material, available at: http://www.fnhc.ca/index.php/health_actions/maternal_and_child/, has an Aboriginal focus but Dr. Enns says, “It’s relevant for everybody. It’s about all our babies.”

October is Sudden Infant Death Syndrome Awareness Month and Dr. Enns and her colleagues are promoting the resource material as an effective way to save lives.

The toolkit includes several illustrations of safe sleep practices. The message accompanying one image notes the baby is sleeping on his or her back in a crib in the same room as the parents. The parents have made sure their baby’s sleeping area is clear of heavy or loose blankets, pillows, toys, sheep skins, or bumper pads.

“These objects are dangerous because they can cover a baby’s nose and mouth and make it difficult to breathe,” the message points out.

Another image highlights the value of breastfeeding in reducing the risk of SIDS. There is also an illustration of a baby sleeping in a laundry basket rather than with mom on a couch.

Dr. Enns says the message of finding a flat, firm sleeping surface for the baby is supportive for parents who may be travelling without a crib and need to improvise.

Other illustrations show practices that are unsafe – a baby sleeping near a smoker or propped up on a pillow on a bed or wearing a hat in bed. Overheating increases the risk of SIDS, the illustration points out.

“We can’t say for certain if any one factor causes a death in SIDS cases,” says Dr. Enns. “Usually it’s several factors – a baby exposed to tobacco smoke, a baby sleeping in an adult bed, sleeping on his or her tummy or propped up on pillows for a nap when nobody is around.”

There has been an encouraging trend in recent years throughout the Island Health region with the infant mortality rate dropping from six per thousand live births in 2007 to fewer than four in 2011. It is estimated that SIDS accounts for a quarter of infant deaths in the region.

“We’ve had a steady decline in the rate infant mortality in recent years but we can do better yet,” says Dr. Enns.

-30-

Information on safe sleep is available on the pregnancy and parenting page of the Healthy Families BC website:

<http://www.healthyfamiliesbc.ca/home/articles/safe-sleeping>

For additional information on safe sleep practices, visit HealthLink BC:

<http://www.healthlinkbc.ca/healthfiles/hfile46.stm>

Media contact:

Bruce Patterson

Island Health Communications

250-740-6980

Robert.Patterson@viha.ca

Seniors Abuse and Information Line extends hours

604 437-1940 I 1 866 437-1940 (toll-free)

Now available 8 a.m. to 8 p.m. daily (excluding holidays)

If you are in immediate danger, call 9-1-1

The toll-free, province-wide Seniors Abuse and Information Line (SAIL) is available longer since July 1 to provide services seven days a week from 8 a.m. to 8 p.m. (excluding holidays).

SAIL, operated by the non-profit organization BC Centre for Elder Advocacy and Support (BCCEAS – www.bcceas.ca) is a safe place for older adults, and those who care about them, to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention.

SAIL staff and volunteers are trained to provide a listening, non-judgmental, and supportive ear. They refer eligible callers with a legal question or problem to one of their legal staff. Callers who are victims of abuse or a crime, and who need practical and emotional support may be referred to BCCEAS’ Victim Services Program. Staff also provide information about services in the community that may help with the particular issue, and may refer a caller to the relevant health authority to report allegations of abuse.

Together to Reduce Elder Abuse – B.C.’s Strategy was launched on March 6, 2013. The strategy outlines measures to improve prevention, recognition and response, as well as coordination and collaboration, and serves as a challenge for all British Columbians to help reduce elder abuse. Expanding the hours and capacity of SAIL marks the completion of one of the key actions in the strategy.

The strategy and additional information about elder abuse prevention, recognition and response can be found at: www.gov.bc.ca/elderabuse.

First Nations Leadership Council Honours the 250th Anniversary of the Royal Proclamation

News Release. October 7, 2013

Coast Salish Territory (Vancouver, BC) – Today, the BC First Nations Leadership Council recognizes the 250th Anniversary of the Royal Proclamation. On this historic and important occasion, the First Nations Leadership Council calls for a renewed commitment from the Federal Government and Provincial governments to the recognition of Aboriginal Title and Rights and to the resolution of the land question in British Columbia in partnership with First Nations.

In the Royal Proclamation of 1763, King George III affirms Indigenous Title and Rights to unceded territories in North America and cements the Crown's duty to negotiate with Indigenous people for the surrender of land.

“As Indigenous Peoples we have inherent Title and Rights and a sacred duty to protect our territories. It is appalling that the governments of BC and Canada continue to run roughshod over our rights. Through their continued and ongoing legislative and policy changes, the governments continue to implement their self-serving interests without meaningful consultation that is clearly an undeniable legal and constitutional requirement,” said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. “Considering that the United Nations Special Rapporteur on the Rights of Indigenous Peoples will be in Canada this week to examine the issues facing Indigenous Peoples, it is vitally important to underscore the great importance for the governments of BC and Canada to recognize, respect and reconcile our Title, Rights and Treaty Rights.”

Robert Phillips, Task Group member of the First Nations Summit added “The United Nations Declaration on the Rights of Indigenous Peoples is clear that Indigenous Peoples have the right to the lands, territories and resources which they have traditionally owned or occupied, a principle articulated in the Royal Proclamation of 1763. The Government of Canada is founded upon this Proclamation and has endorsed the UNDRIP, now is the time for Canada to not just ‘aspire’ to the principles found within these foundational documents but to join us and commit to negotiate and move beyond the Indian Act, move towards true recognition and reconciliation of Aboriginal Title and Rights.”

BC Assembly of First Nations Regional Chief Jody Wilson-Raybould commented, “The Royal Proclamation of 1763 is an incredibly important ethic and legal instrument. It is unequivocal in its acknowledgment that the various ‘Nations or Tribes of Indians’ have aboriginal title to our territories with the promise that before settlement can take place our interests have to be dealt with.” In light of proposed major resource development planned in BC, she added, “the fact that Aboriginal title has not been dealt with in those parts of Canada where there are no treaties does not diminish the promises contained in the Proclamation. There is a need for a modern reconciliation framework based upon recognition, where the land question can be settled through good faith negotiations and where the honour of the Crown is upheld and the promises of the Proclamation fulfilled”.

For further comment please contact:

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

Colin Braker, Communications Director, First Nations Summit 604-328-4094

Courtney Daws, Director of Operations, BC Assembly of First Nations: 778-772-8681

THE GOVERNMENT OF CANADA LAUNCHES PROJECT TO PROMOTE HEALTHIER WEIGHTS IN SASKATCHEWAN & BRITISH COLUMBIA

Supporting families by engaging communities

October 8, 2013

FOR IMMEDIATE RELEASE

(SASKATOON) – On behalf of the Minister of Health, Rona Ambrose, Parliamentary Secretary, Eve Adams, Member of Parliament for Mississauga – Brampton South, Ontario, today announced funding by the Government of Canada’s Innovation Strategy to support the *Health Promoting Schools Program*. The project supports children, youth and their families to achieve healthier weights, improve student health and learning, and to promote mental well-being in communities, including schools in Métis, First Nations and Francophone communities using a ‘whole-school’ approach.

“The Government of Canada supports innovative projects that improve the physical and mental health of Canadians,” said Parliamentary Secretary Adams. “Our government is pleased to invest in this project to help schools and communities in Saskatchewan and British Columbia to improve their overall health while reaching out to those in need.”

“A number of factors affect a person’s health; including education,” says Maura Davies, President and CEO of Saskatoon Health Region. “Education is an important determinant of health status, and health has a strong influence on a person's ability to learn. The Region and the school divisions have partnered to build a local approach that takes into account these determinants of health.”

The *Health Promoting Schools Program* [[hyperlink to Fact Sheet – Western Region heading](#)] aims to develop innovative ways to share best and promising practices in school health between partners, engage diverse stakeholders, deliver school based activities and evaluate the overall effectiveness of the program for the improved health and learning of students and their families.

Dr. Richard Stanwick, Chief Medical Health Officer, Island Health said, “Island Health is striving to emulate what has already been achieved in Saskatoon and to further enhance our understanding of what we can do locally to help our island schools develop exciting initiatives of their own choosing that will benefit the health of not only the students but also society as a whole.”

The Public Health Agency of Canada’s *Achieving Healthier Weights in Canada’s Communities* is focused on taking action to address health inequalities through specific Innovation Strategy projects. These projects will focus on population health interventions — actions taken to maintain and improve the health status of the entire population and to reduce health differences between groups.

The Government of Canada is committed to working collaboratively across all sectors to promote programs and activities that support healthy living, physical activity and chronic disease prevention.

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Health Canada

Michael Bolkenius
Office of the Honourable Rona Ambrose
Federal Minister of Health
(613) 957-0200

Public Health Agency of Canada

Media Relations
(613) 957-2983

Saskatoon Health Region

Linda Walker
Media Relations Consultant
(306) 655-3476

Union of BC Indian Chiefs

URGENT: Chiefs Call on First Nations and Like-minded Organizations to Meet or Beat Support

Despite its public promises that Specific Claims Tribunal decisions would be final and represent lasting resolution of specific claims, on March 21, 2013 Canada applied for an expansive judicial review of the Tribunal's second decision: *Kitselas First Nation v. Canada, 2013* the outcome of which will profoundly impact all First Nations in British Columbia. Canada is seeking to diminish its responsibility as a fiduciary and, if successful in this Judicial Review, will greatly limit the scope and level of redress and compensation it owes to First Nations with specific claims.

The Union of BC Indian Chiefs is leading a coalition to intervene and urgently needs the support of all BC First Nations.

Chief Maureen Chapman, Skawahlook First Nation invites all other First Nations and like-minded organisations to meet or beat Skawahlook's contribution of \$1,000.00 to ensure that Canada does not walk away from its lawful obligations. "We are a small community with a membership less than 100 and are contributing to this important work. It is urgent we do so. Please join us in united efforts to elevate the Specific Claims in BC and demand accountability from the Governments of BC and Canada."

Chief Lilliane Squinas from the Lhoosk'uz Dene Nation also calls on BC First Nations to meet or beat their contribution of \$500.00. "This is work that we supported in our UBCIC Resolutions. I think it is crucial we put that support into action."

To make a donation of any amount, please send a cheque addressed to Mandell Pinder LLP In Trust with the memo note "Kitselas" to:

Mandell Pinder LLP
422 - 1080 Mainland Street
Vancouver, BC V6B 2T4

OR

Union of BC Indian Chiefs
500-342 Water Street
Vancouver, BC V6B 1B6

Or, contact Jody Woods, UBCIC Research Director to make alternate arrangements

For more information, please contact: Jody Woods, Research Director, UBCIC, 1-800-793-9701, jwoods@ubcic.ca or Debbie Abbott, NNTC, 1-866-455-2711, dabbott@nntc.ca

PUBLIC SERVICE ANNOUNCEMENT

**Are you prepared? Find out how you can prepare for a natural disaster
and stay safe when the ground is grumbling**

FOR IMMEDIATE RELEASE

October 10, 2013

Island-wide - What would you do if you knew an earthquake was going to rock the Island in three weeks' time? While we may not have advance warning, we do know British Columbia is located in one of the most seismically active regions in North America. Experts advise that a significant earthquake could hit our province any time. Knowing this...

Would you:

- √ Create a simple family plan and discuss it so everyone in your family knows what to do when the earthquake happens?**
- √ Put together an emergency kit with enough food, water and medication to last 72 hours (per person and per pet)?**
- √ Find out what to do to protect yourself during and after an earthquake?**
- √ Do a walk-through of your home and workplace to identify and address any potential hazards?**
- √ Connect with a relative or friend outside the province and make sure that the rest of your family knows to contact this person in the event you are separated?**
- √ Make duplicates and safely store important paperwork like insurance policies, medical records, and a list of key possessions?**

We hope you checked YES to all of the above.

As health care professionals, Island Health staff recognize the very real impact that such an event could have on the people we serve and the demand for health services amidst a disaster; not to mention on each of us and our own families.

On October 17 at 10:17 a.m., we encourage everyone to join us and participate in the “Great British Columbia ShakeOut”, an earthquake safety practice session that will take up just two minutes of your time. Drop, cover and hold on – simple steps that you can practice to help protect yourself and your family in the event of a real earthquake.

For more information on ShakeOut and preparedness tips, visit: www.shakeoutbc.ca.

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**South Island Media Inquiries
Sarah Plank
Media Relations Manager
Phone: 250.727.4275
Email: sarah.plank@viha.ca**

**Central and North Island Media Inquiries
Val Wilson
Regional Communications Manager
250.739.6303
Email: valerie.wilson@viha.ca**

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1-800-668-9852
sales@firstnationshr.ca

**Community Fundraiser – Thursday, November 14th, 2013
Sechelt Nation Longhouse Event**



**Coordinated by the Jacksons, Williams, Paul Family
Drumming, Singing, Dancing and a Catered Feast**

**We Invite You to our Community
Longhouse Event - Fundraiser**

Our Shishalh families invite you to join us for an evening of feasting, drumming, singing, dancing and storytelling at the Sechelt Nation Longhouse.

This community event is a Potlatch Fundraiser for the Jackson, Paul and Williams family who are raising funds for our family potlatch memorial.

Date of the Event: Thursday, November 14th, 2013

Time: 5:30 - 7:30 pm **Duration:** - 2 hours

Tickets: \$20 per person.

Includes: A catered dinner, Coast Salish Drumming, Singing, Dancing and Storytelling

Located: Sechelt Nation Longhouse, Monkey Tree Lane, Sechelt

Hosted by Chief Garry Feschuk and family.

Performers – xwamstut Ambassadors, Storyteller- Candace Campo

Great Door Prizes and Raffles. To purchase your tickets now call Chief Garry Feschuk, 604-230-3415, Tammy Jackson at 604-741-7027 or Becky Jackson at 604-740-1746. We recommend purchasing your tickets early as it will be first come, first serve.

?ul-nu-mulh-chalap. We all thank you all.

UBCIC Denounces Canada's Brutal Assault on Elsipogtog **October 17, 2013**

(Coast Salish Territory – Vancouver, BC) The UBCIC Executive and the UBCIC Chiefs Council stand in full support with Elsipogtog community and leadership in their defence against fracking and shale gas development within their territories.

“This could easily happen in any First Nation community across Canada and in particular in British Columbia and today, we stand in complete solidarity with the Elsipogtog people to express our full support and continue our mutual fight against the devastating and destructive practices of resource exploration and extraction activities within our territories. This display of brute force is completely ugly, outrageous and harkens back to the Oka, Ipperwash and Caledonia conflicts,” stated Grand Chief Stewart Phillip, President of the UBCIC.

The Elsipogtog First Nation has been protesting energy company SWN Resources outside Rexton, New Brunswick. In spite of best efforts of Elsipogtog Chief and Council to resolve this issue peacefully, the heavily armed RCMP aggressively moved in today to enforce an injunction.

“Canada cannot continue to viciously cast aside our Aboriginal Title, Rights and Treaty Rights. In light of Dr. James Anaya's, UN Special Rapporteur on the rights of Indigenous Peoples, recent visit to Canada, this type of severe action by the RCMP reflects a government that continues to ignore Indigenous land rights – our human rights – to pretend it has a productive relationship with Indigenous peoples founded on reconciliation and respect” said Chief Bob Chamberlin, Vice-President of the UBCIC.

We await the call from the Elsipogtog for all Indigenous Peoples to mobilize and organize solidarity actions across the country.

For further comment: Grand Chief Stewart Phillip, 604-684-0231 Chief Bob Chamberlin, 604-684-0231

Helisat Hale: Awaken Life Within You, the Kelly Paul Marathon Documentary DVD is now available

Suicide touches everyone. On a journey of personal healing after losing her brother, Kelly Paul, member of the Tsartlip Band embarked on a life changing experience. Her goal was to run the length of Vancouver Island, a rugged terrain of 535 kilometres. For five weeks, Kelly and her two companions ran from community to community carrying with them a message of hope, of pride and of love.

Nourished spiritually and supported physically by each community they visited, the messages they brought began to resonate across the traditional lands; to awaken your spirit and value the life within you, to recognize and honour the gifts you have been given, to not be afraid to dream and reach for those dreams, and to connect to one another and to cultural values.

The teachings that were shared and carried from community to community by these three runners capture a powerful and positive message, now available in DVD as a resource for schools, health centres, youth centres. 46m

See the complete video live on Youtube at <http://www.youtube.com/watch?v=CdqFEqwaVUM> The video will be live until the end Oct 2013. Purchase the DVD for \$20.00 online (also see our other films) at <http://aboriginalfilms.com/> Films include all educational screening rights. Wholesale costs are available for retail and quantity ordering.

Aboriginal Healthy Living Activities LEADER TRAINING SESSIONS

Aboriginal RunWalk & Honour Your Health Challenge

REGISTRATION FORM

Please check the box next to the Leader Training Session you are registering for

- | | | |
|---|---|---|
| <input type="checkbox"/> Northwest Session
Terrace
Best Western Plus
October 28 th – 29 th | <input type="checkbox"/> Northeast Session
Prince George
Coast Inn of the North
November 6 th – 7 th | <input type="checkbox"/> Interior Session
Kamloops
Coast Kamloops
November 14 th – 15 th |
| <input type="checkbox"/> Vancouver Island Session
Nanaimo
Coast Bastion Inn
November 20 th – 21 st | <input type="checkbox"/> Vancouver Coastal & Fraser Session
Chilliwack
Coast Chilliwack
November 27 th – 28 th | |

PARTICIPANT INFORMATION

Eligible participants include: Employees of a First Nation, Métis Chartered Community or Friendship Centre, Aboriginal Education and Health promoters and individuals representing an Aboriginal organization.

First Name		Community/Organization	
Last Name		Position	
Organization Mailing Address		Organization Phone Number	
City/Town		Fax Number	
Postal Code		Email	
Ancestry	<input type="checkbox"/> First Nations <input type="checkbox"/> Métis <input type="checkbox"/> Inuit		

I will be participating in <i>(please check one)</i>	<input type="checkbox"/> Aboriginal RunWalk Leader Training	<input type="checkbox"/> Honour Your Health Challenge Leader Training	
I require accommodations for <i>(please provide date)</i>	<input type="checkbox"/> One Night - Date: _____	<input type="checkbox"/> Two Nights - Dates: _____	
Traveling From		Traveling To	

Please see attached travel policy for further details

If you are attending the "Aboriginal RunWalk" Leader Training and require CPR certification, please indicate by checking Yes or No. CPR certification is free for all ARW leaders.

Yes No

Please check the box below to indicate dinner requirement for the first evening of workshops:

Yes No

PLEASE FAX OR EMAIL YOUR COMPLETED REGISTRATION FORM TO:

Susan Nguyen, SportMed Aboriginal RunWalk Manager
Fax: 604-294-3020 or Email: susann@sportmedbc.com

Funded by the Aboriginal Healthy Living Branch – Ministry of Health in partnership with the Aboriginal Sport, Recreation and Physical Activity Partners Council



Aboriginal Sport, Recreation & Physical Activity Partners Council





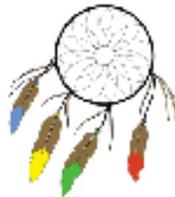
Lake Country Native Association

Invites You to the 19th Annual

Winter Family Gathering

Traditional Pow Wow

November 23, 2013



Winfield Memorial Hall

Noon to 8:00 p.m.

Grand Entry: 1:00 p.m.

Host Drum: Little Hawk

Tiny Tot Toonie Special

Special Presentations:

LCNA Youth Group



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Government of Canada takes steps to tackle seniors' social isolation

Toronto, Ontario, October 1, 2013—To mark National Seniors Day, the Honourable Alice Wong, Minister of State (Seniors), today announced a Call for Proposals to fund approximately 20 pilot projects—an investment of \$2,000,000—aimed at addressing seniors' social isolation.

“Social isolation has a negative effect on the health and well-being of seniors. The Harper government is taking action to ensure that seniors maintain a high quality of life and continue to be active members of their communities,” said Minister Wong. “Through these pilot projects, our government continues to look at innovative solutions to address seniors' issues, particularly social isolation, by leveraging social partnerships to marshal the resources needed to support seniors in our communities.”

These pilot projects will be eligible to receive between \$50,000 and \$100,000 of federal funding over a maximum of 24 months which will be matched with funding from other sources. The New Horizons for Seniors Program (NHSP) pilot projects will also pursue intergenerational learning projects that help seniors develop new interests and share their knowledge and experience with others.

The application period begins on October 3, 2013 and will close on November 13, 2013. Additional information and application details are available online.

Through Economic Action Plan 2013, the Government proposes to better safeguard the well-being of seniors in a variety of areas, including financial services, financial literacy and health.

For a wide range of information for seniors, including details on the NHSP, please visit seniors.gc.ca.

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This news release is available in alternative formats on request.

For further information (media only):

Mark Wall

Director of Communications

Office of Minister of State (Seniors), Alice Wong

1-613-617-7993

Media Relations Office

Employment and Social Development Canada

819-994-5559

Follow us on Twitter

5-meter sea creature found off California coast

LOS ANGELES, Calif. - A marine science instructor snorkeling off the Southern California coast spotted something out of a fantasy novel: the silvery carcass of an 18-foot-long (5-meter-long), serpent-like oarfish.

Jasmine Santana of the Catalina Island Marine Institute needed more than 15 helpers to drag the giant sea creature to shore on Sunday.

Staffers at the institute are calling it the discovery of a lifetime.

"We've never seen a fish this big," said Mark Waddington, senior captain of the Tole Mour, CIMI's sail training ship. "The last oarfish we saw was three feet long."

Because oarfish dive more than 3,000 feet (914 metres) deep, sightings of the creatures are rare and they are largely unstudied, according to CIMI.

The obscure fish apparently died of natural causes. Tissue samples and video footage were sent to be studied by biologists at the University of California, Santa Barbara.

Santana spotted something shimmering about 30 feet (nine meters) deep while snorkeling during a staff trip in Toyon Bay at Santa Catalina Island.

"She said, 'I have to drag this thing out of here or nobody will believe me,'" Waddington said.

After she dragged the carcass by the tail for more than 75 feet (23 metres), staffers waded in and helped her bring it to shore.

The carcass was on display Tuesday for students studying at CIMI. It will be buried in the sand until it decomposes and then its skeleton will be reconstituted for display, Waddington said.

The oarfish, which can grow to more than 50 feet (15 metres), is a deep-water pelagic fish — the longest bony fish in the world, according to CIMI. They are likely responsible for sea serpent legends throughout history.

Police: officer impostor confronts real detective

PUEBLO, Colo. - Authorities in Colorado say a police impersonator picked the wrong man when he approached an undercover detective and demanded he hand over drugs as part of a police drug bust.

According to the Pueblo Chieftain (<http://tinyurl.com/mco28wk>), the undercover detective was in a cell phone store speaking to a clerk when a man came in demanding to know why the detective had so many phones and accused him of being a drug dealer on Monday. He demanded the detective "give him the drugs," according to the paper.

The detective then turned the tables on the impersonator. He showed the man his own law enforcement credentials and advised the man he was under arrest for suspicion of impersonation of a peace officer. Authorities say Roland Herrera was taken to jail.

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

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

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Fax: 1-250-286-4809
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**Myth 11: SEATBELTS ARE LIKELY TO INJURE OR
TRAP YOU IN A CRASH**

Research shows that the odds of being ejected from your vehicle and being killed or seriously injured are far greater than those of being trapped inside by a seat belt.

When used properly, seat belts reduce the risk of fatal injury to front seat passenger car occupants by 45% and reduce the risk of moderate-to-critical injury by 50%. (Source: National Transportation Safety Board)

Crashes involving fire or water happen in only 1/2 of one percent of all crashes. However, if they do occur the best chance of survival rests in remaining conscious, uninjured, and alert/aware.

The biggest danger is with the impact of the crash. If you're not using a safety belt, it's very likely that you will be knocked unconscious or severely injured.

Info from Vehicle Safety, Maintenance & Warranty - Myth Slaying Guide

Proverbs

"An agreement is a kind of debt."
"Everyone is responsible for his own actions."
"It is a great art to laugh at your own misfortune."
"On a good bargain, think twice."
"Bargain like a gypsy and pay like a gentleman."
"What was hard to bear is sweet to remember."

SCORPIO - The Intense One (Oct. 23 - Nov. 21) Very energetic. Intelligent. Can be jealous and /or possessive. Hardworking. Great kissers. 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

DATES of the 38th Annual Elders Gathering
The dates for next years event have been announced as
**July 7, 8, and 9th 2014 and will be held at the
Trade And Convention Centre in Penticton.**
Watch the EV for further press releases on the
Gathering from the new host.

***Forms are not available from the host as yet, but we are all fortunate to have the venue and dates set so early so that everyone can book the rooms for their elders right away.**