

ATTENTION: Elders Contact People Please Remember To Make Copies of the EV Each Month For Your Elders AND If You Could Also Make Copies For Your Chief & Council and Board of Directors That Would Be A Great Help Here!



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

**EMERGENCY NOTICE**

**THE NUMBER OF OFFICES/GROUPS THAT PAID TO SUPPORT THIS ELDER'S OFFICE WAS DOWN FROM 68 TO ONLY 45 THIS PAST YEAR.**

Next month the Support Fee Invoices go out for the Dec. 2012 to Nov. 2013 year. This office desperately needs the number of paid fees to go up, as what little government support there was here has all but dried up.

This office cannot afford to keep going if fees go down instead of up.

Some groups paid more than their fair share this past year, which we are very grateful for, but because of some groups doing more others didn't help at all, which wasn't how the higher support rates were supposed to help things out here.

Last month marked the beginning of my 14th year of working for the elders of BC. We are still the only provincial Elder's office in Canada, and everyday it is still a struggle to keep afloat here for the elders. Please help! If you do not see your office/group on page 3 of the EV then please see about raising the funds yourselves somehow locally to support your office.  
Sincerely, Donna Stirling, Coordinator

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## **Easy Bakers Corner – Pumpkin Cake Roll-[www.northpole.com](http://www.northpole.com)**

Preheat oven to 350°F. Grease and flour a cookie sheet pan.

Beat 3 eggs at high speed for 5 minutes. Gradually add 1 cup granulated sugar, 1 tsp. lemon juice, and 3/4 cup of pumpkin. Mix in 1 cup of nuts, 1/2 tsp. salt, 3/4 cup all-purpose flour, 1 tsp. baking soda, 1 tsp. cinnamon, 1/2 tsp. ginger, and a 1/2 tsp. nutmeg.

Spread on prepared cookie sheet. Top with 1 cup of nuts, chopped fine. Bake for 15 minutes.

Sprinkle 1/2 cup of powdered sugar on a tea towel; turn cake onto towel and roll. Cool 1 hour and unroll.

Filling: Combine 4 Tbsp. of butter. and 6 ounces of cream cheese (softened) with 1 cup powdered sugar, and 1 tsp. of vanilla. Spread filling on cake and roll it up again. Chill and Serve.

### **Handy Tips:**

1. **Cure for headaches:** Try cutting a lime in half and rubbing it on your forehead. Often, the throbbing will go away.
2. **Coffee Filters can be used for many things:** To hold a taco, or you can use them on a plate to drain fried foods like fries, bacon or fried chicken.

## **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 11th Year GRATITUDE LIST

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

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

## LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

### SALMON LEVEL - \$1000

1. TAHLTAN BAND COUNCIL
2. Mr. Graham Cope

### FROG LEVEL - \$750

1. Lhoosk'uz Dene Nation

### SISIUTL LEVEL - \$500

1. Vancouver Aboriginal Friendship Centre
2. We Wai Kai First Nation
3. Lower Kootenay Band
4. McLeod Lake Tse'khene Elders Society
5. Hailika'as Heiltsuk Health Centre
6. Tale'awtxw Aboriginal Capital Corp.
7. Kamloops Indian Band
8. Osoyoos Indian Band
9. Tseil-Waututh Nation
10. Lower Kootenay Band Health
11. Nicomen Band
12. Simpcw First Nation

### HUMMINGBIRD LEVEL - \$250

1. Gingolx Elders Group
2. We Wai Kum First Nation
3. Musquem Indian Band
4. St. Mary's Indian Band
5. Tsawwassen First Nation
6. Squiala First Nation
7. Akisqnuq First Nation
8. Da'naxda'xw First Nation
9. Indian Residential School Survivors Society
10. Laich-kwil-tach Treaty Society

11. Coldwater Indian Band
12. Qualicum First Nation
13. Xaxli'p Indian Band
14. Bridge River Indian Band
15. Quatsino Band
16. Klulx Klulx Hu-up
17. Tobacco Plains Indian Band
18. Lytton First Nation
19. Chawathil Elders
20. Doig River First Nation
21. BC Assembly of First Nations
22. Williams Lake Indian Band
23. Adams Lake Indian Band
24. Carnegie Community Centre
25. Ts'kw'aylaxw Elders
26. Mount Currie Band Council
27. Shxw'ow'hamel First Nation
28. Samuel D. Stevens Law Corporation
29. Tillicum Lelum Aboriginal Friendship Centre
30. Pacheedaht First Nation

## **MEDIA RELEASE**

**AUGUST 15, 2012**

**For immediate Release**

### **LHEIDLI T'ENNEH FIRST NATION AWARDED 37TH ANNUAL BC ELDERS GATHERING**

**Lheidli T'enneh Territory (Prince George, B.C.) – The Lheidli T'enneh are pleased to announce the upcoming Annual B.C. Elders Gathering to be held on July 8, 9,10, & 11, 2013 at the University of Northern British Columbia Campus and the Charles Jago Northern Sports Centre.**

**The Annual BC Elders Gathering is the premier social and cultural gathering for indigenous peoples. The Lheidli T'enneh will host 3,000 to 4,000 Elders from all regions of British Columbia. The theme for the gathering is “Honour Your Journey.” The event will focus on holistic activities that support healthy living.**

**“It will be a tremendous honour for the Lheidli T'enneh to welcome everyone to our traditional territory to share knowledge, culture, songs and dance. This event provides a great opportunity to socialize and learn from one another. We want to acknowledge both the Tsawwassen and Stó:lō First Nation Communities for hosting this year’s gathering in Abbotsford, B.C. We will build on their success!” said Chief Dominic Frederick.**

**“The Lheidli Dakelh Elders are eager to participate in the development of this prestigious event. We will be reaching out to the community to assist in making this the best event possible. The 37th Annual B.C. Elders Gathering will be an event for people to join in our celebrations and for us to share as Lheidli T'enneh!” said Elder Clifford Quaw.**

**Lheidli T'enneh is in the process of establishing the organizing committee and will be seeking sponsors, partnerships and volunteers to make this event a success.**

**For more information:**

**Contact: Ms. Dolleen Logan (250) 963-8451 dlogan@lheidli.ca**

# Why Enbridge is afraid of Ta'Kaiya Blaney

Blogpost by Stephanie Goodwin - March 24, 2011

In my work for Greenpeace I meet special people pretty regularly. And by special, I mean people who do the most unexpected things in the most wonderful ways.

Meet Ta'Kaiya. She's a ten-year old girl from North Vancouver who, while learning about sea otters in her home-school, became concerned about the devastation oil tankers would cause to B.C.'s coast.

When she learned about Enbridge's proposal to build an oil pipeline from the Alberta Tar Sands to the Great Bear Rainforest, bringing more than 200 oil tankers per year to this pristine coast, she got really worried. So, she wrote a **song** about her concerns. And it's good...really good.

Ta'Kaiya and her mom, Anne, went to Enbridge's office in Vancouver to hand deliver a copy of her music video and a letter that asks them to stop their plans. When she arrived security guards stopped her from going to Enbridge's office on the sixth floor and even entering the building, period. They also refused to send someone down to the street to accept her letter. Apparently Enbridge, who has touted their willingness to listen and work with First Nations, is afraid of a 10-year-old First Nations girl. She is pretty powerful but come on, really? I suppose that is what happens when you speak truth to power...it scares them.

*Ta'Kaiya is interviewed by media outside Enbridge's office after being refused entry for trying to deliver her music video and letter to their office.*

Ta'Kaiya knows that oil spills are inevitable with oil pipelines and oil tankers. She recorded the song to make a difference for the environment and the cultures that depend on the coast for their livelihood.

If an election isn't triggered already, which seems a certainty, our MPs will be debating Bill C-606 in the House of Commons shortly that would legally ban crude oil tankers from B.C.'s Great Bear Rainforest.

So Ta'Kaiya wrote an open letter to Canada's Members of Parliament (MPs) and sent it to each of them today, on the anniversary of the Exxon Valdez oil spill in Alaska, that urges them to vote in favour of the bill.

Below this blog is her letter and music video. I'm sure you'll agree that with kids like her, our future looks bright. Follow Ta'Kaiya's lead and **send your own letter** to Prime Minister Stephen Harper urging his government to represent our voices and those of the future that say loud and clear "Protect the Great Bear Rainforest coast!"

Stephanie Goodwin is Greenpeace's British Columbia Director and works from Vancouver.

**(continued)**

## **Open Letter to Canadian Members of Parliament,**

**My name is Ta'Kaiya Blaney. I am 10-years-old. I live in North Vancouver and am from the Sliammon Nation. My name means "special water."**

**I am writing to you because the Enbridge Corporation is planning to build a pipeline from the tar sands of Alberta to Kitimat, BC. I thought it would be very risky for our coast so I wrote a song, called "Shallow Waters" about an oil spill happening in the shallow waters.**

**You will be debating Bill C-606 soon, if an election is not triggered, which would ban oil tankers from our northwest coast. I am **sharing my song's music video** and a personal message to encourage you to vote in favour of the bill.**

**Today is the anniversary of the Exxon Valdez oil spill in Alaska. Even today, 22 years later, oil still remains a few inches under the surface of the water.**

**With this song, I hope to encourage government officials, people of British Columbia, and people across the world will realize the dangers of oil pollution, replace jobs that destroy the environment with jobs that help the environment. I ask government and corporate officials such as yourselves change your plans stop oil tanker traffic on BC's coast and in waters around the world.**

**Please feel free to share my letter and video with others.**

**All my relations,**

**Ta'Kaiya Blaney (From [www.greenpeace.org](http://www.greenpeace.org))**

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**By The Associated Press, [thecanadianpress.com](http://thecanadianpress.com), Updated: September-01-12**

## **Police: US woman arrested 4 times in 26 hours**

Authorities say a New Hampshire woman has been arrested four times in 26 hours for blasting the AC/DC song "Highway to Hell" and other loud music from her home and for throwing a frying pan.

Police first issued a warning to Joyce Coffey on Tuesday afternoon at her home in Epping. They say they were called back an hour later and arrested her for the loud music.

Police say Coffey was arrested again five hours later. She was released and arrested again before dawn Wednesday over more loud music.

Police arrested her again after her nephew said he tried to remove some of his belongings from her house and she threw the frying pan at him.

Coffey was jailed Friday and couldn't be reached for comment. WMUR-TV reports a judge has recommended she use headphones.

**Larry Pynn, Postmedia News**

**Gateway too risky, experts say  
Tanker mishaps, spills worry engineers**

**Enbridge's Northern Gateway proposal to ship oilsands bitumen from Kitimat along the B.C. coast carries an unacceptable risk of a significant spill, according to an independent analysis by three professional engineers.**

**The engineers, who include two emeritus professors from the University of B.C., find the risks of an eventual spill are too high through the expected 50-year lifetime of the project, "and the unrefined bitumen too toxic and hard to clean up to be acceptable for a pristine coastline."**

**The independent analysis generally agrees with Enbridge's estimate that a spill of a volume greater than 5,000 cubic metres will occur, on average, every 200 years. But the analysis notes this does not equate with a spill every 200 years (the so-called return period), only an average time between spills of 200 years.**

**"In fact, consistent with a 200-year return period, there is a probability of 22 per cent that there will be at least one spill during the 50-year operational lifetime for the project," the engineers explain in a summary of the technical document.**

**"That's much higher than standards normally accepted in the design of civil infra-structure with high consequences in the case of failure (earthquake design, important bridges, etc.)."**

**"When the analysis added the liquefied natural gas tanker traffic projects already under construction, approved or awaiting approval for the port of Kitimat (432 tankers per year), the return period of an incident (tanker collisions or groundings) decreased to 38 years, or a 73-per cent chance of at least one such an incident during a 50-year operational lifetime."**

**The analysis concludes: "This is clearly an unacceptable risk."**

**The three experts who conducted the analysis are Ricardo Foschi and Robert Sexsmith, both emeritus engineering professors at UBC, and Brian Gunn, a re-tired professional engineer who is currently president of B.C.'s Wilderness Tourism Association.**

**The analysis has been formally filed with the federal Joint Review Panel investigating the \$6-billion Northern Gateway proposal.**

**Enbridge spokesman Ivan Giesbrecht said the company would provide a formal response to the panel by Sept. 14.**

**Known as Dilbit, diluted bitumen is a mix of heavy crude oil and a condensate that allows it to flow through a pipe. When Dilbit spills occur, the condensate separates from the bitumen and "forms a toxic cloud, poisonous to all life around the spill," it said.**

**And whereas lighter oil floats on the surface of water where it is easier to clean up, "bitumen sinks to the bottom in fresh water and to a level below the surface in saline water.**

**"In both cases it is almost impossible to clean up and tides and currents can spread it over vast areas, with severe and catastrophic consequences for fisheries, marine life and human safety."**

**In an interview, Gunn said a 5,000-cubic-metre spill is the equivalent to about one-seventh of the 1989 Exxon Valdez spill in Alaska, and about twice the size of the Enbridge spill in the Kalamazoo River in Michigan in 2010.**

**Gunn said he sought out the expertise of Foschi and Sexsmith to assist him in the analysis based on his concerns over the impact of an oil spill on the coast.**

**"It's related to my involvement with the wilderness (association) and being up the coast and involved in land-use planning in the Great Bear Rainforest. I care about what's happening."**

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**Sent via email to pass on in the Elders Voice**

**I can't believe how breath taking our land and waters are, as I'm sitting here watching all the beautiful salmon jump all around I start thinking about my Nan, father, myself and my daughter and future grandchildren knowing how truly blessed we all are.**

**I have looked into the eyes of an eagle, walked the paths of a wolf and it's family. I have seen the beautiful bear that stood strong at the mouth of a river. I have tasted wild game and swam the same waters that so richly provide us all with abundant food that enrich us all, and bring us together as we harvest our traditional foods. . .**

**My heart then shatters into a million pieces and falls to the pit of my stomach, my eyes start to well with tears and fall across my face as I come to the realization that this beauty that surrounds us all can one day be taken from us. Taken.**

**Then I imagine waking from a dream that we once lived, walking to my sliding door as I open it I don't see nor hear the sweet melody that used to soar our skies and I don't hear the wolf and it's family that used to wake me in the middle of the night communicating with its young pups. I can no longer imagine what the wild game tasted like, and I only have the memories of being able to swim in the same waters that used to provide. I have a splitting head ache from the stench, as I look at my family they no longer smile and their eyes no longer have that sparkle.**

**It's gone, this place our ancestors parked us and kept so serene is gone. Our land is barren. No wild life in sight if there is they feel how we feel. My daughter hasn't fully got to experience it all!!**

**I shake my head at the thought and start to think more positive, we will fight together!**

**We will stand strong with everything we have and with all our hearts! We will be heard! We stand strong fighting as a nation not just we as first nations but all nations, no matter what race or back ground we come from.**

**Our land and culture will not die for Enbridge!!!!**

**By: Kimberly Windsor, Bella Bella B.C.**

# **CALL FOR PAPERS**

**Demeter Press is seeking submissions for an edited collection entitled  
Indigenous Mothering, Family and Community: International Perspectives  
Editors: Dr. D. Memee Lavell-Harvard and Dr. Kim Anderson**

**DEADLINE FOR ABSTRACTS: January 7, 2013**

**The voices of Indigenous women worldwide have long been silenced by colonial oppression and institutions of patriarchal dominance. Recent generations of powerful Indigenous women have begun speaking out so that their positions of respect within their families and communities might be reclaimed. As part of this process of reinvigorating our spirits we are compiling a volume exploring the issues surrounding and impacting Indigenous mothering, family and community in a variety of contexts internationally. We welcome submissions from Indigenous mothers, scholars, students, activists, workers, artists, and any others interested in the experiences and knowledges of Indigenous mothering, families and communities in either historical or contemporary societies.**

**Topics can include (but are not limited to):**

**Explorations of the personal experience of becoming an Indigenous mother (including Grandmothers, Other mothers, LGBTQ or Two-spirited mothers, bi-racial or mixed race mothers, adoptive mothers, etc.); Indigenous mothering and the law-the impacts of legislation and the justice system on the experience of Indigenous mothers and families; conversations on varying aspects of identity, ethnicity, and race as they inform the experience of Indigenous mothers and families; the reconceptualization and/or performance of gender roles as they relate to traditional or contemporary Indigenous mothering practices and experiences; Indigenous mothering and the land, activism, politics, academics, religion or spirituality, mentoring, community mobilization, marginalization, poverty, crime and incarceration, teen mothering, addictions and rehabilitation, sex work; traditional mothering and parenting practices.**

**We welcome perspectives from Indigenous peoples worldwide. Cross-cultural, historical and comparative work is encouraged.**

**Submission Guidelines:**

**Abstracts: 300 words.**

**Please include a 50-word biography (if Indigenous, include nation/affiliation)**

**Deadline for Abstracts is January 7, 2013**

**Please send submissions and inquiries directly to:**

**Dr. Dawn Harvard [Harvardmharvard@sympatico.ca](mailto:Harvardmharvard@sympatico.ca)**

**or Dr. Kim Anderson, [kanderson@wlu.ca](mailto:kanderson@wlu.ca)**

**Demeter Press**

**140 Holland St. West, PO 13022**

**Bradford, ON L3Z 2Y5 Tel: (905) 775-9089**

**[www.demeterpress.org](http://www.demeterpress.org) / [info@demeterpress.org](mailto:info@demeterpress.org)**

# Concerns raised about ceremonial drug use

Submitted by the Masset RCMP

« on: September 08, 2012, 01:08:55 PM »

The Royal Mounted Police have issued a warning on Erick Gonzalez. This was published in the Haida Observer 9-6-12, pg 23.

Please repost widely anywhere Gonzalez's workshops, seminars, ceremonies, or other scams such as Earth People United are promoted.

The Masset RCMP has received information from concerned citizens of Haida Gwaii about a group called the Earth People United and the group's founder Erick Gonzalez. The group's website states that their mission is to connect people to the natural and spiritual world, and to bridge the wisdom of the Ancient Ones with the world of today. One of the concerns raised by the public is that the group may be encouraging and facilitating the use of hallucinogenic drugs during the religious ceremonies in order to experience a spiritual state of mind.

It has been reported that drugs such as pevote mescaline and ayahuasca may be used during these ceremonies to elicit hallucinations that are then being interpreted as spiritual or ceremonial. It should be noted that mescaline in any form is a controlled substance and is listed in the Controlled Drugs and Substances Act. Possession or distribution of mescaline would contravene the act and could result in charges.

The Masset RCMP is urging the public to think critically. about the use these so-called 'healing" or "spiritual" drugs. Not only are some of these substances illegal in Canada but it has been reported that they can produce negative long-term side effects, including insomnia, anxiety, emotional instability and headaches. The illegal nature of these hallucinogenic drugs and their health risks should be taken very seriously if considering their use.

The other concern that is being communicated by community members is that traditional Haida gifts are being given to the group's founder, Erick Gonzalez: These culturally relevant gifts are provided in addition to a fee that is required to attend the ceremonies. The tradition of gifting is a widely accepted practice and it is not suggested that it should be stopped. What is of concern is the expectation of receiving a gift. Any group or individual that expresses the expectation of receiving a gift should be questioned in regards to their motives.

At this time the Masset RCMP is continuing the investigation into this matter and encourages people who may have further information to contact Const. Scott McDiarmid at 250-626-3991.

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## QUOTES

<b>“You must sacrifice yourself in order to achieve greatness.”</b>	<b>Chinese</b>
<b>“You are prepared, everything you need is within you.”</b>	<b>Unknown</b>
<b>“To keep a lamp burning we have to keep putting oil in it.”</b>	<b>Mother Teresa of Calcutta</b>
<b>“If you fell down yesterday, stand up today.”</b>	<b>HG Wells</b>
<b>“Out of chaos comes order”</b>	<b>Unknown</b>

## **Klein Lyons Personal Injury & Class Action Law**

### **Aboriginal Sixties Scoop Class Action: Introduction**

**This class action lawsuit has been filed against the Government of Canada. The lawsuit alleges that between 1962 and 1996, Canada negligently delegated Indian child welfare services to the Province of British Columbia. Ignoring its obligations to Aboriginal children, Canada took no steps to prevent them from losing their Aboriginal identity and the opportunity to exercise their Aboriginal and treaty rights when they were placed in foster homes and adopted by non-Aboriginals.**

**The plaintiff, a status Indian, was taken from her parents and placed in foster care when she was a young girl. She is bringing this lawsuit on her own behalf and on behalf of status Indians who were living in British Columbia and placed in foster care or adopted between 1962 and 1996.**

**If you are a status Indian who was placed in foster care or adopted between 1962 and 1996, please complete the Do You Qualify? form or Contact Us for more information.**

#### **For more information**

**Deborah Wong      604.874.7171      [dwong@kleinlyons.com](mailto:dwong@kleinlyons.com)**

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#### **A Thanksgiving Day Prayer by Scott Wesemann**

**Lord, so often times, as any other day  
When we sit down to our meal and pray**

**We hurry along and make fast the blessing  
Thanks, amen. Now please pass the dressing**

**We're slaves to the olfactory overload  
We must rush our prayer before the food gets cold**

**But Lord, I'd like to take a few minute more  
To really give thanks to what I'm thankful for**

**For my family, my health, a nice soft bed  
My friends, my freedom, a roof over my head**

**I'm thankful right now to be surrounded by those  
Whose lives touch me more than they'll ever possibly know**

**Thankful Lord, that You've blessed me beyond measure  
Thankful that in my heart lives life's greatest treasure**

**That You, dear Jesus, reside in that place  
And I'm ever so grateful for Your unending grace**

**So please, heavenly Father, bless this food You've provided  
And bless each and every person invited**

**Amen!**

## **TIB-SIB Day Scholar Class Action Informational Meeting:**

**Purpose:** A meeting to present an update of the Day Scholar Class Action ,to review the document & the three devisions of the action. The damages that we are seeking are; compensation,healing process, Legal Process and the Relationships & Partnerships with other First Nations.

**When:** Thursday October 25,2012

**Location:** Mocassin Square Gardens, Tkemlups te Secwepemc 200-355 Yellowhead Hwy, Kamloops

**Time:** 8:00 am to 3:00 pm

### **For more information contact:**

**Jo-Anne Gottfriedson BGS CED**

**T'kemlups Indian Band, Day Scholar Coordinator**

**200-355 Yellowhead Hwy. Kamloops.BC V2H 1H1**

**ph: 250-828-9788 email: jo-anne.gottfriedson@kib.ca\**

## **TIB –SIB Day Scholar Class Action Informational Meeting Agenda**

- 8:00 am** Registration
- 8:30 am** Opening Prayer
- 8:45 am** Welcome Chief Shane Gottfriedson
- 9:00 am** Opening remarks; Chief Garry Feschuk & Chief Shane Gottfriedson
- 9:30 am** Legal Process: Len Marchand- review the document,& the three devisions of the class,the damages we are seeking & the compensation and healing process.
- 12:00 pm** Lunch will be provided
- 12:30 pm** Key note message: Day Scholars from TIB-SIB
- 1:00 pm** Relationships & Partnerships with other First Nations
- 2:30 pm** Closing remarks: Chief Garry Feschuk & Chief Shane Gottfriedson
- 2:50 pm** Closing Prayer-Elder Evelyn Camille

**FOR IMMEDIATE RELEASE -**  
**September 10, 2012**



**TWN WIND POWER INC.**  
A TSLEIL-WAUTUTH NATION COMPANY

## **TWN WIND POWER TO SUPPLY WHITE EARTH NATION WITH WIND TURBINES** **Two 40kW wind turbines to power Tribal community buildings.**

North Vancouver, BC - TWN Wind Power has signed an agreement with the White Earth Nation of Minnesota to supply two 40kW wind turbines. The small wind turbines will be used to power the White Earth Community Service Center in Naytahwaush and the Ojibwa Building Supplies facility in Waubun.

“I want to congratulate the White Earth Nation Tribal Council and everyone who worked to bring this agreement together,” said Chief Justin George of the Tsleil-Waututh Nation. TWN Wind Power is a wholly owned company by Tsleil-Waututh. “We see the wind power business as an entry point into our goals to partner with Tribal communities across North America.”

“White Earth is thrilled not only to decrease our fossil fuel usage, energy dependence, and utility expense but to do so in partnership with another tribe only adds to the excitement surrounding this venture,” said Jerome Lhotka, White Earth Economic Development Director. “We look forward to the commissioning of these two new machines adding to our green power initiatives yet this fall.”

The 40kW G-3120 Endurance Wind Power small wind turbines are the first installation of its kind in Indian Country. Although there are hundreds of installations of the 3120-series wind turbines in North America and the UK, these will be the first to be installed under agreements of Tribal communities working together. Distributed wind energy, which is commonly referred to as small and community wind, is the use of typically smaller wind turbines at schools, businesses, homes and public facilities to off-set all or a portion of on-site energy consumption.

The wind turbines will sit atop 140-foot towers and will be connected to the electrical grid, and generate electricity for both buildings.

“This is a great example of Tribes working together in Indian Country”, said Marc Soulliere, President & CEO of TWN Wind Power. “We are excited to have formed this relationship to further enable energy independence and environmental benefits for White Earth Nation.”

**For more information please contact [info@twnwindpower.com](mailto:info@twnwindpower.com)**  
**About TWN Wind Power Inc - [www.twnwindpower.com](http://www.twnwindpower.com)**

TWN Wind Power, is a wholly-owned company of the Tsleil-Waututh Nation based in North Vancouver, BC. As a First Nations company, we offer Aboriginal communities throughout North America an opportunity to generate clean energy through Small Wind power and provide other energy related services. We are guided by a deep responsibility to honor and care for our natural resources.

Tsleil-Waututh Nation own and operate seven businesses in the alternative energy, tourism, construction, real estate and retail sectors.

**About White Earth Nation - [www.whiteearth.com](http://www.whiteearth.com)**

The White Earth Nation, Minnesota's largest and most populous reservation, encompasses over 1,300 square miles and serves as the homeland for over 20,000 band members. Situated in the northwest region of Minnesota, our land is the transition between the Red River Valley to the west and the lake and pine region to the east. We are governed by a five-member tribal council whose overriding mission is to preserve, promote and enhance our quality of life.

**Good morning Chiefs, Councillors, Directors & Coordinators,**

**My name is Alice Guss, (ancestral name - Tsawaysia Spukwus from the Squamish Nation).  
I live in Squamish, BC**

**I'm wondering if your organization is interested in doing Drum Making Workshops with your community members. The Beauty of people going back to their roots and learning about the ways of our ancestors. This is positive and healing - It not only have the teachings of Patience, Respect, Sharing & Caring, but an empowering tool to self-awareness.**

**I am willing to go there and teach and do drum making workshops, or wool weaving headbands or cedar bark headbands. I will provide: teachings, protocol, storytelling, drumming, singing and getting participants dancing.**

**Please let me know. I look forward to your reply. Please call my home, 604 892-5195 (my new cell phone is coming in the mail) or email,**

**Hoy chexw a kwi Way chexw yo! (Thank you and Take care!)**

**PS I could do group rates, just pay for drum kits, plus honorarium & gas (transportation)**

*Alice Guss (Tsawaysia Spukwus)*

**cell - 604 897-1421**

**www.tsawaysia.com**

**(drum making, wool weaving, cedar bark facilitator  
plus drumming, singing, storyteller & team builder)**

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## **We Give Thanks**

**Our Father in Heaven,  
We give thanks for the pleasure  
Of gathering together for this occasion.**

**We give thanks for this food  
Prepared by loving hands.**

**We give thanks for life,  
The freedom to enjoy it all  
And all other blessings.**

**As we partake of this food,  
We pray for health and strength  
To carry on and try to live as You would have us.**

**This we ask in the name of Christ,  
Our Heavenly Father.**

**--Harry Jewell**

# **YOUTH INVITATION: “Voice of Now”**

**This is an invitation to youth ages 13-30 for the “Voice of Now” event hosted by the Indian Residential School Survivors Society (IRSSS) on October 19th and 20th at Thompson Rivers University, Irving K. Barber Centre.**

**Pre-registration is welcomed (1-800-721-0066 or [sandragreene@irsss.ca](mailto:sandragreene@irsss.ca)/[\\_devigoberdhan@irsss.ca](mailto:_devigoberdhan@irsss.ca))**

**We are bringing together Aboriginal and non-Aboriginal youth to discuss the history and impacts of colonization and the residential schools. Our goal is that the youth will be able to learn about the origins of trauma and abuse in order to change the way they view themselves, their families, their communities and this country (and perhaps world).**

**We are hoping to empower the youth so they can see themselves as the bright, worthy and resilient beings they are and what gifts they can share. We are planning an event night that will showcase performers whose work is inspired by our history, healing, traditions and culture.**

**The day event will include workshops, teachings, and a space for sharing. There will be support workers, elders, cultural workers and therapists available as supports at the event, however chaperones are recommended for youth under the age of 18.**

**Friday - October 19th, 5:30 - 9:30 pm  
Registration & Reception & dinner  
Performances**

**Saturday - October 20th, 8:30- 4:30 pm  
Guest Speakers  
Workshops  
Youth and Elder Panel  
Traditional wisdom with Elders  
Breakfast, lunch & snacks served.**

**All interested are welcome. We have accommodations available for out-of towners, space is limited, so please pre-register. Thanks!!**

**Sandra Greene,  
Event Co-ordinator**



# BUILD YOUR FUTURE

## ABORIGINAL BUSINESS CONFERENCE 2012

October 26th & 27th, 2012

### YOU'RE INVITED TO STRIVE FOR YOUR DREAMS

Come participate in "Build Your Future", a 2-day conference designed to:

- Give you tools and guidance in planning the development and/or growth of your business, and
- Provide you an opportunity to network with other business people and professionals.

Business officers will be available throughout the conference to answer questions or meet individually.

#### Who is this conference designed for?

Aboriginal people who would like to enhance their business skills and knowledge and either:

- Are interested in starting a business, or
- Currently own or operate a business.

#### Cost:

Conference Rate: \$100/person  
Day rate: \$80/person  
(covers all meals and materials)

Registration Deadline:  
October 22<sup>nd</sup>, 2012  
Pre-registration **REQUIRED**

SAVE 75% by taking advantage of discounts:

UP  
TO  
**75%**  
OFF

- ~ 1/2 PRICE when PAID BEFORE SEPT. 28<sup>th</sup>
  - ~ 50% discount for groups of 3 or more
- Cheques payable to NEDC or Cash accepted.

**Location: Best Western Barclay Hotel**  
4277 Stamp Ave, Port Alberni, BC

Contact Caledonia: 250.724.3131 [caledonia@nedc.info](mailto:caledonia@nedc.info)



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a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA  
Faculty of Education

# Launch – Year of Indigenous Education *Musqueam Excellence in Education Lecture*



Celebrating the start of the  
Year of Indigenous Education

Join a discussion with a

## Community Voice Panel

about Indigenous educational success and  
excellence featuring four community

speakers

- **Tommy Hankey**, Chair, Musqueam Education Committee and Manager, National Aboriginal HIPPY (Home Instruction for Parents with Preschool Youngsters)
- **Merry Point**, Coordinator, NITEP Urban Field Centre and Instructor, Musqueam Hingamim language course
- **Kory Wilson**, Director, Aboriginal Education and Services, Vancouver Community College
- **Aaron Wilson**, Musqueam Band Member, 3<sup>rd</sup> year UBC Law Student

Thursday

**October 11<sup>th</sup>, 2012**

4 – 7 pm

**First Nations Longhouse**

1985 West Mall, UBC

**RSVP**

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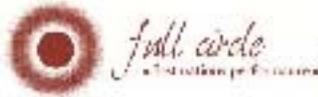
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*The Year of...*

# INDIGENOUS EDUCATION





February 18 – March 3, 2013

## 2013 TALKING STICK FESTIVAL PROGRAM GUIDE ADVERTISING RATE CARD

The Talking Stick Festival is a citywide 2 week-long festival of extraordinary Aboriginal performance and art featuring some of the best emerging and established Aboriginal artists. Performances are held at various venues in Vancouver with attendance of over 5,000 over the 2 week period.

Distribution: Performance Venues, Community Centers, Galleries, Tourism Centers, Partner locations and sponsors locations

### Target Audience:

Female: 77% Male: 23%

Age: Ages 18 – 25 (11%) ages 35 – 50 (39%), ages 26 – 34 (27%)

Income Level: \$25 – 50k (36%) \$50 – 75k (22%) \$75 – 100k (11%)

Quantity: 2,500

Distribution Period: Feb 1 – Mar 3, 2012

### Ad Sizes (Black & White):

- Full page: 5" w x 8" h = \$800
- Half Page (horizontal): 5" w x 4" h = \$450
- Half Page (vertical): 2.5" w x 8" h = \$450
- Quarter Page (vertical): 2.5" w x 4" h = \$250
- Quarter Page (horizontal): 5" w x 2" h = \$250

### Ad Sizes (Colour):

- Inside Pages (Front): Half Page 5" w x 4" h = \$600
- Inside Pages (Back): Half Page 5" w x 4" h = \$600

### Business Card Ads:

- Inside pages: Business Card size Ad 2" h x 2 1/2" w = \$130

Early Bird Booking Deadline: October 1, 2012 (20% savings on reg rate)

Booking Deadline: October 30, 2012

Material Deadline: November 15, 2012

Contact Information: Pamela Tan

Email: [marketing@fullcircle.ca](mailto:marketing@fullcircle.ca)

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Half Page  
Horizontal  
5" w x 4" h

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Vertical  
2.5" w x 8" h

Quarter Page  
2.5" w x 4" h

## **Pain** from [www.medbroadcast.com](http://www.medbroadcast.com)

### **Can pain-free be drug-free?**

**Medications aren't always the answer to pain relief.** Alternate methods have been used for generations - some with success, some not. As with any treatment, you should discuss this with your doctor.

Many physicians incorporate alternative therapies with traditional medicine to find the best solutions for their patients.

If the pain is stress related, like many headaches and some backaches, some people may find stress relief from:

- relaxation techniques
- biofeedback
- aromatherapy
- massages

Other alternative therapies may also provide relief. These include:

- chiropractic
- acupuncture

There is nothing wrong with needing pain relief - it shows that you care for your health and well-being. In fact, if short-term pain is left untreated, it could worsen or progress to long-term pain. Make sure you ask your health care provider for a therapy that is best suited to you.

---

### **Does twisting make you shout?**

**Back pain is a very common human bane.** It often comes on unexpectedly and can be the result of an accident, sudden movement, or long-term stress on the spine. Once you have a back problem, there are ways that you can try to reduce repeat injuries and allow yourself to move freely again.

Back pain is especially intrusive and debilitating because of the central role the spine plays in our lives. Although we all get occasional back pains from sitting too long, for instance, acute or prolonged back pain could be a signal that there's a problem. A visit to the doctor is in order to rule out any serious difficulties.

**The spine is a very complex structure, so the reasons for pain are many and varied.** One major cause is degeneration of the discs. Through the wear and tear of life, the discs act as the body's shock absorber. After a while, these can compress and trigger pain. Even though the problem might seem to have started suddenly, chances are that the condition was building up, and a sudden movement may have been the final straw.

**Not long ago, many doctors recommended bed rest for sore backs, but that way of thinking has changed.** Bed rest may still be recommended, but only for the first 24 to 48 hours of pain - then it's time to get moving again. For an acute strain, short-term bed rest, over-the-counter pain relievers (such as acetaminophen, ibuprofen, or ASA), and heat packs are often enough to get you over the hump. Moving about may not be comfortable, but it's often the best way to heal your back if your doctor advises you to do this. Your doctor might also recommend a muscle relaxant, a medication usually used for short-term relief unless your doctor specified otherwise.

Chiropractors and physiotherapists also play a role in back health. Chiropractors use carefully applied techniques (also known as "adjustment") to physically manipulate the joints of the spine, which can help relieve back pain. Physiotherapists can teach you how to move so you can avoid pain. Both health professionals can also show you how to prevent future back injuries.

Severe back injuries may need surgery but, as with bed rest, doctors are trying to limit the number of operations being done. It seems that time is really the healer in most back injuries, and now doctors are waiting months before deciding whether or not an operation really is the best solution.

**The best way to beat back pain is through prevention.** Some of the following suggestions might help avoid a back injury:

- Maintain your ideal body weight - more weight increases the stress on the spine.
- Exercise to increase the strength of your abdominal and lower back muscles, which help support the spine.
- Learn to lift objects safely - lift with the legs, don't bend your back.
- Practice good posture, both standing and sitting.
- Wear good, supportive shoes.

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## When joints go bad

It's not true that arthritis pain is a condition that goes hand-in-hand with aging. It can also affect children and young adults, severely limiting their activities. In these cases, easing the pain is an important part of being able to live life to its fullest.

The term *arthritis* actually refers to a group of disorders that includes rheumatoid arthritis, osteoarthritis, juvenile rheumatoid arthritis, and others. What they have in common is joint pain. While the causes of the actual pain for the different types of arthritis may be different, some of the same solutions may work.

**For some people, non-medicinal approaches to fighting joint pain can also offer comfort.** For example, a splint attached to the affected joint can protect it from repeated motions. Physiotherapy with active exercise can also help relieve joint pain, while lifestyle changes can eliminate joint pain for those affected by cool and damp weather (e.g., moving to a warmer climate). A healthy diet along with some types of exercise - alternated with lots of rest - can go a long way in easing discomfort and maintaining mobility.

## Rheumatoid arthritis

For rheumatoid arthritis, doctors often recommend medications such as:

- nonsteroidal anti-inflammatory drugs (NSAIDs; e.g., ASA, ibuprofen, naproxen)
- disease-modifying anti-rheumatic drugs (DMARDs; e.g., hydroxychloroquine, oral and injectable gold, sulfasalazine, d-penicillamine, methotrexate)
- biologics (e.g., adalimumab, anakinra, etanercept, infliximab)
- corticosteroids (e.g., prednisone)

These medications can help with the symptoms of rheumatoid arthritis, including pain and inflammation. NSAIDs and corticosteroids work to manage the symptoms and to relieve inflammation, while DMARDs and biologics reduce the signs and symptoms and help slow the progression of the disease.

As with all medications, there are side effects associated with the treatments for rheumatoid arthritis. It is important to check with your doctor or pharmacist about what side effects to watch for and what you can do to

manage them. As for any medication, ask your doctor or pharmacist about possible side effects and what you can do to prevent or minimize them.

## Osteoarthritis

To treat osteoarthritis, doctors take a slightly different approach because the pain doesn't have the same cause as in rheumatoid arthritis.

Medications with anti-inflammatory effects (such as NSAIDs and corticosteroids) are used to treat osteoarthritis, but in many cases the pain can be managed with acetaminophen, which isn't an anti-inflammatory. As well, steroid injections directly into the painful joints or injections that replace the *synovial fluid* (fluid that lubricates and cushions the joints) might be helpful.

Other therapies include natural health products such as glucosamine and chondroitin. Losing weight can also help relieve stress on weight-bearing joints such as the hips and knees. In more severe cases, surgery might be necessary.

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## Health Tip: Don't Combine Medication and Alcohol

(HealthDay News) -- If you're on any medication -- even over-the-counter cold medicine -- you should avoid drinking alcohol. The combination of alcohol and medication can be deadly, the National Institute on Aging warns.

The agency cites these potential complications of combining alcohol and medication:

- You may have an increased risk of stomach bleeding if you drink alcohol while taking aspirin.
- Mixing alcohol with cough or cold medication can make you very drowsy.
- It can be very dangerous to drink alcohol while taking medications to treat depression, anxiety, pain or insomnia.
- Combining alcohol with medications that contain acetaminophen can cause liver damage.

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## Telling Patients When They're Unfit to Drive Cuts Crashes: Study

By Steven Reinberg *HealthDay Reporter*

**WEDNESDAY, Sept. 26 (HealthDay News)** -- Doctors who counsel patients not to drive or to drive with extra caution for medical reasons may help save the life of their patient as well as others on the road, a large new study finds.

The downside of this advice is that doctors run the risk of ruining the relationship with their patient when they suggest limiting their independence, the researchers say.

"Medical warnings to unfit drivers lead to a 40 to 50 percent reduction in the risk of a serious motor vehicle crash," said lead researcher Dr. Donald Redelmeier, from the department of medicine at the University of Toronto.

The decrease in risk, however, did not bring it down to the population norm, Redelmeier said. Most of the decreased risk was among elderly women living in rural areas, he added.

These findings may be due to the fact that while people were driving less, licenses were suspended in only 20 percent to 30 percent of cases, Redelmeier explained.

People warned about driving include those diagnosed with or taking medications for sleep apnea, high blood pressure or Parkinson's disease. Redelmeier noted that the warnings were never given due to a patient's age, but rather because of a medical condition.

These conditions can include dizzy spells, stroke, epilepsy, Alzheimer's disease, alcoholism, advanced diabetes or schizophrenia, Redelmeier noted.

The warnings, however, increased patients' depression and significantly affected the doctor-patient relationship, he said. "This is why clinical judgment is needed so an intervention isn't carried to excess," Redelmeier said.

"This can be painful news to hear," he said. "It can be unpleasant news for a lot of patients to hear, but that's what good medicine is often about, unfortunately."

In most cases patients can still drive, Redelmeier pointed out. "It's a matter of driving more carefully," he said.

The report was published Sept. 27 in the *New England Journal of Medicine*.

For the study, the researchers identified patients whose doctor had warned them that they were potentially unfit to drive.

Between April 2006 and December 2009, more than 100,000 patients had received warnings from more than 6,000 doctors, the researchers found.

In the three years before the warnings, 1,430 car crashes occurred in which the patient was driving. In the year after a doctor's warning, crashes dropped to 273 -- a 45 percent reduction in crashes per 1,000 patients warned, the researchers reported.

The reduction in crashes was seen across the board among all patients regardless of age or the reason for the warning.

Warnings, however, were associated with more visits to the emergency room for depression and a drop in return visits to the doctor who gave the warning, the researchers added.

In Canada, doctors are paid when they warn patients about not driving and report it to the government. In the United States, however, doctors aren't paid for this advice and reporting requirements vary by state with most states not having any reporting requirements, Redelmeier noted.

In May, the American Medical Association launched a course to help doctors figure out when and how to tell a patient to limit driving or not drive.

"The AMA encourages physicians to make driver safety a routine part of their geriatric medical services," the association said in a statement.

But that's easier said than done, said Dr. Bradley Flansbaum, an internist at Lenox Hill Hospital in New York City, who was not involved with the study. Telling a patient to limit his or her driving is a thorny problem, he noted.

"When you talk about people's independence -- take away someone's keys and their life changes," Flansbaum

said. "If it worked and the patient got off the road that would be hunky-dory, but that's not the way the world works," he added.

For a doctor it's not an easy problem to deal with, he explained. Flansbaum said if he knew a patient had had an accident, then he would advise the patient about driving. But without an accident, it is a gray zone and he would be less likely to offer driving advice.

Part of the problem, he suggested, is lack of support from state or federal government -- for instance, consistent regulations on reporting unfit drivers, or having drivers with medical conditions pass a test. Such national policies might help by taking the sole responsibility out of the doctor's hands, he said.

"It's a judgment call," Flansbaum added. "That's why it's so hard."

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## **Baby squirrel adopted by cat, learns to purr By Walt Grayson**

LEAKE COUNTY, MS (WLBT) - Emmy, the cat, gets my nomination for kitty mother of the year.

Not that Emmy doesn't just lie around like other cats. And occasionally scratch her claws on something you wished she wouldn't. But there arose a situation around the time she had her kittens that Emmy has stepped up to the plate and helped solve. Well, she's taken in a baby squirrel and is providing a plate for the little squirrel at her table along with the rest of the kittens.

"She's very protective of it. If it starts to move and she don't like where its going she'll reach up and pull it back and start licking it and taking care of it like she would one of her kittens," said Jim Watkins.

Jim Watkins and his wife Karen of Carthage have helped organize Central Mississippi T.A.I.L.S. "It stands for taking animals into loving shelters," said Jim Watkins.

That's how Jim and Karen got Emmy and her extended family. Emmy's owner lived where she couldn't have pets and called her vet to see what she could do with the new family.

"I seem to be the go-to girl from my vet. Anytime someone has a cat they can't take care of, I'm the one they call. That's how we wound up with 18 cats and a squirrel," said Karen Watkins.

And the squirrel came as a gift from the sky. Just before Emmy's owner gave her up, a baby squirrel fell out of a nest and landed in the yard. Not being able to climb a tree and put it back, the lady did the next best thing.

"And she put the squirrel in the box with the kittens and she just immediately accepted it and adopted it, started feeding it, has raised it just like hers," said Jim Watkins. But if a mama cat adopting a squirrel is amazing, the ability of the baby squirrel to adapt is even more so. "Oh the squirrel, you can pick it up and pet it and it will start to purr just like a kitten does," said Jim Watkins.

Rocky, they've named the squirrel, may go on and grow up *always* thinking it's a cat who can just climb trees better than others. It will *have* to be a pet from this point on.

"He'll never be able to survive on his own from this point on because of the way he's been raised. We'll probably wind up with him," said Jim Watkins. So the circle of adoption goes on and on: cat to squirrel to people. Everybody looking out for and accepting the other.

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

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

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Fax: 1-250-286-4809  
Toll-Free: 1-877-738-7288

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1ST OF EACH MONTH!**

**IT'S HALLOWEEN** by ~Jack Prelutsky~

**It's Halloween! It's Halloween!  
The moon is full and bright  
And we shall see what can't be seen  
On any other night.**

**Skeletons and ghosts and ghouls,  
Grinning goblins fighting duels,  
Werewolves rising from their tombs,  
Witches on their magic brooms.**

**In masks and gowns  
we haunt the street  
And knock on doors  
for trick or treat.**

**Tonight we are  
the king and queen,  
For oh tonight  
it's Halloween!**

**LIBRA - The Harmonizer (Sept 23 - Oct 22)**

Nice to everyone they meet. Can't make up their mind. Have own unique appeal. Creative, energetic, and very social. Hates to be alone. Peaceful, generous. Very loving and beautiful. Flirtatious. Give in too easily. Procrastinators. Very gullible.

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

**ANNUAL BC ELDERS GATHERING INFO CORNER**

**The 37th Annual BC Elders Gathering  
Prince George, BC  
Dates: July 9, 10,11 2013  
With Early Registration on July 8th.**

**Please see the Host's Press Release on page 4  
Special Thanks To The Host For Having Info Available So Soon!  
All groups are encouraged to book your elder's rooms A.S.A.P.**