

Volume 9 Issue 11

October 2009

BC ELDERS COMMUNICATION CENTER SOCIETY



ELDERS VOICE

ATTENTION:

Elders Contact People
Please Remember To Make Copies
of The Elders Voice Each Month
For Your Elders And If You Could Also Make Copies For Your Chiefs and Councils
That Would Really Help In Keeping Everyone Up-To-Date On Elders Matters.

EV'S 107th Issue!

NUMBER OF PAID FEES IS DOWN: Please See If You Can Help

Dear Elders, Elders Workers, Presidents, Chief and Councils, & Boards
Support Invoices accompanied the Dec. 2008 issue.

Please see if you can assist with the costs for this provincial elder's office to operate
by paying the \$250 yearly support fee. If a copy of the invoice is needed please call
into the office. Thank you, Donna Stirling, BCECCS Coordinator

HAPPY BELATED BIRTHDAY WISHES FOR SEPTEMBER TO:

Donna White, Shirley Save and Barbara Frank from *K'omoks First Nation*

Happiest of Birthday Wishes in October to Marguerite Cooper, Akisqnuq First Nation

Dear Elders, First Nations Community Members:

Re: Annual Elders Gathering

There is nothing to announce in this issue of your Elders Voice except
that the new host group and community is working on the arrangements
for 2010. Typically the date for the next event is not announced until Dec.
or early in the New Year, so please carry on with your fundraising efforts
to attend the event, and book your rooms as soon as the dates are re-
leased.

Please be assured that the second the dates are available they will be on
the front page of the E.V. Sincerely, Donna Stirling, BCECCS

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Easy Bakers Corner – Strawberry Jam Scones *makes 9-10*

Preheat oven to 425°F and line baking sheet with parchment paper

Combine 3 cups of all-purpose flour, 1/4 cup granulated sugar, 1 Tbsp. of baking powder, 1/2 tsp. of baking soda and a pinch of salt in a medium-sized bowl.

Cut in 1 cup of all vegetable shortening, cold until mixture resembles coarse meal. Add 1 cup of table cream (15% or 18%) all at once, stirring with a fork to create a soft, slightly sticky dough. With floured hands, press dough into a ball. On a lightly floured surface, knead gently about 3 times. Pat dough into 3/4" thick round. Cut with floured 2" cookie cutter. Gather up scraps and repeat with remaining dough. Transfer to prepared baking sheet.

Place jam in pastry bag fitted with a plain tip or large heavy duty freezer bag with a hole cut in one corner. Using the tip of a knife, poke a hole in the side of each scone. Pipe 1/3 cup of strawberry jam into holes, ensuring jam is placed in the middle of the scone.

Brush top of each scone lightly with 1 egg, lightly beaten.

Bake in centre of preheated oven for 12-15 minutes or until golden.

Let cool on racks.

HANDY TIPS:

1. Candles will last a lot longer if placed in the freezer for at least three hours prior to burning.
2. To clean artificial flowers, pour some salt into a paper bag and add the flowers. Shake vigorously and the salt will absorb dust and dirt and leave your artificial flowers looking like new! Worked like a charm for me!

What Can you please share?

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

Gilakasla, Donna Stirling

‘PRESERVING THE PAST’

New Elder’s Website: www.bcelders.com

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.

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

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

Disclaimer:

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

BC ELDERS COMMUNICATION CENTER SOCIETY

9th Year GRATITUDE LIST

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

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

Changes to the Indian Act affecting Indian Registration and Band Membership *Mclvor v. Canada*

The *Indian Act* defines eligibility for Indian Status (i.e. Registered Indians). The Indian Register is the official record identifying all Status Indians in Canada.

Over the years, there have been many changes to the rules for deciding who is eligible for registration. Important changes were made to the *Indian Act* in 1985, when Parliament passed Bill C-31. These changes were intended to remove parts of earlier legislation that discriminated against women. The changes also gave First Nations the opportunity to control their own membership.

In April 2009, the Court of Appeal for British Columbia ruled in the case of *Mclvor v. Canada* that certain registration provisions of the *Indian Act* are unconstitutional as they violate the equality provision of the *Charter of Rights and Freedoms*. The Court suspended its declaration of invalidity for 12 months - to April 6, 2010 - to give Parliament time to amend the *Indian Act*.

In order to comply with the Court of Appeal's decision and to avoid a legislative void in British Columbia, the Government of Canada is moving forward with a legislative process to amend the registration provisions of the *Indian Act*.

Over the late summer and early fall of 2009, INAC will seek feedback on proposed changes to the registration provisions of the *Indian Act*. A [discussion paper](#) has been developed to explain how the federal government intends to move forward following the *Mclvor* decision and to invite views on the approach. It is possible to participate in the process by sending your comments before November 13, 2009 to:

Special Legislative Initiative
Resolution and Individual Affairs
Indian and Northern Affairs
18th Floor
10 Wellington Street
Gatineau, QC
K1A 0H4
Fax: 1-866-817-3977
Email: mls-sli@ainc-inac.gc.ca



August 24, 2009

FOR IMMEDIATE RELEASE

Report on Best Practices in Governance Provides Examples for First Nations

Vancouver - The New Relationship Trust (NRT) and the National Centre for First Nations Governance (NCFNG) today released the Governance Best Practices Report. The report profiles First Nation communities that provide exceptional examples of NCFNG's principles of effective governance. The best practices are drawn from the experience of First Nations, tribes and Aboriginal organizations across Canada and the United States.

The Governance Best Practices Report provides First Nations with an overview of strategies, techniques, procedures and processes to establish effective governance, and it profiles how the best practices are being implemented in First Nations contexts. The best practices serve as models and First Nations can determine for themselves how the principles can be applied in their own communities.

"NRT is mandated to build capacity within BC First Nation governments," stated NRT Chief Executive Officer, Cliff Fregin. "Supporting effective governance for BC First Nations is a priority for NRT, and this best practice report provides some solid foundation elements which can be incorporated by interested First Nation in BC."

"All First Nations have the ability to enact some of the principles outlined in this report," states Ed Allen, NCFNG's Chief Operating Officer, "no matter where they are in their journey to self-governance."

NRT and NCFNG are not-for-profit organizations.

NRT supports First Nation communities in British Columbia in their efforts to build capacity in order to become healthy, prosperous and self-sufficient.

NCFNG supports First Nations as they seek to implement their right to self-governance and helps them improve their day-to-day government operations. The Centre is an independent service and research organization that is governed and staffed by First Nation professionals.

The Governance Best Practice Report written by NCFNG was commissioned by NRT to assist First Nations to identify ways to improve their governance capacity; it is one of 5 reports commissioned by NRT to be released in the fall of 2009. The other four First Nations best practices reports include:

- Comprehensive Community Planning
- Environmental Assessments
- Consultation and Accommodation
- Land Use Planning.

For more information:

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Website: www.fngovernance.org

Laptop fire blamed for Vancouver death

26/08/2009 3:07:13 PM

An overheated laptop computer left on a couch caused a fire that killed a 56-year-old Vancouver man, the Coroners Service of British Columbia has concluded.

CBC News

The fire took place six months ago, but the victim's name has not been released.

The fire started after the computer was left on a couch, plugged in and turned on. Because of the lack of ventilation under the laptop, less than an hour later the lithium-ion battery overheated and burst into flames, sparking the fire that eventually killed the man.

The coroner did not release the make of computer involved in the death, but did say several makes of laptops have been recalled in recent years due to problems with lithium-ion batteries overheating and bursting into flames.

Since 2004 in B.C., four other laptops have either overheated or short-circuited when left plugged in, causing fires. The death earlier this year, however, was the first in B.C. blamed on a laptop fire, the coroner said in statement issued Wednesday morning.

And there have been 15 other fires caused by short-circuiting or overheating in such equipment as personal computers, DVD players, and cellphone chargers.

Safety recommendations

The coroner's office recommended anyone using a laptop take the following precautions.

- Always operate on a hard surface that allows ventilation. Soft materials can block the airflow vents and cause it to overheat.
- If it is not possible to avoid using a soft surface, an optional heat-sink base should be used to maintain cooling.
- Always shut down your laptop, even for short periods of time, especially when placed in a carry bag.
- Inspect and clean the air vents on a weekly basis. Forced-air dusters can be used to keep the vents clean and free from debris.
- Replace any equipment or parts that do not work.
- Using a laptop desk or cooler to allow air circulation between the laptop and the desk
- Visit the Health Canada recall listings website to see if a laptop has been recalled.
- Review the manufacturers' website for additional safety tips and recommended maintenance.

All Chiefs Assembly United in Rejection of Proposed Legislation: The Legislation is Dead

Press Release - August 28, 2009

(Coast Salish Traditional Territory/Vancouver, BC - August 28, 2009) - Chiefs and leaders came together this week in a BC All Chiefs Assembly to discuss the proposed Recognition and Reconciliation legislation. The Assembly unanimously endorsed an action strategy to be implemented by an Indigenous Title Action Group on a provincial, national and international level.

“When we travelled through the province, to the many regional sessions and community meetings, we consistently heard the deep concerns of the potential impacts of the proposed legislation on our Indigenous Title and Rights. Our people and leadership judge the Province not by their words but their continued actions that infringe on their territories and resources. The Province of British Columbia cannot and does not have jurisdiction over our Indigenous Title and Rights and as such the proposed legislation is dead,” said Grand Chief Edward John of the First Nations Summit Task Group.

“The Assembly is calling for an immediate implementation and enforcement of our Indigenous Title and Rights as called for by the United Nations’ Declaration on the Rights of Indigenous Peoples,” said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. “Clearly the Premier and his government have not acted honourably through the course of the so-called ‘New Relationship.’ Indigenous communities demand substance not empty platitudes. Rather than breaking down the outdated legal barriers and the archaic colonial attitudes of the bureaucracy, Indigenous communities, such as the Xenigwet’in or those of the Common Table, are facing deliberately constructed and illegal denial strategies of their Title and Rights in court and in their negotiations. That must stop.”

“This week’s All Chiefs Assembly has strengthened our unity to work collectively on the outstanding and unresolved title issues of this province. We call on the Province of British Columbia to immediately change its deplorable conduct and fully implement on an honourable basis our Indigenous Title and Rights that are constitutionally recognized and judicially reaffirmed. We have reaffirmed that our Title and Rights are inherited from our ancestral origins as Indigenous Peoples and we recognize our inherit responsibility to bestow our Title and Rights to those unborn,” concluded Chief Nelson Leon, BCAFN spokesperson.

-30-

For more information:

Grand Chief Edward John, FNS, (604) 926-9903

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

Chief Nelson Leon, BCAFN Spokesperson, (604) 922-7733

For: Union of BC Indian Chiefs, First Nations Summit, BC Assembly of First Nations

Contact: Stewart Phillip, Grand Chief, Union of BC Indian Chiefs, First Nations Summit, BC Assembly of First Nations
Primary Phone: 250-490-5314

Date issued: August 28, 2009, 15:51 e

Attention: Assignment Editor, City Editor, News Editor, Government/Political Affairs Editor

Disappearances and Murders on the Highway of Tears

Vancouver, BC, PRESS RELEASE, Aug.28 /CCNMatthews/ - The BC Assembly of First Nations, First Nations Summit and the Union of BC Indian Chiefs express their support to the Hoar family about the possible discovery of their daughter Nicole.

"We also like to express our condolences and sympathies as well as our continued support to all the family members of the women who have gone missing or been murdered along Highway 16, the Highway of Tears, as this search of this rural property reminds us all of their on-going loss, pain and hope for closure," said Grand Chief Edward John of the First Nations Summit Task Group.

The BCAFN, First Nations Summit and the Union of BC Indian Chiefs share the concerns of the many First Nations, local organizations and RCMP officers who have speculated that some of these cases may be connected and all but Nicole Hoar are Aboriginal. The organizations continue to fully support a coordinated approach to these investigations and of pooling all available resources in a concerted effort to ensure all of the families of the missing and murdered women find closure.

"We can ill-afford to continue to repeat the mistakes, gaps and inconsistencies of the investigations into the missing and murdered women on the Downtown Eastside of Vancouver and the Highway of Tears," said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. "To prevent more deaths, we call for an inquiry into the missing and murdered women to not only hear of the hard lessons learned but to hold those agencies to account."

"We are pleased that the Hoar family may have found closure. We believe that though this investigation may have identified the person responsible, there are others who are guilty for the other unsolved deaths along the Highway of Tears. We are of the firm belief that the RCMP will vigorously continue to conduct those investigations until they bring closure to all the families," concluded Chief Nelson Leon, BCAFN spokesperson.
- END RELEASE - 28/08/2009

For further information:

Grand Chief Edward John, FNS, (604) 926-9903; Grand Chief Stewart Phillip, UBCIC, (250) 490-5314; Chief Nelson Leon, BCAFN Spokesperson, (250) 572-5594

Release ID: 200908280001

Press release distributed by CCNMatthews 1-866-736-3779

BC Budget calls for \$2.8 billion dollar deficit

Increase in MSP premiums by \$3 per month

Richard Dettman / Mike Hanafin VANCOUVER (NEWS1130) 2009-09-01 16:42

VANCOUVER (NEWS1130) - The new B.C. budget shows a \$2.8 billion deficit for 2009, almost six times larger than first predicted six months ago. Finance Minister Colin Hansen says the province will run deficits for four years. Health insurance premiums will cost an extra \$3 per month for individuals, and people will be paying more for some services as a result of the HST.

In his budget speech, Hansen carefully outlined the dire financial state facing the province and the country. Provincial revenues are expected to decline by \$2 billion. The budget calls for deficits of \$1.7 billion in 2010-11, and \$945 million in 2011-12. That's despite the \$1.6 billion coming from the federal government to help implement the HST.

The government is taking the axe to many programs, to minimize the damage to the biggest ministries. However, Hansen also pointed out that spending in this budget actually increases, including a program for all-day kindergarten by 2011, a plan that the government had hinted would be shelved. And he also says B.C. will continue to implement a stimulus package over the next three years, "Investing nearly \$14 billion with federal and local governments to build roads, schools, health care facilities and other needed infrastructure in communities throughout British Columbia, creating jobs, supporting families and generating new economic activity."

Funding for the Ministry of Health will increase by nearly 18 per cent over the next three years. By 2011-12, funding for the Ministry of Health Services will reach \$15.7 billion. However, Hansen says to help keep health-care funding sustainable, Medical Services Plan (MSP) premium rates will increase for the first time since 2002.

There are changes coming to personal income taxes and business taxes. The personal exemption in B.C. will rise to \$11,000 before you have to start paying provincial income tax. The small business tax threshold will be raised from \$400,000 to \$500,000, and the small business tax rate will be reduced to zero by 2012.

And concerning the controversial Harmonized Sales Tax, Hansen says the province is ensuring customers will be protected when the HST takes effect next July. Hansen says he's done several things to help, including rebates at the cash register for some items like gasoline, books, children's clothing, shoes and children's car seats. The government will offer rebates on new homes, rebates for cities and charities, and a provincial HST credit similar to existing GST and low-income credits.

'Common table' unhappy with process

Courier-Islander August 26, 2009

On the eve of a four day "All Chiefs" meeting in Vancouver to discuss the recognition and implementation of aboriginal title and rights, spokespeople for the "Common Table" (63 First Nations at 23 treaty tables that are working together on issues common to them all) demand that Canada and BC negotiate in good faith.

Canada and BC have yet to respond fully on six issues discussed and opportunities identified during 13 days of intensive negotiations with the Common Table held during the summer of 2008, they say.

The results of the Common Table negotiations were summarized in a report prepared by the British Columbia Treaty Commission last year.

First Nations had been awaiting the promised response since October, 2008. Common Table representatives finally met with the Minister of Indian and Northern Affairs, Chuck Strahl and provincial Minister of Aboriginal Relations and Reconciliation, George Abbott, on Aug. 10 in Vancouver BC and were "extremely disappointed" and frustrated by both Canada's and BC's lack of response to the six issues that have been impediments to completion of Treaties with most First Nations in B.C. for more than a decade.

"We had been waiting for a response to the Common Table opportunities for over a year," said Common Table Spokesperson Bev Clifton-Percival of the Gitksan Hereditary Chiefs, "and all BC and Canada could come up with was a few speaking notes for the Ministers. I don't think government really understands the issues around Land claims in this province and have no idea how they are going to reach a comprehensive settlement with us. It is truly disturbing."

Spokesperson Robert Morales, Chief Negotiator for the Hul'qumi'num Treaty Group was also upset.

"There appears little sign of good faith on the part of the Crown with no intention to address our issues seriously," he said. "If these were labour negotiations the Crown would have been slapped with a bad faith negotiating ruling by the Labour Board by now. It is totally unacceptable and the citizens of BC should be concerned about where this will lead.

"Since the treaty process began First Nations have borrowed over \$300 million to negotiate and who knows how much Canada and BC have spent in taxpayers dollars. We cannot let this drag on any longer."

During the Common Table negotiations they said clear opportunities were identified in six key areas: recognition and certainty; Constitutional status of lands; co-management and shared decision-making; fisheries; governance; and, fiscal relations.

Opportunities that if acted upon could significantly advance Treaty Negotiations in this province beyond the current stalemate at the vast majority of treaty tables.

"We have not been able to make progress at our individual tables and had high hopes that collectively we could work with Canada and BC to get past flawed 'take-it-or-leave-it' government mandates and open the door to negotiate lasting and durable agreements with our people," said spokesperson Chief Robert Louie of the Westbank First Nation. "For many of us the Common Table is the last hope for the BC Treaty Making Process."

The Common Table people say First Nations hold aboriginal title to most of the province of BC and that the courts have directed that the property rights and governance authorities of the Crown and First Nations must be reconciled.

The governments must come honourably to the table and negotiate in good faith, they said. They were insistent that reaching a few settlements with a handful of small communities does not constitute settlement of the land question in BC.

With the majority of First Nations unable to accept the unfair conditions of settlement imposed by BC and Canada, it does not appear the Land Question in BC will be settled any time soon, they commented.

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Hello Donna Stirling,

As promised, here is a mail-list notice on moccasin making.
I shall send you other pertinent information when I receive them.

All my Relations,
Bryan Stephenson

MOCCASIN MAKING WORKSHOP, FREE OF CHARGE FOR PARTICIPANTS AGES 10-24, WILL TAKE PLACE SATURDAY NOVEMBER 14th and 28th, FROM 3-7 PM, AT YARROW COMMUNITY HALL. THE HALL IS LOCATED HALFWAY BETWEEN ABBOTSFORD AND CHILLIWACK, IN THE COUNTRY SETTING OF THE LITTLE TOWN OF YARROW. CUT AND PASTE THIS LINK FOR A MAP TO THE COMMUNITY CENTER.

<http://www.mapquest.com/maps?city=Yarrow&state=BC&address=Community+St>

<<http://www.mapquest.com/maps?city=Yarrow&state=BC&address=Community+St>> . PLEASE CONTACT MICHELLE LAVERGNE AT 1-604-792-5535 OR EMAIL MICHELLE_LAVERGNE@SHAW.CA TO REGISTER. PARENTS OF CHILDREN 12 AND UNDER ARE ENCOURAGED TO JOIN THE GROUP AND ASSIST THEIR YOUTH.

THANK-YOU,

Michelle Lavergne.

Native Courtworker

Native Courtworker and Counselling Association of British Columbia

#102-46167 Yale Rd.
Chilliwack, BC V2P 2P2
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<http://www.nccabc.ca/index.htm>

Irena Sendler

There recently was a death of a 98 year-old lady named Irena. During WWII, Irena, got permission to work in the Warsaw Ghetto, as a Plumbing/Sewer specialist. She had an 'ulterior motive' ... She KNEW what the Nazi's plans were for the Jews, (being German.) Irena smuggled infants out in the bottom of the tool box she carried and she carried in the back of her truck a burlap sack, (for larger kids..) She also had a dog in the back that she trained to bark when the Nazi soldiers let her in and out of the ghetto. The soldiers of course wanted nothing to do with the dog and the barking covered the kids/infants noises.. During her time of doing this, she managed to smuggle out and save 2500 kids/infants. She was caught, and the Nazi's broke both her legs, arms and beat her severely. Irena kept a record of the names of all the kids she smuggled out and kept them in a glass jar, buried under a tree in her back yard. After the war, she tried to locate any parents that may have survived it and reunited the family. Most had been gassed. Those kids she helped got placed into foster family homes or adopted.

Last year Irena was up for the Nobel Peace Prize ... She was not selected... Al Gore won, for a slide show on Global Warming.

63 years later

In MEMORIAM - 63 YEARS LATER

It is now more than 60 years after the Second World War in Europe ended and this e-mail is being sent as a memorial chain, in memory of the six million Jews, 20 million Russians, 10 million Christians and 1,900 Catholic priests who were murdered, massacred, raped, burned, starved and humiliated!

Now, more than ever, with Iraq, Iran, and others, claiming the Holocaust to be 'a myth,' it's imperative to make sure the world never forgets, because there are others who would like to do it again.

This e-mail is intended to reach 40 million people worldwide!

Join us and be a link in the memorial chain and help us distribute it around the world.

Please send this e-mail to people you know and ask them to continue the memorial chain.

Please don't just delete it.

It will only take you a minute to pass this along. Thanks!

For: Nlaka'pamux Nation Tribal Council

Contact: Chief Robert Pasco, Chair, Nlaka'pamux Nation Tribal Council

Primary Phone: 250-371-0775

Date issued: September 7, 2009, 11:19 e

Attention: Assignment Editor, City Editor, Environment Editor, News Editor, Government/Political Affairs Editor

Nlaka'pamux To File Legal Challenge of Cache Creek Landfill Annex

Cache Creek, BC, PRESS RELEASE, Sep.07 /CCNMatthews/ - Chief Robert Pasco, chair of the Nlaka'pamux Nation Tribal Council, announced today that a legal challenge on behalf of the Nlaka'pamux Nation ("Nation") will be filed in respect of the recent approval by the BC Ministry of Environment of an annex to the Cache Creek Landfill ("Annex").

The Cache Creek Landfill is located southwest of the Village of Cache Creek, approximately 5 kilometres northwest of the Town of Ashcroft, and 330 kilometres northeast of Greater Vancouver, in an area critical to the interests of the Nation. The landfill receives up to 500,000 tonnes of municipal waste per year from Metro Vancouver, and is scheduled to reach capacity in 2010. The Annex would extend the life of the landfill into 2012.

Chief Pasco stated that the members of the Nation are deeply disappointed by the government's abandonment of the formal consultation process put in place to address the replacement of the Cache Creek landfill:

"Following extensive negotiation, the Province, along with Metro Vancouver, agreed back in 2005 to engage in a meaningful consultation process with First Nations to determine a suitable replacement for the Cache Creek landfill. That process was put in abeyance when Metro Vancouver announced in early 2008 that it was abandoning interior landfilling. Now, it is obvious to everyone that interior landfilling is back on the table, and First Nations are being completely shut out of the process. We will not sit idly by and allow that to happen.

Chief Pasco added that the Nation is perplexed by the Province's determination to create conflict over Metro Vancouver's garbage:

"The Nation has a long history of seeking real, long-term solutions to Metro Vancouver's waste problems. Yet the Province seems to only invite conflict with us. The Province wants to make the export of garbage to the United States illegal, saying that we should not be visiting our problems on our neighbours, yet seems determined to export those very same problems into the Nation's backyard. We intend to do whatever it takes to secure a fair and respectful outcome, including bringing the issue of Vancouver's garbage to the world's attention during the upcoming Olympic Winter Games."

Until the Province and Metro Vancouver acknowledge and address the historic infringement of the Nation's rights and title by the existing landfill, and engage with the Nation in a meaningful and respectful way, Chief Pasco expects protracted conflict over Metro Vancouver's garbage into the foreseeable future.

- END RELEASE - 07/09/2009

Release ID: 200909070001

Press release distributed by CCNMatthews 1-866-736-3779

September 17, 2009

AFN National Chief Issues Statement regarding H1N1:

Assembly of First Nations National Chief Shawn Atleo issued the following statement today regarding the H1N1 situation in First Nations communities:

“The Assembly of First Nations has raised the issue of body bags being shipped to northern First Nations communities in Manitoba with the Federal Minister of Health, Leona Aglukkaq. The body bags were shipped without explanation and, seemingly, as part of the federal pandemic preparedness plan.

The Minister's call for an immediate investigation into this matter, and the promise to make the results public is a responsible first step. However, we would encourage the Minister to meet immediately with regional leaders in Manitoba to address the concerns that have been raised as a result of this incident, offer a full explanation and, equally important, discuss with them what needs to be done to ensure First Nations are fully prepared for a potential pandemic.

This incident demonstrates the urgent need to ensure pandemic planning is developed in partnership with First Nations so that First Nations health officials are directly engaged in allocation and distribution of all resources and all jurisdictions understand their respective roles and responsibilities. I am urging the responsible Federal Ministers to work with First Nations leadership nationally, regionally and locally to ensure effective communication, clear planning and full engagement and attention on this matter. I am hopeful we may be ready to announce a new approach very soon. But in the meantime, First Nations that need action now should get action now.

A number of communities across Canada, including my home community of Ahousaht, are affected or expect to be affected by H1N1 this Fall. My home community has been well-prepared, has a well-executed pandemic plan and is handling the outbreak well with the resources at hand. However, there is an immediate need to ensure all First Nations across Canada have the information, tools and human resources needed.”

National Chief Shawn Atleo
Assembly of First Nations

The Assembly of First Nations is the national organization representing First Nations citizens in Canada.

Contact information:

Media inquiries should be directed to media@afn.ca Chantelle Krish at 778-990-9544 or Robert Simpson 778-991-1407.

50 Ways to Help the Planet.

PLANT A NOTION

"Going green" doesn't have to be a daunting task that means sweeping life changes. Simple things can make a difference. The contents of this list might not be new, but they bear repeating. Sometimes it takes a few reminders for things take root.

1. CHANGE YOUR LIGHT

If every household in the United State replaced one regular lightbulb with one of those new compact fluorescent bulbs, the pollution reduction would be equivalent to removing one million cars from the road. Don't like the color of light? Use these bulbs for closets, laundry rooms and other places where it won't irk you as much.

2. TURN OFF COMPUTERS AT NIGHT

By turning off your computer instead of leaving it in sleep mode, you can save 40 watt-hours per day. That adds up to 4 cents a day, or \$14 per year. If you don't want to wait for your computer to start up, set it to turn on automatically a few minutes before you get to work, or boot up while you're pouring your morning cup 'o joe.

3. DON'T RINSE

Skip rinsing dishes before using your dishwasher and save up to 20 gallons of water each load. Plus, you're saving time and the energy used to heat the additional water.

4. DO NOT PRE-HEAT THE OVEN

Unless you are making bread or pastries of some sort, don't pre-heat the oven. Just turn it on when you put the dish in. Also, when checking on your food, look through the oven window instead of opening the door.

5. RECYCLE GLASS

Recycled glass reduces related air pollution by 20 percent and related water pollution by 50 percent. If it isn't recycled it can take a million years to decompose.

6. DIAPER WITH A CONSCIENCE

By the time a child is toilet trained, a parent will change between 5,000 and 8,000 diapers, adding up to approximately 3.5 million tons of waste in U.S. landfills each year. Whether you choose cloth or a more environmentally-friendly disposable, you're making a choice that has a much gentler impact on our planet.

7. HANG DRY

Get a clothesline or rack to dry your clothes by the air. Your wardrobe will maintain color and fit, and you'll save money. Your favorite t-shirt will last longer too.

8. GO VEGETARIAN ONCE A WEEK

One less meat-based meal a week helps the planet and your diet. For example: It requires 2,500 gallons of water to produce one pound of beef. You will also also save some trees. For each hamburger that originated from animals raised on rainforest land, approximately 55 square feet of forest have been destroyed.

9. WASH IN COLD OR WARM

If all the households in the U.S. switched from hot-hot cycle to warm-cold, we could save the energy comparable to 100,000 barrels of oil a day. Only launder when you have a full load.

10. USE ONE LESS PAPER NAPKIN

During an average year, an American uses approximately 2,200 napkins—around six each day. If everyone in the U.S. used one less napkin a day, more than a billion pounds of napkins could be saved from landfills each year.

11. USE BOTH SIDES OF PAPER

American businesses throw away 21 million tons of paper every year, equal to 175 pounds per office worker. For a quick and easy way to halve this, set your printer's default option to print double-sided (duplex printing). And when you're finished with your documents, don't forget to take them to the recycling bin.

12. RECYCLE NEWSPAPER

There are 63 million newspapers printed each day in the U.S. Of these, 44 million, or about 69%, of them will be thrown away. Recycling just the Sunday papers would save more than half a million trees every week.

13. WRAP CREATIVELY

You can reuse gift bags, bows and event paper, but you can also make something unique by using old maps, cloth or even newspaper. Flip a paper grocery bag inside out and give your child stamps or markers to create their own wrapping paper that's environmentally friendly and extra special for the recipient.

14. RETHINK BOTTLED WATER

Nearly 90% of plastic water bottles are not recycled, instead taking thousands of years to decompose. Buy a reusable container and fill it with tap water, a great choice for the environment, your wallet, and possibly your health. The EPA's standards for tap water are more stringent than the FDA's standards for bottled water.

15. BAN BATHTIME!

Have a no-bath week, and take showers instead. Baths require almost twice as much water. Not only will you reduce water consumption, but the energy costs associated with heating the water.

16. BRUSH WITHOUT RUNNING

You've heard this one before, but maybe you still do it. You'll conserve up to five gallons per day if you stop. Daily savings in the U.S. alone could add up to 1.5 billion gallons--more water than folks use in the Big Apple.

17. SHOWER WITH YOUR PARTNER

Sneak in a shower with your loved one to start the day with some zest that doesn't come in a bar. Not only have you made a wise choice for the environment, but you may notice some other added...um...benefits.

18. TAKE A SHORTER SHOWER

Every two minutes you save on your shower can conserve more than ten gallons of water. If everyone in the country saved just one gallon from their daily shower, over the course of the year it would equal twice the amount of freshwater withdrawn from the Great Lakes every day.

19. PLANT A TREE

It's good for the air, the land, can shade your house and save on cooling (plant on the west side of your home), and they can also improve the value of your property. Make it meaningful for the whole family and plant a tree every year for each member.

20. USE YOUR CRUISE CONTROL

You paid for those extra buttons in your car, so put them to work! When using cruise control your vehicle could get up to 15% better mileage. Considering today's gasoline prices, this is a boon not only for the environment but your budget as well.

21. SECOND-HAND DOESN'T MEAN SECOND-BEST

Consider buying items from a second-hand store. Toys, bicycles, roller blades, and other age and size-specific items are quickly outgrown. Second hand stores often sell these items in excellent condition since they are used for such a short period of time, and will generally buy them back when you no longer need them.

22. BUY LOCAL

Consider the amount of pollution created to get your food from the farm to your table. Whenever possible, buy from local farmers or farmers' markets, supporting your local economy and reducing the amount of greenhouse gas created when products are flown or trucked in.

23. ADJUST YOUR THERMOSTAT

Adjust your thermostat one degree higher in the summer and one degree cooler in the winter. Each degree celsius less will save about 10% on your energy use! In addition, invest in a programmable thermostat which allows you to regulate temperature based on the times you are at home or away.

24. INVEST IN YOUR OWN COFFEE CUP

If you start every morning with a steamy cup, a quick tabulation can show you that the waste is piling up. Invest in a reusable cup, which not only cuts down on waste, but keeps your beverage hot for a much longer time. Most coffee shops will happily fill your own cup, and many even offer you a discount in exchange!

25. BATCH ERRANDS

Feel like you spend your whole week trying to catch up with the errands? Take a few moments once a week to make a list of all the errands that need to get done, and see if you can batch them into one trip. Not only will you be saving gasoline, but you might find yourself with much better time-management skills.

26. TURN OFF LIGHTS

Always turn off incandescent bulbs when you leave a room. Fluorescent bulbs are more affected by the number of times it is switched on and off, so turn them off when you leave a room for 15 minutes or more. You'll save energy on the bulb itself, but also on cooling costs, as lights contribute heat to a room.

27. GREENER LAWN CARE

If you must water your lawn, do it early in the morning before any moisture is lost to evaporation. Have a few weeds? Spot treat them with vinegar. Not sure if you should rake? Normal clippings act as a natural fertilizer, let them be. If you've waited too long, rake by hand — it's excellent exercise.

28. PICNIC WITH A MARKER

Some time in between the artichoke dip and the coleslaw, you lost track of your cup, and now there are a sea of matching cups on the table, one of which might be yours. The next time you picnic, set out permanent marker next to disposable dinnerware so guests can mark their cup and everyone will only use one.

29. RECYCLE OLD CELL PHONES

The average cell phone lasts around 18 months, which means 130 million phones will be retired each year. If they go into landfills, the phones and their batteries introduce toxic substances into our environment. There are plenty of reputable programs where you can recycle your phone, many which benefit noble causes.

30. MAINTAIN YOUR VEHICLE

Not only are you extending the life of your vehicle, but you are creating less pollution and saving gas. A properly maintained vehicle, clean air filters, and inflated tires can greatly improve your vehicle's performance. And it might not hurt to clean out the trunk—all that extra weight could be costing you at the pump.

31. RECYCLE UNWANTED WIRE HANGERS

Wire hangers are generally made of steel, which is often not accepted by some recycling programs. So what do you do with them? Most dry cleaners will accept them back to reuse or recycle. (Cue Joan Crawford.)

32. RECYCLE ALUMINUM AND GLASS

Twenty recycled aluminium cans can be made with the energy it takes to manufacture one brand new one. Every ton of glass recycled saves the equivalent of nine gallons of fuel oil needed to make glass from virgin materials.

33. TELECOMMUTE

See if you can work out an arrangement with your employer that you work from home for some portion of the week. Not only will you save money and gasoline, and you get to work in your pajamas!

34. KEEP YOUR FIREPLACE DAMPER CLOSED

Keeping the damper open (when you're not using your fireplace) is like keeping a 48-inch window wide open during the winter; it allows warm air to go right up the chimney. This can add up to hundreds of dollars each winter in energy loss.

35. CUT DOWN ON JUNK MAIL

Feel like you need to lose a few pounds? It might be your junk mail that's weighing you down. The average American receives 40 pounds of junk mail each year, destroying 100 millions trees. There are many services that can help reduce the clutter in your mailbox, saving trees and the precious space on your countertops.

36. CHOOSE MATCHES OVER LIGHTERS

Most lighters are made out of plastic and filled with butane fuel, both petroleum products. Since most lighters are considered "disposable," over 1.5 billion end up in landfills each year. When choosing matches, pick cardboard over wood. Wood matches come from trees, whereas most cardboard matches are made from recycled paper.

37. LET YOUR FINGERS DO THE WALKING—ONLINE

Consider if you really need a paper phone book. If not, call to stop phone book delivery and use an online directory instead. Some estimate that telephone books make up almost ten percent of waste at dump sites. And if you still receive the book, don't forget to recycle your old volumes.

38. GIVE IT AWAY

Before you throw something away, think about if someone else might need it. Either donate to a charitable organization or post it on a web site designed to connect people and things, such as Freecycle.org.

39. GO TO A CAR WASH

Professional car washes are often more efficient with water consumption. If everyone in the U.S. who washes their car themselves took just one visit to the car wash we could save nearly 8.7 billion gallons of water.

40. PLASTIC BAGS SUCK

Each year the U.S. uses 84 billion plastic bags, a significant portion of the 500 billion used worldwide. They are not biodegradable, and are making their way into our oceans, and subsequently, the food chain. Stronger, reusable bags are an inexpensive and readily available option.

41. FLY WITH AN E-TICKET

The cost of processing a paper ticket is approximately \$10, while processing an e-ticket costs only \$1. In the near future, e-tickets will be the only option, saving the airline industry \$3 billion a year. In addition to financial savings, the sheer amount of paper eliminated by this process is commendable.

42. DOWNLOAD YOUR SOFTWARE

Most software comes on a compact disc, and more than thirty billion compact discs of all types are sold annually. That's a huge amount of waste, not to mention the associated packaging. Another bonus to downloading your software is that it's often available for download at a later date when you upgrade to a new computer or are attempting to recover from a crash.

43. STOP YOUR ANSWERING MACHINE

Answering machines use energy 24 hours a day, seven days a week. And when they break, they're just one more thing that goes into the landfill. If all answering machines in U.S. homes were eventually replaced by voice mail services, the annual energy savings would total nearly two billion kilowatt-hours.

44. SKIP THE COFFEE STIRRER

Each year, Americans throw away 138 billion straws and stirrers. But skipping the stirrer doesn't mean drinking your coffee black. Simply put your sugar and cream in first, and then pour in the coffee, and it should be well mixed. Determined to stir? Break off a piece of pasta from the cupboard. You can nibble after using it, compost, or throw away with less guilt.

45. FIND A BETTER WAY TO BREAK THE ICE

When a big winter storm heads our way, most of us use some sort of ice melter to treat steps and sidewalks. While this makes the sidewalks safer for people, it may pose a hazard for pets who might ingest these products. Rock salt and salt-based ice-melting products can cause health problems as well as contaminate wells and drinking water. Look for a pet-safe deicer, readily available in many stores.

46. USE COTTON SWABS WITH A PAPERBOARD SPINDLE

Some brands of cotton swabs have a paperboard spindle while others are made of plastic. If 10% of U.S. households switched to a paperboard spindle, the petroleum energy saved per year would be equivalent to over 150,000 gallons of gasoline.

47. PAY BILLS ONLINE

By some estimates, if all households in the U.S. paid their bills online and received electronic statements instead of paper, we'd save 18.5 million trees every year, 2.2 billion tons of carbon dioxide and other greenhouse gases, and 1.7 billion pounds of solid waste.

48. STOP PAPER BANK STATEMENTS

Some banks will pay you a dollar or donate money on your behalf when you cancel the monthly paper statements you get in the mail. If every household took advantage of online bank statements, the money saved could send more than seventeen thousand recent high school graduates to a public university for a year.

49. USE RECHARGABLE BATTERIES

Each year 15 billion batteries produced and sold and most of them are disposable alkaline batteries. Only a fraction of those are recycled. Buy a charger and a few sets of rechargeable batteries. Although it requires an upfront investment, it is one that should pay off in no time. And on Christmas morning when all the stores are closed? You'll be fully stocked.

50. SHARE!

Take what you've learned, and pass the knowledge on to others. If every person you know could take one small step toward being greener, the collective effort could be phenomenal.

12 Surprising Signs You'll Live to 100

By Sandra Gordon, Prevention from www.healthandfitnessympatico.msn.ca

What you're doing right, and how to do it better to stay healthy, happy, and strong for years to come

You're the life of the party.

Outgoing people are 50% less likely to develop dementia, according to a recent study of more than 500 men and women age 78 and older from the Karolinska Institutet in Sweden. Participants also described themselves as not easily stressed. Researchers speculate that their more resilient brains may be due to lower levels of cortisol — studies show that oversecretion of this "stress hormone" can inhibit brain cells' communication. Science-backed ways to cut cortisol levels: Meditate, sip black tea, or take a nap.

You run for 40 minutes a day.

Scientists in California found that middle-aged people who did just that — for a total of about 5 hours per week — lived longer and functioned better physically and cognitively as they got older; the researchers tracked runners and nonrunners for 21 years. "What surprised us is that the runners didn't just get less heart disease — they also developed fewer cases of cancer, neurologic diseases, and infections," says study author Eliza Chakravarty, MD, an assistant professor of medicine at Stanford University School of Medicine. "Aerobic exercise keeps the immune system young." If you don't like to run, even 20 minutes a day of any activity that leaves you breathless can boost your health, she says.

You like raspberries in your oatmeal.

Most Americans eat 14 to 17 g of fiber per day; add just 10 g and reduce your risk of dying from heart disease by 17%, according to a Netherlands study. Dietary fiber helps reduce total and LDL ("bad") cholesterol, improve insulin sensitivity, and boost weight loss. One easy fix: Top your oatmeal (½ cup dry has 4 g fiber) with 1 cup of raspberries (8 g) and you get 12 g of fiber in just one meal.

Try some of these other potent fiber-rich foods: ½ cup of 100% bran cereal (8.8 g), ½ cup of cooked lentils (7.8 g), ½ cup of cooked black beans (7.5 g), one medium sweet potato (4.8 g), one small pear (4.3 g).

That's what older people in good health said in a recent survey of more than 500 men and women age 70 and older. "Feeling youthful is linked to better health and a longer life," says researcher Jacqui Smith, PhD, professor of psychology at the University of Michigan. "It can improve optimism and motivation to overcome challenges, which helps reduce stress and boost your immune system and ultimately lowers your risk of disease."

You embrace techie trends.

Learn to Twitter or Skype to help keep brain cells young and healthy, says Sherri Snelling, senior director for Evercare (part of United-Healthcare), a group that sponsors an annual poll of US centenarians. Many of the oldest Americans send e-mails, Google lost friends, and even date online. Researchers say using the latest technology helps keep us not only mentally spry but socially engaged: "Stay connected to friends, family, and current events, and you feel vital and relevant," says Snelling.

You started menopause after age 52.

Studies show that naturally experiencing it later can mean an increased life span. One reason: "Women who go through menopause late have a much lower risk of heart disease," says Mary Jane Minkin, MD, clinical professor of obstetrics and gynecology at Yale University School of Medicine.

You make every calorie count.

Researchers in St. Louis reported that men and women who limited their daily calories to 1,400 to 2,000 (about 25% fewer calories than those who followed a typical 2,000-to 3,000-calorie Western diet) were literally young

at heart — their hearts functioned like those of people 15 years younger. "It's about not just eating less but getting the most nutrition per calorie," says study author Luigi Fontana, MD, PhD, associate professor of medicine at Washington University School of Medicine. Study subjects stuck to vegetables, whole grains, fat-free milk, and lean meat and nixed white bread, soda, and candy. If you cut empty calories and eat more nutrient-rich foods, your health will improve, says Fontana. To find out how many calories you need to maintain a healthy weight, go to prevention.com/caloriecalculator.

You had a baby later in life.

If you got pregnant naturally after age 44, you're about 15% less likely to die during any year after age 50 than your friends who had their babies before age 40, reports a recent University of Utah study. "If your ovaries are healthy and you are capable of having children at that age, that's a marker that you have genes operating that will help you live longer," says lead researcher Ken R. Smith, PhD, professor of human development at the university.

Your pulse beats 15 times in 15 seconds.

That equates to 60 beats per minute — or how many times a healthy heart beats at rest. Most people have resting rates between 60 and 100 bpm, though the closer to the lower end of the spectrum, the healthier. A slower pulse means your heart doesn't have to work as hard and could last longer, says Leslie Cho, MD, director of the Women's Cardiovascular Center at the Cleveland Clinic. To get the healthiest heart rate, see "From the Heart Doc".

You don't snore.

Snoring is a major sign of obstructive sleep apnea, a disorder that causes you to stop breathing briefly because throat tissue collapses and blocks your airway. In severe cases, this can happen 60 to 70 times per hour. Sleep apnea can cause high blood pressure, memory problems, weight gain, and depression. An 18-year study found that people without OSA were 3 times more likely to live longer than those with severe apnea. If you snore and have excessive daytime drowsiness or mood changes, talk with your doctor about a referral to a sleep center.

You have a (relatively) flat belly after menopause.

Women who are too round in the middle are 20% more likely to die sooner (even if their body mass index is normal), according to a National Institute on Aging study. At midlife, it takes more effort to keep waists trim because shifting hormones cause most extra weight to settle in the middle. If your waist measures 35 inches or more (for men, 40 inches or more), take these steps:

1. Work two or three 20-minute strength-training sessions into your weekly exercise regimen to preserve lean muscle mass and rev metabolism.
2. Eat a daily serving of omega-3s to help combat inflammation and seven daily servings of fruits and vegetables, loaded with disease-fighting antioxidants.
3. Get 25% of your daily calories from healthy fats — such as monounsaturated fatty acids — which protect your heart and may help you store less fat in your belly (for a 1,600-calorie diet, that's 44 g).

You get your blood tested for vitamin D levels.

For optimal disease protection, we need at least 30 nanograms of vitamin D per milliliter of blood, reports a study in the Archives of Internal Medicine. Nearly 80% of Americans have less than that. Vitamin D not only helps bones ward off osteoporosis but may also reduce your risk of cancer, heart disease, and infection, says lead researcher Adit A. Ginde, MD, MPH, an assistant professor of surgery at the University of Colorado Denver School of Medicine. If needed, you can take a daily supplement to get your numbers up. Doctors can measure your levels with a simple blood test, but periodic monitoring may be necessary — vitamin D turns toxic at 100 to 150 ng/mL.

GRANDMAS

4 old mischievous Grandmas were sitting at a table in a nursing home.
About then an old Grandpa walked in.

One of the old Grandma's yelled out saying, 'We bet we can tell exactly how old you are.'

The old man said, 'There ain't no way you can guess it, you old fools.'

One of the old Grandmas said, 'Sure we can! Just drop your pants & under shorts & we can tell your exact age.'

Embarrassed just a little, but anxious to prove they couldn't do it, he dropped his drawers.

The Grandmas asked him to first turn around a couple of times & to jump up & down several times. Then they all piped up & said, 'You're 87 years old!'

Standing with his pants down around his ankles, the old gent asked, 'How in the world did you guess?'

Slapping their knees & grinning from ear to ear, all 4 old ladies happily yelled in unison--'We were at your birthday party yesterday!'

SMART IDEA: PUT YOUR CAR KEYS BESIDE YOUR BED AT NIGHT.

Tell your spouse, your children, your neighbours, your parents, your Dr's office, the check-out girl at the market, everyone you run across. Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighbourhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain.

It works if you park in your driveway or garage. If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around. After a few seconds all the neighbours will be looking out their windows to see who is out there and sure enough the criminal won't want that.

And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. Maybe it could save a life or a sexual abuse crime.

P.S.

I am sending this to everyone I know because I think it is fantastic. Would also be useful for any emergency, such as a heart attack, where you can't reach a phone. My Mom has suggested to my Dad that he carry his car keys with him in case he falls outside and she doesn't hear him. He can activate the car alarm and then she'll know there's a problem.

1. Like several other provinces, B.C. to delay seasonal flu shots for under 65s

A man receives a seasonal flu shot in this file photo. THE ASSOCIATED PRESS/Lisa Poole

VICTORIA, B.C. - British Columbia is joining other provinces that are delaying part of their seasonal flu shot programs this year.

Dr. Perry Kendall, the province's chief medical officer of health, says the decision is in part due to concerns raised by an unpublished study suggesting people who got a seasonal shot last year were more likely to catch swine flu this year.

The province says it will be offering the seasonal shots starting in mid-October to people 65 and older and to residents of long-term care facilities.

In November, when the pandemic vaccine is available, the seasonal program will be stopped and efforts switched over to giving the H1N1 vaccine.

Kendall says the seasonal flu shot program will resume in 2010.

Ontario, Saskatchewan, Quebec and Nova Scotia are taking similar approaches to flu vaccine delivery this fall.

2. Health Canada issues warning over Tamiflu dosage confusion

Boxes of the antiviral drug Tamiflu are shown at a pharmacy. Health Canada said Saturday it is aware of an alert issued by the U.S. Food and Drug Administration on dosing errors associated with the liquid form of Tamiflu. (THE ASSOCIATED PRESS/Nati Harnik)

OTTAWA - Health Canada said Saturday it is aware of an alert issued by the U.S. Food and Drug Administration on dosing errors associated with the liquid form of Tamiflu.

The FDA said Friday confusing prescriptions can lead to dangerous over-or under-dosing of the drug, used in the treatment of influenza.

It said that there have been cases where the label instructions for the product provided information in millilitres or teaspoons, while the measuring device provided with the prescription was in milligrams.

This led to patient or caregiver confusion and dosing errors.

Health Canada said if a physician's instructions specify dosages in millilitres or teaspoons, then the dropper in the Tamiflu package should be replaced, if possible, with one calibrated in millilitres or teaspoons.

It added that as of Sept. 18, there had been no reports in Canada suggesting dosing error associated with the use of Tamiflu oral suspension.

Above articles from www.msn.com

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**'ELDERS VOICE' ISSUES
ARE SENT OUT TO
COMMUNITIES BY THE
1st OF EACH MONTH.
If your area's copy is not received
in a timely manner please call in
to the office.**

From www.jokeclean.com...Bedside Manners

Susie's husband had been slipping in and out of a coma for several months. Things looked grim, but she was by his bedside every single day. One day as he slipped back into consciousness, he motioned for her to come close to him. She pulled the chair close to the bed and leaned her ear close to be able to hear him.

"You know" he whispered, his eyes filling with tears, "you have been with me through all the bad times. When I got fired, you stuck right beside me. When my business went under, there you were. When we lost the house, you were there. When I got shot, you stuck with me. When my health started failing, you were still by my side. "And you know what?"

"What, dear?" she asked gently, smiling to herself..."I think you're bad luck."

MURPHY'S LAW

You will always find something in the last place you look.

The other line always moves faster.

Build a system that even a fool can use, and only a fool will use it.

You will remember that you forgot to take out the trash when the garbage truck is two doors away.

***Please mail, fax, email, or call in your
Birthday, Anniversary and other Special Wishes and Community Events !!***

Happy! Happy! Birthday To All Elders Born in October!!

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.

**PLEASE CHECK OUT OUR RE-VAMPED WEBSITE AT: www.bcelders.com
Including Grand Entry Photos from the Annual Elders Gathering**

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

Special Thanks to the 2009 Host!!!

Info on the 2010 Gathering is not available from the new host as yet, but they are working on it.