



ELDERS VOICE

EV'S 105th Issue!

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.

**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. 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

**BIRTHDAY WISHES** for month of August to:

Caroline Alexander, Christine (Rita) Major, Dorothy Lee, Emmeline Felix  
and Marie David. "Happy Birthday" to you all.

**Dear Elders and FN Community Members,**

My name is Christine Munroe. I'm not sure if this is where I would post information  
for next year's gathering. This message is for the Elders who had their feet massaged  
while at the Nisga'a hosted Elder's Gathering in Terrace a few days ago.

My sister Patricia Bolton will be joining the Kitsumkalum Elder's next year for the  
Gathering at Adams Lake Band. She is going to teach me how to do the foot mas-  
sages so that we can do both feet at the same time and give you more attention.

Patricia was in a bad car crash in 2000 and she is still recovering from that. That is  
why she didn't join us until the afternoon of the last day. Next year, she will be there  
for the whole event. We are borrowing a massage table and we will put up a tent for  
privacy. So, tell your family and friends not to be shy. They will feel so much better  
once their tired feet are happy.

Sincerely,

Christine Munroe, Kitsumkalum Elder's Chaperone

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## Easy Bakers Corner – Strawberry Cheesecake Squares

Preheat oven to 350°F. Grease a 13" x 9" cake pan.

**Crust:** Combine 2 cups all-purpose flour and 1/2 cup of granulated sugar in a medium bowl. Cut in 2/3 cup of butter with pastry blender or two knives until crumbly. Press into prepared pan. Bake in centre of preheated oven for 15-20 minutes or until lightly golden. Let cool on rack while preparing filling.

**Filling:** Beat 1 lb. of cream cheese, softened and 3/4 cup of granulated sugar in a large mixer bowl on medium speed until smooth. Add 2 eggs and 1 Tbsp. of lemon juice, beating until smooth.

Spread 1 cup of strawberry jam evenly over crust. Sprinkle 1 cup of chopped fresh strawberries on top. Pour cream cheese mixture evenly over strawberries.

Bake 25-30 minutes longer or until set. Cool completely on rack. Cut into squares.

### HANDY TIPS: Coffee Filters...

1. Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.
2. Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.

## 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](http://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](http://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

Dear Elders Contact Person,

\*If your office has paid the support fee, thank you very much for your assistance!

\*If your office/group has VOIDED the invoice for this year and faxed it back into the office then thank you also.

\*Staff changes often occur, so please call into the office if you require the Invoice to be resent to a new elder's 'Contact Person'.

Thank you for your continued support!



Lax Kw'alaams

# NEWS RELEASE



Metlakatla

## Coast Tsimshian Communities of Lax Kw'alaams and Metlakatla Sign Pioneering Consultation Protocol Agreement

**Prince Rupert, B.C., June 22, 2009** – Last week the Tsimshian communities of Lax Kw'alaams and Metlakatla First Nations, and the Allied Tsimshian Tribes of Lax Kw'alaams and Metlakatla (Coast Tsimshian) announced the signing of a pioneering Consultation Protocol Agreement. The purpose of the Protocol Agreement is to set out the process of consultation expected to be followed by government, industry, proponents, and developers in relation to projects within the traditional territory of the Coast Tsimshian.

The indigenous communities of Lax Kw'alaams and Metlakatla are part of a group known for its highly complex culture that developed in the mists of the mystical coastal temperate rainforest on the northwest coast of British Columbia. Since contact with Europeans, the rich culture, spirituality, and highly-evolved artistic traditions of the Coast Tsimshian have captured the imagination of scholars.

Human habitation on the ancestral tribal lands the Coastal Tsimshian, dates back thirteen thousand years. There is ample archaeological evidence that the Coast Tsimshian lived continuously in the same area for at least 10,000 years.

The traditional territory of the Coast Tsimshian was and continues to be occupied by the Allied Tribes to the exclusion of other Aboriginal groups (including the land areas of the present day cities of Terrace and Prince Rupert). It is well-known that the Coast Tsimshian established their permanent winter villages around Prince Rupert harbour (the core of their traditional territory), and their traditional territories extend to and envelope much of the transportation corridor known as the northern Pacific Gateway.

Historically, the Coast Tsimshian community members are the present-day descendants of nine tribes referred to as the Gispaxlo'ots, Gitsaxlaal, Gitlaan, Gits'iis, Gitnaxangiik, Gitando, Gitutsa'aw, Gitnadoiks, and the Gitwilgyots. The nine tribes are represented by the Allied Tsimshian Tribes of Lax Kw'alaams and Metlakatla (the traditional tribal system).

Traditionally, the Coast Tsimshian were so adept at trade that the first European traders referred to them as the "Phoenicians of the Northwest Coast". It was a great compliment to the entrepreneurial talents of the Coast Tsimshian to be compared to the Phoenicians--a maritime nation in Mediterranean, who were amongst the greatest traders of their time (and owed a great deal of their prosperity to trade). Historically, trade was the lifeblood of the Coast Tsimshian. James Bryant, spokesmen for the hereditary Chiefs of the Allied Tsimshian Tribes of Lax Kw'alaams and Metlakatla noted the "Our ancestors were shrewd and sophisticated traders. Each tribe controlled its own territory with clearly delineated boundaries. If anyone, European traders or other Aboriginal groups, wanted to trade or extract resources from our traditional tribal territories they had to pay a tribute that was traditionally enforced by force of arms."

Chief Councillor of the the Lax Kw'alaams First Nation, John Helin, stated that “We have executed this Agreement amongst our nations to clearly set out the rules by which we expect to be consulted by when any significant commercial activity takes place within our traditional territory. We want to avoid the shameful kind of process that occurred when the Prince Rupert Port Authority built the container port in the heart of our traditional territory. It turns out that they dug up the remains of one of our ancestral burial grounds. They did this without even notifying or consulting us. To date we do not know where they scattered our ancestors bones. This matter is still an enormous wound for our people and is unresolved.”

Chief Councillor of the Metlakatla First Nation, Harold Leighton, noted further that “We also want to clarify to all those groups coming into the heart of our territory that the primary duty of consult rests first and foremost with the Coast Tsimshian. We will not be lumped into negotiations with other groups who are asserting peripheral claims in the core of our traditional territory. Prince Rupert harbour and the lands along the Skeena River are ground-zero in the Coast Tsimshian traditional territory. The courts have clearly established that, where a tribal groups historical use and occupation of a piece of land is stronger, the duty to consult is and accommodate is greater. In relation to any developments in the Prince Rupert harbour and up through that portion of the northern Pacific Gateway, the Coast Tsimshian is obviously the key group that needs to be consulted.”

Calvin Helin, noted Coast Tsimshian author lawyer, entrepreneur, and advisor, commented further that “This is a historic positive step for the Coast Tsimshian. They are the best source of new wealth creation in their traditional territory and are looking forward to constructively engaging in forward-looking development. A recently released report by the TD Bank noted that all levels of government are now linking Aboriginal education and social issues with Canada’s future prosperity and that Canada’s economic future is inextricably linked to the future of Aboriginal peoples.”

For Further Information:

John Helin: O: (250) 625-3293; C: (604) 290-201; E: [johnhelin@laxband.com](mailto:johnhelin@laxband.com)

Harold Leighton: C: (250) 627-6612; E: [metdevco@citytel.net](mailto:metdevco@citytel.net)

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**To be removed from this mailing list please send a return email to the sending address.**

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Full consultations with First Nations comes first      The Daily News July 7, 2009

Re: 'Public must be consulted' (Daily News, July 6)

The idea of reconstituted indigenous nations is a key part of the discussion paper posted the B.C. government website. Province-wide discussions between the First Nations Leadership Council and First Nations are currently taking place to discuss the paper. We must await the outcome of these discussions before any meaningful public consultation can take place. First Nations leaders have also publicly stated that it is premature to consider wider consultation at this stage.

The discussion paper was jointly developed by the Province and the First Nations Leadership Council as one way of further implementing the New Relationship between government and Aboriginal peoples. The ideas in the discussion paper, combined with our work through treaty tables and socio-economic programs demonstrates our government's continued commitment to the hugely important work to narrow the gaps between First Nations and other British Columbians. It is that work that must continue, either through legislation or agreement.

When full consultation with First Nations regarding the discussion paper is complete we will listen respectfully to all voices so we can consider next steps.

George Abbott    Minister of Aboriginal Relations and Reconciliation

**For:** Nlaka'pamux Nation Tribal Council

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

Primary Phone: 250-371-0775      Secondary Phone: 250-453-9098

**Date issued:** June 25, 2009, 19:52 e

**Attention:** Assignment Editor, Environment Editor, Health/Medical Editor, News Editor, Government/Political Affairs Editor

### **Nlaka'pamux Nation Responds to Review of Cache Creek Landfill**

*Nlaka'pamux Nation Tribal Council Responds to Third Party Review of Cache Creek Landfill*

Vancouver, BC, PRESS RELEASE, Jun.25 /CCNMatthews/ - The Nlaka'pamux Nation Tribal Council ("NNTC") responded today to the recent release of the Third Party Review of the Cache Creek Landfill commissioned by the Province of British Columbia (the "Review").

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 of significant cultural value to the Nlaka'pamux Nation (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 late 2009/early 2010.

Chief Robert Pasco, chair of the NNTC and chief of the Oregon Jack Creek Indian Band, on behalf of NNTC member communities, first expressed concern about the objectivity of portions of the Review and the process followed by the Province:

"The NNTC has grave concerns about the objectivity of portions of this Report, which appear to downplay certain concerns and minimize key findings in the Review itself. Our concerns are exacerbated by the process followed by the Province. We did not even receive a copy of the report until 24 hours after its initial "presentation" and the distribution of a press release by the operator of the landfill. In fact, our concerns arose over a month ago when the Province advised us in an e-mail as to what we should expect from the results of this so-called "third party" review:

"We strongly believe that immediate release of the AMEC findings are critical to re-establishing community confidence in government's collective ability to regulate and ensure health and environmental protection."

Chief Pasco added that, notwithstanding the interpretation put on the Report by the landfill operator, the Review in fact confirms the NNTC's long held position with respect to the landfill:

"While perhaps difficult to ascertain from the Report's overall conclusions, and certainly from the press release immediately issued by Wastech, the Report in fact confirms what the NNTC has been saying for many years now; namely, that the Cache Creek landfill is under-engineered by modern day standards, and is already producing leachate which is impacting local groundwater. We agree with the Review insofar as it confirms the need for further analysis and study as to what those impacts will be as the landfill ages and the amount of escaping leachate increases. As far we are concerned, this is only the very tip of the iceberg, and nothing in this Review contradicts our view that this ticking time bomb will, if left unaddressed, be an environmental and health disaster for our people in the years ahead."

The NNTC will continue to pursue its lawsuit against the Province to be fully and properly included in the environmental assessment process around the proposed extension to the Cache Creek Landfill. The NNTC will also continue to encourage Metro Vancouver to abide by its January 2008 resolution to pursue an enlightened waste-to-energy solution for its waste problems, and abandon any plans to visit those problems on the Nation and its people through the continued use of the Cache Creek Landfill.

**For:** Union of British Columbia Indian Chiefs

**Contact:** Grand Chief Stewart Phillip, President, Union of British Columbia Indian Chiefs

Primary Phone: 250-490-5314

Secondary Phone: 604-684-0231

E-mail: [ubcic@ubcic.bc.ca](mailto:ubcic@ubcic.bc.ca)

**Date issued:** July 6, 2009, 13:29 e

**Attention:** Assignment Editor, Business/Financial Editor, News Editor, Government/Political Affairs Editor

### **NDP'S Proposal is Premature**

*Proposal for Select Standing Committee on Aboriginal Affairs to be mandated to consult with British Columbians on the proposed Recognition and Reconciliation Act*

Vancouver, BC, PRESS RELEASE, Jul.06 /CCNMatthews/ - The UBCIC Executive has reviewed and discussed the BC New Democratic Party's June 30th letter to Premier Campbell proposing that the Select Standing Committee on Aboriginal Affairs be mandated to consult with British Columbians on the proposed Recognition and Reconciliation Act.

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs stated "Without the availability of the draft legislation to substantially discuss, it is premature for a legislative committee to trek through the province asking for input to a Discussion Paper. Our fear is that an ill-defined, ill-instructed committee will only serve to polarize the issue of reconciliation and act as an open-invitation for those who oppose the recognition of our Title and Rights."

The Union of BC Indian Chiefs, First Nations Summit and the BC Assembly of First Nations have hosted several regional sessions and have presented at community meetings on the Discussion Paper that contemplates a proposed Recognition and Reconciliation Act.

"It is clear from the community sessions that elements of the Discussion Paper have been rejected and other elements require further reconsideration and refinement. We have heard that a more collaborative and inclusive process is needed for First Nations" said Grand Chief Phillip. "If through that process, there is agreement to proceed to a legislative proposal, the UBCIC anticipates it will require a significant departure from the proposed model in the Discussion Paper."

- END RELEASE - 06/07/2009

For further information:  
<http://www.ubcic.bc.ca>

## INSTRUCTIONS FOR LIFE

-  Take into account that great love and great achievements involve great risk.
-  When you lose, don't lose the lesson.
-  Follow the three res. Respect for self, Respect for others, and Responsibility for all your actions.
-  Remember that not getting what you want is sometimes a wonderful stroke of luck.
-  Learn the rules so you know how to break them properly.
-  Don't let a little dispute injure a great friendship.
-  When you realize you've made a mistake, take immediate steps to correct it.
-  Spend some time alone every day.
-  Open your arms to change, but don't let go of your values.
-  Remember that silence is sometimes the best answer.
-  Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
-  A loving atmosphere in your home is the foundation for your life.
-  In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
-  Share your knowledge. It's a way to achieve immortality.
-  Be gentle with the earth.
-  Once a year, go someplace you've never been before.
-  Remember that the best relationship is one in which your love for each other exceeds your need for each other.
-  Judge your success by what you had to give up in order to get it.
-  Approach love and cooking with reckless abandon



## **Forthcoming Papers in the APRI Policy Research Paper Series**

### **Keeping the Circle Strong: Social Promotion through Community Networking to Strengthen Off-Reserve Aboriginal Child Welfare**

Judy Gillespie  
University of British Columbia (Okanagan)

Dennis Whitford  
Northwest Alberta Child and Family Services Authority

#### **Abstract**

The overrepresentation of Aboriginal children and families within child protection systems is symptomatic of a larger crisis for Aboriginal people that can be traced back to the legacy of colonization, marginalization and oppression that generations of Aboriginal people have endured. It has been argued that this overrepresentation of Aboriginal children requires an approach that addresses larger community and structural issues impacting Aboriginal child welfare. This paper presents the initial results of a community based participatory research initiative aimed at understanding community oriented policy frameworks to enhance off-reserve Aboriginal child welfare through the promotion of social change and collective well-being. Emerging policy lessons suggest “community networking” as a viable approach to address off-reserve Aboriginal child welfare. This approach requires a formal structure, grounding in Aboriginal values and traditions, leadership and guidance from Aboriginal community members, and values of inclusiveness and respect for cultural diversity. There is a need for further research to understand the outcomes of such an approach for the welfare of Aboriginal children and families, as well as the need for similar research within other contexts.

## **Indigenous Governance in Winnipeg and Ottawa: Making Space for Self-Determination**

Julie Tomiak  
Carleton University

### **Abstract**

Despite the growth of urban Indigenous populations in Canada, the study of political arrangements that facilitate urban Indigenous self-government remains neglected as an area of analysis. In this paper, I argue that, while the recent proliferation of collaborative relationships between governments and Indigenous organizations has provided opportunities for self-determination, these initiatives have thus far failed to create sufficient space for Indigenous authority and decision-making power in cities. Drawing on data from Winnipeg and Ottawa, this paper examines how issues of jurisdiction, access, representation and funding constrain the ability of local and regional First Nations, Métis, Inuit and Aboriginal organizations to deliver culturally appropriate services, build community capacity and adequately address the social, economic, political and cultural priorities of their communities. This failure to enhance Indigenous self-government in urban settings continues to exacerbate the marginalization experienced by many Indigenous people. Reframing the issues so that urban Indigenous peoples are no longer seen as deficient and out of place, but rather as constituting legitimate communities and possessing inherent rights, will be part and parcel of making space for urban Indigenous self-determination.

# Proposed Recognition and Reconciliation Legislation Process-to-Date and Next Steps

## Open Letter to UBCIC Chiefs Council

July 14, 2009

Dear UBCIC Chiefs Council,

Re: Proposed Recognition and Reconciliation Legislation Process-to-Date and Next Steps

The UBCIC Executive takes this opportunity to provide an update regarding the proposed Recognition and Reconciliation Legislation.

The legislative initiative was a step which the UBCIC, First Nations Summit and BCAFN mandated the FNLC to advance with the Province, designed to compel the Province to implement commitments contained in the New Relationship (2005), including to recognize Aboriginal title and rights, to respect First Nations' laws and responsibilities, to reconcile Aboriginal and Crown titles and jurisdictions, and to close the socio-economic gap through agreements about revenue and benefit sharing.

In February 2009, a "Discussion Paper on Instructions for Implementing the New Relationship" (the "Discussion Paper") was released to generate dialogue on the proposed legislative initiative. A series of regional sessions and community visits to explore the content of the Discussion Paper have been held with First Nations across the Province, and these are continuing.

In many ways, the first several community/Tribal group visits represented a 'test drive' of the original discussion paper. Based on the feedback, it is clear that many concepts expressed in the Discussion Paper are unacceptable. Concerns have been raised, including that 'reconstitution' will interfere with self-determination; that the Indigenous Nation Commission could become another bureaucracy; that there is risk of including Aboriginal title recognition in legislation which also recognizes Crown title in any form; that the nature, scope and substance of the title being recognized will weaken the title recognition within s. 35. We have heard questions raised whether the Province has jurisdiction to pass such legislation, and doubts expressed whether they will implement it. Questions have also been raised about the absence of Canada.

We have also heard expressed the opportunities which title recognition could bring. Consistently we heard the message, "we generally accept and support the concept of the need to achieve recognition, but not in its current form". In other words, not as currently articulated in the original Discussion Paper. The Discussion Paper has done its job, but it has now become an impediment to carrying forward a constructive and productive dialogue.

Consequently, on June 25th, the FNLC made a decision to 'set aside' the discussion paper to provide the space and opportunity to carry on an inclusive and cohesive dialogue. The Recognition Working Group ("RWG"), who had been instructed to develop with the Province language that might serve as detailed instructions to legislative drafters, has been directed to stop that work and not engage in any legislative drafting.

We believe our decision has significantly improved the tone of our dialogue; both politically and legally. When we finalize our Regional and community sessions, we will be in a position to deliver a summary report to the delegates of a Provincial-wide meeting at the end of August.

We welcome the formation of a lawyers' caucus comprised of First Nations' lawyers who wish to participate, who are working together to prepare other options for consideration at the All Chiefs'

Assembly this summer.

We are at an important time in answering the land question. We have an opportunity unlike any other in our history. The Province has been compelled through law and politics to agree to recognition of title. We must use this opportunity well. Through recognition legislation or other initiatives, we must now compel the provincial government and every civil servant to act based on recognition and not denial of Aboriginal title. Now it is time to listen to our communities. We believe we will be given clear direction in terms of a 'forward looking' mandate when we next meet.

United we stand; divided we perish. We will work together to identify consensus for the steps we will collectively take together.

Sincerely,

Grand Chief Stewart Phillip, President

Chief Robert Shintah, Vice-President

Chief Robert Chamberlin, Secretary-Treasurer

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<http://www.embracebc.ca/program/index.html>

### **B.C. battles intolerance with website**

The Province

Tuesday, July 21, 2009

Page A12

By Frank Luba

A new website and \$1.4 million in funding this year to fight racism and promote cultural diversity was unveiled yesterday by the B.C. government at the Roundhouse Community Centre in Vancouver.

The new EmbraceBC replaces an anti-racism and multiculturalism program.

It is intended to fund community-based projects, including interfaith programs and public education.

Ben Stewart, the minister of citizens services and multiculturalism, was to unveil the new program but Stewart - MLA for Westside-Kelowna -- stayed home because of the forest fires raging around his Okanagan neighbourhood.

His replacement was Surrey-Tynehead MLA Dave Hayer, parliamentary secretary for multiculturalism.

Hayer said immigrants make up 27 per cent of B.C.'s population, with First Nations representing an additional five per cent.

"Intolerance and discrimination is something that must be dealt with," said Hayer. "That's why we're here today."

Further details are available at [www.embracebc.ca](http://www.embracebc.ca).

[fluba@theprovince.com](mailto:fluba@theprovince.com)

## **Risk factors for heart disease rising in younger, poorer Canadians: study**

July 20, 2009 from [www.medbroadcast.ca](http://www.medbroadcast.ca)

**Provided by: The Canadian Press    Written by: THE CANADIAN PRESS**

TORONTO - Despite a decline in rates for heart disease and stroke among Canada's population overall, cardiovascular disease is actually on the rise in two segments of society - people under age 50 and those of lower socioeconomic status, researchers have found.

"Our results indicate that young people are increasingly bearing the burden of cardiovascular risk factors," said Dr. Douglas Lee, a scientist at the Institute for Clinical Evaluative Sciences (ICES). "This is an important group because they are the ones who will predict future heart disease."

"And earlier onset of cardiovascular disease means potentially longer and more intense treatment over their lifetime," said Lee, a cardiologist at Toronto's University Health Network who led a 1994-2005 study of national trends in heart disease, high blood pressure, diabetes, obesity and smoking prevalence.

The study, published in this week's Canadian Medical Association Journal, looked at a sample of Canadians aged 12 and up from all socioeconomic and ethnic groups. It found the prevalence of heart disease and diabetes is rising fastest among Canadians of lower socioeconomic status.

However, prevalence rates for high blood pressure (hypertension) and obesity - which put people at greater risk for developing cardiovascular disease - are rising the fastest among higher-income Canadians, the study found.

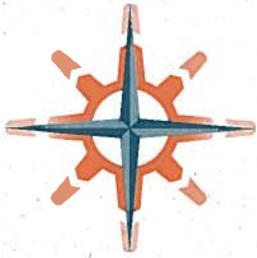
"These trends are quite different from the United States where some risk factors such as hypertension are declining," Lee said in a release. "In Canada, risk factors have not reached a plateau, suggesting that these increases may continue to worsen over time."

The authors say their findings have implications both for individuals and for overall public health policy.

Increasing community programming for physical activity in poorer areas, making cities more pedestrian-friendly and improving healthy eating habits are ways to encourage healthier lifestyles and potentially decrease the rising prevalence of risk factors, they say.

Younger Canadians who may not consider themselves candidates for early heart disease should begin scheduling routine medical exams to identify risk factors, the authors advise.

Untreated cardiovascular disease can lead to heart failure, coronary artery disease and death, and is the most common cause of hospitalization in North America.



# FIRST NATIONS SUMMIT

## NOTICE OF POSITION: FIRST NATIONS HEALTH COUNCIL

***Applications are being sought from persons interested in participating as a member of the First Nations Health Council. The First Nations Summit will be appointing one member for an open-ended term commencing November 1, 2009.***

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### **Background**

In November 2006, the First Nations Summit, BC Assembly of First Nations, Union of BC Indian Chiefs and the Province of British Columbia released the *Transformative Change Accord: First Nations Health Plan*, a 10-year action plan to close the gap in health outcomes between BC First Nations and other British Columbians.

Building on the *Transformative Change Accord: First Nations Health Plan*, in June 2007, the *Tripartite First Nations Health Plan* was signed by the First Nations Summit, BC Assembly of First Nations, Union of BC Indian Chiefs, the Province of British Columbia, and the Government of Canada. The *Tripartite First Nations Health Plan* adopts the recommendations of the *Transformative Change Accord: First Nations Health Plan* and also details an agenda to implement First Nations governance for health services in BC.

### **Governance Structure**

The First Nations Health Council is comprised of one representative appointed by the BC Assembly of First Nations (current appointee is Grand Chief Doug Kelly); three representatives appointed by the Union of BC Indian Chiefs (current appointees are Chief Fabian Alexis; Chief Jennifer Bobb; and Debbie Abbott); and three representatives appointed by the First Nations Summit (current appointees are Chief Lydia Hwitsum; and William Starr).

### **Mandate**

The First Nations Health Council is the political body mandated by First Nations in BC to work on their behalf to implement these two health plans. The First Nations Health Council achieves its mandate by:

- Serving as an advocacy voice, and acting in the best interests, of all 203 First Nations in BC in achieving their health priorities and objectives;
- Overseeing health-related policy analysis and research;
- Participating in policy and program planning processes related to First Nations health;
- Providing leadership in the implementation of the *Transformative Change Accord; First Nations Health Plan*, and the *Tripartite First Nations Health Plan*; and
- Participating in communications and reporting regularly on progress and activities to First Nations and their representative political organizations.

In fulfilling its mandate, the First Nations Health Council members also act as members of the First Nations Health Society. The First Nations Health Society is the non-political arm of the First Nations Health Council, responsible for corporate governance and operations.

### **Knowledge, Skills and Attributes**

- Knowledge of First Nations issues and communities in BC;
- Commitment to the vision, principles, and action items of the *Transformative Change Accord: First Nations Health Plan* and *Tripartite First Nations Health Plan*;
- Experience in, and commitment to, the health of all 203 First Nations in BC;
- Ability to work as a member of a team;
- High ethical standards and integrity;
- Ability and willingness to address potentially controversial or difficult issues in a constructive manner;
- Experience in working and building relationships with governments and other partners; and
- Knowledge and understanding of the differing roles and responsibilities of political organizations, governing Boards/Societies, and management.

### **Time Commitment**

The First Nations Health Council typically meets 6 to 12 times per year, with additional subject-specific meetings or planning sessions as decided by the Council. First Nations Health Council members are also required to attend the annual First Nations Health Council Gathering Wisdom Forum and as necessary the political assemblies of the First Nations Summit, BC Assembly of First Nations, and Union of BC Indian Chiefs. Members are responsible for keeping up to date on First Nations Health Council issues and activities, and for being responsive to email and telephone communication. Meetings generally take place in Vancouver, BC.

### **Eligibility Requirements**

Applicants must meet the following eligibility requirements:

- Be of BC First Nations ancestry and currently reside in British Columbia;
- Have knowledge of the First Nations Summit and be willing to report to the First Nations Summit Chiefs in Assembly as requested; and
- Be willing and prepared to attend the meetings of the First Nations Health Council.

### **Application Process**

We welcome all submissions. Interested applicants are invited to submit a resume and cover letter stating their qualifications by 4:00pm on September 11, 2009.

Please submit to:           First Nations Summit  
  1200-100 Park Royal South  
  West Vancouver, BC V7T 1A2  
  Fax: (604) 926-9923  
  Email: [info@fns.bc.ca](mailto:info@fns.bc.ca)

Please note that only shortlisted candidates will be contacted.

## **In The 1500's ...these are interesting...**

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.

Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, Don't throw the baby out with the Bath water.

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying It's raining cats and dogs.

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, Dirt Poor. The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance way. Hence the saying a thresh hold.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme, Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old...

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could bring home the bacon. They would cut off a little to share with guests and would all sit around and chew the fat..

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with

tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Lead cups were used to drink ale or whiskey. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around

and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When re-opening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus, someone could be, saved by the bell, or was considered a dead ringer.

And that's the truth....Now, whoever said History was boring !!!

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### **Corvette Test Drive**

A senior citizen drove his brand new Corvette convertible out of the dealership and past the Tim Horton's.

Taking off down the Trans Canada , he floored it to 120 kph, enjoying the wind blowing through what little hair he had left.

Amazing!" he thought as he flew down the highway, pushing the pedal to the metal even more.

Looking in his rear view mirror, he saw the RCMP behind him, red and blue lights flashing and siren blaring.

"I can get away from him, no problem!" thought the elderly nut case as he floored it to 130 kph, then 140, then 150 kph.

Suddenly, he thought, "What on earth am I doing? I'm too old for this nonsense!"

He pulled over to the side of the road and waited for the Mountie to catch up with him.\* Pulling in behind him, the officer walked up to the driver's side of the Corvette, looked at his watch and said,

"Sir, my shift ends in 30 minutes. Today is Friday. If you can give me a reason why you were

speeding that I've never heard before, I'll let you go."

The man, looking very seriously at the Mountie, said,

"Years ago, my wife ran off with an RCMP officer. I thought you were bringing her back.

"Have a good day, Sir," said the Mountie.\*

## Atleo wins AFN election after marathon vote

Shawn Atleo was elected as the new national chief of the Assembly of First Nations on Thursday after a marathon overnight voting session.

Atleo, the assembly vice-chief from B.C., was in a tough neck-and-neck battle with Perry Bellegarde, former leader of the Federation of Saskatchewan Indian Nations.

After eight ballots and almost 24 hours, neither had the 60 per cent of votes needed to win, but Bellegarde conceded.

After the first ballot on Wednesday, Atleo appeared to be moving towards a strong lead with 43 per cent of the votes compared to Bellegarde's 29 per cent.

But the gap narrowed when John Beaucage, who was in third place with 15 per cent of the votes, withdrew from the race and his supporters shifted to the Bellegarde camp.

The same happened with Bill Wilson, a B.C. consultant and advocate for native rights, who had just one per cent of the votes. And Terry Nelson, chief of Manitoba's flood-prone Roseau River First Nation, dropped out with 10 per cent of the vote.

Candidates must receive 15 per cent of the votes in each ballot, in order to stay in the race.

After the fourth and fifth ballot, the gap had all but vanished and the two contenders were tied with 254 votes each. Atleo then managed to regain a slight lead after the sixth ballot, edging ahead until Beaucage withdrew, handing him the win.

In total, 639 chiefs from across Canada are eligible to vote, with the majority located in B.C. and the Prairies. Over the course of the eight rounds of balloting, the number of chiefs casting votes dwindled lower and lower.

Atleo will replace Phil Fontaine as the grand chief of the Assembly of First Nations. Fontaine has held the position for three terms and is not seeking re-election.

### **Atleo's background**

Atleo has been the AFN's B.C. chief for over five years, and has been a bloodline chief of the Ahousaht First Nation since 1999.

His election marks the first time since the mid-1970s that the AFN's top spot has been held by a chief from the West Coast, despite the high number of voting chiefs that live there.

His focus is likely to be on education, including skills training and teaching younger generations about the legacy of residential schools.

Economic development is also important to Atleo, who is expected to seek new partnerships between private industry and native communities while maintaining traditional native values.

## Four Pillar Strategy

My platform, based on the views of Chiefs, youth and elders and leaders across Canada is built on four pillars and will continue to be shaped by the voices of our people.

**1) First Nations Families and Communities:** AFN will work with and support First Nations to ensure respect for, well-being of, and opportunity for, First Nations youth, families and communities. Through education and skills training, we have an opportunity to overcome the attempts of the residential school system to destroy our culture and language by dividing our communities and families. This is our time to use education as our tool to retain and maintain the strength of First Nations languages, history, teachings and values while facilitating better understanding between First Nations and the rest of Canadian society. This will support the rebuilding of families and communities and promote First Nations participation in strong and sustainable economies locally and nationally. This is our time to empower our fast growing youth population in ways that will ensure a future of opportunity, success and prosperity. The voices of our youth must be heard, understood and included.

**2) Treaties, Title and Rights:** AFN will approach all rights-based discussions and efforts grounded by the full understanding that First Nations have inherent jurisdiction as indigenous peoples of this land. In a focused and inclusive manner, the AFN will support First Nations to implement our sacred treaties and our constitutionally protected title and rights using clear standards, such as those set out as a minimum in the United Nations Declaration on the Rights of Indigenous Peoples. It is our time to take steps to implement First Nations inherent rights and jurisdiction by supporting traditional governance, achieving acceptable consultation and accommodation standards and securing resource revenues sharing.

**3) Economy and Environment:** AFN will support First Nations in pursuing a vision of sustainable economic self-sufficiency achieved by ensuring investments in stable community infrastructure and effective business partnerships. By being active participants in economic development, we can better ensure First Nations economies thrive, creating wealth and jobs and supporting our people to have an active role in shaping the national economy. It is our time to take a leadership role as indigenous peoples to balance development opportunities and conservation of the earth through environmental protection and green development.

**4) Nation Building, First Nation Governments:** AFN will be truly an "Assembly of Nations" providing political advocacy, support and coordination for First Nations to unite with collective strength to rebuild our nations. AFN will support First Nations, as the rightful holders of title, rights and as signatories to treaties, to engage with governments and serve their citizens wherever they may reside, based on the full recognition of the autonomy, diversity and interdependence of First Nations. AFN will advocate for full recognition of First Nations' jurisdiction and sustainable transfer agreements based on real costs across all policy areas such as education, health prevention and treatment, children and families, justice and others that support and build our government and service capacity. It is our time to build our nations by unifying our voice and taking the necessary steps toward the full and final displacement of the Indian Act.

### *Grounded in Family, Culture, Community*

Shawn is supported by and gains his strength from his wife of 23 years Nancy, and their grown children Tyson and Tara. Following training and preparation since birth, in 1999 Shawn was named "A-in-chut" and seated by his people as hereditary Chief of the House of Glakishpiitl of the Ahousaht First Nation. This position holds Shawn to a high level of responsibility and accountability in his work and with his people. A-in-chut feels fortunate to have benefitted from the rich teachings of his people, who were once great whalers, traveling long distances in massive dugout cedar canoes to pursue the bounty of the sea. A-in-chut is home as often as is possible, participating in community and spending time on the land and sea of his ancestors.

### ***Education, Entrepreneurship and Work - The New Whale***

A successful whale hunt, like hunting in many other indigenous communities, not only provided food, oil for trading, bones for making into tools, but also meant people had to rely on one another, required the passing on of spiritual practices, taught sacrifice, and contributed to the health and wellbeing of the community. It was part of the reason that at the time of

the arrival of the European, First Nations communities had appropriate shelter, bountiful healthy food, good governance, laws, strong morals through strict spiritual teachings and events like the big hunt supported and reflected balanced societies. In today's contexts, A-in-chut believes education, entrepreneurship and working for a living and for the people require the implementation of these vary same elements.

Traditional teachings have guided A-in-chut to serve First Nations for twenty-three years as a leader, negotiator, facilitator, and strategic planner. Previous to being elected as BC Regional Chief in 2003, he was elected to the executive of the Nuu-chah-nulth Tribal Council, was Executive Director of a First Nations family addictions treatment facility and was Managing Director of an aboriginal private post secondary training institute, Umeek Human Resource Development.

A-in-chut earned a Masters of Education in Adult Learning and Global Change from the University of Technology, Sydney Australia (in partnership with University of British Columbia, University of the Western Cape South Africa, and University of Linkoping Sweden), continuing a family legacy of focusing on the importance of education. Recently, A-in-chut was honoured to be installed as the first Chancellor of Vancouver Island University in Nanaimo BC, as such becoming the first aboriginal from BC to be named to such a role.

A-in-chut is honoured to be in his 6th year serving as Regional Chief for BC. He has made numerous contributions to the political field within his community, amongst First Nations, and in/between local, provincial, national and international governments. A-in-chut continually strives to work for the well-being of all communities. By supporting communities, particularly the youth, First Nations can once again return to being healthy, economically sustainable and balanced communities, with everyone having a say, sharing responsibility and a role, and all able to pursue educational, work and entrepreneur dreams.

### ***Together We Can***

Shawn A-in-chut Atleo was honoured during his term as Regional Chief to assist in achieving the historic signing of the BC First Nations Leadership Accord with the political executives of the Union of BC Indian Chiefs, the First Nations Summit and the BC Assembly of First Nations. The signing of the accord was witnessed in a sacred Coast Salish ceremony that signalled the end of over 35 years of political division. This political unity in BC led to the drafting of the 'New Relationship' vision document with the Province of BC and the signing of the Transformative Change Accord with the BC Premier Gordon Campbell and former Prime Minister Paul Martin on behalf of Canada during the First Ministers Meeting in Kelowna, November 2005. BC Chiefs' have worked together to develop action plans and formed Chiefs-led Councils in Children and Families, Health, Mining/Energy, Economic Development, Fisheries, Forestry and are continuing this work implementing action plans on Housing and Justice. Recent regional engagement has been focused on the proposed Recognition Act with the Province of BC in which Aboriginal and Crown title will be reconciled. The Act proposes to include a new BC Proclamation which will set straight the historical record, will support nation rebuilding, include mechanisms to reconcile crown and aboriginal title through shared decision making and revenue and benefit sharing and contemplate new dispute resolution processes.

### ***The Path to Nomination***

For a number of years, A-in-chut has been encouraged by Chiefs, Grand Chiefs, Elders and community members across the country to seek the position of National Chief. While remaining committed and focused on his work as BC Regional Chief and a member of the national executive, the voices of encouragement grew. To honour the increasing requests, A-in-chut first followed his protocol of conferring with immediate family and travelling home to Ahousaht to consult fellow Chiefs, Elders and community members. At a First Nations Summit meeting in the fall of 2008, a delegation of Nuu-chah-nulth stood up A-in-chut to confirm that he had completed his traditional protocol and now had their blessing to accept a nomination for the election of the Assembly of First Nations National Chief.

The question regarding A-in-chut's willingness to accept a nomination was also raised at a Union of British Columbia Indian Chiefs meeting in which A-in-chut explained that traditional protocol required him to go home to Ahousaht and Nuu-chah-nulth to first seek their blessing and support. The Ha-Shilth-Sa, the Nuu-chah-nulth Tribal Council newspaper publically reported that A-in-chut was prepared to accept a nomination for leadership of the Assembly of First Nations. This was later confirmed in a Globe and Mail interview on November 21, 2008. Following the completion of protocol at home, A-in-chut continued engaging in conversations with First Nations across the country to listen to the views, interests and vision of First Nation leaders. These conversations have shaped a vision and a platform of action for the future.

## High-Salt Diet Dampens Effects of Blood Pressure Drugs

By Ed Edelson, *HealthDay Reporter*

Provided by  HealthDay

MONDAY, July 20 (HealthDay News) -- Not only does a high-salt diet contribute to hypertension, but it can also reduce the effectiveness of blood pressure medications, a new study finds.

"What is striking about these results is the degree of the effect," said Dr. David A. Calhoun, a professor of medicine at the University of Alabama at Birmingham, and a member of the team reporting the finding in the July 20 online issue of *Hypertension*.

The study evaluated 12 people with resistant hypertension, high blood pressure that can't be controlled by a three-drug regimen. Because the study was so small, the results can't be easily applied to everyone with high blood pressure, but "anyone with high blood pressure certainly benefits from a low-salt diet," Calhoun said.

High blood pressure is a major risk factor for heart attack, stroke and other cardiovascular problems, and heavy salt intake has long been known to contribute to the condition, Calhoun said.

Half of the study participants were black, a group that is especially prone to high blood pressure. They were taking an average of three blood pressure medications. In the trial, half were assigned to a low-salt diet containing 50 millimoles of salt a day (about a half teaspoon), slightly below the 65 millimole intake recommended for salt-sensitive people. The other half had a high-salt diet, containing 250 millimoles (2.5 teaspoons) daily. They all spent time on each diet, and continued to take their prescribed medications.

Those on the low-salt diet had an average drop of 22.7 points in systolic blood pressure (the higher of the 120/80 reading, measured when the heart is contracting) and 9.1 points in diastolic blood pressure.

"The effect of the low-salt diet was greater than has previously been described," Calhoun said.

Another study reported in the same issue of the journal described a significant reduction in high blood pressure from a modest reduction in salt intake in a group that included whites, blacks and Asians.

That study, done at St. George's University of London in England, had 169 participants, all of whom had moderately high blood pressure. After reducing their salt intake from 9.7 grams a day to 6.5 grams a day, the average reduction in a six-week period was 4.8 points in systolic pressure and 2.2 points in diastolic pressure.

Both studies emphasize the importance of controlling salt intake to keep blood pressure at safe levels, said Dr. Martha Daviglus, a professor of preventive medicine and medicine at the Northwestern University Feinberg School of Medicine in Chicago and a spokeswoman for the American Heart Association.

Between 20 percent and 30 percent of Americans have resistant hypertension, and the emphasis for them has been on drug treatment, Daviglus said. "When a patient comes to a physician's office with hypertension, we start with one drug, then add another," she said. "We often forget about lifestyle interventions because they are so difficult."

The two studies show that attention must be paid to both drug treatment and diet, Daviglus said.

"They give us some hope that by doing a combination of both, we will be able to reach our goal," she said.

For Americans, most salt comes in processed foods, Daviglus and Calhoun said. "It is extremely difficult to avoid high salt intake when you eat these processed foods," Calhoun said.

People have to be aware of the salt content of all the food products they buy, Daviglus said. "I always say to them, 'you have to look at the labels,'" she said. "All these foods are loaded with salt, and we don't realize it -- even ice cream."

The emphasis should be on eating fresh foods, Daviglus said. The heart association provides a list of foods, "how to cook them, what spices to use instead of salt," she said.

Calhoun recommends adherence to the Dietary Approaches to Stop Hypertension (DASH) diet, which is low in salt and fat and high in fiber. Such a diet reduces cardiovascular risk in several ways, he said.

### **More information**

The DASH diet is described by the [U.S. National Heart, Lung, and Blood Institute](#).

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## **Gaps in care for chronic illness: Report**

By Tiffany Crawford, Canwest News Service

OTTAWA — Most Canadians who suffer from chronic illnesses are getting primary health care, but there are gaps in the quality of care they are receiving for their conditions, results of a survey by the Canadian Institute for Health Information suggest.

The survey — the first of its kind — used 2008 Statistics Canada data and measured 11,582 adult Canadians' experiences with primary health care such as family doctors, walk-in clinics and emergency rooms.

The survey, released Thursday, found 41 per cent of Canadian adults reported they had at least one of seven common chronic conditions — arthritis, cancer, emphysema, diabetes, heart disease, high blood pressure and mood disorders, not including depression.

Although the majority of people with at least one of the chronic illnesses (96 per cent) reported they had access to a regular place of care — such as a family doctor or a walk-in clinic — 40 per cent said they had not made a treatment plan with their provider within the last 12 months.

"This is important because people who have chronic conditions need to take measures between visits, which is the majority of the time," said Greg Webster, the institute's director of primary health-care information.

The patients were asked whether they worked with their family doctor to develop a treatment plan and if they had a written list of instructions on how to manage their condition.

For example, Webster said people who have diabetes are at risk for other complications, such as heart disease, renal disease or kidney failure. They need to be monitored over time so they don't develop those complications.

There are also disparities between with the type of screening tests given to patients with chronic illness, the survey found. For example, the majority of patients (94 per cent) with diabetes, heart disease, stroke and/or high blood pressure had a blood-pressure test in the past 12 months, but only 82 per cent had their cholesterol levels tested.

Thursday's report marks the first time a survey has measured the frequency of testing for chronic conditions, said Webster, who added that "screening tests are just one part of the information puzzle."

Only 80 per cent had their blood sugar tested and 74 per cent had their weight checked by their primary health-care provider.

"When people were asked if they received one of four screening tests that are recommended for people who have those conditions, we find that the majority did have their blood pressure measured, but then when we look at cholesterol levels and blood-sugar levels and having weight checked, the numbers dropped off," Webster said.

"The gap that we're observing does appear to be an area in need of improvement."

Overall, 91 per cent of all adults reported they have a regular place to go to if they are sick or need advice about their health. Most reported this to be a doctor's office (78 per cent), while 17 per cent said they went to a walk-in clinic.

No margin of error was provided for the survey's results.

Dr. Fred Burge, family physician and professor of family medicine at Dalhousie University in Halifax, welcomed the report as a tool to help doctors identify areas of improvement with patients.

"I think it's really important that we have this first large-scale national survey of primary health care," he said. "We really don't know much about the primary-care setting."

Burge said one of the findings in the report that stands out is that only 27 per cent of people had reported seeing a nurse at a primary health-care facility. That will change as more health networks spring up across the country, he said.

"So, what would have been a regular family doctor's office will now have more health professionals in it, like nurses and perhaps pharmacists and dietitians, so the burden of the primary care job doesn't just fall on the family doctor," Burge said.

These types of facilities will also attract more medical students into general practice as conditions improve for the doctor, he said.

**BC ELDERS  
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From [www.jokeclean.com](http://www.jokeclean.com)

**"Did you hear about the 83 year old woman who talked herself out of a speeding ticket by telling the young officer that she had to get there before she forgot where she was going?"**

**"A well dressed, debonair man in his mid nineties enters an upscale cocktail lounge and finds a seat next to a good looking, younger woman in her mid eighties, at the most. Trying to remember his best pick-up line, he says, "So tell me, do I come here often?"**

***MURPHY'S LAW***

**Anything that can go wrong, will go wrong.**

**Interchangeable parts – won't.**

**Leak proof seals – will.**

**Self-starters – will not.**

**If you try to please everyone, nobody will like you.**

**A shortcut is the longest distance between two points.**

**Friends come and go, but enemies accumulate.**

**Everyone has a scheme for getting rich that will not work.**

**The chance of a piece of bread falling with the buttered side down is directly proportional to the price of the carpet.**

***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 August!!**

**LEO - The Boss (July 23 - Aug 22)**

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**ANNUAL BC ELDERS GATHERING INFORMATION CORNER**

**Special Thanks to the 2009 Host!!!**

**Many, many thanks to the Nisga'a Nation Elders Association and absolutely everyone who had a hand in making the Gathering a great success for the elders that so looked forward to coming to your territory. JOB WELL DONE ALL!! Your efforts do not go unnoticed by the elders of BC. You are very much appreciated!!**

**Please check out the Grand Entry Photos at [www.bcelders.com](http://www.bcelders.com) and thank you to Molly McNulty of the Terrace Standard for photographing the Grand Entry for your website.**

**There will be an update in the next issue of the EV, but please remember that the dates for the event are usually not chosen and announced until late fall.**