

**Volume 16 Issue 1**

**December 2015**

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

**EV'S 181st Issue!**



**BC ELDERS COMMUNICATION CENTER SOCIETY**

**ELDERS VOICE**

**The 40th Annual Elders Gathering**  
**Will be held in Williams Lake, BC**  
**On July 11, 12, 13, 14, 2016**  
Next year's 2016 gathering will begin with the  
"early bird Wild West Celebration day"  
on Monday, July 11 at the Williams Lake Stampede grounds  
beginning with a mountain race and Rodeo.

**REMINDER: SUPPORT FEES ARE NOW DUE**

**HAPPY BIRTHDAY**  
**TO ALL ELDERS BORN IN DECEMBER!!**  
**AND**  
**A VERY MERRY CHRISTMAS**  
**AND**  
**HAPPY NEW YEAR TO EVERYONE!!!**

**Inside this issue**

Easy Bakers Corner/Website	2
List of Paid Support Fees	3
40th Annual BC Elders Gathering	4
PWD—Community Update	5-6
Hartley Bay—Telehealth	6
FNHA The Flu And You	7
Tuberculosis Services—FNHA	8

**Pg. 9:** Message from Parliamentary Secretary  
**Pg. 10:** Respecting Tobacco Poster  
**Pg. 11:** Inaugural Cedric Literary Awards  
**Pg. 12:** Healthy Aboriginal Network  
**Pg. 13:** 1 in 3 Elders Will Fall This Year  
**Pgs. 14-15:** FNLC News Release  
**Pgs. 16-18:** Joint Open Letter To Prime Minister Justin Trudeau  
**Pgs. 18-19:** Open Letter to Minister Bennett  
**Pg. 20:** Tales from the Butterball Hotline  
**Pg. 21:** Heart Attack - Know the Symptoms  
**Pg. 22:** Osteoporosis Prevention  
**Pg. 23:** No More Slips, Trips, or Falls  
**Back Page:**  
 Annual BC Elders Gathering Info Corner  
 Horoscope/Jokes and Quotes and Our  
 Contact Information

## **Easy Bakers Corner – Christmas Chocolate Cake**

Preheat oven to 350°F. Grease bottom of three 9” layer pans with wax paper.

In a saucepan, melt 1 package (4 ounce) sweet chocolate over boiling water (in double boiler). Let cool.

In a small bowl, mix 2 cups all-purpose flour, 1 tsp. baking soda, and 1/2 tsp. of salt. Set aside.

In a large bowl (with electric mixer), cream 1 cup of butter, and 2 cups granulated sugar until light and fluffy.

Beat 4 egg yolks and 1 tsp of vanilla. Stir in chocolate.

Add flour mixture alternately with 1 cup of buttermilk, beginning and ending with flour mixture, beating well.

In a separate bowl, beat 4 egg whites until stiff peaks form. Fold into batter gently and thoroughly.

Divide batter among the 3 pans, smoothing tops.

Bake for 30 minutes or until cake springs back when touched in center.

Cool cake pans on racks for 15 minutes.

Remove cakes from pans and peel off wax paper.

Cool cakes completely on racks before frosting them with 1 can of coconut-pecan frosting. Enjoy!

## **What Can you please share?**

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

Gilakasla, Donna Stirling

## **‘PRESERVING THE PAST’**

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

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

### **Disclaimer:**

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

# BCECCS 15th Year GRATITUDE LIST

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

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

Your support is much appreciated!

## LEVELS OF SUPPORT

\$5,000 - Thunderbird

\$2,500 - Killer Whale

\$1,500 - Eagle

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

### Thunderbird - \$5,000

- 1.
10. First Nations Tax Commission
11. Doig River First Nation
12. Naut'sa mawt Tribal Council
13. Skidegate Band Council
- 14.

### Killer Whale - \$2,500

1.

### Eagle Level - \$1,500

1. Provincial Health Services Authority
- 2.

### SALMON LEVEL - \$1,000

1. Lhoosk'uz Dene Nation
2. Kwakiutl Band Council

### FROG LEVEL - \$750

1. Tale'awtxw Aboriginal Capital Corporation
2. Westbank First Nation

### SISIUTL LEVEL - \$500

1. Tk'emlups Te Secwepemc
- 2.

### HUMMINGBIRD LEVEL - \$250

1. BC Association of Community Response Networks
2. Chawathil First Nation
3. Hailika'as Heiltsuk Health Centre Society
4. Spuzzum First Nation
5. Weiwaikum First Nation
6. Mamalilikulla Qwe'Qwa'Sot'Em Band
7. St. Mary's Indian Band
8. K'omoks Health Centre
9. Irving K. Barber Foundation

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

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

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

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

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

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

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

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

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

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

**With great respect**

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

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

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

**36007 Sundew Place**

**Abbotsford BC, V3G 1E9**

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

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



we are all  
connected

November 2015

## Community Update

### Ministry of Social Development and Social Innovation Increases Asset Exemptions to \$100,000 for PWD Recipients

Dear Community Partner,

Starting December 1<sup>st</sup> 2015, people receiving the Persons with Disabilities benefit (PWD) will be able to have up to \$100,000 in assets without it impacting their eligibility for assistance. For couples where both individuals have the PWD designation this amount will be \$200,000. In addition PWD recipients will be able to receive cash gifts without it impacting their disability designation. As well, the annual cap of \$8,000 on trust payments will be eliminated.

DABC believes this change represents a very positive and significant change to the way in which the Province provides disability assistance to British Columbians with disabilities. It will give people with disabilities who receive assistance more flexibility, choice, dignity, and hope for the future. DABC congratulates and thanks the Province for making this innovative change.

The change means that families and friends of people with disabilities will be able to provide financial support to their loved ones without impacting their eligibility for assistance. It will also help people with disabilities who have fewer financial resources or opportunities. DABC receives requests for help from many PWD recipients who find themselves in difficult situations when it comes to financial windfalls.

People call us for help when they have been left a few thousand dollars. A relatively small amount, it can be both a wonderful event and a great challenge to someone receiving disability assistance. The amount is often too small to make it feasible to open a trust, but too high to remain eligible for assistance.

Often they will have to leave assistance for a month or two until they fall below the \$5,000 asset limit. It's very sad to see these wasted opportunities for people with so few resources.

This will all change on December 1<sup>st</sup>. For more information on the Ministry's announcement, please go to: <https://news.gov.bc.ca/releases/2015SDSI0069-001847>

While DABC is thrilled about this change, we will continue to urge the Province to increase the PWD rates. An increase to the PWD rates is long overdue and needs to be urgently addressed.

Over the next while we will be updating all of our publications to reflect this change to the rules on assets for PWD recipients.

Best regards,

Val Stapleton, Membership and Outreach Coordinator  
Jane Dyson, Executive Director

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## **Telehealth brings speech language therapy to a young girl in remote Hartley Bay from [www.fnha.ca](http://www.fnha.ca) eblast**

A few weeks ago in Hartley Bay, Krystal Dundas wore a huge smile as her daughter Kadence, who is hard of hearing, had her first speech-language therapy appointment through telehealth! Thanks to the easy accessibility that telehealth provides, this appointment is the first of many Kadence will have as she grows and develops - without needing to leave her community.

The family is receiving services from a Northern Health Authority speech-language therapist located in Haida Gwaii and an outreach consultant who specializes in hearing loss from the BC Family Hearing Resource Society based in Surrey. The speech-language therapist will also visit the family in Hartley Bay two to three times per year.

This new service uses FNHA telehealth equipment and the BC Early Hearing Program to support speech and language services for young deaf and hard of hearing children across BC. The purpose is to connect families to service providers with specialized expertise as early in the child's life as possible.

When a baby is born deaf or hard of hearing, the process of developing language can be delayed. Speech and language services are essential for preventing delays in language development. Weekly therapy sessions are recommended for babies and young children with significant hearing loss. Before telehealth, accessing these early communication development services had been very difficult for families living in remote First Nations communities.

# The Flu and You: know how to protect yourself and your loved ones from the flu

Nov 4, 2015

**A message from the First Nations Health Authority's Chief Medical Officer, Dr. Evan Adams**

Flu season will soon be upon us, and I want to encourage every First Nations person in BC to be prepared and informed – and especially, to get your flu shot. As a physician, I am only too aware of how dangerous the common flu can be, especially in tight-knit communities. Influenza causes more deaths among vaccine-preventable diseases than all others combined, especially among the elderly. In Canada, there are approximately 3,500 deaths from the flu and its complications *every year*.

So, getting your flu shot is not only about protecting yourself from a serious case of the flu; it's about protecting your loved ones, including our Elders and infants, who are especially vulnerable to the influenza virus.

The flu shot is **FREE** for BC First Nations people, including at community pharmacies and physicians' offices (you can find one by visiting [www.immunizebc.ca](http://www.immunizebc.ca) or by calling 8-1-1). It is a safe and effective preventative practice that can be combined with traditional healing and wellness practices such as using traditional herbal or plant medicines. In addition, wash your hands regularly, avoid touching your face, and stay at home when sick.

For those of you who dread shots and are not sure of their benefits, I have some good news: this year's flu vaccine is expected to be considerably more effective than last year's. To learn more about the flu and the flu shot, please visit our website.

Be healthy and well,



*Dr. Evan Adams*

*Chief Medical Officer*



First Nations Health Authority  
Health through wellness



BC Centre for Disease Control  
An agency of the Provincial Health Services Authority

Communiqué

October 30, 2015

## Tuberculosis Services for First Nations Communities in BC

The Tuberculosis Services for Aboriginal Communities (TBSAC) program was established to prevent and control Tuberculosis (TB) disease in BC First Nations Communities. The program was introduced in 1989 by Health Canada as an enhancement to provincial TB services. Over the years, the program has grown to include specialist nurse consultants and educators with interest and experience working with First Nations communities. Key components of the program include enhanced screening and surveillance, health care worker training and education, as well as community engagement.

The TBSAC program is a key component in the BC Strategic Plan for Tuberculosis Prevention, Treatment and Control. Until now, TBSAC has been delivered through an agreement with the BC Centre for Disease Control (BCCDC) and the First Nations Health Authority (FNHA) (previously First Nations Inuit Health Branch). Two years after the transfer of health services, the FNHA's focus is on redesigning and optimizing TB health services along with other communicable disease services, for First Nations communities. By April 1, 2016, the TBSAC Program will be a part of FNHA's community health and wellness services.

Bringing the TB program to FNHA is a natural next step and provides a valuable opportunity to align TB education, programs and services with other First Nations Communicable Disease Control services internally and with partners, including BCCDC. Importantly, having the TB program at FNHA means there will now be a single FNHA point of contact for nurses and health workers in First Nations communities which will enhance clarity and effectiveness of TB services.

BCCDC will continue to partner with FNHA in TB care by providing physician and specialty services related to TB case management and treatment. Until the transfer is complete, BCCDC will continue to provide the TBSAC services. BCCDC and FNHA are working very closely together to ensure a smooth transition of services. Further communications will be forthcoming as the details of the transfer are finalized.

**For more information on Tuberculosis Services for First Nations communities in BC please contact:**

Denise (Isa) Wolf, FNHA CDC Nurse Specialist, Tuberculosis  
Contact: [Denise.Wolf@fnha.ca](mailto:Denise.Wolf@fnha.ca) or 604-693-6810

Shannon Kopp, BCCDC Operations Manager  
Contact: [Shannon.Kopp@bccdc.ca](mailto:Shannon.Kopp@bccdc.ca) or 604-707-5616

## **Message from Parliamentary Secretary Darryl Plecas**

**Autumn has arrived with its crisp weather, harvest moon and families gathering with friends and neighbours for potluck suppers.**

**The cooler temperatures also mean rain, snow, slippery sidewalks and an increased risk of losing one's footing and falling. There are 700,000 seniors in British Columbia; each year one third of these individuals will fall and four-thousand will sustain a hip fracture. These injuries limit seniors' independence and sadly, in British Columbia, falls are the number one cause of injury-related deaths in seniors.**

**Many of us have fallen ourselves or know of a parent, grandparent, neighbour or friend who has fallen and have seen the physical and emotional toll it can take.**

**Providing supports for seniors to stay safe from falls helps them stay active and independent longer. It's why the provincial government announced \$4.5 million through the Provincial Health Services Authority last year for the Centre for Hip Health and Mobility to expand programs to help prevent falls and hip fractures, and enhance mobility through early intervention.**

**Seniors' Fall Prevention Awareness Week and National Senior Safety Week are recognized in November and with that in mind I had the opportunity this month to attend a fall prevention clinic in Surrey. I talked with seniors and health professionals about how to prevent falls and the programs that can help.**

**I got to see firsthand the centre's mobile lab – which brings imaging instruments like an x-ray body scan and fall risk assessment tools into communities. This portable lab allows researchers to learn more about the scope of seniors' falls and raise awareness outside of urban areas where services may not be available.**

**The lab has traveled throughout British Columbia and thanks to the funding provided by the Province, it will expand its reach to visit many more centres in the North, Interior and Vancouver Island. The clinics originally launched within Fraser Health Authority, and now the provincial funding will help take them provincewide by 2018.**

**Much of this information is available through regional health authorities or by visiting <http://findingbalancebc.ca> or [www.FallsClinic.ca](http://www.FallsClinic.ca).**

**I encourage all British Columbians to do what they can to reduce the risk for themselves and their loved ones.**

**Thank you,**

**Darryl Plecas**

**Parliamentary Secretary for Seniors to the Minister of Health**

**For more information about seniors' services and supports, visit [www.seniorsbc.ca](http://www.seniorsbc.ca).**



# respecting tobacco

*The tobacco plant has had a sacred role in ceremony, ritual, and prayer for many BC First Nations for thousands of years. Let's keep tobacco sacred.*

Thinking about quitting commercial tobacco?

Call Quitnow:

**1.877.455.2233**

or visit:

**quitnow.ca**

For more information on respecting tobacco visit the FNHA online:

**FNHA.ca/  
respectingtobacco**

Find us on Social Media:



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Better health. by in partnership.

  
**First Nations Health Authority**  
Health through us too

  
**northern health**

  
**Interior Health**  
Every one matters

  
**island health**



## **Inaugural Cedric Literary Awards celebrate BC's senior writers**

VICTORIA – Four unpublished writers of a certain age were each presented with \$3,000 awards in front of a packed audience at a special reception held in Victoria this past Saturday.

The winners of the inaugural Cedric Literary Awards are:

- Margitta Maud, 76, of Duncan for her creative non-fiction work “Out of Darkness;”
- Joel Scott, 75, of Chemainus for his work of fiction “Arrows Flight;”
- Irene Lynxleg, 75, a First Nations writer from Vancouver for her short story “Keesis’s Trimble Park Diary;”
- Susan Braley, 59, of Victoria for her poetry collection “The Imminence of Fracture.”

These four writers were chosen by a panel of judges from 10 other finalists whose work was selected from 168 manuscripts submitted in the 2015 writing competition.

“With no history to draw upon, we’ve created a spectacular beginning to The Cedric Literary Awards,” said Peter Dale, Chairman of Betterthan50 and founder of the writing competition. “We have demonstrated what inclusiveness really means by embracing writers from every region of BC, including First Nations writers.”

Submissions to the 2015 Cedric Literary Awards competition were received from writers 50 years old and better from Pink Mountain to Langley, and from Fort St. James to Victoria. Plans for the 2016 competition are already underway, and it is hoped the competition will embrace French-speaking writers in coming years.

“This year’s competition has been inspirational for all of us, and I am extremely grateful to all of the participants for taking a leap of faith by sending us their work,” said Executive Director Veronica Osborn. “The next Call for Submissions will be February 1<sup>st</sup>, 2016, and I look forward to seeing even more entries next year.”



**Picture left:**

**Irene Lynxleg, 75, (on the right) a First Nations writer from Vancouver, has been presented with a \$3,000 award at the inaugural Cedric Literary Awards for unpublished authors 50 years old and better. Her short story “Keesis’s Trimble Park Diary” won in the First Nations Writing category. Yvonne Lattie, of New Hazelton, (on the left) received Honourable Mention in the First Nations Writing category for her entry titled “Past and Future Experience of a Gitksan Woman.”**

**Media contact: Veronica Osborn, Executive Director, The Cedric Literary Awards 250-370-0200, [vosborn@thecedrics.ca](mailto:vosborn@thecedrics.ca), [www.thecedrics.ca](http://www.thecedrics.ca)**

# Healthy Aboriginal Network

I can tell that winter is here the first time I fall down my icy, front steps. Must remember to call the folks at Farmer's Almanac; inform them of the new benchmark.

## Child protection story

We are happy to report that we have been funded for a new book on child protection. There is some question as to who the target audience should be for the story, however. Should it be the youth themselves going through the child protection process? OR should the story be targeted more towards family and friends of the child? There has been feedback to suggest that anyone going through a particularly stressful time is hard to reach, and perhaps we should be trying to educate peers instead. Any advice from those familiar with the child protection process would be most appreciative. The deadline for feedback is Friday, November 27th. Please send your feedback to me at [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net).

## Smoking prevention comic book

It seems like people forget that we've got 12 titles in stock at any given time. And every time I mention a resource the sales of that book spike, while others tend to plod along. So we've decided to highlight a book every month or so. This month it's River Run, funded by the Vancouver Coastal Health Authority. It's the story of a group of youth that learn the traditional use of tobacco while on a canoe trip. One of the youth, who smokes, gets her world opened up along the way. A preview of the book, as well as pricing, is published at [www.thehealthyaboriginal.net](http://www.thehealthyaboriginal.net). Please send an email to [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net) if you want to order any of our books, or you can fill out an order form on our site.

## Name change?

We have been thinking about a name change for quite some time. Leaning towards something with Indigenous in it, rather than Aboriginal. But we are also open to having Indigenous in just the byline (like Stillwater Productions, an Indigenous Art Society, as a made up example). Nothing has been decided yet but are open to suggestions. What do you think? Please send your thoughts to [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net). Very much appreciate your time.

We hope you continue to find us relevant to youth's needs,

Sean Muir  
Executive Director

3322 Comox Road Courtenay , BC V9N 3P8  
Phone 250-898-1193 [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net)

A BC incorporated non-profit Society

# 1 in 3 Elders will fall this year



## What can you do to prevent falls?

- Keep your body active
- Make your home safer
- Have your medications reviewed each year
- Have your eyes checked every year

For more information, please visit: [www.findingbalancebc.ca](http://www.findingbalancebc.ca)



# FIRST NATIONS LEADERSHIP COUNCIL

## News Release

*For Immediate Release*  
November 4, 2015

### **First Nations Leadership Council optimistic as Prime Minister Trudeau appoints new Liberal Cabinet**

Coast Salish Territory (Vancouver, BC) – BC First Nations Leaders are optimistic following today's appointment of the new federal Liberal Cabinet by Prime Minister Justin Trudeau. The First Nations Leadership Council (FNLC) are particularly pleased that for the first time there will be two indigenous members of Cabinet, including former BCAFN Regional Chief and FNLC member Jody Wilson-Raybould (Vancouver-Granville), who was appointed Minister of Justice and Attorney General of Canada.

"I would like to congratulate all newly appointed Cabinet Ministers to the Federal Government, and in particular, former BC Regional Chief Puglaas, Jody Wilson-Raybould. Puglaas has been and continues to be one of our great leaders from BC and she will meet and exceed any challenges that face her in her new role as Minister of Justice and Attorney General of Canada," stated Regional Chief Shane Gottfriedson. "I look forward to working with the new Aboriginal and Northern Affairs Minister Dr. Carolyn Bennett and moving towards recognition and reconciliation between Nations. We welcome working with all new Ministers, the new Liberal Government and collaboratively working together to realize the commitments made by the Liberal party. We are encouraged to see Dr. Bennett carry culturally significant items as she took her oath of office. What she now carries is a significant responsibility and we will seek to work with her to ensure a better and brighter future for our communities and for Canada."

"We commend Prime Minister Trudeau for appointing such a strong and diverse Cabinet and for recognizing the importance of having indigenous voices at the Cabinet table. This will surely assist in implementing the ambitious Aboriginal agenda and committing to a new Nation to Nation relationship based on reconciliation, recognition and rights as well as respect for historic and modern day Treaties", said Robert Phillips of the First Nations Summit Political Executive. "We look forward to meeting with Prime Minister Trudeau and Dr. Carolyn Bennett, newly appointed Minister of Indigenous and Northern Affairs, to discuss how we can work together in an effort to close the appalling and disproportionate socio-economic gaps faced by our communities and citizens."

"It is an incredible day! Jody Wilson-Raybould is an excellent choice as Attorney-General and Minister of Justice. We are happy Dr. Carolyn Bennett is Minister of the Indigenous and Northern Affairs. Their respective expertise and experiences will serve us all well," stated Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. "The UBCIC is looking forward to working with the Government of Canada on revising legislation, policies and litigation strategy to reflect current case-law such as the landmark Tsilhqot'in decision as well as be the leader on the international stage by implementing a national plan to implement the UN Declaration of Indigenous Peoples. Today's federal Cabinet appointments represent tremendous potential and opportunities for the Indigenous Peoples of Canada."



BRITISH COLUMBIA  
ASSEMBLY OF  
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Fx: 604-684-5726

In a pre-election letter to the FNLC dated October 8, 2015, the Liberal Party of Canada outlined a detailed Aboriginal agenda including commitments to;

- a) Undertake a full review of regulatory law, policies, and operational practices, in full partnership and consultation with First Nations to ensure that the Crown is fully executing its consultation, accommodation, and consent obligations, including on resource development and energy infrastructure project reviews and assessments, in accordance with constitutional and international human rights obligations;
- b) Work in partnership with First Nations, to implement all 94 recommendations of the Truth and Reconciliation Commission, starting with the implementation of the UN Declaration on the Rights of Indigenous Peoples;
- c) Immediately launch a national public inquiry into missing and murdered Indigenous women and girls in Canada;
- d) Work with First Nations to renew and revive the Paul Martin Liberal government's \$5 billion Kelowna Accord;
- e) Establish a Federal Reconciliation Framework, created in full partnership with First Nations, which will include mechanisms to advance and strengthen self-government, as well as resolve grievances with Treaty implementation and modern land-claims agreements;
- f) Conduct a full review of the legislation unilaterally imposed on First Nations by the federal government, and reverse measures in conflict with Aboriginal and Treaty rights, or that are inconsistent with good governance.

The First Nations Summit, Union of BC Indian Chiefs and BC Assembly of First Nations will be actively engaging with Prime Minister Trudeau, the Federal Cabinet, and the BC Liberal to discuss the Liberal government's plans for implementing these and other commitments.

-30-

The First Nations Leadership Council is comprised of the political executives of the BC Assembly of First Nations, First Nations Summit, and the Union of BC Indian Chiefs.

**For further comment please contact:**

Robert Phillips, Political Executive, First Nations Summit:	778-875-1829
Grand Chief Stewart Phillip, President, Union of BC Indian Chiefs:	250-490-5314
Regional Chief Shane Gottfriedson, BC Assembly of First Nations:	250-852-1143

**Joint Open letter:  
Prime Minister Justin Trudeau - United Nations Declaration on the Rights of  
Indigenous Peoples & Free, Prior and Informed Consent**

Posted by UBCIC on November 25, 2015

**Rt. Hon. Justin Trudeau  
Prime Minister of Canada  
November 23, 2015**

**Dear Prime Minister,**

**Our organizations welcome your public commitment to a renewed relationship between the federal government and Indigenous Peoples in Canada based on the rights guaranteed in Canada's Constitution and enshrined in the United Nations Declaration on the Rights of Indigenous Peoples. We hope that this vision of cooperation and partnership will shape your government's actions and priorities from the outset.**

**We are encouraged that, as a "top priority", you have mandated the Minister of Indigenous and Northern Affairs to support reconciliation and implement the UN Declaration.**

**In particular, our organizations believe that there is an immediate and pressing need for your government to collaborate with Indigenous Peoples to institute the crucial human rights safeguard of free, prior and informed consent (FPIC) in the laws, policies and procedures of the federal government.**

**The FPIC standard is set out in numerous provisions of the UN Declaration, and in an extensive body of international human rights jurisprudence and treaty body recommendations. FPIC is a necessary corollary of Indigenous Peoples' right of self-determination and the right to own and control their own lands, territories, and resources. It is also a precautionary standard responsive to the widespread, largely unaddressed human rights violations against Indigenous peoples and the need for rigorous protection against further harm.**

**Over the last decade, the federal government has repeatedly approved large-scale resource development projects - like the Northern Gateway Pipeline and the Site C dam in British Columbia - over the objections of Indigenous Peoples. Such actions run counter to the directions set by the Supreme Court of Canada and violate Canada's human rights obligations. These actions are not honourable and have dramatically set back the vital goal of reconciliation between Indigenous and non-Indigenous peoples.**

**Furthermore, rather than promoting economic growth, the repeated violation of Indigenous Peoples' rights has created needless, prolonged conflicts. This has forestalled opportunities for Indigenous Peoples to work cooperatively with federal, provincial and territorial governments to advance mutually agreed upon and mutually beneficial objectives, including community development.**

**While federal officials have persisted in denouncing and denying free, prior and informed consent, the world has moved ahead without us. The International Finance Corporation (IFC) has adopted detailed FPIC requirements. International industry bodies such as the International Council on Mining and Metals have also called on members to meet FPIC requirements. The Forest Stewardship Council requires operators to achieve FPIC as an internationally recognized human rights standard that can deliver sustainable, equitable land use and business certainty. Prominent global corporations, including financial corporations and resource development corporations, have begun integrating FPIC into their**

own procedures.

In December 2013, the UN Global Compact issued A Business Reference Guide to the UN Declaration on the Rights of Indigenous Peoples. The Guide indicated: “The concept of ... FPIC ... is fundamental to the UN Declaration as a measure to ensure that indigenous peoples’ rights are protected.” The Guide added:

The concept of a State’s FPIC obligation is well enshrined in international law. ... FPIC should be obtained whenever there is an impact on indigenous peoples’ substantive rights (including rights to land, territories and resources, and rights to cultural, economic and political self-determination).

Canada’s failure to recognize and implement FPIC standards has created confusion and uncertainty. It has resulted in the deplorable situation of a Canadian regulatory framework that asks less of corporations operating in Canada than, for example, the IFC would require for their operations abroad.

Free, prior and informed consent is the right of Indigenous Peoples to say ‘no’ to the imposition of decisions that would further compound the marginalization, impoverishment and dispossession to which they have been subjected throughout history. FPIC is also the power to say ‘yes’ to mutually beneficial initiatives that can promote healthy and vital Indigenous Nations for the benefit of present and future generations.

This must be a matter of urgent priority for any government committed to a respectful relationship with Indigenous Peoples. It is something that all Canadians should support.

Our organizations urge you to collaborate with Indigenous Peoples’ governments and organizations to ensure that:

- Federal laws, regulations and policies – especially those dealing with resource development – are reformed to ensure that the free, prior and informed consent of Indigenous Peoples is required for any decisions that have the potential for serious impacts on the environment and on their rights.
- Government support for corporate activities in Canada and internationally, whether in the form of tax credits, grants, loans, or political and diplomatic support, will be contingent on their actions being consistent with international human rights standards including FPIC.

Speaking to the Assembly of First Nations Annual General Assembly in July you said that, “Words will never be enough so long as the government lacks the political will to be a true and honest partner.” Implementation of the rights of Indigenous Peoples is critical for your promise for a Nation-to-Nation relationship and critical for concrete, meaningful and much needed action.

Respectfully,

Assembly of First Nations

Assemblée des Premières Nations du Québec et Labrador/ Assembly of First Nations of Québec and Labrador

Amnesty International Canada

Amnistie internationale Canada francophone

BC Assembly of First Nations

Canadian Friends Service Committee (Quakers);

First Nations Summit

Grand Council of the Crees (Eeyou Istchee)

Greenpeace Canada

Hul'qumi'num Treaty Group

KAIROS: Canadian Ecumenical Justice Initiatives

**MiningWatch**  
**Native Women's Association of Canada**  
**Oxfam**  
**Québec Native Women/Femmes Autochtones du Québec**  
**Union of BC Indian Chiefs**  
**West Coast Environmental Law Association**

cc.

**Hon. Carolyn Bennett, Minister of Indigenous and Northern Affairs**  
**Hon. Stéphane Dion, Minister of Foreign Affairs**  
**Hon. Jody Wilson-Raybould, Minister of Justice**  
**Hon. Catherine McKenna, Minister of Environment and Climate Change**

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## **OPEN LETTER: Immediate Restoration of Specific Claims Research Funding for 2016 – 2017 Fiscal Year**

Posted by UBCIC on November 25, 2015

**Dear Minister Bennett:**

**We write to follow up on our November 4, 2015 letter and briefing note regarding the fair, just and timely resolution of specific claims. In that letter we recommend taking concrete measures to demonstrate the Government of Canada's commitment to reconciliation through resolving specific claims and to carry out this work in partnership with First Nations. The most pressing of these recommendations is the immediate restoration of specific claims research funding to claims research units (CRUs) and First Nations.**

**In February 2014, CRUs and First Nations across Canada received 30-60% cuts to research funding as part of the Harper Government's Deficit Reduction Action Plan. These dramatic funding cuts have placed significant burdens on CRUs and First Nations seeking justice and redress for Canada's unresolved lawful obligations. Since the funding cuts were implemented, CRUs have had to significantly reduce projected deliverables, halt work on new claims and scale back or suspend work on claims near completion. At the same time, CRUs and First Nations must bear the considerable burden of preparing claims to meet the 'Minimum Standard,' a set of stringently applied technical guidelines that must be met in order for claims to be accepted by Canada.**

**Indigenous communities in Canada have been waiting for decades, many for over a century to obtain justice for these historical grievances. The funding cuts amount to yet another obstacle and more delay. Frustration grows at the apparent reluctance of the federal government to take these grievances seriously and honour its commitment to resolve them in a timely and just way.**

**All CRUs and First Nations seeking annual specific claims research funding must submit proposals for the 2016-2017 fiscal year by January 15, 2016. Proposals are substantial undertakings and require considerable planning. To facilitate this process we urge you to communicate your intentions to restore specific claims funding to previous levels well in advance of the proposal deadline so that we may inform the Indigenous communities for whom we conduct research what they may expect regarding progress on their claims and so that we may plan accordingly.**

**The new Liberal Government has indicated that engaging in the process of meaningful reconciliation requires at the very least that Canada fulfills its past promises as a concrete demonstration of good faith and the honour of the Crown. Immediate restoration of research funding will demonstrate clearly**

clearly the seriousness of your government's commitment to justice for First Nations in Canada.

On behalf of the UNION OF BC INDIAN CHIEFS

[Original signed]

**Grand Chief Stewart Phillip**  
President

**Chief Robert Chamberlin**  
Vice-President

**Kukpi7 Judy Wilson**  
Secretary-Treasurer

CC:

**Minister Jody Wilson-Raybould, Minister of Justice and Attorney General of Canada**  
**Chief Maureen Chapman, Chair, BC Specific Claims Working Group**  
**UBCIC Chiefs Council**  
**National Chief Perry Bellegarde, Assembly of First Nations**  
**AFN Chiefs Committee on Claims**  
**BC Assembly of First Nations**  
**First Nations Summit**

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## **Man calls cops for help starting car, fails breathalyser**

**KING TOWNSHIP, Ont. — Everyone knows not to drink and drive, but a 27-year-old man has now learned the hard way that calling the cops to help start your car while impaired isn't a great idea either.**

**York Regional Police say they got a call early Tuesday morning from a man requesting assistance to get his vehicle moving.**

**They say he was able to give police his exact location while the sound of his car engine could be heard in the background.**

**Officers soon found him on the shoulder of the road with headlights on and windshield wipers running.**

**Police took the driver into custody where he failed a breathalyzer test.**

**Andrew Scuglia of Richmond Hill is now facing a charge of impaired care or control, which can be laid whenever someone makes an attempt to operate a vehicle while under the influence.**

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

# Tales from the Butterball Hotline

It's 8 a.m. on Thanksgiving Day and you just realized you forgot to thaw your turkey. What do you do?

Don't panic. You just need to call 1-800-BUTTERBALL. Yes, it's real, and yes, they really do have poultry experts standing by to help you with your last-minute snafus, flubs and foul-ups. And they're open 24/7. If you wake up in a cold sweat at 2 a.m. thinking about salmonella or whether you can bathe your turkey with your toddler (see below), never fear—Butterball is there for you. And it's not just about Thanksgiving. The line is open in December to help you with those holiday feasts as well.

When the hotline first opened up to panicked chefs in the early '80s, a mere six "home economists" responded to 11,000 phone calls during November and December. These days, their staff has expanded to more than 50 and they answer more than 100,000 calls.

Those 50 staff members have heard it all. They get the typical questions you'd expect turkey experts to get, of course: how long will it take to thaw the turkey, how do I stuff a turkey, are there any allergens in Butterball products?

## The Questionable

But there's also the, um, unexpected: "Can I brine my turkey in the washing machine?" and "The family dog is inside the turkey and can't get out." It was a chihuahua, in case you're wondering, and the Butterball expert did manage to help the owners get the dog out safely.

Another inexperienced caller worried that her turkey wouldn't come out of the oven because she figured it was going to rise like bread does.

One Butterball employee actually stayed on the line while her caller walked through a grocery store and painstakingly picked out ingredients for his Thanksgiving dinner.

More recently, a hotline employee was surprised to hear from a wife who came home to find the turkey floating in the tub while her husband gave the kids a bath. Believe it or not, because the turkey hadn't been removed from the package, it was salvaged, but the kids complained about the chilly water.

Don't feel bad if you have to call the Butterball hotline for assistance, though. Even President Bartlet knows when to call in the experts:

By the way, there's also an option for those of you who prefer assistance in the form of written word: [talkline@butterball.com](mailto:talkline@butterball.com).

This post originally appeared in 2011 [www.msn.com](http://www.msn.com)

## **Heart attack: Know the symptoms** from [www.medbroadcast.com](http://www.medbroadcast.com)

The key to surviving a heart attack is getting medical help early – nearly half of all deaths due to heart attack occur within three to four hours of the beginning of symptoms.

Keep in mind that not everyone experiences the same heart attack symptoms to the same degree – some older people and women can experience less obvious symptoms. Some heart attacks come on suddenly, but the vast majority start slowly with mild pain and discomfort. Many people experiencing a heart attack are not sure they are having one and may think it's only heartburn or indigestion. This may result in not seeking medical attention promptly.

Therefore, it's critical to be familiar with and recognize heart attack symptoms, and to take them seriously. The following are heart attack warning symptoms:

- pain or discomfort in the chest, shoulder, arm, back, neck, or jaw that does not go away with rest (in women, pain may be more vague)
- pressure, heaviness, fullness, or squeezing in the chest
- shortness of breath
- nausea and/or vomiting
- sweating, or cool and clammy skin
- anxiety
- light-headedness or sudden dizziness

If you experience these warning symptoms, the Heart and Stroke Foundation suggests doing the following things:

- Call 9-1-1.
- Stop all activity and rest (sit or lie down).
- If you are taking nitroglycerin, take your usual dose.
- If the 9-1-1 operator advises it, and you are not allergic to ASA, chew and swallow one 325 mg ASA tablet or two 81 mg tablets.
- Rest and wait for Emergency Medical Services (EMS).

**Acting promptly may save your life!**

# **Osteoporosis: Prevention**

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

Prevention and treatment of osteoporosis have drawn a good deal of attention over the last few years. There have been a number of multinational studies about osteoporosis that have demonstrated the value of medical treatments. Prevention and treatment decisions for women and men with osteoporosis are based on current knowledge from these multinational studies, combined with logic and intuition about possible long-term benefit for the individual. Other studies have shown that lifestyle modification alone does not result in dramatic reductions in osteoporosis if one is already eating a reasonable diet adequate in calcium and vitamin D.

## **Diet: calcium and vitamin D**

It is recommended that adults obtain 1000 mg to 1500 mg dietary calcium daily for good bone health. This level can often be achieved in the diet with servings of dairy products. If the diet is lacking in calcium, however, then calcium supplementation is strongly recommended. It is further recommended that adults take in 400 IU of vitamin D daily, and that seniors take up to 800 IU daily, although further research is needed to determine the best level of vitamin D in the elderly. In countries where dairy products are not supplemented with vitamin D, it is particularly important to make sure that there is good vitamin D supplementation.

## **Alcohol and smoking**

Heavy alcohol use is strongly associated with osteoporosis. It is advised that women and men with osteoporosis limit their drinking to occasional social use or moderate use. Similarly, smoking is bad for bone health. Women who smoke have earlier menopause by a few years in comparison with a non-smoking group. Also, many types of estrogen used to treat osteoporosis are frequently not effective in smokers.

## **Regular exercise**

Regular exercise is important to improve bone density and also important to improve muscle strength and balance, which prevents falls. The best and safest exercise is weight-bearing physical activities such as walking. Other good exercises include climbing stairs, dancing, and exercises such as Tai chi, all of which improve balance and prevent falls. Younger individuals may be able to do more vigorous exercises to prevent bone loss. In individuals with severe osteoporosis, impact activities such as downhill skiing, basketball, or tennis might be avoided. Other activities that involve twisting motions such as golf might also need to be curtailed. Physicians and physiotherapists could help you decide what is an appropriate exercise program.

**John P. Wade, MD**

**in association with the MediResource Clinical Team**

# No more trips, slips, or falls

**Watch your step! Falls can lead to serious injuries, such as hip and wrist fractures, that can rob you of your independence – and even your life. In fact, falls are the main cause of serious injury and death among older people.**

**As we age, normal changes such as worsening eyesight and hearing, weakened muscles, and tendencies to lose balance, make us more prone to falling. Be sure to get regular checkups from your doctor to test your eyes and ears. A bone density test can be recommended to measure your risk of developing osteoporosis.**

**Some medications, including those for depression, high blood pressure, and sleep problems, can affect your muscles or balance and make you unsteady on your feet, causing falls. See your doctor right away if you feel dizzy, weak, unsteady, or confused – it might be due to a medication you're taking, an illness, or a physical condition.**

**If your doctor recommends that you use a cane or a walker, don't ignore that advice! It can make the difference between being mobile and having to recover from a fracture. Also, when getting up after you've been lying down, always sit for a couple of minutes before standing up – you'll be less likely to feel dizzy. And try to get enough exercise and calcium in your diet to keep your bones strong and prevent fractures.**

**Take these steps to make your home safer and prevent slips, trips, and falls:**

- **Wear shoes or slippers with non-slip soles.**
- **Keep your home well-lit and use night-lights to avoid tripping over things.**
- **Wear glasses regularly if you have them.**
- **Get rid of throw rugs or fasten them to the floor.**
- **Don't put electrical cords across pathways.**
- **Install grab bars by the bathtub and toilet.**
- **Put in handrails on both sides of stairways.**
- **Don't climb on stools or stepladders – let someone else do the reaching for you.**
- **Don't use slippery waxes on floors.**

[www.seniorshealth@medbroadcast.com](mailto:www.seniorshealth@medbroadcast.com)

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

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Donna Stirling  
Website: [www.bcelders.com](http://www.bcelders.com)  
Email:  
[bcelders@telus.net](mailto:bcelders@telus.net)**

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## **SILENT NIGHT**

**Silent night, Holy night  
All is calm, all is bright  
Round yon virgin, mother and child  
Holy infant, tender and mild  
Sleep in heavenly peace,  
Sleep in heavenly peace.**

**Silent night, Holy night  
Son of God, love's pure light  
Radiant beams from thy holy face  
With the dawn of redeeming grace,  
Jesus, Lord at thy birth  
Jesus, Lord at thy birth.**

**Silent night, Holy night  
Shepherds quake, at the sight  
Glories stream from heaven above  
Heavenly, hosts sing Hallelujah.  
Christ the Savior is born,  
Christ the Savior is born.**

**Songwriters J. Mohr, Franz Gruber, Mark Hanson**

### **SAGITTARIUS - The Happy-Go-Lucky One (Nov 22 - Dec 21)**

**Good-natured optimist. Doesn't want to grow up (Peter Pan Syndrome). Indulges self. Boastful. Likes luxuries and gambling. Social and outgoing. Doesn't like responsibilities. Often fantasizes. Impatient. Fun to be around. Having lots of friends. Flirtatious. Doesn't like rules. Sometimes hypocritical. Dislikes being confined - tight spaces or even tight clothes. Doesn't like being doubted. Beautiful inside and out.**

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

## **ANNUAL BC ELDERS GATHERING INFO CORNER**

**The 40th Annual Elders Gathering  
Will be held in Williams Lake, BC  
On July 11, 12, 13, 14, 2016  
Next year's 2016 gathering will begin with the  
"early bird Wild West Celebration day" on Monday, July 11th  
at the Williams Lake Stampede grounds  
beginning with a mountain race and Rodeo.**