

Volume 13 Issue 2

January 2013

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

EV'S 146th Issue!



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

HAPPY BIRTHDAY TO ALL ELDERS BORN IN JANUARY!

**The 37th Annual BC Elders Gathering
Prince George, BC
Dates: July 9, 10,11 2013
With Early Registration on July 8th.
Please see the Host's Press Release on page 4
Special Thanks To The Host For Having Info Available So Soon!
All groups are encouraged to book your elder's rooms A.S.A.P.**

People Like You

A brand new year!
A clean slate on which to write
our hopes and dreams.
This year:
Less time and energy on things;
More time and energy on people.
All of life's best rewards,
deepest and finest feelings,
greatest satisfactions,
come from people--
people like you.
Happy New Year!
By Joanna Fuchs

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Easy Bakers Corner – Cherry Winks Cookies

Preheat oven to 375°F.

Blend together 2 1/4 cup of all-purpose flour, 1 tsp. of baking powder, 1/2 tsp. of baking soda, 1/2 tsp. of salt, 3/4 cup of Crisco Shortening, and 1 cup of sugar.

Mix in 2 eggs, 2 tbsp. of milk and 1 tsp. of vanilla, and beat well.

Add 1 cup of chopped walnuts and 1 cup of chopped dates.

Mix together and drop by teaspoonfuls into crushed corn flakes and roll them around.

Put on a cookie sheet and top each with 1/2 a maraschino cherry.

Bake for 12-15 minutes. Yummy when warm. From www.northpole.com

QUOTES

1. “Youth is when you’re allowed to stay up late on New Year’s Eve. Middle age is when you’re forced to.
2. “Be at War with your Vices, at Peace with your Neighbours, and let every New Year find you a better Man.”
Ben Franklin
3. “Cheers to a New Year and another chance for us to get it right.”
Oprah Winfrey

What Can you please share?

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

‘PRESERVING THE PAST’

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

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

Disclaimer:

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

BCECCS 11th Year GRATITUDE LIST

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

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

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. Tahltan Band Council

FROG LEVEL - \$750

- 1.

SISIUTL LEVEL - \$500

1. Osoyoos Indian Band
2. Nicomen Indian Band

HUMMINGBIRD LEVEL - \$250

1. Akisqnuq First Nation
2. Weiwaikum Nation
3. Laich-Kwil-Tach Treaty Society
4. Klulx Klulx Hu-up (Westbank FN)
5. Tsleil-Waututh Nation
6. St. Mary's Indian Band
7. Tk'emlups Te Secwepemc
8. Stevens & Company Law
9. Shxw'ow'hamel First Nation
10. McLeod Lake Tse'khene Elders Society
11. Xaxli'p Indian Band
12. Seton Lake Indian Band
13. Eniyud Health Services
14. K'omoks First Nation

Donation

First Nations Tax Commission - \$50

MEDIA RELEASE

AUGUST 15, 2012

For immediate Release

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

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

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

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

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

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

For more information:

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

UBCIC Supports Ktunaxa Nation's Efforts to Protect Qat'muk

News Release. December 3, 2012

(Coast Salish Territory/Vancouver, B.C. – December 3, 2012) The Union of BC Indian Chiefs completely and fully supports the efforts of the Ktunaxa Nation to ensure that their Aboriginal Title and Rights are honoured and preserved as stated in the Qat'muk Declaration.

“The UBCIC Chiefs Council passed Resolution 2011-55 which declared their support of the Ktunaxa Nation’s right to protect their lands in Qat’muk,” said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. “The Ktunaxa have continually stated Qat’muk is of extreme cultural and spiritual value and as such they must oppose the execution of the Jumbo Glacier Resort Master Development Agreement. The provincial decision to approve the Development Agreement and the recent provincial cabinet’s order-in-council to create and then grant municipal status to the proposed resort is an appalling demonstration of this government’s approach to consultation with First Nations.”

The Qat'muk Declaration, signed by the Ktunaxa Nation Council on November 15, 2010, clearly sets out the Ktunaxa Nation’s connection to the Qat'muk, proclaims a framework for its protection, identifies stewardship principles, and sets out the Ktunaxa Nation’s intent to prepare a management plan in consultation with other governments and stakeholders.

Grand Chief Phillip stated “Last week, the Ktunaxa Nation was forced to seek a declaration and an order from the Supreme Court of British Columbia to defend against the actions of the provincial government and proponents of the Jumbo Glacier Resort. The Ktunaxa have acted honourably on behalf of their families and refuse to put their beliefs and their territory at risk. As Indigenous Peoples, we will stand with them to protect the rightful inheritance of their future generations.”

Media inquires:

**Grand Chief Stewart Phillip, Union of BC Indian Chiefs
Phone: (250) 490-5314**

Ch'nook Aboriginal Management Certificate Program (AMP)

PROGRAM OVERVIEW

Aboriginal entrepreneurs are the key to building a healthy economy both on and off reserve. Over 34,000 Aboriginal entrepreneurs across Canada operate businesses that contribute to local economies, sustain home communities and compete in global markets.

FOCUS

The Aboriginal Management Certificate Program adopts a hands-on approach to understanding how to describe and think through a business model for your business idea, council or economic development corporation. Participants will develop an understanding of four main areas of a business: customers, the business offering, the business infrastructure and its financial viability. The program will adopt a business modelling process that will result in a blueprint for a strategy that will be developed into a viable and realistic business plan.

The Ch'nook Advanced Management Certificate integrates Aboriginal values with the business skills required for success in managing existing businesses or in developing new and successful ones.

WHO IS ELIGIBLE

Individuals with five or more years of work experience and a strong desire to start and manage their own or their band's business activities.

PREREQUISITES

- five or more years of work experience
- usually you will have completed Grade 12 and/or have post-secondary education
- a strong motivation to start a new business or manage a community's business
- a willingness to contribute to classroom discussions and assignments

APPLICATION REQUIREMENTS

- Personal Contact Details
- Educational History
- Highest Level of Math completed
- CV / Work Experience
- Personal Statement – why you are interested in participating in the Aboriginal Management Certificate Program and how this will impact your future
- Three references – contact details and original signed letters of reference sent to the address below

See our website for tuition options : www.chinook.org

For more information or to apply:

Ch'nook Aboriginal Management Certificate Program 2013

NEWS RELEASE

FOR IMMEDIATE RELEASE
December 4, 2012

VANCOUVER ISLAND HEALTH AUTHORITY WARNING REGARDING ONTARIO-BASED FINANCIAL SCAM

Victoria, BC – The Vancouver Island Health Authority (VIHA) is warning people about a financial scam that this time around is using fake VIHA cheques to trick victims to wire funds from their accounts.

It appears the scam so far has only targeted individuals in southern Ontario. VIHA is not aware of any BC or VIHA residents who have been targeted.

The scam has been around for some time and involves an organization offering individuals money to be a ‘mystery shopper.’ The potential victims are mailed information along with a cheque and are asked to wire money from their own bank account to another account with the promise they can keep the balance once they cash the cheque – which is larger than the amount they are asked to wire. The cheque is fraudulent, but by the time this is realized, the victim has already wired the cash funds.

While the scam is not new, the use of fake VIHA cheques is new. To an untrained eye, the VIHA cheques look real, although they are mailed from an Ontario address to another Ontario address. VIHA provides services on Vancouver Island and would have no reason to use Ontario addresses for its financial or other business.

VIHA has been contacted by a few Ontario residents questioning the correspondence and cheques, which is how the health authority became aware of the issue. Victoria Police have been made aware of this, but have not received any reports. The health authority has also notified police in Ontario and its financial institution.

Key to avoiding scams and fraud is awareness and education. There is extensive information available on line through the Canadian Anti Fraud Centre (www.phonebusters.com/english/home-eng.html). The scam has been well publicized in the past.

The following links provide additional information:

www.police.windsor.on.ca/Senior%20Moment/scam_alert.htm
www.police.windsor.on.ca/Senior%20Moment/scam_alert.htm

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[Media Contact:](#)
[Suzanne Germain,](#)
[VIHA Communications](#)
[250-370-8294](#)

Gathering Our Voices on Health

March 19-22, 2013

Penticton, BC, Penticton Trade and Convention Centre

Call for Exhibitors

The BC Association of Aboriginal Friendship Centres & the Ooqnakane Friendship Centre are proud to host: *Gathering Our Voices on Health* 2013 from March 19-22, 2013. The 11th Annual Aboriginal Youth Conference will be held in Penticton, British Columbia on the traditional territory of the Okanagan peoples at the Penticton Trade and Convention Centre. Aboriginal Youth aged 14-24 are invited to take part in this dynamic conference that will focus on many important issues including Health, Language, Culture, the Environment, Employment, Education, Sports and Recreation. Many workshops, cultural activities, an interactive Career and Education fair, evening entertainment and afternoon sport and recreation activities will be offered.

Call for Exhibitors:

This is a unique opportunity to share information with up to 1,500 conference delegates. Aboriginal youth who attend come from across the country and reside either on-reserve or in urban centers. While in the Career and Education Fair, Aboriginal youth and their chaperons can hear presentations, gather information and network with various educational institutions, organizations, public agencies and departments, trades, and arts and craft vendors.

General Information:

- Exhibitor Registration Fee: \$300 per table.
- Each booth will be provided with one 6' skirted table and two chairs.
- Spaces for the Career and Education Fair fill up very quickly. Potential Exhibitors are encouraged to send their completed forms as soon as possible to ensure a spot at the conference.
- All exhibitors are responsible for their own travel, accommodation, meals, refreshments and shipment of their own materials.
- Once you have submitted your exhibitor application and have been accepted into our Career and Education Fair we will be contacting you with further details.

Application Deadline: *Friday, February 1, 2013*

Download the Exhibitor Application here.

[For more information about the conference please visit our website:](http://www.bcaafc.com/newsandevents/gathering-our-voices)

<http://www.bcaafc.com/newsandevents/gathering-our-voices>

[Follow us on Twitter:](https://twitter.com/GOV_Conference) https://twitter.com/GOV_Conference

[Friend us on Facebook:](http://www.facebook.com/gatheringourvoices) <http://www.facebook.com/gatheringourvoices>

[If you have any questions or require further information please do not hesitate to contact Lindsey Martin at lmartin@bcaafc.com](mailto:lmartin@bcaafc.com)

UBCIC Remembers and Honours Women who Have Been Victims of Violence

News Release. December 6, 2012

(Coast Salish Territory/Vancouver, B.C. – December 6, 2012) Today the Union of BC Indian Chiefs (UBCIC) recognizes Canada's National Day of Remembrance and Action on Violence Against Women. In addition to remembering the 14 young women at l'École Polytechnique de Montréal who were senselessly murdered in a gender-based act of violence, December 6th provides us with another opportunity to consider the horrific reality of violence against women in our society, and particularly, violence against Aboriginal women.

"We absolutely must come together and make a commitment to ending violence against women," said Coola Louis, UBCIC Women's Representative. "Aboriginal women suffer a disproportionately high rate of violence in Canada, facing systemic barriers including poverty, racism, and the multigenerational legacies of colonization and residential schools. When we hear the statistics that Aboriginal women are 3.5 times more likely to experience violence than non-Aboriginal women, collectively we must demand real solutions that address the underlying root causes."

Coola Louis will be speaking tonight at the SAFE Society Women in Violence vigil at Okanagan College, beginning at 4:00 p.m.

Grand Chief Stewart Phillip, President of UBCIC, stated, "In British Columbia the families of the murdered and missing women are still waiting for results from the Missing Women Commission of Inquiry. It is our understanding that the BC Government will be sending a letter to the families via email, announcing the time and date of the release of the Commissioner Wally Oppal's report. Families will get copies of the final report one hour before it's broader release via email." He continued, "This callous, offensive, and dismissive approach by the BC Government to the families is a continuance of the institutional, denial-based barriers that desperately need to be removed if we are truly going to end violence against women."

For further information contact:

**Coola Louis, Women's Representative, Union of BC Indian Chiefs: (250) 306-6191
Grand Chief Stewart Phillip, President, Union of BC Indian Chiefs: (250) 490-5314**

CALL OUT FOR PRESENTERS



Stronger Nations hosts a series of conferences and workshops that weave together collaboration, creativity and innovation. We focus on bringing together the Social, Emotional, Academic and Health Care fields to share programs, research and projects to support students, clients, families and our communities. Stronger Nations promotes Aboriginal culture, perspectives, research, programs and pedagogy. We will continue to focus on bringing together these professional and community agencies for collaboration.

By weaving together the Social, Emotional, Academic and Health Care professions we aim to provide opportunities for collaboration, innovation and mentorship. Our sessions are focused on giving our delegates the opportunity to share their successes, research, programs and innovations in Aboriginal culture, perspectives, research, programs and pedagogy. At each conference Stronger Nations also hosts mentorship sessions to bring together individuals looking for professional growth.

We invite you to become part of Stronger Nations.

Applications are currently being accepted for presenters and co-presenters that would like to host a workshop session at our March 21st and 22nd session at the Coast Plaza Hotel and Suites, Vancouver, BC.

This year's theme is:

Connecting Creativity and Innovation to Practice so if you have an idea, program, or research topic that you would like to share with delegates from the Social, Emotional, Academic and Health Care fields that you feel is relevant to this year's conference theme please submit your proposal to:

STRONGER NATIONS outlining the following:

Name of Presenter:

Co-Presenter:

Name of Organization:

Workshop Title:

Information about your workshop:

Would you like to run concurrent sessions: Yes ___ No ___

Room set up requirements:

Contact Information:

Hotel Room required: Yes ___ No ___

PLEASE SEND ALL APPLICATIONS TO:

admin@strongernations.com or strongernations@hotmail.com

STRONGER NATIONS consulting corporation would like to thank all those that apply and you will be contacted by Email to confirm your proposal.

DEADLINE FOR APPLICATIONS IS FRIDAY JANUARY 18TH 2013

www.strongernations.com



December 6, 2012

FOR IMMEDIATE RELEASE

NRT Foundation provides K-12 funding to First Nations in BC

Vancouver – The New Relationship Trust (NRT) Board of Directors has committed to funding Kindergarten to Grade 12 (K-12) projects for 2012-2013 that are delivered by First Nations in BC at the community level. In previous years, NRT provided similar funds to the First Nations Education Steering Committee, which administered the funds through the New Plans initiative. The NRT Board has heard from numerous First Nations community members that K-12 funding for First Nations is vital; in agreement with these comments, the NRT Board has allocated \$500,000 to flow through the recently launched New Relationship Trust Foundation to First Nations in BC for K-12 education projects.

NRT has made a commitment to support of First Nations individuals with their post-secondary education endeavours through the recent creation of the New Relationship Trust Foundation, which focuses on advancing First Nations education goals. With the commitment to K-12 education projects at the First Nations community level, NRT and the New Relationship Trust Foundation will work together to ensure this commitment to education also includes early-years educational development.

The purpose of this initiative is to provide resources to First Nations in BC to deliver educational projects and promote student achievement in 3 specific categories: English and literacy; math; and science. Examples of funded projects may include: community-based education projects (e.g. reading workshops with parent involvement); purchasing education supplies for K-12 students (e.g. math computer games); and educational field trips (e.g. field trips to businesses to learn about science-related jobs).

“NRT was created through a partnership between the First Nations in BC and the BC Government to support the capacity and Nation re-building efforts of First Nations in BC. We believe that capacity development includes the education of our youth, which will help ensure they have equal footing when entering the future labour force,” stated Cliff Fregin, CEO of NRT. “Through the 2012-2013 First Nations K-12 Educational Grants, we hope to provide First Nations in BC with financial support to deliver much needed educational initiatives at the community level.”

NRT Foundation is a charitable organization that supports Aboriginal students to achieve their advanced education and skill training goals.

The First Nations K-12 application form is found at <http://www.newrelationshiptrust.ca/funding/for-first-nations/k-12-education-grants>

For more information:

**Chanze Gamble, General Manager
New Relationship Trust
Telephone: 604-925-3338 or 1-877-922-3338
Email: cgamble@nrta.ca**

First Nations Demand Harper Government Honour Constitutional Duty to Consult Regarding China FIPPA

Joint News Release. December 14, 2012

(Coast Salish Territory/Vancouver, B.C. – December 14, 2012) On November 29th, the Chiefs Council of the Union of BC Indian Chiefs passed by consensus, Resolution 2012-59, Canada-China Foreign Investment Promotion and Protection Agreement (FIPPA). As directed by resolution, the UBCIC is working with other First Nations and organizations who are deeply concerned that the Harper Government may take steps to enter into the FIPPA without fulfilling its constitutionally-enshrined and judicially-recognized obligation to consult with First Nations.

Grand Chief Stewart Phillip, President of the UBCIC, stated “The UBCIC calls on the Harper Government to ensure that Canada fulfills its duty to consult and accommodate First Nations on FIPPA consistent with the principles of Free, Prior and Informed Consent as identified in Article 19 of the United Nations Declaration on the Rights of Indigenous Peoples. Any further effort to ratify this agreement will adversely impact our inherent rights and territories forcing First Nations to take immediate legal action.”

“The Federal Government has not acted with due diligence and have clearly not fulfilled constitutional obligations they have to either the First Nations or the Provinces,” says Maude Barlow, National Chairperson of the Council of Canadians. “These obligations must be met before even considering the ratification of something that will give 31 year access to the resources in a way that could undermine Indigenous rights and the environment. For Stephen Harper to rush ratifying this agreement behind closed doors would be completely unacceptable.”

“Tens of thousands of Canadians have spoken out against the secretive and extreme Canada-China FIPPA because it would grant foreign companies the power to sue Canadian governments in secret tribunals if our democratic decisions impact their expected profits -- even local decisions to create jobs, or protect our air, water and health,” said Julia Pope from Leadnow.ca. “We are grateful for the leadership of First Nations who are opposing this deal and the affront to their constitutionally-protected aboriginal rights and title that it represents.”

“First Nations expect the Stephen Harper Federal government to inform First Nations immediately if they take the position that they are not required to consult with First Nations prior to the final steps that will bring the FIPPA into force so that we can seek the assistance of the Court “said Brenda Sayers, Councillor of the Hupacasath First Nation. “Any effort to ratify the FIPPA in a hasty manner that violates the government’s duty to meaningfully consult and accommodate would taint the honour of the Crown.”

For further information contact:

Grand Chief Stewart Phillip, President, Union of BC Indian Chiefs: (250) 490-5314
Dylan Penner, Media Officer / Agent des Médias, The Council of Canadians: (613) 795-8685
Matthew Carroll, Campaigns Director, Leadnow.ca: (289) 244-9930
Brenda Sayers, Councillor, Hupacasath First Nation: (250) 731-4147

INDEPENDENT ASSESSMENT PROCESS DEADLINE ISSUE



September 21, 2012

The Assembly of First Nations (AFN) would like to hear from any individual or organization that has reports that a former Indian Residential School (IRS) student was unable to apply for the Independent Assessment Process (IAP) by the September 19, 2012 deadline.

Therefore AFN is requesting that individuals (or as alternatives – a Chief or councillor, lawyer or community service provider) send a letter outlining the details or reasons surrounding this matter. This information will be compiled and used to seek an appropriate extension to the IAP deadline.

Please send information to:

**Charlene Belleau,
473 Albert Street, 9th floor
Ottawa, ON K1R 5B4**

E-mail: cbelleau@afn.ca

The AFN is continuing efforts to advocate for former IRS students in the Indian Residential School Settlement Agreement (IRSSA). Such information will assist in this advocacy.

Further updates on efforts to extend the deadline will be provided.

*Assembly of First Nations, 473 Albert Street, 9th floor, Ottawa, ON K1R 5B4
Telephone: (613) 241-6789 | Toll-free: 1-866-869-6789 | Toll-free: 1-866-869-6789 | www.afn.ca*

CEP Education Credit:

Thank you for your email regarding personal education credits. Please accept my apologies for the delayed response. I wanted to ensure I had all the relevant information for you. Feel free to share the information below as you deem appropriate.

It is likely that there will be more than \$40 million remaining in the CEP trust fund once all Common Experience Payments have been processed. If this is the case, further to the Indian Residential Schools Settlement Agreement, a maximum of \$3,000 in the form of Personal Credits for educational purposes will be paid out to each eligible CEP recipient who applies.

As per the Settlement Agreement, terms and conditions will be developed by Canada and the Assembly of First Nations to determine which programs and services and which educational institutions are eligible. A similar set of terms and conditions will be developed by Canada and Inuit Representatives.

Any amount remaining in the trust on January 1, 2015 is to be paid to the National Indian Brotherhood Trust Fund and the Inuvialuit Education Fund to be used for educational programs.

In January 2012, the Courts approved a governance model for personal credits proposed by Canada and the appointment of three education experts (Madeline Dion Stout for the Assembly of First Nations, Blair Stevenson for the Inuit representatives and Mike DeGagné for Canada). The experts have been meeting with educational institutions across the country, and aim to have completed terms and conditions by the fall of 2012.

It is anticipated that once these terms and conditions have been approved by the courts, implementation would begin by the fall of 2013.

CEP recipients can choose to transfer their Personal Credit to certain family members as per the Settlement Agreement.

I invite you to visit our website to consult the fact sheets on the implementation of the Indian Residential Schools Settlement Agreement at: <http://www.aadnc-aandc.gc.ca/eng/1315320539682/1315320692192> and a list of Frequently Asked Questions at: <http://www.aadnc-aandc.gc.ca/eng/1348071781555/1348071862685> for additional information.

These websites will continue to be updated periodically as new information becomes available.

Thank you,

Annette Arsenault
A/Director, Policy and Reconciliation
Resolution and Individual Affairs Sector
Aboriginal Affairs and Northern Development Canada

Phone (613) 996-3013
Fax (613) 996-2456
Cell (613) 404-8044

AFN CALLS FOR INVESTIGATION OF MISSING AND MURDERED NATIVE WOMEN

BY GLORIA GALLOWAY – The globe and mail Dec. 6th, 2012

Shannon Alexander and her teenage friend Maisy Odjick had planned to go to a dance one Saturday night in September of 2008, then sleep alone at Shannon’s house on the Kitigan Zibi Anishinabeg First Nation in western Quebec.

On Sunday, Maisy’s grandmother and mother could not reach her by phone and started to worry. On Monday, they went to the Alexander home, where they found the girls’ purses, identification and backpacks. But Maisy, 16, and Shannon, 17, were gone. More than four years later, there is still no sign of them.

Maisy and Shannon are just two of some 600 aboriginal girls and women who have been documented as murdered or missing over the past two decades. First nations researchers say there are many more who have vanished without a trace, but whose cases have not generated paperwork or police interest.

Faced with what they say is a critical situation that is being ignored outside their own communities, the chiefs of the Assembly of First Nations passed a resolution this week demanding that the government of Canada establish an independent public commission to investigate the disappearances and killings of aboriginal women.

The chiefs, who met for three days in Gatineau, want AFN National Chief Shawn Atleo to work with the provinces and territories to press for such an inquiry and for a national strategy to be developed to stop the violence being inflicted on their daughters, mothers, aunts and sisters.

If the Conservative government of Prime Minister Stephen Harper ignores their demands – as it has twice – they plan to take the fight to Parliament Hill as well as police stations and the offices of federal and provincial politicians across the country.

“Over four years later and a lot of questions still remaining,” Gilbert Whiteduck, the chief of the first nation where Maisy and Shannon went missing, said Thursday after a session to discuss the threats faced by native women. “It’s like they were taken off the face of the Earth. It’s like they disappeared into nowhere.”

The provincial police in Quebec and the first nation’s own force have followed every lead to no avail. But some participants at the AFN meeting said law enforcement officials too often refuse to take reports of missing native women seriously – that victims are dismissed as runaways.

And they noted, on the day that serves as an annual memorial for 14 women who were gunned down 23 years ago at the École Polytechnique in Montreal, that there is little notice or attention given to the many first nations women who are killed every year with guns and knives.

According to the Native Women’s Association of Canada (NWAC), about 50 per cent of the violent deaths of aboriginal women and girls result in homicide charges – compared with 76 per cent for the general population in 2011, according to Statistics Canada.

In British Columbia, at least 18 women have vanished or been killed since the 1970s near the Yellowhead Highway, known as the Highway of Tears, which runs from Manitoba to the Pacific Ocean.

Mr. Atleo and others say a public inquiry would draw attention to these issues and give people who have lost a female relative or friend to violence a chance to tell their stories.

NWAC president Michèle Audette has been fighting for years for a public forum to examine the deaths and disappearances of indigenous women.

“My dream, and the dream of NWAC, of course, is that it will change legislation, policy, programs,” Ms. Audette said, “and it will give an overview of the root cause of this systemic discrimination and how come women are ending like this with no answers and no justice.”

Sympathy hunger strikes begin in support of Attawapiskat Chief Theresa Spence

14. Dec, 2012 By Annette Francis *APTN National News*

Drummers and supporters gathered on the steps of Parliament Hill for day three of Attawapiskat First Nation Chief Theresa Spence’s hunger strike Thursday.

Each day there is a growing show of support for a woman who, according to Ellen Gabriel, is brave and courageous.

“We should all stand united (and) think of Chief Theresa Spence and her community and all the other communities right across Canada that are experiencing the same kind of desperation and frustration for the lack of political will,” said Gabriel.

Spence’s actions are attracting international attention through social media.

And many are now fasting in support. Supporters from Egypt to South Dakota are fasting.

That includes Meghan Rice in England.

She heard about Spence on Twitter.

“The idea that people in this modern world are still willing to do that for something they believe in very deeply is something that just really moves me and it’s something I find extremely noble beyond words and so for me a one-day fast is really the least I can do when you consider the fact Chief Spence is risking her life,” said Rice.

Janie Kapaquapit-Ramos is a member of Attawapiskat, but now lives in Pennsylvania.

“I don’t want her to die for this. We should all be there for her,” Kapaquapit-Ramos. That’s why she is fasting too.

“For me fasting represents prayer, when you pray for others to find their way because we see too much suffering by our people and they need to find their way back, so for me that’s the highest thing you can do to help others,” she said.

In the Northwest Territories regional Chief Bill Erasmus has taken up the call too.



FIRST NATIONS SUMMIT

NEWS RELEASE

**FOR IMMEDIATE RELEASE:
DECEMBER 6, 2012**

First Nations Summit recognizes the National Day of Remembrance and Action on Violence Against Women

Coast Salish Territory (Vancouver, BC) – The First Nations Summit (FNS) today, on the National Day of Remembrance and Action to End Violence Against Women, remembers the 14 young women who were senselessly murdered 21 years ago at l'École Polytechnique de Montréal. Today, the 21st anniversary of these horrific events is also a time to reflect on women who have been or continue to be subjected to acts of violence.

"It is disheartening that in this day and age, violence against women, and in particular Aboriginal women, is so prolific in our society. Statistics show that Aboriginal women in Canada have a 3.5 times higher risk of being the subject of violence" said Grand Chief Edward John of the FNS political executive and Chair of the UN Permanent Forum on Indigenous Issues (UNPFII). "It is time for all of us to stand and work together in unity to stop the violence and create a safe environment for all women and girls".

Article 22 of the UN Declaration on the Rights of Indigenous Peoples recognizes the need for unity to stop violence by stating; *'States shall take measures, in conjunction with indigenous peoples, to ensure that indigenous women and children enjoy the full protection and guarantees against all forms of violence and discrimination'*.

"While today is also a day to remember all missing and murdered women, we are extremely disappointed and angered to hear the BC government is planning an 'Internet only' release of the final report of the Missing Women Commission of Inquiry (MWCi)", stated Dan Smith also of the FNS political executive.

"The BC Government should be working with Aboriginal organizations to create positive actions to stop violence against Aboriginal women. Clearly, ignoring and marginalizing the families of the missing and murdered women from the release of the final MWCi report is counter to that approach" added Mr. Smith.

The First Nations Summit is also voicing support for the Assembly of First Nations (AFN), the Native Women's Association of Canada (NWAC) and National Association of Friendship Centres (NAFC) who have all passed resolutions calling on the Government of Canada to establish a public inquiry into missing and murdered aboriginal women and girls in recent decades.

-30-

The First Nations Summit speaks on behalf of First Nations involved in treaty negotiations in British Columbia. The Summit is also a NGO in Special Consultative Status with the Economic and Social Council of the United Nations. Further background information on the Summit may be found at www.fns.bc.ca.

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Warning issued to First Nations about talent search

Paul Pearson, touting First Nations version of Canadian Idol, ran fake trade show

CBC News Posted: Dec 12, 2012 6:17 AM PT www.cbc.ca

The Union of B.C. Indian Chiefs is warning First Nations across the province to stay away from a talent contest that is targeting aboriginal youth and using the name *Canadian Idol* without permission.

Meanwhile, the company that owns the licence to *Canadian Idol* says the man behind the purported talent contest, who has a record of several convictions for fraud, must stop misusing its brand.

A CBC News investigation has revealed that a website called First Nations Auditions, run by Paul Pearson, is using the name of the television show and has been soliciting \$150 audition fees and promising a \$50,000 top prize.

Stewart Phillip, Grand Chief Union of BC Indian Chiefs, had harsh words for Pearson's contest.

"I think it's very disgusting, very unethical, very sleazy," Phillip said.

After hearing what the CBC News investigation had found, Phillip decided to send a warning to all 200 B.C. First Nations about the website and the contest it's promoting.

"There has to be an awareness this is happening at this time of year," said Phillip. "I don't think our young people certainly have \$150 to waste on something that just isn't what it appears to be."

Never audition fees

John Brunton, CEO of Insight Productions and the former executive producer of *Canadian Idol*, said Pearson's contest is a scam, noting that there have never been registration or audition fees associated with the *Idol* franchises.

"For somebody to be taking advantage of unknowing people is really deplorable and I think that if the rights holders found out about this, and I certainly will inform them, that they would really want to go after anybody that is abusing the Idol name," Brunton said.

Pearson has previously been convicted of fraud in Alberta and is the subject of a Better Business Bureau warning, CBC News has learned.

Angela Reynolds, an aspiring singer from the Stelat'en First Nation, says she was excited when she read that auditions were being held on her tiny reserve in northern B.C. It was billed as a First Nations version of *Canadian Idol*.

"It said you could win \$50,000 and a recording contract and they said ... it was like a bus tour and they were going to be visiting reserves across Canada," she told CBC News.

The website said a \$150 registration fee had to be submitted with all applications to audition.

"Should the audition fees not be submitted we are sorry but your name will be removed from those that wish to sing," it said.

But when Reynolds called about the competition all she got were vague answers.

"He couldn't tell me what dates, he couldn't give me an estimate of what dates," she said.

"I was angry, I was so angry thinking 'What can I do to stop this?'"

Scammed exhibitors

The contest's website lists Google and Best Western as sponsors, but those companies told CBC News they had never heard of the talent search. The company listed as the tour bus sponsor also told CBC News it was not involved with the contest.

Pearson was convicted and fined under the Trade Practices Act in 2002 for deceiving customers of his log home business. He declared bankruptcy three years later.

These sponsors were pulled from the website after calls from CBC News. (CBC)

The address where aspiring singers are instructed to mail their audition fee is Pearson's home. He just finished serving 20 months of house arrest after pleading guilty to 17 counts of fraud in Alberta. Pearson scammed dozens of exhibitors out of thousands of dollars for entry into a phony trade show.

The Better Business Bureau has issued a warning about him and his aliases.

'Buyer beware'

Juno-award winning artist Kinnie Starr, who mentors aspiring aboriginal musicians, cautions people to be wary of anything promising overnight success.

"I'm concerned about anyone getting scammed, but it's buyer beware and you need to do your research," she said.

"People are on to him [Pearson] and it's only a matter of time that people discover in full force what he is doing."

When contacted by CBC News, Pearson said he was too busy to do an interview in person.

However, he said in an email the discrepancies on his website were just mistakes, saying Google and Best Western should have been listed as "preferred companies" instead of sponsors. The contest's website has since been changed.

The tour bus sponsor was also listed in error, said Pearson, who now claims that a late-model motorhome without licence plates sitting in his backyard is the vehicle he'll use for the country-wide talent search.

Pearson said "not one penny" had been received from anyone looking to audition, adding his personal business was putting up the prize money.

Pearson says he has successfully conducted 54 trade shows across Canada and the U.S. over the past 30 years, saying the fraud charges in Alberta were the result of a difficult economy. Pearson went on to say he expected to book auditions in 140 First Nations communities across Canada and has the support of several First Nations-owned radio stations.

Kidney and Urinary Problems - 13 urine changes to watch for

Urine moves wastes and extra water out of the body. Most of the time, its transit is uneventful and the normal output of urine will appear pale yellow to amber in color and bear little to no odour. But sometimes urine may look or smell different.

Urine changes are often totally harmless and fleeting and require no intervention or medical attention. Here are a few changes you might notice.

Colour changes: The common culprits of urine colour changes are foods, medications, and dyes used in foods or medications. Occasionally, a colour change is a signal of an underlying problem.

- Deeply amber-coloured urine is concentrated urine, a sign of dehydration.
- Orange urine may also be an indicator of dehydration. But it is usually caused by foods containing high vitamin C or *carotene*, a plant pigment in orange-hued foods like carrots. Urine may turn orange after taking certain kinds of medication including some antibiotics, blood thinners, laxatives, chemotherapy drugs, and medications taken to treat urinary tract infections.
- Blue or green urine could be blamed on asparagus, which also affects urine odour. Children whose urine appears blue may have a rare condition called *familial hypercalcemia*, brought on by excess calcium. Certain types of heartburn medications, some multivitamins, anti-nausea medications, among others, may lend urine a blue-green tinge.
- Tea-coloured or brown urine may simply be a sign you have eaten a lot of rhubarb, fava beans, or aloe. Or it might mean you have recently taken urinary tract infection medications, antimalarials, laxatives, muscle relaxants, or some antibiotics. This darker shade could also be a sign of a liver disorder or kidney disease.
- Red or pink urine may signal the presence of blood and the possibility of urinary tract infection, enlarged prostate, kidney or bladder stones, kidney or bladder cancer, or kidney disease. But not all reasons for blood in urine are serious. It could be brought on after particularly strenuous exercise. Richly-coloured red foods like beets, berries, and rhubarbs can also affect urine colour, as can certain laxatives, some antipsychotic medications, and anesthetics. Urine may also appear red if there is chronic lead or mercury poisoning.

Consistency changes: If you have not urinated in a while, your urine may appear thicker or somewhat murky. Other consistency changes could point to infection or illness.

- Urine that looks cloudy or murky may indicate a urinary tract infection or kidney stones.
- Foamy urine can sometimes mean protein is building up in your urine, indicating a potential kidney problem.

Changes in output: You would expect to produce more urine if you drink six cups of coffee in a row or chug a few too many beers with friends. But too much or too little urine output can be a sign of trouble if it occurs regularly and over time.

- Frequent or urgent urination can signal infection or inflammation of the urinary tract or bladder, diabetes, pregnancy, overactive bladder or incontinence, or less commonly bladder cancer. Certain medications can also cause more frequent urination.
- Decreased urination, meaning less than 500 mL of urine per day, could be caused by dehydration, an obstruction of the urinary tract, infection, or the use of some medications.

Odour changes: You probably know what urine smells like if it is left too long in the toilet. Coffee and asparagus can both alter urine odour, too. But on its way out of the body, normal, diluted urine has little to no noticeable odour.

- An ammonia-like odour means your urine is concentrated and you may be dehydrated.
- A foul odour could be blamed on infection-causing bacteria.
- A sweet odour is often an indicator of uncontrolled diabetes or a metabolic disorder.
- A musty odour may arise from a liver disease or metabolic disorder.

See a doctor if you notice:

- blood in the urine, or pink colour suggestive of blood in the urine
- colour changes that do not seem related to food, medication, or nutritional supplements
- colour changes accompanied by changes in increased urination frequency, urge, and burning
- you experience any other symptoms such as [fever](#), chills, or sweats; abdominal or back pain; a strong odour; vomiting; increased thirst or appetite; fatigue; or sudden weight loss
- dark brown urine accompanied by pale stools, yellow skin and eyes
- a urine odour that worries you
- a noticeable decrease of urine, especially if accompanied by dizziness, lightheadedness, or rapid pulse
- pain or burning upon urination, especially if accompanied by [fever](#) or chills, discharge, blood in the urine, or pregnancy

From www.medbroadcast.com

A New Year's Prayer

Author Unknown

May God make your year a happy one!

**Not by shielding you from all sorrows and pain,
But by strengthening you to bear it, as it comes;**

**Not by making your path easy,
But by making you sturdy to travel any path;**

**Not by taking hardships from you,
But by taking fear from your heart;**

**Not by granting you unbroken sunshine,
But by keeping your face bright, even in the shadows;**

**Not by making your life always pleasant,
But by showing you when people and their causes need you most,
And by making you anxious to be there to help.**

God's love, peace, hope and joy to you for the year ahead.

Eat to lower your cholesterol

From the Heart and Stroke Foundation

By Cara Rosenbloom, RD

Having high blood cholesterol is a risk factor for developing heart disease. But did you know that you can reduce your cholesterol level by making smart food choices? It's true! Being active and not smoking are other important factors in controlling your blood cholesterol.

Cholesterol clarified

Before we get to the details, let's be clear on what we're talking about. Dietary cholesterol is the cholesterol found in foods that come from animals - meat, dairy, seafood and eggs. You eat dietary cholesterol, but it does not all become blood cholesterol.

Blood cholesterol refers to the level of cholesterol in your blood. Most of it is made in your body.

Here's the important thing: Dietary cholesterol is not the main factor when it comes to increasing your blood cholesterol level. Foods that contain lots of saturated and trans fat are the true culprits.

Now here's how to make nutritious choices to lower your blood cholesterol.

1. Eat less saturated and trans fat.

Decrease your intake of deep fried foods, baked goods, fatty meat, cream and butter since they are high in saturated and/or trans fat, which raises blood cholesterol levels.

Read Nutrition Facts panels and choose foods that contain no trans fat. Read ingredient lists and avoid foods that contain partially hydrogenated fat or vegetable shortening.

Replace foods that are high in saturated and trans fat with better choices:

Instead of...

Try...

Deep fried foods

Baked, roasted, grilled, steamed, stir-fried or broiled items

Baked goods made with hydrogenated oils, which means most commercially prepared cakes, pies, cookies and donuts

Whole grain baked goods made with healthy oils

Fatty meats

Lean meat, poultry, fish, legumes, nuts

Cream

Milk

Butter

Oil (olive and canola oil are best bets), soft non-hydrogenated margarine

2. Choose more unsaturated fat.

Canada's Food Guide recommends consuming 30 to 45 mL (2 to 3 tbsp) of unsaturated fat each day. This includes foods like non-hydrogenated margarine, oil, salad dressing, nuts, seeds and avocado. These foods can help lower cholesterol levels when they replace foods that are high in saturated and trans fat. Enjoy the good fats found in fish with our Salmon and pepper oven stir-fry.

3. Get more fibre.

Fibre, especially the soluble type that's found in oats, barley, oranges and eggplant, can help lower cholesterol levels. Aim to get 10 grams of soluble fibre every day. Each of these options will provide you with two grams:

- ½ ripe avocado
- ¼ cup dried figs
- 1 large orange
- ½ cup sweet potato
- ¾ cup broccoli
- ¾ cup oat bran
- ¼ cup bran buds
- ¾ cup chickpeas
- 2 tbsp flax seeds
- ¾ cup eggplant

Try Mushroom and barley bean salad and Pear and lentil muffins for tasty ways to get more fibre.

4. Know how much cholesterol is too much.

If you are healthy, the amount of cholesterol you get from food (dietary cholesterol) usually has little impact on your blood cholesterol level. For heart health, aim for less than 300 mg of dietary cholesterol a day.

However, if you have heart disease, high cholesterol, diabetes or a family history of heart disease, aim for less than 200 mg of cholesterol a day.

All animal products (meat and dairy) contain some cholesterol. Foods higher in cholesterol include egg yolks, liver, caviar and shrimp. Limit these by reading the Nutrition Facts table on packaged foods.

5. If you have high cholesterol, add plant sterols to your diet.

Plant sterols naturally occur in vegetables, fruit, nuts and beans. However, they are found in very small quantities. Studies show that regularly ingesting 2 grams of plant sterols each day can help lower unhealthy cholesterol levels - but that amount is almost impossible to consume through food alone. Instead, look for foods enriched with sterols (the ingredient list will say "plant sterols" or "plant stanols"), such as non-hydrogenated margarine, yogurt, juice and supplements.

Plant sterol enriched foods are not recommended for children, breast-feeding or pregnant women. Lowering blood cholesterol is not normally a priority for these groups.

Posted: September 2012

**BC ELDERS
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CENTER SOCIETY**

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**BCECCS HAS GONE
PAPERLESS!
AND NOW
ELDERS VOICE ISSUES
ARE EMAILED OUT TO
ALL CONTACTS AND
POSTED ONLINE BY THE
1ST OF EACH MONTH!**

Happy New Year Wish!

**My Happy New Year wish for you
Is for your best year yet,
A year where life is peaceful,
And what you want, you get.**

**A year in which you cherish
The past year's memories,
And live your life each new day,
Full of bright expectancies.**

**I wish for you a holiday
With happiness galore;
And when it's done, I wish you
Happy New Year, and many more.**

By Joanna Fuchs

CAPRICORN - The Go-Getter (Dec 22 - Jan 19) Patient and wise. Practical and rigid. Ambitious. Tends to be Good-looking. Humorous and funny. Can be a bit shy and reserved. Often pessimistic. Capricorns tend to act before they think and can be Unfriendly at times. Hold grudges. Like competition. Get what they Want.

**Annual Elders Gathering Grand Entry Photos are on:
www.bcelders.com each year**

ANNUAL BC ELDERS GATHERING INFO CORNER

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

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