

**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 152nd Issue!



HAPPY BIRTHDAY TO ALL ELDERS BORN IN JULY!

**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 Contact Info on pg. 4

**All groups are encouraged to book your elder's rooms and
send in your Registration as soon as possible.
Register on or before March 31, 2013 and save \$15.**

**All forms can be found on the host's site at
www.37theldersgathering.ca as well as our own site
each year at www.bcelders.com**

**FEEES ARE DOWN THIS YEAR,
PLEASE READ OVER THE LIST ON PAGE 3 OF OFFICES/
GROUPS WHO HAVE HELPED SO FAR THIS YEAR
AND TRY AGAIN TO SEE IF YOUR GROUP/OFFICE COULD
HELP WITH THE 14TH YEAR OF THIS ELDERS OFFICE
OPERATING FOR OUR PROVINCIAL ELDERS.**

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Easy Bakers Corner – Banana Drop Cookies

Preheat oven to 375°F.

In a mixing bowl, mix 1 cup of butter flavoured shortening, 1 cup granulated sugar, 2 eggs, slightly beaten (mixing well), stir in 1 cup of bananas, mashed, 1/2 cup of buttermilk, 1 tsp. of vanilla.

Stir in 3 cups of all-purpose flour, 1 1/2 tsp. baking powder, 1/2 tsp. of salt, 1 cup of chopped nuts. Chill dough for 1 hour. Drop by teaspoon on lightly greased cookie sheet.

Bake approximately 12-14 minutes.

Icing: Mix 1/3 cup butter, 1 tablespoon milk, 1 tablespoon vanilla, 2 cups of powdered sugar, 1 pkg. (3 ounces) of cream cheese. Beat well. Ice cooled cookies. Enjoy!

QUOTES:

“Knowing your destinations is half the journey.”

“The most fruitful of all the arts is the art of living well.”

Cicero

“Fulfillment is deciding what you want out of life, and working towards it. Fulfillment is not merely the reaching of a specific destination.”

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 13th Year GRATITUDE LIST

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

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

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. Tahltan Band Council
2. West Moberly First Nation

FROG LEVEL - \$750

- 1.

SISIUTL LEVEL - \$500

1. Osoyoos Indian Band
2. Nicomen Indian Band
3. Vancouver Native Health Society
4. Tale'awtxw Aboriginal Capital Corporation

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
15. Pacheedaht First Nation
16. Tobacco Plains Indian Band
17. Lhtako Dene Nation
18. BC Assembly of First Nations
19. Carnegie Community Centre

20. Whispering Pines/Clinton Indian Band

21. Ts'kw'aylaxw Elders

22. Ki-Low-Na Friendship Society

23. Bridge River Indian Band

24. Carrier Sekani Tribal Council

25. Tl'esqox Health Centre

26. Gitselasu Elders

27. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation

28. Quatsino Band

29. Doig River First Nation

30. Mamalilikulla Qwe'Qwa'Sot'Em Band

31. Chawathil First Nation

32. Skidegate Band Council

33. Ts'lkt Elders - Bella Coola Elders

34. Lytton First Nation

Donation

First Nations Tax Commission



Welcome

Event Details

**37th Annual BC Elders Gathering
July 8, 9, 10, 11, 2013**

**King Duncan Gouchie &
Queen Mary Gouchie**

Location:

**Charles Jago Sports Centre
University of Northern
British Columbia
3333 University Way
Prince George, BC V2N 4Z9**

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The 37th Annual BC Elders Gathering, a celebration acknowledging and bestowing respect, gratitude and honour, hosted by Lheidli T'enneh Nation, will bring over five thousand Elders to Prince George on July 8, 9, 10, and 11, 2013.

Register for the event today!

Register on or before March 31, 2013 and save \$15

All forms can be found on the host's site at www.37theldersgathering.ca as well as our site each year at www.bcelders.com

37TH



Lheidli Tenneh

ANNUAL BC ELDERS GATHERING

Honour Your Journey



July 9-11

Day 1 - CN Centre

Day 2 & 3 - UNBC

(Pre-registration July 8 @ CN Centre 3-8pm)

For more Info...

Brett Lowley

Special Events Coordinator

250-563-1661

www.37theldersgathering.ca

Runner's 535-kilometre journey focuses on prevention of suicide

Kelly Paul was inspired to take action after the death of her brother in 2009

By Julie Chadwick, Daily News June 12, 2013

Marathon runner Kelly Paul was welcomed with hugs and tears upon her arrival at the Snuneymuxw First Nation Health Centre on Tuesday afternoon.

Paul, a member of the Tsartlip First Nation in W SÁNEC (Saan-ich), finished the local leg of her Heliset Hale Marathon - which means "awaken the life within you" in Sencoten - with runners John Sampson of Tsawout First Nation, and Bernice Smith, who is also Tsartlip.

Paul's 535-kilometre marathon from Port Hardy to Saanich began on May 17.

Inspired to take action following the 2009 suicide of her 17-year-old brother, Paul has visited First Nations communities and schools across Vancouver Island with a focus on initiating discussions around suicide prevention.

According to Health Canada, First Nations youth commit suicide an average of five to six times more often than non-native youth, and suicide and self-inflicted injuries are the leading causes of death for First Nations people under the age of 44.

"This has been a personal journey . . . I lost a brother four years ago, and it's been something that has been hard for me," said 29-year-old Paul as she addressed the crowd following her arrival.

"My sister is here with me too, and we have both have had a hard time, and it's something we wanted to do, to bring hope to other people," she said. "We needed a healing journey ourselves but we wanted to bring healing to others too."

Suicide is an issue that has been pushed under the carpet, she added, but is something she hoped the marathon would bring out into the open.

Snuneymuxw Chief Doug White greeted the runners.

"We're very honoured and happy that you're running through our territory, and the importance of the work that you're doing - you're holding all of our people up. You're a beautiful, great example," said White.

Back at the beginning of their marathon, Paul said her grandfather told her he thought the answers would be found within their own communities.

"Long ago, he said suicide never existed, so perhaps if our lifestyles are changing, then we need to go back to our ways where we are living and breathing our culture again," she said.

The arrival of the marathon runners on their 25-kilometre journey from Nanoose coincided with the launch of the Vancouver Island Crisis Society's new online chat line.

Tomorrow, the runners continue the run to Stz'uminus First Nation in Chemainus.

As part of their run, Paul's goal is to raise money to expand the gymnasium at the Tribal School on West Saanich Road.

The marathon is slated to finish in Saanich on June 21 to coincide with National Aboriginal Day.

JChadwick@nanaimodailynews.com 250-729-4238

Article from www.canada.com

Needed: New approaches to defuse 'suicide contagion' among teens

How should we talk about suicide? Mental health experts have some ideas

By Andre Mayer, CBC News Posted: May 23, 2013 5:28 AM ET

Teens who knew a schoolmate that died from suicide are more likely to consider taking their own lives — a phenomenon known as a 'suicide contagion.' (iStock)

Experts on adolescent behaviour say the apparent susceptibility of Canadian teens to the idea of suicide shows the need to change public discussion about this sensitive topic.

Among the suggestions being put forward are finding new ways to refer to the act, to put it in a more appropriate context and training crisis-intervention teams to be more aware of how young people can respond to a suicide in their midst.

A study published May 21 in the Canadian Medical Association Journal reported that teens who knew of schoolmates who took their own lives were more likely to consider it or attempt it themselves — a phenomenon the authors call "suicide contagion."

· 'Suicide contagion' spreads after schoolmate death

Given how vulnerable teens seem to be to the idea of suicide, there is probably a need to change counselling techniques and media coverage of the issue, says Nora Spinks, executive director of the Vanier Institute for the Family.

'We were really surprised how strong the effect was, especially among the younger adolescents.'— *Dr. Ian Colman, co-author of study on 'suicide contagion'*

"We've got a lot of experience with clusters of suicide, and this helps to explain why that happens and begins to change the conversation around prevention and treatment," says Spinks.

The study, which was co-authored by Dr. Ian Colman, Canada Research Chair in mental health epidemiology at the University of Ottawa, and Sonja Swanson from the Harvard School of Public Health in Boston, used data on 22,064 young people aged 12 to 17 from across Canada.

'Shocking' results

According to 2009 figures from Statistics Canada, the Canadian suicide rate is 11.5 in every 100,000. The rate is lower for people aged 10-14 (1.3 in every 100,000), but rises for the 15-19 cohort (nine in 100,000).

The contagion study found that by age 16 or 17, 24 per cent of teens had a schoolmate die by suicide, and 20 per cent personally knew someone who had taken his or her own life.

"There were a few things that we found really shocking — like just how many Canadian adolescents are reporting that somebody in their school has died of suicide," says Ian Colman.

"We were also really surprised how strong the effect was, especially among the younger adolescents."

The study says that 12-13 year olds who had experienced a suicide in their school were about five times more likely to contemplate suicide themselves.

"And this is after accounting for things like poverty, drug and alcohol use and a history of depression," Colman says.

Suicides in schools and communities tend to happen in clusters, says Amy Cheung, an adolescent psychiatrist and researcher at the Centre for Addiction and Mental Health in Toronto, largely because of copycat acts.

She points out that the fear of a suicide contagion is the reason why the Toronto Transit Commission, for example, doesn't make an announcement every time an individual jumps in front of a subway train — something that happens once a month, on average.

'Social desirability'

Cheung says adolescents are especially susceptible to media coverage of suicides, whereby the mere suggestion of the act might compel them to consider it.

Ottawa Senators assistant coach Luke Richardson became an advocate for suicide prevention after his daughter Daron took her own life in 2010. (Sean Kilpatrick/Canadian Press)

A young person who is already at risk of self-harm might also perceive some sort of "social desirability" in taking their own life, she says, offering the hypothetical example of a teen who has been bullied and was feeling hopeless when he learned that a classmate had died by suicide.

"So what's our response when that happens? Generally, people are devastated, even though they never cared for that person before they died," says Cheung.

"Now, everybody is their friend: 'So-and-so was so nice, she was so smart.' The person who died has been glorified, so then the kid who's at risk says, 'Geez, if I kill myself, people will say nice things about me.'"

Many schools now have crisis intervention teams to help kids cope with another student's suicide, Cheung points out.

But she says more has to be done in terms of prevention — for example, by linking schools to medical professionals who can help those who are at risk of suicide find the proper treatment.

"We need to intervene and identify kids that are at risk to prevent more suicides from happening," says Cheung.

"I think the media play a huge role in controlling that and how the message gets across to the kids."

The language of suicide

At the Vanier Institute, Spinks says that part of the solution is changing some of the terminology pertaining to suicide.

For example, by saying someone "committed" suicide, we criminalize the act, she says, and make it the sole responsibility of the person's immediate family.

On the other hand, by saying someone was "successful" at suicide, we trivialize it, she adds.

Spinks prefers the expression "completing" suicide, because it looks at the problem holistically, where death is but the last stage of a longer process of mental stress or illness.

"If we talk about [someone] having 'completed' suicide, that means we've missed the signs and the cues and the opportunities as a community and a society to support that individual and their family to avoid or prevent suicide," says Spinks.

Colman says that for all the sensitivity around the handling of suicide, it is imperative to keep talking about it.

"We want to create a culture, whether that's in our schools, at home, our communities, where people feel comfortable talking about mental health, and especially children feel comfortable seeking help, coming forward, if they're struggling with their mental health. We should talk about suicide, but we should be careful."

Article from www.cbc.ca/new/health

Dangerous viral trend threatens teens: 'Smoking' alcohol

Jeff Rossen and Josh Davis June 25, 2013 at 7:38 AM ET

It's the dangerous new way teens are getting drunk -- and it's going viral. Now doctors say it could be deadly.

It's called "smoking alcohol." You don't drink the booze, you inhale it. Sounds bizarre, but those vapors give you an instant high.

Here's the problem: Doctors say it's incredibly dangerous and can be extremely addictive. Pure alcohol shooting into your brain. Doctors are issuing an urgent warning: Don't try this at home.

Chances are your teenager has seen it on YouTube, where hits are exploding into the millions: vaporizing alcohol. It looks like a game, but doctors say it can be deadly. One video shows teens putting a small amount of vodka into a plastic bottle, pumping it with air, and sucking in the potent fumes. They do it with beer, whiskey, Champagne, the list goes on. And within seconds, they say, they're drunk.

"These videos scare the hell out of me," says Steve Pasierb, who runs the partnership at drugfree.org. "It's binge drinking in an instant. It's like doing five or six shots into your bloodstream right away."

Here's the danger: When you drink alcohol normally, the liquor takes time to affect you, first going into your stomach, then slowly processed in your liver, and about 20 minutes later, into your bloodstream. But smoking alcohol is absorbed instantly into the lungs, racing to the brain. And, doctors say, it can poison you faster.

"The normal sensation when you drink and you are getting more drunk is to vomit: It's your body's way of expelling alcohol," explained Dr. Robert Glatter of Lenox Hill Hospital. "However, when you inhale alcohol,

your brain has no way of expelling it."

And there's more. Experts say some of these videos lure teens in with false promises, like "this can help you lose weight." Or that you can hide your drunkenness from police and your parents.

"It's in your lungs, it's on your breath," Steve Pasierb told us.

"Then you can get a DUI from it?" we asked.

"Absolutely. You can get a DUI. It will be in your blood system."

As for the weight-loss claim, Pasierb said, "When you're consuming alcohol, you are consuming calories, period."

Another myth out there is that smoking alcohol isn't illegal, because you're not drinking. Not true. We checked with criminal defense lawyers who told us that no matter *how* you consume alcohol, it's illegal under 21.

This is so new that there are no hard numbers yet on how many kids have ended up in the hospital from smoking alcohol. But doctors say it may be hard to tell when someone is sick from regular drinking or this: They test your blood and it shows you have alcohol poisoning, but doesn't say whether you drank it or smoked it. But ER doctors tell us they're watching for it now.

Article form www.today.com/news

QUOTES

"The only way to have a friend is to be one."	Ralph Waldo Emerson
"Friendship is a sheltering tree."	Samuel Taylor Coleridge
"One of the greatest of all principles is that men can do what they think they can do."	Norman Vincent Peale
"The best thing about the future is that it comes only one day at a time."	Abraham Lincoln
"To get the body in tone, get the mind in tune."	Zachary Bercovitz
"Knowledge of what is possible is the beginning of happiness."	Proverbs 3: 13-15
"Live and let live is the rule of common justice."	Sir Roger L'Estrange

9 Surprising Triggers of Gout Pain From www.health.com

How to fight gout pain By Carina Storrs

Gout is an excruciatingly painful form of arthritis that often affects the feet.

Dietary factors, such as red meat and alcohol, can trigger gout pain. However, medications and medical conditions can be a problem too, says Kenneth G. Saag, MD, a rheumatologist at the University of Alabama at Birmingham.

"Non-food items are the major risk factors for developing gout," he says. Here are nine such triggers, which could be causing your gout pain.

1. **Aspirin** drives up the amount of uric acid in your blood. At high enough levels, uric acid deposits in joints (especially in the big toe and fingers) and forms the razor-sharp crystals responsible for gout. If you take low-dose aspirin to reduce your risk of heart disease, don't skip your daily pill for fear of gout. Instead try to avoid other gout risk factors (such as food triggers). If your uric acid levels are still high, medications can help reduce them, Dr. Saag says.

For occasional pain, acetaminophen (Tylenol) or ibuprofen (Advil) might be better for the gout-prone.

2. **Diuretics** help reduce blood pressure by flushing water and salt from the body. At the same time, they block the excretion of uric acid from the kidneys, which can allow uric acid to accumulate to gout-causing levels.

Although switching to a different blood-pressure drug may help, some people get the best results with a diuretic, Dr. Saag says.

In those cases, combining diuretics with medications that slow the body's production of uric acid, such as allopurinol (Lopurin) or febuxostat (Uloric), can help. "Quite a few people take both," Dr. Saag says.

3. **Dehydration** can have many ill health effects, and gout is one of them.

"Dehydration can increase the blood uric acid concentration, and in susceptible individuals such an increase can contribute to a gout attack," says Theodore Vanitallie, MD, professor emeritus of medicine at Columbia University College of Physicians and Surgeons in New York.

Aim to drink around eight cups of water a day, Dr. Vanitallie says, especially if you have already had a gout attack or have other risk factors.

4. **Extra weight** It's not enough just to limit those food items that are particularly bad for gout, such as meat, alcohol, and sugary drinks.

Research suggests that obesity itself ups gout risk by both stimulating the body to make more uric acid and blocking uric acid excretion.

Maintaining a healthy weight is an important step toward keeping uric acid levels under control.

5. Fasting If you want to get both your weight and uric acid levels down to within a healthy range, forget about crash dieting.

"Trying to lose weight by fasting can put you at risk of gout attack," Dr. Vanitallie says.

The main reason is because when you fast the level of ketones in your body increases, and ketones compete with uric acid for excretion, Dr. Vanitallie explains.

6. Menopause An increased risk of gout can be an unwelcome consequence of menopause. This is because estrogen, a hormone that helps the kidneys excrete uric acid, dips during and after menopause. (This protective effect of estrogen is probably also the reason premenopausal women are less likely to get gout than men.)

After menopause you should be careful to avoid other gout risk factors. Some studies suggest that you can help keep gout at bay by consuming coffee, cherries, and vitamin C.

7. Injury A minor injury like bumping your big toe can do more than just smart for a few minutes.

Injured joints seem to make better spots for uric acid to collect, and can lead to a gout attack that can last for weeks. "A traumatic event can start a small inflammatory response, which may then precipitate a gout attack in that joint," Dr. Vanitallie says.

Osteoarthritis, which is the wearing down of joint-cushioning cartilage as we age, is also associated with gout. Take this as another reason to try to avoid jamming a toe or finger, twisting an ankle, or putting repetitive stress on a joint.

8. Uncomfortable shoes Although there haven't been studies looking at the effect of shoes on gout risk, wearing uncomfortable shoes is rarely a smart health move.

"That combination of having high uric acid, being predisposed to gout, and wearing shoes that are hurting your feet, that could do it," Dr. Vanitallie says.

Women should opt for shoes with a lower heel to reduce stress on the toes, or limit time wearing stilettos.

9. Family history Unfortunately one factor that has a big impact on gout risk is something you can't control. About 20% of people with gout have a family history of the condition.

If you do, be aware of other risk factors, especially as you age. (Men in their mid-40s are at the highest risk of gout; post-menopausal women are at increasing risk as they age.)

Avoid other risk factors and gout-triggering foods to help prevent this painful type of arthritis.

Quotes

"I am a great believer in luck. I find the harder I work, the more I have of it."

Steven Leacock, Humourist

"We do not know one-millionth of one percent about anything."

Thomas A Edison

"The greatest lesion is to know that even fools are right sometimes."

Winston S Churchill

Harper Government's Changes to Indian Studies Support Program Is Unacceptable

UBCIC News Release. June 5, 2013

(Coast Salish Territory / Vancouver - June 6, 2013) The Union of BC Indian Chiefs demands that the Federal Department of Aboriginal Affairs and Northern Development Canada overturn its decision to move the Indian Studies Support Program (ISSP) decision-making and funding to its Ottawa headquarters, dissolving the longstanding regional First Nations committee that has overseen the ISSP selection process in BC. ISSP is a program that provides funding to post-secondary programs across Canada and last year it supported about 20 First Nations governed institutes and programs in BC.

Grand Chief Stewart Phillip, President of the UBCIC stated, "This is just one more example of the Harper Government's 'father-knows-best' attitude to First Nations education. Canada is running roughshod over First Nations, making major program changes without any consultation and that is a real step backward. The UBCIC Chiefs Council fully agrees that ISSP funding must continue to be only allocated to First Nations controlled community education programs and Indigenous Adult and Higher Learning Association Institutes in BC."

Last week the UBCIC Chiefs Council were briefed on the ISSP decision, deliberated upon and then passed by consensus the attached UBCIC Resolution 2013-15, Indian Studies Support Program.

Dr. Verna Billy-Minnabarriet, Chair of the Indigenous Adult and Higher Learning Association representing BC's approximately 40 indigenous-governed institutes, added, "Our indigenous institutes have faced an uphill battle for recognition and basic funding over the years, but through our BC ISSP committee we have had a strong regional First Nations voice in the process. But now, with a national committee, we could potentially have zero say in the future of this program and how the funding is applied. That is a huge worry for our institutes, some of which rely on ISSP for half their annual budget."

Tyrone McNeil, President of the First Nations Education Steering Committee, stated, "For over twenty years BC First Nations have been making effective decisions on ISSP with the Aboriginal Affairs and Northern Development Canada's Regional Office, meeting community needs and accountabilities better than any other process. This needs continued support."

FOR MORE INFORMATION CONTACT:

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

Jennifer White, Senior Communications Officer, First Nations Education Steering Committee, (604) 925-6087

Interdisciplinary Viral Hepatitis Education Workshop

**September 26th & 27th, 2013 Holiday Inn Vancouver Center
711 West Broadway, Vancouver, BC**

BC Centre for Disease Control is again hosting an Interdisciplinary Viral Hepatitis Education Workshop

Who Should Attend?

Health and social service providers who want to increase their knowledge about viral hepatitis and improve prevention and care services

Workshop Objectives:

- To foster an appreciation of viral hepatitis as a significant health risk
- To increase knowledge about the care, management and treatment for those infected with and affected by viral hepatitis
- To provide opportunities for workshop participants to network with experts and peers about issues related to hepatitis prevention, diagnosis, treatment and follow-up
- To develop an understanding of the benefits and need for integrated hepatitis prevention and care at an individual and community level.

Preliminary Program:

Day 1

Date: Sept 26, 2013

Time: 7:30 am – 4:00 pm

Topics covered:

- **Anatomy, Physiology & Pathology of the Liver**
- **Epidemiology/prevention of Hepatitis A, B & C**
- **Management and Treatment of Hepatitis B & C**
- **Interpreting of Viral Hepatitis Serology**

Day 2

Date: Sept 27, 2013

Time: 7:30 am – 3:00 pm

Topics covered:

- **Hepatitis C /HIV Co-infection**
- **Viral Hepatitis in Children**
- **Viral Hepatitis and Nutrition**
- **Hepatitis C Stigma and Discrimination**
- **Hepatitis C and Addictions**
- **Creating Cultural Safety for Aboriginal People**

Numbers are limited so please complete the enclosed registration form ASAP or contact:

For Registration: Ellen Leung, Ellen.Leung@bccdc.org, 604-707-5621

For more information: Janice Duddy, Janice.Duddy@bccdc.ca, 604-707-5638.



FYI: promoting island health

June 18, 2013

Digital Harvest – Setting the Table for Health

In celebration of National Aboriginal Day on Friday June 21, Vancouver Island Health Authority is sharing this story about Digital Harvest, a program for Aboriginal youth, facilitated by the health authority's Community Nutritionist for Aboriginal Health.

Digital Harvest is a community-based initiative that brings together Aboriginal elders and youth to engage in learning about the food, land and culture of Vancouver Island. Over a weekend, elders share their cultural knowledge and practices around traditional foods. Youth then return home and, using digital cameras, create their own stories inspired by these lessons. The digital stories are shared locally and internationally, expanding the education to other youth and communities.

"I grew up eating indigenous foods and took them for granted—it had a huge impact on me to see how urban First Nations people live and to learn that they don't have access to the foods I know so well," says Letitia Rampane, a participant in the first workshop who went on to become one of the program's youth leaders. She captured her experience in a video that can be viewed here: <http://www.youtube.com/watch?v=YBYNaufoYOo>.

Keenan Jules, an Aboriginal youth researcher from Kyquot working at the conference brought his perspective. "Some of the kids participating aren't used to eating foods like salmon and moose. They eat more McDonalds and drink lots of pop." Jules added that it's important to remember where you come from. "I thought I knew a lot about traditional foods before I came to the workshop, but talking about it inspired me to cut out sugary drinks and limit how many times I go for fast food."

"This is about setting the table for a healthy lifestyle, creating positive relationships to the food, land and culture of Aboriginal people," says Fiona Devereaux, VIHA's Community Nutritionist for Aboriginal Health. "We see an erosion in the transfer of knowledge between generations, leaving many young people without the knowledge or skills for cooking and eating—not only traditional foods, but today's healthy foods."

Combining the teaching of the elders with digital storytelling by youth is a powerful solution. "We found a way to connect today's youth, who are passionate about technology, with the teaching of the elders and ancestors," added Devereaux. "These videos bring the voices of the elders and the youth together in a way that connects the old ways of teaching with the learners of today."

Elder Barbara Whyte from Comox attended the Digital Harvest. She found it to be a powerful opportunity for elders to share their knowledge and connect with youth. "It's important for us to hand down this information, to see our traditions and knowledge carried on to the next generation," said Whyte. "It's empowering for Elders to be heard."

The first Digital Harvest program came together in February 2010, facilitated by a group that included nutritionists from Vancouver Island Health's Aboriginal Health program. Youth and elders gathered in Tofino, on the west coast of Vancouver Island, where elders shared their knowledge while traditional foods like mussels, crab, rock stickers, sea urchins and oolichan were served, many of which the youth had never tried before. The second Digital Harvest program took place earlier this year.

"In my ten years of working in Aboriginal communities, this project has been one of the most satisfying," noted Devereaux. "As organizers, we all worked hard to get people there, have healthy foods and engaging

learning activities. However, the magic really happened when space was created for youth and elders to learn from one another and feed off each other's energy."

The Digital Harvest workshop is part of Prevention and Preservation, a project led by Vancouver Island University's Office for Community Partnerships in Health Research and generously funded by the Vancouver Foundation. Other partners include Vancouver Island Health, Aboriginal Health, Vancouver Island Coastal Communities Indigenous Food Network, and Canadian Diabetes Association.

This project aims to celebrate First Nations cultural practices and preserve cultural knowledge digitally while increasing community research capacity. Aboriginal youth will compile elders' knowledge of healthy life ways, health foods and community history, and transmit this knowledge to other youth through the medium of digital photo stories. The project will enhance intergenerational knowledge-sharing and connection to community while promoting healthy lifestyles. The long-term goal is to reduce the disproportionate number of individuals in First Nations communities suffering from diabetes and other chronic diseases.

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Media Contact: Sarah Plank, VIHA Communications 250-727-4275

PUBLIC SERVICE ANNOUNCEMENT: FOR IMMEDIATE RELEASE June 21, 2013

Stroke Awareness Month Reminds Us to Think FAST

Stroke is one of the leading causes of death and disability in Canada. June is Stroke Awareness Month and the Vancouver Island Health Authority urges residents to know the signs of stroke and get help as quickly as possible.

Quick diagnosis and treatment of a stroke changes the outcome for a patient; and knowing the warning signs of stroke can ensure that every second counts. Remember, think **FAST**:

- **Facial droop: one side of face does not move as well as the other**
- **Arm drift: one arm does not move or drifts downward when held extended**
- **Speech: patient slurs words, uses the wrong word, or cannot speak at all**
- **Time: to call 9-1-1**

The bottom line is, if you notice sudden loss of strength or numbness in the face, arm or leg; sudden difficulty speaking or confusion; or a sudden severe and unusual headache, call 9-1-1.

"If you treat stroke patients quickly, before there is irreversible damage to the brain, they can recover completely," said stroke researcher and neurologist Dr. Andrew Penn. The miracle treatment is a clot-buster called *tPA*, which is a naturally occurring protein that breaks up blood clots. "If you remove the blockage, blood can flow freely again," Penn adds.

The Vancouver Island Health Authority continues to build on its success. The Stroke Rapid Assessment Unit, which intervenes after people develop warning signs of impending stroke, has treated over 12,000 patients from the breadth of the island since 2005, sharply reducing hospitalization for stroke. Toronto and Calgary are among Canadian centres now replicating our model of care. The health authority is also leading a \$10 million research project, SpecTRA, to develop a quick and easy blood test that could revolutionize the management of this disease.

For more information about the signs, symptoms, treatment and recovery of stroke and mini-stroke, visit healthlinkbc.ca, and type "stroke" in the search field.

Media Contacts

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PUBLIC SERVICE ANNOUNCEMENT

FOR IMMEDIATE RELEASE

June 28, 2013

Summer's Here! Tips for Sun and Heat Safety

ISLAND WIDE – Summer is finally here for Vancouver Island, and with this weekend's temperatures predicted to rise, the Vancouver Island Health Authority would like to remind you about some important sun and heat safety tips.

Excessive exposure to the sun can cause serious illness such as sun stroke and heat exhaustion. The sun's rays can also damage skin, particularly over years of exposure. Here are some tips so everyone can enjoy the sun safely:

- Seek shade and keep skin covered as much as possible when spending time in the sun. The sun can burn and damage skin even on a cloudy day.
- Wear a hat with a wide brim.
- Children are more vulnerable to sun damage and heatstroke, so ensure their skin is protected or in the shade. Infants under 6 months should wear a UVA/UVB protective suit if spending time outdoors.
- Apply sunscreen early and often with a minimum Sun Protection Factor (SPF) of 30 to exposed skin at least 15-30 minutes prior to going out. Use it liberally and make sure to reapply often throughout the day, especially following swimming or heavy perspiration.
- Wear sunglasses, especially when driving or cycling. Exposure to ultraviolet (UV) radiation (rays) can cause cataracts and other eye diseases.
- Avoid strenuous outdoor activities during peak hours of sun (10am – 4pm).
- Drink plenty of fluids, but avoid alcohol and caffeine as they can be dehydrating.
- Keep your body cool – dress in light weight and loose fitting clothing that covers most of your body.
- Never leave children in a car unattended - vehicles sitting in the heat can reach temperatures that can be fatal within just a few minutes.

For more information on Sun Safety and Heat Stroke:

- View the BC HealthFiles at <http://www.healthlinkbc.ca/healthfiles/hfile35.stm>
- Call HealthLink BC by dialing 811

The Healthy Aboriginal Network Non-profit promotion of health, literacy & wellness

The Healthy Aboriginal Network is pleased to release a number of exciting new resources today:

Augmented Reality Knowledge Transfer (ARKT) Augmented reality (AR) is meant to enhance your perception of the way things actually exist. So when you install the Layar App on your Android or iPhone and point it at one of the posters we created, it triggers a video, and information, that wouldn't usually be available to you in written format. This sort of engagement is perfect for youth. Not only because it delivers content in a format they are comfortable with, but it allows organizations to revitalize 'stale' or text-heavy knowledge transfer (KT) materials into something visual learners can access readily. We call this 'new' way to learn ARKT.

The neurological condition posters we created for the Native Women's Association of Canada are meant to be viewed poster-size on a wall. But the video can also be triggered from a PDF. Please check out the posters on our webpage at www.thehealthyaboriginal.net/posters or on NWAC's at www.nwac.ca/research/neurological-conditions. The whole poster must be visible on your computer screen in order to be 'recognized' by your Android or iPhone.

If your organization is interested in increasing its reach with youth, you need to measure its effectiveness (we can track the number of views) and you have a budget for a poster / video campaign, please email sean@thehealthyaboriginal.net to discuss your project ideas. ARKT posters are great for universities trying to attract youth to their programs, or museums for re-invigorating static exhibits. It's also time we started 'marketing' health and social information to youth the way private companies have for decades.

Residential school comic book - AR video On the back of Lost Innocence, we created an augmented reality cover. The video is of Gord Williams, a survivor of the residential school system. He tells his story in a candid and insightful video. You can check it out at www.thehealthyaboriginal.net/posters.

Mental Health Commission of Canada (MHCC) Evaluation We have a partnership with the Opening Minds (OM) anti-stigma initiative of the MHCC. OM would like to evaluate our "Just a Story" comic book to see if it's successful in dispelling the stigma of mental health with pre-teens. OM's goal is to provide information to organizations (schools, First Nations, youth and parent groups) across the country as to what programs and materials are effective and beneficial to youth. "Just a Story" is about a brother and sister that have trouble relating to friends at school because of what's going on at home.

Opening Minds is looking for programs that have Aboriginal kids, located on or off-reserve and are interested in participating in the evaluation. The study will work best with groups that have a strong rapport with their youth, as the organization will be expected to oversee pre and post-tests without the aid of a researcher. The pre and post-tests are short and written, but they could be oral in certain circumstances. For organizations that work with youth living with mental health issues, you might want to arrange for a mental health worker to visit the community.

If you are part of an organization interested in helping to evaluate our comic book, this work could be done in August or September 2013. For more information, please contact Romie Christie, Manager of Opening Minds at rchristie@mentalhealthcommission.ca or 403-385-4034. Or contact sean@thehealthyaboriginal.net.

We hope you continue to find us relevant to youth's needs,
Sean Muir, Executive Director
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A BC incorporated non-profit Society

Clumsiness in Some Elderly Tied to Brain Changes www.medbroadcast.com

MONDAY, June 10 (HealthDay News) -- Certain brain changes may help explain why many older adults become clumsier as time goes by, a new study says.

Age-related declines in vision, agility and other physical abilities can lead to an increase in problems such as knocking over a glass while reaching for the salt shaker or fumbling while trying to slide a key into a lock. But some of the increased clumsiness may be due to changes in the mental frame of reference that older adults use to visualize nearby objects, say researchers at Washington University in St. Louis.

"Reference frames help determine what in our environment we will pay attention to and they can affect how we interact with objects, such as controls for a car or dishes on a table," study co-author Richard Abrams, a professor of psychology in arts and sciences, said in a university news release.

"Our study shows that in addition to physical and perceptual changes, difficulties in interaction may also be caused by changes in how older adults mentally represent the objects near them," he explained.

The study, recently published in the journal *Psychological Science*, included young and older adults who were given a series of simple tasks involving hand movement. The young adults used an "action-centered" reference frame when picking up an object. This means that they remained aware of and sensitive to potential obstacles along their hand's path of movement.

But older adults used a "body-centered" reference frame, which means they devoted more attention to objects that were closer to their bodies, whether or not they were along their hand's path of movement. As a result, they were less able to adjust their hand movements to avoid obstacles, the researchers said.

Depression, Antidepressants Tied to Heart Disease, Diabetes Risk in Older Women Provided by HealthDay at www.medbroadcast.com

FRIDAY, June 21 (HealthDay News) -- Older women who have depression or take antidepressants may be at increased risk for diabetes and cardiovascular disease, a new study finds.

Researchers looked at about eight years of data from a few thousand postmenopausal women in the United States. Those who had depression or were using antidepressants were more likely to have a higher body-mass index (BMI), a measurement of body fat based on height and weight; larger waist size and signs of inflammation than those who did not have depression and were not taking antidepressants.

These measurements are all associated with increased risk for diabetes and cardiovascular disease, noted the authors of the study in the June 13 issue of the *American Journal of Public Health*.

"It may be prudent to monitor postmenopausal women who have elevated depression symptoms or are taking antidepressant medication to prevent diabetes and cardiovascular disease," study leader Dr. Yunsheng Ma, an associate professor of medicine at the University of Massachusetts Medical School, said in a school news release.

This makes sense "given that diabetes and cardiovascular disease can be effectively prevented or delayed in high-risk individuals with lifestyle modifications or pharmacological interventions," study co-author Dr. Simin Liu, a professor of epidemiology and medicine at Brown University, said in the release. While the study found an association between depression or antidepressant use and certain risk factors for heart disease and diabetes, it did not establish a cause-and-effect link.

Updated: Fri, 28 Jun 2013 10:57:25 GMT | By The Associated Press, thecanadianpress.com

Eager beaver blamed for US state Internet outage

TAOS, N.M. - Officials have finally identified the culprit behind a 20-hour Internet and cellphone outage last week in northern New Mexico —an eager beaver.

CenturyLink spokesman David Gonzales told The Associated Press on Friday that a beaver chewed through the fiber line last week. He says the evidence was discovered by contractors who worked to repair the outage.

Officials say more than 1,800 Internet users were affected by the blackout. The number of cellphone users without service during that time is still unknown.

Updated: Fri, 21 Jun 2013 05:40:39 GMT | By The Associated Press, thecanadianpress.com

Maine man's car rolls into lake during potty break

BELGRADE, Maine - Police say a Maine man's car got all wet when he stopped on the road for a bathroom break.

Chief Deputy Everett Flannery of the Kennebec County Sheriff's Office says 32-year-old Mark Leighton of Oakland stopped at a boat landing on Salmon Lake in Belgrade on Wednesday evening because he had to go.

Flannery tells the Morning Sentinel (<http://bit.ly/12fjZlq>) that Leighton was going to the bathroom when he heard a splash, turned around, and saw the car in the lake.

Flannery says it appears Leighton pulled the emergency brake but forget to put the car in park. The car was pulled from the lake by a tow truck. No one was hurt and no charges were filed.

Updated: Fri, 21 Jun 2013 05:39:53 GMT | By The Associated Press, thecanadianpress.com

Father, son record holes-in-one on Father's Day

RICHMOND, Texas - A father-son duo from South Texas showed no handicap when they stepped up to a par -3 tee and each shot a hole-in-one on Father's Day.

Lonnie Whitener, 57, told the Houston Chronicle (<http://bit.ly/13VIAHF>) that his 115-yard drive using a gap wedge on the sixth hole at River Pointe Golf Club in Richmond struck the flag stick and dropped in the hole.

Then, up stepped 13-year-old Zach Whitener, whose shot from 100 yards using a 6-iron landed near the pin and gently rolled in.

The U.S. Golf Association does not keep records of holes-in-one, but the National Hole-in-One Registry says the chances of two players acing the same hole in the same round are one in 17 million.

Two groups of players witnessed the feat and joined the celebration.

Updated: Sat, 15 Jun 2013 12:54:28 GMT | By The Associated Press, thecanadianpress.com

Bear with head stuck in jar is rescued in Pa.

JAMISON CITY, Pa. - Four central Pennsylvania residents said they used only a rope and a flashlight during a wild chase to rescue a young bear whose head had been stuck in a plastic jar for at least 11 days.

The frightened but powerful bruin fell into a swimming pool at least twice during the ordeal, according to a report Saturday in the Press Enterprise of Bloomsburg (<http://bit.ly/166z97k>). But the group eventually yanked off the jar and set the animal free.

"I thought, 'No one is going to believe us,'" said Morgan Laskowski, 22, the bartender at the Jamison City Hotel and a member of the impromptu bear-wrangling team.

Area residents first spotted the 100-pound bruin with its head in a red jar on June 3, but it eluded game wardens. The animal was attracted to the container because it appeared to have once contained cooking oil.

"He put his head in, and had a problem," said Mike Jurbala, 68, another rescuer. "He'd have died in a couple more days."

Jurbala saw the bear Thursday night as he was leaving the bar at the Jamison City Hotel. He called Jeff Hubler, a local employee of the state Game Commission who had been among those trying to capture it for days with a lasso.

The two teamed up with Laskowski and her mother, bar owner Jody Boyle, to follow the bear through the darkness. "You knew where he was because you could hear him banging into things," Jurbala said.

They cornered the bear in a resident's backyard, where it ended up falling into a pool a couple of times. Eventually, they wrangled the animal into a position where Hubler could pull off the jar.

"You'd think the bear would be weak, because it hadn't eaten or drunk for a week, but it was strong," Boyle said.

Hubler said people should keep lids on food jars that they throw away.

Updated: Wed, 19 Jun 2013 16:26:18 GMT | By The Associated Press, thecanadianpress.com

Cat nurses orphaned pit bull puppy in US

CLEVELAND - A cat caring for four newborn kittens is nursing an orphaned week-old pit bull puppy in Cleveland.

Sharon Harvey of the Cleveland Animal Protective League said Wednesday that Lurlene the cat welcomed Noland the puppy to her "unusual little family." The puppy was dropped off at the animal shelter last week when he was a day old.

The staff decided to place Noland with the nursing cat and her litter because bottle feeding doesn't always work.

The puppy will grow faster, so the shelter says it may have to come up with another feeding idea in several weeks until Noland is ready for adoption.

A Message to All First Nations Students Completing Their School Year

On behalf of the Assembly of First Nations and the AFN national executive, I would like to sincerely congratulate you on finishing this school year. I am sure many of you are looking forward to a well-deserved summer break! For those of you who are graduating, I wish you all the best as you embark on the next chapter of your personal journey.

I want to acknowledge your dedication and the hard work that you have applied to your studies. You should be very proud of your accomplishments. During my travels around the country I get to visit many schools and meet many students. I see the efforts you put into your studies. You may face difficulties and challenges but I know you work hard and keep your focus on the light of a brighter future.

To all the teachers, educators and parents out there, a special thank you for all you do to support and nurture our young generation of learners. Your example and commitment are directly contributing to the improvements we see in graduation rates and academic achievement.

For you students, I am confident that you will continue to move forward on your journey of lifelong learning. I ask you to keep your hearts and minds open to learning. There are many teachers out there: in our schools, our families, our communities, our cultures and, of course, our Elders. This balanced approach to living and learning honours our ancestors' wisdom and reflects the very special legacy that we share as Indigenous peoples.

We encourage you to continue to use these gifts, to reach for anything that you aspire to achieve. Your efforts bring much pride and strength to all of our Nations.

We offer our thanks to you as you bring hope and promise to the future of all of our communities. You are our leaders. Take pride in who you are and all that you can offer. We wish you all the best this summer and hope for a successful return to school in the fall.

National Chief Shawn A-in-chut Atleo



FIRST NATIONS SUMMIT

NEWS RELEASE

First Nations Summit Elects New Executive

For Immediate Release

June 6, 2013

Coast Salish Territory/Vancouver – Grand Chief Edward John (Akile Ch'oh), Cheryl Casimer and Robert Phillips have been elected to the First Nations Summit Task Group (political executive) by leaders representing First Nations currently engaged in treaty negotiations in BC.

Chief John, a hereditary Grand Chief of the Tl'azt'en Nation, will be serving his tenth term as a member of the Summit's political executive. He has represented and advocated for First Nations/Indigenous interests on the provincial, national and international stage for more than 30 years. Chief John was also recently re-appointed by the President of the United Nations Economic and Social Council as an Indigenous Member of the United Nations Permanent Forum on Indigenous Issues (UNPFII) for North America for the term 2014-2016.

Cheryl Casimer will be serving her first term as a member of the FNS political executive. She is a citizen of the Ktunaxa Nation and currently resides in the community of ʔaqam (St. Mary's Band) which is located in the southeastern corner of BC. Ms. Casimer is a former Chief and Councillor of the ʔaqam First Nation and a former Co-Chair of the First Nations Summit. Ms. Casimer is a longstanding advocate for First Nations issues and perspectives, and is committed to building better bridges of understanding between neighboring cultures.

Robert Phillips will be serving his first term as a member of the FNS political executive. Phillips is a member of the Northern Secwepemc te Qelmucw (Shuswap) of the Canim Lake First Nation. He holds a Bachelor of Arts degree from the University College of the Fraser Valley. Mr. Phillips previously served three terms as a Commissioner of the BC Treaty Commission. He also previously served as Chief Negotiator and Self-Government Director at the Northern Shuswap Tribal Council.

Leah George-Wilson (Sisi-ya-ama) of the Tseil-Waututh Nation and Ray Harris (Shulqwilum) of the Chemainus First Nation were also acclaimed as Co-Chairs of the First Nations Summit. This will be Ms. George-Wilson's fifth term and Mr. Harris' third term as Co-chair. The Co-Chairs are responsible for chairing First Nations Summit meetings as well as the Summit's administration and day-to-day operations.

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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.

For Further Information:

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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!**

Myth 10:

HANDS-FREE HEADSETS ARE SAFER THAN CELL PHONES

Research by Transport Canada suggests that there is an increased risk of collision while using a cellular phone, even when it is in hand-free mode.

Research indicates that whether it is a hand-free or hand-held cell phone, distraction is significant enough to reduce a driver's performance. This can cause a driver to miss key visual and audio cues needed to avoid a crash.

(Source: National Highway Traffic Safety Administration)

**THE BEST RULE IS:
DO NOT USE A CELLULAR PHONE EVER WHILE DRIVING.**

Transport Canada has four simple rules regarding cellular phone calls and driving:

- Pull over and stop;
- Allow a passenger to operate the phone;
- Use voice mail and respond to the call at a safer time; or
- Let someone else drive, freeing you up to make or receive calls.

From www.carcarecanada.ca, sent in by Great Canadian Oil Change, C.R.

CANCER - The Protector (June 21—July 22) Moody, emotional. May be shy. Very loving and caring. Pretty/handsome . Excellent partners for life. Protective. Inventive and imaginative. Cautious. Touchy-feeling kind of person. Needs love from others. Easily hurt, but sympathetic.

**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 Contact Info on pages 4 of this issue.

**All groups are encouraged to book your elder's rooms and send in your
Registration as soon as possible.**

Register on or before March 31, 2013 and save \$15.