

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 164th Issue!



On behalf of the BC Elders Communication Center Society

I would like to express our Deepest Condolences to BCECCS Board of Director and Friend

Martina Walkus And Her Entire Family For The Great Loss Of Your Daughter Lena Walkus

May She Rest In Peace Sheltered In The Creator's Palm As She Watches Over All Of You Now, Donna

RERUNNING - TIME IS RUNNING OUT!

Dear Elders,

The **Personal Credits** info on Pg. 6-7 is time sensitive. I don't know why there would ever be such a fast deadline for the elders to access this \$3000 credit for themselves or a family member for educational purposes, but if people aren't going to use them then they really should be pooled to do some good in each community.

There isn't much time though if someone is going to organize a traditional language group, etc. as it takes time to plan these things out. But I strongly encourage people to see what they can do with these credits before it is too late. Sincerely, Donna Stirling, BCECCS Coordinator

HAPPY BIRTHDAY TO ALL ELDERS BORN IN JULY!!

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## Easy Bakers Corner – Zucchini Bread - makes 2 loaves

Preheat oven to 350°F. Grease 2 loaf pans.

Sift together 2 cups of all-purpose flour, 1 tsp. of cinnamon, 2 tsp. of baking soda, 1 tsp. of salt, and 1/4 tsp. of baking powder. Set aside.

Beat 4 eggs and 2 cups of granulated sugar until frothy; add 1 tsp. of vanilla, 2 cups of grated zucchini, 1 cup of vegetable oil, 1 small can of crushed pineapple, drained and 1/2 of chopped nuts, and 1 cup of raisins and lightly mix till blended.

Pour into loaf pans. Bake for 1 hour. Enjoy!

### QUOTES

“I have to live with myself, and so  
I want to be fit for myself to know.  
I want to be able as days go by,  
Always to look myself straight in the eye.”

**Edgar A. Guest**

“Just trust yourself, then you will know how to live.” **Johann Wolfgang von Goethe**

## What Can you please share?

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

**Gilakasla, Donna Stirling**

## ‘PRESERVING THE PAST’

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

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

### Disclaimer:

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

# BCECCS 14th Year GRATITUDE LIST

Support Fee from Dec. 1st 2013 – Nov. 30th 2014

(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. Provincial Health Services Authority

### FROG LEVEL - \$750

1. Lhoosk'uz Dene Nation
2. Carrier Sekani Family Services
- 3.

### SISIUTL LEVEL - \$500

1. Aboriginal Tourism Association of BC
2. First Nations' Emergency Services Society of BC
3. Osoyoos Indian Band
4. Tsleil-Waututh Nation
5. Tale'awtxw Aboriginal Capital Corporation
6. We Wai Kai Nation
7. Ka:'yu:'k't'h'/Che:k:tles7ett'h' Nation
- 8.

### HUMMINGBIRD LEVEL - \$250

1. Union of BC Indian Chiefs
2. Lake Babine Nation
3. Irving K Barber BC Scholarship Society
4. Skidegate Band Council
5. Seton Lake Indian Band
6. Xaxli'p Indian Band
7. Mamalilikulla Qwe'Qwa'Sot'Em Band
8. McLeod Lake Tse'khene Elders Society
9. Lytton First Nation
10. Akisqnuq First Nations
11. Doig River First Nation
12. Weiwaikum First Nation
13. Pacheedaht First Nation
14. Hailika'as Heiltsuk Health Centre
15. Tk'emlups Te Secwepemc

16. St. Mary's Indian Band
17. Lhtako Dene Nation
18. Westbank First Nation
19. Sts'ailes Band
20. Spuzzum First Nation
21. BC Assembly of First Nations
- 22.

### Donation:

1. First Nations Tax Commission
2. The Story Telling Elders



# 38TH ANNUAL ELDERS GATHERING

**JULY 7, 8, 9TH, 2014  
PENTICTON TRADE  
& CONVENTION CENTRE**



The Purpose of the Elders Gathering is so the Elders can come together and take their rightful place as advisors, teachers and leaders. Many Elders are involved and work at the community level throughout the year. They participate at meetings, workshops and various events to support the Youth, education committees, Band Council and so on. The Gatherings are a time to socialize and celebrate their accomplishments as well as regenerate themselves for future work. It provides an opportunity for Elders to share traditional ways with visiting cultural and linguistic groups. This is done through songs, dances and ceremonies throughout the event.

Contact Information  
Dianne Garner  
604 798 4519  
elders38@telus.net  
Inez Pierre  
250 493 0048  
  
Request King & Queen  
Mike Pierre  
250 493 7799

King is Emory Gabriel & Queen Vera Gabriel  
of the Penticton Indian Band/Okanagan Nation

*“Honouring our Old Ones, Story Tellers & Teachings”*

<http://pentictonelders2014.com>

[www.facebook.com/38thBCEldersGathering](http://www.facebook.com/38thBCEldersGathering)

## Personal Credits

The Indian Residential Schools Settlement Agreement stipulates that once all Common Experience Payments (CEP) have been made, if more than \$40 million remains in the Trust Fund, the funds are to be made available to CEP Recipients, upon application, in the form of non-cash Personal Credits of up to \$3,000 each for educational purposes.

- CEP Recipients will be able to choose to transfer their Personal Credits to certain [Family Members](#) as defined in the Indian Residential Schools Settlement Agreement and the Terms and Conditions;
- [Terms and Conditions](#) for Personal Credits have been developed by Canada and the Assembly of First Nations and by Canada and Inuit Representatives to determine which Education Entities and Groups and which Educational Programs and Services are eligible;
- Once the Personal Credits have been distributed, any amount remaining in the Trust Fund on January 1, 2015 is to be paid to the National Indian Brotherhood Trust Fund and the Inuvialuit Education Foundation to be used for educational programs.

### Important Deadlines

Deadline to submit your Personal Credits Acknowledgement Form: postmarked by October 31, 2014.

Deadline for Education Entity or Group to submit Personal Credits Redemption Form: postmarked by December 1, 2014.

All inactive files will be closed on December 1, 2014.

## Applying for Personal Credits

In January 2014, a Personal Credits Acknowledgement Form will be mailed to each CEP Recipient who has received a CEP payment. The Acknowledgment Form must be completed and returned to the Personal Credits Administrator postmarked no later than October 31, 2014.

If you have not received your Acknowledgement Form by February 1<sup>st</sup>, 2014, please call the Personal Credits Help Desk at 1-866-343-1858 or 1-877-627-7027 (TTY).

You will receive a letter by mail once your Acknowledgement Form is received to let you know that we received it. If we have any questions about your Acknowledgement Form we will contact you by telephone and/or mail so it is important to keep us informed of any changes to your address or telephone numbers. You can contact us:

By Phone: 1-866-343-1858 or 1-877-627-7027 (TTY)      By Fax: 1-888-842-1332

By Mail: Personal Credits Administrator  
Suite 3 - 505, 133 Weber St N Waterloo, ON N2J 3G9

By Email: [IRSPersonalCredits@crawco.ca](mailto:IRSPersonalCredits@crawco.ca)

Incomplete information may lead to delays or denial of your request for Personal Credits.

You will receive another letter by mail once your Acknowledgement Form has been reviewed. If your Acknowledgement Form is approved, the letter will include a Personal Credits Redemption Form that you, and/or your Family Member(s), will need to provide to the Education Entity and/or Group. The Education Entity and/or Group will then need to fill out the Personal Credits Redemption Form and send it to us in order for the Education Entity and/or Group to receive the value of your Personal Credits.



## **Klahowya Village Celebrates the ‘Journey of the Salmon’ During Its Fifth Season**

The story ‘Journey of the Salmon’ is ready to debut on June 21, 2014 at Klahowya Village in Stanley Park along with interactive displays and customizable group tours.

This season’s story focuses on the significance of the salmon from an Aboriginal culture point of view as we celebrate the four-year cycle of the returning salmon. This year is considered a dominant salmon run year where approximately 15 million sockeye salmon will return home to British Columbia after two years roaming the Pacific. While the salmon is known for its instinct, determination, provision and renewal of life, the annual salmon run extends beyond the cultural heritage of First Nations. Today, salmon bring positive impacts on both the broader environment and economy for First Nations throughout the province. The ‘Journey of the Salmon’ at Klahowya Village will provide guests with the opportunity to learn more about the role of this vital fish.

“We are pleased to offer a selection of new and improved features and tour options for this year’s Klahowya Village in addition to its already popular programming,” says Keith Henry, CEO of Aboriginal Tourism BC. “Salmon have always been an integral staple to First Nations from across BC. This year’s theme will provide a fresh and exciting way to showcase Aboriginal culture.”

Klahowya Village is a family-friendly Aboriginal cultural experience that features daily Aboriginal cultural performances, artisans and demonstrations. After a successful fourth season in 2013, the Village now features more than 20 interactive and visual displays linked to a Klahowya Village ‘passport’ that includes a download code for the audio story of the ‘Journey of the Salmon’ on iTunes, a season pass to ride the miniature train, admission to a craft workshop, colouring pages, and an area to collect stamps from interactive display stations.

Customizable group tours built around cultural performances, a craft workshop, meals and an interactive forest tour are also available. Klahowya Village is able to accommodate groups ranging in size from 10 to 150 people.

**Klahowya Village will open to the public on June 21, 2014, National Aboriginal Day, and will remain open every day until September 1, 2014. For more information, visit [KlahowyaVillage.com](http://KlahowyaVillage.com).**

## **Residential Schools Plaintiffs Win Appeal**

<http://m.thetelegram.com/News/Local/2014-05-28/article-3742032/Residential-schools-plaintiffs-win-appeal/1>

**Andrew Robinson, Published on May 28, 2014**

**The plaintiffs in a class-action lawsuit concerning alleged abuse at residential schools in Newfoundland and Labrador have won an appeal that may prevent further delays in getting to trial later this year.**

**At issue was a request made by lawyers for the federal government that a question concerning the limitation period be dealt with prior to trial. That question concerns whether a 30-year limitation period applies to allegations of non-sexual misconduct. The lawsuit covers a 30-year period from 1949-1979.**

**A case-management judge ruled in favour of the federal government on that matter and said a hearing would suffice given there would not be a need for further evidence to be entered on the matter.**

**However, the Supreme Court of Newfoundland and Labrador Court of Appeal disagreed with that assessment, with the three justices giving a unanimous decision.**

**“It may be that at the end of the day the trial judge will decide that the evidence presented by the plaintiffs is for naught and that a literal reading of Section 22 (of the Limitations Act) is all that is required,” wrote Justice Malcolm Rowe in the decision rendered Tuesday. “But that can be determined only after argument of the issue, not before.”**

**The plaintiffs have argued the lawsuit is not subject to the Limitations Act in light of certain aboriginal and constitutional matters. Under the Appeal Court’s ruling, this issue will instead be dealt with as part of the trial.**

**Rowe noted that hearings on the issue would be extensive and that the losing party would most likely appeal the decision. He said this would delay the start of the trial, which is scheduled for November 2014.**

**“There is a virtue in simplicity. In this case, that means getting to trial where all issues will be dealt with.”**

**Rowe ruled the hearings would unduly delay the trial and amount to “seriously prejudicing the plaintiffs, many of whom are elderly.”**

**The lawsuit involves Labrador Metis, Innu and Inuit students who attended five schools — Yale, Lockwood, Makkovik, Nain and St. Anthony. A statement of claim for the case was initially filed in November 2007, with an amended one filed in April 2012.**

## The 10 Commandments of a Healthy Digestive System

**You can keep your digestive system steady and balanced and avoid many of the rumbling, tumbling, and unpleasant symptoms of indigestion if you follow these 10 commandments:**

1. **Thou shalt chew.** When you slow down and chew your food fully, you avoid swallowing air that can lead to gas, bloating, and nausea.
2. **Thou shalt eat smaller meals.** Eat too much at one sitting and you can put stress on your lower esophageal sphincter (LES), the muscle keeping food from moving back up into your esophagus and causing heartburn. Opt for smaller portions of the most nutritious foods, with an emphasis on fibre from fruits and vegetables and leaner protein.
3. **Thou shalt eat frequently.** Once the smaller meal commandment is adopted, you will need to eat more frequently to ensure that you get all your nutrients. This helps to regulate blood sugars as well. Don't skip meals, and try to give yourself ample time to eat - even when you're at your busiest.
4. **Thou shalt eat plenty of fibre.** Be sure your diet features fibre-rich foods. Insoluble fibre, AKA roughage like the skin on your apple, seeds, and nuts, helps to soak up moisture to soften and bulk up your stool to prevent constipation. And soluble fibre, found in veggies, fruits, beans, and whole grains, is a gooey binding agent that helps to reduce cholesterol. If you find it difficult to get all the fibre you need, there are psyllium fibre products that can help bump up your daily fibre intake.
5. **Thou shalt let gravity do its work.** You may be tempted to take a load off after a big meal. But getting "horizontal" for an after-dinner nap puts gravity at a disadvantage. Stay upright for about 3 hours after eating to let food move down toward your stomach and intestines. If you must tuck into bed after tucking into a big meal, elevate the head of your bed about 15 cm.
6. **Thou shalt know and avoid thy triggers.** Give your digestive system a break from the foods and drinks that seem to cause you the most stomach upset. Some of the most common indigestion triggers include spicy foods, fatty or greasy foods, chocolate, and caffeine. If you do overindulge, there are over-the-counter products available to help ease the discomforts of indigestion.
7. **Thou shalt avoid alcohol.** Like other causes of digestive drama, alcohol is a stomach irritant. Alcohol also weakens the sphincter (valve) at the bottom of the esophagus (the LES) - causing acid to back up or reflux into the esophagus, leading to indigestion.
8. **Thou shalt not smoke.** Smoking weakens the LES, allowing stomach acids to rise up into the esophagus and triggering heartburn. Smokers also suffer higher risk of ulcers and Crohn's disease.
9. **Thou shalt move more.** Activity and movement encourages food to move through your body. Fit in regular exercise to support healthy digestion, prevent constipation, and reduce your risk of colon cancer.
10. **Thou shalt not ignore thy body.** When you feel the urge to "go," go! Your body should not be put on hold because of a busy schedule. Waste material that hangs out in your intestines for too long gets drier and drier and firmer and firmer, so that when you finally get around to going, stool is hard to pass and can lead to straining and, possibly, hemorrhoids.

Article from [www.medbroadcast.com](http://www.medbroadcast.com)

## Depression Symptoms: Not Just Feeling Blue

Depression is not just "feeling blue," nor is it just "in your head." Depression certainly does affect mood: clinical depression involves a depressed mood and/or a loss of interest in or enjoyment from activities on most days, for most of the day for at least 2 weeks. Feelings of sadness, emptiness, hopelessness, or anxiety can occur. However, symptoms of depression may not be limited to your emotions.

You may have heard of behavioural/cognitive depression symptoms. People with these symptoms experience changes in the way they are able to think, concentrate, and remember information. They may have difficulty making decisions, have self-doubt about decisions they've made, or avoid situations in which they must make a decision. They may also exhibit changes in their behaviour, such as avoiding social and work activities. Personal care such as grooming may also decrease.

Some people may experience physical symptoms, which they may think are not related to depression. However, these symptoms are linked to depression. Physical symptoms of depression include:

- problems with sleep: sleeping more than usual or not getting enough sleep
- changes in appetite or weight: a decrease or increase in appetite, or significant weight loss when you're not on a diet, or significant weight gain
- fatigue or decreased energy: feeling lethargic or constantly tired
- unexplained aches and pains: stomach pain, headache, neck and back pain, or muscle aches that have no known physical cause

Traditionally, physical symptoms have not been immediately recognized as being symptoms of depression, leading doctors to delay the recognition and diagnosis of depression. About 50% of people with a depressive episode do not get a diagnosis of depression when they visit their doctor.

However, doctors are increasingly recognizing that physical symptoms are the chief complaint for many people with depression. In fact, a survey involving several countries found that 69% of people with depression reported only physical symptoms as the reason for visiting their doctor.

It's important to let your doctor know of *all* your symptoms so that they can make a proper diagnosis. To learn more about how doctors diagnose depression based on your symptoms, [click here](#). Talking to your doctor is important, since depression is a common and serious condition that may be successfully treated. Your path back to the things you love starts with a diagnosis and treatment plan from your doctor.

Your symptoms of depression are unique to you. Your experience of depression may be very different from the experience of another person with depression. You may have symptoms that are similar, you may experience one type of symptom to a greater degree, or you may have symptoms that another person with depression doesn't have at all. If you think you or a person you know may have depression, use the Depression Symptom Checker, which provides a list of some of the possible symptoms a person with depression might experience.

Remember that only a doctor can make a proper diagnosis of depression based on your symptoms, and then recommend a treatment that will be right for you. Fortunately, there are a variety of treatment options available to treat depression - treatments that work on both the emotional and unpleasant physical symptoms of depression. Talk to your doctor about your symptoms.

Article from [www.seniorshelath@medbroadcast.com](mailto:www.seniorshelath@medbroadcast.com)



## We would like to invite you to the BCCDC's: Interdisciplinary Viral Hepatitis Education Workshop

September 25h & 26th, 2014 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 25, 2014

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



A research and teaching centre affiliated with UBC

**Day 2**

**Date:** Sept 26, 2014

**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.ca](mailto:ellen.leung@bccdc.ca), 604-707-5621 or  
Kathy Kim, [Kathy.kim@bccdc.ca](mailto:Kathy.kim@bccdc.ca), 604-707-5661

**For more information:** Sandi Mitchell, [sandi.mitchell@bccdc.ca](mailto:sandi.mitchell@bccdc.ca) , 604-707-2435.

You can find more information on the BC Centre for Disease Control's website:

[http://www.bccdc.ca/resourcematerials/trainingandevents/Hep\\_Education\\_InterdisciplinaryWorkshop.htm](http://www.bccdc.ca/resourcematerials/trainingandevents/Hep_Education_InterdisciplinaryWorkshop.htm)

## **Federal Court Judges Uphold Tribunal Ruling: Kitselas Decision Stands!**

**UBCIC News release. June 6, 2014**

(Coast Salish Territory/Vancouver BC June 6, 2014). The Federal Court of Appeal yesterday upheld the Specific Claims Tribunal's decision in the Kitselas First Nation claim agreeing that Canada's lawful obligation to protect First Nation villages and settlements existed when reserves were being allotted.

**"We extend our warmest congratulations to the Kitselas and know that this victory is shared by First Nations across BC and Canada," states Williams Lake Indian Band Chief Ann Louie, a member of the UBCIC Specific Claims Working Group. "The Court of Appeal ruling confirms that Canada has judicially enforceable fiduciary duties to protect First Nation villages and settlements. It not only upholds the decision of the Tribunal that Canada's lawful obligation existed when reserves were being allotted, but also upholds the authority and credibility of the Tribunal to continue making final and binding decisions on Canada's long outstanding lawful obligations to First Nations."**

**The Williams Lake Indian Band's village site claim involving issues similar to those in Kitselas was also decided favourably by the Tribunal and is currently under judicial review.**

**"This decision breathes life into the process for resolving specific claims," comments Chief Maureen Chapman, Chair of the UBCIC Specific Claims Working Group. "It should strongly motivate the Minister to get back to the negotiating table with First Nations in BC and resolve these grievances instead of wasting more resources in futile efforts to avoid responsibility for past wrongs. This is a unique opportunity for the Minister to reconsider all those reserve creation era claims that have been rejected, to bring them back to the negotiating table and fulfill Canada's promises for justice at last."**

**The Union of BC Indian Chiefs (UBCIC) led a coalition of interveners in the Kitselas judicial review, recognizing the precedential significance of this case.**

**UBCIC President Grand Chief Stewart Phillip observes, "Despite its public commitment that Tribunal decisions would be final and represent lasting resolution of specific claims, Canada continues to drag First Nations through the courts. This represents an astonishing absence of fairness, integrity and good faith on the part of the Harper Government who promised in 2007 to reinvigorate the claims process with good faith negotiations and an independent tribunal. The courts have now provided clear direction on this, and we urge Prime Minister Harper to pursue a path of reconciliation and get down to the business of resolving these historical grievances."**

**Grand Chief Stewart Phillip adds, "I urge the Harper Government to use this opportunity to re-engage with First Nations to address the past and move on to a better future by restoring adequate funding for claims research and development, properly resourcing claims settlement negotiations and the Tribunal process. In other words, Canada must today accept the responsibility the court says is theirs to fulfil."**

**Canada has 60 days to file leave to appeal to the Supreme Court of Canada.**

**For further comment:**

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

**Chief Ann Louie, Williams Lake Indian Band - 250-296-3507**

**Jody Woods, Research Director - 604-684-0231**

## **Requests for mandatory documents overwhelm hospitals, leave survivors in limbo**

By Martha Troian (CBC News – Monday 09 June 2014)

Thousands of former Indian residential school survivors are still waiting to begin the Independent Assessment Process (IAP) — an out-of-court procedure for those who experienced sexual, physical or other serious abuses at residential schools.

According to the Indian Residential Schools Adjudication Secretariat, which oversees the hearings, the collection of mandatory documents has been identified as the most significant barrier to scheduling more hearings.

more ... <http://www.cbc.ca/news/aboriginal/indian-residential-school-claimants-stalled-by-document-search-1.2662404>

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## **Privacy paramount**

By Dan Shapiro, The Star Phoenix June 30, 2014

<http://www.thestarphoenix.com/Privacy+paramount/9987921/story.html>

### **Re: Bid to destroy papers unwise (SP, June 24)**

Thanks to the excellent work of the Truth and Reconciliation Commission, which has collected more than 7,000 voluntary statements from former students and more than a million other documents related to Indian residential schools, there is no danger of forgetting this shameful episode in Canada's history.

It is etched into our collective consciousness; it would not be possible to wipe the slate clean.

Former students seeking compensation under the Independent Assessment Process (IAP) were assured that intimate details of sexual, physical and emotional abuse provided in confidence would be kept private. Historians and future generations don't need to know the intimate details of every student's suffering in order to document the extent of the abuse.

Claimants bargained for a confidential compensation process, and were promised confidentiality. Many have told us they would not have participated in the assessment process if they knew there was a chance their information might one day become public. Changing the rules now would betray their trust.

Stripping out the personal information from the records is an unworkable solution. Studies show that effective redaction is almost impossible.

Our process will not be complete until 2018. I will propose a mechanism to the courts to help claimants who wish to voluntarily share their stories with the TRC. We must respect the freedom of individual claimants to limit their private information to the compensation process in which they agreed to participate, or to voluntarily choose to share it with the archive.

Dan Shapiro  
Chief Adjudicator Independent Assessment Process

# Joint News Release: First Nations Going to Court United Against Enbridge's Northern Gateway Project

## Federal and provincial governments disregard Indigenous Title and Rights June 17/2014

Today, we unequivocally reject the Harper Government's decision to approve the Enbridge Northern Gateway tanker and pipelines project and First Nations will immediately go to court to vigorously pursue all lawful means to stop the Enbridge project.

We have governed our lands, in accordance to our Indigenous laws, since time immemorial. Our inherent Title and Rights and our legal authority over our respective territories have never been surrendered.

Our inherent rights are human rights constitutionally enshrined, judicially recognized and embodied in international legal instruments including the United Nations' Declaration on the Rights of Indigenous Peoples.

This project, and the federal process to approve it, violated our rights and our laws. We are uniting to defend our lands and waters of our respective territories. Our rights and laws compel us to act.

Enbridge's Northern Gateway tanker and pipeline project exposes all communities from Alberta to the Pacific Coast to the undeniable risk of pipeline and supertanker oil spills. First Nations and the majority of British Columbians believe this project poses an unacceptable risk to the environment, the health, the safety and livelihoods of all peoples throughout this province.

We will defend our territories whatever the costs may be.

Council of the Haida Nation	Carrier Coastal First Nations
Gitanmaax Band Council	St'at'imc Chiefs Council
Gitanyow Hereditary Chiefs	Tahltan Central Council
Gitgaat	Yinka Dene Alliance
Gitxaala	
Gitxsan (Delgamuukw)	BC Assembly of First Nations
Haisla	First Nations Summit
Heiltsuk	Union of BC Indian Chiefs
Kitasoo Xai'xais	
Lax kw'alaams	Media inquiries, please contact:
Metlakatla	Simon Davies, Council of the Haida Nation, 250-559-4468
Nadleh Whut'en	Chief Arnold Clifton, Gitgaat, 778-884-1215
Nak'azdli	Chief Councillor Ellis Ross, Haisla, 250-639-9361
Neskonlith Indian Band	Art Sterritt, Coastal First Nations, 604-868-9110
Office of the Wet'suwet'en	Douglas Neasloss, Kitasoo/Xaixais, 250-839-1255 ext 209
Saikuz First Nation	Chief Garry Reece, Lax kw'alaams, 250-625-3293
Takla Lake	Chief Councillor Marilyn Slett, Heiltsuk Tribal Council, 250-957-2381
Tlazten	Nek't (George Muldoe), Wilp of Delgamuukw, 250-842-6627
Tsetsaut / Skii km Lax Ha	Chief Judy Wilson, Neskonlith Indian Band, 250-320-7738
Tsleil-Waututh Nation	Tribal Chair Terry Teegee, Carrier Sekani Tribal Council, 250-640-3256
Wet'suwet'en First Nation	Grand Chief Edward John, First Nations Summit, 778-772-8218)
Williams Lake Indian Band	Grand Chief Stewart Phillip, Union of BC Indian Chiefs, 250-490-5314
Xatsull	Sarah Thomas, Tsleil-Waututh Nation, 604.358.3371
	Courtney Daws, BC Assembly of First Nations, 604-922-7733

# **OPEN LETTER: BC Teacher's Strike**

**June 18, 2014**

**Honourable Peter Fassbender  
PO BOX 9045  
STN PROV GOVT  
VICTORIA, BC V8W 9E2**

**Fax: 250 387-3200**

## **OPEN LETTER: BC Teacher's Strike**

**Dear Minister Fassbender,**

**We are writing to express our deep concern regarding the full-scale teachers' strike that commenced yesterday, Tuesday June 17. While the media focus and majority of public scrutiny has been directed towards issues such as provincial exam grading, class composition and teachers compensation, First Nations priorities have fallen to the wayside.**

**This strike is especially concerning as First Nations students statistically have a higher rate of special needs than non-First Nations students. Many of these special needs require additional support and resources. A strike effectively means the essential services necessary to bridge the educational gap between First Nations students and non-First Nations students will no longer be provided, and will serve to negate the hard work put in throughout the years so far. This is unacceptable.**

**The Province of BC's failure to continue educational services to its learners has communicated that the significant needs of First Nations students are unimportant, that these services can be interrupted without an explanation and without direct consultation with First Nations communities and leadership.**

**We strongly urge the province to take the necessary steps and immediately find a solution to this strike. The province owes a clear explanation to Indigenous leadership at large and all BC residents, as we all have a stake in the education of our youth.**

**On behalf of the UNION OF BC INDIAN CHIEFS**

**[Original signed]**

**Grand Chief Stewart Phillip  
President**

**Chief Robert Chamberlin  
Vice-President**

**Kukpi7 Judy Wilson  
Secretary-Treasurer**

# ASSEMBLY OF FIRST NATIONS



## BULLETIN Spring/Summer Assemblies

June 2014

*The Assembly of First Nations issues regular updates on work underway at the national office.  
More information can be found at [www.afn.ca](http://www.afn.ca).*

### ***AFN Special Chiefs Assembly – Ottawa, ON, May 27, 2014***

The Assembly of First Nations (AFN) convened a Special Chiefs Assembly Tuesday May 27, 2014 in Ottawa. 263 Chiefs and proxies attended the full-day Assembly, with representation from every region and a total of 512 in attendance.

Chiefs-in-Assembly agreed unanimously to the following statement regarding First Nations education:

*“Canada must withdraw Bill C-33 and engage in an honorable process with First Nations that recognizes and supports regional and local diversity leading to true First Nation control of education based on our responsibilities and inherent Aboriginal and Treaty rights.”*

Chiefs-in-Assembly passed a related resolution directing that: *“the Chiefs in Assembly: Reject Bill C-33: First Nations Control of First Nations Education Act and demand the government withdraw it immediately.”*

The resolution further calls on the Government of Canada to respect the honour of the Crown and negotiate with First Nations to create a new fiscal framework and new fiscal relationship for First Nations education systems and to ensure the \$1.9 billion and 4.5% escalator committed to in the 2014 federal budget be provided immediately to begin closing the gap in funding for First Nations education.

### ***Confederacy of Nations – Monday July 14, 2014***

The AFN Executive has called for a Confederacy of Nations Meeting that will take place on Monday July 14, 2014 in Halifax, Nova Scotia prior to the Annual General Assembly. The AFN has requested that each region confirm their list of delegates, pursuant to AFN Charter Article 13.2. This is the first meeting of the Confederacy of Nations in over a decade.

The Confederacy of Nations is composed of representatives from each region, on the basis of one representative per region, plus one for each 10,000 First Nation citizens of that region. According to the AFN Charter, each region must elect or appoint representatives at a meeting convened for that purpose.

The number of delegates per region has been confirmed as follows:

## Confederacy of Nations Delegates

Province	Off-Reserve	On-Reserve	Total	Confederacy of Nations Votes		
				1 Per Region	1 Per 10,000	Total
NB/PEI	6,396	9,858	16,254	1	2	3
NS/NFLD	31,995	13,224	45,219	1	5	6
QC	27,479	54,846	82,325	1	9	10
ON	106,192	93,115	199,307	1	20	21
MB	58,745	88,213	146,958	1	15	16
SK	73,893	70,654	144,547	1	15	16
AB	44,660	72,620	117,280	1	12	13
BC	76,219	62,233	138,452	1	14	15
YT	5,101	3,990	9,091	1	1	2
NT	6,141	12,304	18,445	1	2	3
	436,821	481,057	917,878	10	95	105

Source: Indian Register, AANDC - as of December 31, 2013

The Confederacy of Nations is a body within the AFN defined in the AFN Charter as “the governing body between assemblies of the First Nations-in-Assembly” and accountable to Chiefs-in-Assembly. For more information please visit [www.afn.ca](http://www.afn.ca) or directly at <http://www.afn.ca/index.php/en/about-afn/the-assembly-of-first-nations-confederacy-of-nations-about>

More information about the Confederacy of Nations meeting, including topics for discussion, will be available in the coming weeks.

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### ***Annual General Assembly – July 15-17, 2014 – Halifax***

The 35<sup>th</sup> AFN Annual General Assembly will take place in beautiful Mi'kmaw territory in Halifax, Nova Scotia from July 15-17. First Nation Chiefs, Elders and youth will gather under the theme “Together as Nations: Educate, Empower, Enlighten” to determine a path forward to address key priorities based on First Nations rights, Treaties, title and jurisdiction, guided by the vision of safe, healthy and thriving communities.

Chiefs-in-Assembly will determine the timing of the election for National Chief and reflect on AFN structure, discuss strategy to achieve First Nations control of First Nations education, and action in key priority areas, including ending violence against Indigenous women and girls, continued support for former students of residential schools, health-related priorities including non-insured health benefits, sustainable energy and natural resources development, and protecting and advancing rights. A provisional draft agenda is available on the AFN website at [www.afn.ca](http://www.afn.ca) or directly at [http://www.afn.ca/uploads/files/14-06-12\\_aqa\\_provisional\\_draft\\_agenda\\_fe2.pdf](http://www.afn.ca/uploads/files/14-06-12_aqa_provisional_draft_agenda_fe2.pdf)

The Host Committee for the 2014 AGA is organizing a number of exciting cultural activities and special events during the AGA. For more information please visit [www.afn.ca](http://www.afn.ca) or <http://www.afn.ca/index.php/en/the-35th-annual-general-assembly>.



# FIRST NATIONS SUMMIT

## NEWS RELEASE

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**FOR IMMEDIATE RELEASE:**  
**JUNE 26, 2014**

### **First Nations Summit Celebrates Supreme Court of Canada's Declaration of Tsilhqot'in Title**

**(Coast Salish Territories/Vancouver)** The First Nations Summit (FNS) celebrates with the Tsilhqot'in people, and all other First Nations in Canada, on this historic day as the Supreme Court of Canada has finally issued the very first declaration of Aboriginal title in the unanimous SCC decision in the William case released earlier today.

"We have waited a very long time for this day. First Nations have been fighting on the land, in the boardrooms and in the courts for countless years seeking the meaningful recognition of our inherent rights to our lands, as guaranteed by the Constitution of Canada", stated Grand Chief Edward of the FNS political executive. "The Tsilhqot'in people have demonstrated great courage and resolve in advancing this case for so many years and we thank them for that. We celebrate with them today and honour them for their tremendous perseverance."

"The SCC has shown courage in issuing a declaration on Tsilhqot'in title. We are pleased the Court did not succumb to the fear-mongering advanced by the Provinces and industry groups. Instead, the Court has given a solid, considered decision based on the Constitution and precedent case law", added Cheryl Casimer, also from the FNS political executive. "It's a joyous day for Canada and for Indigenous peoples. The SCC decision is a measure of justice and a great step forward in reconciliation."

The Tsilhqot'in began their journey 25 years ago. A whole generation has grown up in this time. The William case, named for Chief Roger William of the Xeni Gwet'in First Nation, is one of the most significant cases ever brought before the SCC. After 339 days at trial, millions of dollars paid in legal fees, a nearly 500-page trial decision and two appeals, the SCC has finally given the final word by confirming that Aboriginal title is real and that there is real meaning to the recognition and protection of Aboriginal rights in section 35 of the Constitution Act. The First Nations Summit was one of thirteen groups intervening in support of the Tsilhqot'in in this important case.

"Now we can get on with the hard work of true reconciliation," stated Robert Phillips, political executive member of the First Nations Summit. "The landmark decision confirms that *'Governments are under a legal duty to negotiate in good faith'* with First Nations. The decision puts to rest at last the Crown's impoverished view that Aboriginal title only exists in small spots and includes no substantive

rights of jurisdiction. Now there is truly a clearer path forward for the negotiation of fair, just and equitable treaties and agreements in British Columbia.”

“First Nations have a desire to achieve reconciliation with the Crown through honourable negotiations and partnerships. We seek respectful and principled co-existence, where our identities as pre-existing societies with land and governance rights is respected in both law and practice. Respect for and recognition of Indigenous human rights is fundamental to achieve reconciliation. We believe there is a strong, principled framework for engagement already set out in both Canadian and international law. It is just a matter of getting on with it”, concluded Chief John.

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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](http://www.fns.bc.ca).*

For further information:  
Colin Braker, Communications Director  
First Nations Summit  
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**ASSEMBLY OF FIRST NATIONS  
PRESS RELEASE/COMMUNIQUÉ  
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June 26, 2014

**Assembly of First Nations congratulates Tsilhqot'in National Government on Landmark Legal Victory at Supreme Court of Canada. Calls on Federal Government to Work with First Nations on New Approaches to Support Real Reconciliation with First Nations**

(Ottawa, ON) – The Assembly of First Nations (AFN) today commented on the Supreme Court of Canada's landmark decision in *William v. Canada*, a case dealing with the nature and scope of Aboriginal title and governance over Aboriginal title lands. The Tsilhqot'in Nation took the case to the country's highest court to defend their title and rights to their traditional territories in the central interior of British Columbia seeking a declaration of Aboriginal title.

In a unanimous decision written by Chief Justice Beverly McLachlin, the Court upheld the trial judge's findings that the Tsilhqot'in had proven Aboriginal title to approximately 200,000 hectares of land and went further than the trial judge by overturning the court of appeal and actually granting a declaration of Aboriginal title. This is the first time a declaration of Aboriginal title has ever been granted by a Canadian court.

AFN spokesperson and Regional Chief for Quebec/Labrador Ghislain Picard said, "On behalf of the First Nations across the country, we extend our congratulations and convey our gratitude to Chief Roger William, the Xeni Gwet'in and the Tsilhqot'in National Government for their leadership and determination in bringing this case forward and taking on this challenge over the past 25 years. This is truly a landmark decision that compels us all to embark on a new course. The court has clearly sent a message that the Crown must take Aboriginal title seriously and reconcile with First Nations honourably. This decision will no doubt go down in history as one of the most important and far reaching ever rendered by the Supreme Court of Canada."

AFN Regional Chief of British Columbia Jody Wilson-Raybould stated, "This decision means we now have the opportunity to settle, once and for all, the so-called 'Indian land question' in B.C. and elsewhere in Canada where Aboriginal title exists through good faith negotiations. But in the short term, this decision will expose for all Canadians just how ineffective and limited the current mechanisms are for Canada to actually reconcile with First Nations when the Crown is required to do so. It is essential that the federal government coordinate its efforts and develop a broad reconciliation framework, which includes scrapping the existing comprehensive claims policies, overhauling the broken B.C. treaty making process and developing new and appropriate mechanisms to support reconciliation including self-government recognition legislation. This decision is the wake-up call the government needs and the Prime Minister must now take seriously First Nations' solutions and proposals aimed at reconciliation. With leadership, our country can and will move forward from its colonial past towards a new spirit of cooperation

based on respect and understanding and where First Nations become full partners in confederation.”

The *William* case arose from what was initially the Xeni Gwet'in and Tsilhqot'in Nation's response to logging activities within their territory more than two decades ago, when the Nation engaged in direct action and commenced legal proceedings to protect their title and rights. In November 2007, Justice Vickers of the B.C. Supreme Court found that the Tsilhqot'in had proven Aboriginal title to approximately 200,000 square hectares of land (representing approximately half of the Tsilhqot'in traditional territory claimed in the suit) in and around the remote Nemiah Valley, south-west of Williams Lake, B.C.. Vickers, however, failed to grant an actual declaration of Aboriginal title based on issues he had with the pleadings. At the B.C. Court of Appeal, the court would also not grant a declaration of Aboriginal title but went further in saying that the trial judge had overreached in determining the extent of Tsilhqot'in title lands and that if a declaration could be granted it would only be for “specific sites”. On September 24, 2012, Roger William and the Tsilhqot'in Nation sought leave to appeal the B.C. Court of Appeal's decision, which was granted by the Supreme Court of Canada and heard on November 7, 2013. AFN was granted status as an intervenor at the Supreme Court of Canada hearing in support of the Tsilhqot'in Nation.

The Assembly of First Nations is the national organization representing First Nations citizens in Canada. Follow AFN on Twitter @AFN\_Comms, @AFN\_Updates.

-30-

Contact information:

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## **SKIN CANCER What Can I Do to Reduce My Risk?** From [www.cdc.gov](http://www.cdc.gov)

Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the beach. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow. *Indoor tanning* (using a tanning bed, booth, or sunlamp to get tan) exposes users to UV radiation.

The hours between 10 a.m. and 4 p.m. Daylight Saving Time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure outdoors in the continental United States. UV rays from sunlight are the greatest during the late spring and early summer in North America.

CDC recommends easy options for protection from UV radiation—

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
- Avoid indoor tanning.

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### **SPEEDING TICKET**

So there was this female business executive who was late for a meeting.  
She is going 65 on a street where the speed limit is 40.

A cop pulls her over and says “ma’am, can I please see your license?”

She says “I’m sorry, officer, but I got it revoked two years ago for drunk driving.”  
His brow furrows and he straightens up. “Well, can I please see the registration of your car?”

She says “I stole the car and I killed the driver; he’s in the trunk.”  
“Ma’am, DON’T MOVE, I’m calling for backup.”

He mutters furiously into his walkie-talkie...  
Five minutes later, half the squad pulls up, the Chief of Police walks over to the woman’s window.

“Ma’am, can I see your license?” he asks sternly.  
“Of course, officer,” she smiles demurely and pulls out a license from her purse.

He squints warily at it. “This looks legitimate,” he mumbles.

“Can I see the registration to this car?”  
She pulls it out of the glove compartment and hands it to him.

“Ma’am, stand back!”  
He bangs open the trunk of the car and flinches: but it was completely empty...

The woman brandishes a finger at the first cop and says accusingly,  
“And I’ll bet that liar told you I was speeding too!!”

## SENIOR JOKES FROM [www.greatclenjokes.com](http://www.greatclenjokes.com)

### Memory

"My memory is gone Mildred, so I changed my password to "Incorrect." That way when I log in with the wrong password, the computer will tell me..."Your password is incorrect."

### The Internet What's That?

"C'mon Ma you have got to try it" I pleaded to my elderly Mother. I don't know how my Mother lasted this long without ever using the internet, but enough was enough! I thought.

"Ok" she said reluctantly settling down by the computer and slowly putting on her reading glasses "what do I do now?"

"Now I'm going to open the home page of google", I explained. "OK here it is! Now type in ANY question you want into the bar over here and you will find an answer to your question." I confidently assured her.

My Mother looked at me warily, thought for a second, and slowly began to type, How is Gertrude doing this morning?

### Exercise

At the urging of Harry's wife and doctor, 50 year old Harry finally made it to the gym. After consulting with one of the trainers, Harry decided to try out a steep treadmill. "Ok", said the trainer "I'm going to set it for ten minutes, if you want to go longer just press start again."

At first Harry was doing fine but after 5 seconds he started getting tired, and after a minute he jumped off gasping for breath. Walking to the side to sit down, he passed by a friend of his. "Man", said Harry. "I could barely last a full minute on that treadmill." "Alright alright", said his buddy, "no reason to brag!"

### LOL

John angrily looked at the text he had just received from his Mom.

It read: "Professor called to say you failed the course. LOL. Mom. "

How could he have failed?! ... And all his Mom has to say is that she's Laughing Out Loud?!

Fed up, he text-ed his Mom: "What was up with the LOL?" his text said.

"I just wanted to send you Lot's Of Love because I know how disappointed you must be."

### "The Old Days"

A grandpa was telling his young grandson what life was like when he was a boy.

"In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"

### "Hearing Better Now"

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was. The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

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[bcelders@telus.net](mailto:bcelders@telus.net)**

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

**QUOTES**

“Love is patient, Love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no records of wrongs...  
1 Corinthians 13: 4-5

“Disappointment is often the salt of life.” Theodore Parker

“Contentment is accepting the world as an imperfect place.”

“Blessed is the man who finds wisdom, the man who gains understanding, for he is more profitable than silver and yields better returns than gold.” Proverbs 3: 13-15

“A good deed is never lost. He who sows courtesy reaps friendship, and he who plants kindness gathers love.” Unknown

“Learn to get in touch with the inner silence within yourself and know that everything in this life has a purpose.” E. Kubler-Ross

“The two best physicians of them all - Dr. Laughter and Dr. Sleep.” Gregory Dean, Physician

“If you put a small value on yourself, you can be sure that the world will not raise your price.” Unknown

“The best thinking has been done in solitude. The worst has been done in turmoil.” Thomas Edison

**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-feely kind of person. Needs love from others. Easily hurt, but sympathetic.

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

**ANNUAL BC ELDERS GATHERING INFO CORNER**

**The 38th Annual Elders Gathering**

**July 7, 8, and 9th 2014**

**Trade And Convention Centre**

**Penticton, BC**

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