

ATTENTION: Elders Contact People
Please Remember To Make Copies of the
EV Each Month For Your Elders AND If
You Could Also Make Copies For Your
Chief & Council and Board of Directors That Would Be A Great Help Here!

HAPPY BIRTHDAY TO ALL ELDERS BORN IN JUNE!

FEES ARE DOWN!

Support Fee Invoices Went Out With The November Issues Of The EV
For The 2012 Year And Are Due Now.
Please Do All You Can To Help This Office
To Keep Operating For All The Elders of BC.

ANNOUNCEMENT: The Department of Indian and Northern Affairs
(Fed.) and the Ministry of Aboriginal Relations and Reconciliation (BC)
have both been unable to extend any financial support for this Elder's
Office again this year.

For those of you who have not helped with the fee so far this year, could
you please bring the list on pg. 3 of this issue to your Chief and Council,
your Board of Directors, Band Manager, etc. and let them know that this
office has no funding that comes in from INAC like bands do, and we
really need help from the monies that each band gets yearly for the eld-
ers. \$250 shouldn't be too tough to put on the books once a year in order
for the Elders of BC to keep their communications office running.

The 36th Annual BC Elders Gathering is to be hosted by
Sto:lo Nations and Tsawwassen First Nation,
In Abbotsford at the TRADEX Centre (as is 2011)
July 10-12, 2012.

CONTACT INFORMATION IS ON PAGE 5 OF THIS ISSUE



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Easy Bakers Corner – Fried Bannock from Conayt Friendship Society

Combine 5 cups all purpose flour, 2 1/2 tsp. salt, 5 tsp. baking powder, 5 tsp. of granulated sugar in a large mixing bowl. Add 2 1/2 cups of cold water and stir until moist, then mix with hands until earlobe consistency. Let rise for 5 minutes. Flatten - 2 inch ball sized dough in palms and put 2 little holes in the centre. Fry in 1/4 inch of oil until brown and flip to cook other side.

VARIATIONS

Raisin Bannock:

Add 1 tsp. of cinnamon and 1/4 cup of raisins to dry ingredients then follow the regular directions.

Whole Wheat Bannock:

Use 4 3/4 cups of whole wheat flour instead of 5 cups of all-purpose flour then follow the regular directions.

Handy Tips: From Dr. Oz Myths or Truth

1. Spicy foods don't cause ulcers.
2. Eating fat doesn't make you fat.
3. Exercise on an empty stomach doesn't burn more fat/calories.
4. It is not harder for women to loose weight than men.
5. All calories are not equals.

What Can you please share?

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

Gilakasla, Donna Stirling

'PRESERVING THE PAST'

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

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

Disclaimer:

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

BCECCS 11th Year GRATITUDE LIST

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

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

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. TAHLTAN BAND COUNCIL
2. Mr. Graham Cope

FROG LEVEL - \$750

1. Lhoosk'uz Dene Nation

SISIUTL LEVEL - \$500

1. Vancouver Aboriginal Friendship Centre
2. We Wai Kai First Nation
3. Lower Kootenay Band

HUMMINGBIRD LEVEL - \$250

1. Gingolx Elders Group
2. We Wai Kum First Nation
3. Musquem Indian Band
4. St. Mary's Indian Band
5. Osoyoos Indian Band
6. Tsawwassen First Nation
7. Squiala First Nation
8. Akisqnuk First Nation
9. Da'naxda'xw First Nation
10. Hailika'as Heiltsuk Health Centre
11. Indian Residential School Survivors Society
12. Laich-kwil-tach Treaty Society
13. Coldwater Indian Band
14. Qualicum First Nation
15. Xaxli'p Indian Band
16. Bridge River Indian Band
17. Quatsino Band
18. Osoyoos Indian Band
19. Klulx Klulx Hu-up

22. Tsleil-Waututh Nation
23. Lytton First Nation
24. Chawathil Elders
25. Doig River First Nation
26. BC Assembly of First Nations
27. Kamloops Indian Band
28. Williams Lake Indian Band
29. Hailika'as Heiltsuk Health Centre
30. Adams Lake Indian Band
31. Carnegie Community Centre
32. SIMPCW First Nation
33. Ts'kw'aylaxw Elders
34. Mount Currie Band Council
35. Shxw'ow'hamel First Nation
36. Nicomen Indian Band
37. McLeod Lake Tse'khene Elders Society
- 38.

First Nations and Urban Aboriginal Early Childhood Development Reinvestment Initiative

2012-2013 Funding Opportunities for BC First Nations, Urban Aboriginal and Métis Early Childhood Development Programs and Projects

The First Nations and Urban Aboriginal Early Childhood Development Steering Committee is pleased to announce the release of its 2012-2013 Call for Applications for Community Early Childhood Development Projects/Programs servicing BC First Nations, Urban Aboriginal and Métis children, zero to six years of age. Two funding streams have been identified for the 2012 – 2013 fiscal year:

- Language and Culture (up to \$25,000)
- Service Improvements and Quality (up to \$25,000)

Please click [here](#) to view the Press Release from the First Nations and Urban Aboriginal Early Childhood Development Steering Committee or visit our website www.fnuaecdsc.ca to access all necessary information and documents including the Calls for Applications, Application Forms and our 2012-2013 Information Package. The deadline for applications for both funding streams is June 20, 2012.

Contact Us If you have any questions or require any further information regarding our 2012-2013 funding opportunities please contact our Project Office at (250) 590-5691 toll-free at 1-888-480-3931 or by email at coordinator@bcaafc.com.

NEWS RELEASE

FOR IMMEDIATE RELEASE

May 23, 2011

POISON PREVENTION IS FOCUS OF SAFE KIDS WEEK CANADA

VICTORIA - Poisoning is the 4th leading cause of injury death and permanent total disability for Canadians of all ages. But children are most at risk, with an estimated half of all poison exposures occurring among children younger than five.

That's why the theme for this year's Safe Kids Week Canada (May 28th – June 3rd) is "Out of Sight and Locked up Tight."

Did you know that medication is the leading cause of poisoning in children? Small amounts of adult medication can be fatal to a child. You can dispose of your medications safely by returning them free-of-charge to any pharmacy.

Other causes of poisonings are household cleaners and personal care products that were not safely stored or were taken out of their original containers. Check with your local recycling facility to find out where you can safely dispose of hazardous household waste.

"By removing expired and unneeded medications and hazardous product you will be making your home safer for everyone. However, dumping the product into the toilet or the garbage is not good for the environment we share and the ensuing contamination may eventually be bad for everyone's health," says Dr. Richard Stanwick, VIHA's Chief Medical Health Officer "We hope that by highlighting this issue, the public will become aware of where and how to safely dispose of hazardous waste."

Safe Kids Canada's mission is to lead and inspire a culture of safety across the country in order to reduce unintentional injuries, the leading cause of death among children and youth in Canada. For more information:

<http://www.safekidscanada.ca/professionals/programs/skw/safe-kids-week-2012.aspx>

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Media Contact: Shannon Marshall, VIHA Communications 250-361-7685 shannon.marshall@viha.ca

Stevens and Company Law



Sam Stevens, Barrister & Solicitor

The dedicated staff, at Stevens and Company, offers help in submitting Residential School Claims to the Independent Assessment Process (IAP). If you, your family member, or other members of your community would like more information, please call our office.

Our toll free number is: 1-877-248-8220.

Time is running out, to submit a claim.

The deadline for claims is September 19, 2012.

Visit our website at:

<http://www.stevensandcompanylaw.com>

The contacts for the 36 Annual BC Elders Gathering are:

Rick Quipp, Co-Chair PH: 604-798-5574
Diane McElhinney, Co-Chair PH: 253-886-2675
Millie Silver, Elder Chair, PH: 604-852-4159

Registrations for Elders, Elder Support persons,
and Groups of Elders are to go to:

Melanie Williams
c/o Tzeachten First Nation Governance Office
Unit 29 – 6014 Vedder Road
Chilliwack, BC V2R 5M4
FAX: 604-846-4889
PH: 604-846-4888

Arts & Craft Vendor Registrations are to go to:

Rick Quipp
c/o Cheam First Nation
52130 Old Yale Road
Rosedale, BC V0X 1X0
FAX: 604-794-7456
PH: 604-798-5574

Aboriginal Suicide & Trauma Prevention and Intervention Strategies

Plan to Attend!

Aboriginal Suicide and Trauma Prevention & Intervention Strategies: What is Working, What is Hopeful

August 22 – 24, 2012

Ramada Victoria Hotel

Victoria, British Columbia

Dear Colleague,

You are invited to attend this upcoming 2012 Education & Health Regional Forum! Our exciting event offers the following Pre-Forum Workshops and Forum topics:

PRE-FORUM WORKSHOPS (August 22, 2012)

1. Healing Complex Trauma Thru The Medicine Wheel

2. Understanding Children's Behaviors Through An Attachment Perspective – Focusing On Using the Circle of Security

FORUM 2 days (August 23 – 24, 2012)

- **Understanding the Legacy of the Residential School System – Suicide and Trauma**
- **Bullying, Cyber Bullying: Self-Esteem, Stress & School Violence**
- **Healing Aboriginal Youth At Risk**
- **The Community is the Medicine**
- **Healing the Soul Wound - Responding to Grief and Trauma**
- **Healing Intergenerational Trauma**

Please visit our website for additional details and registration information –

www.aboriginaltrainingandconsultingservices.com. You can also call or email us (1-888-683-7711, rebecca@rebeccamarinos.com).

We hope to see you in Victoria.

Sincerely,

Rebecca Marinos

Management Team

What a Card! from www.rd.com

Father's Day was near when I brought my three-year-old son, Tyler, to the card store. Inside, I showed him the cards for dads and told him to pick one.

When I looked back, Tyler was picking up one card after another, opening them up and quickly shoving them back into slots, every which way. "Tyler, what are you doing?" I asked. "Haven't you found a nice card for Daddy yet?"

"No," he replied. "I'm looking for one with money in it."



Public Service Announcement

FOR IMMEDIATE RELEASE

May 9, 2012

TICK TALK

With the arrival of warmer weather, many of us will be heading into the outdoors to enjoy hiking, camping and other recreational activities. If you're spending time in tall grass, brush or wooded areas, you may be exposed to insect or tick bites. Ticks are tiny arachnids that feed on the blood of humans and animals and in very rare cases, can transmit disease-causing bacteria. While less than 1% of ticks in BC carry the bacteria that can cause Lyme disease, the condition can be serious for those infected. "There are a number of precautions you can take to protect yourself against tick bites," says Dr. Murray Fyfe, Medical Health Officer for the Vancouver Island Health Authority (VIHA). "First, make sure you're covered-up; wear light-coloured clothes including a long-sleeved shirt that you can tuck into your pants and then tuck your pants into your boots or socks."

Other steps you can take to protect yourself against tick and insect bites:

- **Walk on cleared trails wherever possible.**
- **Apply insect repellent containing DEET on all uncovered skin and reapply as directed.**
- **Carefully check clothing, scalp (whether wearing a hat or not) and any exposed skin when leaving an area where ticks might live.**
- **Regularly check pets for ticks.**

"Lyme disease is uncommon on Vancouver Island," adds Dr. Fyfe. "A small number of cases may be diagnosed in any given year, with the last case being reported in 2009. The disease can be serious however, so it's worth taking steps to avoid being bitten."

Ticks are easiest to spot when they are actually sucking blood. The feeding tick's mouth will be under the skin, but the rest of it (which is blue-grey in colour) will be visible. A tick should be removed carefully, without crushing it.

To find out more about ticks or what to do if you find one:

Healthlink BC: <http://www.healthlinkbc.ca/healthfiles/hfile01.stm>

BCCDC Lyme Disease information: http://www.bccdc.ca/dis-cond/a-z/_1/LymeDisease/default.htm

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Media Contact:

Shannon Marshall, 250-361-7685 shannon.marshall@viha.ca



UNION OF BC INDIAN CHIEFS NEWS RELEASE

UBCIC Vice-President, Chief Bob Chamberlin Presenting to Senate Committee on Bill S-8

Media Advisory. May 9, 2012

(Coast Salish Territory/Vancouver, BC – May 9, 2012) This afternoon, Chief Bob Chamberlin, Vice-President of the Union of BC Indian Chiefs, will make a formal presentation to the Senate Standing Committee on Aboriginal Peoples regarding Bill S-8, Safe Drinking Water for First Nations Act.

The UBCIC is extremely concerned that Bill S-8 does not incorporate UBCIC's earlier recommendations which emphasized that a solution to ensure safety of drinking water must be developed in a joint process driven by all First Nation communities and that respects our constitutionally protected Aboriginal Title, Rights, and Treaty Rights; be adequately funded for success; be based on recommendations from the Expert Panel on Safe Drinking Water; and adhere to principles in the United Nations Declaration on the Rights of Indigenous Peoples. As currently drafted, Bill S-8 will not guarantee First Nations safe drinking water.

The committee proceedings can be viewed via webcast at http://www.parl.gc.ca/SenCommitteeBusiness/CommitteeMeetingSchedule.aspx?parl=41&ses=1&Language=E&comm_id=1

Chief Chamberlin will present after 3:45 pm (Pacific).

His presentation will be an update of the UBCIC submission on Bill S-11 presented in February 2011 which is available at http://www.ubcic.bc.ca/files/PDF/UBCICSubmissiontoSenate_S11_020911.pdf.

Media inquiries:

Chief Bob Chamberlin, Union of BC Indian Chiefs Phone: (778) 988-9282

'Dead' man wakes up at funeral Associated Press, Updated: May 12, 2012 9:11 AM

LUXOR, Egypt - The funeral of a 28 year-old waiter in southern Egypt turned into a celebration when he woke up after being declared dead.

Hospital officials had pronounced dead Hamdi Hafez al-Nubi, who came from the village of Naga al-Simman in the southern province of Luxor, after he suffered a heart attack while working.

His family says grieving relatives took him home and, according to Islamic tradition, washed his body and prepared him for burial Friday evening.

A doctor sent to sign the death certificate found it strange that his body was warm. At closer observation she discovered he was still alive.

His mother fainted upon hearing the good news.

With the doctor's assistance, both al-Nubi and his mother were awakened and soon were celebrating with guests.

Harper Government Continues Unrelenting Assault Against Aboriginal Title, Rights & Treaty Rights

News Release. May 1, 2012

(Coast Salish Territory/Vancouver-Canada, May 1, 2012) On April 26, 2012 the Federal Government introduced Bill C-38, the Budget Implementation Act to the House which proposes to drastically weaken the Canadian Environmental Assessment Act, the Fisheries Act and other important legislation which work together to safeguard and protect the environment.

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs, stated "It is clear that Harper's agenda and priorities are the fast-tracking of resource development projects such as the Northern Gateway Enbridge project, expansion of the Kinder-Morgan pipeline and the Taseko Mines Ltd's New Prosperity Mine at the expense of the surrounding watersheds. It is simply repugnant and reprehensible for the Harper Government to shamelessly pander to industry in what should be independent processes and ultimately hold a veto or grant their industry cronies a second chance for any project if an independent review panel conclusions are not the desired conclusions"

"This bill and its erosion of environmental protections represent a blatant dismissal of Aboriginal Title, Rights and Treaty Rights resulting in greater uncertainty for industry investments. The Harper Government cannot legislate itself out of its duties to consult and accommodate Aboriginal Title, Rights and Treaty Rights," said Grand Chief Phillip. "Removing and weakening these environmental laws will only create greater political unity and solidarity on the ground as more and more British Columbians realize that once corporate third party interests are granted or expanded; those industry interests are protected at the expense of the environmental values that we all share to the great detriment of all future generations."

FOR MORE INFORMATION CONTACT:

Grand Chief Stewart Phillip, (250) 490-5314

Helping your father from www.ahajokes.com

A clergyman walking down a country lane and sees a young farmer struggling to load hay back onto a cart after it had fallen off.

"You look hot, my son," said the cleric. "why don't you rest a moment, and I'll give you a hand."

"No thanks," said the young man.

"My father wouldn't like it."

"Don't be silly," the minister said.

"Everyone is entitled to a break. Come and have a drink of water."

Again the young man protested that his father would be upset. Losing his patience, the clergyman said, "Your father must be a real slave driver. Tell me where I can find him and I'll give him a piece of my mind!"

"Well," replied the young farmer, "he's under the load of hay."



interim First Nations Health Authority
Vancouver Island Health Authority
First Nations Health Council

FOR IMMEDIATE RELEASE

May 15, 2012

FNHA2012-VIPA01

**Vancouver Island Partnership Accord offers integrated,
culturally competent and effective First Nations health plan**

COAST SALISH TERRITORY (Vancouver, BC) - The Vancouver Island Regional Health Caucus of the First Nations Health Council and Vancouver Island Health Authority (VIHA) have announced signing of the Vancouver Island Partnership Accord, signifying the strength of the working relationship in support of health improvements for Island First Nations and all Island residents. The signing took place on the evening of May 14, 2012 in a cultural ceremony during the fifth annual provincial *Gathering Wisdom for a Shared Journey* forum.

“This is a very important moment for Vancouver Island First Nations partnering with VIHA to provide improved health outcomes for our people,” said Cliff Atleo of the Vancouver Island Regional Health Caucus. “The steps we are collectively taking as First Nations and non-First Nations together are creating new relationships, partnerships, health services, and a shift to prevention and wellness from dealing with sickness only. When we work together we find that we can overcome any adversity and are all stronger.”

This agreement paves the way for the creation of a more integrated, culturally appropriate, safe, and effective health system. Building on the pillar of reciprocal accountability, the Accord commits the parties to work together to achieve shared decision making and increase the influence of First Nations in decisions relating to health services delivered within the Vancouver Island Region. It also sets out a mutual commitment to improve the well-being of all First Nations people living in the Vancouver Island region regardless of Nationhood, status, and location.

“VIHA is committed to providing health services that are more integrated and that meet the unique cultural and geographical needs of all Aboriginal people,” said Howard Waldner, VIHA President and CEO. “We are proud to be a part of this partnership and we look forward to working with the First Nations Health Council and the *interim* First Nations Health Authority to improve the health status of First Nations people, as well as all residents of Vancouver Island.”

New joint activities between the Vancouver Island Caucus and VIHA under the Accord will include the development of measurable success indicators to accurately gauge progress and a review of VIHA’s Aboriginal Health Plan and First Nations Community Health and Wellness Plans to achieve better coordination.

“This Partnership Accord is another positive step in Vancouver Island First Nations taking a hold of and creating a more effective health system,” said Shana Manson, Vancouver Island Regional Health Caucus Representative. “Our growing partnership with VIHA will lead to great changes in the quality and level of health care delivered to our First Nations communities but also to all Island residents improving the quality of life across the board - *Lahalawuts'aat*.”

The Accord builds on several key documents and agreements to date, including **the *Transformative Change Accord: First Nations Health Plan, Tripartite First Nations Health Plan, Consensus Paper 2011: British***

Columbia First Nations Perspectives on a New Health Governance Arrangement, British Columbia Tripartite Framework Agreement on First Nation Health Governance, and VIHA's 2012 Aboriginal Health Plan.

“Improving health outcomes for Aboriginal people is one of VIHA’s strategic priorities,” said Don Hubbard, VIHA Board Chair. “The signing of the Partnership Accord strengthens the ongoing relationship between VIHA, the Vancouver Island Regional Health Caucus, and *interim* First Nation Health Authority and increases partnership and collaboration related to health services for First Nations people living in communities across Vancouver Island.”

The Vancouver Island Health Authority provides health services to over 750,000 people across an area of approximately 56,000 square kilometres, including Vancouver Island, the Gulf and Discovery Islands and part of the mainland adjacent to northern Vancouver Island.

The Vancouver Island Regional Health Caucus of the First Nations Health Council is composed and representative of Vancouver Island First Nations and serves as the regional planning and engagement forum for First Nations health in the region through the *interim* First Nations Health Authority.

A high resolution photo is available upon request.

Background Documents:

The Transformative Change Accord: First Nations Health Plan (2006)

The Tripartite First Nations Health Plan (2007)

The Consensus Paper: British Columbia First Nations Perspectives on a new Health Governance Arrangement (2011)

British Columbia Tripartite Framework Agreement on First Nation Health Governance (2011)

The Vancouver Island Health Authority’s Aboriginal Health Plan (2012)

Connect with us:

First Nations Health Authority: www.fnhc.ca

Vancouver Island Health Authority: www.viha.ca

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From www.rd.com

No. 1 on Our List — Literally! My father was completely lost in the kitchen and never ate unless someone prepared a meal for him. When Mother was ill, however, he volunteered to go to the supermarket for her. She sent him off with a carefully numbered list of seven items.

Dad returned shortly, very proud of himself, and proceeded to unpack the grocery bags. He had one bag of sugar, two dozen eggs, three hams, four boxes of detergent, five boxes of crackers, six eggplants, and seven green peppers.

Vancouver Island Treaties Conference raises awareness of First Nations rights

NANAIMO -- The conference on the pre-confederation treaties of Vancouver Island co-hosted by Vancouver Island University (VIU) and Snuneymuxw First Nation was a spectacular success for VIU, Snuneymuxw First Nation and the larger community.

With more than 300 participants, the sold-out conference attracted large delegations from each of the Vancouver Island Treaty First Nations, students, leading scholars and legal experts, representatives from industry, and all levels of government and members of the general public.

“The conference was successful in promoting greater awareness of the treaties. The responsibility for implementing the Vancouver Island Treaties rests with all of us, and especially with VIU to continue to foster and promote education and understanding,” said Dr. Ralph Nilson, President of VIU.

The conference featured presentations and panel discussions on a range of topics related to the Vancouver Island Treaties. Through these discussions, participants were able to explore these living Treaties and how they shape our relationships to the land and to each other. A strong consensus emerged that society cannot dismiss the Vancouver Island Treaties as irrelevant agreements on land and hunting and fishing rights only.

“The Douglas Treaties recognize our title, way of life, economy, culture, but most of all, our laws,” said Chief Douglas White. “They are a powerful tool. The courts have confirmed that the province has no jurisdiction to interfere with Douglas treaty rights. This creates a space for indigenous and federal crown jurisdictions to work collaboratively in making decisions about how land and resources will be used,” Chief White said.

For more information on the conference and discussions please contact:

Chief Douglas White III Kwulasultun
Snuneymuxw First Nation
250.740.2300
dougwhite@gmail.com

Keith Smith
VIU First Nations Studies Professor
250-740 2167
Keith.Smith@viu.ca

Father's Day Jokes

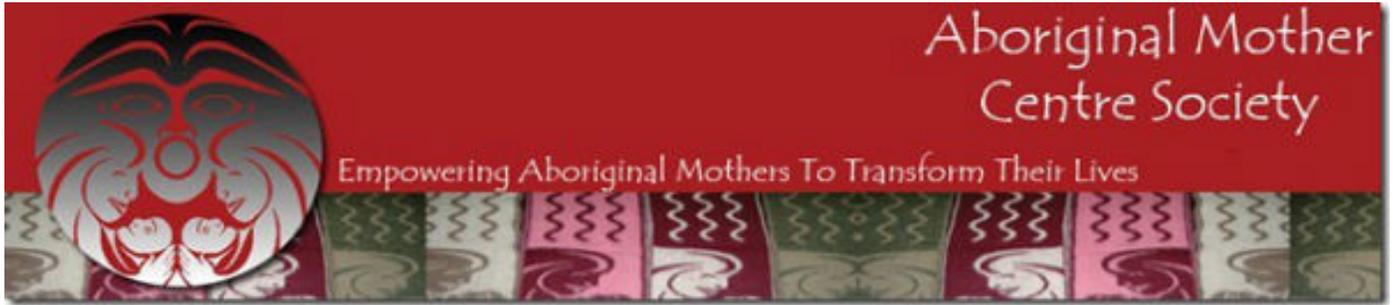
One evening a little girl and her parents were sitting around the table eating supper. The little girl said, "Daddy, you're the boss, aren't you?" Her Daddy smiled, pleased, and said yes. The little girl continued "That's because Mummy put you in charge, right?"

“My Dad thinks he wears the trousers in our house, but it's always Mum who tells him which pair to put on!”
“Do fathers always snore? *No - only when they are asleep!*”

"Daddy, Daddy, can I have another glass of water please?"

"But I've given you 10 glasses of water already!"

"Yes, but the bedroom is still on fire!"



The Aboriginal Mother Centre Society is pleased to announce the re-opening of Mama's Wall Street Studio after extensive renovations. Contact us today for your corporate promotional products - conference bags, Aboriginal-designed blankets, aprons, scarves and more.

**Mama's Wall Street Studio Now Open
Socially, Ethically and Responsibly Made Products
We welcome your business!**

Mama's Wall Street Studio (MWSS) is a social enterprise wholly owned and operated by the Aboriginal Mother Centre Society (AMCS). MWSS produces a variety of customized sewn, knitted or crafted promotional products including our specialties of high-quality conference bags and Aboriginal-designed blankets, using silkscreen logos or embroidery of your choice.

All products are made on site in Vancouver, BC, Canada and have a direct social impact on the local Aboriginal community and families from the AMCS. Aboriginal mothers are provided with training and employment opportunities at the studio and all revenues from MWSS go towards the Centre's urgently needed housing and support programs. We look forward to supporting the marketing needs of Aboriginal and ethically-aware organizations.

For further discussion on how we can meet your product and budget needs please contact Gretchen at 604-253-6262.

All Our Relations,
Catherine Seymour, AMCS Executive Director
Gretchen Jordan-Bastow, MWSS Acting Program Manager

Aboriginal Mother Centre Society

The Aboriginal Mother Centre Society (AMCS) is dedicated to supporting Aboriginal mothers that are homeless, at risk of homelessness, or that have had, or are at risk of having their children apprehended. The AMCS provides 'Under 1 Roof' all the support, tools and resources a mother needs to rebuild her health and self-esteem, as well as acquire skills that will assist in regaining and retaining her child(ren) and afford self-sufficiency.

For more information please visit: www.aboriginalmothercentre.ca

Our mailing address is:
Aboriginal Mother Centre Society
Mama's Wall Street Studio
2019 Dundas Street
Vancouver, BC V5L 1J5
Canada

Study: Exercise alone not effective for seniors with hypertension

Just when study after study on the benefits of exercise had you thinking working out could be a miracle cure for all that ails us, there's word that it might not fix everything - at least not where older adults and high blood pressure are concerned.

While staying active has been shown to have a slew of benefits for older people, a study published in the *Archives of Internal Medicine* shows that lowering high blood pressure might not be one of them.

Researchers at the Johns Hopkins School of Medicine in Baltimore, Maryland, set out to find out what kind of effect an exercise program combining aerobic and resistance training has on older adults with mild hypertension. While exercise has been shown in studies to have a positive effect on high blood pressure, few studies have examined its effect specifically on older age groups.

Participants in the study were between the ages of 55 and 75 with systolic blood pressure levels (the upper number) between 130 and 159 mm Hg and diastolic blood pressure between 85 and 99 mm Hg.

Systolic blood pressure, which is considered to be the more important of the two measures in the elderly, refers to the pressure of blood flow when the heart pumps blood out, while diastolic blood pressure is the pressure within blood vessels between heartbeats. Canadian guidelines define high blood pressure as systolic blood pressure above 140 or diastolic blood pressure above 90, but recent research released by the Heart and Stroke Foundation found that blood pressure at the high end of normal was still associated with an increased risk of heart attack.

Over a six-month period, 51 of the participants followed an exercise program that consisted of three sessions a week. Each session included warm-up stretches, two sets of 10 to 15 repetitions on a variety of weight machines and 45 minutes on a treadmill, stationary bike or stair-climbing machine. Another 53 participants were in the control group, and received standard diet and exercise advice but no formal program.

At the end of the study, the participants enrolled in the exercise program had improved their aerobic fitness level and were stronger. They also increased their lean muscle mass and lost fat, both in their stomach (where excess weight is associated with an increased risk for heart disease) and overall.

Their diastolic blood pressure was also significantly lower than those who were in the control group. But while the exercisers showed a slight decrease in systolic blood pressure, their improvements were not more than might simply be caused by chance.

Kerry J. Stewart, EdD, one of the authors of the study, suggests the reason why exercise may not have the same blood pressure-lowering effect on older people is because their blood vessels are stiffer. But that doesn't mean they shouldn't lace up their sneakers and work up a sweat anyway.

"Older people should still be encouraged to exercise because it produces numerous health benefits, but their expectations need to be modified about how much good the exercise alone will do for reducing systolic blood pressure," Stewart writes.

Article from www.medbroadcast.com

**The Ministry for Children and Family Development (MCFD)
is excited to announce that
Autism Outreach Parent/Caregiver Workshops
are coming to a community near you!**

The Parent/Caregiver Workshops are part of the second phase of the Autism Outreach Program and will focus on rural and remote communities across the province. The goal of the workshops is to improve access for families to research-based information and resources on autism and treatments for children and youth with autism spectrum disorders (ASD). MCFD is not charging for the workshop but eligible participants must register to attend.

These workshops are open to parents and caregivers only, however, families may invite a member of their child's intervention team to join them. Each workshop will be conducted by a professional in the area of autism and will be held over two full days during school hours. For more detailed information, please visit <http://www.mcf.gov.bc.ca/autism/index.htm> and look to the right hand side of the page.

The following is a list of locations and dates.

(Note: some dates and locations have yet to be confirmed all dates and locations should be confirmed on <http://www.mcf.gov.bc.ca/autism/index.htm> by August 2012)

1. **June 7-8, 2012: Castlegar, BC:** Castlegar Recreation Center
2. **June 12-13, 2012: Merritt, BC:** Merritt Civic Centre
3. **June 14-15, 2012: Fort St. John, BC:** Pomeroy Sport Center
4. **June 18-19, 2012: Powell River, BC:** Dwight Hall
5. **June 25-26, 2012: Dawson Creek, BC:** Kiwanis Performing Arts Centre
6. **September 6-7, 2012: Port Hardy, BC:** Port Hardy Civic Centre
7. **September 11-12, 2012: Vanderhoof, BC:** Vanderhoof Friendship Centre
8. **September 2012: Quesnel, BC:** Location and dates TBA
9. **September 21-21, 2012: Prince Rupert, BC:** Prince Rupert Civic Center
10. **September 25-26, 2012: Terrace, BC:** Sportsplex
11. **October 2-3, 2012: Williams Lake, BC:** St. Andrews United Church
12. **October 11-12, 2012: Salmon Arm, BC:** Elks Hall
13. **October 18-19, 2012: Penticton, BC:** Shatford Center
14. **October 30, 2012: Squamish, BC:** Squamish Library
15. **November 1-2, 2012: Port Alberni, BC:** Gyro Youth Center
16. **November 2012: Aldergrove, BC:** Location and dates TBA
17. **December 2012: Mission, BC:** Location and dates TBA
18. **December 13-14, 2012: Campbell River, BC:** Royal Canadian Legion
19. **January 10-11, 2013: Duncan, BC:** Island Saving Centre
20. **January 28-29, 2013: Gibsons, BC:** Gibsons Community Centre
21. **February 7-8, 2013: Comox, BC:** Comox Community Centre
22. **February 12-13, 2013: Chilliwack, BC:** The Landing Sports Center
23. **February 18-19, 2013: Salt Spring Island, BC:** The Hart Bradley (Lions) Hall
24. **March 2013: Cranbrook, BC:** Location and dates TBA

We are looking forward to seeing parents and caregivers from these communities and surrounding area soon!

Eating Berries Might Help Preserve Your Memory

Provided
by



By **Serena Gordon**
HealthDay Reporter

THURSDAY, April 26 (HealthDay News) -- Regular consumption of berries, such as blueberries or strawberries, may help keep your brain functioning well as you age, new research suggests.

The study found that women with the highest intake of berries appeared to delay cognitive aging by up to 2.5 years. Cognition refers to brain activities such as thinking, remembering and reasoning.

"Given that we know that fruits and vegetables are good for our health in general, our findings add to the idea that we should be consuming more, especially berries, as a way to help maintain memory in older ages," said the study's lead author, Elizabeth Devore, an instructor in medicine at Brigham and Women's Hospital and Harvard Medical School, in Boston.

"Berries are a simple dietary intervention that may be helpful to the brain," Devore added.

Results of the study were published online April 26 in the *Annals of Neurology*.

Berries and other fruits and vegetables are rich in substances known as flavonoids. Flavonoids help protect the body's cells from damage and reduce inflammation.

"Flavonoids, which are antioxidants found in berries, apples, citrus fruits, tea, red wine and onions, have been shown to reduce the risk of chronic diseases such as heart disease, diabetes and cancers," explained nutritionist Nancy Copperman, director of public health initiatives at the North Shore-LIJ Health System in Great Neck, N.Y.

Berries contain a particular flavonoid called anthocyanidin. Devore said anthocyanidin helps give berries their rich colors, and it's found in fruits such as raspberries, blueberries, strawberries, cherries, elderberries, and red and concord grapes.

Devore explained that one of the things that's special about anthocyanidins is that they can cross the blood-brain barrier and that these flavonoids tend to locate in the areas of the brain responsible for memory and learning.

Another recent study, also from Harvard but from a different group of researchers, recently found that berries might help reduce a man's risk of Parkinson's disease.

The current study included data on food consumption from the U.S. Nurses' Health Study, which began in 1980 and collected dietary information every four years. In the period between 1995 and 2001, the researchers began measuring cognitive function in just over 16,000 female volunteers.

At the time the researchers started measuring cognitive function, all of the study participants were older than 70. Cognitive function was measured twice with a two-year interval between each assessment.

The investigators found that women who had the highest intake of blueberries (more than one serving a week) and strawberries (more than twice a week), appeared to delay cognitive aging by as much as 2.5 years. Devore said other berries may also contribute to a reduction in cognitive aging, but there wasn't enough consumption of other berries, cherries or grapes to be able to study the effects of these fruits. A serving of blueberries or strawberries is a half-cup, she noted.

Commenting on the study, Dr. Robert Graham, an internist at Lenox Hill Hospital in New York City, said: "Large epidemiological studies, such as this one, add to the basic science research that the antioxidant and anti-inflammatory properties of berries have a beneficial role in age-related cognitive decline. I would advise all my patients, at any age, to eat more berries. Berries are an easy, nutritious and delicious way preserve brain function."

Copperman, the nutritionist, said that "the current study demonstrates that women who consumed the most flavonoids, especially berries, had a slower cognitive decline over time than women with lower intakes. Increasing our intakes of fruits and vegetables is one of the best ways to live a healthy life."

While the study found an association between eating berries and maintaining mental function, it did not prove a cause-and-effect relationship.

Overactive bladder FAQs

Article from seniorshealth@medbroadcast.com

Is overactive bladder a normal part of aging?

Although overactive bladder is more common in people over 40, it is not necessarily a normal part of aging. Only about 16% of people over 40 years of age have overactive bladder, and some people may never get it.

I think I might have overactive bladder. What are the symptoms?

Overactive bladder (OAB) is a condition associated with an intense urge to urinate. If you have OAB, you may urinate frequently (usually more than 8 times per day) and you may need to urinate several times during the night. In addition, you may also leak urine. If you have any of these symptoms, talk to your doctor about them. For more information about the symptoms and diagnosis of OAB, read "Overactive bladder symptoms and diagnosis."

What should I do if I think I have overactive bladder?

If you think you have overactive bladder, talk to your doctor. Your doctor will ensure that your symptoms aren't caused by another condition with similar symptoms such as a urinary tract infection (UTI), certain types of inflammation of the vagina, multiple sclerosis, bladder stones, or diabetes, or by medications such as diuretics (water pills). For more information about the symptoms and diagnosis of OAB, read "Overactive bladder symptoms and diagnosis."

What are Kegel exercises?

Kegel exercises are a type of pelvic floor muscle exercises developed to strengthen the pelvic floor so it can provide better support for the bladder. The key to doing pelvic floor muscle exercises is to do them every day, holding for a minimum of 5 to 10 seconds. Try to do 3 sets of 15 in a day. To make sure you are isolating the right muscles, try to stop the flow of urine when you are urinating - that uses the same muscles you want to contract when doing exercises to strengthen your pelvic floor muscles.

What treatments are available for overactive bladder?

There are several treatment options for overactive bladder.

Lifestyle interventions such as reducing alcohol and caffeine intake, bladder training, pelvic floor muscle exercises, and biofeedback can be helpful for overactive bladder symptoms.

Medications called *anticholinergics* are also available to help manage symptoms. These medications help to reduce bladder contractions.

For some people with overactive bladder, surgical management is an option as well.

How long does it usually take for overactive bladder treatments to work?

How long treatments take to work depends on the treatment and the person. The effects of lifestyle changes such as reducing caffeine intake should be seen fairly quickly, usually within a week or two. Pelvic floor muscle exercises take at least 8 weeks to work. Most overactive bladder medications take 2 to 4 weeks to be effective. If you have concerns about your treatment for overactive bladder or are not seeing the results you expected, talk to your doctor. Your treatment plan may need to be modified.

What can I do about dry mouth caused by my overactive bladder medication?

To manage dry mouth, try chewing sugarless gum, sucking on ice chips or sugarless hard candies, or using a saliva substitute (available in pharmacies). If you're still troubled by dry mouth, speak to your doctor.

What can I do about constipation caused by my overactive bladder medication?

To prevent and manage constipation, try increasing the amount of fibre in your diet and getting more exercise. You can also speak to your doctor or pharmacist about using medications to prevent or relieve constipation.

Overactive bladder: top 10 things to know

Here are the top 10 things you should know about overactive bladder (OAB):

1. You're not alone. Overactive bladder is quite common, especially after the age of 40.

About 16% of people over the age of 40 experience the symptoms of overactive bladder, and it tends to occur earlier in women. So if you think you might have overactive bladder, talk to your doctor so it can be properly diagnosed and treated.

2. You don't have to suffer from overactive bladder symptoms.

Some people with overactive bladder think that it's a normal part of aging and something that should just be tolerated. However, several treatment options can help with overactive bladder symptoms. Talk to your doctor about treatment options that are suitable for you, especially if your symptoms are interfering with your life.

3. If you have overactive bladder, caffeine is not your friend.

Caffeine can cause or aggravate overactive bladder symptoms. To gradually cut down on your caffeine intake, switch to decaffeinated beverages and drink more water as a substitute. For more information, read our "Overactive bladder: lifestyle interventions" article.

4. Patience is a virtue when it comes to overactive bladder treatment.

Some overactive bladder treatments may take a bit of time before you see results. For example, pelvic floor muscle exercises take at least 8 weeks to work, and most overactive bladder medications take 2 to 4 weeks to be effective. If you have concerns about your treatment for overactive bladder or are not seeing the results you expected, talk to your doctor.

5. Overactive bladder medications are not for everyone.

Some people should not take the types of medications - called *anticholinergic medications* - that are commonly used to manage overactive bladder. You may not be able to take overactive bladder medications if you:

have urinary retention (trouble urinating)

have any condition that slows the movement of substances through your stomach, intestines, or bowel

have narrow-angle glaucoma

have a heart condition

are pregnant or breast-feeding

Talk to your doctor to see if overactive bladder medications are right for you.

6. Overactive bladder can affect the quality of your life.

Overactive bladder may make you feel embarrassed or may interfere with many activities you enjoy. You may start to avoid certain activities if you are unsure that you'll have quick access to a bathroom. If overactive bladder symptoms affect you in this way, talk to your doctor to find out what treatment options are best for you.

7. Nurse Continence Advisors can help you manage overactive bladder.

A Nurse Continence Advisor (NCA) is a type of health care professional specially trained to help you cope with overactive bladder. If you are diagnosed with overactive bladder, talk to your doctor or find out if there is an NCA in your area.

8. Overactive bladder can affect your sleep.

Many people with overactive bladder have to get up out of bed at least once during the night to urinate. This sleep disruption may affect the quantity and quality of your sleep, especially if you find it hard to fall back to sleep after waking up. This can leave you feeling tired and unrested and can eventually affect your job performance or ability to function normally during the day.

9. Exercises can help overactive bladder symptoms.

Exercises such as Kegel exercises can help to strengthen pelvic floor muscles and improve overactive bladder symptoms. Stick with them, though, as it can take up to 2 months to see an improvement.

10. Drinking less isn't always the answer and can actually make your symptoms worse.

If you have overactive bladder, you may think that drinking less will help your symptoms. However, if you don't drink enough fluids, your urine can become more concentrated and irritate your bladder, making your overactive bladder symptoms worse. Ask your doctor how much fluid is right for you.

Thanks Giving

Thanksgiving Day was approaching, and a family had received a Thanksgiving card with a painting of a pilgrim family on its way to church. Grandma showed the card to her small grandchildren, observing, "The pilgrim children liked to go to church with their mothers and fathers." "Oh, yeah?" her grandson replied, "So, why is their dad carrying that rifle?"

Under Five

A little child in church for the first time watched as the ushers passed the offering plates.

When they neared the pew where he sat, the youngster piped up so that everyone could hear: "Don't pay for me Daddy, I'm under five."

First Nations Leaders Reaffirm the Crown-First Nation Relationship

May 22, 2012

(Toronto, ON) –Today, Assembly of First Nations (AFN) National Chief Shawn A-in-chut Atleo and a delegation of Chiefs met with His Royal Highnesses the Prince of Wales and the Duchess of Cornwall to once again reaffirm the Crown-First Nation relationship.

“I would like to thank the Prince of Wales and the Duchess of Cornwall for spending time with First Nations leaders today as we have an historical relationship with the Imperial Crown pre-dating the existence of Canada,” said AFN National Chief Shawn Atleo. “The meeting focused on the enduring relationship between First Nations and the Crown based on Treaties and noting the upcoming 250th anniversary of the Royal Proclamation of 1763 in October 2013, and how renewing the relationship must be the basis of our work today to achieve fundamental change for First Nations in Canada.”

Canada, as a successor state, has not honoured the spirit and intent of Treaties and the Chiefs made sure to remind them of previous assurances provided by Queen Elizabeth when she affirmed the Treaties in an address on July 5, 1973 to the Chiefs in Alberta, stating “You may be assured that my Government of Canada recognizes the importance of full compliance with the spirit of your Treaties”.

National Chief Shawn A-in-chut Atleo met with Queen Elizabeth II and Prince Phillip in 2010. He has also met with Prince Charles and the Duchess of Cornwall (2009) and Prince William and the Duchess of Cambridge (2011). On each occasion, National Chief Atleo presented statements reaffirming the Crown-First Nation relationship on behalf of First Nations leadership in Canada.

The Assembly of First Nations is the national organization representing First Nations citizens in Canada. Follow AFN and National Chief Atleo on Twitter @AFN_Updates, @AFN_Comms and @NCAtleo.

-30-

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News from www.afn.ca

Prepared father From www.lukaroski.com/jokes

"Daddy, where did I come from?" the seven-year-old son asked.

It was a moment for which his father had carefully prepared. He took him into the living room, got out the encyclopedia and several other books, and explained all they thought he should know about sexual attraction, affection, love, and reproductions. Then, his dad sat back and smiled contentedly. "Does that answer your question?" his father asked.

"Not really," the little boy said, "Michael said he came from Detroit. I want to know where I came from."

Hansen Foundation Signs Statement of Partnership with Assembly of First Nations

May 21, 2012

Vancouver, B.C. – The Rick Hansen Foundation (RHF) and the Assembly of First Nations (AFN) today signed a protocol agreement officially recognizing a commitment to work together to identify opportunities that will foster awareness of the need to support and promote leadership and engagement in the areas of accessibility, inclusivity, health, and wellness.

Based on the principles of mutual respect, recognition and effective collaboration with First Nations, this partnership will further enhance new and existing initiatives promoting youth engagement through education, recreation, health and wellness. This includes building on the IndigenACTION movement – an initiative led by the AFN national youth council aimed at promoting healthy lifestyles through enhancing sport and fitness opportunities for First Nations.

“This collaboration with the AFN is yet another example of Canadians coming together to achieve a common goal,” said Rick Hansen. “Through this key partnership, we will work together to empower the next generation and ensure that youth in all communities have an opportunity to live active and healthy lifestyles. I believe young people have the power to change the world and build stronger, healthier communities. Today, we are taking important steps toward achieving our shared objective, and investing in our future leaders – instilling in them the values of teamwork, mentorship, goal-setting, and leadership.”

With the goal of building accessible communities for all, RHF will ensure awareness regarding life-changing programs is available to First Nation’s communities across the country. Through outreach and education, RHF and AFN will join forces to engage more than 630 First Nation communities in Canada – creating increased opportunities for people with disabilities to participate in their community in a meaningful way.

“This important partnership is part of our broad efforts to transform the relationship between First Nations and all Canadians to support and grow the true potential of our peoples, particularly from a place of inclusivity, health and wellness,” said AFN National Chief Shawn A-in-chut Atleo. “Healthy communities are thriving communities. Through mutual respect and understanding, we can support every First Nation to achieve success.”

- 25th -

About the Assembly of First Nations

AFN is the national organization representing First Nation citizens in Canada. AFN is committed to strengthening First Nation families and communities, advocating for the respect and recognition of First Nations’ rights, advancing economic and environmental interests and supporting First Nation governments and nation-building.

About the Rick Hansen Foundation:

In 1987, following the Man In Motion World Tour (MIMWT), Rick established the Rick Hansen Foundation to continue his quest for an accessible and inclusive society and a cure for SCI. Under Rick’s leadership, RHF functions as a social innovator – finding collaborative solutions to challenges in the community and the resources necessary to implement those solutions. RHF has been successful in leveraging the original \$26M raised during the MIMWT to more than \$252M in support of people, programs and research in pursuit of a healthier and more inclusive world. As part of the 25th Anniversary campaign, the Rick Hansen Foundation has launched a national public fundraising campaign to support ongoing programs and initiatives. For ways to get involved, or to make a donation, please visit www.rickhansen.com.

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First Nations Stories Dominating the News from www.bcafn.ca

First nations look to clean energy to fuel economic development

Paul Kariya And David Porter, Vancouver Sun, May 28 - A quiet revolution is taking shape with first nations and it has everything to do with energy and relationships. Indian bands blessed with reserves adjacent to expanding urban markets have done well with leasing land for development, these include Kamloops, Musqueam, Osoyoos, Squamish, Sechelt, Tsawwassen and Westbank. When commercial salmon fishing was in ascendancy, coastal first nations had well-paying fishing and processing jobs. But economic development and job opportunities in the hinterland where most first nation communities are located have not kept pace with the needs of growing populations and consumer aspirations. The clean energy sector is emerging in British Columbia as a source of long-term economic development opportunity for first nations. There are several reasons why. First, run-of-river hydro, wind, bio-mass and natural gas projects are located in the hinterland and opportunities for development are situated throughout the province where first nations are located. Secondly, as a new industry, private sector clean energy developers have learned from history and have developed positive, respectful and mutually beneficial relationships with first nations. Thirdly, while immediate jobs are important, the business deals that are being struck are long term with revenue and cash flow tied to 20-to-40 year agreements. Fourthly, clean energy projects have light environmental impacts which first nations value. And, finally, first nations are not simply recipients of jobs and training but in many cases participate as equity partners and developers in their own right.

Consider recent developments:

- The Hupachasulth, Taku Tlingit, and Tlaquiot each within the past four years have become owner-operators of multi-million dollar run-of-river hydro electric generating developments.
- The D'nakdaw, Kanaka Bar, and Namgis First Nations are equity participants in major new projects.
- The Blueberry River, Doig River, Douglas, Sts'ailes, Halfway River, Homalco, Klahoose, Kwakiutl, McLeod Lake, Quatsino, Sliammon Sechelt, Squamish, Salteau, Tahltan, and Tlowitis, and other first nations have entered into comprehensive impact benefit agreement with private sector clean energy developers.

In some cases the first nations are setting the pace. T'souke First Nation has installed solar panels on all of its buildings. While solar power is not yet cost effective for grid-based generation throughout B.C., the First Nation wanted to demonstrate leadership in how society needs to plan 50 years ahead to make the transition to

cleaner fuels for tomorrow. When there is surplus power, the community sells this to BC Hydro. On B.C.'s North and Central Coasts, first nations from within the Great Bear Rainforest have developed a bold comprehensive plan to develop, operate and broker clean electricity as an independent energy utility. They no longer want to see jobs exported to distant centres. With the help of B.C.'s Clean Energy Fund, 30 first nations are exploring new clean energy development opportunities. Today, 130 first nations have some relationship to the clean energy sector. While senior governments in B.C. and Canada may be contemplating a pause on their clean energy policies, the opposite is happening in first nations communities. Out of economic necessity and opportunity and because first nations have always valued their natural environments, the clean energy sector is emerging as a valuable new industrial sector. Five first nations, the First Nations Energy Mining Council and Clean Energy BC have entered into a cooperation memorandum of understanding and are inviting others to join. The B.C. landscape is changing and it is not treaties or politics leading the way. - David Porter is CEO of the First Nations Energy and Mining Council and Paul Kariya is executive director of Clean Energy BC.

By The Associated Press, thecanadianpress.com, Updated: May-16-12 5:07 PM

Horse runs into sea, rescued a mile offshore

CARPINTERIA, Calif. - Maybe he should be named Bob.

An Arabian horse named William got spooked during a California beachside photo shoot Tuesday and swam a mile out to sea before rescuers got to him and helped him back to shore.

Carpinteria-Summerland Fire Capt. Jay Irwin tells the Santa Barbara News-Press (<http://bit.ly/LSknaq>) that the horse's white head looked like a seagull bobbing in the water.

Owner Mindy Peters says the 6-year-old Arabian, whose official name is Heir of Temptation, was part of a photo clinic on the beach when it was spooked by waves and ran off.

Rescue swimmers assisted by the Santa Barbara Harbor Patrol and state parks employees found the horse a mile offshore as darkness fell.

By 8:30 p.m., the horse was back on shore in good shape.

By The Canadian Press, thecanadianpress.com, Updated: May 14, 2012 9:16 AM

Man gets trapped in furnace eluding police

MOOSE JAW, Sask. - A man is in custody after throwing bricks at police from a rooftop in Moose Jaw, Sask., then falling down the chimney into the building's furnace.

Police got a call about a man on the roof of the building just north of Mosaic Place on Saturday. They tried to talk the man down, but instead he threw bricks at the officers.

When the police negotiator showed up, the man tried to get off the building by climbing into the chimney. He fell down the chimney about 15 metres into a furnace, but he couldn't get out and called for help.

Once firefighters and EMS got him free, the man — who was found with a sword — was charged with mischief and assaulting a police officer.

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HAPPY FATHER'S DAY TO ALL FATHERS

A Father Means..

Author: Unknown

A Father means so many things...
An understanding heart,
A source of strength and support
right from the very start.

A constant readiness to help
In a kind and thoughtful way.
With encouragement and forgiveness,

No matter what comes your way.
A special generosity and always affection, too.
A father means so many things
when he's a man like you....

Quotes "The greatest gift I ever had came from God; I call him Dad!"
"Dad, your guiding hand on my shoulder will remain with me forever."
"Fatherhood is pretending the present you love most is soap-on-a-rope."
"My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "We're raising boys."

Father's Quotes

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."
"It is a wise father that knows his own child."
"It is a wise child that knows his own father"
"Good fathers make good sons"
"When a father gives to his son, both laugh; when a son gives to his father, both cry."
"A father is a banker provided by nature."

**Annual Elders Gathering Grand Entry Photos are on:
www.bcelders.com each year (except unfortunately for 2011)**

ANNUAL BC ELDERS GATHERING INFO CORNER

The 36th Annual BC Elders Gathering is to be hosted by
Sto:lo Nations and Tsawwassen First Nation,
In Abbotsford at the TRADEX Centre (as is 2011)
July 10-12, 2012.

Roger Andrew and Audrey Kelly
From Shx'wohamel First Nation
Were crowned the King and Queen