

Volume 15 Issue 7

June 2015



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

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

EV'S 175th Issue!

## HAPPY FATHER'S DAY!!

The 39th Annual Elders Gathering  
Hosted By: Tsawout First Nation July 7-9, 2015  
Place: Panorama Recreation Centre  
1885 Forest Park Drive, North Saanich, BC, V8L 4A3  
2015 Event Coordinator: Dianne Garner  
Email: 39elders@telus.net  
Ph: 604-798-4519  
Website (for online registration): bcelders2015.ca

### 40th Annual Elders Gathering in 2016

Our office itself, the BCECCS/BC Elders Council will be bidding on the 2016 Elders Gathering to be held in Campbell River next year. It has only ever been here once when we hosted in 2000, and we are hoping you would all like to come back here again and that you will support our bid in July in Saanich.  
Best regards, Donna Stirling

## HAPPY BIRTHDAY TO ALL ELDERS BORN IN JUNE!!

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## Easy Bakers Corner – Honey Cake

Preheat oven to 325°F. Grease a cake pan.

Beat together 1 1/4 cups of honey, 1 cup of oil, 2 teaspoons of instant coffee (dissolved in 2 tablespoons of boiling water) 1/2 cup of water and 1 1/4 cups of dark brown sugar.

Beat in 4 eggs.

Sift together 4 cups self-rising flour, 1 tsp. of cinnamon, 1 tsp. of ginger, 1 tsp. of all-spice and 1 tsp. of baking soda.

Combine with the rest of the ingredients and bake for 1 hour.

Cake is done when toothpick inserted in center removes clean. Enjoy!

### Father's Day Quotes

"I've had a hard life, but my hardships are nothing against the hardships that my father went through in order to get me to where I started." B. Hubbard

"It is easier for a father to have children than for children to have a real father." Pope John XXIII

"My father gave me the greatest gift anyone could give another person, he believed in me." J. Valvano

"The greatest thing a Father can do for his children, is to love their mother." A. Unta-

## What Can you please share?

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

## 'PRESERVING THE PAST'

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

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

### Disclaimer:

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

# BCECCS 15th Year GRATITUDE LIST

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

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

Your support is much appreciated!

## LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

### SALMON LEVEL - \$1000

1. Cayoose Creek Band Council
2. Provincial Health Services Authority

### FROG LEVEL - \$750

1. Vancouver Aboriginal Friendship Centre Society
2. Lhoosk'uz Dene Nation
3. Carrier Sekani Family Services

### SISIUTL LEVEL - \$500

1. Tale'awtxw Aboriginal Capital Corporation
2. Vancouver Native Health Society
3. Lower Kootenay Band Family Health Services
4. Osoyoos Indian Band
5. Squamish Nation
6. Adams Lake Indian Band
7. Chawathil First Nation

### HUMMINGBIRD LEVEL - \$250

1. BC Association of Community Response Networks
2. Ts'kw'aylaxw Elders
3. Halalt First Nation
4. Spuzzum First Nation
5. St. Mary's Indian Band
6. Gitanyow Human Services
7. Ka:'yu:'k't'h'/Che:k:tles7ett'h' Nation
8. Skidegate Band Council
9. Bridge River Indian Band
10. Tseil-Waututh Nation
11. Weiwaikum First Nation
12. Mamalilikulla Qwe'Qwa'Sot'Em Band
13. Da'naxda'xw First Nation
14. K'omoks First Nation
15. BC Assembly of First Nations

16. First Nations Tax Commission
17. Pauquachin Band (\$300)
18. Irving K Barber BC Scholarship Society
19. Qualicum First Nation Band Council
20. \Xaxli'p Indian Band
21. Gitlaxt'aamiks Village Government
22. Tk'emlups Te Secwepemc
23. Splantsin
24. Doig River First Nation
25. Hailika'as Heiltsuk Health Centre Society
26. McLeod Lake Tse'khene Elders Society
27. Naut'sa mawt Tribal Council
28. Whispering Pines/Clinton Indian Band
29. Qualicum First Nation
30. Dzawada'enuxw First Nation
31. Neskonalith Indian Band

### Donation:

1. The Story Telling Elders
2. Kwadacha Nation
3. First Nations Tax Commission



## King and Queen

### Introducing

2015 King Doug and Queen Kathy Lafortune

Tsawout First Nation is one of 5 communities of WSANEC Nation. The population is estimated at almost 1800 people, with almost half of that identifying as Tsawout First Nation. With a high proportion of infant, child, and youth population Tsawout is vigorously trying to plan for recreational and community development to assist with keeping the young population active and healthy. The Elder population is small and precious but there is a great deal of community activism from the Elders group who are active in their own families, in their own businesses, and in travelling.

The original Tsawout representatives for 2015 King and Queen were Irvine and Lena Jimmy. The WSANEC community has relied very heavily on Irvine for many years for his cultural knowledge and SENCOTEN language expertise. Irvine and Lena considered the demands of travel and promotion of the 2015 Gathering and requested that the responsibilities of King and Queen be bestowed on Doug and Kathy LaFortune.

Doug LaFortune was born in Bellingham, Washington. His parents were John Horne and Georgene Harry. Over the years Doug lived in Duncan and Victoria but came back to Tsawout in 1990. He raised his family of three children and now helps guide his 6 grandchildren into the future.

As a successful Artist/Carver Doug LaFortune brings a unique dynamic and personality to the consideration of “tradition”. He acknowledges his mentor and teacher Simon Charlie for helping him to learn Coast Salish design. His artwork has helped to embrace difference and invite unity in both WSANEC and in the neighbouring municipality of Central Saanich. Examples of his work are featured in unique greeting cards, labeling on local coffee, and in beautiful WELCOME TO SAANICHTON VILLAGE totems. Noteworthy commissions include the Heron fountain sculpture featured at UPTOWN Shopping Centre in Victoria, totems in Butchart Gardens, Welcome Figures in the Indigenous House of Learning at University of Victoria and the Welcome Figures presented to Queen Elizabeth at the 1994 Commonwealth Games.

Kathy LaFortune brings her heritage and strong family values to the role of Queen. Kathy was born in Port Alberni and went to school in Alberni Indian Residential School. In 1971 she met Doug at the Victoria Native Friendship Centre and they stayed together settling at different times in Duncan, Westholme, Victoria, and then Tsawout. Kathy is the daughter of Walter Jones of Port Renfrew and Mary Yukum of Tseshah. Her Grandfather was legendary Chief Questo. She remains very active within her family supporting her husband in promotion and final finishing of his many works. She also is very active in guiding her family relationships with common sense, intellect, and disciplined personal values.

Their youthful vitality is deceptive for as a couple they have been married over 40 years. They are excellent role models/mentors in the Tsawout community for the respect and dignity they maintain in their relationship. They are wonderful, friendly, warm-hearted people who enjoy sharing their wisdom and experiences to help contribute to betterment.



Hosted By Tsawout First Nation Elders  
 PO Box 121, 7728 Tetayut Rd,  
 Saanichton BC V8M 2C3  
 Phone: 250 652 9114 Fax: 250 652 9114  
 Website: www.bcelders2015.ca

## Individual / Group Registration Form

### Registration Fees

### General Information

July 7, 8, & 9, 2015

Panorama Recreation Centre  
 1885 Forest Park Dr,  
 North Saanich, BC V8L 4A3

Early Bird – By May 10, 2015 \$100.00 per guest

Late – After May 10, 2015 \$125.00 per guest

\*Registration includes continental breakfast, lunch, and dinner per agenda for one person; welcome package; scheduled transportation; parking; and tour options.

<b>Nation / Tribe Name:</b>			
<b>Contact Name:</b>		<b>Email:</b>	
<b>Phone:</b>		<b>Fax:</b>	
<b>Address:</b>			
<b>On Site Caregiver Name:</b>		<b>Contact # :</b>	
<b>Hotel/Motel Name:</b>		<b>Phone:</b>	
<b>Address:</b>			
<b>Participant Names:</b> <i>Please indicate if they are a Veteran</i>		<b>Health Concerns, Disabilities, and/or Dietary Needs</b> <i>(This information will be on badge worn by elder for emergency purposes)</i>	
1			
2			
3			
4			
5			
6			
7			
8			
Please mail complete registration form with cheque or money order payable to: <b>Tsawout First Nation</b> <b>RE: 39<sup>th</sup> Annual BC Elders Gathering</b> PO Box 121, 7728 tetayut rd Saanichton, BC V8M 2C3 <i>*Full payment must accompany registration forms;          no registration will be secured without payment</i>		<b>Registration Fee</b> <input type="checkbox"/> I am enclosing early bird registration fees for _____ (#) participants @ \$100.00 each <input type="checkbox"/> I am enclosing Late registration fees for _____ (#) participants @ \$125.00 each <b>Total cheque/money order enclosed: \$</b>	

For further registration information and/or changes please contact:  
 Kayla Charlie, EMAIL: [elders2015@tsawout.ca](mailto:elders2015@tsawout.ca) , Phone: (250) 652 9101

*"The 39<sup>th</sup> Annual Elders Gathering Core Committee is not responsible for lost or stolen items, nor injuries or illnesses during the event"*



# SEVENTH ANNUAL BC Aboriginal BUSINESS AWARDS

Let's recognize  
your **business!**

And **celebrate** your  
**achievements**

Are you a small business owner, or a sole proprietor? Do you manage a large staff, a community-owned business, social enterprise or a joint venture?

## ENTER NOW

- Nominate your own business
- Nominate someone else's business; or
- Provide the name of a commendable business for our follow-up.

## AWARD CATEGORIES

- *Young Entrepreneur of the Year*
- *Business of the Year*
  - one-to-two person enterprise
  - three-to-10 person enterprise
  - 10 or more person enterprise
- *Community-owned Business of the Year*
- *Joint Venture Business of the Year*

Submit your nomination online, by mail or by fax

For more information, please contact:  
T. 604.261.9777 / 1-866-882.6068  
E. [aboriginalbusiness@bcachievement.com](mailto:aboriginalbusiness@bcachievement.com)  
W. [www.bcachievement.com](http://www.bcachievement.com)

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ACHIEVEMENT FOUNDATION**

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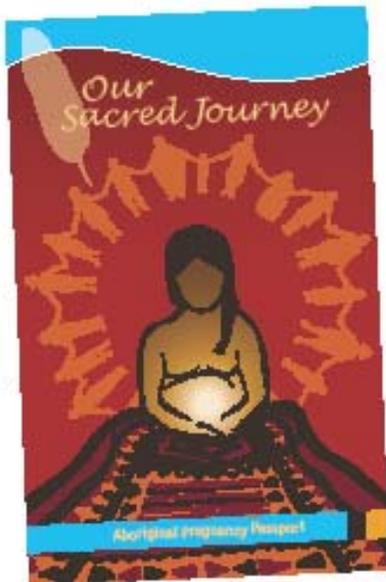
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**SUBMISSION DEADLINE - JUNE 30, 2015**



### About the Aboriginal Pregnancy Passport

With the *Our Sacred Journey: Aboriginal Pregnancy Passport*, mothers can document their sacred traditional journeys through pregnancy, birth, and baby's first few weeks.

The passport provides expectant mothers with health information, resources, traditional teachings, growth charts, checklists, and ultimately a place to write down goals, thoughts, ideas, and dreams for their babies. The *Aboriginal Pregnancy Passport* was developed by Perinatal Services BC in collaboration with the Ministry of Health and First Nations Health Authority. View the passport at:

<http://tiny.cc/AboriginalPP>

Join the conversation! Learn more about the *Aboriginal Pregnancy Passport* and enter the *Our Sacred Journey* Facebook photo contest:

Facebook.com/OurSacredJourney  
 Instagram: @OurSacredJourney  
 #OurSacredJourney



## About the #Our Sacred Journey Photo Contest

<http://bit.ly/1FLc1Q1>

Show or share a proud picture of your sacred pregnancy journey between May 4 and May 25, 2015 for a chance to win \$750! A \$50 cash giveaway will also be awarded each week to one lucky entrant.

### How does the contest work?

It's easy. Snap a photo that represents your sacred pregnancy journey & submit your photo through our Facebook Page and/or Instagram (just mention @OurSacredJourney and include #OurSacredJourney) to be eligible for both the weekly draws and the Grand Prize.

Photos of yourself, nature, a note, or original artwork will all be accepted. All submissions must represent honouring your baby or sharing your sacred pregnancy journey, including proud family photos and pictures of original artwork.

Collect enough votes to land in the Top Ten by sharing with your family and friends and encouraging people to vote for you. Entries can be submitted over three weeks, from May 4<sup>th</sup> to May 25<sup>th</sup> 2015, followed by one week of voting, from May 25<sup>th</sup> to June 1<sup>st</sup> 2015. The Grand Prize winner will be announced by June 5<sup>th</sup> 2015.

### What can I win?

The grand prize winner will be awarded \$750 cash!

### Can I also win weekly prizes?

Yes! There will be three weekly draws, which all entrants are eligible to win.

The weekly prize is \$50 cash.

# NEWS, EVENTS AND JOBS FROM THE FIRST NATIONS HEALTH AUTHORITY-eBLAST

## Hope, Help, and Healing Suicide PIP Toolkit Launched!

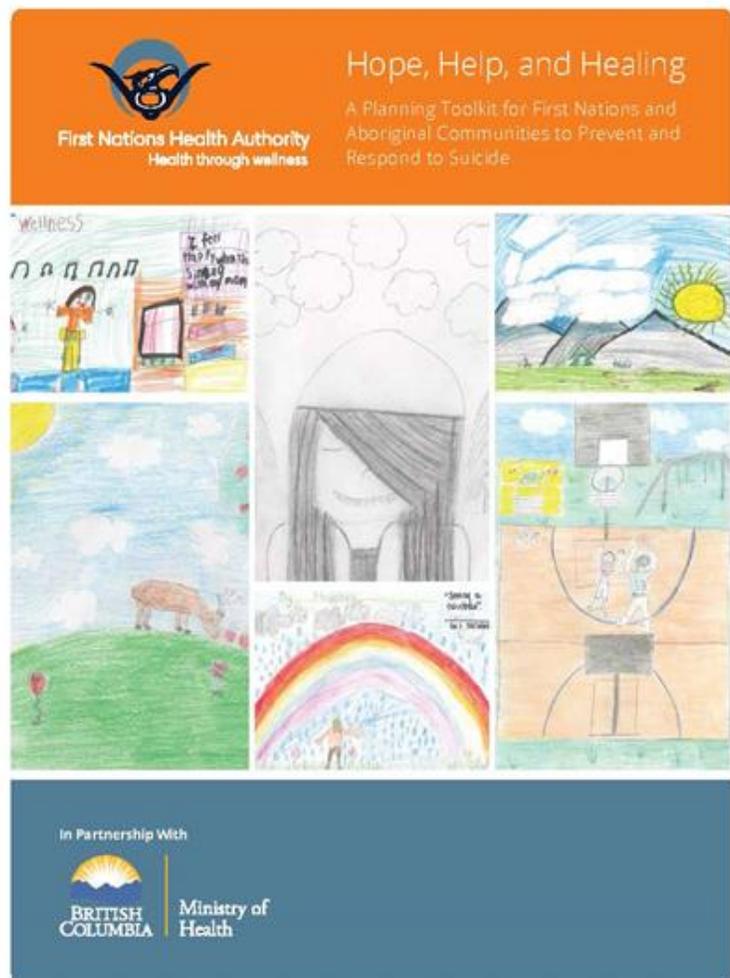
After many years of hard work the FNHA is pleased to launch the Hope, Help, and Healing Suicide Prevention, Intervention, and Postvention Toolkit for First Nations communities.

This toolkit was developed for community health leads, Health Directors, community health workers, and others working in an area that touches on preventing and responding to suicide in their communities.

“Hope, Help, and Healing” intends to support planning efforts at the community, tribal council, Nation-based, and sub-regional levels and to support community workers in planning and developing a suicide prevention, intervention and postvention plan that can be used in their community.

The document you see before you is the combination of significant collaborative work, engagement, and commitment to better supporting communities in responding to and preventing suicide.

The Toolkit is available for download here and will be distributed to First Nations communities in the coming weeks!





Walking With Our Sisters K'ómoks  
July 31<sup>st</sup> – August 15<sup>th</sup>, 2015  
K'ómoks Band Hall

#### OPEN LETTER OF INVITATION TO PARTICIPATE

**Walking With Our Sisters K'ómoks** is honoured to be bringing from July 31 – August 15, 2015 the memorial installation, **Walking With Our Sisters** (WWOS) to our community on Vancouver Island. **Walking With Our Sisters** is currently scheduled to continue touring to over 22 locations over the five next years across North America, before the final closing ceremony in Batoche, Saskatchewan in September of 2019.

This touring memorial is made up of 1,810 pairs of moccasin tops that were created by over 1,400 caring and concerned individuals to honour and respect the lives and existence of the missing and murdered Indigenous women and girls across North America. The project is a collective act by all involved to affirm that every life matters and that the women and girls who have been murdered or who are still missing are worthy of respect and dignity. As a second goal, the installation serves to acknowledge the on-going grieving process that the family and friends of the missing women are going through. As a community we come together to offer our love and support to them. We stand with the families in solidarity and support in the quest for justice.

The Walking With Our Sisters K'ómoks organizing committee is reaching out to individuals, organizations and families throughout B.C. particularly those for whom this might resonate personally. We are extending this invitation so that all are aware that they are welcome to participate in whatever ways they may feel comfortable doing so. For families who wish to participate please contact Ramona Johnson at I-Hos Gallery [sales@ihosgallery.com](mailto:sales@ihosgallery.com) or call 250-339-7702.

This memorial is run solely by volunteers. WWOS is non-political and non-partisan.

If you'd like more information on Walking With Our Sisters, please visit the website at [www.walkingwithoursisters.ca](http://www.walkingwithoursisters.ca) Please also join our Facebook page at: <https://www.facebook.com/WWOSComoxValley>

Walking With Our Sisters K'ómoks

**WALKING WITH OUR SISTERS K'OMOKS**  
**ADDITIONAL INFORMATION**

WWOS K'ómoks welcomes and honours families of missing and murdered women who may wish to attend. All cultures are respected and welcomed. We are working with Tsow-Tun Le Lum, Comox Valley Transition Society, and Kwakiutl District Council Health to develop supports for family members at the memorial.

If you would like to stage an educational event or community conversation related to WWOS in your own community or organization, please let us know so we can support your event through our Facebook page Walking with Our Sisters Comox Valley. See the attached guidelines.

**Schedule of the Memorial Installation**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					July 31 Opening ceremony @ 1p.m. Hours 1-8 pm	August 1 Hours 1- 8 pm
August 2 Hours 1- 8 pm	August 3 CLOSED	August 4 Hours 10am - 4 pm	August 5 Hours 1 - 8 pm	August 6 Hours 10am - 4 pm	August 7 Hours 1 -8 pm	August 8 Hours 1 -8 pm
August 9 Hours 1 -8 pm	August 10 CLOSED	August 11 Hours 10am - 4 pm	August 12 Hours 1 - 8 pm	August 13 Hours 10am - 4 pm	August 14 Hours 1-8 pm	August 15 <sup>th</sup> Closing Ceremony 10am-1pm

For those who are coming from out of town: the Comox Valley is a tourist destination, so information on hotels, motels and campgrounds are available on [www.discovercomoxvalley.com/explore/vancouver-island](http://www.discovercomoxvalley.com/explore/vancouver-island). During the weekend of the opening ceremony there will be two large tourist events so we recommend booking a space well in advance.

At the moment, WWOS K'ómoks, is the only scheduled location for the installation in B.C., so we are inviting communities and families across Vancouver Island and B.C. to attend the memorial. As well communities are invited to initiate public education in their own community to raise awareness.



**Help is only  
a phone call away**

## **We can help.**

KUU-US Crisis Line has been in operation since 1993 . As an accredited agency of the American Association of Suicidology, crisis intervention trained phone operators assist those in crisis 24hrs a day. The previous "jurisdictional area" covered by KUU-US was Port Alberni, Bamfield and the West Coast of Vancouver Island. Although these areas will still be serviced as the communities are accustomed to, KUU-US has expanded crisis services to all Aboriginal people on Vancouver Island and the province of British Columbia.

KUU-US assesses a callers need based on the presenting issue, referral access and level of severity. The focus is to change the state of the caller from one of crisis at the beginning to managed problem-solving at the end. It is about being that listening, non judgemental supportive ear at the other end of the phone, to help a caller get through their crisis. This process occurs in various ways from prevention support to intervention methods. Understanding that some crisis' develop overtime, therefore establishing coping mechanisms does as well. KUU-US is unique in that we provide follow up assistance for additional support and when necessary monitors "at risk" individuals - no other centre does this. KUU-US is a service provider to the provincial Mental Health Information Line network and 1-800-Suicide network.

**Suicide Assessment:** KUU-US conducts assessments and establishes support for those who are suicidal. Calls are received from those in crisis as well as from 3rd party individuals that are concerned about someone being suicidal.

**Mobile Outreach:** Support workers assist individuals in person where situations require one on one contact. The service is available 24hrs a day and individuals are assisted where needed (office, home, hospital etc). For traumatic events that effect communities, KUU-US is able to provide CISM debriefings, assistance during healing circles, and support through prayer circles.

By accessing KUU-US Crisis Services, agencies, individuals and families know that they are receiving a continuum of services that reduces the likelihood of "falling through the cracks".

**If you are facing a difficult situation, call us now. We can help.**

**Adult Crisis Line: 250-723-4050**

**Youth Crisis Line: 250-723-2040**

**Vancouver Island and through the Province of BC 1-800-588-8717**

From KUU-US Crisis Line Society [www.kuu-uscrisisline.ca](http://www.kuu-uscrisisline.ca)

Email: [kuu-uscrisisresponse@shaw.ca](mailto:kuu-uscrisisresponse@shaw.ca)

## **Healthy Aboriginal Network**

**Greetings. Long time no rant. Here is an update on what we're working on this spring and summer:**

### **Residential school teacher's guide - evaluation**

We have been funded by the Anglican Church of Canada to create a teacher's guide on our graphic novel, *Lost Innocence*, a residential school story. If you are interested in providing feedback please let me know and I'll send you the guide and a PDF of the book. As usual, we are not asking prescribed questions; we just want to know what you think about the resource and how we could make it better. There may be instances where our evaluator might want to contact you for more information. Something to consider.

For those of you in the education field, we invite you to go to <https://www.surveymonkey.com/s/ZW8GNVY> to complete an evaluation of the guide. I still need you to contact me first though, so I can send you the PDF and guide beforehand. In both instances, we'd like to hear from you as soon as possible.

### **Family violence poster**

We continue to work on a family violence project for the Legal Services Society (LegalAid BC). We are now onto a poster to entice young Aboriginal women (late teens to twenties) to read the comic book and watch the animated short we created for them. If you are interested in this subject and wish to help evaluate a series of posters it would be great to hear from you. Please contact me at [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net) and I'll send you the posters by email.

### **Suicide prevention comic book**

Our license for *Darkness Calls* has long since expired and the book is no longer in print. But we still get requests for a resource on suicide prevention, and even though we don't have funding for the project, we think the demand necessitates the creation. If you're a suicide prevention professional, or you work with youth that struggle with depression, please consider sending me 3 - 5 points you think the story has to contain. I can be reached at [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net).

### **Violence against women comic book**

We started testing our draft this spring but quickly found the story too drawn out for younger youth. We re-cut it and would like to test it again. The target audience for the book is boys and girls aged 10 - 13 (we know you're a bit older but value your opinion anyway. :-)). The focus group short can be found at [www.youtube.com/watch?v=67AUrb3JjXM](http://www.youtube.com/watch?v=67AUrb3JjXM). Please email all feedback to me at [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net).

### **Canadian Museum for Human Rights**

We don't usually toot anyone else's horn but our own, but I recently breezed through Winnipeg and had the chance to tour the CMHR. I highly recommend it; even if it's a special trip to Wpg. Excellent use of technology and narratives, visually stunning and a decent black eye for the Canadian government's past policies. Put it on your list.

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

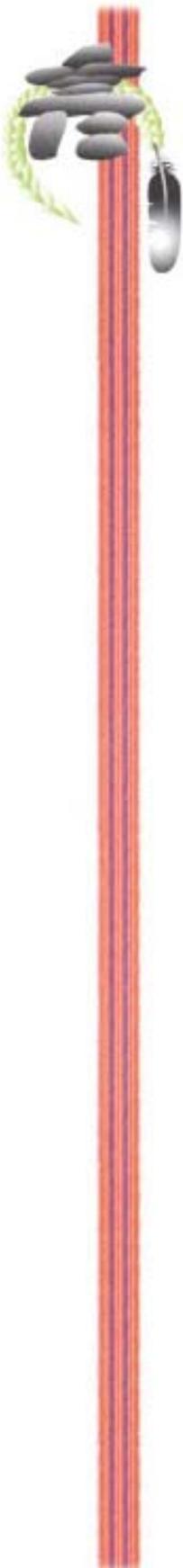
**Sean Muir**

**Executive Director**

**3240 Comox Road Courtenay , BC V9N 3P8**

**Phone 250-941-8881 [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net)**

**A BC incorporated non-profit Society**



**THE LEGACY OF HOPE FOUNDATION TO LAUNCH  
#HOPEIS CAMPAIGN AT THE TRC'S FINAL EVENT IN OTTAWA**

OTTAWA (May 25, 2015) – Today the Legacy of Hope Foundation unveiled its nation-wide #hopeis campaign, to launch in Ottawa during the closing ceremonies of the Truth and Reconciliation Commission of Canada.

The campaign will feature the release of “Reconciliation and the Way Forward” in Ottawa’s Delta City Centre Hotel, 101 Lyon Street—the site of the Truth and Reconciliation Commission of Canada’s final event—on Monday, June 1, 2015 at 3:30 p.m. The public is welcomed to attend this free event, to be held in the Frontenac Room, and to receive a complimentary copy of the new book.

“There will be a lot of reflection at the TRC, a lot of pain and of wondering what will we do now to turn past tragedies into a better future,” said former residential school student and Legacy of Hope Foundation President, Richard Kistabish. “This book is our contribution, a way of turning the end of the TRC into a beginning, into something that is hopeful.”

To complement the book launch and other, related initiatives, the Legacy of Hope Foundation (@Legacyhopefound) will invite the public to share their thoughts, ideas and hopes across social media, using the #hopeis hashtag.

“The idea behind the campaign is simple,” says the Legacy of Hope Foundation’s Executive Director, Carlie Chase. “And it’s that, together, we can make a future that’s different from, and better than, the past. This is what we’re committed to at the Legacy of Hope, by inspiring the unstoppable power of people.”

The Legacy of Hope Foundation is a not-for-profit, national, Aboriginal-run charity which creates educational and awareness-raising materials related to Canada’s Indian Residential School System and its aftermath. Its initiatives include a 2002 exhibit at the Library and Archives Canada, a traveling exhibit, community workshops, provincial and territorial curriculum, an iPhone app, and numerous publications available from its website [legacyofhope.ca](http://legacyofhope.ca).

The Legacy of Hope Foundation is not affiliated with the Truth and Reconciliation Commission of Canada, an agency established by the Government of Canada to hear testimonies and to compile a complete-as-possible historical record of the Indian Residential School System and its legacy.

###

For more information and interview requests, please contact:

Wayne K. Spear  
Spear Communications  
(647) 882-1965  
[wayne.k.spear@gmail.com](mailto:wayne.k.spear@gmail.com)

## Wildfire Smoke Health Information

Smoke and wildfires can be a serious health hazard for communities across the province. The FNHA would like to provide some health information tips for those who may find themselves in close proximity to wildfires.

**If you are in an emergency dial 9-1-1 or a local emergency contact number immediately.**

For non-emergency health information and services visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) or call 8-1-1 toll-free, 24-hours a day, 7 days a week. You can also contact your community health nurse or environmental health officer.

Find your local EHO here: [www.fnha.ca/what-we-do/environmental-health](http://www.fnha.ca/what-we-do/environmental-health)  
For the Air Quality Index for your area, visit: [www.bcairquality.ca/readings/](http://www.bcairquality.ca/readings/)

Smoke conditions and local air pollution levels can change due to the unpredictable nature of wildfires. Health effects from smoke, such as irritated eyes, nose and throat irritation, and/or coughing or difficulty breathing, is common in healthy people. These effects may be more serious to people who are considered sensitive populations.

### Sensitive Populations

Some people are considered to be more sensitive to smoke. These include people with existing heart or lung conditions, infants and young children, the Elderly, pregnant women, or those requiring special care and supportive care. This population should:

- Take actions to reduce exposure at an early stage – refer to the recommendations below.
- Watch for any change in symptoms that may be due to smoke exposure such as: persistent cough or wheezing, shortness of breath or other symptoms that indicate worsening of the underlying chronic health condition.
- Residents with asthma or other chronic illness should activate their asthma or personal care plan.
- If you have severe symptoms from smoke exposure, go to the health centre or nursing station.

**If you are otherwise healthy but experiencing symptoms due to heavy smoke follow the steps below to reduce your exposure.**

### Reducing Exposure to Smoke

There are some actions you can take to reduce health effects of smoke in the air:

- Use common sense regarding outdoor physical activity – if your breathing becomes difficult or uncomfortable, stop or reduce the activity, or go inside. If outdoor trips in smoky areas are necessary, breathe through a damp cloth to help filter out particles.
- Staying indoors may help you stay cool and provide some relief from the smoke. Close windows and blinds and move to the coolest room in the house. Also, keep the body cool and hydrated: take cool showers or baths and drink plenty of fluids – avoid drinks with sugar or alcohol.
- Keep particle levels inside lower by not using anything that burns, such as wood stoves or even candles. Don't smoke – this puts even more stress on your lungs.
- Use a portable HEPA (high efficiency particulate air) filtration unit or electrostatic precipitator if available. Buildings with central air systems may also provide relief.
- When driving your car, keep your windows and vents closed. Air conditioning should only be operated in the "recirculate" setting.



**News Release**  
For Immediate Release

**Successes Marked in New Approach to First Nations Healthcare in BC**  
*BC Tripartite Principals meet to assess progress since October 2013 transfer of health services*

May 4, 2015      Coast Salish Territory, British Columbia

The Chair of the First Nations Health Council Grand Chief Doug Kelly, Federal Health Minister the Honourable Rona Ambrose, and British Columbia Health Minister the Honourable Terry Lake met in Vancouver today to review progress on the implementation of the [BC Tripartite Agreement on First Nation Health Governance](#). This historic agreement was signed in October 2011 and led to the transfer of First Nations Health services to the First Nations Health Authority (FNHA) in British Columbia in 2013.

During the meeting the First Nations Health Council and BC Ministry of Health highlighted some of the key successes of the new arrangement, including details on the progress of new primary care projects. These community-based and regional projects are enhancing available supports for primary care in numerous BC First Nations communities and when fully implemented represent a total \$15.33 million in annual expenditures. In addition, the First Nations Health Council revealed its ideas for a Wellness 2025 Strategy, to help build stronger, healthier First Nations communities.

The partners also reviewed progress on the interconnectivity and eHealth front. In the last eight months 12 new telehealth sites went live, providing enhanced supports to connect nurses and physicians practising in remote and isolated northern communities, as well as supporting educational and administrative activities. Significant ground work for the ongoing telehealth activities was laid through Health Canada's pre-transfer efforts and, coupled with the FNHA telehealth expansion project, has led to enhanced e-communications support for First Nations communities.

**Quick Facts**

- The [BC Tripartite Agreement on First Nation Health Governance](#) enabled a transfer of responsibilities that empowered BC First Nations while promoting a better, more responsive and integrated model of health service delivery.
- The Agreement is contributing to the development of healthier and more sustainable B.C. First Nations communities.
- With the transfer to the First Nations Health Authority, decisions on health programs and services are being made directly by the BC First Nations and First Nations health programs are being designed by First Nations and tailored to meet their needs and supporting more efficient health programs and better alignment with provincial services.
- Many Primary Care Projects are improving the access and quality of primary care services in rural and remote First Nations communities, for example establishing new interdisciplinary teams of health professionals including physicians, nurse practitioners, licensed practical nurses, and mental health clinicians.
- Other projects include a Primary Maternal, Child and Family Health Collaborative Team, Mobile Support and Complex Care teams, and a numerous Mental Wellness and Substance Use specialist services.

# Finding Our Warrior Spirit *From the Spirit Magazine Men's Issue*

*An interview with Wunuxtsin - Mary McCullough, FNHA Interior Team*



*Kukpi7 (Chief) Wayne Christian (Wunuxtsin) speaking at Gathering Wisom VI.*

Since being elected over forty years ago as student council president at Armstrong Junior and Senior Secondary, Kukpi7 (Chief) Wayne Christian (Wunuxtsin) has never stopped advocating for his community. After high school, he moved on to a position with the Native Student Union at the University of Victoria in 1973. Kukpi7 Christian began what has been a longstanding political career in 1977 when he was elected to council at the age of 23 and two years later elected as Chief, serving for eight years. After working as Executive Director of the Round Lake Treatment Center and then with Community Health Associates, Kukpi7 Christian returned to politics when he was again elected as Chief of the Splotsin Nation. Today, Wunuxtsin, meaning “big voice that speaks the truth”, is serving his fifth consecutive two-year term and has been a leader for his people for over thirty years. In his role as the chair of the Secwepemc Health Caucus and one of three Interior representatives on the First Nations Health Council, Kukpi7 Christian is a leader and role model who has had an impact not only within his community and his Nation, but across the country.

Kukpi7 Christian’s busy lifestyle requires a great deal of mental focus which leaves little time for the balance provided by physical activity. “If you have to talk as a leader, provide direction, impress upon or inspire people, it takes a lot of effort, it takes a lot out of me,” says Kukpi7 Christian. He strives to keep his life in balance through spiritual practices, physical activity such as hunting, walking, fasts and ceremonies, and making healthy food choices. He also pays close attention when he’s on the road, which is often. “The biggest struggle I have is keeping continuity. It’s about creating an ebb-and-flow schedule - don’t go overboard, but just keep moving.”

Kukpi7 Christian credits his personal wellness in large part to his seven children and nineteen grandchildren. “Wellness is about our kwsélkten (relations),” he says. “My wellness is important for my children and grandchildren. We are here for a greater purpose in life, it isn’t just about us, but about those around us and those yet to come.”

Deeply rooted in his culture and its teachings, Kukpi7 Christian advocates for men's wellness, advising men to "step up and take their rightful place."

"Men do not play the same prominent role that they used to in our society. Traditionally, men were protectors and providers," he says, noting that the change in societal roles means men's self-esteem needs support from a young age. "A lot of pain that they (men) carry is physical pain, but it starts with emotional pain. They bury that pain and so it gets carried in their muscles, body memory, emotions and spirit."

Kukpi7 Christian believes there is a strong connection between mind, body and spirit, and that health lies in being aware of that connection. "Wellness is about knowing yourself well enough to understand what is going on for you, where it is coming from and what to do about it."

Despite growing up without a father or grandfather, Kukpi7 Christian was able to learn about fatherhood through taking on the responsibility himself. "I didn't have a father, but that didn't stop me from becoming a father," he says. "I didn't have a grandfather but that didn't stop me from becoming a grandfather and learning our language, our traditions, our songs and our teachings."

Traditionally, Kukpi7 Christian notes, young men were taught what they needed to know through discipline and nurturing. "If we want to teach our young men to be providers, we first have to provide that foundational work." We also need to teach our young people that it is okay to show affection, he says. "My own grandsons run up to me and wrap their arms around me and tell me that they love me - this is wellness for me."

The traditional role of our men was as a warrior, Kukpi7 Christian says, protecting our Elders, children and families. "We need to re-instill our warrior spirit by standing up and fighting in such a way that we provide and protect families and nurture our communities back to the way that they were before contact."

Kukpi7 Christian's advice for First Nations men is to live, love and laugh. "Men have to learn how to live their lives, not for others, but for themselves, and live it so that they truly know who they are." He also advises men to learn how to love themselves and laugh, "Laughter is important, it is healing."

As for moving forward supporting men in their journey to wellness, Kukpi7 Christian advises that we challenge our men to step up to be providers and to be in the roles that we were once in. "No excuses." Additionally, he recommends that every community or Nation develop a healing strategy that is comprised of both traditional and modern wellness practices and supported with investment. We need to advocate for men's healing and to start transforming our services from a sickness system to a wellness system that supports men's health. "We owe it to our grandsons, our great grandsons and those not yet born, to carve out a new destiny as men in this world. We have to take our rightful place as providers, protectors, and nurturers of our communities again."

### **Happy Father's Day**

**Happy Father's Day means more than have a happy day**

**It means I love you first of all**

**Then thanks for all you do**

**It means you mean a lot to me and that I honor you.**

## Foot Care: Fix 5 foot flaws

Are you shy about your feet? Foot conditions like athlete's foot, bunions, and corns may cause you to keep your feet hidden. Set your feet free by taking care of any foot flaws.

1. **Foot flaw:** Plantar warts are flat growths that develop on the heels and balls of the feet. This happens when a certain strain of a virus called *human papillomavirus* (HPV) gets into the body through direct contact with the skin. Plantar warts usually go away on their own, but skin shed from untreated warts can spread to the rest of the foot and to other people.

**Fix it:** Combine over-the-counter wart medications with some pumice-stone exfoliation of the dead skin and wart tissue. Or, try the folk remedy of duct tape. It's actually been proven by scientists that covering a wart with duct tape for 6 days, followed by a soak and a pumice scrub, can get rid of plantar warts. The process used in the study required repetitions for up to 2 months, but it's an option if freezing the wart is not your thing. If self-treatments don't get rid of plantar warts (some treatments can take up to 12 weeks to work), or if there is a change to their colour or appearance, check with your doctor.

2. **Foot flaw:** Fungus is very common. Among the most common is a fungal infection called athlete's foot, also known as *Tinea pedis*. But it's not just for athletes: wherever we step with bare feet – gym showers, locker rooms, pools, Jacuzzis, saunas – we are at risk. Athlete's foot usually creeps into the warm, moist spaces between the toes and leads to symptoms like itching, stinging, blisters, peeling skin, and crumbly, ragged toenails.

**Fix it:** There are a variety of over-the-counter antifungal medications that can treat mild conditions. Severe athlete's foot should send you to the doctor in search of something stronger than topical treatment, like an antifungal taken orally, or an antibiotic if you get a bacterial infection along with the fungal infection.

Along with the proper medication if needed, ward off fungal infections by keeping the area clean and dry. Wear cotton socks, and change them throughout the day if you notice your feet sweat (which tends to happen if you wear tight-fitting footwear, like construction boots).

3. **Foot flaw:** If your big toe seems to be getting bigger, you may have bunions. Thickening skin, soreness, and swelling are signals. Often caused by body mechanics that affect the way you walk or by wearing ill-fitting shoes, bunions can be painful and can eventually lead to *bursitis*, a form of arthritis.

**Fix it:** A foot soak can ease some of the pain, as can a massage. Soothe the pressure with bunion pads or ice the inflamed spot. Over-the-counter pain medications can relieve some of the soreness. Doctors will sometimes tape up a person's foot to try to get the toes and foot back into a more natural position. Others will recommend shoe inserts or physical therapy. Some people may require prescription orthotics, which are padded shoe inserts. To prevent bunions from coming back, choose more sensible shoes. If you're a high-heel lover, toss them in the closet and opt for flats or sneakers for a while.

4. **Foot flaw:** An ingrown toenail seems like such a small, trifling problem. After all, it's just a toenail, right? However, the rigid edge of a toenail growing back into the soft fleshy pad of your toe can actually be pretty painful. The redness and swelling can sometimes give way to full-on infection. Although it's rare, people (especially those who have diabetes) have gotten bone infections or foot ulcers that require amputation. So a little ingrown toenail can be a big deal.

**Fix it:** While your toe is on the mend, choose shoes that

let your feet breathe a bit. Don't burrow into the skin to try to get the nail out, as this could leave you open to infection. Rather, try soaking your foot in warm, soapy water or, if you'd prefer, salt water. Either may soothe that tender toe and soften the skin and nail and you can perhaps reach under the ingrown nail and lift it slightly to help the nail grow above the skin edge. To prevent further ingrowns, trim your nails straight across and don't trim them too short. They should be long enough to line up with the top of your toe. If the area gets infected or is difficult to manage, check with your doctor.

5. **Foot flaw:** We're busy people, and our feet may bear the mark of all our rushing-around. Corns and calluses come about due to pure and simple friction. All that rubbing of toe flesh against the inside of shoes, especially when worn without socks, can cause thick, rough, or dry and flaky patches of skin. When these patches develop on the tops and sides of your feet, they're called corns, and their hard centre can be surrounded by inflamed and achy skin. Calluses come from the wearing down on skin of the heels and balls of the feet. They're not painful, just kind of unsightly.

**Fix it:** Soak your feet in warm, soapy water to soften up that friction-toughened skin. Once it's softer, you can slough off dead skin. Try a washcloth first before using harsh pumice stones or shaving corns and calluses, which can raise your risk of infections. Rub some lotion onto your feet to keep the skin more supple. Speak to your pharmacist about purchasing medicated pads that, when applied, can help break down all the thick, rough skin. And keep future corns and calluses away by treating your feet more kindly – think comfy shoes, well-fitted socks, and protective pads.

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## **Foot Care: Put Some Spring in Your Step**

### **Treat your feet**

Our hands and fingernails are always out on display, only hiding now and then in winter mittens or gloves. We slather our hands with lotions and many women regularly paint their nails or get professional manicures. It's easier to neglect our feet, as they are often out of sight and sometimes out of mind.

In recent years, though, women and men alike are realizing how good it can feel to treat their feet with more tender loving care. Pedicures have nearly caught up to manicures in popularity, and previously timid toes are now being pampered and polished. While professional pedicures are widely available and reasonably affordable, you can also treat your feet to a home foot spa.

### **Prime your feet**

Feet bear a lot of weight and are exposed to friction and pressure. They're also often wrapped up in socks or crammed into shoes. Tight, hardened, dry skin and calluses can develop in those conditions.

To prime your feet for pampering, first soak them in warm, soapy water. Drop a bit of scented oil into the water if you'd like – peppermint to invigorate or stimulate circulation, and lavender to relax. Take advantage of these stolen moments to flip through a magazine, read a chapter from a novel, or simply close your eyes and just be.

Once the skin on your feet is softened up, use a washcloth, loofah, or pumice stone to gently remove any calluses or dead, dry skin. Knead some lotion onto your feet, giving yourself a massage while you're at it. If you're feeling like spoiling your feet, you can try a "foot mask" to lock in the moisture.

**Trim your toenails** - With your feet now supple and soft, your toenails should be more yielding, too. Toenails need a trim every few weeks. To prevent ingrown toenails, foot experts advise that nails be trimmed straight across. And keep your toenails trimmed to just beneath the edge of your toe. Too long or too short, and they can become ingrown or infected.

The cuticles can also be sensitive and vulnerable to inflammation, so don't cut or push them back. To clean under the nails, use soap and a nail brush or an orange stick. Hard metal tools are too rough. Be gentle.

**Spa safely** - If you choose to take your toes to a pro, be aware of spa safety. Salons have health codes they must follow, but businesses get lazy and, well, busy. Sometimes health and safety may fall to the wayside. Fungal and bacterial infections from whirlpool foot baths do happen.

When you're waiting your turn for a pedicure, watch and see if the salon's foot spa is drained, washed, and disinfected between customers. Take a look around the salon or spa. Does it seem clean and tidy? Ask the staff how the foot spas are cleaned. If they won't tell you, that's a good sign that you might want to get your feet out of there.

Don't shave or wax your legs within 24 hours of your pedicure or foot spa. Open or irritated skin can be welcome infection. Likewise, if you have cuts, scratches, scabs, rash, or insect bites on your shins, ankles, or feet, wait until you're all healed up to treat your feet to a professional foot spa and pedicure. If after a pedicure you develop any skin problems in those areas, contact your doctor.

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## **Foot Care: Your feet, your foundation**

Your feet are, quite literally, your foundation. They are active and complex networks of bones, joints, tissues, muscles, and nerve endings that all work together to help coordinate motion in the rest of your body.

Remember that old song, "Dem Bones" – the head bone connected to the neck bone, the neck bone connected to the back bone, and the same pattern all the way down to the foot bone? Well, your feet are actually more than one big ol' foot bone: each foot is made up of 26 bones, 33 joints, 20 muscles, and more than 150 ligaments.

When something is out of balance in that complex network, the impact can be felt in the foot bones, the ankle bone, the knee bone, and all the way up to the "head bone." The root of some imbalances (and the aches and pains that come along with them) can be found in the way we move our weight as we walk.

You see, the action of walking is complex, but it is made up of two essential actions – supination and pronation. Supination is the action of turning your foot so that the outer edge bears your body's weight. Pronation is the opposite – it's the action of turning your foot so the inner edge bears the weight. To be in a properly balanced posture for walking, your foot should bear your weight equally, rolling naturally from supination to pronation, supination to pronation.

**Supination:** Take a look at the bottom of your shoe. If the outside edge of your shoe is more worn down than the inside edge, you may be a supinator. Walking with more of your weight on the outside of your foot can mean that the arches of your foot remain rigid and high. The inside ball of your foot doesn't have a chance to come into proper contact with the ground. Watch out for calluses on the outside of your little toe, taut and

sore arches, knee and back pain, and a tendency toward ankle sprains and ligament damage.

**Pronation:** Are you an over-pronator? Check the bottom of your shoe for the tell-tale sign of extra wear on the inner sole. Or try standing on a piece of paper with wet feet. If the outline you leave behind shows most of your foot, you may have the lower arch that is sometimes the result of putting more weight on the inside of your feet as you walk. Over-pronation tightens the calf muscles, puts stress on the knees, and can lead to hip and back problems. Fallen arches and flat feet may also develop.

If you favour one part of your foot over the other, you're walking toward some aches and pains. Get balanced and get to know your whole, glorious foot! Try these tips for better foot form:

**Choose shoes that suit your specific feet.** Everyone's feet are unique – high arches, low arches, wide, narrow, big, little – and no shoe is perfect for everyone. If you're a runner, choose running shoes that match your gait and running style. If you're a foot fashionista, try to limit your high-heel time to special occasions. And you simply mustn't squeeze your feet into shoes that are too tight. They're not going to magically fit you, and you'll just end up with corns, calluses, and bunions.

**Fashionable or functional?** It's unfortunately true that most orthopedic shoes are a bit on the, well, clunky side. That's because they're usually built for support, not for fashion. Thankfully, more and more people are demanding hot shoes for sore feet, and the market is responding with options for inserts or well-built, supportive shoes that are actually somewhat chic.

**Set your feet free.** How far apart can you spread your toes? Can you pick up a marble with your toes? Strong, flexible feet can form a solid base for better standing and walking postures. Fitness and flexibility should extend all the way down to your feet, and not many workouts give much attention to the feet. Yoga is a great practice for foot strength and flexibility. Try these moves, some inspired by yoga's balanced approach to the feet:

**Toes:** Sit in a chair that lets your feet touch the ground. Keeping the balls and heels of your feet down, raise your toes off of the ground just slightly. Slowly and deliberately, spread your toes apart as far as they'll comfortably spread. Then, slowly and deliberately, place one toe back down to the ground at a time, starting with the little toe and working your way in toward the big toe. Try to maintain the distance between the toes that you created as you stretched them. Do this toe stretch whenever you get a chance. It opens the whole plain of your foot and encourages a more balanced distribution of weight as you stand or walk.

**Tops of your feet:** This pose is borrowed from yoga, and it's a great way to stretch the tops of the feet and can help to strengthen the arches – a plus for those prone to pronation. Kneel on the floor and sit back onto your feet, with the tops of each foot pressed into the floor. Should this hurt your knees, wedge a blanket under your bottom or under your knees. If you're able, you can spread your feet apart enough to sit down between them. If not, no worries. Just hang out here, sitting with your chest lifted and back tall. Stay in the pose for about 30 seconds to a minute.

**Arches:** As in the previous pose, kneel onto the floor and sit back on your feet, but this time, sit on your heels rather than on the tops of your feet. Your toes will be bearing much of your weight, but it will be in the arches of your feet that you will feel much of this stretch.

**Ankles:** Sit on the floor with your legs out in front of you. Pull your feet in toward your pelvis and bring the soles of your feet together. It doesn't matter how close you get to your pelvis – there's no need to overstretch. Lift your right foot up over the left knee and interlace your fingers with your toes (it's like you're holding hands with your own foot!). Use your hand to rotate your ankle in small circles, switching direction when you wish. Switch to the other side and repeat.

## **Suffering for fashion: 5 reasons high heels hurt**

**High heels have a strong place in fashion. Many women love the lift and length, the haute and the height that high heels offer. They are willing to forego a bit of comfort and stability for the sake of fashion. But it's your feet that end up being the fashion victims when they're scrunched into narrow, arching stilettos or clunky pumps.**

**The structure of high heels and the anatomy of the human are just not always a good fit for 5 reasons:**

- 1. The slide: Slip a foot into a high heel and your foot is at an unnatural angle, fighting the downward pull of gravity. When your foot slides forward in a high-heeled shoe, your weight distribution changes, which causes friction between your foot and the shoe. This can lead to painful pressure, not to mention corns, calluses, and ingrown toenails. Corns are hard, thick knobs of skin that build up in response to the pressure and friction. Friction on the heels and soles of the feet can cause calluses.**
- 2. The bend: That downward pressure caused by "the slide" can lead to "the bend." Toes forced down into narrow, high-angled shoes day after day can begin to deform. The toes can begin to curl at the middle joint, producing the charmingly named *hammertoe* effect. Once a toe is bent in this way, it becomes even more susceptible to friction and pressure, corns and calluses, and, oh, fashion hurts. The joints can even become dislocated, rigid, and painful enough to sometimes call for surgery.**
- 3. The lift: If Barbie were a real woman, she'd have a (pardon the pun) standing appointment with a podiatrist or orthopedist. Picture Barbie's little plastic feet, forever arched and ready for a high-heeled shoe to be placed on her foot, like an 11.5 inch-tall Cinderella. Her Achilles tendon would be contracted beyond repair, and she'd likely suffer joint pain in the ball of her foot. You see, your body weight should equally distribute across the whole plain of your foot. What high-heeled shoes do is shift a lot of the body's weight onto the ball of the foot and keep the heels and Achilles tendons from properly functioning.**
- 4. The shift: All sorts of forces need to be in balance for the joints and tendons of your feet to work properly. Ratchet your feet up an inch or more from their natural arches, and you're bound to shift some of these forces off balance. When the big toe joint becomes unbalanced, for instance, a bunion can be the unwelcome result (or, in the case of the little toe, a bunionette, and, yes, that's a real word!). A bunion can lead to a bump on the base of the toe, swelling, and pain around the joint of the toe, and a thickening of the skin in the area. The affected toe swells in size and crowds against the other toes, pushing them out of whack and more or less changing the whole profile of the foot.**

**High heels can push a woman's posture completely out of whack, too. A woman standing in heels may lean back to counteract the headlong tilt created by the arch of high heels. This swayed back can cause the calf and hamstring muscles to shorten and cause all sorts of back pain, imbalances, and even knee osteoarthritis.**

- 5. The crack: Clad in high heels, the forefoot bears the brunt of all the walking and stair-climbing and running to make the next train. All this pressure and the feet may become prone to stress fractures, actual tiny cracks in the bones that can cause pain, swelling, and tenderness. All these take time, icing, and rest to heal.**

**Articles from SeniorsHealth@Medbroadcast.com**

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

**My Dad**

When I was just a tiny kid,  
Do you remember when,  
The time you kissed my bruises,  
Or cleaned by soiled chin?

You scrambled for the balls I hit,  
(Short-winded more than not,)  
Yet, every time we'd play a game,  
You praised the "outs" I caught.

It seems like only yesterday,  
You wiped away my tears,  
And late at night I called your name,  
To chase away my fears.

Though time has changed your handsome grip,  
Your hair is snowy white,  
Your gait's a little slower now,  
Thick glasses help your sight.

Oh, do I thirst for years gone by,  
To be that growing lad,  
Re-living all of the memories,  
Of growing with my dad.  
Author Unknown

**GEMINI - The Chatterbox (May 21 - June 20)**

Smart and witty. Outgoing, very chatty. Lively, energetic. Adaptable But needs to express themselves. Argumentative and outspoken. Like change. Versatile. Busy, sometimes nervous and tense. Gossips. May seem superficial or inconsistent. Beautiful physically and mentally.

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

**ANNUAL BC ELDERS GATHERING INFO CORNER**

**The 39th Annual Elders Gathering  
Host: Tsawout First Nation July 7-9, 2015  
Place: Panorama Recreation Centre  
1885 Forest Park Drive, North Saanich, BC, V8L 4A3  
2015 Event Coordinator: Dianne Garner  
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Website (online registration available): [bcelders2015.ca](http://bcelders2015.ca)**