

Volume 12 Issue 4

March 2012



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

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 Chiefs and Councils That Would Be A Great Help, And Much Appreciated!

EV'S 136th Issue!

HAPPY BIRTHDAY TO ALL ELDERS BORN IN MARCH!

SUPPORT FEE INVOICES WENT OUT WITH THE NOVEMBER ISSUE 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 IN BC.

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

Please see Application attached to this email for the: Elders Transportation Program 2012

Objective:

The Elders Transportation Program provides partial funding to Elders travelling to the Annual BC Elders Gathering. Twenty-five individual grants are available (up to \$1,000 each).

Deadline:

Applications are due by the second Friday of June annually. The 2012 applications will be due by 4:30pm on Friday June 8th, 2012

Inside this issue

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Easy Bakers Corner – Old Fashioned Gingerbread - serves 9

Preheat oven to 350°F. Grease and flour an 8 inch square baking pan.

Beat 1/2 cup of shortening at medium speed with an electric mixer until light and fluffy; gradually add 1/2 cup of granulated sugar, beating well. Add 2 large egg and 1/2 cup of molasses, mixing well.

Combine 1 1/2 cup of all-purpose flour and 1 tsp. of baking soda, 1 tsp. of ground cinnamon, 1 tsp. of ground all-spice, 1 tsp. of ground ginger. Add to shortening mixture alternately with flour mixture.

Mix after each addition. Pour batter into prepared pan. Bake for 30 minutes or until a wooden toothpick inserted in the center comes out clean.

Serve topped with whipped cream.

QUOTES:

IRISH BLESSING

“May the road rise up to meet you, may the wind be ever at your back. May the sun shine warm upon your face and the rain fall softly on your fields. And until we meet again, May God hold you in the hollow of his hand.”

“Whatever you can do or dream you can do, begin it. Boldness has genius, power and magic in it.”

Johan Wolfgang von Goethe

What Can you please share?

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

Gilakasla, Donna Stirling

‘PRESERVING THE PAST’

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

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

Disclaimer:

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

BCECCS 11th Year GRATITUDE LIST

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

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

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1000

1. TAHLTAN BAND COUNCIL

FROG LEVEL - \$750

1. Lhoosk'uz Dene Nation

SISIUTL LEVEL - \$500

1. Vancouver Aboriginal Friendship Centre
2. We Wai Kai First Nation

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. Akisqnuq 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
20. McLeod Lake Tse'khene Elders Society
21. Tobacco Plains Indian Band

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

DIVERSITY HEALTH FAIR 2012

SAVE THE DATE!

June 16, 2012

Bigger & Better!

- The 2012 fair will take place in BOTH Arenas at Strathcona Gardens!
- High profile sponsorship opportunities

Highlights from 2011 Fair:

- 850+ guests
- Over 60 exhibitors
- All exhibitors surveyed will return



Visit www.crmisa.ca/DiversityHealthFair

What does DIVERSITY include?

- Age
- Gender
- Ability
- Body Type
- Language
- Religion
- Ethnicity
- Marital Status
- Political Belief
- Socioeconomic Status
- Race
- Place of Origin
- Sexual Orientation
- EVERYONE!

Photo Courtesy of Richard Kirk



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FOR IMMEDIATE RELEASE

MONDAY, FEBRUARY 06, 2012

NANAIMO (British Columbia) –City of Nanaimo Pledges No Water Sharing Deal Without Snuneymuxw Consent

At a City of Nanaimo press conference today Mayor John Ruttan committed that there would be no agreement with Harmac concerning the acquisition of water licenses without the consent and approval of the Snuneymuxw First Nation. When asked if there could be any deal with Harmac without Snuneymuxw agreement, the Mayor said "No".

"This is an important acknowledgement from the Mayor and we are glad to hear it. It is an acknowledgement of the strength of our Treaty of 1854. There will be no decision about these licenses and the water attached to them without our consent," said Chief White. "We will hold the City to their publicly stated commitment. But the proof is in action. We will see."

In recent days Snuneymuxw made clear its intention to file legal actions concerning the Harmac water licenses and any possible water sharing agreement with the City. Snuneymuxw has also raised questions about claims that there is an urgent water crisis in the region.

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For further information contact:
Chief Douglas White III Kwulasultun
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Harper Government Does Not Have the Right to Declare Canada Open for Business

News Release. February 8, 2012

(Coast Salish Territory/Vancouver, Canada – February 8, 2012) Close to 100 Chiefs and representatives from Indigenous Nations in BC along with 400 Chiefs from across Canada attended the Crown-First Nations Gathering in Ottawa on January 24 2012. The Crown-First Nations Gathering was an opportunity for dialogue between Indigenous Leadership and the Crown as represented by the Governor General, Prime Minister, Cabinet ministers and senior government officials to re-set the relationship. This week, a Government of Canada delegation led by Prime Minister Stephen Harper, Cabinet Ministers and industry representatives are on a trade mission to China.

“As Harper promotes Canada as a tourism and economic hotspot, including the announcement of the conclusion of negotiations on a Foreign Investment Promotion and Protection Agreement with China, many First Nations are astounded at the glaring absence of Indigenous leadership on this trade mission,” said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs. “By ignoring First Nations and inviting industry representatives like Enbridge, the Government of Canada is signaling they like the status-quo relationship where they continue to ignore our deep concerns about such mega projects. Indigenous Nations in BC are loud and clear. Our inherent Title, Rights and Treaty Rights are constitutionally-enshrined, judicially recognized, embodied in the United Nations’ Declaration on the Rights of Indigenous Peoples and we will not hesitate to defend them.”

Grand Chief Phillip continued “Our reality of appalling and disgraceful conditions of poverty is not captured in the glossy photo-op after photo-op events which appear to consume government interest. Our working relationship with governments and industry is the key issue and it must change. It is not a conducive relationship when Canada is selling our resources to the highest overseas bidder or slashing federal environmental processes to bolster bigger and bigger projects in our territories. As billions flow into government coffers, First Nations are left to deal with the social, economic and environmental consequences.”

“Minister Joe ‘McCarthy’ Oliver should not have been so quick to blame ‘foreign’ radicals as gumming up the environmental assessment processes, as his government’s comments prior to the start of the independent panel process was blatant interference. As the Minister tours China, he should take a moment to ponder who the real foreign influence is on the independent panel process,” said Grand Chief Phillip.

Grand Chief Phillip concluded “As Indigenous Peoples, our fight is the same the world over. Indigenous Title and Rights are ignored, dismissed and violated. The analogy of the province of British Columbia as Canada’s front door to Asia may be an apt description but it should be stated that panel processes reviewing proposed mega projects like Enbridge or New Prosperity are not mechanisms of consultation and do not provide certainty to major foreign investors. Until the underlying key question of our Title, Rights and Treaty Rights to our respective territories have been resolved, the front door is locked until further notice.”

Media inquiries:

Grand Chief Stewart Phillip, Union of BC Indian Chiefs

Phone: (250) 490-5314

First Nations child welfare on the line in Federal Court

By Teresa Smith, Postmedia News February 11, 2012

Cindy Blackstock, executive director of the First Nations Child and Caring Society. Blackstock is leading the charge in a federal court case which alleges that the government is discriminating against First Nations children by underfunding the child-welfare system on reserves.

Is the federal government discriminating against First Nations children on reserve by giving them less money for education, health and child-welfare services than their fellow Canadians?

At a Federal Court hearing that begins Monday, aboriginal advocates will argue yes. The government, for its part, contends it's not a fair question.

But, Cindy Blackstock, executive director for the First Nations Child and Family Caring Society of Canada, said, if the government succeeds with that argument, the case risks turning First Nations communities into zones where human rights protections afforded to Canadians simply don't apply.

In 2010, the chair of the Canadian Human Rights Tribunal dismissed a human rights complaint against the government from Blackstock's group and the Assembly of First Nations.

Now, the tribunal's decision is coming before the Federal Court for judicial review.

The court will be asked to decide whether the tribunal's chair, Shirish Chotalia, erred when she dismissed the case. It will decide whether to: uphold the decision; send the case back to tribunal for a full hearing; or rule itself, based on the facts.

At the core of the case is whether the government can be held legally responsible for the dire circumstances of native children in the child-welfare system — where there are currently three times more aboriginal children in care than there were at the height of the residential school system.

"At the centre of this is kids currently in care — they're in the highest risk situations and Canada seems to want to absolve themselves of any public accountability," said Blackstock, who, along with the Assembly of First Nations, brought the case to the Human Rights Commission in 2007.

The federal government is responsible for funding health, education, police services and child welfare on reserves, all of which fall under provincial jurisdiction off reserves.

Numerous studies into education funding have consistently found that First Nations children who attend schools on reserve receive \$2,000 to \$7,000 less per student than children off reserve. The funding for health and child-welfare services show similar disparities.

However, the federal government is expected to argue it can't be dragged back before the Human Rights Tribunal because the two levels of government, provincial and federal, cannot be compared — essentially saying that equating the situation of First Nations residents with the plight of other Canadians is like comparing apples to oranges.

Comparing the two, the government says in court documents, is "unreasonable" and "doesn't make sense." That "comparator" argument was used in Chotalia's decision to dismiss the case in 2010 before any of the main evidence had been heard.

The current case is the result of an appeal by the Assembly of First Nations and the First Nations Child and Family Caring Society, which both argue the government is guilty of discrimination because it consistently underfunds child-welfare services on reserve, leading, they contend, to poverty, poor housing, substance abuse and a vast overrepresentation of aboriginal children in state care.

Blackstock said if the government is allowed to use the comparator argument, "that would basically immunize the government from any discrimination or human rights claim relating to its funding policies and procedures on reserve.

"If we're unsuccessful in overturning the tribunal's decision, then the Human Rights Act will fail to apply to First Nations people living on reserve — we'll have a complete human rights vacuum," she warned.

The aboriginal advocates have been joined in their appeal by the Canadian Human Rights Commission, the body responsible for recommending the case be heard by the tribunal, in the first place.

Acting Chief Commissioner, David Langtry, said the government's argument flies in the face of legislation enacted by Parliament in 2008. That law repealed what Langtry called the discriminatory Section 67 of the Canadian Human Rights Act, which prevented people living under the jurisdiction of the Indian Act from bringing human rights complaints against the federal government.

If the court upholds Chotalia's decision, the intention of Parliament in repealing Section 67 — to bring First Nations rights in line with other Canadians — essentially will be over-ruled, he said.

That's why, when the tribunal dismissed the case, the commission took up the cause, saying the tribunal should hear the facts of the case "viva voce" (by word of mouth) to find out if there is, in fact, substantial inequality.

"To essentially deny access to justice on behalf of the most vulnerable aboriginal children in this country is something that we feel should proceed (to a full hearing)," said Langtry, who previously worked with aboriginal communities as the assistant deputy minister of child and family services in Manitoba, where 72 per cent of children in care are aboriginal.

"It will have great impact on other cases in the future, if this decision were to stand," he said, adding that if the federal court upholds the tribunal's decision, he would take the fight "all the way to the Supreme Court, if necessary."

Blackstock, too, says she's determined that the case be given full hearing. "These matters can't be decided on a preliminary basis — it's a matter of the facts. Put the facts before the tribunal and make a decision based on a full record," she said.

"As the matter is before the courts, we're unable to comment," said a spokeswoman from the attorney general's office.

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NEWS RELEASE Feb. 13, 2012

NANAIMO (B.C.) – Panelists to offer broad perspective at Vancouver Island Treaty conference

A group of panelists with extensive background on First Nations issues will offer a broad perspective at a joint Vancouver Island University-Snuneymuxw First Nation conference on the Pre-Confederation Treaties of Vancouver Island.

The conference, to be held at the Nanaimo campus May 10 and 11, will be opened by the Honourable Steven Point, Lieutenant Governor of British Columbia and will bring together people from a variety of vantage points – First Nations, academic, various levels of government, industry, the public and others.

Confirmed panelists and presenters include: Louise Mandell, Q.C, Nick Claxton, Ardith Walkem, Neil Vallance, Chris Arnett, John Swift, Dr. Bruce Miller, Douglas Lambert (formerly of BC Court of Appeal), Dr. Roshan Danesh, Dr. Brian Thom, Professor John Borrows, Dr. Richard Mackie and Dr. Cole Harris.

The overarching theme of the conference is “The Pre-Confederation Treaties of Vancouver Island – Fulfilling Treaty Promises and Living in Treaty Relationships”. Within this overarching theme, four main sub-themes have been selected for special consideration. They will be explored through presentations by panels of scholars and experts, followed by discussions with conference participants.

The four sub-themes are:

- Honouring the Spirit and Intent of the Pre-Confederation Treaties of Vancouver Island – The Challenges of Treaty Interpretation
- Charting a New Course for Treaty Implementation
- Unleashing the Promise of Economic Development
- The Pre-Confederation Treaties of Vancouver Island and Decision Making

“As an institute of higher learning, we can work with the Snuneymuxw to raise awareness about the treaties and honour the spirit and intent of the agreements that were made in the mid-1800s,” says Dr. Keith Smith, a professor of First Nations Studies at Vancouver Island University and one of the organizers of the conference. Smith sees it as an important step in working through many layers of complicated relationships. “On the academic side, we hope to encourage research on the treaties,” he says.

“It is vitally important that the general public gain a better understanding of these Treaties, and their importance and implications today”, said Chief Douglas White of the Snuneymuxw First Nation. “The Treaties established the foundation for relationships between First Nations, the Crown, industry, and the general public, and when we gain greater knowledge of that foundation and work to implement it, everyone benefits,” he added.

The Vancouver Island treaties are often referred to as the “Douglas” treaties, named for Governor James Douglas who negotiated 14 treaties with First Nations leaders on Vancouver Island from 1850 to 1854.

For more information on the conference and registration details, visit: www.vancouverislandtreaties.org

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10 things you should never reveal on Facebook By Nik Taylor

Some things are really best kept to yourself, especially on Facebook.

It's good to talk, so they say, and you know what? It's good to share stuff too. Posting a few photos or a quick status update helps us stay connected with friends. Only trouble is, some people don't know where to draw the line.

More than 500 million people are now signed up to Facebook, and they spend more than 700 billion minutes per month on the site.

Unfortunately it seems it's quite easy to forget just how many people could be watching you in the big wide world of social networking, especially if your privacy settings aren't tweaked just right.

With that in mind, here are our top 10 things you should never reveal when social networking: how many of these Facebook fails are you guilty of?

Facebook is great for organising meet-ups with your friends, but listing your private house party on there?

Unless you're up for the kind of shindig that involves hundreds of gatecrashers ripping up the carpet and making off with the family silver, we'd suggest not. To be honest, we would have thought people had wised up to this one by now but, since the Facebook gatecrasher stories keep coming, maybe not...

Time for a bit of sunshine? Good for you. You deserve it. Just try not to sign off for trip with a status update along the lines of: "Yippee! Off to Spain for two weeks tomorrow!" It's not that we're jealous (honest), it's just that putting that kind of information online is little better than slapping a "not home for weeks" poster on your front door. Even if you've taken the sensible precaution of not including your address on your Facebook page, it can still be easily found elsewhere online.

Time for a reality check, farmers. We don't care that you found a golden egg in your imaginary cowshed or that your pretend crops are growing super-great after being watered by that good friend of yours. In fact, people care so little, there are now even browser plug-ins available that will prevent Farmville updates from showing in Facebook feeds. If you're going to waste your time on Farmville or similar games, fair enough.

Just turn off the auto-updates, please?

Or your company, your boss, or your customers. If you're going to use your Facebook page as a vehicle for ranting about your occupation, you'd better make sure your privacy settings are turned up high, or that you really don't mind getting fired pretty soon. History is littered with the sackings of staff who made ill-advised comments about their workplace; from the airline staff who insulted their passengers, to the still-on-probation new starter who posted a foul-mouthed status update about her boss, forgetting she had previously friended him. Don't join them.

Some people collect Facebook 'friends' with the same kind of urgent desperation with which they seek Twitter followers. But it's all for nothing - as it turns out our poor brains can only deal with up to 150 real friends. Any more than that and you might find that while you're bang up-to-date with what your window cleaner is doing this weekend, your closest friend since childhood has been forgotten. Remember, folks: a huge friends list isn't a sign of popularity, it's just poor quality control.

Practical jokes are all well and good, but just remember that some people might not see the funny side. Ask the seven staff from the accident and emergency department at Great Western Hospital in Swindon, UK, who found themselves temporarily suspended after allegedly 'planking' (also known as the 'lying down game', as seen above in the Philippines) and posting the pictures on Facebook. The doctors and nurses were said to have photographed themselves lying on resuscitation trolleys, ward floors and a helipad, a prank which bosses at the hospital didn't see the funny side of.

Facebook has become fertile ground for divorce lawyers, who are more than happy to pore over the site searching for indiscreet status updates and incriminating photos. A survey of the American Academy of Matrimonial Lawyers found that 81% of top US divorce lawyers have seen an increase in cases using social networking evidence - with the bulk of those involving Facebook.

For every criminal mastermind, there are a thousand who are less smart. Want proof? Look no further than 28-year-old Craig Lynch, a convicted burglar who went on the run after absconding from an open prison in the UK, in September 2009. Presumably feeling rather smug about evading the law, Lynch taunted police by regularly updating his Facebook page with details of what he was up to. Surprisingly, he managed to remain at large for a few months, before being finally arrested once more in January. Top tip for other would-be escapees: the idea is to hide, understand?

There are a few rules to abide by when sitting on a jury, and one of the biggest is that you keep your mouth firmly shut when outside the courtroom. As for posting about the case on your Facebook page, well that's definitely right out. Don't put yourself in the position of one female juror, who was struggling to come to a decision on a child abuse case in 2008. "I don't know which way to go, so I'm holding a poll," the juror wrote on her Facebook page. Her removal from the jury swiftly followed, after an anonymous tip-off to court officials.

Most of us know the feeling when the alarm clock goes off and the first thought to come into our brain is, "I just can't be bothered today". The occasional fake sick day can be one of life's great pleasures but, again, it's best kept to yourself rather than broadcast on Facebook. That is, if you want to keep your job. A famous example involved Australian call centre worker Kyle Doyle, who became a minor web celebrity after being memorably busted for slacking, after announcing his intention to pull a sickie on his Facebook status.

The flu and diabetes

If you have diabetes, whether it's type 1 or type 2, you are at increased risk of flu complications and severe infection. Flu complications include being hospitalized, getting pneumonia, experiencing respiratory distress, or even death.

The flu can have several effects on your body if you have diabetes:

- Severe flu infection can result because diabetes can cause your immune system to be weaker.**
- Your blood sugar levels may fluctuate. Sometimes when you are sick, you may not feel like eating, which can cause your blood sugar levels to go up and down. And being sick with the flu can increase your blood sugar levels.**

People with diabetes aren't the only ones who are at high risk for flu complications and severe infection. People with asthma, heart disease, weakened immune systems, and many others with chronic medical conditions are also at risk. Are you at risk for flu complications?

There are a few steps you can take to protect yourself from the flu:

- Wash your hands properly (at least 20 seconds with soap and water) and frequently.**
- Avoid crowds, and stay home if you think you have the flu.**
- Cough and sneeze into your arm (not your hand!).**
- Eat healthy foods and get regular exercise to keep your immune system strong.**
- Get vaccinated. Your doctor may recommend you get the yearly flu vaccine and the pneumococcal vaccine.**
- Manage your diabetes. Take your medication, monitor your blood sugar levels, and follow the treatment plan as recommended by your health care provider.**

If you do end up catching the flu, it's important to see your doctor as soon as you notice the first signs of flu symptoms. Don't wait until your symptoms worsen. People with diabetes should see their doctor as soon as possible so that they can begin treatment. Early treatment with antiviral medication can help reduce the risk of flu complications.

The Canadian Press Read more: <http://www.ctv.ca>

Date: Monday Feb. 20, 2012 12:36 PM ET

OTTAWA — Prime Minister Stephen Harper is welcoming a Vatican decision to name a 17th century Mohawk woman as North America's first aboriginal saint.

Pope Benedict has announced that Kateri Tekakwitha will be canonized on Oct. 21.

Tekakwitha is entombed in a marble shrine at St. Francis Xavier Mission in Kahnawake, Que.

She was beatified by Pope John Paul II in 1980 in recognition of her unwavering devotion to God.

Benedict had already approved miracles attributed to Tekakwitha, the final step toward sainthood.

Known as the Lily of the Mohawks, Tekakwitha was born in New York state in 1656. She spent most of her life in upper New York, but eventually fled to Kahnawake near Montreal to escape opposition to her Christianity.

Harper said her elevation to sainthood is good news.

"This will be a great day for Canadian Catholics and a deep honour for our country," he said in a statement. Tekakwitha died in 1680 at age 24, and the process for her canonization began more than a century ago.

Dolphins save Doberman Pinscher stranded on sandbar

MARCO ISLAND, Fla. (Newscore) - A Pennsylvania woman on vacation in Florida took a tip from two dolphins to save a lost Doberman Pinscher that got stranded on a sandbar.

When Audrey D'Alessandro and her husband, Sam, walked out of their home on Marco Island, near Naples, Fla., to go fishing, "we saw these two dolphins, and they were splashing and making this big commotion" in a canal behind their vacation home, she said.

Although it is not uncommon to see dolphins swimming through the canal on their way to the Gulf of Mexico, Audrey D'Alessandro said that this time, "they were just there, in one place, splashing water against the canal wall." When the D'Alessandros went to investigate, they saw that an 80-pound Doberman Pinscher was standing on a sandbar, half-submerged even at low tide. The dog, which disappeared from a nearby home some 12 hours before, was too weak to bark, she added, and could not get back onto land because of a several-foot-high canal wall.

By the time the nurse lowered herself into the canal to get onto the sandbar, the dutiful dolphins were gone, but her husband called firefighters, who helped Audrey D'Alessandro hoist the dog out of the water. Turbo, who was shaking and unable to stand after being rescued, was quickly reunited with his owner -- who got the happy news while putting up lost-dog posters.

A few days later, a thankful Turbo and his owner made the eight-block trip to visit the D'Alessandros, who have a yellow Labrador of their own. But Audrey D'Alessandro brushed off the island-wide praise the couple received afterward, saying that while "people pulled up to us when we were driving and said, 'You're the couple that saved that dog,' I said, 'Yeah, sure.' But I think it was really those dolphins.

Seniors at risk of catching infections in emergency departments: study Jan. 23, 2012

Provided by: The Canadian Press Written by: Helen Branswell, The Canadian Press

TORONTO - Hospital emergency rooms can cure what ails an elderly person, but they can also send them home with an unwanted souvenir of their visit.

A new study suggests emergency departments may be a source of infections for seniors who turn to them for care, and a potential starting point for some of the infectious outbreaks that make their way through long-term care facilities.

Researchers from Montreal and Riviere-du-loup, Que., and from Toronto looked at seniors living in long-term care, comparing infection rates among those who had been recently treated in an emergency department and those who had not.

They found those who had been to Emerg were nearly four times more likely to have a respiratory or gastrointestinal infection in the week after the hospital visit than seniors who had not been to the hospital.

Lead author Dr. Caroline Quach put it another way: There were 8.3 infections per 1,000 patient days in seniors upon their return from the emergency department compared to 3.4 infections per 1,000 patient days in those who didn't go to Emerg.

The study was published Monday in the Canadian Medical Association Journal.

The findings suggest emergency departments are a source — though not the only source — of infections in seniors in long-term care.

"But it's one you can control for. It's one that is preventable," said Quach, a specialist in pediatric infectious diseases at McGill University and Montreal Children's Hospital.

"You know who went to the emergency room," she explained. "You know when they come back and you're able to take additional precautions for the week upon their return to the long-term care facility — in particular during the winter months."

The study only looked at seniors in long-term care, so it's not clear if the same infection risk exists for seniors living in their own homes.

"It would seem to make sense that they might also be at risk, although one could argue that the risk may be lower for these individuals because non-institutionalized elderly are generally in better shape than those who are institutionalized," said Dr. Andrew Simor of Toronto's Sunnybrook Health Sciences Centre. Simor was also an author of the study.

It has long been known that people who live in long-term care can be a reservoir of antibiotic resistant infections. They tend to spend time in hospitals and take antibiotics more frequently than younger adults, on average. Many hospitals screen patients coming in from long-term care looking to see if they are carrying drug resistant Staph or other such bugs.

And long-term care facilities have known to watch residents returning from a bout as an inpatient, looking for hospital-acquired infections such as *C. difficile*.

But neither side thought much about the emergency room as a source of infection, even though there have been well-publicized outbreaks related to the transmission of bugs in Emerg.

Toronto's SARS outbreak, for instance, began when the dying son of the woman who brought it to the city from Hong Kong went to Scarborough Grace Hospital and inadvertently spread it to a number of elderly patients in the emergency department. The woman died at home.

"Our memories are short," Simor said.

"What is novel and I think we're only now beginning to understand (it), is the risk in emergency departments themselves, even if you actually haven't been on a hospital ward. And I think we're late coming to this realization."

The paper suggests long-term care facilities might consider using infection control precautions for five to eight days after a resident has been to the emergency department. Quach declined to recommend specifics, saying institutions differ and it would be up to them to assess what is most workable for them.

But Simor suggested hospitals too could look at lowering the risk by examining how seniors are handled when they go to the emergency department. Quach said Quebec's institute of public health is working on such a policy document now.

The study was funded by the Canadian Patient Safety Institute, Quebec's health ministry and the Canadian Institutes of Health Research. Two of the authors reported having received consultancy fees, remuneration for giving lectures or grant funding from pharmaceutical companies.

From www.seniorshealth@medbroadcast.com

The Healthy Aboriginal Network

Non-profit promotion of health, literacy & wellness

Good day. We're putting a couple of comic books together next week and could use your help with the resource covers:

Maternal child health resources We are going to be releasing our maternal child health book soon. If you could email any healthy mom / healthy baby online resources to sean@thehealthyaboriginal.net, that would be terrific. We prefer young mom friendly sites, provincial or federal over regional sites, please. Sorry for the short notice but we need them by February 28th. If you're curious about the storyline you can check out the focus group short at www.youtube.com/user/HealthyAboriginal.

Diabetes prevention resources We are going to be reprinting our diabetes prevention comic book, *An Invited Threat*, in early March. But we need to update our resource listings on the rear cover first. If you could please email me youth friendly sites by February 24th we would be most appreciative - sean@thehealthyaboriginal.net. Again, youth friendly and provincial or federal over regional, please. Also, feel free to order by sending an email to sean@thehealthyaboriginal.net - we'll just need your mailing address, order and the number of copies you want. Feel free to check out the diabetes preview, our other books and pricing at www.thehealthyaboriginal.net. Please ignore the sold out note on *An Invited Threat*, as we haven't updated the website yet.

We appreciate your help on the youth resources, Sean Muir, Executive Director

3240 Comox Road Courtenay, BC V9N 3P8
Phone 250-941-8881 sean@thehealthyaboriginal.net
A BC incorporated non-profit Society

A look at different types of dementia Feb. 02, 2012

Provided by: The Canadian Press Written by: The Canadian Press

Dementia is an umbrella term for a variety of degenerative brain disorders, which lead to loss of memory, judgment and reasoning, as well as changes in mood and behaviour. The most common types of dementia afflicting Canadians are:

Alzheimer's disease: is a progressive, degenerative disorder that destroys brain cells and is eventually fatal. It is most often diagnosed in people over 65, but can affect adults at an earlier age. Alzheimer's accounts for 64 per cent of all dementia cases in Canada

Vascular dementia: The result of brain cells being deprived of oxygen and dying due to a blockage or disease in blood vessels that supply the brain. Vascular dementia is the second leading form of dementia, accounting for up to 20 per cent of all cases. When it occurs along with Alzheimer's, the condition is called "mixed dementia."

Lewy body dementia: Caused by abnormal deposits of a protein inside the brain's nerve cells, which interrupt the brain's messaging system. The deposits, named "Lewy bodies" after the scientist who first described them, usually affect areas of the brain involved in thinking and movement. Lewy body dementia can occur by itself or together with Alzheimer's or Parkinson's disease. It accounts for five to 15 per cent of all dementias.

Frontotemporal dementia: Tends to occur at a younger age than Alzheimer's disease, but also involves a progressive degeneration of brain cells. But unlike Alzheimer's, which generally affects most areas of the brain, this type of dementia primarily affects the frontal and temporal lobes of the brain — areas generally associated with personality and behaviour. An affected person may have such symptoms as sudden onset of memory loss, behaviour changes or difficulties with speech and movement. Former Alberta premier Ralph Klein was reportedly diagnosed with frontotemporal dementia, which makes up an estimated two to five per cent of all dementia cases in Canada.

Pick's disease: A subtype of frontotemporal dementia, characterized by brain cells becoming larger and containing round, silver "Pick's bodies." It was Pick's disease that led to the death of Gordie Howe's wife Colleen in March 2009.

Other dementias: Include Creutzfeldt-Jakob disease, a rare and fatal form caused by infectious proteins called prions; Parkinson's disease, typically marked by movement disorders, causes dementia in a significant proportion of patients in later stages of the disease; Huntington's disease, an inherited disorder that causes certain brain cells to waste away.

Source: Alzheimer Society of Canada

From www.seniorshealth@medbroadcast.com

Pruneville.com Quotes

- **"It's no longer a question of staying healthy. It's a question of finding a sickness you like."**
- **"The trouble with class reunions is that old flames have become even older."**
- **"I used to dread getting older, because I thought I would not be able to do all the things I wanted to do, but now that I am older, I find that I don't want to do them."**

Cognitive impairment, dementia common in seniors, proper diagnosis key to treatment

Feb. 02, 2012

Provided by: The Canadian Press Written by: Sheryl Ubelacker, The Canadian Press

TORONTO - Perhaps it begins with recurring forgetfulness, a struggle to find words or maybe needing repeated reminders about an upcoming event. Or it may be that some everyday tasks, performed over a lifetime with unthinking ease, suddenly seem overwhelming.

Such memory missteps could, of course, be signs of Alzheimer's disease. But specialists say there are many forms of age-related dementia and cognitive impairment, and nailing down the likely cause can ensure early and appropriate treatment.

"It is important to get a specific diagnosis because some medications work for one dementia and not another," says Dr. Tiffany Chow, a behavioural neurologist in the memory clinic at Baycrest in Toronto.

For some, memory and thinking problems could result from what's called mild cognitive impairment, or MCI, a sort of mid-step between the waning mental clarity that's normal as we age and the more exacerbated decline of dementia.

The condition is common in seniors, affecting about one in 10 of those aged 65 to 74, then rising to more than 60 per cent of those over 85.

Hockey legend Gordie Howe appears be one of them.

His son Murray, a doctor who specializes in radiology, says his father's symptoms don't fit either Alzheimer's or Pick's disease, a rare form of dementia that led to the death of his mother Colleen at 76.

Howe, now 83 and still active, is doing his bit to raise awareness. The Gordie and Colleen Howe Fund for Alzheimer's has raised more than \$16 million.

While the onset of mild cognitive impairment can be frightening, Chow says the condition isn't necessarily the first step on the road to Alzheimer's or any other form of dementia. Some people will progress to that stage, but others never get worse and a few even improve.

Vascular dementia affects about 20 per cent of Canadians diagnosed with dementia, making it the second most common form. The disorder is caused by the death of brain cells, which have been starved of oxygen-rich blood as a result of high blood pressure, heart disease, high cholesterol or diabetes. A succession of mini-strokes can also lead to vascular dementia.

But with early treatment — typically drugs that control these underlying disorders, plus changes to diet and exercise — the progression of vascular dementia can be significantly delayed or even halted altogether.

Certainly, Alzheimer's is the most common form, accounting for almost two-thirds of the 500,000 cases of dementia among Canadians — a figure that's expected to double to 1.1 million within a generation.

The disease, first described in 1906 by German physician Alois Alzheimer, arises from destruction of neurons linked to deposits, called beta-amyloid plaques, and tangled bundles of fibres that form in the brain. Starting in the hippocampus, a key structure involved in laying down memory, cell death eventually spreads to other parts of the brain and breaks down connections between neurons.

"It's just a neurodegenerative process," explains Dr. Mary Tierney, director of the Geriatric Research Unit at Sunnybrook Health Sciences Centre in Toronto, whose studies show that brain changes likely begin a decade before symptoms first appear.

"Whatever kick-started it in the first place, that whole cell loss, is just continuing. And that sort of relentless continuation is what we're really trying to stall."

Drugs to slow the progression of the disease and tamp down symptoms include cholinesterase inhibitors, which boost a chemical messenger called acetylcholine that's needed for memory, thought and judgment.

"They've been shown to help a bit with attention, recent memory, but they seem also to have an effect on progression of a decline in autonomy ... the ability to handle daily tasks," says Dr. Serge Gauthier, a neurologist at the McGill Centre for Studies in Aging in Montreal.

"And there are some behavioural effects, so there's less apathy, or lack of interest," he says of the drug class often prescribed for mild to moderate Alzheimer's.

A second medication, memantine, works on a different neurotransmitter and is most effective in the later stages of the disease, in particular reducing agitation and aggressivity as well as improving word recall and allowing a patient to maintain physical functions longer.

Combining the drugs can keep a person with Alzheimer's out of long-term care for many months, even up to a year, Gauthier says.

But there is no cure for Alzheimer's, and pharmaceutical companies are scrambling to come up with compounds that could reverse or halt the relentless brain damage.

"It's such a horrible disease, but nothing is on the horizon yet," says Tierney.

As the birthdays add up, so does the risk of developing one kind of dementia or another.

"So as you get older more of your peers will have mild cognitive impairment and more of your peers will have dementia," says Chow. Between 60 and 65, up to five per cent will have Alzheimer's; by age 70 to 75, maybe 20 per cent will be affected.

"And by the time you're in your late 80s, at least a third of the people around you would have dementia."

Among older seniors, those over 75, cognitive decline often results from a mixed bag of conditions — perhaps Alzheimer's, vascular and Parkinson's-related dementia, says Gauthier.

"It's not always black and white."

Still, there is no getting around the reality that Alzheimer's and some other forms of dementia are ultimately fatal.

For those affected by dementia, reactions to the diagnosis are as varied as the individuals themselves, says Marija Padjen, chief program officer at the Alzheimer Society of Toronto.

"Because of the very nature of the disease, some individuals will have much more awareness than others," she says. "So, for example, Mrs. Smith may be diagnosed with the disease, but she may have zero awareness of the fact that these symptoms are happening, that she's having memory lapses, etcetera, because the part of her brain that would allow for her to have a realization is affected."

That lack of insight, a condition known as anosognosia, can be tough on the patient's family, Gauthier points out.

"They're the ones who don't want to go to see the doctor, they're brought in by the family, (saying). 'There's nothing wrong with me. I don't need any medicine. I can drive.'

"But in a way it's less stressful for them."

Others have some awareness, while there are those few who have full insight, and that knowledge can persist as the disease slowly but inexorably chips away at memory, personality and the person's ability to function. "And they're really miserable, with a lot of anxiety," he says.

Common reactions to a dementia diagnosis are grief over the loss of self and control over one's life, adds Padjen. "There's a lot of fear of the unknown — and fear of the known. They may have had a family member diagnosed and know what's in front of them and it can be terrifying."

For family members, and especially those who become full-time caregivers, the diagnosis can be an emotional blow.

"For a lot of people, the grief begins with the diagnosis," says Padjen. "There's so many losses associated with the illness that they begin to grieve that individual and the loss of that relationship and the loss of the life that they had together."

"There's a term they use," adds Gauthier, "the unending funeral."

Tierney suggests family members will find it easier to cope if they try to remain rooted in the present, instead of fearing what the future will bring for their loved one with dementia.

"Focus on the person now and what they have."

From www.medbroadcast.com

By The Associated Press, thecanadianpress.com, Updated: October 26, 2011 6:24 PM

Man reports date as burglar when girlfriend shows

COLORADO SPRINGS, Colo. - Police say a man's girlfriend unexpectedly came home just before another woman was due to visit, so he called police to report his new acquaintance as a burglar.

The Gazette reports (<http://bit.ly/vfcH8c>) that 24-year-old Kevin Gaylor was cited with a misdemeanor of false reporting to authorities.

Police say Gaylor had invited a woman he met online to come to his home after 3 a.m. Wednesday so they could get better acquainted, but his girlfriend came home first.

Police say that when the other woman arrived, Gaylor called police and falsely reported an intrusion. Gaylor has an unlisted phone number and couldn't be reached for comment.

By Louise Nordstrom, The Associated Press, thecanadianpress.com, Updated: February-03-12

Sheep herding Swedish bunny becomes online hit

STOCKHOLM - Champis the bunny doesn't only hop — he also knows how to herd his masters' flock of sheep, possibly having picked up the skill after watching trained dogs do the job.

The 5-year-old pet rabbit from the small village of Kal in northern Sweden shot to online fame last week, having garnered more than 700,000 YouTube hits so far, after a clip of his sheep herding skills surfaced on a blog.

The June video shows a persistent Champis running back and forth on the farm, trying to keep Nils-Erik and Greta Vigren's sheep together.

Greta Vigren said she first noted his talent last spring when they let out the sheep to graze for the first time after the long Swedish winter.

"He just started to behave like a sheepdog," she recalled, adding that while he likes to round up the sheep, he is consistent about leaving the farm's hens alone, treating them more gently.

"He's like a king for the whole group. He thinks he rules over both the sheep and the hens. He has a very big ego."

Dan Westman, a sheepdog breeder who shot and posted the video of his friends' bunny, said he was in awe when he first witnessed the phenomenon, noting Champis does the job even better than most dogs would.

"It's really incredible, it's a herding rabbit," he said. "He rounds them up, and if they get close to escaping through the gate he sometimes stops them," he said.

"I mean I work with sheepdogs and know how hard this is. There are very few dogs that could do what this rabbit does."

Westman, who's known both Champis and its owners for years, said the beige little mix-breed bunny had never been trained for the job but seemed to have learned the ropes all on his own.

"He's probably picked some of it up from watching the dogs," he said.

Despite his tiny size, Westman said the sheep seem to pay their minder a world of respect, letting him herd them around when he feels they need some moving.

Pruneville.com Quotes

- **An elderly woman was telling her daughter about a date with a 90-year-old man. "Believe it or not, I had to slap his face three times!" said the woman. "Do you mean that old man got fresh with you?" the daughter asked in disgust. "Oh, no!" her mother explained, "I had to keep slapping his face to keep him awake!"**
- **You're getting old when there's no question in your mind that there's no question in your mind.**

Harper gives \$27 million for aboriginal adults to finish school, upgrade skills from thestar.com

Published On Thu Feb 23 2012

SEAN KILPATRICK/THE CANADIAN PRESS

Heather Scofield The Canadian Press

QALUIT, NUNAVUT—Prime Minister Stephen Harper flew to a frigid Iqaluit to deliver \$27 million for adult basic education in the North, an attempt to help high-school dropouts qualify for productive jobs.

The money will be spread out over five years, and shared by three colleges, one in each of the territories.

“By improving access to adult basic education, we are giving Northerners the tools they need to seek higher education and secure employment in sectors that contribute to Canada’s economic growth,” Harper said in a statement.

Part of the funding was already announced in last June’s budget, which put \$9 million over two years to adult basic education. Thursday’s announcement extends the funding time frame and increases the annual allotment slightly.

Harper has frequently stressed that education levels among aboriginal peoples need to improve if they are ever to find prosperity. But he is under intense pressure from native leaders to put up some serious money behind his words.

The Liberal aboriginal affairs critic called Harper’s announcement paltry compared with the needs of the North.

“The prime minister’s drive-by announcement today provided nowhere near the kind of resources for education, social housing, mental health, drug treatment and food security desperately needed in the north in order to improve the health, education and well-being of northern Canadians,” MP Carolyn Bennett said in a release.

“If Canada is to truly benefit from the opening of the Arctic, there must be focused federal investment in northern communities.”

The federal government has been working with the Assembly of First Nations for more than a year to put together a complete overhaul of the funding and governance scheme for education on reserves. But despite holding a high-profile summit with First Nations leaders in January, Harper has yet to contribute anything concrete to improving schooling for aboriginals.

There are signs the government may be prepared to take modest action in the coming spring budget.

Thursday's funding, however, is small compared with the billions in annual funding increases that Inuit and First Nations groups say they need.

It is meant to boost literacy and numeracy skills among people who have not finished high school.

There are many such people in the North. The Inuit Tapiriit Kapanami has estimated that only a quarter of Inuit students finish high school. The 2006 census suggests the level is about half. Regardless, the graduation rate is drastically lower than the rest of the population.

Nunavut Arctic College is receiving \$11 million of the funding. Yukon College is getting \$300,000 so far and can apply for more over the coming five years. And Aurora College is getting \$620,000 with the potential for more down the road.

The funding pays for educators, resources and assessment tools that are meant to help under-educated adults gain skills that can be put to use in their local labour markets.

In Nunavut, the unemployment rate is also much higher than the national average, at 25 per cent.

But funding for aboriginal schooling has long been capped to rise at two per cent a year, and is substantially lower than for non-native schools.

Many aboriginal schools are dilapidated, without libraries or gyms or proper equipment. And First Nations leaders have long complained that funding is capped at increases that can't surpass two per cent a year, despite the cost of teachers being far higher than that.

Harper has travelled frequently to the Arctic, but the trip to Iqaluit is only his second visit in the dead of winter.

While the sovereignty of the North is clearly his priority, he has faced criticism for focusing on military efforts while ignoring the social conditions of the people who actually live there.

The suicide rate among the Inuit is about nine times higher than the average rate in Canada, and has doubled in the last 15 years, according to Aboriginal Affairs.

Overcrowding is also far worse among the Inuit than among the non-aboriginal population. According to information from the 2006 census, 31 per cent of Inuit homes were considered too crowded, compared with 26 per cent for homes on First Nations reserves, and a three per cent average for Canada as a whole.

QUOTE:

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

DOCTRINE OF DISCOVERY

Hi: As you know, the UN Permanent Forum will address the Doctrine of Discovery in its May meetings.

I thought folks might be interested in receiving some materials about how countries around the world applied, and are still applying, the Doctrine to Indigenous peoples and nations.

In 2008, Prof. Jacinta Ruru (Maori) of Otago University in New Zealand and I wrote, *An Indigenous Lens into Comparative Law: The Doctrine of Discovery in the United States and New Zealand*, 111 W. Vir. L Rev. 849 (2009). You can get a free copy by clicking on this link: http://papers.ssrn.com/sol3/papers.cfm?abstract_id=1099574

In 2010, I co-authored an Oxford University Press book with Indigenous professors Jacinta Ruru (Maori) of Otago Univ., Tracey Lindberg (Cree) of Athabaskan and Ottawa Universities, and Larissa Behrendt (Aboriginal) of Univ. of Technology Sydney about the use of Discovery in our four countries - <http://www.amazon.com/Discovering-Indigenous-Lands-Doctrine-Discovery/dp/0199579814> (this book was just re-published in a paperback edition).

In 2011, I co-authored articles on how Spain used Discovery in the New World and primarily in Chile, and how Portugal applied it in Brazil:

Brazil, Indigenous Peoples, and the International Law of Discovery, 37 Brooklyn Journal of International Law 1 (2011). You can get a free copy of this article by clicking on the link: <http://papers.ssrn.com/abstract=1768350>

The International Law of Discovery, Indigenous Peoples, and Chile, 89 Nebraska Law Review 819 (2011). You can get a free copy at: <http://papers.ssrn.com/abstract=1667155>

The last two articles have been translated respectively into Portuguese and Spanish. I would be happy to send the translated articles to anyone who emails me.

My latest article summarizes all this work on how the Doctrine was applied in 9 different countries. Get a free copy at. http://papers.ssrn.com/sol3/papers.cfm?abstract_id=1920009

Bob

Professor Robert J. Miller

http://lawlib.lclark.edu/blog/native_america/

View my research on my SSRN Author page:

<http://ssrn.com/author=354803>

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**BCECCS HAS GONE
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By The Associated Press, thecanadianpress.com

Oregon man looking for Nebraska casino gets detox stay

LINCOLN, Neb. - An Oregon man pressed his luck one too many times and spent the night in a Nebraska detox cell after twice mistaking a police station for a casino and asking authorities for blackjack chips.

The Lincoln Journal Star (<http://bit.ly/qa2PM4>) reports the 21-year-old man approached the University of Nebraska-Lincoln police station front desk after a college football game Saturday night. He left after a staffer told him it was a police station but returned a few minutes later.

That's when an officer administered a blood alcohol test, which registered at .273 per cent — more than triple the state's legal driving limit.

Police took him into protective custody while he sobered up. A police sergeant said the man had not committed a crime and was not arrested.

QUOTES

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

PISCES - The Dreamer (Feb 19 - Mar 20) Generous, kind, and thoughtful. Very creative and imaginative. May become secretive and vague. Sensitive. Don't like details. Dreamy and unrealistic. Sympathetic and loving. Kind. Unselfish. Good kisser. Beautiful.

**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**