



ELDERS VOICE

HAPPY THANKSGIVING!! AND HAPPY HALLOWEEN!!

To have an application sent to you for the Residential School Settlement's Common Experience Payment please call Service Canada at 1-866-699-1742

Hi Donna;
Hope this makes it in time for your next Publication!
Kitselas Elders really enjoyed themselves @ the Annual Elders Gathering hosted by the Squamish Nation!
Everything was well Organized, Entertainment, food, Volunteers did a Great job! Thanks to everyone involved. Great M.C. too.
Kitselas is not far from Prince Rupert, we are looking forward to next year. Thanks again to the Squamish Nation from our President Fred Wells and the eleven Elders & escorts from Kitselas.
Ken Mc Dames, Secretary

Re: 31st Annual BC Elders Gathering
I am writing to report on the gathering. It was a very nice one. The Squamish people really out did themselves. It was one of the better gatherings I've been to. The shows and workshops were outstanding. It was hard to chose where to go to. I didn't want to miss the performances, nor did I want to miss the workshops, so I tried to squeeze in whatever I could. I've always love the Metis music, I wonder if I was one in a previous life. I also enjoyed the Japanese and Hawaiian dancers. The food was great, and the way it was served was so easy for the elders. We actually sat at tables for dinner and were served by many waitresses and waiters, who very handsomely dressed. That eliminated the long lineups. I loved the M.C. he kept the gathering going at all times, very entertaining, never a dull moment.
My hands go up to the Squamish Nation People. Looking forward to Prince Rupert, they had a very good presentation.
Ginger Alec, BC Elders Council

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Easy Bakers Corner – Cappuccino Cookies - Makes 2 dozen

Cream 11 Tbsp. of butter or margarine and 1 1/4 cup of granulated sugar together until light and fluffy. Beat in 2 eggs, one at a time.

In a 2nd bowl, combine 1/3 cup of milk, 1 tsp. of vanilla and 2 tsp. of instant cappuccino or strong coffee (dissolved in 1 Tbsp. of water).

Mix into the butter mixture.

Combine 2 cups of all-purpose flour, 1 tsp. of baking powder and 1/2 tsp. of cinnamon. Mix thoroughly until blended.

Drop mixture by teaspoons onto a well-greased cookie sheet. Sprinkle tops with cinnamon sugar and 1 square pf semi-sweet chocolate (grated).

Bake at 375°F for 10 minutes until golden on the bottoms.

Remove immediately to a rack to cool.

Handy Tips: Did You Know? Now look what you can do with antacid seltzers such as Alka Seltzer®....

Clean a toilet...Drop in two tablets, wait twenty minutes, brush and flush. The citric acid and effer- vescent action clean vitreous china.

Clean a vase...To remove a stain from the bottom of a glass vase or cruet, try filling it with water and dropping in two tablets

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/Birthday Wishes, 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’

New Elder’s Website: www.bcelders.com

The *First Ever* Elder’s Website “Preserving the Past” is now online (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.

Issues of your Elders Voice Newsletter are also posted on the website each month, though all issues still continue to be mailed out to your Elder’s Contact People throughout the province (to ensure that no one is left out because of a lack of access to the internet).

Comments? Please feel free to call in to the Communication Center - contact info is on the back page.

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.

7th GRATITUDE LIST

Groups who have thankfully paid their \$250 'Yearly Support Fee'
so far for the Dec. 2006 – Nov. 2007 Year

1. Quatsino First Nation
2. Burnstick Promotions - Don Burnstick
3. Neskonlith Indian Band
4. We Wai Kum First Nation
5. Wet'suwet'en First Nation
6. Mamalilikulla-Qwe'Qwa'Sot'Em Band
7. Comox First Nation
8. Bridge River Indian Band
9. Squiala First Nation
10. Cook's Ferry Indian Band
11. BC Assembly of First Nation
12. Tsawataineuk Band
13. McLeod Lake Tse'khene Elders Society
14. Lower Nicola Indian Band
15. Osoyoos First Nation
16. Ditidaht First Nation
17. Uchucklesaht Band
18. Adams Lake Indian Band
19. Canoe Creek Band
20. Samahquam Band
21. Ka:'Yu:'k't'h'/Che:k'tles7et'h' Nation
22. Kamloops Indian Band
23. Saik'uz First Nation
24. Qualicum First Nation
25. Xaxli'p Indian Band
26. We Wai Kai Nation
27. Lower Kootenay Band Health Services
28. Hailika'as Heiltsuk Health Centre
29. Snuneymuxw First Nation
30. T'It'Qet Elders Council
31. Hamatla Treaty Society
32. Lower Similkameen Indian Band
33. West Moberly First Nation
34. Lheidli T'enneh Band
35. Tsewultun Health Centre
36. Lytton First Nation
37. Gitksan Health Society
38. Carnegie Community Centre
39. Doig River First Nation
40. Union of British Columbia Indian Chiefs
41. BC Assoc. of Aboriginal of Friendship Centres
42. Tansi Friendship Centre Society
43. Old Massett Village Council
44. Tobacco Plains Indian Band
45. Kwadacha Band
46. Quesnel Tillicum Society
47. Gitanyow Human Services - Health
48. Ehattesaht Tribe
49. Nuw-Chah-Nulth Tribal
50. Esquimalt Nation
51. Wuikinuxv Nation
52. Tla-O-Qui-Aht First Nation
53. Kluskus Indian Band
54. Douglas Band
55. Squamish Nation
56. Da'naxda'xw First Nation
57. Kitamaat Village Council
58. Mount Currie Band Council
59. Seton Lake Band Elders
60. In SHUCK-ch Elders Circle
61. First Nations Summit Society
62. Shxwaha:y Village
63. Ts'kw'aylaxw First Nation
64. Mowachaht/Muchalaht First Nation
65. Ki-low-na Friendship Society
66. Gitsegukla Band (\$125)
67. SIMPCW First Nation (\$100)
68. Sechelt Indian Band (\$50)
69. Musquem Indian Band (\$125)
70. N'Quatqua Band (\$100)

Dear Elders Contact Person,

*If your office has paid the support fee, thank you!

*If your office/group has VOIDED the Invoice for this year & faxed it back, then thank you as well.

*If you are in the process of paying the fee with the new fiscal year upon us, then thank you very much for your continued efforts!

***Staff changes often occur, so please call into the office if you require the Invoice to be resent.

Thank you for your continued support!

Asthma Control Matters

Asthma control: facts and myths

There are many misconceptions about asthma control. Find out whether some popular beliefs about asthma are facts or myths.

Fact or myth? It's normal to visit the emergency department once or twice a year when you have asthma.

This is a myth. Ending up in the emergency department because of your asthma symptoms is not a normal part of having asthma - it's a sign that something is wrong. There are treatments available that can help you manage increased symptoms and worsening asthma. Talk to your doctor about whether you're receiving the best possible treatment for your asthma, and what to do when your asthma seems to be getting worse.

If your symptoms are landing you in the emergency department, you're not alone. In the recent TRAC (The Reality of Asthma Control) study, a large nationwide survey done by leading asthma experts from across Canada, researchers interviewed 893 adults with asthma. They found that half of the asthma sufferers in the study had experienced an asthma exacerbation (which involved either a trip to the emergency department, an unscheduled doctor's visit, or a visit to the hospital) within the last year. Exacerbations were much more common for people with poorly controlled asthma than for those with good asthma control (81% vs. 16%).

Fact or myth? Most people know whether their asthma is under control.

This is a myth. The TRAC study found that 97% of people with asthma believed their asthma was under control (59% said it was "very well controlled" and 38% said it was "somewhat well controlled"). But only 47% of them actually had their asthma under control as measured by the researchers using the latest Canadian guidelines on the management of asthma. This means that most people are not aware of whether their asthma is under control. Talk to your doctor to find out how to tell when your asthma is getting worse, and what treatments are available to help respond to worsening asthma.

Fact or myth? Poorly controlled asthma can cause people to be less active.

This is a fact. In the TRAC study, 56% of people with poorly controlled asthma stopped physical activity, compared to only 13% of people with well-controlled asthma. If your asthma is getting in the way of your active lifestyle, or if you don't know whether your asthma is under control, talk to your doctor. There are treatments available that can help get your asthma under control and also help you manage periods where your asthma gets worse.

When your asthma is out of control

The TRAC (The Reality of Asthma Control) study, a large nationwide survey conducted by leading asthma experts from across Canada, found that 53% of Canadians with asthma do not have their asthma under control.

Why does asthma get out of control?

Asthma symptoms tend to vary over time, and every now and then your asthma symptoms can flare up. During a flare-up, also called an exacerbation, your asthma symptoms get worse, leading to symptoms such as shortness of breath, tightness in the chest, wheezing, and coughing.

Why do asthma flare-ups occur? Doctors believe it's due to the way the disease affects the airways (breathing tubes). People with asthma have narrower-than-average airways because the airways are inflamed and swollen, and may be clogged with mucus. On top of this, their airways can be extra sensitive to certain "triggers," such as cold air or cigarette smoke. When someone with asthma is exposed to a trigger, their airways tighten up even further, which can make it harder to breathe. The airway swelling combined with the triggers can lead to an asthma flare-up.

How do I know whether my asthma is in control?

Is your asthma really under control? Take the asthma control quiz! Ask yourself:

- Do you have asthma symptoms on four or more days of the week?
- Do you wake up during the night with asthma symptoms on one or more night(s) per week?
- Does your asthma stop or hinder you from doing certain physical activities?
- Does your asthma get worse from time to time?
- Does your asthma get worse at certain times of the year (e.g., allergy season, cold weather)?
- Have you recently missed work or school because of your asthma?
- Do you take your "reliever" medication four or more times per week (not including one puff per day before exercise)?
- Is your PEF (peak expiratory flow, a breathing test you can do at home with a device called a peak flow meter) less than 90% of your personal best?
- Have you gone to the emergency room or made an unscheduled doctor's visit because of asthma symptoms in the past year?
- Does your asthma get worse when you get a cold or a respiratory tract infection?

If you answered "yes" or "I don't know" to any of these questions, your asthma may be out of control. There are treatments available that can help get your asthma under control and manage worsening asthma symptoms. Make an appointment to talk to your doctor about ways to improve your asthma control, and what to do when your asthma gets worse.

What can happen to me if I don't get control of my asthma?

When your asthma spins out of control, it can lead to a frightening trip to the emergency department. You may end up spending some time in the hospital after an asthma flare-up. As well, you may miss work or school and lose valuable time from your personal life. Poor asthma control can also increase health care costs.

Controlling your asthma can help you avoid flare-ups and the problems they can cause. In the TRAC study, a large survey conducted by Canadian asthma experts, people with well-controlled asthma were less likely to have flare-ups than those with poorly controlled asthma (16% vs. 81%). Plus, only 5% of people with well-controlled asthma missed school or work, compared to nearly half of all people with poorly controlled asthma. Talk to your doctor about getting your asthma under control, and learning more about treatments that can respond to increased symptoms or worsening asthma control.

Taming your asthma

Is your asthma out of control? Here are a few ways to tame it: Know your enemy

Knowledge is the key to fighting asthma. Be sure you understand how asthma affects your body, which factors seem to trigger your asthma, how to use your asthma medications properly, and what to do if your asthma gets worse.

Find out if your asthma is really under control by taking the asthma control quiz in "When your asthma is out of control." The TRAC (The Reality of Asthma Control) study, a large survey conducted by leading Canadian asthma experts, found that while 97% of people thought their asthma was under control, only 47% actually had well-controlled asthma. So don't be fooled - try the quiz today to see whether your asthma is controlled.

If you have any questions or concerns about your asthma or your treatment options, talk to your doctor (see "Talking to your doctor about asthma control").

Avoid your asthma triggers

A "trigger" is something that causes your asthma to flare up. Each person has their own set of asthma triggers, although people may have certain triggers in common.

Common asthma triggers include:

- air pollution or cigarette smoke
- perfumes or strong smells
- dust mites
- mould
- pollen
- cockroaches
- pets
- exercise
- cold air
- strong emotions
- food additives (such as sulfites)
- viral infections
- some types of medications (such as ASA (aspirin), anti-inflammatory medications, and beta-blockers)
- gastroesophageal reflux disease (GERD)

Try to identify your triggers by taking note of things that were happening around the times that your asthma flared up. Once you know your triggers, take steps to avoid them.

Use your medications as directed

Make sure you understand the purpose of each of your asthma medications and how to use them properly. There are three main types of medication: relievers, controllers, and combination medications.

Relievers are used as needed to manage the symptoms of an asthma attack, such as shortness of breath, wheezing, chest tightness, or coughing.

Controllers are used to reduce inflammation and mucus in the airways; this can make the airways less sensitive to triggers and help keep your asthma under control. Controller medications must be used on a regular basis in order to be effective. They should not be used to relieve the symptoms of an asthma attack. In the TRAC study, nearly three out of four people were concerned about using steroid inhalers, a common type of controller medication. Don't let these concerns prevent you from getting the treatment you need - if you have any questions or concerns about your medication, speak to your doctor to learn more about the benefits and risks.

Combination medications are used for people who need more than one asthma medication on a regular basis, and want the convenience of only using one inhaler. Ask your doctor how to use your combination medication

properly - for some combination medications, you can adjust the dose to help manage worsening asthma symptoms.

If you're not sure whether your medication is a reliever or a controller, or how to use it, you're not alone. The TRAC study found although between two thirds and three quarters of people were familiar with these terms, only 59% of the examples they provided for reliever medications and 63% of the examples they provided for controller medications were actually correct. So don't be embarrassed to ask your doctor if you're not sure about the purpose of your medication or how to use it properly.

Talk to your doctor about asthma control

Your doctor can help you tell whether your asthma is out of control, make sure you are receiving a treatment that's right for you, and give you instructions on what to do when your asthma gets worse. The TRAC study found that nearly half of all people with asthma did not have a plan for what to do if their asthma got worse. And only half of those with a plan actually used it regularly. Don't be caught off-guard. Talk to your doctor about what to do when your asthma gets worse. For more information, read "Talking to your doctor about asthma control."

How your doctor can help

Your doctor can help you get your asthma under control. Here are a few things your doctor can do for you:

- help you learn more about asthma and how it affects your body
- find out whether your asthma is under control and what you can do about it
- make sure you understand the treatment options available and what they can do for you
- help you choose the treatment that's best for you
- teach you to use your treatment properly
- advise you on what to do if your asthma gets worse

Time to see your doctor?

Could it be time for a doctor's visit? Ask yourself if any of the following statements apply to you.

- I'm not sure if my asthma is under control (take the asthma control quiz in "When your asthma is out of control").
- I'm not exactly sure what each of my asthma medications is for.
- I'm not sure how to use my asthma treatment.
- I have been using my asthma treatment, but it doesn't seem to help.
- I am having side effects from my asthma medications.
- I'm not satisfied with my asthma treatment.
- My asthma seems to be getting worse.
- My asthma is interfering with my life.
- Because of my asthma, I've changed my level of physical activity.
- Within the last year, I've been to the emergency department or ended up in hospital because of my asthma.
- I'm not sure what to do if my asthma gets worse.

If any of these statements apply to you, it's time to make an appointment with your doctor to discuss your asthma control.

Questions to ask your doctor

You'll get more out of your visit to the doctor if you come prepared. Here are a few questions to ask your doctor:

1. Is my asthma under control? If not, what can I do to get better control?
2. Is there anything in my lifestyle that could be making my asthma worse? What can I do to change my lifestyle?
3. Am I using my medications properly? If not, can you show me how?
4. Can my current asthma medication(s) be adjusted to respond to worsening asthma symptoms? If not, do you think I should be switched to one that can?
5. Could I benefit from trying a new asthma treatment?
6. How should I adjust my medication doses when my asthma gets worse?
7. What else should I do when my asthma gets worse?
8. What side effects should I watch out for with my treatment, and what should I do if they occur?
9. Other: _____
10. Other: _____

By asking these questions, you'll be taking a valuable step towards better asthma control. You may also wish to bring a pen and paper to your appointment to keep track of the advice your doctor gives you.

Don't forget! When your asthma symptoms get worse, you need know what to do! Don't wait until your asthma lands you in a hospital emergency room. Talk to you doctor about what to do now, whether it involves learning more about your condition or learning how to adjust your asthma medications to respond to worsening asthma symptoms. Whatever it is, there is something for you to do, so make an appointment and talk to your doctor about it.

Article series is from www.Medbroadcast.com

Grand Chief Stewart Phillip Elected for Fourth Consecutive Term as President of the UBCIC

(Vancouver/Coast Salish Territory – September 20, 2007) Grand Chief Stewart Phillip stated today “I am honoured and greatly humbled that the Chiefs-in-Assembly at the 39th Annual General Assembly have entrusted me to be the President of the Union of BC Indian Chiefs for the next three years.”

With today’s election, Grand Chief Phillip will begin his fourth consecutive three-year term as the President of the Union of BC Indian Chiefs.

“I will continue to strenuously commit my efforts to unite our people in order that we may force the federal and provincial governments and third-party interests to fully recognize, respect and accommodate our Aboriginal Title in our respective territories. The New Relationship must be more than words, it must be recognition, respect and reconciliation of our Aboriginal Title in our respective territories, throughout the province, across Canada and on the world stage. As such, the Union of BC Indian Chiefs call on the Government of British Columbia to endorse the UN Declaration of the Rights of Indigenous Peoples and the Government of Canada to step down from the UN Human Rights Council” concluded Chief Phillip.

Grand Chief Phillip has been married for twenty-two years to his wife Joan. They have four grown sons, two daughters, four granddaughters and four grandsons. Grand Chief Phillip was elected to a fourth consecutive term as Chief of the Penticton Indian Band and is Chair of the Okanagan Nation Alliance.

FOR MORE INFORMATION CONTACT:

Grand Chief Stewart Phillip, President Cell: (250) 490-5314

Food and You

Avoiding foodborne illness

Many of us prepare and store food on a daily basis - and manage to steer clear of foodborne illness (also known as food poisoning). But are you avoiding trouble by skill or by chance? Brush up on the following tips and rule out some hazards in the kitchen.

Storing goods

Keep pantry items (such as packages of cereal or pasta) in sealed containers on a clean, dry shelf at a temperature of no more than 38°C (100°F). Keep the pantry clean and make sure no food spills or sits on the floor. Maintain your fridge temperature below 4°C (40°F) and your freezer temperature below -18°C (0°F) - this will help avoid spoilage. Place raw meat and fish in a container or generously sized bowl on the bottom shelf of the fridge so that juices cannot spill or drip onto other food. This helps prevent contamination in the fridge. So does regular cleaning of the fridge and freezer.

Storing eggs? Keep them in their original carton and not in the egg tray in the door (which won't keep them cold enough). If you crack an egg by accident, move it to a covered container in the fridge and use it within four days. Otherwise, discard it.

Refrigerate leftovers within two hours of cooking, and store them in shallow containers or sealed freezer bags so that the food cools evenly and quickly. You can safely keep leftovers in the fridge for up to four days.

Working with food

Wash your hands! Always wash your hands before and after handling raw food. Using warm water, make sure to lather your hands with soap for at least 20 seconds. As well, keep counter-tops and sinks clean and disinfect them regularly. Don't forget to sanitize high-traffic areas such as taps or the refrigerator and oven doors. When slicing and dicing, reserve one cutting board for raw meat and fish only - preferably a plastic one, as it can then be cleaned in the dishwasher. Launder dishcloths and kitchen towels often. And don't forget to wash your can opener every time you use it.

Shopping smart

Approach shopping with a strategic plan. With the large size of many supermarkets today, it can often take quite a while to make your way through the aisles. Therefore, select your freezer and refrigerator items last so that they stay as cold (and safe) as possible. Go directly home with your groceries or otherwise use a cooler and ice packs. Once home, remember to put the perishable items away first.

When choosing canned goods, avoid cans that are dented or leaking. Check egg cartons to ensure that all the eggs are clean and intact - never buy eggs that are dirty or cracked - and remember to check the "best before" date.

In general, when looking at "best before" dates, keep in mind that this is the date until which the manufacturer claims that the unopened goods will keep their wholesomeness, taste, and nutritional value provided that the food is stored appropriately. At the same time, given that "best before" dates do not guarantee the safety of the food, use your common sense and discard it if you have any doubts. If the "best before" date has passed, know that the quality of the food may have decreased, and again, use cautious judgment.

Article is from HealthNewsletter@Medbroadcast.com

Passage of UN Declaration an historic day: Canada's opposition a national disgrace
News Release FOR IMMEDIATE RELEASE September 13, 2007

Coast Salish Territory/Vancouver – Today the United Nations General Assembly, after more than 20 years in development, adopted the Declaration on the Rights of Indigenous Peoples by an overwhelming majority of 143 in favour, 4 opposed and 11 abstentions. Unfortunately Canada was one of four countries to vote against the adoption of the Declaration.

“The First Nations Leadership Council stands together with the indigenous peoples of the world in celebrating this historic achievement”, said Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs and a member and First Nations Leadership Council.

“However we remain shocked and angered at Canada's refusal to support this important international human rights instrument. It is truly ironic that four first world countries that have become prosperous through the exploitation of the lands and resources of the indigenous peoples, including Canada, chose to oppose the adoption of the declaration” added Grand Chief Phillip. “We challenge Canada to take a step forward on the international stage and reverse its opposition and work with us to implement and uphold the principles contained in the Declaration”.

“The Declaration on the Rights of Indigenous Peoples will set the stage for an opportunity for a new beginning, for an improved relationship between indigenous peoples and States in North America and throughout the world”, said Grand Chief Edward John, a member of the First Nations Summit executive and First Nations Leadership Council who is in New York for today's historic vote.

“We stand together and celebrate that the fundamental human rights which we have all worked so hard to uphold in this Declaration are still intact in the final text now adopted by the UN General Assembly. These include the inherent rights related to our traditional lands, territories and natural resources, our self-determination, our unqualified recognition as Peoples, our own cultures, languages and identities, our subsistence, our own concepts of developments, Treaties, and free, prior and informed consent”, added Grand Chief John. “We hope the Declaration will now force Canada to work with Aboriginal people of this country to bring about change to their flawed colonial policies”.

“This document is truly a unifying instrument, a declaration of the struggle that unifies the 370 million indigenous people globally. The Declaration represents a shared struggle and as such will serve to bring us closer together to impact change, push back the destructive forces of globalization and provide us with an opportunity to shape the world instead of only being subject to, or victims of it” said Regional Chief Shawn Atleo of the BC Assembly of First Nations.

-30-

The First Nations Leadership Council is comprised of the political executives of the BC Assembly of First Nations, First Nations Summit, and the Union of BC Indian Chiefs.

The Council works together to politically represent the interests of First Nations in British Columbia and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all First Nations in British Columbia.

For more information please contact:

Grand Chief Edward John
Political Executive, First Nations Summit: 778-772-8218

Grand Chief Stewart Phillip
President, UBCIC: 250-490-5314

Regional Chief Shawn Atleo
BC Assembly of First Nations: 604-220-5822

Colin Braker
Communications Director Office: 604-926-9903
First Nations Summit: Cell: 604-328-4094

Attention all BC Aboriginal Youth:

My name is Ken Watts and I am the Youth Conference Coordinator for the BC Association of Aboriginal Friendship Centres. I would just like to inform you of our 2008 Gathering Our Voices: Provincial Aboriginal Youth Conference which will take place March 17-20, 2008 in Victoria, BC at the Victoria Conference Centre. Our conference theme will be Sport, Recreation and Wellness for 2008 and we are looking forward to an empowering and fun filled event. We expect almost 1000 Aboriginal Youth from across the province to attend our sixth annual conference from ages 14-24. Register now, as space is limited and save with our early registration date.

I will be attaching the necessary info packages (Early Registration Packages, Exhibitor Package (Sport and Wellness Fair), Chaperone info, Call for Presenters [workshops] or a 8.5x 14 Advertisement please post). If you wish to receive a package that was not included in this email please feel free to contact me and I can forward one to you. Most of the information will also be distributed through mail, if you do not receive a hard copy and would like one mailed to you please feel free to contact me and the necessary information will be mailed out to you.

Please feel free to forward this email and the attachments to anyone else you think would be of interest (I.e. education, cultural or youth groups and organizations). If you have any questions, concerns or suggestions please feel free to contact me.

Kleco, kleco!

Ken Watts
Youth Conference Coordinator

BC Association of Aboriginal Friendship Centres
#200-506 Fort St
Victoria BC, V8W 1E6
Phone: 250-388-5522 or Toll Free 1-800-990-2432=20
Fax: 250-388-5502
Email: kwatts@bcaafc.com



JOINT STATEMENT ON THE NEW RELATIONSHIP

In the New Relationship, we committed to a new government-to-government relationship based on respect, recognition and accommodation of aboriginal title and rights and to reconciliation of Aboriginal and Crown titles and jurisdictions. We also agreed to develop new institutions or structures to negotiate government- to-government agreements for shared decision-making about land use planning, management, tenuring and resource revenue and benefit sharing.

Notably, the New Relationship also acknowledges that aboriginal title includes the inherent right for the community to make decisions as to the use of the land and that these inherent rights flow from First Nations' historical and sacred relationship with their territories.

Pursuant to the New Relationship, the First Nations Leadership Council and the Province of British Columbia are undertaking work at a high level to develop frameworks and create tools to assist the Province and BC First Nations to implement the New Relationship. During the development of the framework and tools, the Leadership Council and the Province support the efforts of First Nations, local governments, resource companies and businesses to continue community-level engagement. In fact, these community-level negotiations provide valuable insights and guidance to our broader discussions.

The First Nations Leadership Council and the Province of British Columbia respect First Nations' autonomy and recognize that First Nations are the holders of Aboriginal title and rights. We agreed to a new government-to-government relationship that respects and supports the authority of First Nations to enter into negotiations and agreements to suit the unique circumstances of the community.

The purpose of the New Relationship is to bring about policy changes and set a course forward that will be of benefit to all First Nations and to British Columbia as a whole.

B.C. aboriginal leader new lieutenant-governor

Jeff Rud, Times Colonist

Published: Wednesday, September 05, 2007

B.C.'s first aboriginal lieutenant-governor hopes he can be a role model to First Nations youth once he moves into Government House.

Judging by the response to Steven Point's appointment, the respected provincial court judge, aboriginal advocate and head of the B.C. Treaty Commission already fills that capacity.

Point was named to the post yesterday by Prime Minister Stephen Harper, replacing outgoing Iona Campagnolo, who had resided at Government House since 2001.

"I remember growing up thinking to myself what I wanted to become and I thought I would have been a success if I'd just been like my dad, who was a logger," Point said in an interview yesterday.

"I did that for seven years and, since then, my awareness and horizons have expanded. And I hope the same thing can happen for other young people in communities where I've come from."

Point has an impressive resum that includes being B.C.'s youngest chief, elected by the Skowkale First Nation at just 23. He graduated with a legal degree from UBC in 1985 and was tribal chairman of the Sto:lo Nation from 1994 to 1999, when he became a judge.

Now 56 and a father of four grown children, Point served on the bench until 2005, when he was named head of the B.C. Treaty Commission. He had planned to return to judge's duties, but a phone call from the Prime Minister's Office a month ago changed all that.

"I didn't know anything about what this job involves, really," Point said. "At first, I didn't want to do it. ... I did think about it for a while and [wife] Gwen and I talked about it, and we thought: 'Well we should do this. It's a good thing to do.'"

Naming Point to replace Campagnolo is certainly seen as a good thing by many in the native community.

Grand Chief Ed John of the First Nations Leadership Council described it as "truly a milestone for First Nations people in B.C., especially in these times of reconciliation, recognition and relationship building."

Hupacasath Chief Judith Sayers, a fellow member of the leadership council and First Nations Summit political executive, said: "It's exciting. It's wonderful. It's huge."

Sayers described Point as eloquent and "a great storyteller." As he entertains heads of state in his new position, she said Point might be able to "open up some views and minds."

"Iona was incredibly supportive of First Nations and I just love her for it," Sayers said, "but Steve is actually going to be First Nations."

As for Point as a role model, Sayers said: "I think he's one of the best. It's a star-studded career that shows people that anything is possible."

Point, who will relocate from his home on the Skowkale First Nation reserve in Sardis, said he has no agenda.

"I hope that what an aboriginal person like myself can bring to this is just a different perspective, a view of a longer history, the perspective of our home aboriginal communities," he said.

Point spoke for about an hour to Campagnolo on the telephone yesterday and she outlined the position to him. "It's so new to me at this point, I really don't have anything in mind planned. Right now, it's a little bit of jubilation, a little bit of confusion, a little bit of butterflies -- all at the same time."

Point shares the belief of Campagnolo that Government House and its occupant should be accessible.

"It's not one of those governing positions where there's all kind of secrecy and state secrets going on," he laughed. "I think it's more of a kind of a position where you can be open and I think it's a good idea."

Point has spent much of his career working on First Nations rights and treaty issues. Although still one of the province's youngest chiefs, he was elected to the Union of B.C. Indian Chiefs executive in the mid 1970s.

Sayers described his appointment as an important statement by Ottawa, "a show of willingness on the part of this government" with regard to native relations and the treaty process.

Premier Gordon Campbell, whose second term in office has been marked by a new relationship with First Nations, issued a statement saying Point brings a "wealth of wisdom and experience that will benefit all British Columbians."

NDP Leader Carole James referred to Point as a "wonderful choice" for the job and a man able to walk in both the aboriginal and non-aboriginal worlds.

"I said before that Iona's would be hard shoes to fill," James said. "I think he is the person to fill them."

© **Times Colonist (Victoria) 2007**

PEOPLE COME INTO YOUR LIFE FOR A REASON

People come into your life for a reason, a season or a lifetime. When you know which one it is, you will know what to do for that person.

When someone is in your life for a REASON, it is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. They may seem like a godsend and they are. They are there for the reason you need them to be.

Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done. The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a SEASON, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real. But only for a season.

LIFETIME relationships teach you lifetime lessons, things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant

Thank you for being a part of my life, whether you were a reason, a season or a lifetime.



**Union of
British Columbia
Indian Chiefs**

Vancouver Office:
500 - 342 Water Street,
Vancouver, BC V6B 1B6
Tel: 604-684-0231, Fax: 604-684-5726
www.ubcic.bc.ca



**FIRST
NATIONS
SUMMIT**

1200 - 100 Park Royal South
West Vancouver, BC V7T 1A2
Tel: 604-926-9903, Fax: 604-926-9923
Toll Free: 1-866-990-9939
www.fns.bc.ca



**British Columbia
Assembly of
First Nations**

605 - 100 Park Royal South
West Vancouver, BC V7T 1A2
Tel: 604-922-7733
Fax: 604-922-7433
www.bcafn.ca

First Nations Leadership Council

INFORMATION BULLETIN

Leadership Council

On March 17, 2005, the Regional Chief of the BCAFN, the Task Group of the FNS, and the political executive of the UBCIC signed the *Leadership Accord*.

The purpose of the Accord is to: affirm mutual respect; formalize a cooperative working relationship to politically represent the interests of BC First Nations and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all BC First Nations; and focus on a range of issues and initiatives of common interest or concern among BC First Nations, including consultation and accommodation, national processes, and social and economic program and service issues.

Work under the Leadership Accord is guided by the following principles:

- The Parties recognize and respect each other's respective mandate;
- The Parties will be mindful that they each represent a diversity of perspectives on issues relating to Aboriginal title, rights and interests;
- The Parties commit to work to advance the interests of First Nations in political level discussions amongst themselves and with governments;
- The Parties will represent their respective memberships in any discussions that directly involve government and industry.

Through the Accord, the Parties commit to engage in an ongoing process of dialogue through regular leadership meetings to achieve the purposes of this Accord and, where possible, develop common understandings, strategies and/or positions on identified issues of mutual concern or priority. The Parties also agree to establish working groups on identified issues

of concern or priority to advance those issues politically.

The relationship established through the *Leadership Accord* remains strong. Although some successes have been achieved (New Relationship, Transformative Change Accord, New Relationship Trust, others), much remains to be done. The mandate of the FNLC is determined only through the mandates of each of its participating organizations – the BCAFN, FNS, and UBCIC – as established via resolution of their respective memberships.

The FNLC is a political process, not a new organization. Its purpose is to generate political power through cooperation and collaboration between the existing provincial First Nations organizations. Although the FNLC works with governments to develop frameworks for issues such as shared decision-making and consultation and accommodation, these efforts are never to impede government-to-government discussions and negotiations between individual First Nations and governments.

The staff of the three participating FNLC organizations are responsible for following up on resolutions passed at their respective Chiefs' assemblies, and work together on issues where all three organizations have a mandate.

The BCAFN, FNS and UBCIC are committed to maintaining unity on matters of common concern to benefit all BC First Nations, as well as to respecting the autonomy of each organization in achieving progress on issues specific to their respective memberships.

Federal Engagement

On August 21, 2007, the FNLC met with the new Minister of Indian and Northern Affairs, Hon. Chuck Strahl and the Minister of Aboriginal Relations and Reconciliation Hon.

Michael de Jong. This meeting was hosted in Ktunaxa Nation Territory (Cranbrook).

During the meeting, the FNLC provided an update to the new Minister on ongoing work with his predecessor, the Hon. Jim Prentice, and emphasized the need for continuity in this work. Minister de Jong supported the need for continuity, and for federal engagement through a tripartite New Relationship-type arrangement.

It was agreed that the Parties will work to develop a tripartite document, setting out commitments to improve policy (i.e. Comprehensive Claims Policy, Specific Claims Policy, Inherent Right of Self-Government Policy), process (i.e. negotiations processes), and quality of life (i.e. education, children and families, etc.) issues.

The Parties expect to meet again in October to finalize a tripartite agreement and establish processes to fulfill its commitments.

New Relationship

In the New Relationship, commitments were made to a new government-to-government relationship based on respect, recognition and accommodation of aboriginal title and rights and to reconciliation of Aboriginal and Crown titles and jurisdictions. First Nations and the Province also agreed to establish processes and institutions for shared decision-making about the land and resources and for revenue and benefit sharing. The New Relationship acknowledges that aboriginal title includes the inherent right for the *community* to make decisions as to the use of the land.

Pursuant to the New Relationship, the FNLC and BC are undertaking work at a high level to develop frameworks and create “tools” to implement the New Relationship. The New Relationship must not be used as an excuse not to engage with First Nations directly and the policy level discussions are not

intended to impede upon or displace First Nations negotiations with the Crown. In fact, these community-level government-to-government negotiations provide valuable insights and guidance to broader discussions.

Each First Nation has the right to a government-to-government relationship with the Crown, and the authority to enter into negotiations and agreements to suit the unique circumstances of the community.

A joint FNLC-BC Recognition Working Group is tasked with the main deliverables from the New Relationship document – producing principles & mechanisms for: recognition & Honour of the Crown, consultation/accommodation, shared decision-making, revenue & benefit sharing, and other matters. This group is currently focused on Recognition legislation as the first priority.

Other working groups achieving progress under the New Relationship include the Resolutions Strategy Side Table; Telling Our Stories Committee; Crown Land Allocation Framework Working Group; Aquaculture Working Group; and the Ecosystem Stewardship Planning Working Group.

For three days out of each month, the FNLC meets with provincial officials to set direction, review progress and have high-level discussion on progress under the New Relationship and other matters of common concern. The FNLC will be meeting with the province in the fall to gauge progress under, and identify barriers and obstacles to full implementation of, the New Relationship.

Fisheries

A key item in the BC First Nations Fisheries Action Plan is the establishment of a BC First Nations Fisheries Council. The FNLC was been mandated, through resolution, to hold a province-wide meeting, open to all BC First Nations, to develop the First Nations Fisheries Council concept. This BC First

Nations Fisheries Council Forum was held on May 29-30, hosted by Musqueam Nation at the Crown St. Gym. Delegates to the Forum developed a “BC First Nations Fisheries Council Concept Paper”, which was adopted by resolution of the BCAFN and UBCIC in June. The FNLC has recently sent a call for applications to the BC First Nations Fisheries Council and will make appointments to the Council by the end of September. Please contact us if you did not receive the call for submissions.

Housing and Infrastructure

The FNLC is working with federal and provincial governments to develop a high-level Memorandum of Understanding on Housing and Infrastructure. This MoU will commit the Parties to work collaboratively to develop interlinked on- and off-reserve housing and infrastructure strategies.

Economic Development

The FNLC hosted a meeting in July to discuss BC First Nations economic development and human resource development. The meeting was attended by federal and provincial governments, First Nations representatives, and the business community. This group agreed to explore the signing of a Memorandum of Understanding to establish an Economic Development Partners Group – an advisory body on First Nations economic development. A small working group has been struck to develop this MoU and a framework for a province-wide BC First Nations Economic Development Strategy.

Health

The First Nations Health Council is currently developing workplans and budgets pursuant to the *Transformative Change Accord: First Nations Health Plan* and the *Tripartite First Nations Health Plan*. Priority areas for this year include: community health plans; governance structure for First Nations health in BC; mental health and addictions (including healing residential school traumas); ehealth; and chronic disease management (including a

First Nations ActNow program). Community engagement is also a key priority, and dialogue sessions will be held throughout the province in the fall.

Early Childhood Development

A group of individuals and organizations with an interest in Early Childhood Development (including the FNLC, First Nations Education Steering Committee, First Nations Schools Association, Aboriginal Human Resource Development Agreements, First Nations Health Council, BC Aboriginal Child Care Society and others) has been meeting to discuss ways to improve coordination and collaboration amongst themselves, to improve the lives of BC First Nations children. The group ("BC First Nations Early Childhood Development Council") has produced a Memorandum of Understanding that was approved at the June BCAFN meeting. The Council has also been mandated to develop a draft BC First Nations Early Childhood Development Action Plan for review and consideration of BC First Nations.

Technology

The First Nations Technology Council, together with the Carrier Sekani Tribal Council, is organizing a Land Referral Workshop in Prince George, September 12-13 to bring together groups currently developing or groups that have developed land referral processes and/or land referral tracking systems. The purpose of the workshop is to share information about these various information management projects. The goal is to work together to share best practices and, where it makes sense, to share software currently being developed so that the remaining First Nations communities who are thinking about developing a referral tracking system will not have to go through the system development process. The long term goal is to build sustainability in the land stewardship information management process. For further information contact Sue Hanley at the First Nations Technology Council (suehanley@fntc.info) or Jaime

Sanchez at Carrier Sekani Tribal Council (jsanchez@cstc.bc.ca).

Culture and Heritage

The existing *Heritage Conservation Act* and associated management regime does not recognize Aboriginal Title and Rights, nor does it adequately address the needs and interests of First Nations as it relates to their culture and heritage resources. A Culture and Heritage Working Group has been created to work with BC to a) make recommendations with respect to amendments to the *Heritage Conservation Act* and b) identify culture and heritage site management possibilities within the existing legislative regime.

Energy

On April 2-4, 2007, the FNLC and the Carrier Sekani Tribal Council co-hosted a province-wide First Nations Energy Summit at the Chief Joe Mathias Centre in North Vancouver. During the Summit, First Nations delegates developed a BC First Nations Energy Action Plan to address energy sector issues. This Action Plan was faxed to all BC First Nations, with an invitation for further feedback. All feedback has been incorporated, and a final version of the Action Plan was approved by resolution of the BCAFN and UBCIC in June. An interim Energy Working Group (composed of one FNLC member and one member appointed by each of the BCAFN, FNS and UBCIC) will be created to develop a plan for creating a BC First Nations Energy Council and begin the work of implementing the Action Plan.

Justice

A BC First Nations Justice Forum took place on May 14-16, 2007, at the Coast Plaza Hotel and Suites in Vancouver, BC. These discussions resulted in a draft BC First Nations Justice Action Plan which was subsequently shared with all BC First Nations for their review and comment. The revised Action Plan was endorsed by resolution of the BCAFN and UBCIC in June. A related resolution was passed in support of a key action item in the Action Plan – the formation of a BC

First Nations Justice Council. Work will now begin to identify representatives and resources for the Justice Council.

FNLC Meeting Notes

At the recommendation of First Nations, this section of the information bulletin is to describe FNLC discussion and meetings.

- The FNLC is planning a First Nations Forum to discuss Children and Families issues
- FNLC and the Gaming Revenue-Sharing Steering Committee met with Minister de Jong to discuss the implementation of a gaming revenue-sharing agreement
- FNLC to work with BC and other key partners to develop a BC First Nations Public Service Action Plan Framework
- FNLC is currently developing a Memorandum of Understanding with the Representative for Children and Youth; this will be presented at upcoming FNS and UBCIC meetings for resolution
- FNLC has developed a template Declaration / Protocol to sign with First Nations organizations to improve coordination and collaboration on all matters
- FNLC participating in Cabinet Committee on Climate Change
- FNLC and BC have established a new youth internship program
- New survey questions to measure public awareness of First Nations peoples and cultures will be added to BC stats survey in the fall

The First Nations Leadership Council is comprised of the political executives of the BC Assembly of First Nations, First Nations Summit, and the Union of BC Indian Chiefs:

- BC Assembly of First Nations Regional Chief A-in-chut, Shawn Atleo;
- First Nations Summit Task Group members Grand Chief Edward John, Chief Judith Sayers, Dave Porter;
- Union of BC Indian Chiefs President Grand Chief Stewart Phillip, Vice-President Chief Robert Shintah; Chief Lynda Price

The Council works together to politically represent the interests of First Nations in BC and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all First Nations in British Columbia.

Re: People being charged for help to fill out their Residential School Settlement forms

Good Morning Everyone,

IRSSS received a call this morning from a victim services worker in Port Hardy. She was helping a survivor who received a letter from the above lawyer. This lawyer had sent letters to his clients stating he would charge \$300 to help fill in the CEP form.

I called the lawyer and he backtracked. He claimed that the \$300 was for travel expenses only. I informed him that SC will be filling forms for free, that victim service workers will also be available and that we could travel for free. We will be sending notices to the Port Hardy area to let them know that they don't need a lawyer.

If anyone hears of anything else like this, can you please let me know and we will issue a notice to that area.

Huy chexw,

**Tsee'Tsee'Watul'wit
Sharon Thira
Executive Director**

**Indian Residential School Survivors Society
911-100 Park Royal South
West Vancouver, BC
V7T 1A2**

**604-925-4464 (local)
800-721-0066 (toll-free)
778-835-2013 (cell)
24-hr Survivor Support Line: 1-800-721-0066**

September 13, 2007

2007 Spirit of Excellence Symposium

It is that time of year again when the Aboriginal Sports and Recreation Association of BC (ASRA) hosts our annual Spirit of Excellence Symposium (SOE), from October 19-21, 2007, catering to Aboriginal Youth, Coaches, and Community Leaders.

This two day event includes educational and interactive workshops for the youth delegates and NCCP Courses and the Aboriginal Coaching Manual Course for Coaches and Community Leaders from all professional backgrounds. On Saturday October 20, 2007 the event culminates at ASRA's annual Awards and Recognition Feast, where sport leaders and outstanding athletes are recognized for their outstanding achievements. A ticket to the Awards and Recognition Feast is complimentary for each participant of the SOE. Additional tickets may be purchased in advance.

Please view the [event poster](#) and [Feast Ticket order form](#) for additional information. To register visit our website www.asra.ca and complete the on-line Spirit of Excellence Symposium registration form.

Please pass this notice on to anyone who think would be interested. Thanks for your help.

Visit www.asra.ca for all the details.

Women may need different heart treatments than men, doctors say

Sept. 03, 2007

Provided by: Canadian Press

VIENNA, Austria (AP) - Women with heart problems may need to be treated differently than men, doctors said Monday.

Research presented at the annual European Society of Cardiology meeting in Vienna suggested that surgeries that typically save men's lives can actually be deadly for women.

A small study of 184 women conducted by Dr. Eva Swahn of the department of cardiology at University Hospital in Linköping, Sweden, found that women who had major heart operations like a coronary bypass were more likely than men to die.

The study was part of a larger study funded by pharmaceutical companies Sanofi-Aventis and GlaxoSmithKline Plc. Swahn consults occasionally for various pharmaceuticals and is writing a book for AstraZeneca.

Though experts said that no definitive conclusions can be drawn from Swahn's study, they agreed the idea that women might need different treatment compared to men should be studied further.

Last month, the American College of Cardiology revised its treatment guidelines to recommend that doctors should think twice before subjecting women at low risk of heart disease to invasive procedures.

Article from WomensHealth@Medbroadcast.com

B.C. mobile clinic to prevent falls among seniors with help from health experts

Sept. 21, 2007

Provided by: Canadian Press

Written by: THE CANADIAN PRESS

VANCOUVER - A team of health experts is taking to the road in a clinic that aims to help seniors reduce their risk of falling and injuring themselves.

The Mobile Falls and Injury Prevention Clinic, sponsored by the Fraser Health Authority, is believed to be the first of its kind in Canada.

Program manager Fabio Feldman says fall-related injuries among seniors can be devastating and lead to costs that are three times higher than those related to car accidents.

Seniors who attend the clinic will get a custom report aimed at reducing their risk of falling and injuring themselves and a personalized activity program, along with information on osteoporosis and samples of calcium and vitamin D.

The clinic is made up of six stations where seniors will be examined by a nurse, a pharmacist, a kinesiologist, a biomechanics expert and a physiotherapist.

Feldman says the clinic is open to seniors over 60 with one or more falls in the last six months or those who have been referred from Fraser Health's geriatric clinics, emergency rooms and home health offices.

Article from SeniorsHealth@Medbroadcast.com

WHY PARENTS GET GREY HAIR....

A father passing by his son's bedroom was astonished to see the bed nicely made up and everything neat and tidy. Then he saw an envelope propped up prominently on the pillow. It was addressed, 'Dad'. With the worst premonition, he opened the envelope and read the letter with trembling hands:

Dear Dad,

It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend because I wanted to avoid a scene with you and Mom. I've been finding real passion with Joan and she is so nice. I knew you would not approve of her because of all her piercing, tattoos, her tight motorcycle clothes and because she is 15 years older than I am ... but it's not only the passion. Dad, she's pregnant.

Joan says that we are going to be very happy. She owns a trailer in the woods and has a stack of firewood, enough for the whole winter. Joan has 3 small children already, so by the time we have our own child, I will have had training in that field. We share a dream of having many more children. I love a big family - especially at Christmas. Just think of the fun you and Mom will have shopping for presents.

Joan has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it and trading it with the other people in the commune for all the cocaine and ecstasy we want. In the meantime, we'll pray that science will find a cure for AIDS so Joan can get better; she sure deserves it!

Don't worry Dad, I'm 15 years old now and I know how to take care of myself. Someday, I'm sure we'll be back to visit so you can get to know your grandchildren.

Your son, Chad

P.S. Dad, none of the above is true. I'm over at Tommy's house. I just wanted to remind you that there are worse things in life than the report card that's in my desk drawer.

I love you! Call when it is safe for me to come home

B.C. to join other provinces paying for vaccinating girls against HPV Sept. 20, 2007

Provided by: Canadian Press Written by: The Canadian Press, THE CANADIAN PRESS

VICTORIA - British Columbia will begin paying for girls to get vaccinated against a virus blamed for causing the majority of cervical cancer cases.

Health Minister George Abbott said Thursday the vaccine has shown considerable promise in preventing the disease and his government will join several other provinces in paying for it.

"It will be 100 per cent covered by the Province of British Columbia," Abbott said.

The cost will amount to about \$30 million per year.

The move comes after Abbott was urged to do so last month by B.C. medical health officer Dr. Perry Kendall.

Kendall had recommended the province cover the cost of the vaccine for about 50,000 girls in Grade 6 starting next year and that the program would become routine.

Two strains of HPV cause genital warts and two strains of HPV cause about 70 per cent of cervical cancer cases.

The vaccine Gardasil, which prevents against those four strains, was approved by Health Canada last year for girls as young as nine.

"The cost of the HPV vaccine will be covered. it will be 100 per cent covered by the Province of British Columbia. We have some monies towards that coming from the federal government," Abbott said.

"There are still some discussions going on provincially and nationally among public health officials about what the best implementation strategy should be in respect of HPV. But it has shown sufficient promise at this point that we certainly will be proceeding with the program."

Article from HealthNewsletter@Medbroadcast.com

Why Fix What Ain't Broke...TO ALL THE KIDS WHO SURVIVED the 1930's, 40's, 50's, 60's and 70's!!

First, we survived being born to mothers who smoked and/or drank while they were pregnant.

They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.

Then after that trauma, we were put to sleep on our tummies in baby cribs covered with bright colored lead-based paints.

We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking.

As infants & children, we would ride in cars with no car seats, booster seats, seat belts or air bags.

Riding in the back of a pick up on a warm day was always a special treat.

We drank water from the garden hose and NOT from a bottle.

We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.

We ate cupcakes, white bread and real butter and drank Kool-aid made with sugar, but we weren't overweight because,

WE WERE ALWAYS OUTSIDE PLAYING!

We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

No one was able to reach us all day. And we were O.K.

We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

We did not have Playstations, Nintendo's, X-boxes, no video games at all, no 150 channels on cable, no video movies or DVD's, no surround-sound or CD's, no cell phones, no personal computers, no Internet or chat rooms.....

WE HAD FRIENDS and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

We ate worms and mud pies made from dirt, and the worms did not live in us forever.

We were given BB guns for our 10th birthdays, made up games with sticks and tennis balls and, although we were told it would happen, we did not put out very many eyes.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them!

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

These generations have produced some of the best risk-takers, problem solvers and inventors ever!

The past 50 years have been an explosion of innovation and new ideas.

We had freedom, failure, success and responsibility, and we learned **HOW TO DEAL WITH IT ALL!**

If **YOU** are one of them. **CONGRATULATIONS!**

You might want to share this with others who have had the luck to grow up as kids, before the lawyers and the government regulated so much of our lives *for our own good*.

While you are at it, forward it to your kids so they will know how brave (and lucky) their parents were.

Kind of makes you want to run through the house with scissors, doesn't it?!

Dessert Personality Test (emailed into the office to pass on)

Now don't cheat on this one, go with the first dessert you choose!!! Trust me.... this is very accurate. Pick your dessert, and then look to see what a psychiatrist might think about you.

Here are your choices:

- 1. Angel Food Cake**
- 2. Brownies**
- 3. Lemon Meringue Pie**
- 4. Vanilla Cake With Chocolate Icing**
- 5. Strawberry Short Cake**
- 6. Chocolate on Chocolate**
- 7. Ice Cream**
- 8. Carrot Cake**

No!!!! You can't change your mind once you scroll down, so think carefully what your choice will be.....OK - Now that you've made your choice this is what the research says about you...SCROLL DOWN---

1. ANGEL FOOD CAKE -- Sweet, loving, cuddly. You love all warm and fuzzy items. A little nutty at times. Sometimes you need an ice cream cone at the end of the day. Others perceive you as being childlike and immature at times.

2. BROWNIES -- You are adventurous, love new ideas, and are a champion of underdogs and a slayer of dragons. When tempers flare up you whip out your saber. You are always the oddball with a unique sense of humor and direction. You tend to be very loyal.

3. LEMON MERINGUE -- Smooth, sexy, & articulate with your hands, you are an excellent after-dinner speaker and a good teacher. But don't try to walk and chew gum at the same time. A bit of a diva at times, but you have many friends.

4. VANILLA CAKE WITH CHOCOLATE ICING -- Fun-loving, sassy, humorous, not very grounded in life; very indecisive and lack motivation. Everyone enjoys being around you, but you are a practical joker. Others should be cautious in making you mad. However, you are a friend for life.

5. STRAWBERRY SHORTCAKE -- Romantic, warm, loving. You care about other people, can be counted on in a pinch and expect the same in return. Intuitively keen. Can be very emotional.

6. CHOCOLATE ON CHOCOLATE -- Sexy; always ready to give and receive. Very creative, adventurous, ambitious, and passionate. You can appear to have a cold exterior but are warm on the inside. Not afraid to take chances. Will not settle for anything average in life. Love to laugh.

7. ICE CREAM -- You like sports, whether it be baseball, football, basketball, or soccer. If you could, you would like to participate, but you enjoy watching sports. You don't like to give up the remote control. You tend to be self-centered and high maintenance.

8. CARROT CAKE -- You are a very fun loving person, who likes to laugh. You are fun to be with. People like to hang out with you. You are a very warm hearted person and a little quirky at times. You have many loyal friends.

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**1415 Wewaikum Road
Campbell River, B.C. V9W 5W9**

**Phone: 1-250-286-9977
Fax: 1-250-286-4809
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Coordinator: Donna Stirling
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**If your area's copy is not re-
ceived in a timely manner
please call in to the office.**

Quotes

"The face you have up to the age of 35 is the face you were born with; after 35, it is the face you have made." Abraham Lincoln
"Man invented language to satisfy his deep need to complain." L. Tomlin
"I have opinions of my own -- strong opinions -- but I don't always agree with them." George Bush

PROVERBS: Tried and True

*The longest journey starts with a single step.
Never put off until tomorrow what you can do today.
It's the squeaky wheel that gets the grease.*

BIBLE QUOTES:

"Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. "Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever." Psalms 23:5-6

"The Lord liveth; and blessed be my rock; and let the God of my salvation be exalted." Psalms 18-46

***Please mail, fax, email, or call in your
Special Wishes/Community Events !!***

Happy! Happy! Birthday To All Elders Born in October!!

Libra – Air September 23 - October 23

Libra, with its symbol the scales, strives for balance and harmony. Those born under this Air sign see every side to an argument and have the tact to smooth over troubled waters. True diplomats, Librans go out of their way to avoid friction and have trouble saying no. Ruled by Venus, they admire beauty. They are charming, optimistic, stylish and elegant.

National Survivors Support Line

24 Hours a day - 7 days a week - 1-866-925-4419

The Indian Residential School Survivors Society provides free, immediate, confidential, non-judgmental, support for residential school survivors across Canada.

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

**Congratulations go out today to the Squamish Nation for hosting the recent
31st Annual BC Elders Gathering (summer of 2007).**

People are raving about the great time they had in your territory!

**The next host location is Prince Rupert,
so please check back here for updates on the 2008 event.
(As soon as there is any information from the new Host
it will be featured in this spot of the Elders Voice)**