

Volume 15 Issue 11

October 2015



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

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

EV'S 179th Issue!

The 40th Annual Elders Gathering

Will be held in Williams Lake, BC

On July 11, 12, 13, 14, 2016

**Next year's 2016 gathering will begin with the
"early bird Wild West Celebration day"**

**on Monday, July 11 at the Williams Lake Stampede grounds
beginning with a mountain race and Rodeo.**

HAPPY BIRTHDAY

TO ALL ELDERS BORN IN OCTOBER!!

BC ABORIGINAL BUSINESS AWARDS

Invitation

7th Annual BC Aboriginal Business Awards Dinner

When: Wednesday, October 14, 2015

Where: Hyatt Regency Vancouver

RESERVE NOW!

Call: 604-261-9777

Email: tickets@bcachievement.com

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www.bcachievement.com

Celebrating Aboriginal Business in British Columbia

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Contact Information**

Easy Bakers Corner – Pumpkin Nut Roll

Preheat oven to 375°F. Line cookie sheet with parchment or wax paper.

Mix together 3/4 cup all-purpose flour, 1 tsp. baking powder, 2 tsp. of cinnamon, 1 tsp. ginger, 1/2 tsp. of nutmeg, and 1/2 tsp. salt, set aside.

Beat 3 eggs on high for 5 minutes, then beat in 1 cup of granulated sugar.

Add 2/3 cups of canned pumpkin and 1 tsp. of lemon juice and mix well. Stir in dry ingredients.

Spread the batter into prepared pan.

Top with 1 cup of chopped walnuts and bake for 15 minutes.

While still warm, lay approximately 4 to 5 layers of paper towels on the counter and put the cookie sheet face down on the paper towels.

Remove the cookie sheet and carefully peel off the paper. Roll into a roll, rolling the paper towels into the roll. Place in the refrigerator until cool.

Filling:

Mix all the filling ingredients together 6 ounces of cream cheese, 4 tablespoons of butter, 1/2 tsp. of vanilla and 1 cup of powdered sugar until smooth.

Unroll cooled cake, remove paper towels and spread filling onto mixture.

Reroll and refrigerate again until cool before serving.

Should be stored in the refrigerator.

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 15th Year GRATITUDE LIST

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

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

Your support is much appreciated!

LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

SALMON LEVEL - \$1,000-\$1,500

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

FROG LEVEL - \$750

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

SISIUTL LEVEL - \$500

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

HUMMINGBIRD LEVEL - \$250

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

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

Donation:

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

40th Annual BC Elders Gathering in Williams Lake, BC July 11, 12, 13, 14, 2016

To all BC First Nations Communities and Annual BC Elders Gathering Society Sponsor Partners

The host for the 40th Annual BC Elders Gathering under the guidance of Councillor Cecil Grinder and Elder Stan Stump is the Tl'etinqox Government from the Tsilhqot'in Nation with support from the Secwepemc, Carrier, Nuxalk & St'át'imc communities.

The 40th Annual BC Elders Gathering, will be held July 12,13 & 14, 2016 in Williams Lake, British Columbia. Next year's 2016 gathering will begin with the "early bird Wild West Celebration day" on Monday July 11 at the Williams Lake Stampede grounds beginning with a mountain race and Rodeo. A camp site on the Stampede Grounds is set up for motor homes and tents with cultural activities, Pow Wow, Sweat Lodges, healing circles and Slahal tournaments already in the early planning stages.

With the enormous excitement the elders from all across British Columbia have already demonstrated with next year's gathering being held in Williams Lake, the organizing committee is already looking at a shuttle service to the gathering for hotels in Quesnel, Williams Lake, Lac la Hache and 100 Mile House. The committee is putting together a list of camp sites for tents and motor homes. A list of billet and bed and breakfast locations is already being developed. With the early bird Wild West Celebration elders groups may wish to book four days this year.

The hunters, fisherman and cooks are already talking about making preparations for the traditional feasts. Tours are already being planned that will provide the opportunity for elders and guests to witness the rich culture, history and beauty of the Region.

Meetings have already taken place with the Cariboo Regional District (CRD), Tsilhqot'in Nation Chiefs, Williams Lake City Hall, Williams Lake Indian Band, Cariboo Friendship Centre, Waste disposal service providers, Food Service providers, Portable washroom facilities providers, Williams Lake Tourism, Cariboo-Chilcotin School District, Cariboo Memorial Recreation Complex, Williams Lake Stampede Grounds and many others in making preparations for the gathering.

Our next planning meeting for the 40th Annual BC Elders Gathering with the host community elders will take place July 31, 2015.

It is the hope of the Annual BC Elders Gathering Society that all 203 First Nations Communities in the province attend the 40th Annual BC Elders Gathering in Williams Lake. It is also our wish that the Chief or their designated representative from every community attends the gathering in respect for their elders.

We look forward to all our sponsor partners and invited guests attending next year's gathering to share a meal and get to know the traditions and rich culture of our First People.

With great respect

Kw'as hoy (Thank you),

Brad Boyes (Sqela':ta:le)

Director, Sponsorship Chair, Annual BC Elders Gathering Society

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<http://bcelders2015.ca>



Indigenous Distance Education Conference 2015

The BC Association of Aboriginal Friendship Centres and Royal Roads University, Indigenous Education and Student Services

***INVITE YOU TO ATTEND* The 2015 Indigenous Distance Education Conference**

WHEN: November 5 and 6, 2015 WHERE: Royal Roads University, Victoria, BC

Hosted at Royal Roads University, this event will bring together a wide range of stakeholders to explore shared challenges and opportunities in addressing the issues of distance and cost as we seek to improve post-secondary education outcomes for Aboriginal Peoples in BC.

Conference participants will hear from leaders and practitioners in this sector and share best practices and challenges in collaborative working sessions. An Indigenous lens will frame the dialogue and cultural, technological, academic, and financial supports for Indigenous & Métis students will be key conference themes.

This event is an implementation activity under the BC Government's Off-Reserve Aboriginal Action Plan (ORRAP) and the BCAAFC 5x5 Aboriginal Jobs Plan. Both strategies recognize the need for innovation and improved partnerships to ensure that Aboriginal Peoples have the education levels needed to access BC's growing job market. This event also builds on Royal Roads University's strategic priority of increasing the participation and success of Aboriginal learners.

Benefits of attending the 2015 IDEC will include: sharing best practices, networking with sector partners, connecting with key government officials in an "innovation" environment, exploring distance education strategies and tools, and advancing Indigenous approaches to post-secondary education.

The final Conference Report will be shared with all conference participants and will be presented formally to the Minister of Advanced Education.

To register and to view the conference poster, including the Call for Proposals and Papers, please visit: <http://secure.royalroads.ca/cscourses/indigenous-distance-education-conference-2>

For more information, please contact Rosy Hartman, 2015 IDEC Coordinator at: rhartman@bcaafc.com or via telephone at: 250-893-9449.



Doula Initiative Enables Access for First Nations and Aboriginal Women

The First Nations Health Authority (FNHA) and BC Association of Friendship Centres (BCAAFC) are pleased to announce a shared \$360,000 investment to fund doula services for First Nations and Aboriginal families in BC. The grant funding will support families to pay for prenatal, birth and post-partum doula services regardless of their location in the province.

A doula provides emotional, physical, and spiritual support for women and families during pregnancy, labour and after birth. BCAAFC and FNHA recognize the sacred time of pregnancy, birth and early parenting, and together want to ensure First Nations and Aboriginal families have access to the appropriate supports they need to feel comfortable and confident throughout their journey.

"This investment extends doula services to at-home on-reserve families for the first time - we are proud to partner with the BCAAFC in making this important service more accessible to our community members," said Richard Jock, Chief Operating Officer for the FNHA.

Doula services are currently not covered through the public health system. This grant helps to address the cost of doula care, with a particular interest in supporting families who would not otherwise be able to afford these services. Doula care has been associated with better health outcomes for mother and baby, offers a holistic approach to birthing, and decreases the likelihood of physician intervention during labour.

"Helping to cover the costs of doula care is important to ensure that Aboriginal families have the choice to work with a doula and are able to access these services without a cost barrier," said Paul Lacerte, Executive Director of the BCAAFC concludes.

This initiative was created in response to the priority to improve maternity care in the Transformative Change Accord: First Nations Health Plan. The program offers up to \$1,000 of coverage for each pregnancy in a family. This 2015-2016 investment is available for families living on or off-reserve in BC where the pregnant woman or her partner self-identifies as First Nations or Aboriginal.

More information on the initiative and support finding a doula in your area can be found by emailing: doulasupport@bcaafc.com or by calling: 1-800-990-2432

FNHA Dental Therapists support patients in Vancouver's Downtown Eastside

FNHA Dental Therapists partnered with the Vancouver Native Health Society Eastside Dental Clinic in early September, treating over a dozen adult patients in Vancouver's Downtown Eastside. The team is situated in communities across each of the five regions and all team members expressed how wonderful it was to spend the day working together, as they are often working alone.

"We treated painful dental conditions that otherwise, if left untreated, would have caused much discomfort and a decrease in their quality of life," said FNHA Dental Therapist Hugh Ormerod. "The members of the FNHA dental therapy team are a compassionate group who dedicate their services to the First Nations people of British Columbia."

The team's day in the downtown eastside was the first meeting of its "study group" – an opportunity for hands-on training with Dr. David Ciriani, a dentist from Kamloops who provides professional oversight for the FNHA dental therapists. This type of study group learning is not only invaluable to the development and evolution of the dental therapists' expertise and capacity, but contributes to the accumulation of training hours required by the College of Dental Surgeons of BC.

The FNHA Dental Therapists are part of the First Nations Health Benefits Oral Health Team that also includes the Children's Oral Health Initiative (COHI). In addition to providing a range of treatment services, FNHA Dental Therapists work to reduce and prevent oral disease through education and health promotion services.

"I am so pleased to see our partnerships evolving to a point where we can not only support service delivery to our clients, but provide invaluable training opportunities for our FNHA staff as experienced in this case with the FNHA dental therapists," said John Mah, Vice-President of First Nations Health Benefits with the FNHA. "I look forward to building on this positive experience."

As members of a multi-disciplinary team, Dental Therapists provide restorative dental treatment services, disease prevention and oral health programs to maintain and improve oral health. These services are provided in both traditional and non-traditional settings with permanent or portable dental equipment depending on the location. The dental programs and services provided vary depending on the needs of the community.

The dental team extends a huge "thank you" to Dr. Ciriani and the volunteers of the Vancouver Native Health Society Eastside Dental Clinic. Their guidance and assistance helped make the team's visit a success!

QUOTES

"Sincerity is a firm foundation for trust, confidence and dependability."

"We should always strive to reach the mountain tops in our minds and spirit and share what we receive with others."

"Caring is all about giving. Caring is indeed action with compassion."

"Be fair to everybody and life will treat you positively."

"By elevating people around you, you are elevated to higher levels of positive living."

"Though our volunteering we contribute to the well-being of the community as a whole."

Island Health recognized nationally for Aboriginal employment program

September 28, 2015

Island Health has been recognized by Accreditation Canada for its novel approach to attract, support and retain Aboriginal employees within the organization.

In awarding the *Leading Practice* designation to the Aboriginal Employment Program, Accreditation Canada called it an “innovative example of a best practice in human resources, and a commitment to improving the way that care is delivered across Vancouver Island.”

So far this year, this is Accreditation Canada’s only *Leading Practice* related to both human resources and Aboriginal people.

It’s a significant achievement to be recognized by experts in the health care field, said Island Health’s President & CEO Dr. Brendan Carr.

“Our goal is to have a workforce that reflects the Aboriginal communities that we serve,” Dr. Carr said. “This not only enhances our ability to deliver culturally-safe services, it will improve the health status of Aboriginal people in our region.”

To be accepted as an Accreditation Canada *Leading Practice*, a submission must successfully meet all of the following criteria, meaning the practice must be:

- Innovative and creative
- Client- and family-centred
- Evaluated
- Able to demonstrate results
- Sustainable
- Applicable to other organizations

Program coordinator Steve Sxwithul’txw says what makes the recruitment and retention program unique, among many things, is its proactive focus on education, information, support and success – and on Aboriginal youth.

There’s an Aboriginal Career Coach who helps applicants create effective resumes and cover letters, and provides interview tips and advice. Twice a week, the four-member Aboriginal Employment team sends out details on new job postings to a distribution list of more than 450 individuals and organizations in the region, alerting potential employees to opportunities at Island Health. Aboriginal Employment Advisors work in communities across the Island, providing on the ground, grass-roots connections with community members, health officials and elected band representatives. These interactions build trust with the community, making it easier to promote health careers and Island Health as an employer of choice.

Each year, Island Health awards two \$500 Aboriginal Employee scholarships, and, in partnership with the First Nations Health Authority, hands out 12 individual \$1,000 scholarships to Aboriginal students in post-secondary programs.

And these initiatives don't just look good on paper. They are working, and Island Health has the results to prove it. In April, 2012, 199 Island Health employees self-identified as being of Aboriginal ancestry. At the end of August, 2015, that number had significantly increased to 520 employees.

“Ensuring quality and safe care for patients and families is dependent on creating work environments that are respectful, inclusive and safe for staff working in teams,” said Kathy MacNeil, Executive Vice President of Quality Safety and Experience at Island Health. “Creating those conditions of safety for Aboriginal employees, patients and volunteers is our leadership responsibility.”

This isn't the first time the Aboriginal Employment Program has been acknowledged for exemplary achievement. In 2013, the program received the Simon Fraser University Exemplary Initiative Diversity Award. For the past three years in a row, it was a recipient of Canada's Best Diversity Employers Award. And, just recently, the program was recognized for Most Effective Recruitment Strategy with Canadian HR Awards 2015.

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Healthy Aboriginal Network

Ah, the sound of children back in school! Warms my heart. Picking up where we left off in June...

Residential school teacher's guide - evaluation

The Anglican Church of Canada funded the creation of a teacher's guide on our graphic novel, Lost Innocence. But as luck would have it we only got to testing it in June, which is the absolute worst time to be testing with teachers (besides the summer, of course). So we are going to try again.

Please note that this is for **FIRST TIME** respondents only. No repeat feedback, please. And the feedback is based on the **TEACHER'S GUIDE**; not the comic book. You must read the teacher's guide prior to answering the questionnaire, please.

If you are interested in providing feedback please let me know and I'll email you the guide and a PDF of the book. Once you've read the comic book and guide please go to <https://www.surveymonkey.com/r/JMGBDXL> to complete an evaluation. The deadline for feedback is September 25th.

Custom created resources

We continue to create comic books, posters, video and animation on health and social issues for youth. But several of our last projects have been 16 page booklets, rather than the 40 or 48 page books that we are more well known for. The beauty of these smaller resources is that they are less expensive than the larger books and we can create them much faster. Please send me an email at sean@thehealthyaboriginal.net if you are tasked with knowledge transfer for youth.

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

Sean Muir

Executive Director

3240 Comox Road Courtenay , BC V9N 3P8

Phone 250-941-8881 sean@thehealthyaboriginal.net

NATIONAL SENIORS DAY OP-ED

Seniors Advocate HLTH:EX info@seniorsadvocatebc.ca

Today is the International Day of the Older Person and National Seniors Day, a day set aside in the year to acknowledge the contributions of seniors worldwide. As B.C.'s Seniors Advocate, I am encouraging a celebration of our senior citizens in this province. It may be your dad, your mom, your grandparent, or maybe it's you we are celebrating.

At the Office of the Seniors Advocate, we focus on systemic issues that affect a large number of seniors. We tackle housing and health care, gaps in home support, income support and transportation. So much of our work looks at what's wrong when it comes to seniors, but today I want to focus on what's right. And what is right are the truly astounding qualities I see in seniors as I travel to every corner of the province meeting with seniors face to face.

Today I urge you to celebrate the courage of seniors. The 80-year-old woman with severe arthritis who braves driving rain, but still walks several kilometres to and from the grocery store to get supplies for dinner. The father who decides to become a university student for the first time at 70. The widowed grandparent who steps up to parent a grandchild after raising five kids of her own.

Today is a day to celebrate the selflessness of seniors. In virtually every sector of society it's easy to see this in action. Individual seniors want to help in the diverse communities they live in. According to StatsCan, Canadians 65 and over, volunteer on average 220 hours per year, higher than any age group. They do it not for their resumes or for graduation requirements, they do it for the most part, because they get a deep satisfaction from helping others. One look at the composition of our service groups tells us this kind of giving is being lost as time goes on.

What I am also reflecting on today is the profound commitment and tenacity I see in many of the seniors I meet. I think of the wife who traveled hours each day by bus to be with her husband at mealtimes. I remember the letter I received from an 83-year-old man who is caring for his wife with severe dementia, declining home support saying he just wants to be the one to put her to bed each night. The seniors I hear from know what they want and many of them are willing to fight, and fight hard to get what they feel they and their loved ones deserve.

I'd like us to also acknowledge another extraordinary quality that so many of our older citizens possess - an unbelievable ability to adapt to change, not just small shifts in the way things are done, but dramatic societal change on a global scale. The variety and magnitude of change that our older population has experienced is almost unfathomable – from streetcars to high-speed trains, brooms to vacuum robots, inkwells to iPads, courtship to online dating, and the list goes on.

The individual contributions of our seniors could fill this newspaper for decades to come. It's these unique experiences of the older people in your life I invite you to celebrate today. Seniors are not all the same. Their likes and dislikes, choices and needs are as different at 80, as they were at 18. Today we aren't celebrating "seniors" we are celebrating Edna, Bev, Mohinder, Walter and the other 816,000 amazing individuals who happen to be over 65 living in this province. On this day, we say a heartfelt thank you to everything you offer all of us.

STEELHEAD LNG EXPORT LICENCES FOR MALAHAT LNG AND PROPOSED PROJECT AT SARITA BAY APPROVED BY NATIONAL ENERGY BOARD

VANCOUVER, BC (October 2, 2015) – The National Energy Board (NEB) has approved Steelhead LNG’s applications for five licences to export in the aggregate up to 30 million tonnes of liquefied natural gas (LNG) per year for 25 years from its two proposed LNG projects on Vancouver Island. The NEB decision is subject to approval of the Governor in Council.

One licence to export up to 6 million tonnes of LNG for 25 years is allocated to Malahat LNG, the proposed floating liquefaction and export LNG terminal adjacent to Malahat Nation land, eight kilometres south of Mill Bay, B.C. The other four licences, to export in the aggregate up to 24 million tonnes of LNG per year for 25 years, are allocated to the proposed LNG project Steelhead LNG is exploring with the Huu-ay-aht First Nations on Huu-ay-aht land at Sarita Bay, 75 km southwest of Port Alberni on the west coast of Vancouver Island.

“We welcome this decision by the National Energy Board, which represents a significant milestone for our company and our projects,” said Nigel Kuzemko, CEO, Steelhead LNG. “We’ve made tremendous strides in progressing our projects over the past year, including our announcement of Malahat LNG, our agreement with Williams subsidiary Northwest Pipeline LLC to commence with the design and approval process for a proposed natural gas pipeline to Vancouver Island, and our agreement with Höegh LNG, for Höegh LNG and Bechtel to perform the pre-front end engineering and design work for Malahat LNG.”

“While these developments and the regulatory approval by the NEB are being well received in the global LNG marketplace, we recognize that we are still at the beginning of a long process that will see us engage and work closely with First Nations, government, communities, residents and regulators to secure the environmental and regulatory approvals we need for our projects to continue to move forward.”

Steelhead LNG and the Malahat Nation announced the proposed Malahat LNG project on August 20, 2015, along with the successful completion of a Mutual Benefits Agreement and Long-Term Lease. The proposed project would include floating liquefaction facilities moored to the shoreline and supported by minor land-based facilities. The project’s significant economic impact would include up to 30 years of revenue generation, from construction to operation to decommissioning, for local, provincial and federal governments, along with the creation of up to 200 high-paying long-term positions once the facility is operational. The project would also create hundreds of additional indirect jobs on Vancouver Island in a wide variety of sectors, as well as specific training and employment opportunities.

“Today’s approval is exciting news, as it represents one of many steps in the process ahead for Malahat LNG and the proposed Steelhead LNG facilities on Malahat Nation lands,” said Lawrence Lewis, Chief Executive Officer, Malahat Nation. “This proposed project represents a significant opportunity for Malahat Nation to demonstrate and exercise its inherent right to self-determination, the protection of its aboriginal rights and title, and a meaningful role in environmental stewardship and reclamation of the marine resource so important to its people.”

The proposed LNG project at Sarita Bay, which is in the feasibility stage, is also projected to create hundreds of direct local jobs from construction to operation to decommissioning. Once operational, hundreds of additional spin-off jobs and business opportunities in the region will be created in the hospitality, recreation, tourism, transportation, security and other service sectors. In November 2014, Huu-ay-aht citizens voted in favour of continuing to explore developing the project at their People's Assembly.

"These export licences represent another positive step forward," said Robert Dennis, Elected Chief Councilor, Huu-ay-aht First Nations. "Our Nation will continue to work closely with Steelhead LNG and is committed to keeping our Hāwiih (Hereditary Chiefs) and citizens informed throughout the process."

On September 1, 2015, Steelhead announced a Pre-Construction Agreement with Williams (NYSE: WMB) subsidiary Northwest Pipeline LLC. to commence with the design and regulatory approvals for a proposed natural gas pipeline (the Island Gas Connector Project) that would deliver Canadian natural gas to Vancouver Island. On September 23, 2015, Steelhead announced an agreement with Höegh LNG, for Höegh LNG and Bechtel to perform the pre-front end engineering and design work for Malahat LNG.

For more information about Steelhead LNG, visit www.steelheadlng.com.

For more information about Malahat Nation, visit www.malahatnation.com and www.nationbuilding.ca.

For more information about the Island Gas Connector Project, visit www.islandgasconnector.com.

For more information about Huu-ay-aht First Nations, visit www.huuayaht.org.

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8/31/15 AFN National Chief Says NDP Announcement Makes Stride to Address Violence Indigenous Women and Girls

August 31, 2015

(Ottawa, ON) – Assembly of First Nations (AFN) National Chief Perry Bellegarde said today’s announcement by Leader of the New Democratic Party Thomas Mulcair makes strides to address violence against Indigenous women and girls in Canada.

“The NDP Leader’s commitments are consistent with the calls by First Nations leaders and families to protect, respect and support First Nations women and girls,” said AFN National Chief Perry Bellegarde. “This plan commits to immediate action and will address the root causes of violence. This is consistent with First Nations efforts to date to address and end violence against Indigenous women and girls. Safety and security for our sisters, daughters, mothers and all First Nations is our priority and it must be a priority for the next federal government.”

The NDP Leader Thomas Mulcair made the announcement this morning in Saskatoon. The announcement included \$10M per year over the next four years for the Shelter Enhancement Program and an additional \$5M for prevention after year four. A NDP government would call an inquiry into Missing and Murdered Indigenous Women within the first 100 days in office; invest in affordable housing and homelessness programs to create and maintain affordable housing; and work with women’s groups and Indigenous organizations to establish a comprehensive national action plan to end violence against women and girls, with dedicated funding and benchmarks.

“The proposed plan seems to set out immediate and concrete action to address violence against Indigenous women and girls, and immediate and concrete action is exactly what we need,” said National Chief Bellegarde. “The NDP is already on record for supporting the call for a national inquiry and I’m pleased to see new commitments to work together with First Nations and women’s groups on a comprehensive national action plan. Additional investments in affordable housing and homelessness programs and support for shelters are welcome and necessary. However, we have to see action for people in our communities and we will continue to press for investments and support for First Nation shelters on reserve.”

The AFN will be analyzing the details of all announcements made during the federal election period and will share a comprehensive analysis and assessment to First Nations prior to October 19.

National Chief Bellegarde will be presenting priorities for the federal election at a national press conference Wednesday.

For more information on AFN and First Nation efforts to address violence against Indigenous women and girls please visit: <http://www.afn.ca/index.php/en/policy-areas/i-pledge.-end-violence>

The Assembly of First Nation is the national organization representing First Nation citizens in Canada. Follow #AFN on Twitter @AFN_Comms, @AFN_Updates.

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9/2/15 Assembly of First Nations National Chief Perry Bellegarde Present Federal Election Priorities for First Nations and Canada to Close the Gap

September 2, 2015

(Ottawa, ON): Assembly of First Nations (AFN) National Chief Perry Bellegarde today presented priorities for the upcoming federal election that will close the gap in quality of life between First Nations people and Canadians.

“First Nations priorities are Canada’s priorities and must be part of the federal election campaign,” said National Chief Perry Bellegarde. “We can close the gap and today we’re putting forward specific commitments we want to see from all federal parties. This is about changing the relationship between First Nations and Canada to one of full collaboration. This is about investing in a better life for First Nations, our families and our children. This is about building a stronger country for all of us. When the gap closes, Canada wins.”

Today the AFN released *Closing the Gap: 2015 Federal Election Priorities for First Nations and Canada*. The document sets out action items and a vision for change through themes of Strengthening First Nations, Families and Communities; Sharing and Equitable Funding; Upholding Rights; Respecting the Environment; Revitalizing Indigenous Languages; and Truth and Reconciliation. National Chief Perry Bellegarde is seeking specific responses to the plan from all federal parties.

“Our plan is practical, implementable and will set Canada on a course of reconciliation, progress and prosperity,” said National Chief Bellegarde. “Our plan points the way to real change. This is a pivotal time as Canadians are poised for an era of reconciliation. We can work together with the next federal government to close the gap through dedicated, strategic investments and action. We are seeking partners to build stronger First Nations and a stronger Canada.”

The gap in the quality of life between First Nations people and Canadians is evident in statistics showing that half of First Nations children live in poverty, life expectancy for First Nations citizens is five to seven years less than other Canadians, more than 40,000 Aboriginal children and youth are in foster care, 132 First Nation communities under boil water advisories and the more than 1200 cases of missing and murdered Indigenous women and girls. Closing the gap would create a more fair and just Canada and would add billions to the country’s economy.

The AFN continues to stand up for First Nations collective rights and ensure all federal parties understand that First Nations priorities are Canada’s priorities and must be addressed.

Closing the Gap: 2015 Federal Election Priorities for First Nations and Canada is available on the AFN website at: <http://www.afn.ca/uploads/files/closing-the-gap.pdf>

The Assembly of First Nations is the national organization representing First Nation citizens in Canada. Follow AFN on Twitter @AFN_Comms, @AFN_Updates.

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Ashley Callingbull's Mrs. Universe win puts indigenous issues in the spotlight

The crowning of a Cree woman as the winner of the 2015 Mrs. Universe pageant is more than just a personal victory — it's a chance to help confront some of the issues facing indigenous people in Canada, according to one band councillor.

Ashley Callingbull, 25, made history as the first First Nations woman and the first Canadian to win the Mrs. Universe competition when she was crowned in Belarus this weekend.

"We couldn't be prouder of Ashley," said Nola Wanuch, a councillor on Alberta's Enoch Cree Nation, where Callingbull grew up. "She was showing the world what we are about."

Callingbull has received intense media attention following her win — an opportunity she is using to discuss her life growing up in poverty on the reserve near Edmonton.

While it might be the first time the world has heard her story, Wanuch said, Ashley has long used her childhood as a way to inspire others on the reserve. She spent time as an instructor at performing arts program for Enoch students, and has remained a donor to the arts since leaving the area.

"She had a rapport with a lot of the young students, specifically the young ladies," Wanuch said. "She was one they found a trust in."

Wanuch said Callingbull is now using interviews to bring international attention to the issue of missing and murdered aboriginal women in Canada, as well as the lasting legacy of residential schools.

Cree heritage

"I think having her as an advocate will definitely bring it to the forefront," she said. "She is definitely not afraid to speak out and tell you where she stands."

Callingbull had talked about wanting to use the pageant as a chance to showcase her Cree heritage. During the pageant parade, she wore a specially designed jingle-dress. In the talent competition, she wore a buckskin dress and chose to sing a traditional song.

Wanuch said the band is planning to hold a celebration the next time Callingbull returns to visit the nation.

"You win something like that, there's no better moment than ... to celebrate it with your community."

Breastfeeding could significantly cut illnesses in aboriginal babies

SIDS, gastrointestinal infection, respiratory tract infection and ear infections could all drop

CBC NewsPosted: Aug 17, 2015 9:22 AM

A new study has found that encouraging First Nations, Inuit and Métis mothers to breastfeed would be a simple way to significantly cut down the high rates of common infection — and even deaths — seen in aboriginal babies in Canada.

Dr. Kathryn McIsaac, with the Centre for Research on Inner City Health of St. Michael's Hospital in Toronto, says even she was surprised by the results.

"I think this really gives policy makers and government officials what we need to be putting emphasis into breastfeeding programs," she says.

All babies benefit from breastfeeding, according to McIsaac's paper published in the Canadian Journal of Public Health. But aboriginal babies could benefit even more so because they suffer higher rates of common ear infections, respiratory tract infections, gastrointestinal infections and SIDS.

After crunching the numbers, McIsaac estimated that breastfeeding on reserve First Nations babies could cut ear infections by 11 per cent, gastrointestinal infections by 41 per cent, hospitalizations for lower respiratory tract infections by 26 per cent and SIDS by 25 per cent.

Breastfeeding could also make a significant dent in those conditions for off reserve First Nations, Inuit and Métis babies.

Right now the rate of breastfeeding among indigenous women in Canada (78 per cent) is about 10 per cent lower than the general population (87 per cent).

Hospitals, health centres should take the lead

Laetitia Levavasseur, a mother of two in Yellowknife, knew she wanted to breastfeed her children, even though it wasn't easy. "I was like, I don't want to do this anymore. It hurts. I'm done."

Levavasseur was fortunate to have a midwife and a husband to encourage her. Many smaller, remote communities don't offer any programs for support.

Promoting breastfeeding among aboriginal women is one solution, McIsaac says.

"However, we recommend shifting the bulk of the responsibility for failure to breastfeed away from the woman and onto the health-care system, where hospitals and community-based health programs should take the lead."

McIsaac recommends programs delivered through the health care system, by indigenous people and for indigenous people.

This article is from 2007 but it bears repeating and Sharon McIvor our continued thanks.

The long, hard road of Sharon McIvor

The Native Women's Association of Canada and several B.C. women's groups describe it as one of the most important equality rights cases in Canada, affecting an estimated 300,000 people who were improperly denied Indian status.

By The Vancouver Sun November 9, 2007

The Native Women's Association of Canada and several B.C. women's groups describe it as one of the most important equality rights cases in Canada, affecting an estimated 300,000 people who were improperly denied Indian status.

It began in 1985 when Sharon McIvor was a law student. She had no idea that her battle to reclaim her birthright and that of her descendants would drag on well into the first decade of the 21st century, or that it would likely end up in the Supreme Court of Canada.

A descendant of Lower Nicola Valley band members, McIvor applied within months of 1985 amendments to the Indian Act to be registered as a status Indian along with her children.

Both McIvor's grandmothers were Indians, but her grandfathers were not.

The amendments were ostensibly supposed to remedy the gender inequity of stripping Indian status from women and denying it to their children if they married non-Indian men. Men who married non-Indians not only retained their status, but their wives and children were registered as status Indians.

But the amendments simply put off the gender discrimination by a generation. Women who married non-Indians and their children got status, but the women's grandchildren did not, while the grandchildren of Indian men and non-Indian women did.

Sixteen months after that first letter, McIvor received a reply from the government. She could be registered as a status Indian, but her children could not.

On May 29, 1987, McIvor wrote another letter asking that the decision be reviewed. It took 21 months for a response. In February 1989, she was told that the initial decision had been upheld.

McIvor launched her court challenge that year, but her case wasn't heard until October 2006, 17 years later.

B.C. Supreme Court Justice Carol Ross agreed with what McIvor has been saying all these years -- the 1985 Indian Act's section that determines who is given Indian status contravenes the Charter of Rights and Freedoms as well as international conventions on human rights, women's rights and children's rights.

In June 2007, Justice Ross declared the section "of no force and effect" because it "authorizes the differential treatment of Indian men and Indian women born before April 17, 1985, and matrilineal and patrilineal descendants born before April 17, 1985."

In a sharply worded, 144-page judgment, she said that by drawing a distinction between male and female ancestors in determining who can be registered as a status Indian, the section offends the basic notion of human dignity.

The judge wrote that the section implies that "one's female ancestors are deficient or less Indian than their male contemporaries. The implication is that one's lineage is inferior. The implication for an Indian woman is that she is inferior, less worthy of recognition."

Because the government had used every tactic possible to delay the case getting into court for 17 years, Ross refused its request to have two years to find a remedy.

It was a sweeping victory. The favourable decision stunned McIvor, who is now a 59-year-old grandmother, practising law part-time in Merritt and teaching law, indigenous studies and political science at the Nicola Valley Institute of Technology.

"I actually didn't trust that we would get a good decision," she said this week. "I've acted as counsel in other cases, similar kinds of cases involving women's equality and I haven't had any good decisions It's just so totally unbelievable that we won."

But it was only the first round. The government has vowed to appeal.

Set aside just how offensive it is to any reasonable person's expectation of a speedy hearing that it took so long for McIvor's case to be heard.

What is so depressingly evident throughout the 144-page judgment is just how badly we have mistreated -- and continue to mistreat -- aboriginal women and their children. It started when the colonial government lumped all aboriginal people together and misnamed them Indians.

In its determination to "civilize" aboriginal people, the Indian Act of 1850 imposed and entrenched a strictly patriarchal system. Even though many first nations were matriarchal societies, the "civilizers" stripped aboriginal women of their equality and property rights and overturned centuries-old hereditary systems.

The 1857 Act to Encourage the Gradual Civilization of Indian Tribes that "enfranchised" men over 21 who met specific criteria, not only stripped them of their Indian status, but that of their wives and children as well.

The 1869 Indian Act went further. It is the great-great-grandfather of the discriminatory system that was continued into the current act. Women who married non-Indians lost their Indian status. Women who married outside their own tribe were stripped of their band status, which meant if the marriage failed they could not return home.

All of the subsequent revisions and amendments to the Indian Act have failed to correct those inequities.

They have continued even though the Canadian Bill of Rights was passed in 1960; and even though in 1982 the United Nations Committee on Human Rights found Canada was in violation of the International Covenant on Civil and Political Rights for effectively denying Indian women access to their culture, religion and language.

"It seems to me," Ross wrote, "that it is one of our most basic expectations that we will acquire the cultural identity of our parents; and that as parents, we will transmit our cultural identity to our children."

It was the judge's empathy for and understanding of what it must be like to be excluded as McIvor and her children were from their culture that most impressed McIvor.

"It was lonely and painful to be excluded from the Indian community," McIvor said when she testified.

"My family and I suffered various forms of hurt and stigmatization because we did not have status cards."

They were excluded from the traditional hunting, gathering and fishing as well as from traditional marriage, funeral and healing ceremonies.

They were not allowed to live on reserve land or go to Indian schools and they did not qualify for health and dental benefits or free post-secondary education.

On Oct. 16, 2006 -- the day McIvor's case finally went to court -- the government suddenly found a reason to recognize her son, Jacob Grismer, as a status Indian.

He was "ecstatic" to finally be recognized for what he is, McIvor said, even though the official documents didn't arrive until this past August.

McIvor started this fight for herself and her children. They now all have Indian status. But McIvor vows to continue the fight in the appeals courts for her grandchildren, aged 16 and 14, who do not have status and were not even born when this battle began.

Aside from the personal toll of having to lay bare one's entire life before bureaucrats, lawyers and judges over a period of more than 20 years, this case has cost McIvor tens of thousands of dollars in legal expenses. And it's not over.

It's almost certain to go to the Supreme Court of Canada, which will take at least three years and a minimum of a quarter of a million dollars.

Time and money are no problem for the government. It has deep pockets; McIvor does not.

"It would be horrible to lose because I can't mount a defence," she says.

McIvor estimates that legal costs for the B.C. Court of Appeal will be about \$120,000 and that's only because she is doing some of the legal work herself and her lawyers, Robert Grant and Gwen Brodsky, aren't charging her anywhere near their usual fees.

It will cost at least that much to prepare for a hearing at the Supreme Court of Canada. Canada's court challenges program has covered a portion of McIvor's costs so far. But the Conservative government eliminated that program last year.

It's added another burden and further insult to McIvor, who is fighting not only for her family, but for thousands of others like her.

dbramham@png.canwest.com

PROVERBS

“Believe not half what you hear.”

“They brag most that can do least.”

21 Signs you're mentally stronger than average from msn.com

Mental strength takes a long time to develop.

It is the daily practice of pushing yourself to grow stronger, maintaining realistic optimism, and setting healthy boundaries. Mentally strong people don't do things like waste time feeling sorry for themselves or give away their power to other people.

How do you know where you fall on the spectrum? We asked psychotherapist Amy Morin, the author of "13 Things Mentally Strong People Don't Do."

Morin shared the following 21 signs you're mentally stronger than average, which we've listed here in her words:

1. You balance emotions with logic.

Mentally strong people understand how their emotions can influence their thinking. In an effort to make the best decisions possible, they balance their emotions with logic.

2. You choose productive behavior.

While it may be tempting to make excuses, complain about other people, and avoid difficult circumstances, mentally strong people refuse to waste time on unproductive activities.

3. You feel confident in your ability to adapt to change.

Mentally strong people know that although change is uncomfortable, it's tolerable. They focus their energy on adapting to change, rather than resisting it.

4. You face the fears that hold you back.

While mentally strong people don't need to conquer fears because they have something to prove to others, they do strive to face the fears that hold them back.

5. You learn from your mistakes.

Mentally strong people don't hide or excuse their mistakes. Instead, they learn from them.

6. You balance self-acceptance with self-improvement.

Mentally strong people accept themselves for who they are, while simultaneously recognizing their need for personal development.

7. You genuinely celebrate other people's success.

Mentally strong people cooperate — rather than compete — with those around them. They don't feel as though other people's success somehow diminishes their own achievements.

8. You are comfortable living according to your values.

Mentally strong people make decisions with relative ease because they understand their priorities and they live according to their values.

9. You focus on sharpening your skills, rather than showing them off.

While some people seek validation from others, mentally strong people are less concerned about gaining recognition. Instead, they're intrinsically motivated to become better.

10. You live an authentic life.

Mentally strong people are true to themselves. Their words are in line with their behavior.

11. You view life's hardships as opportunities for growth.

While hardship causes some people to grow bitter, mentally strong people let adversity make them better.

12. Your self-worth depends on who you are, not what you achieve.

Mentally strong people feel good about themselves, whether they win or lose.

13. You practice delayed gratification.

Mentally strong people view their goals as a marathon, not a sprint. They're willing to tolerate short-term pain when it can provide long-term gain.

14. You bounce back from failure.

Mentally strong people don't view failure as the end of the road. Instead, they use their failed attempts as opportunities to gain knowledge that will increase their chances of success in the future.

15. You're a realistic optimist.

Mentally strong people are able to look for the silver lining and think on the bright side, but they don't allow their optimistic tendencies to blind them to reality.

16. You accept personal responsibility for your choices.

Mentally strong people don't needlessly beat themselves up, but they do accept complete responsibility for their actions.

17. You express gratitude.

Rather than exclaim they need more, mentally strong people acknowledge they have more than they need.

18. You focus on what you can control.

Mentally strong people are effective and productive in life because they devote their resources to the things they can control.

19. You engage in active problem-solving.

Mentally strong people don't dwell on the problem — instead, they create solutions.

20. You're open to learning more from all that surrounds you.

Mentally strong people are constantly learning from their circumstances and the people they encounter every day.

21. You work on your weaknesses, rather than masking them.

While many people work hard to disguise their vulnerabilities, mentally strong people invest their energy into improving their shortcomings.

This Cat Took A Bullet For A 3-Year-Old Boy And Miraculously Survived from msn.com

Cat fans have one more #ProCat story to file in their folders.

On August 27, a house cat took a bullet for a three-year-old boy in Pennsylvania. The situation in itself was random and miraculous, but the cat's survival and positive path to recovery have made this story even more mind-blowing.

Angelica Sipe explained to *Fox News* that a stray bullet was shot through her living room window, narrowly missing her son Daemire and striking her cat, Opie, instead.

“I took me a second to realize what just happened,” Sipe recalled.

In a split second the bullet entered above Opie's left eye, passed through his neck, re-entered through his shoulder and finally exited through the ribs. The bullet proceeded to ricochet off the cat and finally land in a pillow, leaving Sipe and her son unharmed.

“The first thing I did was check on my son and he was sound asleep. Then I saw my cat on the floor and that’s when I realized my cat was shot,” Sipe explained.

As luck would have it, Opie's nine lives hadn't been exhausted just yet. Despite muscle damage, doctors have given Opie an optimistic prognosis.

Dismissing suggestions that Opie be put down, Sipe insists that her cat is a hero, and worthy of home-care.

“I am thankful for my cat and am in any way possible going to make sure he comes back home where he belongs,” Sipe wrote on a crowdfunding page.

The page, meant to help Sipe support Opie's vet bills, had a set goal for \$1,000, but has already achieved double that in just five days.

You've got to be kitten me! What an amazing story.

Mahatma Gandhi

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

“Strength does not come from physical capacity. It comes form an indomitable will.”

“Prayer is not asking. It is a longing of the soul. It is daily admission of one’s weakness. It is better in prayer to have a heart without words that words without a heart.”

“First they ignore you, then they laugh at you, then they fight you, then you win.”

“Satisfaction lies in the effort, not in the attainment, full effort is full victory.”



This Man Built A Dog Train So He Could Take Homeless Dogs On Adventures

Meet 80-year-old retiree Eugene Bostick. Since he stopped working for a living 15 years ago, he noticed a lot of people abandoning dogs near his house.

So, he did the natural thing and started letting the stray dogs in. He fed them and let them run around on his farm, and even built a train on the back of his tractor to transport eight of them at a time.

Now Eugene takes the animals on adventures in his dog train, which is made from old plastic barrels and carts.

"We live down on a dead-end street, where me and my brother have a horse barn," Bostick told The Dodo. "People sometimes come by and dump dogs out here, leaving them to starve. So, we started feeding them, letting them in, taking them to the vet to get them spayed and neutered. We made a place for them to live.

"One day I was out and I seen this guy with a tractor who attached these carts to pull rocks. I thought, 'Dang, that would do for a dog train.' I'm a pretty good welder, so I took these plastic barrels with holes cut in them, and put wheels under them and tied them together."

At least once a week, Eugene takes his pups down to a local watering hole, around some quiet streets or into the woods so they can experience the world.

"Whenever they hear me hooking the tractor up to it, man, they get so excited," he said. "They all come running and jump in on their own. They're ready to go.

"The dogs have a great time. They just really enjoy it." From www.msn.com

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Goat 'arrested' at Tim Hortons was possibly kidnapped

Goliath was reunited with his goat friends Sparkles and Billy

CBC News Posted: Sep 29, 2015 2:13 PM

There's been a new development in the story of a goat found wandering outside a Tim Hortons this weekend.

Goliath the goat appears to have been kidnapped.

The goat was found wandering into the Martensville, Sask. Tim Hortons Saturday night. Goliath was walking back and forth into the store using the shop's automatic front doors.

Eventually, RCMP took the animal into custody, and left it at the Western College of Veterinary Medicine.

It appears the goat disappeared from the University of Saskatchewan Student Rodeo cabaret being held at a nearby country bar.

"We noticed during cleanup we only had two goats, not three," said student rodeo organizer Katie Dutchak.

It also appears Goliath had help in his disappearing act.

"Goats will chew through anything, but there was no chewed rope or collar," said Dutchak.

She's grateful the goat was returned safely.

"The goat is fine," said Dutchak. "It could have taken a very different turn if he would have been harmed in any way."

Dutchak said Goliath was missing his goat companions, Sparkles and Billy.

All three goats have been returned to their owners at Lakeland College in Vermillion, Alta.

LIBRA - The Harmonizer (Sept 23 - Oct 22)

Nice to everyone they meet. Can't make up their mind. Have own unique appeal. Creative, energetic, and very social. Hates to be alone. Peaceful, generous. Very loving and beautiful. Flirtatious. Give in too easily. Procrastinators. Very gullible.

**Annual Elders Gathering Grand Entry Photos are on:
www.bcelders.com each year**

ANNUAL BC ELDERS GATHERING INFO CORNER

The 40th Annual Elders Gathering

Will be held in Williams Lake, BC

On July 11, 12, 13, 14, 2016

Next year's 2016 gathering will begin with the

"early bird Wild West Celebration day" on Monday, July 11th

at the Williams Lake Stampede grounds

beginning with a mountain race and Rodeo.