

Volume 15 Issue 10

September 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 178th 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 SEPTEMBER!!

### BC ABORIGINAL BUSINESS AWARDS

Invitation

7th Annual BC Aboriginal Business Awards Dinner

When: Wednesday, October 14, 2015

Where: Hyatt Regency Vancouver

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www.bcachievement.com

*Celebrating Aboriginal Business in British Columbia*

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## **Easy Bakers Corner – Holiday Raisin Walnut Bars**

Preheat oven to 350°F. Grease a 8 inch square baking pan.

To prepare shortbread crust: Combine 1 1/4 cups of all purpose flour, 1/3 cup of granulated sugar and a 1/2 cup of butter. Blend to fine crumbs. Press firmly into bottom of prepared pan.

Bake about 25 minutes or until lightly browned.

Meanwhile, mix 1 cup of chopped raisins, and 1/2 cup of raspberry or plum jam. Spread over shortbread.

Beat 2 eggs with 3/4 cup of packed brown sugar, 1/4 cup of all purpose flour, 1/4 tsp. of baking powder, and 1/4 tsp. of salt. Stir in 1 cup of chopped walnuts, 1 tsp. grated orange peel, and 1 tsp of vanilla. Pour mixture over top. Return pan to oven.

Bake and additional 35-40 minutes until top is browned and springs back when touched.

Cool in pan. Sift powdered sugar over the top; cut into bars.

## **What Can you please share?**

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

Gilakasla, Donna Stirling

## **‘PRESERVING THE PAST’**

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

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

### **Disclaimer:**

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

# BCECCS 15th Year GRATITUDE LIST

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

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

Your support is much appreciated!

## LEVELS OF SUPPORT

\$1000 – Salmon

\$750 – Frog

\$500 – Sisiutl

\$250 - Hummingbird

### SALMON LEVEL - \$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. Splotsin
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

# **Day scholar lawsuit certified**

**shíshálh Nation**

**CHRISTINE WOOD / SENIOR STAFF WRITER**

**AUGUST 6, 2015 10:57 AM**

**A class action lawsuit filed against Canada on behalf of all First Nation day scholars and their children has been certified in Federal Court and is now moving forward.**

**Sechelt (shíshálh) Nation hereditary chief and councillor Garry Feschuk told members of the Sunshine Coast Regional District (SCRD) board about the certification on July 23, noting the judge who certified the lawsuit also called for a mediated settlement.**

**“We will try a court-ordered mediated settlement, and if that doesn’t work, we’ll go to trial,” Feschuk said.**

**The class action lawsuit, which was launched in 2012 by the Sechelt Nation and the Kamloops (tk’emlúps) Nation, was certified on June 3, 2015. As of Aug. 4, no appeal had been filed.**

**“We got a letter a couple of weeks ago, that Canada wasn’t going to appeal the certification,” Feschuk noted.**

**The class action seeks compensation for those who attended residential school during the day, but were allowed to return home at night (day scholars) as well as their children and all Indian Bands affected by the loss of their language or culture as a result of the schools.**

**It’s broken down into three categories: the day scholar class, the descendent class and the band class, Feschuk said.**

**Day scholars and descendants across Canada are automatically covered by the class action lawsuit; however, if they want to opt out, they must do so by Nov. 30, Feschuk said.**

**In the lawsuit, “descendants” are described as children of day scholars, including those who were legally or traditionally adopted.**

**Under the “band class,” Indian Bands across Canada that had a residential school (that housed day scholars) in or near them must opt in to the class action lawsuit by Feb. 29, 2016.**

**Feschuk said the Federal Court recognized a total of 140 residential schools across Canada that housed day scholars, which equates to upwards of 200 Indian Bands that could get involved in the lawsuit.**

**He plans to give out official notices to the Indian Bands identified once the court documents are all translated into French, which is a stipulation of the Federal Court.**

**“That should be finalized this week,” Feschuk told Coast Reporter Tuesday.**

**In addition to getting the word out to other Indian Bands, Feschuk said he and members of the Kamloops Nation will also push for a meeting with the federal government to start the mediation process.**

Although an election has been called, he said, the sitting government still has an obligation to start the process.

“As part of the court order, there has to be an attempt at mediation,” Feschuk said.

“We’re hoping to meet with the leaders of the government soon to see if, based on the TRC [Truth and Reconciliation Commission] that came out in Ottawa and the 92 recommendations, if they’re focused on reconciliation and if they want to negotiate a settlement on this one rather than go to trial.”

At the July 23 SCRD meeting, Feschuk asked for a letter of support from the board urging the federal government to settle out of court.

“We’ve been talking on a one-on-one basis about support,” said SCRD board chair Garry Nohr. “Here’s one opportunity for us to prove it, and I hope you realize that when you see the vote, where the board stands.”

When the vote was called to draft a letter of support, all were in favour, with Sechelt Mayor Bruce Milne noting the letter should use the phrase “in the spirit of reconciliation.”

Find out more about the class action lawsuit at [www.justicefordayscholars.com](http://www.justicefordayscholars.com)

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## **MEDIA ADVISORY**

### **MALAHAT NATION AND STEELHEAD LNG ANNOUNCE LNG PROJECT**

On Thursday, August 20<sup>th</sup>, 10 am, the Malahat Nation and Steelhead LNG will announce British Columbia’s newest LNG project, to be located on Vancouver Island.

On hand for interviews will be:

- Nigel Kuzemko, CEO, Steelhead LNG
- Acting Chief Tommy Harry, Malahat Nation
- Lawrence Lewis, Chief Executive Officer, Malahat Nation

For more information about Steelhead LNG, visit [www.SteelheadLNG.com](http://www.SteelheadLNG.com).

For more information about Malahat Nation, visit [www.malahatnation.com](http://www.malahatnation.com) and [www.nationbuilding.ca](http://www.nationbuilding.ca).

- 30 -

**Contact:**

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**Director, Communications**  
**Steelhead LNG**  
**Office 604-646-3564**  
**Mobile 604-417-1379**  
**[Greg.descantes@steelheadlng.com](mailto:Greg.descantes@steelheadlng.com)**

**James Anderson**  
**Tartan Group**  
**Malahat Nation**  
**Office 250-592-3838**  
**Mobile 250-686-2959**  
**[James@tartangroup.ca](mailto:James@tartangroup.ca)**

## Healthy Living Activities

The Aboriginal Sport, Recreation and Physical Activity Partners Council (Partners Council) is pleased to announce the dates for the 2015 Regional Leader Training Sessions, offered through the Aboriginal Healthy Living Activities (AHLA), in partnership with SportMedBC.

Five Regional Leader Training Sessions will be offered throughout the fall, designed for community champions, committed to building leadership capacity in Aboriginal communities through healthy living projects.

Region	Location	Date
Northwest	Terrace	Sep: 23 <sup>rd</sup> = 24 <sup>th</sup>
Northeast	Prince George	Sep: 30 <sup>th</sup> = Oct: 1 <sup>st</sup>
Interior	Kamloops	Oct: 7 <sup>th</sup> = 8 <sup>th</sup>
Fraser/Van. Coastal	Abbotsford	Nov: 9 <sup>th</sup> = 10 <sup>th</sup>
Van. Island	Nanaimo Nanaimo	Nov: 19 <sup>th</sup> = 20 <sup>th</sup>

Participants will attend workshops promoting healthy eating, physical activity, smoking cessation, and healthy pregnancies, emerging with the tools and resources to run their own healthy living community project under the Aboriginal RunWalk or Honour Your Health Challenge program. At the conclusion of the training, each participant will be eligible to apply for up to \$1000 in grant support for their Aboriginal RunWalk or Honour Your Health Challenge community project.

### Eligibility:

Regional Leader Training is offered to employees of First Nations, Metis Chartered Communities, or Friendship Centres, as well as Aboriginal Health or Education promoters, and individuals representing or working within Aboriginal organizations.

### Accommodation/Travel:

Travel subsidies and hotel accommodation will be offered to all participants. Special travel allowances will be available to those traveling from remote communities.

### Registration:

The Regional Leader Training Sessions are free to attend, and will be filled on a "first come, first serve" basis. Registration opens on August 17th, and registration forms will be available through the link below:

<http://aboriginalsportbc.ca/healthy-living-activities/regional-leader-training-sessions/>

Download the 2015 Regional Leader Training poster

### Contact:

Jessie Toynbee

Program Coordinator, Healthy Living Activities

Aboriginal Sport, Recreation and Physical Activity Partners Council

Phone: 250-388-5522

Email: [jtoynbee@bcaafc.com](mailto:jtoynbee@bcaafc.com)



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Health through wellness

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F 604.913.2081  
[www.fnha.ca](http://www.fnha.ca)

## **Raw Oyster Public Health Warning in BC**

*An outbreak of diarrheal illness caused by Vibrio bacteria is occurring in British Columbia at this time. Please be aware that you are at an increased risk of getting this infection from eating raw oysters harvested in BC. To reduce your risk, choose cooked oysters.*

The First Nations Health Authority is reminding First Nations harvesters not to harvest and consume **RAW** oysters for risk of illness caused by the *Vibrio parahaemolyticus* bacteria. An outbreak of diarrheal illness among the general population is currently being caused by elevated levels of *Vibrio parahaemolyticus* detected in higher than normal concentrations in BC.

When ingested, *Vibrio parahaemolyticus* causes watery diarrhea usually with abdominal cramping, nausea, vomiting, fever and chills. Usually these symptoms occur within 24 hours of ingestion and last 2-3 days. Severe disease is rare and occurs more commonly in persons with weakened immune systems. Antibiotic treatment is not necessary in most cases of *Vibrio parahaemolyticus* infection. Patients should drink plenty of liquids to replace fluids lost through diarrhea.

*Vibrio parahaemolyticus* is a naturally occurring bacteria present in saltwater and is most often associated with eating raw or inadequately cooked seafood, however it is primarily associated with the consumption of raw oysters. The FNHA is reminding First Nations that **RAW** oysters are a high-risk food, and the only effective way to lower the risk of becoming sick is to properly cook the oysters before consuming. The hot summer this year has likely contributed to the increase in *Vibrio parahaemolyticus* levels.

Please be safe and remember the following:

- Cook shellfish thoroughly before eating, especially oysters. Do not eat raw shellfish.
- Cook food to a safe internal temperature
- Eat shellfish right away after cooking and refrigerate leftovers.
- Always keep raw and cooked shellfish separate.
- Store the oysters at 4°C or colder until just prior to preparing them.

The Canadian Food Inspection Agency (CFIA) and Environment Canada is continuing to monitor levels of *Vibrio parahaemolyticus* along the BC coast. Shellfish from an approved commercial supplier are considered safe for consumption in moderate amounts.

## **PRESS RELEASE**

**Ehattlesaht and Crystal DJ Kwe Favel...**

**...proudly present this language learning tool that blends the ancient and the experimental...**

**...on behalf of the Generations before us who maintained our indigenous languages against attempted genocide, and on behalf of those yet to come, we offer this indigenous language learning tool.**

**This “First Ehattlesaht Language Revitalization Album” was inspired by the tenacity of our elders who work with our willing youth and children. It is their vision and goal to share ancient knowledge with everyone in a way that ‘speaks’ to them.**

**Crystal DJ Kwe Favel – an Award Winning Digital Audio Storyteller was approached to assist in this quest. Crystal was challenged to weave our original language with an urban music composition and digital sound design. The final product incorporates the art of repetition, which is creating a timeless and ageless learning tool.**

**This style of teaching is incredibly catchy when enticing younger generations to learn from engaging auditory storytelling trends. This digital method of delivering languages through motivational messages mirrors the protocol associated with storytelling by honoring oral traditions within a hand-held device dependent generation of 2015.**

**Not only will this style of audio storytelling span over generations and encourage the freedom of oral traditional practices, but it also addresses the challenge of “How do we combine the latest tech trends with learning traditional languages, within a limited budget, and advance our inherent rights to intellectual freedom?”**

**When you buy the entire album for \$3.99 you also receive a continuous mix with your download, free! This continuous mix will allow the listener to focus on the words and not have to press repeat for each track. In the end we are proud to introduce the new “Ehattlesaht Music Group” on Soundcloud, that now preserves their teachings through tribal audio works of modern sound art. It also captures precious spontaneous moments between family members that only laughter may convey. Priceless!**

**All the money raised will go directly to the creation of more Language Revitalization Albums focusing on traditional themes with electronica flare.**

### **Backgrounder on Ehattlesaht**

**Ehattlesaht is one of the 14 Nuu-Chah-Nulth Nations from the West Coast of Vancouver Island, and is located in the Zeballos Inlet. We are a comparatively small tribe (despite our 66,000 hectares of traditional territory) with huge culture and history. Our main village is accessible by helicopter, float-plane, boat or by logging road which connects to the Island Highway #19 north of Woss, BC.**

**Ehattlesaht is spelled ?iih̓atisat̓h̓ in our chosen writing system, and it means People of where the Big things come down the river, or big things come out. We are expecting big things from these collaborations and we expect that your interests in this music will make a big difference in changing the ‘critically endangered’ status of our language to a returned health. Together we will.**

**We proudly present this language learning tool that blends the ancient and the experimental... [www.ehattlesaht.ca](http://www.ehattlesaht.ca) [or](#) [Ehattlesaht Music Group on Soundcloud.](#)**

# NATIONAL ABORIGINAL POLICING FORUM

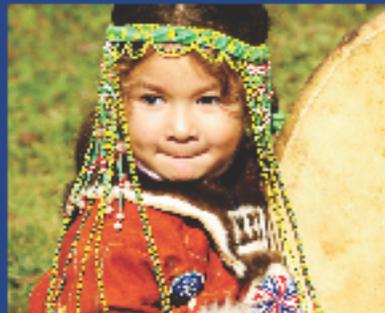
Co-Chaired by:

**Robert A. Davis**  
Chief of Police

Lethbridge Regional Police Service

**Inspector Jim Potts**  
Retired

RCMP and OPP



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September 24<sup>th</sup> & 25<sup>th</sup>, 2015 • National Arts Centre • Ottawa, ON

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## INFORMATION

**Four Ways to Register:**

1. Telephone us: 604-730-2500 or toll free: 877-730-2555
2. Fax us: 604-730-5085 or toll free: 866-730-5085
3. Mail your registration form with payment
4. Register at [www.pbli.com/1187](http://www.pbli.com/1187)

**Registration:** The registration fee is \$950.00 plus GST of \$47.50 totalling \$997.50 for both days. Registration covers your attendance at the program (in person or by live webinar), written materials, a light breakfast and refreshments throughout each day.

**Early Bird Discount:** Register by August 24<sup>th</sup>, 2015 and receive a \$100 discount on registration fee (\$850.00 plus GST).

**Group Discounts:** Register four persons from the same organization at the same time and you are entitled to a complimentary fifth registration. Early Bird and Group Discount cannot be combined.

**Payment:** You may pay by VISA, MasterCard or cheque. Cheques should be made payable to the Pacific Business & Law Institute. Registration fees must be paid prior to the forum.

**When and Where:** Check-in begins at 8:30 a.m. The forum starts at 9:00 a.m. The National Arts Centre is located at 53 Elgin Street, at Confederation Square, in Ottawa, ON. If you require hotel accommodations, consider contacting the Lord Elgin Hotel, located at 100 Elgin Street in Ottawa, ON, at 1-800-267-4298.

**Materials:** The faculty will prepare papers and/or other materials explaining many of the points raised during this program. Materials will be available for pick-up at the program. Please contact us at [registrations@pbli.com](mailto:registrations@pbli.com) if you are unable to attend the program and wish to purchase a set of materials.

**Your Privacy:** We will keep all information that you provide to us in strict confidence, other than to prepare a delegate list containing your name, title, firm and city for our faculty and the program delegates. We do not share our mailing lists with any non-affiliated organization.

**Cancellations:** Full refunds will be given for cancellations (less a \$60.00 administration fee) if notice is received in writing five full business days prior to the program (September 17<sup>th</sup>, 2015). After that time we are unable to refund registration fees. Substitutions will be permitted. We reserve the right to cancel, change or revise the date, faculty, content, availability of webinar or venue for this event.

**Course Accreditation:** Attendance at this course can be listed for up to 12 hours of continuing professional development with the Law Societies of BC and Upper Canada. A Certificate of Attendance will be issued at the conference.

### Registration Form

**Pacific Business & Law Institute**  
 305 – 1681 Chestnut Street  
 Vancouver, BC Canada V6J 4M6  
 Telephone: 604-730-2500; Fax: 604-730-5085  
 Email: [registrations@pbli.com](mailto:registrations@pbli.com)

## NATIONAL ABORIGINAL POLICING FORUM

September 24<sup>th</sup> & 25<sup>th</sup>, 2015  
 National Arts Centre, Ottawa, ON

- In person      Live webinar

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Card Number	/	/	/
			Expiry Date

Please indicate your areas of interest for future notifications (select all that apply):

- Law Enforcement      Justice      Social/Youth Assistance      Aboriginal Law      Other \_\_\_\_\_

How did you hear about this conference:

- Brochure      Email      Colleague      PBLI Website      Other \_\_\_\_\_

Register today at [www.pbli.com/1187](http://www.pbli.com/1187)

Please recycle



**BC Association of Aboriginal Friendship Centres  
BC Aboriginal Funding Conference  
for First Nations and Aboriginal Organizations**

**BC Aboriginal Funding Conference  
for First Nations and Aboriginal Organizations**

**September 23-25, 2015, Victoria, B.C.**

**Registration is Open**

Hosted by the BC Association of Aboriginal Friendship Centres, this event will bring together sixty federal, provincial, public, and private funders to share their funding opportunities. If you are a First Nations or Aboriginal organization seeking funding for new or existing programs and services this event will introduce you to funding opportunities available to you. It is a chance to connect face-to-face with funders, have your questions answered and learn about new and different funding options.

Registration Website: <https://funding-conference.bcaafc.com/>

For further information please contact: Della Preston [dpreston@bcaafc.com](mailto:dpreston@bcaafc.com)  
or at 250-388-5522 or 1-800-990-2432

best,  
-Della

Della Preston | Conference Coordinator |

BC Association Aboriginal Friendship Centres |

551 Chatham Street | Victoria, BC | V8T 1E1

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## **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 40<sup>th</sup> 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 40<sup>th</sup> 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 40<sup>th</sup> 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 40<sup>th</sup> 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**

**36007 Sundew Place**

**Abbotsford BC, V3G 1E9**

**Phone: 1-604-852-4503**

**Cell: 1-604-217-9364**

**Email: [bboyes@telus.net](mailto:bboyes@telus.net)**

**<http://bcelders2015.ca>**



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Health through wellness

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[www.fnha.ca](http://www.fnha.ca)

Communiqué

Updated August 28, 2015

## **Fentanyl in First Nations Communities: Know How to Reduce the Risk of Overdose**

In the wake of a number of reported overdoses, First Nations Health Authority Chief Medical Officer Dr. Evan Adams is warning First Nations about the dangers of fentanyl. "Fentanyl is impossible to detect - it is odourless, colourless, tasteless and can lead to overdose," warns Dr. Adams. "Fentanyl related deaths are on the rise and both people who use recreationally or habitually are at risk. As First Nations we are not immune - we ask that you take care of one another out there and share the following information."

Fentanyl is a painkiller. Fentanyl is found in pill and powder form and is being sold as oxycodone tablets, heroin or other substances. Fentanyl might also be mixed into other recreational drugs, including stimulants (uppers) such as cocaine and MDMA (Ecstasy), and even marijuana.

**Most overdoses have occurred in individuals who thought they were using heroin, oxycodone, cocaine or another substance, but have mistakenly taken fentanyl.**

Many deaths have occurred in adults under the age of 40. In addition to injection, many report oral ingestion, snorting or smoking. The BC Coroners Service confirmed 54 drug overdose deaths in which fentanyl was detected in the five-month period from Jan. 1, 2015, through May 31, 2015. In addition, there have been at least 12 deaths in which fentanyl was detected within the last month (July 7 through Aug. 7, 2015), almost all of them occurring in the Lower Mainland.

The FNHA has received reports that fentanyl has arrived in some First Nations communities and is supporting local nursing staff with Take Home Naloxone training. Naloxone immediately reverses the effects of fentanyl. Fentanyl takes a long time for our bodies to break down, so an overdose can return when Naloxone wears off and another dose of Naloxone may be needed. It is important to call **911** immediately.

**There are steps you can take to reduce the risk of overdose.**

## **Fentanyl Facts:**

- Fentanyl is a painkiller that can lead to overdose death
- Fentanyl has reached some BC First Nations communities
- Fentanyl is often mixed with other substances and is impossible to detect
- Most overdoses have occurred in individuals who thought they were using heroin, oxycodone, cocaine or another substance, but have mistakenly taken fentanyl

## **How to reduce the risk of fentanyl overdose:**

- Know your source
- Use where help is easily available (e.g. at Insite, with friends)
- Start with a small amount
- Try not to mix substances. Mixing substances increases the risk of an overdose
- Make a plan and know how to respond in case of overdose
- Keep an eye out for friends. Be aware of the early warning signs of a Fentanyl overdose. If you spot these signs, call **911** right away – it is a medical emergency.
  - severe sleepiness
  - slow, shallow breathing or snoring
  - cold, clammy skin
  - trouble walking or talking
- Be prepared to give breaths or give Naloxone (e.g. Narcan) until help arrives
- Learn about Naloxone. If you are a person who regularly uses opioids (prescription painkillers, such as Oxycodone, and/or heroin), you may be eligible for a prescription Take Home Naloxone kit. Naloxone immediately reverses opioid overdose signs and symptoms and saves lives.
- Overdose response training and naloxone kits are available [here](#)

## **For More Information:**

<http://towardtheheart.com/fentanyl/>

<http://towardtheheart.com/naloxone/>

<http://towardtheheart.com/naloxone/siteresources/overdose-survival-guide>

## **Anonymous Non-Emergency Assistance:**

BC Drug & Poison Info Centre: Dial 1-800-567-8911

Healthlink BC: Dial 811

# Opioid Overdose Signs & Symptoms

**Don't use alone**

Breathing will be slow or absent



Lips and nails are blue



Person is not moving



Person may be choking



You can hear gurgling sounds or snoring



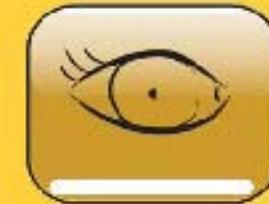
Can't be woken up



Skin feels cold and clammy



Pupils are tiny



## **Families & Friends for Reconciliation: Never Again Shall Children Be Taken Call for Action**

We have been invited by the shíshálh Nation Chief and Council to help with the fundraising for a commemorative monument to the Students and Families who attended the Sechelt Indian Residential School.

The monument is a stone carving of a grandmother holding the hands of a child. The stone is red granite coming from Texada Island in the territory of the shíshálh First Nation. The monument will be located in a beautiful kiosk already prepared for its arrival, on the original site of the old Residential School in the area behind the Raven's Cry Theatre (see attached photo).

The shíshálh Nation will be unveiling this monument at a ceremony on September 19th, 2015. Children from forty-eight distinct First Nations were forced to attend the Residential School. Those Nations will be extended an invitation from the shíshálh First Nation to witness the ceremony.

Since 2010, we have been organizing and presenting events with the shíshálh to share in cross-cultural opportunities and to raise awareness of the need for truth and reconciliation. E.g.: Dialogue Circles, Speaker Series, Longhouse Ceremonies, Films, Drumming Circles and Gatherings, Museum Exhibit, etc. Hearts and minds are opening and people are seeking ways to walk together towards healing and restoration of respectful relations. The Truth and Reconciliation Commission spent 6 years uncovering the truth of Indian Residential Schools as told by the Survivors themselves. One of the recommendations in the Final Report of the Truth and Reconciliation Commission of Canada was a Call to Action to undertake collaborative projects "that contribute to the reconciliation process". The long process of healing for the survivors and their families and communities has begun. The process of Reconciliation is a path which includes us all, as such, we of the non-aboriginal community, are being asked by the shíshálh to participate in a local expression of reconciliation.

A neighbour suggested a fundraising idea which resonated with us. Families for Reconciliation: Never Again Shall Children Be Taken. We are including Friends in the title of this campaign. Would you contribute \$100 in the name of your family or in your own name or anonymously towards the creation of the Sechelt Residential School Commemorative Monument? Your name will be placed on a plaque near the monument.

As settlers and descendants of settlers in Canada, your contribution will help in the restoration of right relations with the First Peoples of this Land, the shíshálh.

Sincerely, Nancy & John Denham

St John's United Church generously offered to match donations up to a total of \$3000.

To date \$1410 has been collected from Sunshine Coasters.

Lets aim to bring in the remaining \$1590 &/or MORE!

Please make your cheque out to: St John's United Church

Identify on the cheque: Funds for Residential School Monument.

Send directly to:

St John's United Church, 5085 Davis Bay Rd, Sechelt, BC V0N 3A2

Please make sure your address is on the cheque as well.

You will receive a 2015 tax receipt from St Johns United Church.

OR

Contact:

Nancy or John Denham @ 604-885-7373

Thank You!!!

**FOR IMMEDIATE RELEASE**

**August 28, 2015**

## **Make immunizations part of your child’s back to school routine**

**VANCOUVER ISLAND – Are your child’s vaccinations and booster shots up to date? As students across Vancouver Island get ready to start the school year, Island Health is reminding parents and caregivers that back to school is an ideal time to make plans to keep their child’s vaccinations up to date.**

**“Before entering school, children between four- and six-years-old should get vaccination boosters against tetanus, polio, whooping cough, chicken pox as well as update their mumps, measles, rubella and varicella vaccinations,” said Dr. Dee Hoyano, Medical Health Officer for Island Health.**

**“The shots your child received as a baby need boosting to be most protective. Keep them up to date. Immunization is an effective and simple way to protect your children from disease. It’s far safer to get the vaccine than to get sick from vaccine-preventable illnesses,” she said.**

**If someone at school contracts a vaccine-preventable infectious disease, children who are not immunized may have to stay home until it is safe to return. Keeping up to date with your child’s immunizations not only protects their health, but also those in the larger community.**

**Parents are encouraged to contact their health care provider or local public health unit and make an appointment and/or inquire about vaccinations for children who are between four- and six-years-old.**

**There are numerous online resources to help parents keep track of their child’s immunizations including free text reminders, as well as printable Child Health Passports to help keep track of immunization history and other health information. A smartphone ImmunizeCA App is also available for download to help manage immunization records.**

**“The past year we’ve seen an active year particularly when it comes to whooping cough, so getting vaccinated is an important way to protect your child and other children,” Hoyano said.**

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**Media inquiries:**

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Media Relations Manager  
250.370.8908  
[Kellie.Hudson@viha.ca](mailto:Kellie.Hudson@viha.ca)**

**BCCDC Clinical Prevention Services  
Hepatology Nurse Leaders' Workshop  
Friday, October 23, 2015**

The Four Seasons Hotel Vancouver, 791 West Georgia Street, Vancouver, BC

**REGISTRANT CONTACT INFORMATION**

First Name:	Last Name:
Position:	Organization:
Business Address:	City:
Province:	Postal Code:
Business Telephone (with area code):	Business Fax (with area code)
Email:	

**Please complete the section below:**

1. How did you hear about the workshop?
2. May we share your contact information with the workshop participants  Yes  No
3. Reasons for my attendance at the workshop are:

**Please indicate if you would also be attending:**

- Hepatology Nurse Leaders Networking Dinner October 22<sup>nd</sup>, 7 -9pm
- The Liver Forum from 12:00 noon – 5:00 pm
- The Liver Forum Dinner Friday evening from 6:00 pm
- Workshops organized by Industry Saturday morning (pending sufficient interest)

**Workshop – Friday, October 23, 2015 8:00 am – 12:00 noon  
\$56.00 (Cdn) per person includes entry to Liver Forum**

Send completed registration form together with a cheque\* for \$56.00 to:

Clinical Prevention Services  
BC Centre for Disease Control  
655 West 12<sup>th</sup> Avenue, Vancouver  
BC Canada V5Z 4R4  
Attn: Ellen Leung

\*Cheque payable to: Provincial Health Services Authority (PHSA)

**No refund for cancelled registrations. We regret we are unable to accept credit card payments.**

**For more information about this workshop please call: 604-707-2435 Toll Free: 1-866-660-1676  
Or visit [www.bccdc.ca](http://www.bccdc.ca) and click "Health Education and Events" at the top of the page**

**BCCDC Clinical Prevention Services  
Hepatology Nurse Leaders' Workshop  
Friday, October 23, 2015**

The Four Seasons Hotel Vancouver, 791 West Georgia Street, Vancouver, BC

**WORKSHOP**

The Four Season Hotel Vancouver  
791 West Georgia Street  
Vancouver BC V6C 2T4  
Breakfast & Lunch Included

Please visit our website at [www.bccdc.ca](http://www.bccdc.ca) for a detailed program.

**ACCOMMODATION**

Metropolitan Hotel Vancouver  
645 Howe Street  
Vancouver BC V6C 2Y9  
Reservations: (800) 667-2300  
\$149 Luxury King + applicable taxes

The Four Season Hotel Vancouver  
791 West Georgia Street  
Vancouver BC V6C 2T4  
Reservations 1-866-223-9333  
\$235 for single/double occupancy, \$265 for triple + applicable taxes

Delta Vancouver Suites  
550 West Hastings Street  
Vancouver BC V6B 1L6  
Reservations: 800- 916-4339  
Government rate \$192.00 in single or double occupancy (Delta Suite) + taxes (October 23-25)

*Reservations should be made by contacting the hotel directly*

**For more information about this workshop please call: 604-707-2435 Toll Free: 1-866-660-1676  
Or visit [www.bccdc.ca](http://www.bccdc.ca) and click "Health Education and Events" at the top of the page**

## Vote Earl Grey: Fluffy cat running for prime minister

H

Huffington Post Canada  
Zi-Ann Lum

America may have Deez Nuts, but in Canada, a fluffy feline is livening up the election cycle with some cat-itude.

We're not kitten you.

Halifax's Earl Grey, leader of the Tuxedo Party of Canada, is making a foray into federal politics after an unsuccessful bid for Nova Scotia premier in 2013. Human Stephen McNeil won that race.

Campaign manager Hugh Chisholm told CTV Atlantic the party wants to elevate the discussion about the country's antiquated animal cruelty laws — a cause previously adopted by Earl's late politi-cat sibling, Tuxedo Stan.

"We felt, like the Kennedys, we'd pass the reins of power on down to this brother," said the retired veterinarian.

Earl Grey the cat poses next to a picture of Earl Grey the cat. (Photo: Facebook)

Tuxedo Stan made headlines three years ago when he launched his campaign for Halifax mayor. He lost his bid, but gained an international following.

The black and white cat died in 2013 after battling terminal cancer.

But now with Earl stepping into the political fold, the party is pushing ahead to champion for feline friends who are "unable to speak for themselves."

Canada's animal cruelty laws were originally passed in 1892, "a time when women were not allowed to vote, the population was 4.8 million, and aboriginal religious ceremonies were illegal," according to Earl's official federal platform.

The party wants to use Earl's campaign to change the legislation's outdated wording — and to address Halifax's feral cats problem. All proceeds from Earl Grey and Tuxedo party merchandise will go towards a fund to pay costs of spaying and neutering Haligonian cats.

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### From Great Clean Jokes

One day, while strolling down the boardwalk, John bumped into an old friend of his, Rob, from high school. "You look great John, how do you stay looking so young? Why you must be 60 already but you don't look a day over 40!" Rob exclaimed.

"I feel like I'm 40 too!" replied John.

"That's incredible" exclaimed Rob, "Does it run in the family? How old was your dad when he passed?"

"Did I say he was dead?" asked John. "He's 81 and is more active then ever. He just joined the neighborhood basketball team!" responded John.

"Whoa! Well how old was your Grandfather when he died?"

"Did I say he died" asked John. Rob was amazed. "He just had his 105th birthday and plays golf and goes swimming each day! He's actually getting married this week!"

"Getting married?!" Rob asked. If he's 105, why on earth does he want to get married?!

## **Defence lawyer skips hearing so wife in labour won't kill him**

Canadian Press 2015-08-21

**PITTSBURGH — A Pittsburgh defence attorney got a hearing postponed at the last minute after convincing a judge that his wife's labour was a matter of life — or his death.**

**The Pittsburgh Tribune-Review (<http://bit.ly/1hQ0LJm>) reports Marc Daffner was granted a continuance Thursday after filing a blunt request with a Pittsburgh City Court magistrate.**

**It read: "Defence counsel's wife went into labour at approximately 11:15 a.m. today, and defence counsel will be killed by his wife if he does not get to the hospital immediately."**

**Daffner says the district attorney and judge agreed to the move. His client is charged with receiving stolen property.**

**Daffner says, "I didn't have a legal reason for the continuance, but that was the truth."**

**Daffner's staff couldn't immediately confirm Friday whether his wife had given birth.**

**Information from: Pittsburgh Tribune-Review, <http://pghtrib.com>**

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## **Parrot Detained By Police For Verbally Abusing 85-Year-Old Woman**

Huffington Post UK Eve Hartley 2015-08-19

**A parrot has been detained after abusing an 85-year-old woman with 'offensive slurs.'**

**The bird, which has been named as Hariyal, was reportedly trained for two years by its owner, Suresh Sakharkar, to abuse his stepmother, Janabai.**

**This led to the animal apparently insulting Janabai every time she walked past Suresh's home in Rajura, Maharashtra.**

**All three were taken to a local police station so that officers could confirm the reports though whilst there, the parrot did not utter a word.**

**Janabai told Zee News: "I am being harassed for the last two years. On seeing me, the parrot uses bad language and foul words.**

**"That is why I have complained thrice in the last two years. Police called me, Suresh and the parrot to the police station. Police should investigate and seize the parrot."**

**The bird was later released, as there is no law to imprison a parrot, and was handed over to the forest department officials.**

**This is not the first time that the species have been involved in mischief, and in May, a parrot was caught on camera laughing like an evil super-villain.**

# First Nations Summit

## NEWS RELEASE

**FOR IMMEDIATE RELEASE:  
AUGUST 4, 2015**

### **First Nations Summit congratulates Kitselas First Nation and Kitsumkalum First Nation on the signing of their Agreements-in-Principle**

**Coast Salish Territory/Vancouver, BC** – The First Nations Summit (FNS) congratulates Kitselas First Nation and Kitsumkalum First on the signing today of their Agreements-in-Principle (AIPs) with the governments of British Columbia and Canada.

“Kitselas First Nation and Kitsumkalum First Nation have shown great patience and determination following more than twenty years of hard fought negotiations. We applaud both communities for their hard work and perseverance to negotiate AIPs they believe appropriate for their respective communities”, said Cheryl Casimer of the FNS political executive. “These AIPs mark much needed progress as Kitsumkalum and Kitselas now formally move on to Stage 5 of negotiations and continue their efforts to reach final agreements in their efforts to becoming self-governing nations.”

“The Kitselas and Kitsumkalum AIPs as well as the others that have been signed recently are critical signals for other First Nations that remain committed to the negotiation of fair, just and honourable treaties and show that real progress through good faith negotiations is attainable”, added Robert Phillips, also of the FNS political executive.

The FNS remains committed to engaging with BC and Canada in a serious dialogue about how to collaborate to improve treaty negotiations in BC, including undertaking a full review of the 43 recommendations contained in Eyford report released earlier this year. The Eyford recommendations are consistent with the inclusive and proactive approach of the FNS to work with Canada and BC to openly review, discuss and implement any and all recommendations aimed at improving treaty negotiations in BC.

“Despite the long and drawn out process of negotiations, First Nations who continue to be engaged at negotiating tables remain committed. We expect Canada and BC to remain committed to these outcomes as well, especially following the upcoming federal election”, concluded Phillips.

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*The First Nations Summit speaks on behalf of First Nations involved in treaty negotiations in British Columbia. The Summit is also a NGO in Special Consultative Status with the Economic and Social Council of the United Nations. Further background information on the Summit may be found at [www.fns.bc.ca](http://www.fns.bc.ca).*

For further information:

Colin Braker, Communications Director, FNS, Phone: 604-328-4094

# FIRST NATIONS SUMMIT

## NEWS RELEASE

**FOR IMMEDIATE RELEASE:  
AUGUST 14, 2015**

### **Ministry of Children and Families misguided in decision to appeal BC Supreme Court decision**

**Coast Salish Territory/Vancouver, BC** – The First Nations Summit (FNS) is deeply disappointed in the recent decision by the Ministry of Children and Families (MCFD) to appeal a BC Supreme Court (BCSC) decision that found Ministry staff disregarded the safety of children from a Vancouver family, resulting in exposing the children to an abusive situation with at least one child being sexually abused by their father.

"This appeal clearly reflects continued bad decision-making by the Minister and senior MCFD bureaucrats", said Cheryl Casimer of the FNS political executive. "MCFD should not be hiding from the findings contained in the BCSC decision, rather they should be looking at immediate ways to ensure a similar situation is not repeated in the future."

The FNS has supported the work of Mary Ellen Turpel-Lafond, BC Representative for Children and Youth (RCY) as an independent oversight on Children and Family issues in BC as well as her many reports and recommendations. The FNS is of the view that, as a non-partisan, independent officer of the Legislature, the RCY should further investigate and make recommendations regarding this case.

"First Nations children and youth are disproportionately represented within all aspects of the MCFD system and therefore we have extreme concerns with how the government has chosen to deal with this case rather than taking immediate steps to look at real on the ground solutions to mitigate any similar occurrences in the future. We have every confidence that an investigation and report by the RCY would assist in achieving this outcome. We also expect that MCFD should involve First Nations in decisions and government policy designed to lower the numbers of Aboriginal children in care in BC", concluded Casimer.

-30-

*The First Nations Summit speaks on behalf of First Nations involved in treaty negotiations in British Columbia. The Summit is also a NGO in Special Consultative Status with the Economic and Social Council of the United Nations. Further background information on the Summit may be found at [www.fns.bc.ca](http://www.fns.bc.ca).*

For further information:  
Colin Braker, Communications Director, FNS  
Phone: 604-926-9903

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

**ADDRESS:  
1415 Wewaikum Rd.  
Campbell River, B.C.  
V9W 5W9**

**Phone: 1-250-286-9977  
Fax: 1-250-286-4809  
Toll-Free: 1-877-738-7288**

**Coordinator:  
Donna Stirling  
Website: [www.bcelders.com](http://www.bcelders.com)  
Email:  
[bcelders@telus.net](mailto:bcelders@telus.net)**

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

**"The Pond"**

An elderly man in Louisiana had owned a large farm for several years. He had a large pond in the back. It was properly shaped for swimming, so he fixed it up nice with picnic tables, horseshoe courts, and some apple, and peach trees.

One evening the old farmer decided to go down to the pond, as he hadn't been there for a while, and look it over. He grabbed a five-gallon bucket to bring back some fruit. As he neared the pond, he heard voices shouting and laughing with glee.

As he came closer, he saw it was a bunch of young women skinny-dipping in his pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, "We're not coming out until you leave!"

The old man frowned, "I didn't come down here to watch you ladies swim naked or make you get out of the pond naked."

Holding up the bucket he said, "I'm just here to feed the alligator."

Some old men can still think fast.

**VIRGO - The Perfectionist (Aug 23 - Sept 22)**

**Dominant In relationships. Conservative. Always wants the last word. Argumentative. Worries. Very smart. Dislikes noise and chaos. Eager. Hardworking. Loyal. Beautiful. Easy to talk to. Hard to please. Harsh. Practical and very fussy. Often shy. Pessimistic.**

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