



# SeniorsBC

# e-Newsletter

**August 19, 2010**  
**Volume 1, Issue 4**

## Welcome to the e-Newsletter

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## Supporting Elders and Seniors to Live Well at Elders Gathering

When the Adams Lake Band hosted the [34th Annual Elders Gathering](#) from July 13-15, 2010 in Salmon Arm, traditional territory of the Secwepemc (Shuswap) Nation, the Seniors' Healthy Living Secretariat (SHLS) was there to meet the Elders and provide healthy living information and resources.

SHLS hosted an information booth at the Gathering, to promote provincial government resources for older adults, such as the [BC Seniors' Guide](#), the new [SeniorsBC.ca](#) website (including a new page of resource links for [Aboriginal Elders and seniors](#)), and the [Health and Seniors Information Line](#) (toll-free province wide: 1-800-465-4911; in Victoria call 250-952-1742). Many of the estimated 3,000 Elders in attendance stopped by to pick up information and share their views on healthy living.

The Ministry of Healthy Living and Sport's [Aboriginal Healthy Living Branch](#) and the Ministry of Aboriginal Relations and Reconciliation

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## Minister's Message



Aboriginal Elders and seniors are recognized as an important resource in communities across the province, with extensive experience and wisdom to offer. Government is committed to ongoing engagement with Aboriginal organizations, and works to ensure that the interests and perspectives of older Aboriginal people are communicated to us through the Seniors' Healthy Living Advisory Network, and reflected in our healthy living tools

and resources. I am very pleased to present this special issue of the SeniorsBC e-newsletter, with a focus on Aboriginal Elders and seniors.

On June 21st, the provincial government joined organizations and individuals across Canada in celebrating National Aboriginal Day. More recently, the Province participated in the 34th Annual Elders Gathering, July 13-15, in Salmon Arm, both to learn and to share information and resources. In addition, in order to support access to online information for older Aboriginal people, and their families and communities, a page of resource links for Aboriginal Elders and seniors has been added to the SeniorsBC.ca website.

This September 15-18, the BC Seniors' Games will be held in Campbell River and the Comox Valley, traditional territory of the of Laich-kwil-tach and K'ómoks Nations. The Seniors Games are an opportunity to promote healthy, active lifestyles and social participation for B.C.'s incredible older athletes, for those who attend and support the event, and for the many volunteers who help to make the Games such a success. For more information, please visit [www.bcseniorgames.org](http://www.bcseniorgames.org).

Sincerely,

Hon. Ida Chong, Minister of Healthy Living and Sport

## Supporting Elders and Seniors continued....

were also in attendance, joining SHLS in several demonstrations of “Energy Bursts” from the ActNowBC Move for Life physical activity DVD. Also participating in the Energy Bursts were staff from the [First Peoples’ Heritage, Language and Culture Council](#), the [BC Association of Aboriginal Friendship Centres](#), and many Elders from the audience.

The three-day event featured entertainment, including traditional and modern songs, dances and storytelling; speakers; workshops, from flute- and drum-making to grant-writing (see additional workshop information in COSCO article in this e-newsletter); and self-care services such as traditional healing, glucose testing, and haircuts. There were also information booths, vendors selling a range of items, and excursions to local heritage sites and other points of interest. Most of all, the Gathering provided an opportunity for Elders from First Nations across the province to come together, to learn and share thoughts and ideas, and to be celebrated for their continuing contributions.

Many thanks (kukwstsétsemc) to the Secwepemc Nation and the Adams Lake Band for their hospitality, to the many supportive volunteers, and to J.D. and Ethel Billy, King and Queen of the 34th Annual Elders Gathering, for giving of their time to be interviewed for this e-newsletter. The 35th Annual Elders Gathering will be hosted by the Stó:lō Nation, in the Lower Mainland, in 2011.

## B.C. National Aboriginal Day Celebration, June 21, 2010

On June 21, the Province joined individuals, organizations and communities across B.C. and Canada in celebrating National Aboriginal Day.

The Ministry of Aboriginal Relations and Reconciliation (MARR) organized an event at First Peoples House at the University

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## COSCO Delivers Health Promotion Workshops at 34th Annual Elders Gathering



### *Gail Harmer, Sheila Pither and Sylvia MacLay from the Council of Seniors Citizens’ Organizations of British Columbia*

Upon request, the Council of Senior Citizens’ Organizations of British Columbia (COSCO) will send trained facilitators to any community in B.C. – no matter how remote – to deliver one or more 90-minute health promotion workshops at no cost to recipients. These free workshops can be booked individually or as part of a series. Topics include caregiving, social connectedness, mental health, addictions, age-friendly communities, and a variety of other subjects to support older people in maintaining healthy lifestyles.

COSCO was recently invited to take part in the 34th Annual Elders Gathering, in Salmon Arm, where the organization hosted an information booth and delivered seven workshops. Sheila Pither, COSCO Treasurer and Health Literacy Coordinator, was pleased by the turnout, and noted that workshops on healthy eating, chronic diseases, and medication awareness were particularly well-attended. She hopes that COSCO’s attendance at the Elders Gathering will lead to more requests for COSCO workshops in Aboriginal communities.

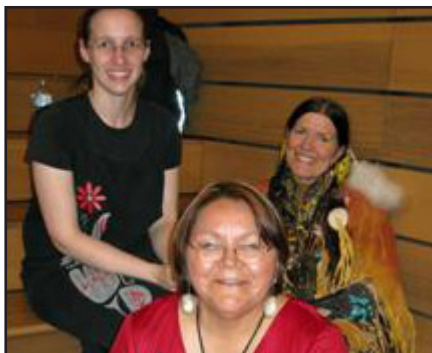
Since its first health promotion workshop on fall prevention was offered in 2007, Sheila Pither estimates that COSCO has presented some 200 workshops to over 4,000 recipients. Nineteen different workshops are currently available, with several more under development.

These workshops are made possible by the hard work and dedication of COSCO’s members and executive committee, as well as through financial and in-kind contributions from organizations such as the Ministry of Healthy Living and Sport, B.C. Health Authorities, the Union of B.C. Municipalities, the City of Burnaby, the federal New Horizons for Seniors Program, the Bank of Canada, and the Canadian Council on Learning.

For a list of available workshops, please see [www.coscobc.ca/healthworkshops.php](http://www.coscobc.ca/healthworkshops.php). To book a workshop contact Sheila Pither at [pither470@shaw.ca](mailto:pither470@shaw.ca) or (604) 684-9720.

## B.C. National Aboriginal Day continued....

of Victoria for Aboriginal staff across government. Lekwungen (Songhees) Elder Butch Dick provided a blessing, his son Bradley acted as MC for the day, and attendees were given a traditional welcome to the territory.

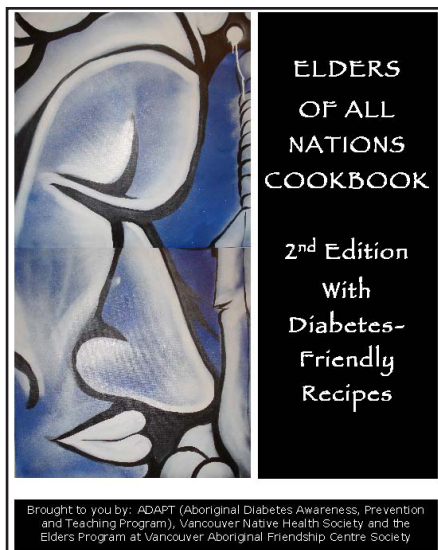


**Event organizers Christie Harvie (L), Karen White (R) and Patricia Watts (centre) of MARR's Aboriginal Relations Committee**

About 200 people attended the celebration, including Chiefs of the Lekwungen Nation. The event featured song and dance performances by Nuu-chah-nulth and Kwakwaka'wakw children and youth, the Esquimalt Nation South Island Dancers, and Métis fiddle music from the Lamoreux Family.

## Granny Eva's Baked Bannock By Eva Hanso

Starch, Serves 30



### Ingredients:

6 cups whole wheat flour  
6 tsp baking powder

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## Meet J.D. and Ethel Billy!

Interviewing a King and Queen can be challenging - especially when they are as popular as J.D. and Ethel Billy of the Secwepemc (Shuswap) Nation. The interview took place at the 34th Annual Elders



Gathering in Salmon Arm and was interrupted countless times as delighted 'subjects' stopped to greet the honourary royals and take their photograph.

Adams Lake Band Elders J.D. and Ethel Billy were chosen as King and Queen of this year's Gathering, for qualities like leadership and community spirit. Others elaborated on how Ethel and J.D. have touched their lives. One young girl thought they were elected King and Queen for being very knowledgeable and friendly. Another Adams Lake Band member described them as strong cultural role models who teach the language and actively transfer their knowledge. Both Ethel and J.D. have been instrumental in promoting sobriety in their community and have been sober for decades – a fact held in high esteem by other Band members. Ethel and J.D. are seen as honourable, truthful, down-to-earth and everybody's friend.

As the King and Queen they led ceremonial songs and dances and started each day with a prayer. The Stó:lō Nation was elected to host the 35th Annual Elders Gathering in 2011, and J.D. and Ethel Billy passed their crowns to the new Stó:lō King and Queen as part of a moving closing ceremony. J.D. and Ethel kindly took time to answer a few questions.

**SeniorsBC:** How were you chosen as King and Queen of this year's Elders Gathering? What are some of the qualities you are being honoured for?

**Ethel:** Each year a band elects a King and Queen to represent their people before they present their bid to host the next Elders Gathering. We may have been elected because we know a lot of people and are active Elders. We work with the Adams Lake Band Elders Group, hold family circles and have been involved for many years at the Round Lake Drug and Alcohol Treatment Centre. J.D. was a founding board member of the Round Lake Treatment Centre, and was a drug and alcohol counsellor for the Adams Lake Band for many years.

**SeniorsBC:** As Elders, can you tell us a little bit about the ways you participate in and give back to your community?

**Ethel:** We both worked as counsellors for the Adams Lake Band and I was also a nurse's aide .....continued on page 4



## Granny Eva's Baked Bannock continued...

- 1 cup canola oil
- 1 cup skim milk powder
- 1 tsp salt
- 4 cups water

### Steps:

1. Preheat oven to 350° F.
2. In a large bowl, mix all dry ingredients and oil together.
3. Add water. Mix ingredients. Add a bit of flour to prevent stickiness.
4. Divide dough into small bun sizes. Place on an ungreased 9x13 inch pan. Bake for 20-25 minutes.

"If you like, you can add raisins or currants."

### Nutrition Breakdown, Per Serving

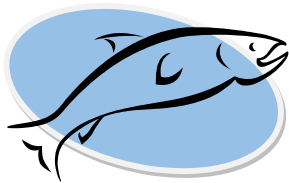
Calories 154, Carbohydrates 19 g, Sugar 1.2 g, Fibre 3 g, Protein 4 g, Fat total 7.7g, Fat-saturated 0.6 g, Sodium 150 mg, Cholesterol 0.4 mg, Calcium 73 mg, Iron 1 mg

Suggested meal with bannock: Serve with a protein food such as meat, chicken, chili or fish. Add vegetables to complete!

## Baked Salmon

### By Margret Harborne

Main, Serves about 19 (or less if not including head, tail and fins)



"When we're talking about fish that's salmon. If we're talking about halibut, we'll say halibut... or cod or anything else. But fish is salmon." - Ron Wilson

### Ingredients:

- 1 whole salmon (about 7 lbs)
- 1 onion, chopped
- 1 green pepper, chopped
- 1 yellow pepper, chopped
- 1 red pepper, chopped
- 3 cloves garlic
- 1 tsp salt
- 1 Tbsp non-hydrogenated margarine
- ¼ cup green onions

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## Meet J.D. and Ethel Billy continued...

at the community health centre on reserve.

**J.D.:** We are retired, but our contact information is at the police station so people in need can call us any time - day and night. We are there for them - we are here for others. People who need help come to us first to find out what to do and where to go.

**SeniorsBC:** Is physical activity an important part of your day-to-day lives? What kinds of things do you do to stay active and engaged in your community?

**J.D.:** It's up to individuals to do their own activity. I like to walk. I walk about three miles in the morning. Sometimes we walk together. I keep active with my nephews, especially when we go on hunting trips together. I am also active in sports and coach the slow-pitch softball team.

**Ethel:** I like to walk into town to get an ice-cream. That's about two miles away. Many of us Elders also have home gardens.

**SeniorsBC:** How do you connect with youth and other community members to pass on cultural teachings, knowledge and values?

**Ethel:** I worked as a language instructor at the Chief Atahm School [the only Secwepemctsin – Shuswap language – Immersion program within the Secwepemc Nation], which is located at Sexqeltqin (Adams Lake Reserve) across the river from Chase, B.C. We almost lost our language. The school started in 1996 and has a daycare, nursery and kindergarten. The Elders are involved as teachers, mentors, and supporters and without their strong support this immersion program would not be possible. We are active Elders and also offer our help. For example women will approach me to participate in traditional cultural activities such as holding sweats together [in the sweat lodge] and working with the healing plants and medicines. I make baskets and I dig for roots and food in the spring with the younger people and show them what types of foods to harvest in nature. I also teach skills like making bannock and canning; I just canned three batches of cherries before the Gathering. I teach Shuswap style songs (I record my songs) and Shuswap style dances.

**SeniorsBC:** How does the Elders Gathering affect the health and well-being of Elders in your community, or across the province?

**J.D.:** The Elders Gathering contributes to their health and well-being. It is like a holiday for many Elders and often it's the only one they get. We raise the funds - we raise funds in our Elders group for their expenses - for the travel by bus, to rent the space. The Elders dance and sing when they are here; they connect with one another and share stories. We have only missed two Gatherings and will attend the one next year - if the Creator is willing.

**SeniorsBC:** Do you have any tips to share for a happy, successful life in older age?

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## Baked Salmon continued.....

### Steps:

1. Cut salmon in half, take out back bone and rib bones.
2. Place salmon in large baking pan. Bake for 20 minutes at 350° in oven.
3. In large frying pan, stir fry peppers, garlic, onion, margarine and salt for 5 minutes. Place over salmon and bake for an additional 20 minutes, covered with foil.

### Nutrition Breakdown, Per Serving

Calories 294, Carbohydrates 1.9 g, Sugar 0.8 g, Fibre 0.4 g, Protein 36 g, Fat -total 15 g, Fat-saturated 2.6 g, Sodium 210 mg, Cholesterol 104 mg, Calcium 15 mg, Iron 1 mg

**Suggested meal:** Serve with ½ cup brown rice or 1 medium potato or 1 whole wheat bun. Add vegetables to complete!

Recipes reprinted with permission from the Elders of All Nations Cookbook: 2nd Edition with Diabetes-Friendly Recipes, 2008 brought to you by ADAPT (Aboriginal Diabetes Awareness, Prevention and Teaching Program), Vancouver Native Health Society, and the Elders Program at Vancouver Aboriginal Friendship Centre Society. This cookbook contains both traditional and conventional recipes submitted by the Elders and adapted to be diabetes-friendly. It is complete with dishes from breakfasts, salads, starches, soups, mains, treats and teas, as well as nutritional analysis for each recipe.

**To order a copy,** send a cheque for \$12 (\$10 + \$2 for shipping) total to the address below, or email [selfmanagement.vnhs@gmail.com](mailto:selfmanagement.vnhs@gmail.com) if you require an invoice.

Sandra Bodenhamer, RD, Vancouver Native Health Society  
449 East Hastings Street  
Vancouver BC V6A 1P5  
Phone: 604.254.9949  
Email: [selfmanagement.vnhs@gmail.com](mailto:selfmanagement.vnhs@gmail.com)

## Meet J.D. and Ethel Billy continued...

**Ethel:** Keep busy, keep working, keep helping other people, keep yourself healthy, eat good food, sleep well and have fun too. We have fun. We laugh. We dance and we sing. All this is good medicine. We keep the mind, body and soul busy, but the Creator is first. Many young people don't know this. None of this is possible without the Creator. We provide the younger ones with a good example.

**SeniorsBC:** Thank you very much, Ethel and J.D., for sharing your time and insights.

**TIP:** *"Are you working within your target heart rate zone? Your target heart rate zone (training zone) is the range between 60% and 80% of your maximum heart rate. Working within this zone gives you the maximum health and fat-burning benefits from your cardiovascular activity"* To learn more about your heart rate – check out the heart rate calculator at [www.actnowbc.ca/seniors/heart\\_rate\\_calculator](http://www.actnowbc.ca/seniors/heart_rate_calculator)

## Upcoming Events:

**2010 BC Seniors' Games, Comox Valley and Campbell River**  
September 15 -18, 2010

Come out and support the 23rd annual BC Seniors' Games! This multi-sport event is one of the largest Games organized in the Province, hosting approximately 3,500 participants, aged 55 plus from across BC. For more information visit the Comox Valley/ Campbell River event website at [www.2010bcseniorgames.ca](http://www.2010bcseniorgames.ca) or [www.bcseniorgames.org](http://www.bcseniorgames.org)

**UBCM Conference, Whistler Conference Centre**  
September 27 - October 1, 2010

The Union of British Columbia Municipalities (UBCM) annual convention will recognize and share lessons learned from the Olympic Winter Games, nurture new relationships and capitalize on the forward momentum felt across the province. Organized around the theme *Forging Gold Medal Standards*, this year's event will also see community leaders reflect on relationships with First Nations neighbours and mark new bonds built with community organizations, intergovernmental partners and other local governments. For more information visit: [www.ubcm.ca](http://www.ubcm.ca)

**National Seniors Day / International Day of the Older Person**  
October 1, 2010

In June, Honourable Diane Ablonczy, Minister of State (Seniors) designated October 1 as National Seniors Day (NSD) through the bill "Celebrating Canada's Seniors Act". The bill and the NSD honour and recognize the contributions of older Canadians as builders of the country.