



**ELDER'S VOICE**

Dear Elders,

I am very grateful to the Circle of Eagles Lodge Society for taking the lead in now being the Host organization for your very important annual event this coming summer.

The new site has been confirmed for your 27th Annual Aboriginal Elder's Gathering, it will be held at the Coquitlam Town Centre Stadium in Coquitlam, B.C. and the dates are still August 20, 21, 22 2003.

The Elder's Royalty this year are, their Majesties Ken and Margaret Harris and the King and Queen for the 27th Gathering would like to extend an invitation to all former Kings and Queens and their decedents, as they would like to honor all at the Opening Ceremonies in August. The King and Queen would appreciate contact addresses/phone numbers for all who have reigned over the last 26 years.

The theme for this year's event is *"Grandmother's and Grandfather's pulling together for our future, Our Children."*

Check out [www.circleofeagles.com](http://www.circleofeagles.com) (contact info on back page)

Only 33 Annual Fees have come in so far out of the 60 that are needed to pay the basic expenses from Dec. 2002 to Nov. 2003, please don't let this Elder's need fall through any cracks.

Special thanks this issue to the following groups for their fees; Ka:'Yu:'k't'h/Che:k'tles7et'h' Nation, Ucluelet First Nation, Hesquiaht Nation, Okanagan Indian Band, Squamish Nation, Gwa'sala-'Nakwaxda'xw Nation. Hopefully your support will inspire others to come on board financially. Thank You To All.

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## **Easy Bakers Corner—Peanut Butter Banana Bars**

Mix together 1/2 cup of creamy-style peanut butter, 2 ripe bananas (mashed), 1/2 cup of butter or margarine (melted), 1 lb. of light brown sugar and 2 eggs. Mix with an electric mixer on medium speed.

Sift together 2 3/4 cups of all-purpose flour with 2 1/2 tsp. baking powder and add it to the peanut butter banana mixture. Mix on low speed just until blended.

Stir in 1 cup of lightly salted peanuts and 3/4 to 1 cup of chocolate chips into the batter.

Spread into a greased 15-by-10-inch jelly roll pan. Bake at 325°F for 30 minutes.

Cool completely in pan on a wire rack. Cut into 25 to 30 bars.

### **Quotes:**

“Schools are responsible for teaching children how to learn and parents are responsible for teaching their children how to work.” Myths of Laziness

“It is not important to demand what is right, it is more that the person does what is right.” Unknown

*Handy Tips:* Use an Egg Slicer for slicing mushrooms and strawberries too. Deodorant on black clothing; use a baby wipe. When going on a trip; use Ziploc bags to put all of your various items in it so that all of your private items don't fall out during an airport check of your luggage. When packing breakable parcels; inflate Ziploc bags with air and then use them as a buffers inside your parcel.

## **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/Photo's/Storytelling/Drawings/Articles of Interest/Native Songs Lyrics/Wellness Seminars/Obituaries/Birthday Wishes, etc. If you are interested in providing articles, please do, I look forward to hearing from anyone who wants to contribute to the content.

## **‘PRESERVING THE PAST’**

**New Elder's Website: [www.bcelders.com](http://www.bcelders.com)**

The *First Ever* Elder's Website “Preserving the Past” is now online. Future registrations forms, booth forms, maps of the Hosting territory, accommodation information, etc. concerning the Annual Gatherings will all be available on the B.C. Elder's Communication Center Society's Web Site at [www.bcelders.com](http://www.bcelders.com) each year as soon as they are available.

All issues of your Elder's Voice Newsletter will be posted on the site each month beginning with the September 01, 2002 issue, though all issues of the newsletter will still continue to be mailed out to your Elder's Contact People throughout the province—to ensure that no one is left out because of a lack of access to the internet. If anyone has comments about the web site please feel free to call in to the Communication Center.

**PRESS RELEASE—February 12, 2003**

**Union of British Columbia Indian Chiefs' Response to the Throne Speech**

(Coast Salish Territory/Vancouver, February 12, 2003) Chief Stewart Phillip, President of the Union of BC Indian Chiefs stated, "Although we appreciate the Government of British Columbia's admission of historical wrongdoing, generally speaking, the UBCIC is not overly impressed with yesterday's Speech from the Throne." Chief Phillip continued, "Yesterday's so-called 'statement of regret' is obviously part of a public relations strategy designed to convince the general public that the government is committed to reconciling aboriginal title interests and Crown interests."

"Further, the government is attempting to pacify Native people in order to buy peace in the forests, peace on the water and peace in the oil patch. Most significantly, the government is desperately attempting to convince investors that BC, by virtue of its progressive aboriginal policy, is in a position to offer a safe and stable investment climate. In reality, the government continues to pursue a policy of offering marginal economics opportunities to First Nation communities. In short, all the government is really offering are bigger table scraps," said Chief Phillips.

"In terms of the government's so-called Economic Measures Fund, a First Nation has to agree not to assert their Aboriginal rights 'on the ground' or 'in the courts' during the term of these funding agreements. We ask you is that economic opportunity or economical coercion?" observed Chief Phillip.

Chief Phillip remarked, "The Throne Speech refers to equitable economic opportunity, the gas and oil industry in Northwestern BC generates an annual amount of 5 billion dollars of investment opportunity while in total contrast local First Nations communities tolerate deplorable conditions of poverty. In one particular case, a local Native leader reported that 19 people were forced to live in one house."

We do not need public posturing. We do not need public statements of regret. We do not need public promises and expressions of good intent. We need the Government of BC to recognize that they have a legal and moral duty to accommodate our Aboriginal Title interests in all of the land and resources that comprise the Provincial of British Columbia."

Chief Phillip concluded, "The Courts have spoken. Delgamuukw clearly states that we enjoy a 'proprietary' or ownership interest in all the lands and resources within BC. We have every right and reason to expect of BC. We are sick and tired of the poverty that is a direst result of our ongoing economic marginalization. We need much more than hollow public promises and bigger table scraps—we need and demand economic justice."

**FOR MORE INFORAMTION CONTACT: Chief Stewart Phillip Cell: (250) 490-5314**

## **FOOD ALLERGIES - Nothing to Sneeze At!!**

Imagine what life would be like if eating a peanut butter sandwich, or eating some shrimp, or drinking a glass of milk left you vomiting, sneezing, gasping for breath, and furiously scratching yourself. For some people with food allergies, that's reality.

### **The Most Likely Foods to Cause Allergies**

Food allergies usually differ between adults and children. The most common foods to cause allergies in adults are shrimp, lobster, crab, and other shellfish; peanuts, walnuts, and other tree nuts; fish; and eggs. Adults do not usually lose their allergies.

In children, eggs, milk, peanuts, soya beans, and wheat are the main culprits. Children often outgrow their allergies to milk, eggs, soya beans, and wheat. However, allergies to peanuts, tree nuts, fish and shrimp are usually not outgrown.

Allergies to peanuts are often the cause of the most severe reactions. Some people are so allergic to peanuts that just being around when a peanut shell is broken and the dust is released is enough to cause a reaction. As little as 1/44000 of a peanut kernel can cause a reaction.

### **Symptoms of Food Allergies**

Symptoms of a food allergy event can vary. It will depend on how allergic the person is to the food and how much of the food was eaten. Symptoms can begin almost immediately after the suspect food is eaten or can take up to an hour or two to develop. Typical symptoms include:

- itching tongue and "tingling lips",
- vomiting, cramps, or diarrhea,
- hives (itchy skin on parts of the body),
- asthma or sneezing, and
- trouble breathing or swallowing.

In severe cases, a reaction called anaphylactic shock can happen. When this occurs, air into the lungs becomes blocked, the person's blood pressure drops very low, and the person can suffocate because the tongue or throat swells up. If not treated right away, a person with anaphylactic shock can die.

## **How Many People are Affected?**

About 1 ½ percent of adults and up to 6 percent of children younger than 3 years have food allergies. While food allergies are not common, a study estimates that about 150 people in the U.S. die every year. It can be expected that a similar proportion of Canadians are also affected.

Being allergic to a food seems to be something that is often inherited. Generally, such people often come from families where allergies are common-not always food allergies but perhaps conditions like hay fever, asthma, or hives. Someone with two allergic parents is more likely to develop food allergies than someone with one allergic parent.

## **How Do Affected People Protect Themselves?**

The only way affected people can protect themselves is to avoid the foods that trigger reactions. This means reading labels to make sure the food they are allergic to is not an ingredient in that food. People with severe reactions that lead to anaphylactic shock also carry syringes of adrenaline with them at all times. If they feel a reaction starting, they can inject themselves to lessen some of the effects of the reaction.

## **How Does This Affect Me?**

You may not be allergic to a food. You may not know anyone directly who is allergic to a food. But at some point, you may be asked if a food you have prepared and are about to serve contains a certain ingredient. It might be at a family or band gathering, or maybe at the Elders Gathering. Before you answer, think very carefully about what ingredients went into the food. Remember, for the person asking, it could be a life or death question. And if you don't know or can't remember all the ingredients, then say you don't know. A wrong answer on your part could lead to very serious consequences.

Lynn Wilcott is a Food Safety Specialist at the BC Center for Disease Control  
LAW/kg/1132w

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### ***Quotes:***

***“When a person doesn't have gratitude, something is missing in his or her humility. A person can almost be defined by his or her attitude toward gratitude.”***

***Ellie Wiesel***

## "I WENT TO A PARTY MOM"

I went to a party, and remembered what you said.  
You told me not to drink, Mom so I had a Sprite instead.

I felt proud of myself, the way you said I would,  
That I didn't drink and drive, although some friends said I should.

I made a healthy choice, and your advice to me was right  
As the party finally ended, and the kids drove out of sight.

I got into my car, sure to get home in one piece,  
I never knew what was coming, Mom something I expected least.

Now I'm lying on the pavement and I hear the Policeman say,  
"The kid that caused this wreck was drunk," Mom, his voice seems far away.

My own blood's all around me, as I try hard not to cry.  
I can hear the paramedic say, "This girl is going to die."

I'm sure the guy had no idea, while he was flying high,  
Because he chose to drink and drive, now I would have to die.

So why do people do it, Mom, knowing that it ruins lives?  
And now the pain is cutting me, like a hundred stabbing knives.

Tell sister not to be afraid, Mom  
Tell Daddy to be brave, and when I go to heaven,  
Put "Daddy's Girl" on my grave.

Someone should have taught him, that it's wrong to drink and drive.  
Maybe if his parents had, I'd still be alive.

My breath is getting shorter, Mom I'm getting really scared.  
These are my final moments, and I'm so unprepared.

I wish that you could hold me Mom as I lie here and die.  
I wish that I could say I love you, Mom  
So I love you and good-bye.  
(poem from the Weiwaikum Times)

## Water or Coke? - from the Weiwaikum Times

### WATER

1. 75% of Americans are chronically dehydrated (likely applies to half of world population).
2. In 37% of Americans, the thirst mechanism is weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters.
5. Lack of water, the #1 trigger of daytime fatigued.
6. Preliminary research indicates that 8—10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is likely to develop bladder cancer. **Are you drinking the amount of water you should every day?**

### COKE

- In many states (in the USA) the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
  - You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
  - To clean a toilet; pour a can of Coke into the toilet bowl and let the "real thing" sit for one hour, then flush clean.
  - To remove rust spots from chrome car bumpers; rub the bumper with a rumped-up piece of Reynolds Wrap Foil dipped in Coke.
  - To clean corrosion from a car battery; pour a can of Coke over the terminals to bubble away the corrosion.
  - To loosen a rusted bolt; apply a cloth soaked in Coke to the rusted bolt for several minutes.
  - To bake a moist ham; empty a can of Coke into the baking pan, wrap the ham in foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.
  - To remove grease from clothes; empty a can of Coke into a load of greasy clothes, add detergent and run through a regular cycle. The Coke will help loosen grease stains. It will also clean road haze from your windshield.
- The active ingredient in Coke is phosphoric acid. Its pH is 2.8, it will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a mayor contributor to the rising increase in osteoporosis. To carry Coke syrup, commercial trucks must use the hazardous material place cards reserved for highly corrosive materials.
- Now the question is, would you like a glass of water or Coke?**

Pulse aqui para Español



Hier klicken für Deutsch



Cliquez ici pour



Français

Clique aqui para o Portugues



## THE POST-POLIO LETTER

Basic facts about PPS for polio survivors' doctors, family & friends.

### Dr. Richard L. Bruno

Chairperson, International Post-Polio Task Force

Director, The Post-Polio Institute

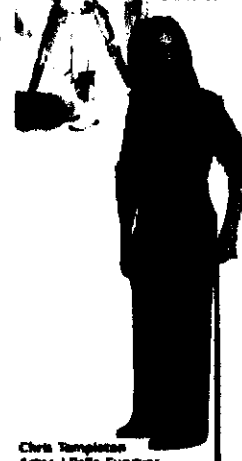
The International Centre for Post-Polio Education and Research

Englewood (NJ) Hospital and Medical Center, USA

### WHAT ARE POST-POLIO SEQUELAE?

Post-Polio Sequelae (PPS, Post-Polio Syndrome, The Late Effects of Poliomyelitis) are the unexpected and often disabling symptoms -- overwhelming fatigue, muscle weakness, muscle and joint pain, sleep disorders, heightened sensitivity to anesthesia, cold and pain, as well as difficulty swallowing and breathing -- that occur about 35 years after the poliovirus attack in 75% of paralytic and 40% of "non-paralytic" polio survivors. There are about 2 million North American polio survivors and 20 million polio survivors worldwide. The existence of PPS has been verified by articles in many medical journals, including The Journal of the American Medical Association, the American Journal of Physical Medicine and Rehabilitation and The New England Journal of Medicine.

I AM THE FACE OF  
POLIO  
NOW...



Chris Tompkins  
Actor / Polio Survivor

**WHAT CAUSES PPS?** PPS are caused by decades of "overuse abuse." The poliovirus damaged 95% of brain stem and spinal cord motor neurons, killing at least 50%. Virtually every muscle in the body was affected by polio, as were brain activating neurons that keep the brain awake and focus attention. Although damaged, the remaining neurons compensated by sending out "sprouts," like extra telephone lines, to activate muscles that were orphaned when their neurons were killed. These over sprouted, poliovirus-damaged neurons are now failing and dying from overuse, causing muscle weakness and fatigue. Overuse of weakened muscles causes muscle and joint pain, as well as difficulty with breathing and swallowing.

**HOW ARE PPS DIAGNOSED?** There is no diagnostic test for PPS, including the electromyogram (EMG). PPS are diagnosed by excluding all other possible causes for new symptoms, including abnormal breathing and muscle twitching that commonly disturb polio survivors' sleep, a slow thyroid and anemia. Other neurological or muscle diseases are almost never the cause of PPS symptoms.

**ARE PPS LIFE THREATENING?** No. But because of damaged brain activating neurons polio survivors are extremely sensitive to, and need lower doses of, gas and intravenous anesthetics and sedative medication. Polio survivors can have difficulty waking from anesthesia and can have breathing and swallowing problems, even when given a local dental anesthetic.

**IS PPS A PROGRESSIVE DISEASE?** PPS is neither progressive nor a disease. PPS is caused by the body tiring of doing too much work with too few poliovirus - damaged,

oversprouted neurons. However, polio survivors with untreated muscle weakness were found to lose about 7% of their remaining, overworked motor neurons each year.

**IS THERE TREATMENT FOR PPS?** Yes. Polio survivors need to "conserve to preserve," conserve energy and stop overusing and abusing their bodies to preserve their abilities. Polio survivors must walk less, use needed assistive devices -- braces, canes, crutches, wheelchairs -- plan rest periods throughout the day and stop activities before symptoms start. Also, since many polio survivors are hypoglycemic, fatigue and muscle weakness decrease when they eat protein at breakfast and small, more frequent, low-fat / higher-protein meals during the day.

**ISN'T EXERCISE THE ONLY WAY TO STRENGTHEN WEAK MUSCLES?** No. Muscle strengthening exercise adds to overuse. Pumping iron and "feeling the burn" means that polio-damaged neurons are burning out. Polio survivors typically can't do strenuous exercise to condition their hearts. Stretching can be helpful. But whatever the therapy, it must not trigger or increase PPS symptoms.

**IS TREATMENT FOR PPS EFFECTIVE?** Yes. The worst case is that PPS symptoms plateau when polio survivors stop overuse abuse. Most polio survivors have significant decreases in fatigue, weakness and pain once they start taking care of themselves and any sleep disorders are treated. However, because of emotionally painful past experiences related to having a disability, many polio survivors have great difficulty caring for themselves, slowing down and especially with "looking disabled" by asking for help and using assistive devices.

**WHAT CAN DOCTORS, FAMILY AND FRIENDS DO TO HELP?** Polio survivors have spent their lives trying to act and look "normal." Using a brace they discarded in childhood and reducing overly-full daily schedules is frightening and difficult. So, friends and family need to be supportive of life-style changes, accept survivors' physical limitations and any new assistive devices. Most importantly, friends and family need to be willing to take on taxing physical tasks that polio survivors may be able to do but should not do. Doctors, friends and family need to know about the cause and treatment of PPS and listen when polio survivors need to talk about how they feel about PPS and lifestyle changes. But friends and family shouldn't take control of polio survivors' lives. Neither gentle reminders nor well-meant nagging will force polio survivors to eat breakfast, use a cane or rest between activities. Polio survivors need to be responsible for caring for their own bodies and ask for help when they need it

Whether you had polio or not, please COPY and MAIL this letter to your doctors. With your help every doctor will learn about the cause and treatment of PPS and give polio survivors the care we so desperately need. Thank you!



Mia Farrow, polio survivor



Thaddeus Farrow, polio survivor

Co-Chairpersons **The POST-POLIO LETTER Campaign**

**For more information about the cause and treatment of PPS go to  
[www.postpolioinfo.com](http://www.postpolioinfo.com)**

## Hot and Bothered About Smoke?

These tips describe ways each wood heat user can help reduce air pollution. Even veteran wood heat users can find ways to have a cleaner burn. Less smoke means cleaner air for you, your family, your neighbours and the environment. The less smoke you produce, the more heat and value you get from your wood. For hundreds of thousands of Canadians, wood heating is the environmentally friendly choice.

### Spring—The Season to Season

'Tis time to plant the garden, to get the boat ready, to get out and enjoy the weather, and 'Tis the Season to Season.

Seasoning reduces water content in wood to 20 percent or less. Letting your wood dry for a minimum of six months should do the trick. Splitting the wood hastens the drying process. Also stack your wood loosely in a sunny area (but cover it); the warmth of the sun and air passing through it will speed the drying process.

To determine whether the wood is properly seasoned, look for large cracks in the ends. These indicate the wood is dry. The wood also will be much lighter in weight and seasoned wood will start to split.

### Keep It Dry

Burning wet wood creates lots of smoke and generates very little heat. It will take twice the wood for one half of the heat produced. Wood can seem dry and still contain plenty of water...up to 50%. The moisture in wood makes the fire give off more smoke. On the other hand, dry wood can provide up to 44% more heat than wet or unseasoned wood.

### Wood Heating is Here to Stay

On most other heating systems everything is preset. With wood heat you control everything: fuel, efficiency and the amount of pollution. You use skill and intelligence because a wood fire needs your attention and management.

**Watch for telltale signs of pollution.** Any visible wood smoke puts harmful materials into the air you breathe. Reduce smoke by letting more air circulate in and around the fire. **Build small, hot fires, and avoid smoldering, low temperature fires.** These are the worst polluters. **Never burn garbage, trash or treated or painted wood.** All of them produce harmful pollutants. **Invest in a new-technology stove.** It reduces air emissions and is more economical to run.

*This information is from the District of Campbell River*

## **Colorectal cancer - Dr. Art Hister**

I can't figure North Americans out. I mean, in a culture where an endless line-up of seemingly adult human beings are ready and willing (eager, in fact) to go on TV to talk about (and even act out) some of the most intimate (and disgusting, although the two don't always go together) details of their lives, only a very few are willing to talk about or listen to information about their tuches (which is a Yiddish word, by the way, that is always mispronounced by the Not-Chosen People but which is much more descriptive than the leading English candidate of "butt").

But hey, folks, if you don't pay attention to that end of things, your tuches is very likely to get you - in the end - so try to overcome your natural reluctance and allow me to give you some news about colo-rectal cancer, news that might save your life.

Colo-rectal cancer is one of the three leading causes of cancer death in the developed world, but it's also one of the most preventable forms of cancer death. Why? Because most colo-rectal cancers start as polyps that can be picked up when they are still small and very easily treatable, yet because of our aforementioned hesitation to discuss anything to do with our rears, never mind our unwillingness to get that part examined and especially to get potentially life-saving colon cancer screening tests (even doctors often talk themselves out of doing a rectal examination on a clearly unwilling patient), the death rate from colo-rectal cancer continues to be far too high.

Before I tell you what you need to know about screening tests, though, let me back up a bit and give you some news about how your diet can lower your risk of colon cancer.

For the last three decades, experts have linked the huge number of cases of colo-rectal cancer in North America to our western diet, specifically to its low fiber content. This link was first made by a guy called Denis Burkitt who came back from Africa convinced that the low incidence of colo-rectal cancer (as well as appendicitis, irritable bowel syndrome, gall bladder disease, and a number of other bowel and digestive conditions) in Africans was largely the product of their huge intake of fiber.

The trouble is that several well-done studies have concluded that in North Americans, high-fiber diets don't seem to slow the progression of colon polyps to frank cancer, in other words, the data doesn't back up Burkitt, so most experts are now less enthusiastic about pushing a high-fiber diet purely for the purposes of preventing colo-rectal cancer.

Others, however, like me, to be sure, argue that there are significant flaws in the studies that have failed to find a good effect on the bowel from high fiber diets, primarily that those studies have been too short-term. In other words, for a high-fiber diet to

have a positive effect on your risk of developing colo-rectal cancer, I think you probably have to be on that kind of diet for a long time, preferably from an early age on and perhaps even before you get a polyp in the first place.

So the very good news is that the latest update of the Nurses Health Study, that huge American study that's been following the health of over American 70,000 women for many years found that, over a period of twelve years, women who ate a "prudent" diet had a 50 % lower risk of colon cancer compared to women who ate a "typical" American diet.

A prudent diet consists of the usual suspects: lots of fruits and veggies, beans, legumes, fish, poultry, whole grains, etc., in other words, a diet with lots of fiber, among other good things.

A "typical" North American diet consists of, well, you know what: sweets, fats, meat, refined foods, etc., in other words, a low-fiber, high-fat and high-sugar diet.

So is this the last word on diets and your bowel? Of course not (you know by now that when it comes to medical studies, there is never a last word), but until they come up with something better, a "prudent" diet, such as the Mediterranean diet I tend to favour and which I follow, should be the route you go to protect your innards.

Finally, about those screening tests, I have only two words for you: get em.

This information was found at [medbroadcast.com](http://medbroadcast.com)

March 01, 2003

**Quotes:**

***"In order that people may be happy in their work, these three things are needed: They must be fit for it. They must not do too much of it. And they must have a sense of success in it."***

***John Ruskin***

***"What a gift of grace to be able to take chaos form within and from it create some semblance of order."***

***Albert Einstein***

***"If women were convinced that a day off or an hour of solitude was a reasonable ambition, they would find a way of attaining it. As it is, they feel so unjustified in their demand that they rarely make the attempt."***

***Anne Morrow Lindbergh***

***"Life is either a daring adventure or nothing. To keep our faces towards change and behave like free spirits in the presence of fate is strength undefeatable."***

***Helen Keller***

***"Your work is to discover you're work and then with all your heart to give yourself to it."***

***Buddha***

***"We can't take any credit for our talents. It's how we use them that counts."***

***Madeleine L'Engle***

**Update From Jeanette McMaster, B.C. Elder's Council, Upper Nicola, Okanagan Nation March 15, 2003**

Elders from several First Nation bands gathered at the Kamloops Indian Band Gymnasium to celebrate. Don Seymour, member of the Secwepemc Nation was the organizer for this very first Elders Gathering, which was a social non-political event. Every one that attended this gathering on March 14, was treated as royalty. We enjoyed a delicious lunch, afterwards there was entertainment provided by First Nations. There was a young man who did the hoop dance, there were drummers and singers, and fiddle music. Of course the show stopper was performed by an Elder who is 73 years old. He is the fancy dancer, he is in excellent physical health, which enables him to perform his fancy dancing with such great agility.

To Many of us that attended this gathering, renewed old friendships from the residential school era. We talked of past experiences, some of which were painful, but mostly we talked and laughed about some of our daring expeditions such as jumping out of the second floor windows, just to prove it could be done. Then, sneak back into the building. I enjoyed my visit with a dear friend, Mildred [Abel] Dillabough, Mildred was from the West Bank First Nation, but now she lives in the Secwepemc Territory. Mildred took me on a tour of the old residential school building. We walked through the old hallways, to the junior rec rooms, and the chapel. All of which are now offices. Another friend I was so glad to see, was Evelyn Camille, she is a very busy woman, so I did not have much time to visit with her, Evelyn, you are looking very good in your hat as councilor. I am sure, those who read this, will say "Hey, I remember that person, I wonder how he or she is doing?"

Elders in the Nicola Valley are very busy these days, there is a lot of things going on, like mini meetings with Elders like Liza Edwards, who is at least in her 90's. She is full of spunk, always ready to take part in any project to which she is invited. Liza has so much wisdom, in areas of land, family history, language, which she speaks very fluently. Her knowledge of medicines, traditional foods and the gathering of these, make Liza in great demand. Elders of the Nicola Valley are gathering together once again, to attend Sunday service. At one time, there used to be prayer meetings going on every week. This was back in the 70's and 80's. At these meetings, there would be sing in, sharing, and visiting with one another. It was an opportunity for the host or hostess to show off their cooking skills. After each prayer meeting, delicious snacks would be enjoyed by everyone.

The community hall at the Lower Nicola, used to be full every Sunday, with First Nations from the five Bands. Young and old alike, but somehow, those times of social gathering was lost. Today, however, people are gathering to re-group once again. Elders are once again involved in these prayer meetings. Sharing their wisdom and encouragement to others. Wisdom, many times we hear the word "wisdom" but do we know the meaning of the word. Yes, Elders have much wisdom, but how did they acquire it? Elders are wise, because they have accumulated knowledge from many years of life challenges. Challenges such as child rearing, managing households and balancing budgets.



***The Cross In My Pocket***

***I carry a cross in my pocket  
a simple reminder to me  
Of the fact that I am a Christian  
No matter where I may be.***

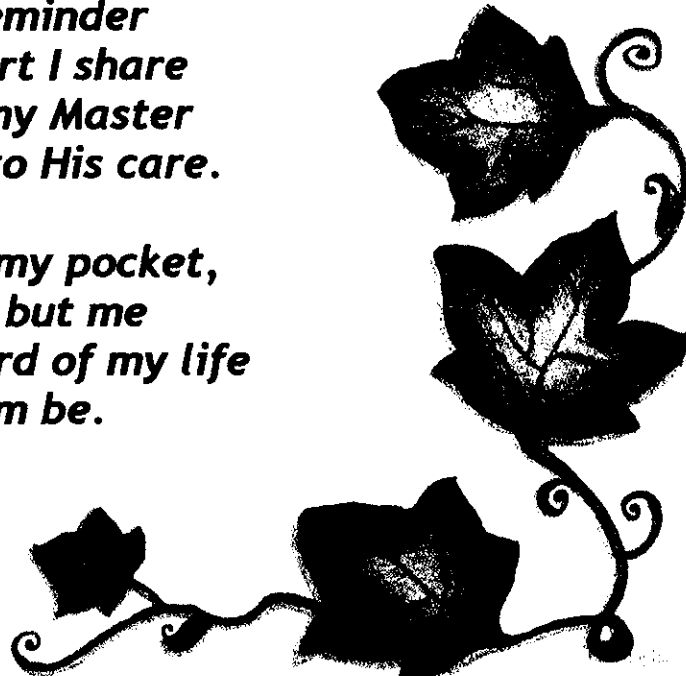
***This little cross is not magic  
Nor is it a good luck charm  
It isn't meant to protect me  
From every physical harm.***

***When I put my hand in my pocket  
To bring out a coin or key  
The Cross is there to remind me  
Of the price He paid for me.***

***It reminds me too, to be thankful  
For my blessings day by day  
And to strive to serve Him better  
In all that I do and say.***

***It's also a daily reminder  
Of peace and comfort I share  
With all who know my Master  
And give themselves to His care.***

***So, I carry a cross in my pocket,  
Reminding no one but me  
That Jesus Christ is Lord of my life  
If only I'll let Him be.***



## **B.C. ELDER'S COMMUNICATION CENTER SOCIETY**

### **Announcing: Annual B.C. Elder's Art Auction—Spring 2004 Elders: Please forward this to all local First Nation's Artist**

This event will be held on the Lower Mainland each year, it will be advertised monthly in the Elder's Voice Newsletter (which is now reaching over 5000 Aboriginal Elders in BC.) and the profits will benefit Aboriginal Elders. The Gala B.C. Elder's Auction will be held live and on-line with the key to this Auction's success being the use of the internet. Artist will be asked to contribute one-year in advance, so that the full advertising potential can be reached via the internet.

The Elder's Website [www.bcelders.com](http://www.bcelders.com) will be used to maximize the 'world wide' advertising potential available to us today. There will be a photo posted of each of the donated items, and it will be displayed alongside the Artist's short biography and contact information.

Notification of the Elder's Website address will go out to all galleries, museums, etc. around the world and Corporate Sponsors will be pursued for the Annual Auction, as well as newspapers, magazines and television coverage. First Nation's Artist support many, many fundraising efforts and the internet and the Elder's Voice will be effective ways to acknowledge each Artist's contribution to the Elders and garner more recognition for the artworks the B. C. First Nation's Artist have to offer the world.

The (27th) Annual Aboriginal Elder's Gathering gets nothing in the way of reliable financial support from anyone year after year, and with the Elder's growing population and rising prices, it is proving to be a greater struggle for the Elders just to fundraise to attend their most important cultural event. Each new group that has the honour of Hosting the Gathering also has an incredibly large task set before them, and with the government yet to arrange anything concrete to assist with the necessary fundraising needed to meet the needs of thousands of Elders (during this 3 day event) the planning for the Event is sometimes put in jeopardy.

Profits for this Annual Provincial Elder's Art Auction will be divided equally 4-ways:

1. To assist Elders with travel and accommodations to attend their Annual B.C. Elder's Gathering.
2. To provide a donation to each new Host community to assist with the food costs associated with hosting between 3000 and 7000 Aboriginal Elders and their Support Workers.
3. A "Hardship Trust Fund" will be started for the Elders to turn to in case of a sudden hardship, ex. furnace breaks down or freezer quits in July, etc.
4. One share will be used for office expenses for this communication center operating for the Elders in this province.

Please contact: Donna Stirling, Coordinator Toll free at 1-877-738-7288 or  
Email: [bcelderscommcenter@telus.net](mailto:bcelderscommcenter@telus.net) for more information

**B.C. ELDER'S  
COMMUNICATION  
CENTER SOCIETY**

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[bcelderscommcenter@telus.net](mailto:bcelderscommcenter@telus.net)

'ELDER'S VOICE' ISSUES  
ARE SENT OUT TO  
COMMUNITIES BY THE  
**1st** OF EACH MONTH, IF  
YOUR COPY IS NOT  
RECEIVED IN A TIMELY  
FASHION PLEASE  
CALL IN.

**TRADITIONAL HEALING CORNER**

First Nations communities have much to offer in the way of traditional healing. If you can provide information of who and what is available in your area, please call in on the toll free line.

LOGO—Our thanks and appreciation go out to Shuswap First Nation's Artist Ivan Christopher for donating our Center's Logo.

**PROVERBS:**

- |  |           |
|--|-----------|
| Tell me who's your friend and I'll tell you who you are. | Russian   |
| There is a pinch of the madman in every great man.       | French    |
| Under a ragged coat lies wisdom.                         | Romanian  |
| Use power to curb power.                                 | Chinese   |
| What may be done at any time will be done at no time.    | Scottish  |
| What was hard to endure is sweet to recall.              | French    |
| What you give you get, ten times over.                   | Yoruba    |
| Wheresoever you go, go with all your heart.              | Confucius |
| Whoever gossips to you will gossip about you.            | Spanish   |
| Goodness speaks in a whisper, evil shouts.               | Tibetan   |

***Don't forget to mail, fax, or call in your Special Birthday***

**Happy! Happy! Birthday To All Elders Born In April!**

**COMMUNITY EVENTS**

27th Annual  
Aboriginal Elder's Gathering  
August 20, 21, 22 2003  
The Event Is Now Being Hosted  
By the Circle of Eagles  
Lodge Society  
And it will be held at the  
Coquitlam Town Centre Stadium  
In Coquitlam, B.C.  
The Circle of Eagles  
Contact name: Merv Thomas  
Phone: (604) 874-9610  
Fax: (604) 874-3858  
Website: [www.circleofeagles.com](http://www.circleofeagles.com)

**The Muslim Prayer for Peace**

**In the name of Allah, the beneficent, the merciful.  
Praise be to the Lord of the Universe who has created  
us and made us into tribes and nations, that we may  
know each other, not that we may despise each other.**

**If the enemy incline towards peace, do thou  
also incline towards peace, and trust God,  
for the Lord is the one that heareth and knoweth  
all things. And the servants of God, Most Gracious  
are those who walk on the Earth in humility, and  
when we address them, we say "PEACE."**

12 Prayers for Peace offered in Assisi, Italy of the Day of  
Prayer for World Peace in 1986

("Prayer For Peace" by Joanne Asala)