

Volume 11 Issue 1

December 2010

BC ELDERS COMMUNICATION CENTER SOCIETY



# ELDERS VOICE

**ATTENTION:** Elders Contact People Please Remember To Make Copies of The EV Each Month For Your Elders And If You Could Also Make Copies For Your Chiefs and Councils That Would Be A Great Help, And Much Appreciated!

**EV'S 121st Issue!**

Special Recognition to the following two groups for paying every yearly fee for the past 10 year to support this Elders Office!

**TO: Weiwaikum First Nation and Wet'suwet'en First Nation**  
Your constant support is much appreciated!

**HAPPY BIRTHDAY TO ALL ELDERS BORN IN DECEMBER !!**

**\*\*Any group who does not yet have a member on the BC Elders Council is encouraged to contact this elder's office at 1-877-738-7288 or email: [bcelders@telus.net](mailto:bcelders@telus.net)**

***ATTN: 35th Annual Elders Gathering forms are on Pgs. 4, 5, 6. Booth Forms, more accommodations pages and the 2011 Coordinator's info will be in the next issue of the EV.***

***Merry Christmas To All!!***

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**HO! HO! HO! EVERY ONE!**

## **Easy Bakers Corner – Best Ever Butter Tarts - Makes 1 dozen**

In a saucepan melt 1/3 cup butter, and add 1/2 cup syrup, 1/2 cup brown sugar, 1/2 cup raisins and 1/2 cup currents, 1/2 tsp of vanilla, 1/4 tsp of salt and 2 eggs, lightly beaten, and stir till combined and sugar is dissolved. Remove from heat.

Fill 1 dozen tart shells with a spoon full of the tart mixture and bake at 350°F for 20 - 25 minutes, until crust is golden brown. Cool and serve. Enjoy!

### ***HANDY TIPS Sent in to share with the elders***

1. Turkey gravy at Christmas can contain a lot of fat from the bird...this is a trick to deal with it.

When the bird is done remove it from the roasting pan and place the bird on a clean platter, letting it sit covered for about 20 min before carving.

Take the turkey pan away from the heat, place 6 quarts of ice (about 1/2 a bag of ice) in the turkey drippings and let the ice sit without touching it or stirring it for 10 - 15 min.

The fat will come to the surface and harden around the cubes. Strain the remaining ice and fat from the pan with a slotted spoon. Carry on with a great tasting gravy with minimal fat.

2. Use the legs from a pair of nylons to put your left over rolls of Christmas wrapping paper in till next year.

## **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’**

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

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.

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

### **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 11th Year GRATITUDE LIST**

**Support Fee from Dec. 1st 2010 – Nov. 30th 2011**

**(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**

**\$1500 – Bear**

**\$1000 – Salmon**

**\$750 – Frog**

**\$500 – Sisiutl**

**\$250 - Hummingbird**

### **Sisiutl Level**

- 1. Adams Lake Indian Band**
- 2. Ts'kw'aylaxw Elders**
- 3. Tsleil-Waututh Nation**
- 4. Cook's Ferry Indian Band**
- 5. Lhoosk'uz Dene Nation**

### **Hummingbird Level**

- 1. Nuxalk Ts'ikt Elders**
- 2. Kla-How-Eya Circle of Elders**
- 3. Shuswap Nation Tribal Council**
- 4. Kluhx Kluhx Hu-Up**
- 5. Indian Residential School Survivors Society**
- 6. Laich-Kwil-Tach Treaty Society**
- 7. Osoyoos Indian Band**
- 8. Tansi Friendship Centre Society**
- 9. Tobacco Plains Indian Band**



## **35TH ANNUAL ELDERS GATHERING**

**J U L Y 1 2 , 1 3 , 1 4 , 2 0 1 1  
T R A D E X A B B O T S F O R D**

### **Hosts are the Sto:lo and Coast Salish Communities**



The Purpose of the Elders Gathering is so the Elders can come together and take their rightful place as advisors, teachers and leaders. Many Elders are involved and work at the community level throughout the year. They participate at meetings, workshops and various event to support the Youth, education committees, Band Council and so on. T he Gatherings are a time to socialize and celebrate their accomplishments as well as regenerate themselves for future work. It provides an opportunity for Elders to share traditional ways with visiting cultural and linguistic groups. This is done through songs, dances and ceremonies throughout the event.

Information about the  
Gathering please contact

Elder Millie Silver—Chair  
604-852-4159

Dianne Garner—Alternate  
604-796-2116

King is “ Qwahonn” Johnny Williams from Scowlitz Indian Band

Queen is “ Siyamex” Virginia Peters from Chehalis Indian Band

### **Qepothes te Mestiyexw –Bringing People Together**

“Honouring Our Ancestors Through Our Elders  
& Recognizing our Future Through Our Youth”



## 35<sup>th</sup> Annual Elders Gathering

Hosted by:  
Stó:lō and Coast Salish

QEPÓTHET YE MESTÍYEXW  
"Bringing people together"

### ← EARLY CONFERENCE REGISTRATION →

**Group Name:** \_\_\_\_\_

**Nation/Tribe:** \_\_\_\_\_

**Participant Name:** \_\_\_\_\_

**Are you an (✓): Elder (55 & over) \_\_\_\_\_ Caregiver \_\_\_\_\_ Bus Driver \_\_\_\_\_**

**Contact Info:**

\_\_\_\_\_  
\_\_\_\_\_

**Caregiver at Gathering:** \_\_\_\_\_

**Cell Phone #:** \_\_\_\_\_

**Lodging Name & #:** \_\_\_\_\_

**Emergency contact (if different from above)** \_\_\_\_\_

\_\_\_\_\_

**ANY HEALTH CONCERNS** (This will be on your badge for emergency purposes)

\_\_\_\_\_  
\_\_\_\_\_

This registration form and \$50.00 per person fee, is due by May 11<sup>th</sup> 2011 mail to:

\*\*\*\*\*Please note after May 11<sup>th</sup> it will be \$75.00\*\*\*\*\*

*Please make Cheque payable to "35<sup>th</sup> Annual Elders Gathering"*  
C/O Wendy Ritchie, #1 - 7355 Vedder Rd. Comet Plaza, Chilliwack, BC, V2R 3V4

\*\*\* The 35<sup>th</sup> Annual Gathering Planning Group is not responsible for lost or stolen items,  
nor injuries/illnesses during the gathering.

# 35th Annual Elders Gathering

~~July 12 - 14~~

All hotels are within 30 minutes of Tradex	Reservations	Rate	Block Rate	Rooms	Expire Date	Code #	Breakfast	Included	Smoke	Accessibility	Amenities
<b>ABBOTSFORD</b>											
Host Hotel for the Gathering Abbotsford Sandman Hotel, 32720 Simon Avenue	604-556-7263 800-726-3626	-	119.00	60	13-Jun-11	Elders	No	Denny's Rest on site	No	Elevators	Full kitchen; room service; free wireless internet insuite washer / dryer
Best Western Regency Inn, 32110 Marshall Road	604-853-3111 800-771-3077		119.99	All Booked	11-Jun-11	Elders	Yes	Hot Continental	No	Elevators 2 Handicap	free WiFi, indoor pool / hot tub, room service, microwave / fridge
Coast Abbotsford Hotels and Suites, 2020 Sumas Way	604-853-1880 800-669-1144		104.00 to 114.00	39	01-May-11	Elders	No		No	Elevators	24 hour room service, high speed internet, indoor pool, spa, fitness centre free parking, pets welcome
Ramada Plaza & Conference Centre, 36035 North Parallel Rd	604-870-1050 888-411-1070	139.00 169.00	119.00 149.00	2 Standard 10 Business		Elders	No	White Spot on Site	no	Elevators	Free parking; Indoor pool & spa Close to freeway entrance/exit
Best Western Bakerview, Sumas Way	604-859-1341 800-937-8376	139.00 - 145.00	109.00	50	11-Jun-11	Elders	No	Restaurant on site	Yes	Ground Floor	Indoor pool/hot tub, close to freeway entrance/exit, all rooms have fridges & microwaves *pls request
Super 8 Abbotsford, 1881 Sumas Way	604-853-1141 800-663-9842		119.00	First come first served		Elders	Yes	SuperStart Breakfast	Yes	Elevators Ground Floor	Indoor waterslide / pool, Whirlpool & fitness centre, free highspeed internet, secured underground parking, guest laundry, fridge/microwave. Multiple restaurants within walking distance
University of the Fraser Valley - Residences Abbotsford Campus	604-557-4063	35.00 - no bedding 50.00 - with bedding		80 beds			No		No		
<b>CHILLIWACK</b>											
Chilliwack Travelodge Hotel, 45466 Yale Road West <i>Distance from Abbotsford: 26.15 km</i>	604-792-4240 800-566-2511	79.00	79.00	46			No	Pantry on Site	No	Stairs 1 Handicap	Guest laundry, Indoor pool & spa, free wireless internet 10% off at Pantry
Coast Chilliwack Hotel, 45920 First Avenue <i>Distance from Abbotsford: 27.87 km</i>	604-792-5552 800-716-6199		85.00 99.00	50 Comfort 20 Superior	11-Jun-11	Elders	Yes	Continental Breakfast Buffet	No	Elevators	complimentary wireless internet; free local calls, indoor pool, hot tub, sauna, fitness area Free Parking; Bus parking *** Cots, fridges, microwaves need to be requested when booking room
Best Western Rainbow Country Inn, 43971 Industrial Way <i>Distance from Abbotsford: 23.25 km</i>	604-795-3828 800-665-1030		109.99	40	11-Jun	Elders	No - \$3.00 coupon	Coffee Mill	No	Ground Floor Upstairs	Indoor pool, room service, parking for buses, easy access to freeway, Tim Hortons next door, cocktail lounge, free local calls, coffee shop on premises
Days Inn, 8583 Young Road South <i>Distance from Abbotsford: 27.47 km</i>	604-792-1955		89.00	20	31-Mar-11	Elders	Yes	Continental Breakfast		Rooms on Ground Floor	Free parking; free internet service; free calling card, toll-free and local calls Rooms with microwaves & mini-fridges
Comfort Inn Chilliwack, 45405 Luckakuck Way <i>Distance from Abbotsford: 25.72 km</i>	604-858-0636 800-228-5150	134.00	105.00	50	15-Jun-11	Elders	Yes	Comfort Sunshine Breakfast		Rooms on Ground Floor	Free wireless internet; Free local calls; Tour bus parking Free parking
Vedder River Inn, 5788 Vedder Road <i>Distance from Abbotsford: 25.14 km</i>	604-824-7999 800-591-0181	134.99 - 244.99	107.00 - 180.00	51		Elders	No		No	Rooms on Ground Floor	Units available with fridges, microwave, mini kitchenettes, some units with small appliances
<b>LANGLEY</b>											
Best Western Langley, 5978 Glover Road <i>Distance from Abbotsford: 26.36 km</i>	604-530-9311 888-530-9311		119.00	40		Elders	Yes	Hot Continental		Elevator	WiFi, pool / hot tub, fitness room, fridges, guest laundry
Coast Hotel & Convention Centre, 20393 Fraser Hwy <i>Distance from Abbotsford: 26.91 km</i>	604-530-1500 800-663-1144		117.00	75	11-Jun-11	Elders	No	Restaurant on site		Elevators 2 Handicap	CASINO, free parking, fitness & steam rooms, free internet
Holiday Inn Express Hotel & Suites, 8750-204th Steet <i>Distance from Abbotsford: 28.90 km</i>	604-882-2000 888-771-7666	Morning				ELD	Yes	Hot Continental	No	Elevators 3 Handicap	Pool, bus parking *** fridge / microwave extra on booking
Quality Hotel & Suites, 6465 201 Street <i>Distance from Abbotsford: 27.94 km</i>	604-534-5110		109.99 to 124.99	30 2 handicap	11-Jun-11	Elders	Yes	Continental	No	Elevators 2 Handicap	Wireless internet, fitness facility, laundry, fridge / microwave Shopping nearby, 24hour coffee machine, pet friendly rooms
Sandman Hotels, Inns & Suites, 8855 - 202nd Street <i>Distance from Abbotsford: 29.26 km</i>	604-888-7263 800-726-3626		119.00			Elders	No	Denny's Restaurant on site		Elevators 3 Handicap	Kitchenettes available; Room service; Fitness Facility; Free parking, wireless internet, washer/dryer
<b>MISSION</b>											
Best Western Mission City Lodge, 32281 Lougheed Hwy <i>Distance from Abbotsford: 9 km</i>	604-820-5500 888-552-5542	99.00 - 135.00	95.00	57	10-Jun-11	Elders	No	Restaurant on site	No	Elevators 2 Handicap	Pool, hot tub, sauna, fitness facility, fridge, microwave
Diamond Head Motor Inn, 32550 Logan Avenue <i>Distance from Abbotsford: 9 km</i>	604-826-8144	68.00 - 75.00	68.00	First come first			No		Yes	Ground Floor	free wireless, restaurants nearby, microwave, fridge

# B.C. aboriginal activist to file complaint against Canada at UN

Neil Haesler, Postmedia News · Thursday, Nov. 11, 2010

A Canadian Aboriginal woman has announced she will file a complaint against Canada at the United Nations claiming discrimination under the Indian Act.

B.C. activist Sharon McIvor said in a release on Friday that Canada continues to discriminate against Aboriginal women and their descendants when determining eligibility for registration as a status Indian.

Ms. McIvor fought a 25-year battle against the federal government to have her children registered as status Indians.

Earlier this year, the Department of Indian Affairs moved to amend the act after a British Columbia court last year ruled it was unconstitutional to treat women and men differently when it comes to registering as status Indians.

“Versions of the Indian act, going back to the 19th century, have given preference to male Indians as transmitters of status, and to descendants of male Indians. Despite amendments made to the Indian Act when the Charter (of Rights and Freedoms) came into effect in 1985, Aboriginal women are still not treated equally as transmitters of status, and many thousands of descendants of Aboriginal women are denied status as a result,” Ms. McIvor said in a release on Friday.

“I contested this discrimination under the charter. It took 20 years in Canadian courts, and I achieved only partial success. Now I will seek full justice for Aboriginal women under international human rights law. Canada needs to be held to account for its intransigence in refusing to completely eliminate sex discrimination from the Indian Act and for decades of delay.”

Proposed changes to the Indian Act announced in March said grandchildren of First Nations women who married non-First Nations men will be recognized as status Indians under the act. Before that, the act ruled only grandchildren of First Nations men who marry non-First Nations women would retain status.

Ms. McIvor says changes will provide only a partial and inadequate solution to the sex discrimination.

“Bill C-3 will make some female line descendants newly eligible for status, but they will still have a lesser ability to transmit status than their male line counterparts. In addition, Bill C-3 will still exclude many descendants of Indian women who were unmarried. As long as these Aboriginal women and their descendants continue to be ineligible for registration as Indians, sex discrimination will remain an entrenched characteristic of the Indian Act,” Ms. McIvor said.

She said that because of this she will take her case to the United Nations.

“Many people in Canada, Aboriginal and non-Aboriginal, recognize that this long-standing discrimination against Aboriginal women and their descendants is wrong and should end,” said Ms. McIvor.

In a letter to Parliament in May, Ms. McIvor said: "My own struggle has taken 20 years. Before me, Mary Two-Axe Early, Jeanette Corbiere Lavell, Yvonne Bedard, and Sandra Lovelace all fought to end sex discrimination against Aboriginal women in the status registration provisions in the Indian Act. It has been about 50 years now. Surely this is long enough."

Ms. McIvor began her action to challenge sex discrimination in the registration provisions of the act because she said as a woman, she was not treated the same as a man as a transmitter of status, and, as a result, her children and grandchildren were ineligible for registered status.

*Postmedia News*

Read more:

<http://www.nationalpost.com/news/aboriginal+activist+file+complaint+against+Canada/3817460/story.html#ixzz1551pjssk>

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## Belfast pays out to 'tomato' hit by mayor

In this Sept. 4, 2007 photo, Belfast Lord Mayor Jim Rodgers attempts to jump over Belfast City Council employee Lorraine Mallon during a photocall in the Botanic gardens in Belfast, Northern Ireland to launch the 'Garden Gourmet' extravaganza. Belfast City Council confirmed Friday, Oct. 15, 2010 that it has paid Mallon more than 24,000 pounds (US\$38,000) for injuries in the faulty leap. (AP Photo/ Paul Faith, PA) UNITED KINGDOM OUT NO SALES NO ARCHIVE

DUBLIN - Belfast's mayor was sure he could jump over the giant tomato — but his efforts bore no fruit.

Belfast City Council confirmed Friday it's paid a former employee more than 24,000 pounds (\$38,000) after former Mayor Jim Rodgers tried to leap over her in front of press photographers three years ago.

The victim, Lorraine Mallon, was dressed as a tomato to promote a city food fair and was sitting on the grass. She suffered a blow to the back of her head as Rodgers ran up from behind to try to leapfrog her but slipped at the last moment.

Rodgers apologized, but Mallon suffered a slipped disc and sued for negligence. The council said Friday it agreed to pay her 24,021.75 pounds (\$38,538.50) plus her legal bills.

By The Associated Press, thecanadianpress.com, Updated: October 13, 2010 10:50 AM

## Police: Drunken men knocked at US police station

UNIONTOWN, Pa. - Authorities in southwestern Pennsylvania say they charged two men with public drunkenness after they knocked on a police station door.

A Uniontown police report says 30-year-old Alan Scritchfield and 30-year-old Peter Dominick came to the police station about 9 p.m. Sunday.

A police sergeant says Dominick was slurring his words while Scritchfield was drinking out of a plastic cup. Asked what was in it, Scritchfield allegedly told police, "alcohol, Crown Royal" before saying he was drunk.

Scritchfield's home phone is disconnected. The Associated Press could not immediately locate a listed number for Dominick.

Police say they subdued Dominick with a stun gun when he realized he was being arrested and tried to run away.

By The Associated Press, thecanadianpress.com, Updated: October 6, 2010 12:28 PM

# **Tsleil-Waututh Nation 8th Annual Christmas Craft Fair**

**Saturday December 04 2010 10 am to 5pm**

**Sunday December 05 2010 10am to 4pm**



## **Concession Open Daily**

**70 Vendor Tables Available.**

**\$35 one day or \$60 for both days**

**For more information:**

**Jen Thomas @ 778 378 5113**

**or email @ [jthomas@twnation.ca](mailto:jthomas@twnation.ca)**

***Come share your gifts or buy a little***



## NEWS RELEASE

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### **Environment the real winner in Federal Government Decision To Reject the Prosperity Mine Proposal**

***For Immediate Release  
November 2, 2010***

Coast Salish Territory/Vancouver – First Nations leaders are extremely pleased with today’s decision by the federal government to reject the Taseko Ltd. Prosperity Mine proposal.

“We are very pleased that the federal government heeded the strong advice of the federal review panel which found that the proposed mine would have caused ‘significant adverse environmental effects’ as a direct result of having to drain Teztan Biny (Fish Lake) to store waste tailings from the copper and gold processing operations”, said Grand Chief Edward John of the First Nations Summit political executive.

“At the end of the day the federal review panel process was detailed and complete and resulted in sound justifiable reasons for rejecting the proposed mine. The real winner in today’s decision is the pristine environment in central BC, and in particular, Teztan Biny (Fish Lake), which will now be preserved for future generations of the Tsilhqot’in Nation”.

“The Taseko proposal will now serve as a clear example for industry and government on how not to do business within First Nations traditional territories. First Nations will not stand by and allow resource developments that ignore their interests and threaten environmental destruction of their traditional territories”, added Chief Douglas White, also of the First Nations Summit Political Executive.

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The First Nations Summit speaks on behalf of First Nations involved in treaty negotiations in British Columbia. Further background information on the Summit may be found at [www.fns.bc.ca](http://www.fns.bc.ca).

For Further Information:

Colin Braker, First Nations Summit  
Office: 604.926.9903/Cell: 604.328-4094

## NEWS RELEASE

For Immediate Release  
2010CFD0026-001393  
Nov. 10, 2010

Ministry of Children and Family Development

### **\$5-MILLION REINVESTMENT SUPPORTS ABORIGINAL CHILDREN 0-6**

VICTORIA – Representatives of B.C. First Nations, Urban Aboriginal and Métis peoples have come together to administer a \$5-million fund aimed at strengthening and expanding early childhood development programs and services to their children and families.

“Our shared goal is to support self-determination -- to see Aboriginal peoples develop and deliver effective, quality and culturally appropriate services to their children, youth and families,” said Mary Polak, Minister of Children and Family Development. “I am proud to support Aboriginal people as they build a better, healthier future for their children and their communities.”

The newly created First Nations, Urban Aboriginal and Métis Early Childhood Development Steering Committee will target funds - reinvested by the ministry - into Aboriginal services toward actions outlined in *Creating Pathways: A Five-Year Aboriginal Early Years Strategic Plan* and the *BC First Nations Early Childhood Development Framework*.

The committee, comprising members of the Aboriginal Early Years Advisory Circle and the First Nations Early Childhood Development Council, will work collaboratively to support and enhance the quality of First Nations, Urban Aboriginal and Métis early childhood programs in communities throughout B.C.

“This collaboration is an excellent opportunity to not only enhance the supports that are so crucial to the strong development of our children, but to also determine where those enhancements should go,” said Tyrone McNeill, committee co-chair.

Funding priorities established by the committee for the current fiscal year include:

- Increased support to existing Aboriginal early childhood development programs.
- Culture and language programs.
- Community capacity-building and service-planning.

To move these priorities forward, the committee issued an initial call for applications today.

“Our role as members of this precedent-setting steering committee is to work co-operatively and collaboratively in the effort to reduce gaps in Aboriginal early childhood development services,” said Joan Gignac, committee co-chair. “Ultimately, it’s about improving the quality of life for our children and families in our communities.”

“It is vitally important for us as a ministry – and as a government – to begin addressing historical funding and service inequities,” said Polak. “Research and community consultations identify supporting early childhood development as a key strategic investment so we can provide children with the best possible start in life.”

For more information about the application process and funding priorities, please contact:

Steering Committee Coordinator  
First Nations, Urban Aboriginal and Métis Early Childhood Development Steering Committee  
c/o BC Association of Aboriginal Friendship Centres  
1 800 990-2432 or email [coordinator@bcaafc.com](mailto:coordinator@bcaafc.com)

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Media Contact: Christine Ash  
Ministry of Children and Family Development  
250 356-1639

For more information on government services or to subscribe to the Province's news feeds using RSS, visit the Province's website at [www.gov.bc.ca](http://www.gov.bc.ca).

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## What Causes Migraines in Men?

By Jessica Lietz, eHow Contributor

Having a migraine can make it difficult or impossible to accomplish your tasks at work, drive a car or take care of your family.

Although migraines are less common in men than in women, men can have them as a result of certain lifestyle factors, environmental conditions and personal habits.

The Mayo Clinic and the U.S. National Library of Medicine provide much information about the causes of migraines in men.

**Anxiety** - Migraines may result from worries and anxiety about losing your job, financial difficulties and problems at home.

**Dehydration** - Dehydration from an intense or strenuous workout or simply forgetting to drink enough water may cause you to have migraines.

**Exertion** - Physical exertion from activities such as sports or vigorous sex can trigger migraines, especially if you are not used to intense activity.

**Lack of Sleep** - Long hours at work or trying to fit everything in, from walking the dog to washing your car, can result in migraines caused by a lack of sleep.

**Skipping Meals** - If your job requires you to be on the go, or you do not have enough time to take a break for lunch, you may get migraines from skipping meals.

**Stress** - Pressure from your boss, grief from a family member's illness or intense competition with others may cause emotional stress that results in migraines.

**Environment** - Sudden changes in weather, altitudes and time zones, as well as glare from the sun, may cause you to have migraines.

# Causes of Migraine Headaches in Men [www.livestrong.com](http://www.livestrong.com)

Although the exact cause of migraines and headaches is not well known, they all have a common anatomy and physiology. The brainstem and upper cervical spinal cord contain a region called the trigeminocervical nucleus.

This area is controlled by the nerves that go to it, which include the Cranial Nerve V, Cranial Nerve VII, Cranial Nerve IX, Cranial Nerve X and the upper three cervical nerves. Any structure supplied by these areas is capable of causing headaches and migraines.

Migraines are most commonly divided into two types: with aura and without aura. Migraines with aura are characterized by a visual effect or other symptom 10 to 30 minutes before the migraine comes on. The visual effect commonly involves seeing flashes of lights or blurring of objects as well as floating objects in your visual field.

A migraines without aura is the most common form of migraine reported. People report light sensitivity, nausea and vomiting accompanying the migraine. Oftentimes, mood swings or intense tiredness are a strong indication that this type of migraine is coming.

The cause and triggers of migraines in men can be summed up into three categories: structural, vascular and lifestyle.

## **Structural Causes as Triggers of Migraines in Men**

Let's face it; guys have a real knack for beating themselves up. This abuse can take its toll in relation to causing migraine headaches, especially if there is not a family history of it. Accidents or sudden jolts to the upper neck are known to cause the misalignment of the upper neck area resulting in structural problems that can lead to migraines.

Examples of these structural problems include disc degeneration at the C2/C3 vertebral levels resulting in pressure on the C1-C3 nerves. Whiplash, concussions, and a history of jolts to the upper neck may damage ligaments in the upper neck.

## **Vascular Causes as Triggers of Migraines in Men**

Prolonged tension in the neck or nerves causes vasospasm in the neck and head that is thought to cause ischemia to those parts of the brain and head that those blood vessels supply. The contrasting contracting and flaccidity of these arteries causes the prodromal effect in migraines as well as the migraine pain itself.

These vascular changes are caused by several factors like changes to the nerves that supply blood vessels to the neck and head, blockage of the Vertebral Arteries, blockage of the Carotid Arteries, stress of the trapezius muscles and muscles of the upper neck, and over exertion while exercising.

## **Lifestyle Causes as Triggers of Migraines in Men**

Lifestyle factors contribute to many of the other triggers that cause migraines. These are also some of the factors that people have the most control over.

The most common lifestyle factors that people have control over are alcohol consumption, hormones (not as big of a factor for men as women), food that contains caffeine, food that contains monosodium glutamate (MSG), foods that contain nitrates (processed foods), hunger, lack of sleep and fatigue.

**Canada Endorses the United Nations Declaration on the Rights of Indigenous Peoples**

**OTTAWA, ONTARIO--(Marketwire - Nov. 12, 2010)** - The Government of Canada today formally endorsed the United Nations Declaration on the Rights of Indigenous Peoples in a manner fully consistent with Canada's Constitution and laws. Canada's Ambassador to the United Nations, Mr. John McNee, met with the President of the United Nations General Assembly, Mr. Joseph Deiss, to advise him of Canada's official endorsement of the United Nations Declaration.

"We understand and respect the importance of this United Nations Declaration to Indigenous peoples in Canada and worldwide," said the Honourable John Duncan, Minister of Indian Affairs and Northern Development and Federal Interlocutor for Métis and Non-status Indians. "Canada has endorsed the Declaration to further reconcile and strengthen our relationship with Aboriginal peoples in Canada."

"Canada is committed to promoting and protecting the rights of Indigenous peoples," said the Honourable Lawrence Cannon, Minister of Foreign Affairs. "Canada's active involvement abroad, coupled with its productive partnership with Aboriginal Canadians, is having a real impact in advancing indigenous rights at home and abroad."

The United Nations Declaration describes the individual and collective rights of Indigenous peoples. It sets out a number of principles that should guide harmonious and cooperative relationships between Indigenous peoples and States, such as equality, partnership, good faith and mutual respect. Canada strongly supports these principles and believes that they are consistent with the Government's approach to working with Aboriginal peoples. While the Declaration is not legally binding, endorsing it as an important aspirational document is a significant step forward in strengthening relations with Aboriginal peoples.

"Canada's Aboriginal leadership has spoken with passion on the importance of endorsing the Declaration. Today's announcement represents another important milestone on the road to respect and co-operation," added Minister Duncan.

Canada's endorsement builds upon numerous other government initiatives for Aboriginal peoples on education, economic development, housing, child and family services, access to safe drinking water, and the extension of human rights protection and matrimonial real property protection to First Nations on reserve.

Please also see:

Canada's Statement of Support (<http://www.ainc-inac.gc.ca/ap/ia/dcl/stmt-eng.asp>)

The Backgrounder (<http://www.ainc-inac.gc.ca/ai/mr/nr/s-d2010/23429bk-eng.asp>)

Frequently Asked Questions (<http://www.ainc-inac.gc.ca/ap/ia/dcl/faq-eng.asp>)

**For more information, please contact**

Indian and Northern Affairs Canada

Media Relations 819-953-1160

or

Office of the Honourable John Duncan

Minister's Office

Michelle-Jamali Paquette Press Secretary 819-997-0002

## **FDA OKs New Gout Drug Uloric**

**Uloric is First New Gout Drug in More Than 40 Years** By Miranda Hitti WebMD Health News

Feb. 16, 2009 -- The FDA has approved Uloric, the first new gout drug in more than 40 years, according to Uloric's maker, Takeda Pharmaceuticals.

Uloric, taken once daily by mouth, is approved for the chronic management of hyperuricemia (elevated levels of uric acid) in gout patients.

Uloric works by blocking an enzyme called xanthine oxidase, which helps prevent uric acid production, lowering elevated uric acid levels, according to Takeda.

In 2005, the FDA refused to approve Uloric because there were slightly more deaths and heart problems in patients taking the drug than in patients taking allopurinol, another gout drug. As people with gout problems already are at higher risk of heart disease, the FDA issued an "approvable" letter, noting that Uloric could be approved if this safety question were addressed.

Takeda resolved the safety question by performing a large new phase III clinical trial that enrolled more gout patients than the two previous phase III trials combined. The new study found no more deaths and no more heart problems in patients taking Uloric than in patients taking allopurinol.

Based on those results, an FDA advisory committee recommended Uloric's approval in November 2008. The FDA often follows the recommendations of its advisory committees, but it's not obligated to do so.

The most commonly reported adverse events in Uloric's clinical trials were liver function abnormalities, nausea, joint pain, and rash, according to Takeda Pharmaceuticals.

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## **10 Home Remedies for Gout Pain By Tim Gorman**

The best home remedies for gout are the old fashioned methods that grandparents used. To relieve gout pain and suffering, the "old timers" had to use products that were readily available at home. These products went out of vogue as medical scientist and researchers touted new remedies for this old problem.

Treating gout with old home remedies has come full circle. Now the old home remedies that grandma used are now gaining in popularity.

1) Apply Ice to the area. - To reduce pain, applying ice directly to the area was the first line of defense in most homes. Applying cold packs to the inflamed swollen joints for 10-15 minutes still works.

Applying ice will reduce the pain and the inflammation. This may feel uncomfortable for the first few minutes but be persistent. The pain of Gout is worse the feeling of cold on the skin.

2) Take ibuprofen to help ease the pain.

3) Exercise the joints. Put each of the joint through a full range of motion. Try doing this exercise 1-2 times per day.

4) Soak the feet in Epsom Salt if the pain is concentrated in the big toe. Epsom Salt is a staple in almost every grandma's house. Older people use Epsom Salt for everything from a laxative to a bath salt to sooth aching muscles.

Epsom salts contains Magnesium. Raising your magnesium levels may improve your heart and circulation and lower blood pressure. It will also help flush away the toxins and heavy metals from the body. Most importantly it helps to reduce stress. Soaking your feet in a warm tub of Epsom salts will give you almost immediate relief from gout pain.

For a leisurely bath: Add two cups of Epsom Salt to the warm water as the bathtub fills. Soak leisurely in the tub until the water starts losing heat.

For an extra treat, add a few drops of scented essential oil.

5) Eat strawberries fresh strawberries also help neutralize uric acid, as do nuts, seeds, and grains, although to a lesser extent. The berries contain high concentrations of vitamin C as well as fruit acids and minerals, like potassium, magnesium zinc, manganese, calcium and iron.

6) Eat some cherries - Consume cherries and cherry juice often. Cherries are an old nutritional remedy known to help reduce uric-acid levels

7) Drink water in abundance 8-10 glasses per day will flush way toxins and dilute the uric acid levels.

8) Increase your consumption of foods such as citrus fruits, berries, tomatoes, green peppers, and leafy greens, which are high in natural vitamin C and the bioflavonoids that reduce inflammation.

9) Exercise regularly. Regular exercise can relieve or prevent joint pain. Exercise is needed to nourish the joint cartilage. Regular exercise helps the body remove waste products. Exercise strengthens the muscles around the joint. Developing strong muscles will support the joint more effectively and reduce injuries. Stretching your muscles helps you maintain a range of motion

10) Apple Cider Vinegar is a wonderful old-timers home remedy, cures more ailments than any other folk remedy. Try 2 tsp of organic apple cider vinegar mixed with 2 tablespoons of organic honey (2 times daily). within a few hours the pain of gout will start to subside.

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## **Home Remedies for Gout by the Editors of Consumer Guide**

The word gout may make you think of kings and medieval history. But gout isn't a disease of the past. It's very much with us today. That's because gout is an inflammatory joint disease and a form of arthritis, not some mysterious illness of the rich and powerful.

Gout, which occurs in about five percent of people with arthritis, results from the buildup of uric acid in the blood. Uric acid is the result of the breakdown of waste substances, called purines, in the body. Usually it is dissolved in the blood, processed by the kidneys, and passed out of the body in the urine. But in some people there is an excess amount of uric acid, too much for the kidneys to eliminate quickly. When there is too much uric acid in the blood, it crystallizes and collects in the joint spaces, causing gout. Occasionally, these deposits become so large that they push against the skin in lumpy patches, called tophi that can actually be seen.

A gout attack usually lasts five to ten days, and the most common area under siege is the big toe. In fact, 75 percent of people with gout will be affected in the big toe at some time. Gout in the big toe can become so painful that even a bed sheet draped over it will cause intolerable pain. Besides the big toe, gout may also develop in the ankles, heels, knees, wrists, fingers, and elbows.

### **Who Gets Gout?**

Though anyone can get gout, it's primarily a man's disease. Women have the good fortune of being more efficient in the way they excrete uric acid. And children rarely get it.

Other risk factors include:

- Middle age. Men in their 40s and 50s are at greatest risk.
- Family history of gout. Up to 18 percent of all people with gout have family members with gout.
- Overweight. Excessive eating steps up the production of uric acid.
- Eating too many foods with purines, such as organ meats (liver, kidney, brains, sweetbreads), sardines, anchovies, meat extracts, dried peas, lentils, and legumes.
- An enzyme defect that prevents the breakdown of uric acid.
- Heavy alcohol use.
- Exposure to environmental lead.
- Using certain medications, including diuretics, salicylates, and levodopa.
- Taking niacin, a vitamin that's also called nicotinic acid.

Gout symptoms come on quickly the first time, often overnight. You can go to bed feeling fine and wake up later in excruciating pain. You may also experience joint swelling and shiny red or purple skin around the joint. If you're already predisposed to gout, you can trigger an episode by:

- Drinking too much alcohol
  - Overeating, especially purine foods
  - Having surgery
  - Experiencing a sudden severe illness or trauma
  - Going on a crash diet
  - Injuring a joint
  - Having chemotherapy
  - Being under stress. The link isn't the stress itself, but the comfort eating or drinking that may accompany it.
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## Quotes from [www.pruneville.com](http://www.pruneville.com)

- "The secret of staying young is to live honestly, eat slowly, and lie about your age." --Lucille Ball
- "You're only young once, but you can be immature all your life." --Charles Scoggins
- "I just don't think of age and time in respect of years. I have too much experience of people in their seventies who are vigorous and useful and people who are thirty-five who are in lousy physical shape and can't think straight. I don't think age has that much to do with it." --Harrison Ford
- "Old age is no place for sissies." --Bette Davis
- "From birth to age 18, a girl needs good parents. From 18 to 35, she needs good looks. From 35 to 55, she needs a good personality. From 55 on, she needs good cash." --Sophie Tucker
- "Retirement must be wonderful. I mean, you can suck in your stomach for only so long." --Burt Reynolds
- "Nobody grows old by merely living a number of years. People grow old only by deserting their ideals. Years may wrinkle the skin, but to give up interest wrinkles the soul." --Douglas MacArthur
- "Old age is always 15 years older than I am." --Bernard Baruch
- "Inside every 70-year-old is a 35-year-old asking, 'What happened?'" --Ann Landers
- "Old age is an excellent time for outrage. My goal is to say or do at least one outrageous thing every week." --Maggie Kuhn

## **Take my Son**

A wealthy man and his son loved to collect rare works of art. They had everything in their collection, from Picasso to Raphael. They would often sit together and admire the great works of art.

When the Vietnam conflict broke out, the son went to war. He was very courageous and died in battle while rescuing another soldier. The father was notified and grieved deeply for his only son.

About a month later, just before Christmas, There was a knock at the door. A young man stood at the door with a large package in his hands..

He said, 'Sir, you don't know me, but I am the soldier for whom your son gave his life. He saved many lives that day, and he was carrying me to safety when a bullet struck him in the heart and he died instantly... He often talked about you, and your love for art.' The young man held out this package. 'I know this isn't much. I'm not really a great artist, but I think your son would have wanted you to have this.'

## **The Father**

Opened the package. It was a portrait of his son, painted by the young man. He stared in awe at the way the soldier had captured the personality of his son in the painting. The father was so drawn to the eyes that his own eyes welled up with tears. He thanked the young man and offered to pay him for the picture.. 'Oh, no sir, I could never repay what your son did for me. It's a gift.'

The father hung the portrait over his mantle. Every time visitors came to his home he took them to see the portrait of his son before he showed them any of the other great works he had collected.

The man died a few months later.. There was to be a great auction of his paintings. Many influential people gathered, excited over seeing the great paintings and having an opportunity to purchase one for their collection.

On the platform sat the painting of the son. The auctioneer pounded his gavel. 'We will start the bidding with this picture of the son. Who will bid for this picture?'

There was silence..

Then a voice in the back of the room shouted, 'We want to see the famous paintings. Skip this one.'

But the auctioneer persisted. 'Will somebody bid for this painting? Who will start the bidding? \$100, \$200?'

Another voice angrily. 'We didn't come to see this painting. We came to see the Van Gogh's, the Rembrandts...Get on with the real bids!'

But still the auctioneer continued. 'The son! The son! Who'll take the son?'

Finally, a voice came from the very back of the room. It was the long-time gardener of the man and his son. 'I'll give \$10 for the painting...' Being a poor man, it was all he could afford.

'We have \$10, who will bid \$20?' 'Give it to him for \$10. Let's see the masters.'

The crowd was becoming angry. They didn't want the picture of the son.

They wanted the more worthy investments for their collections.

The auctioneer pounded the gavel. 'Going once, twice, SOLD for \$10!'

A man sitting on the second row shouted, 'Now let's get on with the collection!'

The auctioneer laid down his gavel. 'I'm sorry, the auction is over.' 'What about the paintings?'

'I am sorry. When I was called to conduct this auction, I was told of a secret stipulation in the will. I was not allowed to reveal that stipulation until this time. Only the painting of the son would be auctioned. Whoever bought that painting would inherit the entire estate, including the paintings.

The man who took the son gets everything!'

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**God gave His son 2,000 years ago to die on the cross. Much like the auctioneer, His message today is: 'The son, the son, who'll take the son?' Because, you see, whoever takes the Son gets everything.**

**FOR GOD SO LOVED THE WORLD HE GAVE HIS ONLY BEGOTTEN SON, WHO SO EVER BELIEVETH, SHALL HAVE ETERNAL LIFE....THAT'S LOVE**

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## **Toddler Falls 7 Stories, Bounces off Awning, Caught by Passerby** KTLA News

5:09 p.m. PDT, November 2, 2010

PARIS, France (KTLA) -- A 18-month boy appeared unhurt after falling seven stories and bouncing off an awning into a man's arms, witnesses told Le Parisien newspaper.

Witnesses said the child and a sibling had been left alone briefly Monday in their seventh-floor apartment.

Somehow, the toddler fell out a window, but a boy on the street saw what was happening and alerted his father, who caught the child after he bounced off the awning of a tobacco shop and cafe on the building's ground floor, the paper reported.

"My son saw a little boy on a balcony. He had gone right outside the railing... I said to myself I mustn't miss him," local doctor Philippe Besignor, told AFP, recounting Monday's drama.

"I had time to move from side to side to get in the right position," he added.

"The little boy was fine. He cried a little bit but calmed down straightaway."

The man with the quick reflexes and good hands, a doctor, looked over the child and didn't find any injuries, but handed her off to an ambulance crew to be safe, according to Le Parisien. As it turns out the awning was supposed to be closed, but because of a mechanical glitch the awning was stuck in the open position.

# 50 Ways to Boost Your Noodle Article from [www.aarp.org](http://www.aarp.org)

## Want to keep your brain in shape? Work it

By: Heather Boerner | Source: AARP.org

One of the best ways to stay sharp is to exercise that muscle between your ears, research indicates. And discussions with some of the top scientists studying the brain reveal that you can work your noggin in many different ways, every day.

Here are 50 of them:

1. **Snack on almonds and blueberries instead of a candy bar.** As they lower blood sugar, healthy snacks can improve cognition. In this case, the omega-3s in the almonds and the antioxidants in the blueberries can keep your brain functioning correctly.
2. **Ballroom dance like the stars.** Dancing is a brain-power activity. How so? Learning new moves activates brain motor centers that form new neural connections. Dancing also calms the brain's stress response.
3. **Love the crunch of croutons on your salad?** Try walnuts instead. Omega-3s in walnuts have been found to improve mood and calm inflammation that may lead to brain-cell death. They also replace lost melatonin, which is necessary for healthy brain functioning.
4. **Take your dog—or yourself—for a walk.** Walking for just 20 minutes a day can lower blood sugar. That helps stoke blood flow to the brain, so you think more clearly.
5. **Add Chinese club moss to your daily vitamin regimen.** Taking less than 100 micrograms of the herb daily may protect your brain's neurotransmitters and keep synapses firing correctly, tests suggest. But this herb is powerful, so check with your doctor for drug interactions.
6. **Volunteer to answer questions at the library, arboretum, museum, or hospital.** Playing tour guide forces you to learn new facts and think on your feet, helping to form new neural pathways in your brain. What's more, interacting with others can ease stress that depletes memory.
7. **Grab a video-game joystick.** New video games, such as the Wii and Ninetendo DS, offer brain teasers that make you learn the computer's interface as you master the brain games. That's a double boost to the formation of new neural connections and to response time and memory.
8. **Leave your comfort zone.** Getting good at sudoku? Time to move on. Brain teasers don't form new neural connections once you've mastered them. So try something that's opposite your natural skills: If you like numbers, learn to draw. If you love language, try logic puzzles.
9. **Get support for stressors.** You may love your ailing family member, but the chronic stress of facing the situation alone can shrink your brain's memory center. Interacting with others activates many parts of the brain—and learning new ways of coping forms new neural connections.
10. **When you look around, really look.** Stare straight ahead, and now—without moving your eyes—see if you can make out what's at the periphery. Do this regularly and you'll stimulate the neural and spatial centers of the brain, which can atrophy as you age.

11. **When you look forward, also look around.** Walking down the street, don't just keep your eyes forward. Scan to the left and to the right. These actions can activate rarely used parts of the brain. That in turn can spur brain cell growth and new neural connections.
12. **Show, don't tell.** When you woke up this morning, how bright was the light in your room? What did the air smell like when you opened the window? How many colors could you discern in your garden? Notice and report these details to others to prompt cell growth in the visual, verbal, and memory parts of the brain.
13. **Listen for details when a friend tells a story.** Heed changes in the person's tone and register small facts you might otherwise gloss over. Conjure a mental image of the story. By doing this, you activate multiple areas in the brain and encourage memory formation.
14. **Drink two cups of gotu kola tea daily.** This ayurvedic herb, used for centuries in India, regulates dopamine. That's the brain chemical that helps protect brain cells from harmful free radicals, boosts pleasurable feelings, and improves focus and memory.
15. **Try some new tea.** Tulsi tea, made of an Indian herb called holy basil, and ginseng tea both contain herbs that can help reduce overproduction of the stress hormone cortisol, which can hamper memory. The herbs also help keep you alert.
16. **Sit quietly, choose a word that calms you, and when your mind starts to wander, say the word silently.** A form of meditation, this type of activity can reduce the stress hormone cortisol, which zaps memory. Meditation also helps mitigate focus-stealing feelings like depression and anxiety.
17. **Get with the times—keep calendars in every room.** Checking calendars keeps you focused and oriented, while creating a mental picture of the day in your head.
18. **Get some class. Live near a college?** Research shows that taking courses—even just auditing them—can stave off dementia at an early age. Don't go in for formal learning? Check out book readings, seminars, and other educational events.
19. **Wear a helmet.** Riding your bike is great for your health—until you fall and get a concussion. Even one serious concussion could increase your risk of developing dementia. So protect your physical brain as meticulously as you would protect its functioning by doing brain teasers.
20. **Sip red wine, judiciously.** Up to two glasses for women and up to three for men weekly delivers the powerful antioxidant resveratrol, which may prevent free radicals from damaging brain cells. But beware: Drinking more than that could leach thiamine, a brain-boosting nutrient.
21. **Check your thyroid.** It's a tiny little gland in your neck, but it could have a big effect on brain health: Thyroid hormones (T4 and T3) help nerve cells make connections. If you don't have enough of them you may be depressed, tired, and foggy-headed.
22. **Choose lean pork loin crusted in peanuts and broccoli over fries and a burger.** The pork and peanuts are high in thiamin, a nutrient that reduces inflammation that damages brain cells. The folate in broccoli is good for keeping synapses firing correctly.
23. **Replace candy with a sweet pick-me-up of pears, apples, oranges, and cantaloupe.** The combination prevents elevated blood sugar that could impede brain cells from firing correctly. It also provides fiber and antioxidants that help scrub plaque from brain arteries and mop up free radicals that inhibit clear thinking.
24. **Top rolled oats with cinnamon for a brainy breakfast.** The oats scrub plaques from your brain arteries,

while a chemical in cinnamon is good for keeping your blood sugar in check—which can improve neurotransmission.

**25. Turn up the tunes.** TV may provide a lot of stimuli, but watching too much can dull brain transmission. Instead, spend an afternoon listening to your favorite music. Music can lower stress hormones that inhibit memory and increase feelings of well-being that improve focus.

**26. Curry up.** The active ingredient in Indian curry, turmeric, contains resveratrol, the same powerful antioxidant that makes red wine good for brain health. Eat curry once a week, or sprinkle it on salads, to protect brain cells from harmful free radicals.

**27. Take a food break.** Research shows that people who fast one day a week or month unlock a unique form of blood glucose that helps the brain more efficiently transmit information. Then break your fast with brain-healthy blueberries, walnuts, and maybe a glass of red wine.

**28. Replace the olive oil in your favorite vinaigrette with walnut oil.** Walnut oil, which is chock-full of brain-healthy omega-3s, cuts brain inflammation, a precursor to many cognitive problems. It also keeps oxygen-rich blood flowing to your brain by thinning the blood slightly.

**29. Go wild with fish.** While fish is generally good for you, the metals that accumulate in farmed fish like tilapia may contribute to cognitive impairments. So when you're shopping, check that the fish is from the wild, not domestically raised, and stick with heart- and brain-healthy fish like salmon and sardines.

**30. Redecorate and redesign your environment.** Plant new flowers in front of your house. Redecorate the kitchen. Rearrange your closets and drawers. Replace the candles in your living room with some that have a different scent. Making such changes can alter motor pathways in the brain and encourage new cell growth.

**31. Choose a side.** Talk sports, business, or politics. If you can do it without getting angry, which raises the memory-hindering hormone cortisol, engaging in a good debate can form new neural pathways and force you to think quickly and formulate your thoughts clearly.

**32. Sleep.** Shut-eye isn't a luxury. It's when your brain consolidates memories. Poor sleep, caused by medical conditions, worry, depression, or insomnia, can interfere with your rest. So treat yourself to relaxing scents like vanilla before bed. They raise the chemical dopamine and reduce cortisol, a stress hormone.

**33. Check your neck.** It may sound crazy, but a clot in your neck can stunt your memory by preventing enough blood and oxygen from getting to your brain. At your next checkup, ask your doctor to use the other side of his stethoscope to ensure that all's clear in your carotid artery—the main one in your neck.

**34. Take a mental picture.** Connect names with faces by creating mental images that trick your mind into remembering. For instance, remember Mr. Bender with the curly hair by imagining him bent over, with his curly hair facing you.

**35. Read the news.** Keeping up with the latest not only activates the memory part of the brain but also gives you something to talk about with friends and family. That kind of socializing can activate multiple parts of your brain and encourage cell growth.

**36. Turn off the TV and pick up an instrument.** Frequently tickling the ivories or blowing a horn—especially if you're trying to master it—is associated with lower dementia risks. What's more, it eliminates boredom, a brain state that can cause some thinking skills to atrophy.

**37. Join a book club.** Pick up a good book to cut down on brain-withering boredom. Frequent reading is

associated with reduced risk of dementia. And meeting new people forces new neural connections. Besides, you might enjoy the book.

38. **Play Yahtzee!** Whether you choose Risk, Pictionary, Scrabble, or Boggle, board games are associated with a lower risk of developing dementia. They activate strategic, spatial, and memory parts of the brain, and require you to socialize, which can help form new neural pathways.

39. **Parlez-vous brain health?** You don't have to be a linguist to benefit from learning a new language. Adopting a foreign tongue boosts the verbal, language, and memory parts of the brain.

40. **Savor a sensory experience.** Those with the best memories take advantage of all their senses. That's because memorization is a cohesive brain effort. So head to the garden or the kitchen and take in the sights, smells, sounds, tastes, and sensations.

41. **Quick temper?** Instead of yelling, take a few minutes to cool down. The stress of chronic anger can actually shrink the memory centers in the brain. Get to know the signs that you're seething and address the problem before it erupts.

42. **Replace your salt shaker with a sodium-free alternative.** We all know that hypertension can lead to heart problems, but new evidence suggests that decreasing the salt in your diet can also improve blood flow to the brain and decrease dementia.

43. **Have a chat.** Instead of popping in another movie rental, pick up the phone. Talking with someone else not only gets you out of your rut—lack of activity can decrease brain-cell formation—but the socializing can also reduce potentially memory-sapping depression.

44. **Check your meds.** It may not be you having the memory problems; instead, it could be your medications impeding your memory. Older antidepressants, anti-diuretics and antihistamines—all block a critical brain chemical from doing its job. Ask your doctor for an alternative.

45. **Bear some weight.** Adding a little strength training to your daily walks can help protect brain cells from damage done by free radicals—and encourage new brain-cell growth. So strap some weights on your ankles or wrists as you walk, or practice gentle yoga.

46. **Let yourself sleep in.** Research shows that when you're chronically sleep-deprived, your body doesn't have the time to build proteins and other brain-boosting components. So instead of waking yourself early, sleep until you wake naturally.

47. **Take an afternoon catnap.** Most of sleep's boost to concentration and memory happens in the first stage, so even a snooze as short as 30 minutes can benefit your brain.

48. **Switch hands.** It may be uncomfortable, but writing with your nondominant hand or operating a computer mouse with that hand can activate parts of the brain that aren't easily triggered otherwise. Anything that requires the brain to pay close attention to a formerly automatic behavior will stimulate brain-cell growth.

49. **Shake your body.** Gentle bouncing of your knees and shaking out of your limbs reduces the brain-sapping stress hormone cortisol, research shows. It also triggers relaxation and alertness that keeps your brain sharp. Do it for a few minutes in the morning and at night.

50. **Tour your neighborhood.** If your neighborhood is growing, check it out. The exploration will change your mental map of the neighborhood. Along with learning new and better routes to your favorite stores or restaurants, you'll forge new neural pathways in your brain.

**BC ELDERS  
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CENTER SOCIETY**

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**‘ELDERS VOICE’  
ISSUES  
ARE SENT OUT TO  
COMMUNITIES BY THE  
1st OF EACH MONTH.**

**If your area’s copy is not  
received in a timely manner  
please call into the office.**

**“A Christmas Gift Suggestion” By Oren Arnold**

To your enemy, forgiveness.

To an opponent, tolerance.

To a friend, your heart.

To a customer, service.

To all, charity.

To every child, a good example.

To yourself, respect.

“Christmas - that magic blanket that wraps itself about us, that something so intangible that it is like a fragrance. It may weave a spell of nostalgia. Christmas may be a day of feasting, or of prayer, but always it will be a day of remembrance - a day in which we think of everything we have ever loved.”

**Augusta E. Rundel**

“At Christmas play, and make good cheer, For Christmas comes but once a year.”

**Thomas Tusser**

“The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.”

**Burton Hillis**

**QUOTES:**

“Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.”  
**Norman Vincent Peale**

**SAGITTARIUS - The Happy-Go-Lucky One (Nov 22 - Dec 21)**

Good-natured optimist. Doesn't want to grow up (Peter Pan Syndrome). Indulges self. Boastful. Likes luxuries and gambling. Social and outgoing. Doesn't like responsibilities. Often fantasizes. Impatient. Fun to be around. Having lots of friends. Flirtatious. Doesn't like rules. Sometimes hypocritical. Dislikes being confined - tight spaces or even tight clothes. Doesn't like being doubted. Beautiful inside and out.

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

**ANNUAL BC ELDERS GATHERING INFORMATION CORNER**

**THE DATES ARE ANNOUNCED!!**

**Hosts: Sto:lo and Coast Salish  
35th Annual BC Elders Gathering  
July 12, 13, 14, 2011**

**LOCATION: The Fraser Valley Trade & Exhibition Centre or Tradex  
1190 Cornel Street, Abbotsford**