



**ELDER'S VOICE**

Dear Elders,

Merry Christmas to All and Best Wishes for the Coming Year, I hope that everyone has a safe and blessed holiday season filled with family and good friends.

I had intended to have this issue out to all communities 10 days early so that issues could be distributed a bit early to all of you, but my young daughter (7) was flown to Children's Hospital November 14th and consequently had her ruptured Appendix removed soon after that.

I never felt more blessed as a holiday season approached than I do now because my family remains whole and my young daughter is home and on the mend now. I have tried to always be thankful for my blessings in life, but now that thankfulness has reached a whole new level. Donna Stirling, Coordinator

**\*\*\*Elders and Coordinators please refer to the Community Event Section on the back page of this issue with regards to the Annual Elder's Gathering 2003.**

**\*\*\*Elder's Coordinators/Contact People please be reminded that the Yearly Group Membership Fees are due as of Dec. 01, 2002. Your office's Invoice was forwarded to you with the Oct. 01, 2002 issue and requested either payment or that the Invoice be faxed back VOIDED. The Elder's Voice would continue to be sent to your community regardless of whether your group could pay or not, but a response is truly needed one way or the other from you.**

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## **Easy Bakers Corner—Lemon Butter Creams** *EASY & TASTY*

Beat together 1 cup of butter or margarine, 1 tsp. of lemon extract, and 1 tsp. of grated lemon rind until creamy. Beat in 1 egg.

In 2nd mixing bowl combine 1 cup of powdered sugar, 2 cups of all-purpose flour, 1/4 tsp. of salt and 1 tsp. of baking powder.

Stir dry ingredients into the butter mixture or beat in with a mixer until a sticky batter forms. Wrap dough in waxed paper. Chill in freezer about 30 minutes. Or cover batter in bowl and chill in refrigerator until ready to make cookies.

Shape into 1-inch balls. Place on a lightly greased cookie sheet, about 2 inches apart. Bake at 350 degrees for 12 minutes until firm. Cool a minute before removing to a rack to cool.

For the icing, beat together 1 cup of powdered sugar, 1 Tbsp. of butter or margarine and 2 1/2 tsp. of lemon juice until creamy. Spread on cooled cookies. Let icing harden before storing.

**Makes (2 1/2 dozen)**

*Handy Tips:* Before you apply artificial snow to your window, spray the window with non-stick cooking spray. If it is still a little stubborn when you clean it, use a little non-gel toothpaste to finish the clean up.

If you spray your Christmas tree with spray starch outside and allow the starch to dry before bringing in the tree, your needles won't fall off as badly.

## **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 lack of access to the internet. If anyone has comments about the web site please feel free to call in to the Communication Center.

## New B.C. Elder's Council

Could all Elder's groups please discuss the Council at home and at your Elder's Meetings so that everyone has an equal opportunity of having a representative on the brand new Provincial Council. The Council will be forming over the next few months, and will be in place for January 1st 2003.

If you have questions or would like to suggest an Elder from your community for the Council, or you would like to suggest your own name for Council, please call in to *your* B.C. Elder's Communication Center Society or fill out the form below and fax it in to 1-250-286-4809.

**(If you get the answering machine, don't worry, I will call you back that same day, and usually within that same hour.)**

Information will be relayed to Council members and their feedback, comments and suggestions will be included in issues of the Elder's Voice Newsletter. All Elders throughout the province are welcome to send in their comments on whatever issues they feel are important and those comments will also appear in the newsletter.

**So far there have been 16 Elders nominated for the Elder's Council from all over the province and hopefully communities who haven't been heard from yet will send in a Elder's name for there area as soon as possible.**

This is all designed to keep Elders better informed.

**Name of Elder Being Nominated For The *First* B.C. Elder's Council:**

**Please print in block letters.**

**Phone Number of the Nominated Elder:** \_\_\_\_\_

**Name and Phone Number of Person Nominating an Elder Today:** \_\_\_\_\_

**All Information will be kept strictly confidential.**

**Please Fax Page To: 250-286-4809**

### **Quotes:**

***"Truth exists; only falsehood has to be invented."*** **George Braque**

***"Blessed are they who have the gift of making friends, for it is one of God's best gifts. It involves many things, but above all, the power of going out of one's self, and appreciating whatever is noble and loving in another."***

**Thomas Hughes**

***"I can live for two months on a good compliment."***

**Mark Twain**

## Food Safety Tip: The Holiday Season is Here!!



***“He’s making a list, checking it twice...”***

Lists are a big part of the holiday season. There are shopping lists, guest lists, and of course, Santa’s list. For that person in your household who will be preparing the big holiday, family meal, an important list to remember is the *Ten Easy Steps to Prevent Food Poisoning*. The holiday season is a high-risk time for food poisoning. In this month’s issue, we’ll quickly review the first three of the *Ten Easy Steps to Prevent Food Poisoning*.

### ***Ten Easy Steps to Prevent Food Poisoning***

1. **Cooking It**
2. **Cooling It**
3. **Reheating Food**
4. Microwave Cooking
5. Avoid the Danger Zone
6. Protect Your Hands
7. Wash Your Hands
8. Wash and Sanitize Food Contact Surfaces
9. Always Wash Fresh Fruit and Vegetables
10. Exclude Sick People

#### **1. Cooking It**

Many raw foods have pathogens in them. Pathogens are those microorganisms or germs that, if eaten, can cause food poisoning. Raw foods most likely to contain pathogens include raw meat, poultry, fish, and eggs. Dishes made from these raw foods such as casseroles, pies, and stews can also contain pathogens unless they are properly cooked.

Proper cooking will kill most pathogens. Proper cooking means making sure that the food you are cooking reaches the safe, minimum-cooking temperature. Different foods need different minimum temperatures to kill the pathogens. Some examples include:

- Poultry, stuffing, wild game: at least 74°C (165°F)
- Pork, ground fish or meat: at least 68°C (155°F)

- Steaks, fish fillets, eggs (cooked and eaten right away): at least 63°C (145°F)

To be really sure you've reached the safe, minimum cooking temperature, use a meat thermometer. Stick the thermometer into the deepest point of the food (without touching any bones). Continue to cook until the safe, minimum-cooking temperature has been reached.

## 2. **Cooling It**

Everyone loves holiday dinner leftovers. However to be safe, leftovers must be handled carefully. An important part of safe leftover handling is cooling. Poor cooling is one of the main causes of food poisoning. This is especially true for leftovers. Some tips to cool your leftovers properly include:

- Refrigerate the leftovers as fast as possible. Ideally within 2 hours of being cooked. Never leave leftovers to cool on the counter overnight.
- Remove any leftover stuffing from the inside of poultry and refrigerate it separately from the meat.
- Break up or cut up large pieces of leftover meat before refrigerating.
- Put all leftovers in small shallow containers so they cool quickly in the refrigerator. Make sure leftovers in containers are no more than 2 inches deep.

## 3. **Reheating Food**

It's now the day after the big holiday season dinner and you have all those leftovers (which you properly cooled the previous day) to prepare and serve your family. However, to keep those leftovers from making your family sick, they should be properly reheated. Proper reheating means heating leftovers to at least 74°C (165°F) before serving. Liquid foods (like gravy) should be brought to a boil. Use your cleaned meat thermometer to check the temperature. As well, the time to reheat must not be more than 2 hours (faster is safer). Also, try to eat leftovers within 3 days of being refrigerated. If you plan to keep the leftovers longer, freeze them.

The Christmas season is a wonderful time for family gatherings. But remember to follow these food safety tips. You want to make sure the food you serve not only tastes good, but is safe as well.

**Happy Holidays!!**

Lynn Wilcott is a Food Safety Specialist, BC Centre for Disease Control.



**PRESS RELEASE: BANDS TO DELIVER SERVICES TO CHILDREN, FAMILIES**

**October 16, 2002**

**Ministry of Children and Family Development**

**Fort St. James—The Nak'azdli and Tl'az'ten nations have taken the first step toward assuming full responsibility for delivering support and intervention services to vulnerable children and families.**

**Children and Family Development Minister Gordon Hogg announced today that the Nezul Be Hunuyeh Child and Family Services Agency has been given the authority to develop community-based services that assume responsibility for children's safety and well-being.**

**"No nation can survive without protecting the well-being of its children," Hogg said at a ceremony in Nak'azdli today recognizing the establishment of the agency that will provide services under the Child and Family community Service Act.**

**"This move emphasizes the provincial government's commitment to providing more aboriginal children with the chance to grow up secure in their own communities and cultures."**

**The agency will manage a full range of child protection and family support services to the communities of Nak'azdli and Tl'az'ten after a phase-in period over the next three to five years. During this time they will set up governance structures; determine what level of services are needed and how they will be delivered; hire staff; and establish protocols with other social and health agencies, the police and the Ministry of Children and Family Development.**

**"It will be a learning curve for all of us, but we are looking forward to making more decisions about how children are cared for here," said Chief Leonard Thomas of the Nak'azdli band.**

**"We have strong bonds in our community," said Chief Thomas Alexis of the Tl'az'ten band. "This is an opportunity to show the rest of the province we do mean to take care of our people and mentor our children."**

**The Nezul Be Hunuyeh Child and Family Service Agency is the 21st aboriginal child welfare agency established in British Columbia since 1987 and the sixth in northern B.C.**

**Contact:**

**Corinna Fillion  
Public Affairs Officer  
250-356-2023**

## **CBC NEWS: Bread, Chips, Fries Have High Cancer-Causing Ingredients: Study**

STOCKHOLM—Foods such as bread, biscuits, chips and French fries contain high quantities of acrylamide, a substance believed to cause cancer, say Swedish scientists.

A study carried out by Stockholm University and scientists at Sweden's National Food Administration, showed that heating of carbohydrate-rich foods—potatoes, rice, cereal—formed acrylamide, a substance classified as a possible human carcinogen.

Acrylamide is white, odorless and flake-like. It is often used in drinking water treatment. Other uses of it include the making of chemicals and dyes, ore processing and in the construction of foundations and tunnels.

The scientists say they were so alarmed by their findings, they decided to make the information public before it appeared in a journal.

Leif Busk, head of the food administration's research department, said he'd never seen anything like this before in his 30 years of research.

### **Potato chips contain 500 times the allowable limit**

Busk and his fellow researchers say an ordinary bag of potato chips may contain up to 500 times more of the substance than the top level allowed in drinking water by the World Health Organization (WHO).

"It may now be possible to explain some of the cases of cancer caused by food," said Busk. The NFA warned fried and oven-baked potato and cereal products may contain high levels of the chemical.

French fries sold at Swedish franchises of Burger King and McDonald's contained about 100 times the maximum limit of acrylamide allowed by WHO.

Other products tested included breakfast cereals made by Kellogg, Quaker Oats and Swiss Nestle, and Old El Paso brand tortilla chips.

Some of the companies have said the findings are so new, they are still evaluating what that means for the food industry.

Acrylamide induces gene mutations and has been found in animal tests to cause benign and malignant stomach tumors. It is also known to cause damage to the central and peripheral nervous systems.

The research had been given to the European Union to assess.

"It is important to say that Sweden has not withdrawn any products from the market," said Beate Gminder, spokesperson for the European Commission, the policy division of the EU.

"Therefore we'll have to see what the scientific evaluation by our side and by scientists in the member states will bring about."

**Written by CBC News Online Staff**

## NATIVES GET A VETO ON GOVERNMENT DECISIONS—VANCOUVER SUN

By Vaughn Palmer Friday, November 01, 2002

**Victoria—The B.C. Liberals have laid down a new policy on aboriginal interests that will affect virtually every decision involving provincially owned land and resources.**

**The policy, scheduled for release today, applies to all government ministries, agencies and Crown corporations.**

**It likewise applies to “all decision...that are likely to affect aboriginal interest”—which, keep in mind, involve First Nation claims to ownership of the entire province.**

**“This policy is effective immediately,” declared a government document, in terms reserved for the highest-level directives from the cabinet table.**

**“Consistent application of this policy across government is essential. It is important that the methods outlined below are understood and applied in their entirety.”**

**The title identifies it as a “provincial policy for consultation with First Nations,” harking back to a similarly titled policy established by the New Democratic Party government in 1998. But the new policy goes well beyond anything contemplated by the New Democrats.**

**The previous government put the emphasis on consultation. Officials were required to hold meetings with First Nations, assess the “potential” of their claims, keep them informed, and provide them with opportunities to participate and offer advice.**

**The Liberals, mindful of recent court decisions, now want officials to assess the “soundness” of aboriginal interests—i.e. the likelihood the natives might win if they went to court.**

**The new policy also requires officials to “accommodate” First Nations, through negotiations, side deals or other forms of agreement.**

**“Mere consultation,” to quote the 1997 Supreme Court of Canada decision in the Delgamuukw case, is no longer enough. Instead, natives have what amounts to a veto over provincial decision-making, which is apparently what the courts intended.**

**The new policy sprawls over almost 40 pages. I’m told the full text will be posted, perhaps later today, on the government Web site ([www.gov.bc.ca](http://www.gov.bc.ca)), under the ministry of sustainable resource management.**

**But essentially the policy lays out a multi-step process. Officials must first assess whether**



## NATIVES GET A VETO ON GOVERNMENT DECISIONS—VANCOUVER SUN

the decision on land or resource use will affect aboriginal interests. If the answer is “yes,” then the affected First Nations—or nations, since many interests overlap—should be advised “as early as possible.”

“It is not likely that this assessment would result in a determination that consultation is not required except in very specific cases,” warns the policy, citing measures to combat floods and epidemics as being among the few circumstances where First Nations need not to be told in advance that their interests will be affected.

Once consultation is under way, further assessments are required. Which aboriginal interests will be infringed and to what extent? Can the infringement be justified in the broader public interest? Even if it can, how can the natives be compensated?

Throughout, the policy requires provincial officials to exercise an extraordinary degree of discretion. Their assessments must be “thorough.” Consultation must be “diligent, meaningful, effective, and adequate.” All of these are judgment calls, subject always to second-guessing by lawyers and the courts.

Indeed, the policy would appear to demand that provincial officials conduct a mini-land claims trial in some circumstances.

To assess the “soundness” of a particular aboriginal interest, they are required to consider evidence presented by First Nations as well as whatever they can assemble themselves from archeological research, historical evidence, local knowledge and legal advice.

Provincial officials are likely to spend a great deal of time closeted with lawyers, for the policy contains a number of reminders about the need to consult “the legal services branch, ministry of attorney-general.”

The Liberals are optimistic that by applying these guidelines seriously, they can make some progress. But it is hard to be optimistic, with some First Nations already complaining that the consultation guidelines were themselves produced “without adequate consultation.”

“If resolution cannot be gained through negotiations, attempted accommodation or other methods,” says the policy with a near-audible sigh, “it will be advisable to re-evaluate the project or decision and or seek legal advice before proceeding further.”

Officials are further advised “records should be kept” on their efforts to consult and accommodate. Then if things end up in court, they can at least demonstrate to the judge that they tried.

You can email Vaughn Palmer at: [vpalmer@direct.ca](mailto:vpalmer@direct.ca)

## ALZHEIMER'S DISEASE—DR. RAY BAKER

Of all my possessions, could there be any more precious than my memories? Unlike diseases that cause pain or loss of function, Alzheimer's Disease is arguably worse, as it strips its victims of their past. Friends and family who helplessly watch the slow decline of the person they love seem to suffer almost as much. Disturbingly common, much about this disease remains a mystery.

The dementias are diseases of the brain causing memory loss, confusion and loss of intellectual capacity. There is deterioration in emotional control, social behaviour and motivation. By age 65, one in ten of us will have dementia with the numbers relentlessly increasing by nearly one percent per year, so that by 85 the prevalence of dementia is over 30%. Over half of these are caused by Alzheimer's disease.

### **Risk Factors and Prevention**

If a close family member developed AD one's risk is increased threefold. For a minority of Alzheimer's victims an identified gene that produces a detectable protein makes them vulnerable to develop this disorder. But in most other cases we don't know the cause. Suspected causative agents have included environmental toxins, such as metals (remember throwing out those aluminum pans?), infections and autoimmune reactions in which the body's immune system attacks one of its tissues.

A research study describes this past summer in the Journal of the American Medical Association reported that older people who eat foods rich in Vitamin E receive some protection from acquiring the disease. For five years investigators followed 800 men and women who, at the beginning of the study they compared the diets and medications of those who had acquired AD during that time with those who did not. Remarkably, people who ate foods rich in Vitamin E received significant protection from the disease while those who took Vitamin E supplements, but did not eat the high Vitamin E diet were not protected from developing AD.

### **Diagnosis and Pathology**

There is no single test diagnostic for AD. Other causes for intellectual and memory decline, confusion or changed behaviours must first be ruled out. Dementia caused by alcohol, clogging of blood vessels to the brain or normal pressure hydrocephalus (increased amounts of spinal fluid accompanied by loss of brain tissue) must be considered. Depression or adverse reactions to medications can mimic dementia. Infections, heart failure or respiratory failure all may cause confusion and disorientation.

As Alzheimer's disease progresses, CT Scans, PET Scans and MRI's eventually show widespread loss of brain cells, especially cells rich in the neurotransmitter, acetylcholine. Brain areas where these cells are most concentrated include the hippocampus, locus ceruleus, frontal, temporal and parietal cortex and substantia innominata. These areas control higher executive functions and emotional responses. Brain biopsy or autopsy demonstrates characteristic

## ALZHEIMER'S DISEASE—DR. RAY BAKER (CONTINUED)

Accumulation of protein plaques and neurofibrillary tangles in areas of lost neurons.

### Course

Generally a disease of older people, Alzheimer's occasionally starts as early as the late 30's. First symptoms include memory lapses or momentary confusion followed by periods of apparently normal cognitive function. As the episodes become longer and more frequent, complex but routine behaviours, such as driving the car, become more difficult. The person will sometimes do bizarre things, like putting perishable food away in a cupboard or placing writing materials in the refrigerator. As cognitive decline continues, they become unable to care for themselves. They will often feel restlessness, confusion and even paranoia. Not remembering that they moved an article, when they later are unable to find it, they become convinced intruders have come in and taken it.

Death occurs in 8—20 years, often due to pneumonia as the parts of the brain that control respiration and protective airways reflexes become impaired. Early diagnosis is important in order to start treatment, ensure an environment in which the person is able to function safely and to allow them to make their own plans for the future.

### Treatment

There are several medications that work by increasing levels of acetylcholine in the brain, improving symptoms in mild to moderate AD. These drugs delay the inevitable, improving brain function during earlier stages of disease. The substances used by the body to manufacture acetylcholine have been tried as supplements without success. Good clinical trials to evaluate Ginkgo Bilboa and other herbal remedies have failed to demonstrate effectiveness.

Treatment should be supported. Create a simple, safe, controlled environment. Ensure proper nutrition, exercise and physical comfort. Avoid excess medications, however a low-dose sedating antidepressant is often helpful for mood and sleep.

### Care for Caregivers

Caring for a person with Alzheimer's requires extra patience and acceptance. Set realistic goals, both for the caregiver and the patient. Get community help, a homemaker, homecare nursing, and a visit from an occupational therapist to help with minor but important modifications in the home. When the time comes, be willing to turn to a residential extended care agency with skill in managing patients with Alzheimer's disease. They know how to make your loved one most comfortable. You will be able to sleep better and refresh yourself so that when you do visit you are more positive. Most important to caregivers is to remember to look after yourself. It's easy to burn out.

## 10 WARNING SIGNS OF ALZHEIMER'S DISEASE

Info from Alzheimer Society: [www.alzheimer.ca/english/disease/warningsigns/htm](http://www.alzheimer.ca/english/disease/warningsigns/htm)

1. Worsening memory loss for day-to-day activities, such as names, phone numbers, recent events
2. Loss of ability to perform certain familiar tasks
3. Forgetting simple words, sometimes replacing them with less appropriate words
4. Disorientation in time and place, becoming lost and not knowing how to get home
5. Worsening judgment, such as dressing inappropriately for the weather or not seeking help for a serious problem
6. Losing abstract reasoning, such as understanding the significance of events or the ability to understand a principle
7. Misplacing things, even placing things in strange places, sometimes becoming paranoid or suspicious because they have disappeared
8. Rapid mood swings for no apparent reason
9. Personality change, becoming apathetic, confused, suspicious or fearful
10. Loss of initiative, to the point the person may not spontaneously engage in any activities

## SPINAL CHECK-UPS

Regular visits to a doctor of chiropractic for a spinal check-up can help keep your spine as healthy as it can be. Chiropractic is a drug-free, hands-on treatment that treats the causes of back pain, not just the symptoms. Chiropractic joint manipulation or "adjustment" is treatment where the chiropractor uses his or her hands to apply a very quick, precise and safe amount of pressure directly on the problem area of your spine, allowing it to return to its proper position.

Chiropractors may also use massage, ultrasound, and other therapies to treat your back. A chiropractor will likely also give you advice on posture and exercise to keep your back in shape.

Supportive or maintenance care can keep your spine in healthy alignment and help prevent a problem from recurring. Your chiropractor will discuss the need for ongoing care with you, and it will depend on your specific back problems. For some people, chiropractic treatment is like a regular tune-up for their back to help deal with the daily wear and tear of life. For others, it's simply an effective treatment the level of care that's best for you.

Contents provided by The Canadian Chiropractic Association in association with [www.medbroadcast.com](http://www.medbroadcast.com)



## **Even Light Drinking Dangerous To Unborn Babies: U.S. Study Oct 16, 2002**

**PITTSBURG—Children born to mothers who drink even small amounts of alcohol early in pregnancy are shorter and weigh less at age 14 than children born to mothers who abstain, a U.S. study said. The U.S. government has long said no amount of alcohol is safe for a pregnant woman to drink. University of Pittsburgh researcher Nancy Day, the study's principal investigator, said her study reinforces that.**

**“The message should be that woman should not drink at all during pregnancy,” Day said Wednesday.**

**The deficiencies found in the study are slight and fall within normal height and weight ranges, Day said but were still surprising. The differences also were statistically significant, meaning they were not a matter of chance. “I had actually thought that the growth deficits would go away after puberty,” said Day, whose research is reported in the October issue of Alcoholism: Clinical and Experimental Research.**

**Day found even light drinking—about 1 1/2 drinks a week—had measurable effects on children years later.**

**Children born to women who were light drinkers in their first trimester weighed about three pounds less than children born to abstainers and children born to heavy drinkers weighed up to 10 pounds less than children born to abstainers. Since 1982, Day has been studying the effects of alcohol on 565 children whose mothers drank, tracking their progress at various ages. At age 14, physical measurements of the children were studied. Day plans to continue tracking the children into early adulthood and will look at alcohol's cognitive effect.**

**Dr. Sandra Jacobson, a psychiatrist at Wayne State University in Detroit, said the study was well-controlled and its findings significant. She is conducting a similar study. “What is interesting here is the women are not alcoholic and not heavy drinkers and you still can detect the effects of alcohol on their children” so many years after birth, Jacobson said.**

**“The concern is, did it also affect any of the neurobehavioral development of the child?” Throughout the study, women reduced the amount of alcohol they drank. By the third trimester, only four per cent of the study participants said they continued to have one or more drinks a day.**

**“The longer we study light to moderate use of alcohol during pregnancy, the more evidence we find of an impact at these lower levels of consumption,” said Dr. Louise Floyd of the U.S. Centers for Disease Control and Prevention. [From www.medbroadcast.com](http://www.medbroadcast.com)**

## Processed Meats Increase Diabetes Risk by Lorna Vanderhaeghe

A study of 42,504 men found that those who eat hot dogs, bacon, sausage, and other processed meats are 46% more likely to develop type-2 diabetes (adult-onset diabetes) than men who eat less of these foods. This study performed at the Harvard School of Public Health and published in the February issue of the journal *Diabetes Care* found that an increased risk of type-2 diabetes was seen in men who eat these foods five times or more per week. Frank Hu, senior researcher of the study says, "The effect is dose-related—the more you eat of these foods, the higher your risk."

To reduce your risk of type-2 diabetes reduce your consumption of these unhealthy meats and add lean, organic free-range meats and plenty of vegetables to your daily diet.

Information found @ [www.healthyimmunity.com](http://www.healthyimmunity.com)

## Pesticide Poisoning by Lorna Vanderhaeghe

Do you know which foods are the most contaminated with pesticides?

### 10 MOST Contaminated

Strawberries  
Red & Green Bell Peppers  
Spinach  
Cherries  
Peaches  
Cantaloupe (Mexican)  
Celery  
Apples  
Apricots  
Green Beans  
Grapes (Chilean)  
Cucumbers

### 10 LEAST Contaminated

Avocado  
Sweet Corn  
Onions  
Sweet Potatoes  
Cauliflower  
Brussels Sprouts  
U.S. Grapes  
Bananas  
Plums  
Asparagus  
Watermelon  
Broccoli

Information found @ [www.healthyimmunity.com](http://www.healthyimmunity.com)

### Quote

*"What if you gave someone a gift, and they neglected to thank you for it—would you be likely to give them another? Life is the same way. In order to attract more of the blessings that life has to offer, you must truly appreciate what you already have."*

*Ralph Marston*

## B.C. Elder's Communication Center Society

### Elders: Please Forward This To All First Nations Artists

**Announcing: Annual Provincial Elder's Art Auction tentatively scheduled for June 2004**

**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 4786 Aboriginal Elders in B.C.] and the profits will benefit the 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. Artists will be asked to contribute one-year in advance so that the full advertising potential can be reached via the internet.**

**The upcoming Elder's Website "Preserving the Past" 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 Website address will go out to Galleries WORLD WIDE. Corporate sponsors will be pursued for the Auction as well as newspaper, magazine and television coverage. First Nation Artists support many, many fundraising efforts-the internet and the Elder's Voice Newsletter 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 Artists have to offer the world.**

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

- 1. To assist Elders with travel and accommodation to attend their Annual Provincial Gathering each year.**
- 2. To provide a donation to each new Host community to assist with the food costs associated with hosting 3000 to 7000 Aboriginal Elders and their Support Workers.**
- 3. A "Hardship Trust Fund" will be started for Elders to turn to in case of a sudden hard-ship, I.E. furnace breaks down in winter, freezer quits in the middle of summer, etc.**
- 4. One share will be used for office expenses, etc. for the B.C. Elder's Communication Center Society to operate and grow.**

**Artists please forward your contact information in to the Center by mail/email/fax or call it in on the toll-free line. We are laying the groundwork for the Auction and will likely need artworks by next June 2003—to feature pieces of the Website for the full year. If we have your contact information we can keep you updated on the vendor booths each year, the Auction dates, and the upcoming website address, etc.**

**Sincerely,**

*D. m. Stirling*  
**Donna Stirling, Coordinator**

**1420 C 16th Avenue, Campbell River, B.C., V9W 2E3**

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

**email: [bcelderscommcenter@telus.net](mailto:bcelderscommcenter@telus.net) New Elder's Website: [www.bcelders.com](http://www.bcelders.com)**

<p><b>B.C. ELDER'S COMMUNICATION CENTER SOCIETY</b></p>	<p><b><u>TRADITIONAL HEALING CORNER</u></b>  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.</p>
<p>1420 C 16th Avenue  Campbell River, B.C.  V9W 2E3</p>	<p>LOGO—Our thanks and appreciation go out to Shuswap First Nation's Artist Ivan Christopher for donating our Center's Logo.</p>
<p>Toll-Free: 1-877-738-7288  Phone: 1-250-286-9977  Fax: 1-250-286-4809  Coordinator: Donna Stirling  Website: www.bcelders.com  Email:  bcelderscommcenter@telus.net</p>	<p><b>PROVERBS:</b>  Goodness shouts. Evil whispers. <span style="float: right;">Balinese</span>  In times of prosperity friends will be plenty, in times of adversity not one in twenty. <span style="float: right;">English</span>  It is easier to pull down than to build up. <span style="float: right;">Latin</span>  Long absent, soon forgotten. <span style="float: right;">Romanian</span></p>
<p>'ELDER'S VOICE' ISSUES ARE SENT OUT TO COMMUNITIES BY THE <u>1st</u> OF EACH MONTH, IF YOUR COPY IS NOT RECEIVED IN A TIMELY FASHION PLEASE CALL IN.</p>	<p>Many men know how to flatter, few men know how to praise. <span style="float: right;">Greek</span>  One meets his destiny often in the road he takes to avoid it. <span style="float: right;">French</span>  To know the road ahead, ask those coming back. <span style="float: right;">Chinese</span>  A tree never hits a automobile except in self-defense. <span style="float: right;">USA</span></p>

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

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

<p><b><u>COMMUNITY EVENTS</u></b></p> <p><b>Information is still pending on the specifics for the Elder's Gathering 2003</b></p> <p><b>The United Native Nations is Hosting next summer's Annual Elder's Event and will be releasing information as it becomes available.</b></p> <p><b>Date and Place will hopefully be in the January 01, 2003 issue of the Elder's Voice.</b></p>	<p align="center"><b>The Buddhist Prayer for Peace</b></p> <p>“May all beings everywhere plagued with sufferings of body and mind quickly be freed from their illnesses.</p> <p>May those frightened cease to be afraid, and may those bound be free. May the powerless find power, and may people think of befriending one another.</p> <p>May those who find themselves in trackless, fearful wilderness - the children, the aged, the unprotected - be guarded by beneficent celestials, and may they swiftly attain Buddhahood.”</p> <p align="center">12 Prayers for Peace offered in Assisi, Italy on the Day of Prayer for World Peace in 1986</p> <p align="center">("Prayers For Peace" by Joanne Asala)</p>
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