

August 20, 21, 22 2003

ATTENTION: Elder's Gathering Information

B.C. ELDER'S COMMUNICATION CENTER SOCIETY



ELDER'S VOICE

The Date has been set for the 27th Annual B.C. Elder's Gathering. The event will take place August 20, 21, 22 2003 in the downtown Vancouver area. The venue for the event is still in the process of being finalized (it is being planned for the Plaza of Nations), but you will have to wait until the March 01 issue of the Elder's Voice for that to be confirmed.

There will be important information in each issue of the newsletter from now until August, so please make sure that all Elder's and support workers have the opportunity to read the issues so that no community or group is left out Gathering.

As I'm sure everyone you can all understand, it is an incredibly huge task and responsibility for each new Host of the Gathering to fundraise each year and I think that the event in Vancouver (due to it's location) has the potential of being the largest Gathering yet.

[The Elder's Voice is sent out to groups regardless of payment.] All offices/groups please be reminded that the Annual Group Membership Fees are due as of Dec. 01, 2002. All INVOICES were sent out with your Oct. 01 issue. Payment or that the Invoice be faxed back VOIDED (after all attempts to secure the funds were made) was requested of you. Only 21 of the 60 fees have come in so far to pay the basic expenses. D. Stirling

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## **Easy Bakers Corner—Double Corn Muffins—Makes 1 Dozen**

In a large bowl, combine 1 1/2 cups of all-purpose flour, 1/2 cup of stone ground cornmeal, 1/3 cup of granulated sugar, 2 tsp. of baking powder, and a 1/2 tsp. of salt.

In another bowl, combine 1/3 cup of melted butter or margarine, 2/3 cup of milk and 1 egg.

Add the liquid ingredients to the dry ingredients, then Add 1 cup of whole kernel corn, fresh or frozen (thawed).

Butter 12 muffin cups or line with paper cupcake liners. Spoon batter into the prepared muffin cups, dividing batter evenly. Bake at 400 degrees for 15 to 20 minutes or until golden.

**Handy Tips:** Static a problem? Rub a fabric sheet over your comb and brush and even over your hair and you will tame fly a ways. Rub a dryer sheet over your socks and nylons, and even stick one in your winter coat to stop you from getting static shocks when you are out and about.

**Attention:** Does anyone know how to get chocolate stains out of a deer hide coat???

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

The following is a short list of Elders suggestions of what might be shared: Your local Newsletters/Upcoming Local Events/Prayers/Poems/Quotes/Comments/Photo's/Storytelling/Drawings/Articles of Interest/Native Songs Lyrics/Wellness Seminars/Obituaries/Birthday Wishes, etc. If you are interested in providing articles, please do, I look forward to hearing from anyone who wants to contribute to the content.

## **'PRESERVING THE PAST'**

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

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

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

## **Press Release: Union of B.C. Indian Chiefs**

### **UBCIC SUPPORTS INTERNATIONAL DAY OF ACTION AGAINST FISH FARMS**

**January 15, 2003 (Coast Salish Territory) — The Union of B.C. Indian Chiefs fully commends the Heiltsuk and Nuxalk Nation for taking a strong position of opposition against the construction of a huge Atlantic Salmon hatchery in their traditional territories. Omega Salmon is owned by Norwegian giant Pan Fish and have flagrantly ignored the statements made by First Nation leaders that occupy Ocean Falls rejecting the expansion and occupation of fish farms.**

**“The Union of B.C. Indian Chiefs has always taken a zero tolerance approach to fish farming,” stated Chief Stewart Phillip. The lifting of the moratorium on fish farms has opened the flood gates to the wanton destruction of our Wild Salmon fishery and other valuable marine life in their delicate indigenous ecosystem,” continued Chief Phillip.**

**Sea lice, parasites, and detrimental impacts of large numbers of escaped Atlantic Salmon are directly responsible for jeopardizing seven unique runs of Wild Pink Salmon to the point of extinction this Spring. It has been recommended by Senior Scientists from the Department of Fisheries and Oceans that fish farms in the Broughton Archipelago be closed for a minimum of a six week span before the Pink Salmon enter the waters in mid April.**

**“This urgent need to shut down the Archipelago is only the first step to ensure the survival of our precious marine resources. There is no rightful place for any fish farming ventures in our Indigenous coastal waters. The evidence gathered so far has predicted fatal impacts to our First Nations people that traditionally harvested salmon and shell fish. This is totally unacceptable! This should be a wake up call to the Liberal Government that fish farming is an irresponsible practice that only serves to line the pockets of Pan Fish,” concluded the President of the Union of B.C. Indian Chiefs.**

**Contact: Chief Stewart Phillip (604) 684-0231**

#### ***Quotes***

**“Friends know the songs in your heart and give them back to you when you forget them.”** **Unknown**

**“God is in the details.”** **Ludwig Mies Van Der Rohe**

**“Gratitude is not only the greatest of virtues, but the parent of all others.”** **Cicero**

**“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”** **Marcel Proust**

**“I don’t believe; I know.”** **Carl Jung**

## **FOOD SAFETY TIPS: Are Eggs Safe to Eat?**

I'm sure you've seen food safety information (including in this series of articles) about how eggs can be a high-risk food. There are also sometimes media reports about outbreaks of food poisoning linked to eating contaminated eggs and egg products.

The question many people ask themselves is this: Are eggs safe to eat? The answer is YES!! Eggs are a safe and nutritious food provided the potential hazards are controlled.

The main potential hazard associated with shell eggs is the possible presence of Salmonella bacteria. Especially risky is a strain of Salmonella called Salmonella Enteritidis (or SE). SE can sometimes be found inside the egg. While the number of eggs containing SE is very low, it's possible presence should not be ignored. As well, other strains of Salmonella can be present on the outside shell, especially if the egg was not properly washed. The good news is that there many things you can do to control Salmonella in eggs.

### **Buying and Storing Shell Eggs**

- **Never buy eggs with dirt, feathers, or poop on them.** Dirty eggs greatly increase the likelihood that Salmonella will be present on the shell. Grading standards are such that no eggs from an approved supplier should have dirt, feathers, or poop on them. If you do touch dirty eggs, wash your hands well before doing anything else.
- **Never buy cracked eggs.** Cracked eggs are higher risk because it is easier for Salmonella to enter the inside of the egg.
- **Never store eggs at room temperature.** If there is any SE bacteria inside the egg, they will be able to grow at room temperature -- increasing their numbers. Increasing their numbers makes it more likely that anyone eating that contaminated egg will get sick.

### **Handling Shell Eggs**

- **Avoid contaminating the inside of the egg** with the outside of the shell when cracking
- **After handling any shell eggs, wash your hands well** as you would after handling any raw animal product. This is especially important to do before you handle any cooked or ready to eat food.

## Cooking Shell Eggs

- **Proper cooking will destroy all Salmonella bacteria.**
  - If the eggs are to be eaten right after cooking, cook to a minimum temperature of 63°C (145°F) or hotter for at least 15 seconds. A good safety rule is to cook the eggs until the yolk and white are no longer runny. This is very important for high-risk people such as young children, elders, and immune compromised people.
  - For dishes where eggs are used as an ingredient (e.g. casseroles, soups), cook to a minimum temperature of at least 68°C (155°F) or hotter for at least 15 seconds.
- **Pooling eggs together is risky.** If you do pool eggs, pool the eggs just before you cook them and always cook them to at least 68°C (155°F) for at least 15 seconds. Only pool the number of eggs you will use right away, and never store pooled eggs.
- **Use pasteurized egg products for dishes that call for uncooked or partially cooked eggs.** This includes dishes like certain egg custard desserts, homemade eggnog, meringues, and Caesar's Salad dressing. Using shell eggs in dishes where the eggs are not fully cooked is very risky. Pasteurized egg products can be purchased in most large grocery stores.
- **Never leave cooked egg or egg-containing dishes at room temperature for more than 2 hours.** Try to eat them right after cooking. If they are not to be eaten within 2 hours, cool them right away to 4°C or hold them hot (at least 60°C (140°F) or hotter) in your oven. If you do hold foods hot in your oven it is very important the temperature is at least 60°C. If the temperature drops below 60°C, this can be very dangerous. Use your handy meat thermometer to make sure the temperature stays at 60°C or hotter.

Like other raw animal foods, eggs have certain food safety hazards. However, these hazards can be controlled if you follow these guidelines.

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

## FOOD COMPANIES SWITCH FATS IN FACE OF CHANGING TASTES

From medbroadcast.com

Dallas—Dr. Sarah Blumenschein sees a pattern in the overweight children who come to her clinic: They snack more often and they eat out more often—especially at fast-food restaurants.

“The kids don’t realize the high calorie and fat levels in fast food,” said Blumenschein, a pediatric cardiologist at the University of Texas Southwestern Medical Center at Dallas. “The marketing of fast food has been very clever.” She applauds the recent announcements by McDonald’s Corp. and Frito-Lay Inc. that they will reduce a particular form of fat in making french fries and chips.

But she and other medical experts said the move was overdue, and they plan to keep pressing the food industry to do more to reduce fat, not just substitute one for another.

“Trans fat is a no-brainer. They should have done this a long time ago. We’ve known about trans fat for 30 years,” said Marion Nestle, a professor of nutrition at New York University and author of *Food Politics*, a critical look at the food industry’s influence.

McDonald’s says its fried foods will contain half as much trans fatty acids as before, while Frito-Lay, plans by early next year to switch cooking oils to eliminate trans fats, which have been linked to elevated levels of bad cholesterol and a higher risk of heart disease.

Nestle expects other food companies to follow the lead of McDonald’s and Frito-Lay because of a proposal by the Food and Drug Administration to require warning labels on food containing trans fats.

An FCA spokeswoman said the agency expects to issue a final rule requiring the labels early next year. Companies would probably have a year or more to comply. “Once those labels go on, trans fats are history,” Nestle said. And the fight would probably switch to overall fat levels.

The food industry’s critics blame fatty snacks and fast food for an increase in obesity—60 per cent of Americans are overweight, and 300,000 die each year from related illnesses, according to the surgeon general. They say fat-rich diets have led to children developing a type of diabetes that used to be associated only with adults.

Food makers say they offer products for people who want less fat, and it is up to individuals to watch what they eat. “There are no good foods and bad foods. It’s about the totality of what you eat,” said Rocco Papalia, Frito-Lay’s senior vice-president of technology.

continued

**Frito-Lay is also expanding its lineup of reduced-fat chips and has hired a Dallas doctor Advocate to develop nutrition and exercise messages on packages.**

**Walt Riker, a spokesman for McDonald's, said the chain's average customer visits only two or three times a month. He said it would be unfair to blame the restaurants if some customers are overweight. "There are a lot of choices on the menu. We have salads," Riker said. "It's very basic food. It's quality food."**

**McDonald's had a flop with its lower-calorie McLean burger a few years ago but says fruit yogurt is a hit now. About 20 per cent of Frito-Lay's sales come from pretzels and baked and reduced-fat chips, and Papalia said that could rise to one-third of sales in a few years.**

**John Faucher, an analyst with J.P. Morgan, said Frito-Lay would, at best, enjoy a brief increase in sales from the new lines of lower-fat chips. "The problem is, people tell you they want healthier food," he said, "and then they go out and order a plate of cheese fries with gravy."**

**McDonald's and Frito-Lay say the timing of their decisions to reduce or eliminate trans fatty acids had nothing to do with fear of lawsuits or the FDA's proposal on labeling trans fats. They compared it to switching from animal fats to vegetable oil for cooking more than a decade ago once the health benefits become clear.**

**The lawsuits against McDonald's, Burger King, Wendy's and KFC have been ridiculed by those who say fat people have only themselves to blame. The first lawsuit was filed in July by a 56-year-old, 5-feet-10, 272-pounds New Yorker with a history of heart attacks, diabetes and high blood pressure.**

**"It's easy to argue that Caesar Barber is responsible for his own obesity. It's harder to argue that with eight or nine-year-old kids," said John Banzhaf, a law professor at George Washington University who is advising Barber's lawyer. The lawyer's other plaintiffs are two teenagers.**

**Banzhaf, an anti-tobacco crusader who is turning his gaze to the food industry, proposes requiring fast food restaurants to post calories and fat content of menu items on the big signs above the counter. He also hints at lawsuits against schools that continue to sell soft drinks and junk food in vending machines.**

**Analysts generally do not see the lawsuits yet as a threat to the companies. "The idea of suing McDonald's because you're obese is absolutely ridiculous. Just don't eat the stuff," said Jeff Kanter, an analyst who tracks food companies for Prudential Securities.**

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**You know that old wives' tale about cod liver oil being good for your joints? Well it's been proven true by scientists at Cardiff University, in Wales. It turns out that cod oil can slow or reverse the deterioration of joint cartilage that occurs in arthritis, in particular osteoarthritis.**

**Cartilage is found in your joints—it's a little like gristle—and it acts like a cushion preventing your bones from grinding against each other. Osteoarthritis is caused by a loss of cartilage. It is a very painful form of arthritis, and the leading cause of joint replacements.**

**Cod liver oil contains omega-3 fatty acids. This essential nutrient switches off the aggrecan-and collagen-degrading enzymes that break down joint oil effectively slows down the destruction of cartilage, and reduces the inflammation, thereby decreasing pain. They saw results in human osteoarthritic cartilage that had been exposed to cod liver in just 24 hours. A quick caveat—this doesn't mean that cod liver oil will instantly cure osteoarthritis, but it certainly can help. And, if taken daily in your teens and 20's it could prevent the onset of osteoarthritis.**

**There is also some very exciting research in rheumatoid arthritis (RA). Researchers at Brigham and Women's Hospital in Boston, and Harvard Medical School believe they have found the cause of RA, a chronically debilitating and painful form of the disease which affects millions of people around the world. This new research shows that RA is an unusual type of immune system response.**

**Over the past decade, treatment for RA have become more targeted, reflecting the growing understanding of how the disease works. However, the exact causes of the swelling and inflammation, the hallmarks of the disease, as well as the destruction of the joints themselves had not been determined. It now appears that certain types of carbohydrate, known as glycosaminoglycans, or GAGs for short, can trigger an immune response within the body. GAGs are a major component in joint cartilage and joint fluid, connective tissue, and skin. When an immune response is triggered, inflammatory cells accumulate in arthritic joints and attach themselves to the GAGs. This accumulation is what causes the pain and inflammation in the affected joint(s).**

**The next step is to develop drugs that will stop the growth, expansion, or adhesion of immune cells that react to GAGs. These findings are extremely encouraging. In less than a decade we could see new agents that would reverse or entirely prevent osteoarthritis and RA.**

**This article is found at [www.medbroadcast.com](http://www.medbroadcast.com)**

## **Child Abduction: The Good News? By Bob Stuber**

From [www.escapeschool.com](http://www.escapeschool.com)

Can there be “good news” regarding child abduction? Certainly, as long as the problem exists, it’s not a topic anyone should feel comfortable about. However, there are signs that the empowering education of children has begun to turn the tide against some would-be abductors.

One of the more recent cases of escape took place on February 12, 2002. A 14-year-old girl was walking to school at 7:30 in the morning, in broad daylight. A man stood next to his green Jaguar with the trunk open and tried to strike up a conversation with the teen over her fingernails. After asking if he could hug her, the girl said no and tried to walk away, but was thrown into the trunk by the man.

Instead of panicking, the girl remembered tips her father had given her and not only popped a light in the trunk, but stuck her hand out of the resulting gap. A witness behind called police, and the girl jumped out and escaped the next time the vehicle slowed.

The incident illustrated two important things to remember about kids and education—that information about abductions does not have to paralyze a child with fear. Instead it can turn them into quick-thinking, active participants in their own escape. Second, an abductor isn’t always toothless, poorly-kempt and driving a primer-patched 70’s sedan. Its actions that make a bad stranger, not window dressing.

The 14-year-old hasn’t been alone in recent escapes in the Bay Area of California alone. Less than one month earlier, outside of a Boys and Girls Club, an 11-year-old boy was yelled at by a driver, who claimed that he had been sent by the boy’s mother to pick him up. When the boy refused to even cross the street to get closer to the car, the man walked across and tried to grab the boy, who pushed himself away. The boy escaped with only a scrape on his elbow.

Further evidence that education has become an international endeavor is a report out of Killylea, Ireland, on Christmas Day, 2001, that an eight-year-old girl escaped abduction. She was pulled into his car at around 3:30 p.m., and escaped out of the car as soon as the man stopped driving.

continued

## Child Abduction: The Good News?

By Bob Stuber

Earlier in the year, in September, a Mountain View, California 13-year-old girl averted a kidnapping by repeatedly hitting a man who tried to pull her into his car at a shopping center until he let go.

Increasingly, stories are beginning to proliferate the news about children across the country and around the world who no longer believe that their size dictates that they be passive, obedient victims.

The sophistication of the abductors is also beginning to fluctuate more broadly, however. While in the incident at the Boys and Girls Club, above, the would-be abductor used one of the oldest lines in the book about a parent sending him to pick the boy up, and others mainly used the "grab and run" tactic, others are reading up.

One abductor, in a 2001 case, was actually caught with a current anti-abduction educational text in his car. Therefore, parents have to raid bookstores, libraries, and the Internet to at least keep pace with this percentage of well-read abductors. By now, most kids should know that you'd never send a stranger to pick them up without a password. But what about simple self-defense techniques that can be used in the common wrist-grab? What about using their voice, teeth, fingernails, or whatever else? Does your child know that they can involve another stranger, one hopefully trustworthy, even if they don't want to be involved, by using "The Velcro Technique" of latching onto a leg and not letting go?

The abductors of today are developing new ruses to get at kids. As years go by, concerned parents and educators will have to constantly keep abreast of recent cases and develop strategies to counter them. It would appear, however, that some kids are already listening.

### *Quotes*

"It's better to have a rich soul than to be rich."

Olga Korbut

"Friendship is a strong and habitual inclination in two persons to promote the good and happiness of one another."

Eustace Budgell

"Friendship is unnecessary, like philosophy, like art...it has no survival value; rather, it is one of those things that give value to survival."

C.S. Lewis

"The best moments of a visit are those which again and again postpone its close."

Jean Paul Richter

## **OSTEOPOROSIS: NOT JUST A WOMAN'S DISEASE- DR. ART HISTER**

**This is going to surprise a lot of you, but osteoporosis is not just a woman's disease. We all know, of course, or at least we should that osteoporosis is a major cause of disability and death in women. About 20% of women who suffer a hip fracture, for example, die within a year, and of the remainder, a significant number suffer permanent disability as a result of that fracture, not to mention that osteoporosis leads to a great deal of loss of mobility as well as chronic pain in women from fractured vertebrae and fractured wrists, and so on.**

**But what we—and that included all of us: doctors, the public, and the media don't seem to pay nearly enough attention to is that osteoporosis also takes a huge toll on men's lives. Survey reveals, for example, that most people still consider osteoporosis to be mostly a women's disease, even though one-third of osteoporotic fractures occur in men, and men tend to have a higher death rate than women following a hip fracture.**

**What is even more surprising, though, is that doctors also seem to be unaware of, or at least they ignore, the toll exacted by osteoporosis in men. For example, a recent study from a major hospital in the US found that only a shamefully low 4.5% of male seniors who had suffered a fracture were treated for osteoporosis on discharge from the hospital, even though these fractures strongly indicated that those men were suffering from advanced osteoporosis. By the way, the comparative figure for women was 27%, which is also shamefully low, if you ask me.**

**In fact, I can't understand why all of those people were not being treated even before they had suffered their fracture, because, as the lead author of this study said, "The time to treat somebody is well before they have that fracture."**

**So let me reiterate that osteoporosis is an equal opportunity bone destroyer, and all of us—men and women, young and old—need to do more to not only prevent this disease, but also to treat it adequately once it rears its ugly head.**

**In terms of prevention, we know that several factors significantly raise the risk of osteoporosis, some of which, however, you can't do much about. I mean it's far too late to change your genes (osteoporosis runs in some families), however appealing that thought might be to some of us, and you can't really do much about the fact that you are Caucasian or Asian, both of which also raise your risk of osteoporosis.**

**You also can't do much about the fact that the risk of osteoporosis goes up with age. Other risk factors that can also be more difficult to control include**

- Taking some medications (oral cortisone, for example, and anticonvulsants)**
- Suffering from certain other conditions such as hypothyroidism or malabsorption syndromes**

• And going through menopause at an early age.  
But there are some osteoporosis risk factors that you can, thankfully, do a lot about. Thus, If you want to reduce your risk of suffering a fracture

- Don't smoke
- Do lots of weight-bearing exercise (such as walking, jogging, stair climbing, and perhaps especially resistance exercises—the stronger your muscles, the stronger will be the bones that they control)
- Eat a diet with enough calcium and vitamin D (and if you're over 50, or have other major risk factors, you probably should be on calcium and vitamin D supplements)
- Don't drink too much alcohol or too much caffeine (alas, although as a coffee and wine lover, I hasn't to point out that there are other benefits to those beverages that might outweigh the risks to your bones, at least that's what I've convinced myself)
- And don't aim to be too thin. (I hate to mention this but about the only good thing you might say about our increasingly obese culture is that all that poundage will probably lower the future risk of osteoporosis fractures in our overweight population.)

And although it's never too late to start on a bone-building regime, it's better if you start protecting your bones early in life because studies show that kids as young as eight or ten years old who are very active already have stronger bones than do their more sedentary peers, and the more bone mass you build up as a youngster, the more bone mass you retain into your older years and the better cushion you have in preventing osteoporosis.

How can tell if your bones are beginning to soften. Unfortunately, the simple truth is that except in rare circumstances, you can't, which is why the first sign of osteoporosis is often a fracture, and by then, it's too late for many.

That brings up the issue of diagnosis. The best way to diagnose osteoporosis is through a bone density test, and the current guidelines from the Osteoporosis Society of Canada recommend that everyone over the age of 65 get a baseline bone scan, although lots of people, including moi, to be sure, believe that most of us would benefit by having a bone mineral density test long before our first tentative steps into "seniorhood".

In terms of treatment, we are now getting away from using hormone replacement therapy in women, than God! and it's still way too early for testosterone as an osteoporosis therapy in men, so the current best bets for therapy include the drugs raloxifene (Evista) or one of a class of drugs called bisphosphonates—my favorite is alendronate (Fosamax), but others in this class include Didrocal and Actonel.

The bottom line, though, folks, is this: best to bone up on bone health so you don't become a bonehead with a break.

**CAN KICK OFF A LIFETIME OF HEALTHY FEET**

**Toronto—The prevention of foot problems should start as early as those first baby steps. But even doing everything right, including wearing sensible shoes, doesn't necessarily mean escaping tootsie trauma while aging.**

**Just ask Katherine Gill. In the last few months, the 64-year-old retired secretary has been treading lightly because of pain on the underside of her feet—an inflammatory condition known as plantar fasciitis (pronounced fa-shi-eye-tis) that's meant giving up her daily fitness walks. "It was really painful: it even hurt me when I wasn't walking," says Gill, adding that she's always worn comfy, low-heeled footwear.**

**As people age, feet tend to spread, losing the fatty pads that cushion their bottom. Wearing the wrong shoes over time can cause or aggravate conditions that can restrict an older person's mobility, say experts.**

**And here's bad news for the fashion-conscious. Women are four times more likely to experience foot pain than men simply because they wear high heels—which place pressure on the front of the foot and throw the body out of alignment.**

**"The foot obviously changes with age, and that goes for men and women," says Justin Turner, a chiropodist in the foot-care clinic at Sunnybrook and Women's College Health Sciences Centre. Most notably, when fat pads along the undersides of the feet thin out, body-weight pressure can more easily cause bruising of the bones and that achy, sore, throbbing feeling, says Turner, who also works at private clinics in Toronto and Orangeville. As feet spread, it becomes more important to check shoe size—before you know it, too-tight shoes can aggravate or create problems, he adds.**

**Foot problems can also be a sign or more serious health concerns, says the American Podiatric Medical Association. In fact, the foot has been called "the mirror of health," says the association's Web site ([www.apma.org](http://www.apma.org)).**

**Podiatrists—foot doctors—are often the first to see signs of conditions such as diabetes, arthritis and circulatory disease that can include dry skin, brittle nails, burning and tingling sensations, feelings of cold, numbness and discoloration, it adds.**

**And if you think foot pain is simple, think again. There are more than 300 different ailments, among them plantar fasciitis, heel-pain syndrome, bunions, corns, shin splints and arthritis. Some problems are traced to heredity or just wear-and-tear, including the cumulative effect or years of neglect and abuse.**

The skin, for instance, usually becomes drier with age as a result of loss of collagen and elastin, and nails tend to get brittle and thick because of decreased blood flow to the area, especially among diabetics, says Turner.

Feet also don't have to hurt to signal a problem, stresses Pat McKee, a University of Toronto professor who studied the human foot for her master's degree. Instead, pain stemming from foot trouble can end up elsewhere in the body, including the knees, hips and back, adds McKee, who's in the university's department of occupational therapy.

If feet tend to roll inwards, flattening the arch, for instance, there can be knee pain because of changes in the knee's alignment. And foot problems can also put the spine out of whack, creating back pain.

Experts say proper shoes—preferably with leather soles because they best absorb shock, lots of room at the front of the foot, a wider heel and no more than a 2.5 centimeters in height—are the first line of defense.

It may also be necessary to see a chiropodist or other professional who can assess your walking pattern (gait) to determine if it's irregular or abnormal. They may recommend orthotics (special corrective shoe inserts which are sometimes covered by insurance plans), exercise, physical therapy and, in rare cases, surgery. Most people get orthotics for walking and low-heeled shoes, but some companies make them to fit fashionable high heels.

"Some people need to wear fashion shoes to work," says Paula Toye of Pedorthic Services, which has been outfitting a growing number of baby boomers with orthotics made of thermal plastic material at its clinics across Ontario.

"Most women won't change their footwear, so we have to change the way the orthotics are made."

Gill spent about \$500 on orthotics outfitted by her chiropractor to help straighten her walk. She also paid the chiropractor about \$30 an hour, three times a week, for several months to massage and manipulate her feet to get the knots out and relieve the pain.

Although expensive, the therapy has paid off for Gill, who's ready to get back to her daily strolls. "My doctor told me I have to walk at least 20 minutes a day to protect my bones, and at least I can do that now."

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

## 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 hardship, 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: <a href="http://www.bcelders.com">www.bcelders.com</a>  Email:  bcelderscommcenter@telus.net</p>	<p><b>PROVERBS:</b>  To deceive a diplomat speak the truth, he has no experience with it. <span style="float: right;">Greek</span>  To change and change for the better are two different things. <span style="float: right;">German</span>  Use soft words and hard arguments. <span style="float: right;">English</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>Vision without action is a daydream. Action without vision is a nightmare. <span style="float: right;">Japanese</span>  What you don't see with your eyes, don't invent with your mouth. <span style="float: right;">Jewish</span>  When in doubt, Gallop! <span style="float: right;">French Foreign Legion</span>  When two quarrel, both are to blame. <span style="float: right;">Dutch</span></p>

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

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

**COMMUNITY EVENTS**

**27th Annual  
B.C. Elder's Gathering  
August 20, 21, 22 2003  
(Downtown Vancouver)  
The United Native Nations  
is Hosting next summer's  
Elder's Event,  
but the Place is not yet  
confirmed.  
The Place  
will hopefully be  
announced in the  
March 01, 2003 issue of the  
Elder's Voice.**

**The Christian Prayer for Peace**

**Blessed are the Peacemakers, for they shall be known as the Children of God. But I say to you here, love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. To those who strike you on the cheek, offer the other also, and from those who take away your cloak, do not withhold your coat as well. Give to everyone who begs from you, and of those who take away your goods, do not ask them again. And as you wish that others would do to you, do so to them.**

**12 Prayers for Peace offered in Assisi, Italy on the Day of Prayer for World Peace in 1986  
("Prayers For Peace" by Joanne Asala)**