

**Volume 3 Issue 2**

**January 2003**

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



# ELDER'S VOICE

**Happy New Year To All Elders and Support People,**  
Please pay careful attention to the 2 pages in this issue concerning the First Nations Veterans Package. If you know a veteran or spouse whom this information could be potentially important for please forward them on to those individuals right away.

I am concerned that the deadline for the receipt of applications is so absurdly short at February 15, 2003 when the first I have seen about this was when I read it yesterday in my mother's issue of Voices & Visions.

Elders and Coordinators please be advised that I have been in contact with the United Native Nations and they are hard at work for next years' Elders Gathering. They are awaiting final confirmation on which complex they will use for the event and those details will be released through this newsletter (on the front page) as soon as they become available.

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 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 was/is truly needed one way or the other from you. A good showing of groups coming forward to pay is really needed now. Please help. Donna Stirling, Coordinator

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## **Easy Bakers Corner—Pumpkin-Pecan Biscuits —1 Dozen**

Sift together 2 cups all-purpose flour, 1/4 cup of sugar, 4 tsp. of baking powder, 1/2 tsp. salt, 1/2 tsp. *each* of ground cinnamon and nutmeg.

Cut in 1/2 cup of butter or margarine (already cut into small pieces) into flour mixture until it resembles small peas. Stir in 1/3 cup of chopped pecans (toasted).

In a glass measuring cup, combine 2/3 cup of mashed pumpkin (cooked fresh or canned solid-pack) and 1/3 cup of half-and-half. Stir into flour mixture. Dough should be stiff.

Turn dough onto lightly floured surface. Knead several times. If dough is too wet to handle, add more flour. Pat dough out to 1/2 inch thickness. Cut out with 2-inch cutter.

Place biscuits on lightly greased baking sheets, about 1 inch apart.

Bake at 400 degrees for 12 to 15 minutes or until golden brown.

Serve hot with butter and honey.

*Quick and Tasty*

**Handy Tips:** To remove slivers—POLIS—Soak your infected injected sliver area in milk for 1 minute and then wet a piece of bread in milk and apply the bread to the site—secure a band aid over the small piece of wet bread to hold it in place. As the milk-bread dries, it will pull the sliver out.

Old wives remedy sent in by Willie MacDonald

## **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

The Council will be in place for February 1st 2003, so this is the last time this form will run in the newsletter. 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.

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 19 Elder's names put up for the B.C. 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 their 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:**

***"Don't be afraid to take big steps. You can't cross a chasm in two small jumps."***

***David Lloyd George***

***"Too many of us stay walled because we are afraid of being hurt. We are afraid to care too much, for fear that the other person does not care at all."***

***Eleanor Roosevelt***

***"A candle loses nothing of its light by lighting another candle."***

***Kelly***

***"Hem your blessings with thankfulness so they don't unravel."***

***Unknown***

# **FOOD SAFETY TIPS**

## **KEEPING YOUR FOOD SAFE DURING A POWER OUTAGE**

Did you know that a loss of electrical power could affect the safety of your food? Many parts of BC are susceptible to power outages caused by high winds, falling trees, snow and ice storms. These power outages can sometimes last for many hours, even days, especially in rural areas. Knowing how to keep your foods safe during a power outage and knowing if your food is still safe when the power outage is over will help minimize any potential loss of food and reduce the risk of food poisoning to you and your family.

### **Keeping Food Safe in a Power Outage**

Always keep potentially hazardous foods like meat, poultry, fish, dairy products, and eggs refrigerated at 4°C or colder and frozen food at –18°C or colder. This can be hard to do during a power outage so try to keep your refrigerator and freezer doors closed as much as possible to keep the inside cold. A refrigerator will keep food safely cold for about 4 hours if it is not opened. A full freezer will hold the cold temperature for about 48 hours if the door is kept closed, and about 24 hours if it is half full.

If you think the power is going to be off for more than 4 hours, get dry or block ice to keep your refrigerator and freezer as cold as possible. Plan ahead and know where you can buy dry or block ice. If your freezer is not full, keep the foods close together in the freezer. This will help the food stay cold longer.

If you live in an area with snow, do not put food from the refrigerator or freezer into the snow. The outside temperature can vary hour by hour and the temperature outside may not protect refrigerated and frozen food. Frozen food can thaw if it is exposed to the sun even when the temperature is very cold. Refrigerated food may become too warm allowing the pathogens (disease-causing germs) in the food to grow. Also, food stored outside in the snow could be exposed to unclean conditions or to animals. Because animals can harbour pathogens, never eat food that has been touched by an animal. Rather than

putting the food outside, take advantage of the cold temperatures by making ice. Fill buckets, empty milk containers or cans with water and leave them outside to freeze. Then put the home made ice in the refrigerator or freezer.

One other thing, when the power does go out, put a food thermometer in the refrigerator and freezer and keep it there while the power is out. The thermometer will tell you what the temperature is no matter how long the power is out. When the power does come back on, the temperature of the refrigerator and/or freezer will help you determine if the food is safe.

### **Knowing if Your Food is Still Safe**

The power has just come back on. You want to know if your food is still safe. One thing you don't want to do is taste the food to find out if it is safe. Unsafe food may not look, smell or taste bad.

For food in the refrigerator, the general rule of thumb is to discard perishable foods like meat, poultry, fish, eggs, dairy products, and leftovers that have been above 4°C for more than 2 hours. Some foods normally kept in the refrigerator will still be safe. These include foods like raw vegetables and fruit, condiments like ketchup and mustard, peanut butter and jam.

For food in the freezer, as long as the thermometer in the freezer reads 4°C or colder, the food is safe and can be refrozen. Even if the food is partially thawed, as long as the food still has ice crystals on it, or is at 4°C or colder, it can be refrozen safely. Partial thawing and refreezing may lower the quality of some food, but the food will still be safe to eat.

With both the refrigerator and freezer, look to see if any raw meat juices from thawing food may have dripped onto ready-to-eat or already cooked foods. If this has happened, throw away the affected ready-to-eat or already cooked foods.

Happy New Year!!

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



## First Nations Veterans Package

### FACT SHEET

- To better understand and respond to the concerns of First Nations veterans regarding their treatment during and after the wars, the Federal Government established a National Round Table on First Nations Veterans Issues.
- On June 21, 2002, the Government of Canada announced a commitment of \$39 million, including administrative costs, for eligible First Nations Veterans who settled on reserves after the wars and had their benefits administered on reserves.
- This package entitles eligible applicants to receive up to \$20 000 each.
- This amount is tax-free, consistent with other Veterans benefits.

#### Eligibility

1. Any First Nations Veteran with **at least 30 days** of active service in the Canadian Armed forces during:
  - **First World War** (August 4, 1914 to November 11, 1918)
  - **Second World War** (September 3, 1939 to March 31, 1946)
  - **And/or Korean War** (July 2, 1950 to July 27, 1953)

And settled on reserves after the wars and was eligible for demobilization benefits such as re-establishment credits, or financial assistance for training or education, or assistance under the *Veterans Land Act*, or

2. Their surviving spouse (s); or
3. Their estates, where the Veteran or surviving spouse has passed away on or after February 1, 2000 which was the date that the National Round Table process began.

## **First Nations Veterans Project (continued)**

### **Application Process**

- Applications will be made available from Veterans Affairs Canada starting October 15, 2002.
- The deadline for the receipt of applications will be February 15, 2003.
- The Government of Canada will begin issuing cheques as soon as the number of eligible applicants is known.
- Before receiving a cheque, eligible applicants must sign a release against any present or future legal action against the Government of Canada in relation to this matter.
- The Federal Government established separate processes with organizations representing Metis and Non-Status Indian Veterans to determine their post-war experiences.

### **For Information or to Register for an Application Form**

Call 1-800-818-3286 (starting October 3, 2002)

Or write:

Veterans Affairs Canada,  
First Nations Veterans Project  
PO Box 7700  
Charlottetown, PEI C1A 8M9

**Moducare™ is a patented, unique blend of sterols and sterolins involving a highly specialized proprietary process. These special nutrients were discovered by RW Liebenberg, when his relative Oom Koos was dying from prostate cancer. A neighbor offered Koos a traditional brew, known for its healing properties, in order to help him recover.**

**Day by day he grew stronger and eventually recovered from his cancer. This experience began a lifetime of work for RW. He knew he had to find the active ingredient in the brew that resulted in his uncle's miraculous recovery.**

**RW was not a scientist, but he studied chemistry, plants, human physiology and everything he could find on cancer treatments using plants. He enlisted the help of researchers and discovered that the active ingredients were plant fats called sterols and sterolins.**

**It was found that sterols and sterolins occur naturally in fruit, vegetables, seeds and nuts. Sterolins are easily destroyed through processing, freezing and some cooking methods, and without it, the sterol does not have the same immune-enhancing benefits. Liebenberg went on to fund clinical studies at a major university in Cape Town, South Africa under the direction of Professor Patrick Bouic.**

**For over 15 years Professor Bouic has been the leading expert in sterols and sterolins. Moducare™ is created from his research. After more than a decade of clinical research and double-blind studies, Moducare™ has proved to be effective at treating prostate problems, HIV, autoimmune disorders and more. The HIV trial showed that over the five year term of the study, T-cell counts remained stable.**

**Moducare™ became available for sale in South Africa in 1997. Testimonials poured in from people recovering from debilitating illnesses like rheumatoid arthritis. Soon RW decided that sterols and sterolins should be made available in other countries. The product sold in North America is called Moducare™ and is the exact formula used in the clinical trials.**

**Moducare™ is the only formula that offers sterols and sterolins in the correct ratio of 100:1, which has been shown to balance and improve immune system functioning. It is recommended as a daily supplement for immune support.**

**Daily Dosage: As a food supplement, take one capsule 3 times daily or as directed by a health care practitioner. For optimal absorption take one hour before meals, on an empty stomach. Do not take with animal fats (including milk) because they inhibit absorption. Store in a cool dry place. The sterols and sterolins are in a base of rice flour, in a gelatin capsule. Contains NO sugar, acacia, barley, wheat, corn, millet, dairy, lactose, yeast, gluten, artificial sweeteners, artificial colorings, salicylates or preservatives.**



## CBC NEWS: SOME PAINKILLERS NOT SO GOOD FOR BONES: STUDY

**BOSTON**—Some of the most widely used painkillers may delay the healing of bones, according to new research.

The study done on rats indicates some anti-inflammatory may not be so good for injuries; this is especially true for Vioxx and Celebrex, known as NSAIDs or non-steroidal anti-inflammatory drugs. NSAIDs affect two enzymes in the body: one plays a role in causing pain and swelling; the other protects the lining of the stomach.

The findings have prompted the American Academy of Orthopedic Surgeons to alert its members about the study.

Researchers at the University of Medicine and Dentistry in New Jersey gave 253 rats with a broken leg either Vioxx, Celebrex, indomethacin or no drug.

The rats using indomethacin took a week longer to heal than untreated rats. However, rats given Vioxx or Celebrex didn't fully heal until two months and the new bones that formed had a weakened shell.

The findings are published in the most recent issue of the *Journal of Bone and Mineral Research*.

The makers of Vioxx and Celebrex have denied suggestions their drugs may cause major bone problems. But some bone experts say the research is compelling enough that doctors should explain the risk of taking such drugs for bone injuries and spinal surgery.

"It's time to tell the public," says Dr. Thomas Einhorn, orthopedic surgery chair of Boston University. "If it were my fracture...to me every day counts."

Einhorn says he'd take a narcotic over an NSAID. Einhorn is also a paid consultant to Vioxx maker Merck and Celebrex maker Pharmacia Corp.

Doctors have been increasingly recommending NSAIDs after bone surgery or for fracture patients. Vioxx and Celebrex are popular drugs because they are supposed to be easier on the stomach than older NSAIDs.

Celebrex has been under the microscope lately. It is Canada's top selling arthritis drug but recent studies have shown that it's no better than other arthritis drugs in terms of avoiding gastrointestinal side effects.

In light of the recent findings, doctors say patients should discuss the effects of stopping their NSAIDs treatment while their bones are healing.

**WASHINGTON—Taking ecstasy several times a night, a common practice among users of the illegal drug, may damage key neurons in the brain and hasten onset of Parkinson's disease, according to a study in monkeys.**

**Some experts, however, dispute the relevance of the findings. A Stanford University researcher injected squirrel monkeys and baboons with three shots of ecstasy, also known as MDMA, three hours apart, mimicking dosages "often used by MDMA users at all-night dance parties."**

**He said the drug caused enduring damage to dopamine-producing neurons in the brains of the animals. The damage "was still evident two to six weeks later," said Dr. George A. Ricaurte, the lead author of a study appearing this week in the journal Science.**

**Ricaurte said the damage to the dopamine neurons raises a 'clinical concern' about the possibility that use of ecstasy by youthful partygoers may lead to the early onset of Parkinson's disease, a brain disorder triggered by the permanent loss of dopamine-producing nerve cells.**

**"We already know from the literature that brain dopamine declines with age," he said. "A young individual who sustains injury to these dopamine cells and depletes their reserve may be at greater risk of Parkinsonism."**

**A psychiatrist on the New York University School of Medicine faculty said Ricaurte's government-funded research has helped to 'demonize' ecstasy, which she believes could help treat some mental conditions when used with medical supervision.**

**Dr. Julie A. Holland, an NYU associate professor, said earlier studies on humans have failed to show that ecstasy causes permanent damage to dopamine neurons. "It is a big leap to extrapolate what he is seeing in these primates and what you expect to see in Parkinson's syndrome," Holland said in a telephone interview.**

**Dr. Alan I. Leshner, former head of the National Institute on Drug Abuse, however, said the Ricaurte study shows "that even an occasional use of ecstasy can lead to significant damage to brain systems."**

**In the study, the total dosage was six milligrams for every kilogram of the animals' weight. One of five monkeys and one of five baboons used in the study died shortly after receiving the shots. The brains of the surviving animals were examined microscopically and chemically after two to eight weeks. Ricaurte said there was clear evidence that the dopamine-producing neurons in their brains had been "pruned" by the drug.**

**“The reason we see a depletion of dopamine at three to six weeks is because the nerve endings where the dopamine is processed have been destroyed,” said Ricaurte. “All of the markers of dopamine that we could measure were noticeably reduced. “There hasn’t been a single animal that escaped the dopamine (cell) lesions,” he said.**

**The death of 90 to 95 per cent of the brain cells that make dopamine is enough to cause Parkinson’s disease, experts believe. Ricaurte said chemical and anatomical examination showed that 60 to 80 per cent of the dopamine markers in the animals’ brains were reduced weeks after the drug exposure.**

**Ricaurte said the damage was not enough to cause Parkinson’s symptoms, but there is “a clinical concern” that repeated use of ecstasy will diminish the natural reserve of brain cells and lead to early disease. However, he said, it is not known if the damage caused by the drug is repaired over time or if it is permanent.**

**Holland said Ricaurte’s study in monkeys and baboons does not relate to the experience of human recreational users of ecstasy. “The dose that he gave killed 20 per cent of the animals immediately,” said Holland. “Clearly these animals reacted to the drug differently than humans because not one out of five ecstasy users drops dead.” Also, she said the Stanford study injected ecstasy, while most human users take the drug orally. Drugs taken orally are less concentrated in the body than drugs that are injected, said Holland.**

**The NYU psychiatrist said “there is a lot of politics involved” in Ricaurte’s study because the government does not want to allow medical research with ecstasy, even though it has been approved for study by the Food and Drug Administration. “It is because of Ricaurte’s research that the government has been able to demonize ecstasy for so long,” said Holland. “I believe therapeutic MDMA use under medical supervision may be beneficial.”**

**Holland is the author of a book about the recreational use of MDMA. Ricaurte’s research has been funded by the National Institute on Drug Abuse, the agency Leshner once headed. Leshner is now chief executive officer of the American association for the Advancement of Science, the organization that publishes Science, the journal printing Ricaurte’s current study on ecstasy.**

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**This article is from medbroadcast.com, it all seems pretty confusing to me, but I still think that looking for answers and asking questions about drugs that our children, nieces, nephews or grandchildren may be exposed to is important. Kids need to be protected from so much today and information is the only way to stay on top of all the curves that are thrown at them in school with their peers. The internet is a wealth of information literally at your finger tips. If you haven’t tried it yet, give it a try. D. Stirling**

## **PRESS RELEASE: UNION OF B.C. INDIAN CHIEFS**

### **Liberal Government's Aggressive Legislation Rejected by First Nations Preparations Being Made to Challenge Government of Canada**

**(Coast Salish Territory/Vancouver, November 28, 2002) The Union of B.C. Indian Chiefs today released copies of four resolutions\*, which were duly adopted by the Chiefs-in-Assembly at a special national meeting held in Ottawa, by the Assembly of First Nations.**

**Chief Stewart Phillip, President of the Union of B.C. Indian Chiefs' stated;**

**"the vast majority of Chiefs present at the Special Assembly of Chiefs overwhelmingly voted to reject the Prime Minister's so-called 'First Nations' legislation as a flagrant violation of our Inherent Right to Self-Government and Self-Determination as the First Nations of this land. The Prime Minister and his Minister of Indian Affairs, are attempting to convince Canadians that the federally imposed legislation will provide us with the tools to promote self-government and economic self-sufficiency. This is an outright lie! The national legislation, which was developed in isolation primarily by the federal government, so far includes a 'governance act', a 'specific claims act' and a 'fiscal management act', is designed to further entrench the paternalistic relationship originally initiated by the antiquated Indian Act."**

**Chief Phillip added "We gave the Prime Minister until Dec. 10, 2002, to either stop, and withdraw his government's proposed 'suite' of regressive legislation, and develop a true partnership with First Nations based upon a nation-to-nation approach, or we will be forced to begin designing and developing a collective class-action litigation strategy to vigorously challenge the Prime Minister and his government."**

**The Union of B.C. Indian Chiefs is a member of the National Implementation Committee to Protect Treaties and Inherent Rights which will have representation at the upcoming AFN Confederacy of Nations Meeting in Ottawa starting on December 10, 2002.**

**Chief Phillip concluded "The Liberal government's proposed package of First Nation legislation shall do nothing more than trigger a virtual explosion of First Nation litigation."**

#### **FOR MORE INFORMATION CONTACT:**

**Chief Stewart Phillip  
President, UBCIC**

**Cell: (250) 490-5314**

**Batting at balloons with fly swatters seemed like a silly way to build stronger bones, but Geraldine Whittaker is glad she gave it her best shot. "It was fantastic," said the 84-year-old Whittaker, one of about 100 Vancouver-area women who recently completed a six-month exercise program aimed at improving balance.**

**"I took a dim view of some of the exercises at first, then I realized they sure knew what they were talking about," she added. "It wouldn't even have entered my mind that a fly swatter could be a thing of fun and make you feel so good."**

**Earlier research by Karim Kahn, the University of British Columbia doctor overseeing the program, found that moderate exercise increased mobility for seniors. The program concentrated on high-risk individuals: Caucasian women aged 75 to 85 with low bone mass or osteoporosis, many of who had suffered fractures in recent years.**

**Researchers hoped that progressively intense exercise would help reduce the risk of falling for women over 75 with brittle bones.**

**Preliminary results indicate a marked improvement in balance among all the participants—whether they took part in the strength, agility or posture routines.**

**Twice a week the women ventured to the gym at Vancouver's South Slope YWCA for activities ranging from weight training with air pressure machines to walking on foam with their eyes closed.**

**"The big picture is that they reduced their fall risk," said physiotherapist Teresa Liu-Ambrose, who is doing her doctoral thesis on the project.**

**"And if you don't fall, you're not going to fracture your hip."**

**But researchers—and the women themselves—were surprised by an additional benefit: a dramatic boost in confidence.**

**"It just makes the quality of your life that much better," said Whittaker, adding that while there was no miracle cure for her aches and pains, she is more self-assured.**

**"Not in a pushy way, but you just automatically do something that, before, someone would rush and help you do."**

**Fear of falling had kept some of the women from leaving their homes. Others would not even climb on a chair to look for an item in a cupboard.**

Some, like Betty Sullivan, spent years taking showers because they were afraid of slipping in the bathtub. She's been enjoying nightly bubblebaths since building up enough strength to lift herself out of the water.

"I'm really quite agile getting in and out of the bathtub," the 75-year-old grandmother said proudly. "I can open jars now, and my golf is getting really quite good."

Sullivan's husband, who had been worried about her taking the program, changed his mind as he watched what she described as a dramatic turnaround.

"He saw a new me," said Sullivan. "I haven't fallen since this program."

No fractures or serious injuries were induced by the exercise programs. Liu-Ambrose says that suggests recuperation theories for people with brittle bones should be revisited.

Doctors have traditionally ordered bed rest for women with osteoporosis who suffer fractures, along with drugs to help build up their bone mass. But that can actually cause general health to deteriorate.

"I think some physicians undermine the many benefits of exercise for individuals with osteoporosis or low bone mass," said Liu-Ambrose.

"At most, walking is advised. I think these individuals are able to do more than just walking—and it's safe."

Researchers will follow the women for another year to determine how long the benefits last and if they suffer any falls.

Some have already decided to continue with exercise regimes.

Sullivan and Whittaker have both started new fitness classes closer to their homes and say such programs are important to help seniors keep safe.

"They taught me to step up, step down, how to bend—all the things I've been doing wrong forever," said Whittaker.

"You'll keep a lot of people out of the hospital and from breaking limbs if they know what to do."

©The Canadian Press, 2002 This was found at [medbroadcast.com](http://medbroadcast.com) | HEALTH ARTICLE

## 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)

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

1420 C 16th Avenue  
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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

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

**TRADITIONAL HEALING CORNER**

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

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

**PROVERBS:**

A guest sees more in an hour than the host in a year. Polish

Don't empty the water jar until the rain falls. Philippine

He who knows nothing doubts nothing. Italian

If work were good for you, the rich would leave none for the poor. Haitian

If you reveal your secrets to the wind you should not blame the wind for revealing them to the trees. Khalil Gibran

If you suspect a man, don't employ him, and if you employ him, don't suspect him. Chinese

A man is not where he lives, but where he loves. Latin

Observe your enemies, for they first find your faults. Greek

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

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

**COMMUNITY EVENTS**

**Information is still pending  
on the specifics for the  
Elder's Gathering 2003**

**The United Native Nations  
is Hosting next summer's  
Annual Elder's Event  
and will be releasing infor-  
mation as soon as possible.**

**Date and Place  
will hopefully be in the  
February 01, 2003 issue of  
the Elder's Voice.**

**The Hindu Prayer for Peace**

Oh God, lead us from the unreal to the Real. Oh God, lead us from darkness to light. Oh God, lead us from death to immortality. Shanti, Shanti, Shanti unto all. Oh Lord God almighty, may there be peace in celestial regions. May there be peace on earth. May the waters be appeasing. May herbs be wholesome, and may trees and plants bring peace to all. May all beneficent beings bring peace all through the world. May all things be a source of peace to us. And may thy peace itself, bestow peace on all, and may that peace come to me also.

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

("Prayers For Peace" by Joanne Asala)