

Volume 4 Issue 3

March 2003

B.C. ELDER'S COMMUNICATION CENTER SOCIETY



# ELDER'S VOICE

Dear Elders and Elder's Contact People,  
 I have been answering so many toll free calls lately concerning the Gathering that I am going to try and fill everyone in at once right now. There are **NO** registration forms, booth forms, or accommodations information, or the Agenda available from the host the United Native Nations as yet.

As far as I know, the Gathering will still take place Aug. 20, 21, 22, and although you are all accustomed to having the forms available, and the plans well known of what is going to be happening at the Gathering, everyone will have to keep waiting.

The woman who was organizing the event has moved on to an employment position outside of the UNN and they are looking for her replacement. I don't think that it will do anyone any good (especially the UNN's receptionist) to continue calling the UNN until there is a new person planning the Gathering and that person has had time to familiarize themselves with whatever plans might have been made to date.

I think that the UNN needs a chance to regroup where your Annual Gathering is concerned, please look for updates in the Elder's Voice as soon as they are available. **Donna Stirling**

Only 27 Annual Fees have come in so far out of the 60 that are needed to pay the basic expenses from Dec. 2002 to Nov. 2003, please don't let this Elder's need fall through any cracks.

Very Happy Birthday Wishes Are Going Out Today To  
 Louis Claxton and Vernon Harry  
 From The Tsawout First Nation

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## **Easy Bakers Corner—Quick Cherry Dessert—16 servings**

In a large mixing bowl, cream 1 cup of butter or margarine, and 1 1/2 cups of granulated sugar. Add 4 eggs and beat until light and fluffy.

Add 1 tsp. of almond extract. Stir in 2 cups of all-purpose flour and 2 tsp. of baking powder. Mix until smooth.

Butter a 13-by-9-inch cake pan. Turn the mixture into the cake pan. Spoon 1 can (21 oz.) of cherry pie filling (or blueberry if you prefer) into the cake, in 16 evenly spaced spots.

Bake at 350 °F for 45 to 50 minutes or until golden and cake test is done.

The filling will sink into the cake while baking.

To serve cut into 16 servings. Place bottom side up on serving plate. Dust with powdered sugar (if desired). You can also top this tasty dessert with lightly sweetened whipped cream.

**This dessert is great served warm!**

*Handy Tips:* After washing your cashmere sweater you can use a salad spinner to help dry it (because as you know cashmere can take upwards of 12 hours to dry).

Place fabric softeners sheets in each shoe at night to freshen your shoes.

Use denture tablets for stains on white—dissolve 2 tablets in 1 cup of water and soak the stain in it.

## **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.

**OPEN LETTER TO THE DEPARTMENT OF FISHERIES AND OCEANS**

**D. John Davis, Regional Director General  
Department of Fisheries and Oceans Canada,  
Room 450—555 West Hastings Street  
Vancouver, B.C., V6B 5G3**

**HAND DELIVERED on January 31, 2003**

**Re: Impact of Fish Farms on the Salmon Runs of the Broughton Archipelago**

**Dear Dr. Davis:**

**We, the Union of British Columbia Indian Chiefs, demand:**

**That in order to protect, save and conserve the last remnants of the devastated runs of pink salmon which migrate annually through the Broughton Archipelago that (1) the fish farms in the region cease and desist all activities detrimental to the wild pink salmon,\* and which shall contribute to the spread of sea lice to wild juvenile salmon, and that (2) this year, 2003, these fish farms be closed by the last week of February at the very latest until mid-June to allow the wild juvenile fish to pass safely out to sea unhampered by sea lice spread from these same fish farms.**

**We do not want to see a recurrence of the devastating problems with sea lice that have plagued fish farms around the world, including New Brunswick, Norway, Scotland, Ireland and Chile.**

**NOTE THAT this action is legally demanded under Section 35.1 and Section 36.3 of the Fisheries Act, and follows the recommendations of the Department of Fisheries and Ocean's (DFO) own seniors scientists, who found the only plausible cause found for the area's pink salmon collapse is sea lice from the salmon farms. This is the DFO's responsibility, and you will be held responsible for any further harm that comes to these pink salmon runs.**

**NOTE THAT, tragically, these wild runs have collapsed from 3.6 million fish last year to a disastrously low return of just 147,000 this fall.**

**Area 12 Mainland pinks from Kingcome Inlet, Knight Inlet, and Tribune Channel were expected to return in large numbers, up to 5 million, but a commercial fishery held in August 2002 caught only 12 pink salmon.**

**This is an economic and environmental disaster. Every pink run that picked up the sea lice on their way past the salmon farms has crashed by 90% to 100%. And with the crash in salmon populations, reports are coming in of bears thin and starving in the area. With the salmon as one of the backbones of both forest and marine ecosystems, this crash has ominous implications.**

**Yours truly,  
Union of British Columbia Indian Chiefs,  
(Original Signed by Chief Stewart Phillip, President UBCIC)**

# **FOOD SAFETY TIPS**

## **Learning How to Keep Food Safe**

Many times you read about or hear a segment on the radio or TV about a food borne illness outbreak. The name of the restaurant or food processing plant, how many people were sick, and the organism that caused the illnesses are usually the main details reported. But details about what actually went wrong to cause the contamination are rarely reported. So what actually causes most cases of food borne illness? The answer might surprise you – read on!!

### **Causes of Food Borne Illness**

Health Canada estimates there are 2 million cases of food borne illness in Canada each year. Many of these cases are from food prepared and eaten at home. With most cases of food borne illness, the causes of contamination are usually things that people do. No one knowingly does something to make people sick. It is usually done without realizing it.

### **The Problem with Food Borne Illness**

The problem with food borne illness is that it can be much more serious than many people think. When people think of food borne illness, many think of it as nothing more than stomach cramps, nausea, maybe vomiting, and in really bad cases, there might be diarrhea. Unfortunately, this isn't what always happens. This might be the result in most cases, but in some cases of food borne illness, severe complications can develop. The consequences can be permanent, sometimes even causing death.

### **How to Protect from Food Borne Illness**

The best way you can protect yourself and your family from food borne illness is knowing what causes food borne illness. When you know what causes food borne illness, you can then prevent it from happening in your home.

There are many ways you can educate yourself about the causes of food borne illness. Some of these include:

1. Go to your local Health Unit office. They have brochures and Health Files on food borne illness and how it can be prevented.
2. If you have access to the Internet, there are many good food safety web sites. Some of these include:

- a) **A Helping Hand**  
From Alaska, a site about how to prevent botulism in native traditional foods.  
<http://www.phppo.cdc.gov/phtn/botulism/default/default.asp>
  - b) **Canadian Partnership for Consumer Food Safety Education**  
A site to teach consumers about their role in food safety.  
<http://www.canfightbac.org/english/indexe.shtml>
  - c) **Food Protection Services (BCCDC)**  
A site with several publications including Food Safety Guidelines for Food Banks and for Soup Kitchens and food safety related Health Files.  
<http://www.bccdc.org/division.php?item=7>
  - d) **Canadian Food Inspection Agency – Two Sites**
    - i. **Food Facts**  
A site with food safety tips and facts.  
<http://www.inspection.gc.ca/english/corpaffr/foodfacts/fftoce.shtml#causes>
    - ii. **Food Recalls in Canada**  
<http://www.inspection.gc.ca/english/corpaffr/rearapp/recaltoce.shtml>
  - e) **Health Canada – It’s Your Health**  
A site about handling food safely.  
<http://www.hc-sc.gc.ca/english/iyh/index.html>
3. If you sometimes prepare food for large gatherings or events (e.g. the Elders’ Gathering or band meetings), then you may want to take the FOODSAFE course. It is available in many communities and can even be taken through Distance Learning. You can get more information about the FOODSAFE course in your community from your local Health Unit office or from the FOODSAFE website at: <http://www.c2t2.ca/foodsafe/>

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

## LETTER FROM GOD TO WOMEN

- **When I created the heavens and the earth, I spoke them into being.**
- **When I created man, I formed him and breathed life into his nostrils.**
- **But you, woman, I fashioned after I breathed the breath of life into man because your nostrils are too delicate.**
- **I allowed a deep sleep to come over him so I could patiently and perfectly fashion you.**
- **Man was put to sleep so that he could not interfere with the reactivity.**
- **From one bone, I fashioned you. I choose the bone that protects man's life. I chose the rib, which protects his heart and lungs and supports him, as you are meant to do.**
- **Around this one bone, I shaped you...I modeled you. I created you perfectly and beautifully.**
- **Your characteristics are as the rib, strong yet delicate and fragile.**
- **You provide protection for the most delicate organ in man, his heart.**
- **His heart is the center of his being; his lungs hold the breath of life.**
- **The rib cage will allow itself to be broken before it will allow damage to the heart.**
- **Support man as the rib cage supports the body.**
- **You were not taken from his feet, to be under him, now were you taken from his head, to be above him.**
- **You were taken from his side, to stand beside him and be held close to his side.**
- **You are my perfect angel...You are my beautiful little girl.**
- **You have grown to a splendid woman of excellence, and my eyes fill when I see the virtues in your heart.**
- **Your eyes...don't change them.**
- **Your lips — how lovely when they part in prayer. Your nose, so perfect in form.**
- **Your hands so gentle to touch, I've caressed your face in your deepest sleep.**
- **I've held your heart close to mine.**
- **Of all that lives and breathes, you are most like me.**
- **Adam walked with me in the cool of the day, yet he was lonely.**
- **He could not see me or touch me. He could only feel me.**
- **So everything I wanted Adam to share and experience with me, I fashioned in you; my holiness, my strength, my purity, my love, my protection and support.**
- **You are special because you are an extension of me.**
- **Man represents my image, woman my emotions.**
- **Together, you represent the totality of God.**
- **So man...treat woman well. Love her, respect her, for she is fragile.**

**This is for the women in the universe**

February 6, 2003

The Upper Nicola Elders are members of two communities, the Quilchena and the Upper Nicola. We have our meetings every two weeks. We had our third meeting of this New Year yesterday. There were about fifteen present. We do have many more Elders in our communities, Elders who do not attend meetings for reasons we do not know about. I do commend those who make an effort to attend every meeting. It gives each one of us an opportunity to voice our concerns and try to give positive direction to issues that we consider being of importance to us as Elders and members of our communities.

At our meeting yesterday, we discussed topics on home care and Elders Home. The concerns our Elders have are: home care workers have been given new rules to work by, and we are not pleased with these new rules. A home care worker is now required to write out a work report every fifteen minutes while at a client's home. A worker who is concerned about her client's home and well being, has to stop and write a work report, we are wanting to know, who does the report go to? There are many Elders who have no home care at all. No one goes to visit or enquire of their well being.

An Elderly man made a request for a male home care worker, one who can chop wood and pack the wood into his home. We don't have male home care workers, I ask, are there male home care workers out there somewhere looking for employment?

Elders Home: This is a priority one for every Elder from the five Bands of the Nicola Valley. We need an Elders' home, one that is managed and staffed by First Nations.

Another concern: drug and alcohol treatment center. A community based treatment center would benefit our people. Also, there is no follow up counseling for clients who are released from treatment. Meals on wheels is also a major need in our Elders communities.

Child and Family support: We have one support center, which is well established in the Nicola Valley. The Scw'exmx Child and Families services, which is staffed with qualified Aboriginal people. These people help to stabilize our communities in so many ways. They insure the future success of our people in general.

The concerns I have mentioned in this letter are problems felt by all of our people through out British Columbia. As First Nations Elders we do have influence in our communities, let us use this influence in a positive manner to better the living conditions in our communities.

With respect,

Jeanette McMaster, B.C. Elder's Council, Upper Nicola, Okanagan Nation

## PHENOMENON KNOWN AS SUPERHEATING AND MICROWAVES

My 26-year old son decided to have a cup of coffee. He took a cup of water and put it in the microwave to heat it up (something that he had done numerous times before). I am not sure how long he set the timer for, but he told me he wanted to bring the water to a boil. When the timer shut the oven off, he removed the cup from the oven.

As he looked into the cup, he noted that the water was not boiling, but instantly the water in the cup "blew up" into his face. The cup remained intact until he threw it out of his hand but all the water had flown out into his face due to the build up of energy. His whole face is blistered and he has 1st and 2nd degree burns to his face which may leave scarring. He also may have lost partial sight in his left eye.

While at the hospital, the doctor who was attending to him stated that this is a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy such as a wooden stir stick, tea bag, etc. It is however a much safer choice to boil the water in a tea kettle.

### **General Electric's response:**

Thanks for contacting us. I will be happy to assist you. Microwave water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all. The superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

**To prevent this from happening and causing injury, do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds before moving it or adding anything into it.**

### **More information: From the University of New South Wales, Sydney Superheating and microwave ovens. When does it happen?**

The following conditions promote these potentially dangerous events:

Using a container with a very smooth surface (such as an unscratched Pyrex, glass or glazed container).

#### **Heating for too long.**

Quickly adding powder, such as instant coffee (or sometimes even an object to stir it).  
Standing with one's face above the container makes injury more likely.

**How it could be dangerous:** You put water in a new mug (one that has no cracks in the internal glazing and which has never been scoured). You put it in the oven with a setting that is a little too long for the amount of water. While it is heating the phone rings. You return some time later, decide to reheat it, so you restart the oven. You take out the cup and immediately add a spoonful of instant coffee. The water boils vigorously, throwing boiling water over your arm and face.

**How to avoid it:** before putting the water into the oven, insert a **non-metal** object with a surface that is not smooth. (e.g. a wooden stirrer. A wooden skewer or ice cream stick will do.) Use a containers whose surface is at least a little scratched. Do not heat for longer than the recommended time for the quantity of water used. Tap the outside of the container a few times with a solid object while it is still in the oven. Use a long object so that your hand remains outside the oven. (Thus, if vigorously boiling occurs, most of the boiling water will strike the inside of the microwave oven.)

Keep your face well away from the open door and from the container. All these precautions would reduce the chance or extent of superheating and resultant injury. Nevertheless, very hot water is always dangerous and one should always treat it with caution.

**What is superheating?**

In this context superheating means the heating of a liquid to a temperature above its normal boiling point. The superheating state is unstable, and it can very rapidly turn into liquid at the boiling point, plus a substantial quantity of vapor.

**Why is it dangerous?**

If **one liter** of water is superheated by only  $1^{\circ}\text{C}$  (ie if it is heated to  $101^{\circ}\text{C}$  without boiling), it is in an unstable state, and it can suddenly produce about **3 liters** of steam. The rapid production of a substantial quantity of steam within the bulk of the water will cause it to boil vigorously and possibly to appear to explode. The result is boiling water flying at speed out of the container.

**Why does it occur to a greater degree in microwave ovens than in saucepans or kettles?**

In a microwave oven, the water is usually hotter than the container, whereas parts of the kettle or saucepan are usually hotter than the water. Further, the surfaces of some containers used in microwave ovens may be very smooth, almost at a molecular scale, whereas this not true for kettles or saucepans. Microwave ovens heat the water directly: the microwaves pass through the container and the water itself absorbs energy from them. In a kettle or saucepan, the container itself (saucepan) or a heating element (some kettles) is hotter than the water. The hottest points cause a small amount of local superheating, boiling is initiated here, and this then stirs the water.

**Why is it possible to heat water above its boiling temperature?**

Let's talk only about pure water, and only water at or close to atmospheric pressure. At the surface between air and water, or between steam and water, water boils at  $100^{\circ}\text{C}$ . Water boils at  $100^{\circ}\text{C}$  if there is already a bubble of steam (or air) present. But in the absence of bubbles, water can be heated above  $100^{\circ}\text{C}$ . There are two reasons. First, to make a stable bubble, a lot of water molecules in the same small area must form steam. This is improbable. Second, it takes extra energy to form the bubble itself; energy to push the water out of the way, and energy to make the surface between water and steam. Once a bubble forms (a process called nucleation), it is easy to increase its size. So the superheated water nearby evaporates very quickly, producing a large volume of steam.

## **PRESS RELEASE**

### **Aboriginal Activists in the Interior of B.C. Celebrate Victory SECWPEMC ELDERS Found Not Guilty ST'AT'IMC Defender Released From Jail**

**(Kamloops, January 10th, 2003) Aboriginal activists leave the Kamloops court house jubilant: Honorable Madam Justice Lynn Smith found elders Irene Billy and Charlie Willard along with Segwses and George Manuel Jr., not guilty of contempt of court for refusing to leave their land at Skwelkwel'welt. Also present was Lawrence Pascal of the neighboring St'at'imc Nation who was released from the Kamloops Detention Centre where he had been held for 2 months for defending his ancestors land against the construction of Cayoosh Creek Ski Resort. An appeal in his case has been granted.**

**The Secwepemc people, accompanied by leaders and members of fellow Interior Aboriginal nations, are proud of and inspired by the example given by their elders Irene Billy and Charlie Willard and Segwses and George Manuel Jr., on July 23rd, 2001 refused to obey a court injunction sought by Sun Peak to tear down the Skwelkwel'welt Protection Centre. International law considers the forceful removal of indigenous peoples from their traditional genocide. Honorable Madam Justice Lynn Smith found that the Crown had failed to prove the criminal intention of the Secwepemc defenders beyond a reasonable doubt. In paragraph 73 of her judgment she rules: The Crown having failed to prove that the defendants breached the order, I find that these proceedings should be dismissed.**

**Irene Billy, Elder, stated as she left the court: "I always knew we were right, this is our land, we have the right to be here and sun Peaks and the province cannot remove us from it. We love this land and we will continue to protect it."**

**This case sets an important precedent for other cases of Aboriginal people defending their lands around Skwelkwel'welt and Sutikalh.**

**Chief Manuel of the Neskonlith Band stressed: "I am delighted with the court decision, our people are not criminals, they rightfully defend their land and the courts are coming to realize that. It is the government and the companies who refuse to deal with our land rights and human rights in a meaningful way."**

**For More Information, Please Contact: Janice Billy: (250) 318-4290  
To speak to Lawrence Pascal: (250) 319 2084 (Chief Arthur Manuel)**



## How do I know if I have diabetes?

There are several types of diabetes, but type 2 diabetes is the most common among Aboriginal peoples.

You might have type 2 diabetes if:

- ◆ you are often thirsty
- ◆ you go to the bathroom a lot (urinate)
- ◆ you lose weight without knowing why
- ◆ you do not have much energy
- ◆ you can't see well (blurred vision)
- ◆ you get more infections than usual
- ◆ you have cuts and bruises that heal slowly
- ◆ you feel tingling or numbness in your hands or feet.

On the other hand, many people who have type 2 diabetes may not have any of these signs. This is why it is important to be tested regularly for diabetes if you are an Aboriginal adult, or if you have any of the signs listed above.

It is important to know if you have diabetes. The sooner you know, the sooner you can take steps to help you live well with diabetes. People with diabetes can live long, healthy, happy lives.

For more information, or to be tested for diabetes, contact your health care provider.



Aboriginal *Diabetes* Initiative

## **The Teachers of Today...Our Elders**

**I look into your somber eye,  
I see the lines of laughter,  
I see the lines of sadness,  
and I see the eyes of your anger.**

**Following all the traces  
of the maps that are so clearly edged,  
consumed and formed by time.**

**I look into your somber eyes,  
as they change from astonishment, happiness, and sadness,  
as you reflect the times of your life,  
so long ago, and today.**

**I see that your body, aged by time,  
does not, heed you to lessen your day,  
your strength is as before,  
your sharp mind still fresh,  
your thoughts of not yourself but of others.**

**I see you with somber eyes,  
I see you as my mentor,  
I see you and hold you in my heart forever,  
I see you and I respect you,  
You are my Elder, and I am your forever loving student.**

**Thank you for your teachings,  
Thank you for the lessons in life we live,  
Thank you for being there.**

**Poem by Jackie Ketlo—1997  
(niece of B.C. Elder's Council member Emma Baker)**

## **Groups Who Have Thankfully Paid Their Annual Membership Fee for the 3rd Year**

**Fees are necessary to support this Communication Center operating for the Elders  
Fees are \$250 Annually (but are waived for groups who can not afford them)  
Fees cover the period from December 01, 2002 to November 01 2003**

- 1. We Wai Kai First Nation**
- 2. Assembly of First Nations (B.C. Region)**
- 3. Tobacco Plains Indian Band**
- 4. Mamalilikulla Qwe' Qwa' Sot Enox Band**
- 5. Oweekeno Nation**
- 6. McLeod Lake Indian Band**
- 7. Quatsino Band**
- 8. National Aboriginal Women's Association**
- 9. Osoyoos Indian Band**
- 10. Wet'Suwet'en First Nation**
- 11. Xaxli'p (Fountain) Indian Band**
- 12. Carnegie Community Centre**
- 13. Chemainus First Nation**
- 14. Ktunaxa/Kinbasket Tribal Council**
- 15. Lheidli T'enneh Band**
- 16. We Wai Kum First Nation**
- 17. Tsawout Elders**
- 18. Uchucklesaht People's Government With a Territory**
- 19. Prince George Native Friendship Centre Society**
- 20. Kamloops Indian Band**
- 21. Bridge River Indian Band**
- 22. Ts' Kw' aylaxw First Nation**
- 23. Columbia Lake Band**
- 24. TS' LKT (Nuxalk Elders)**
- 25. Tla-o- qui-aht Nation**
- 26. Cowichan Tribe**
- 27. Gitwangak Education Society**

**Support is constantly needed for this long overdue communication center operating for the Elders of B.C. As many in the government don't believe that the Elders are their concern it has made the fees very, very important to the survival of this office.**

**(60 Fees Are Needed Annually To Cover The Office Expenses Alone)**

**Special contributions to also mention are:**

**Canim Lake Band \$50, Ken & Irene Bryson \$25, and West Moberly First Nation \$100**

Dear Elders:

Follows is a list of First Nation Band Offices not currently being reached by the Elder's Voice Newsletter, some are being reached through Friendship Centres, etc. but I would appreciate it if any of you could put me in contact with whoever the proper contact person should be for their Elders. I realize that some of these Bands are very small and that some do not have any Elders, but I would still like them involved for the future when they do have Elders. Thank You, Donna Stirling, Coordinator

- Ashcroft Indian Band
- Cayoose Creek Band
- Cheslatta Indian Band
- Doig River First Nation
- Douglas First Nation
- Esquimalt Nation
- Gitanyow Band Council
- Gitsegukla Indian Band
- Gitwinksihlkw Village Government
- Glen Vowell Indian Band
- Gwawaenuk Tribe
- Hagwilget Village Council
- Hartley Bay Village Council
- Homalco First Nation
- Iskut First Nation
- Kitamaat Village Council
- Lhoosk'uz Dene Government
- Lower Post First Nation
- Lyackson First Nation
- Oregon Jack Creek Band
- Pauquachin First Nation
- Penelakut Indian Band
- Penticton Indian Band
- Prophet River Band
- Red Bluff Indian Band
- Scia'new First Nation
- Semiahmoo First Nation
- Seton Lake Band
- Skin Tyee Band
- Spuzzum First Nation
- Tahltan Indian Band
- Taku River Tlingit First Nation
- Tlatlasikwala Band
- Tl'etinqox-t'in Government Office
- Tlowitis Tribe
- Toosey Indian Band
- Union Bar Indian Band
- Whispering Pines

## 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:  <a href="mailto:bcelderscommcenter@telus.net">bcelderscommcenter@telus.net</a></p>	<p><b>PROVERBS:</b>          Never do anything standing that you can do sitting, or anything sitting that you can do lying down. Chinese          Never give advice unless asked. German          If you want to be respected, you must respect yourself. Spanish</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>He who puts up with insults invites injury. Jewish          He who has health has hope; and he who has hope, has everything. Arab          Eating while seated makes one of large size; eating while standing makes one strong. Hindu          Do not protect yourself by a fence, but rather by your friends. Czech</p>

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

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

**COMMUNITY EVENTS**

**27th Annual  
 B.C. Elder's Gathering  
 August 20, 21, 22 2003  
 The Event Is Being Hosted  
 By  
 The United Native Nations  
 And Will Take Place  
 At the Plaza Of Nations  
 In Downtown Vancouver  
 To Contact The UNN  
 Phone: (604) 688-1821  
 Fax: (604) 688-1823  
 Toll Free: 1-800-555-9756  
 Email: [unn@unns.bc.ca](mailto:unn@unns.bc.ca)**

**The Baha'i Prayer For Peace**

Be generous in prosperity, and thankful in adversity.  
 Be fair in thy judgment, and guarded in thy speech.  
 Be a lamp unto those who walk in darkness, and a home to the stranger.

Be eyes to the blind, and a guiding light unto the feet of the erring.

Be a breath of life to the body of humankind, a dew to the soil of the human heart, and a fruit upon the tree of humility.

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

("Prayers For Peace" by Joanne Asala)

"There is no way to peace, peace is the way." A. Muste