

Volume 5 Issue 6

May 2005



BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

29th Annual BC Elders Gathering Announces their King and Queen

The reigning King and Queen for the 29th Annual Elders Gathering are as follows; Mr. Albert Chingee is the King for 2005 and is from the McLeod Lake Band, and is Sekani and the Queen for 2005 is (his wife) Veronica (Vera) Seymour and she is from Lheidli T'enneh and she is Carrier.

[There will hopefully be forms, etc. in the next issue of this newsletter]

*****Last Reminder about the Elders Transportation (Grant) Program**

You can download the application from the April issue of this newsletter or go directly to their site below and get it there www.bcaafc.com.

The Elders Transportation Program supports Elders who want to share and celebrate Aboriginal culture and oral traditions. Elders traveling to heritage, cultural and educational workshops and conferences can apply for funding toward transportation-related travel costs. Travel within British Columbia for distances greater than 200 kilometres one way may be eligible. Applications are accepted between April 1st and May 15th each year. Please contact the BC Association of Aboriginal Friendship Centres or visit their website for application details. BC Association of Aboriginal Friendship Centres

Email: info@bcaafc.com Website: www.bcaafc.com

Youth Suicide Prevention Walk

Making a Difference, One Step at a Time

Anyone interested in supporting this effort please make cheques payable to:
Youth Suicide Prevention Walk

166 Wakesiah Avenue, Nanaimo, B.C., V9R 3J9, Canada

Or you can make a direct deposit into any BMO/Bank of Montreal
Transit 3820 - Acct. 1010-882

Email Vincent Watts, President: vincentwatts@hotmail.com

Phone: 1-250-716-3346

Web: www.theyouthsuicidepreventionwalk.com

Charity # 86211-0210-RR0001

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AND BC Elders Gathering Info Corner

Easy Bakers Corner – Tangy Citrus Loaf Cake and Glaze

Combine 1 cup granulated sugar, 1/2 cup low fat milk, 6 Tbsp. of butter, softened and 2 eggs. Mix well and then blend in 1 1/2 cups all-purpose flour and 1 tsp. of baking powder. Add the Zest of 1 lemon, 1 orange and 1 lime, finely grated (Zest is the grated rind).

Pour batter into a greased and floured 9-by-5-inch loaf pan. Bake at 350°F for 50 to 60 minutes, or until a tester inserted in center comes out clean. Let cool slightly, then remove from pan. Set cake on a piece of foil. Prick top of cake with a fork.

Mix together 1/2 cup plus 1 Tbsp. granulated sugar, 2 Tbsp. lemon juice, 2 Tbsp. orange juice and 1 Tbsp. of lime juice in a small saucepan. Cook and stir over **low heat** until sugar dissolves. Cook until slightly thickened. Pour Citrus glaze over the top of the cake. Garnish with fresh lemon, orange and lime slices. Serve warm or at room temperature.

Handy Tips: Steel wool pads won't get rusty if you throw them in a plastic bag and store in the freezer. Spray vegetable oil on a grater before use for a fast cleanup. Use baking soda to remove coffee and tea stains from plastic cups and dishes.

To get rid of the gunky buildup in the bottom of a vase add a few drops of automatic dishwasher detergent and fill with hot water. Soak overnight, then rinse.

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.

Donna Stirling

'PRESERVING THE PAST'

New Elder's Website: www.bcelders.com

The *First Ever* Elder's Website "Preserving the Past" is now online (Sept. 2002). Future registration 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 as soon as they are made available from each new host community.

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

Comments? Please feel free to call in to the Communication Center - contact info is on the back page

Disclaimer:

Health articles, etc. are provided as a courtesy and neither the BC Elders Communication Center Society's Board/Members or anyone working on its behalf mean this information to be used to replace your doctor's and other professional's advice. You should contact your family physician or health care worker for all health care matters. Information is provided in the Elders Voice for your reference only. And opinions contained in this publication are not those of Donna Stirling, Coordinator unless her name appears below the material.

**5th Year Support Fees
For the BC Elders Communication
Center Society
Covering Dec. 01 04 to Nov. 01 05**

Annual Support fees are \$250 and all Aboriginal offices/groups/bands and centres are asked to pay the fee each year, *however the fee is waived for any Elders Group it presents a problem for* - as it has always been more important that all Elders are included regardless of finances - but this does also makes paying the operating expenses each month very difficult.

These 43 fees are a good start but much more is needed to cover expenses so that this office may grow. This effort for the Elders does not have an operating budget or paid staff so please ask your Councils and Chiefs if they can stretch their budgets to include \$250 a year to keep this operating for the provincial Elders.

The next INVOICES go out Oct. 1st - so if you cannot help now, please see if you can then.

Contact: Donna Stirling, Coordinator
BC Elders Communication Center Society
More info is available at www.bcelders.com
or Email Donna at:
bcelderscommcenter@telus.net
P: 1-250-286-9977 **or** Fax: 1-250-286-4809
or Toll Free (for elders): 1-877-738-7288

Gratitude is extended today to the following First Nations offices for their financial support of this Communication Center for Aboriginal Elder; your contributions are truly appreciated as without your support we could not have accomplished anything, so thank you all very, very much.

GRATITUDE LIST

1. Wewaikai First Nation
2. Wet'suwet'en First Nation
3. Snuneymuxw First Nation
4. Penticton Indian Band
5. Qualicum First Nation Council
6. Hailika'as Heiltsuk Health Centre
7. Port Alberni Friendship Centre
8. Quatsino Band
9. Weiwaikum First Nation
10. Cook's Ferry Indian Band
11. Bridge River Indian Band
12. Westbank Klux-Klux-Hu-Up Cultural Society
13. Akisqnuq First Nation
14. Mamalilikulla-Qwe'Qwa'Sot'Em Band
15. McLeod Lake Indian Band
16. Assembly of First Nations (BC Region)
17. Katzie First Nation
18. North Thompson First Nation
19. Xaxli'p First Nation
20. Doig River First Nation
21. Wuikinuxv Nation
22. Soowahlie Indian Band
23. T'it'q'et Elders
24. Tseycum First Nation
25. Seabird Island Indian Band
26. Sumas First Nation
27. Osoyoos Indian Band
28. Tobacco Plains Indian Band
29. Lower Nicola Indian Band
30. Kamloops Indian Band
31. Splantsin Child Care Society
32. Ka:'Yu:'k't'h'/Che:k'tles7et'h Nation
33. Gwa'sala-'Nakwaxda'xw Nation
34. Ts'kw'aylaxw First Nation
35. Union of BC Indian Chiefs
36. Lheidli T'enneh Band
37. Adams Lake Indian Band
38. Comox Indian Band
39. Kwikwetlem First Nation
40. West Moberly First Nations
41. Tsleil-Waututh Nation
42. Tsewultun Heath Centre
43. Ktunaxa/Kinbasket Tribal Council

White Feathers Family Centre (\$50)
Urban Native Indian Education Society (\$50)

Dear Elders,

Even though this article is from 2001 I believe that it is still relevant today with another Provincial Election upon us on May 17th 2005, we need to all make sure that our family members get out there and vote, we all need to participate in these elections. Sincerely, Donna Stirling

Sparse Native Turnout Targeted, by Susan Danard, Times Colonist Staff

Times Colonist (Victoria), Page A01, 20-April-2001

It's Pat Burns' job to turn the "invisible" into a powerful voting force.

As aboriginal liaison officer with Elections BC, Burns is taking part in an unprecedented effort to get native people to the polling stations on May 16.

"Get out there and vote," Burns urges native voters. "Make your voice heard. Otherwise, you seem invisible."

The overall voter participation rate in provincial elections in BC is about 70%, but native leaders estimate that fewer than 20% of aboriginal voters turn out to vote.

The First Nations Summit and the United Native Nations Society hope to improve that turnout by joining forces with Elections BC to launch a massive outreach campaign encompassing the most far-flung reserves.

If successful, native people might even be able to sway the vote in a handful of northern BC ridings.

"We don't have the population to make the final decision, but we certainly have enough people to make an influence," said Bill Wilson, a leader of the First Nations Summit.

Aboriginal people make up about 5% of BC's population of four million. The Summit estimates there are about 75,000 native people who are old enough to vote.

"I think they think why bother (voting) because their numbers are so small, and I think they think no one wants to hear them," said Burns, a member of the Ontario-based Sheshegwaning Band.

Geography poses a problem for some insolated BC bands, whose members have had to travel by boat or plane to reach polling stations in the past. A lack of literacy and education inhibits some native people's understanding of the electoral process.

But perhaps the greatest deterrent to voting is the weight of history. For much of the past century, native people were denied the right to vote.

Aboriginal people weren't allowed to participate in provincial elections until 1949 and didn't win the right to vote federally until 1960.

People who enlisted in the Canadian Armed Forces during the Second World War were given the full rights of Canadian citizenship, including enfranchisement, but they had to surrender their Indian status, said Wilson.

Today, native people still aren't accustomed to voting, and "even younger more informed people have the idea that if you vote, you're violating your Indian status," Wilson said.

When people question why they should vote, Wilson tells them he doesn't have a lot of respect for the white man's political system, "but the reality is it has a lot of control over our lives, so we should have a say in it."

One unintentional benefit of the high-profile debate on treaty negotiations is that it may motivate more native people to vote in this election.

"(Liberal Leader Gordon) Campbell's advisers have given us an organizing tool -- a real reason to get on out and vote," said Wilson, referring to the Liberal party's controversial proposals to hold referendums on treaty principles.

There are a couple of key ridings where the concentration of native voters is high enough to have an impact, Wilson added.

In the North Coast riding, about 38% of the population is native. In Bulkley Valley-Stikine, it's 22%. And former First Nations Summit leader Ed John, who was appointed a cabinet minister last fall, is expected to attract native voters in Prince George-Omineca.

Jobs, the economy, and health care top the issues of concern to native people, just like everyone else.

NDP support is not a given, Wilson adds. "Aboriginal people are as diverse as non-aboriginal people when it comes to politics."

Elections BC, which is strictly non-partisan, is doing its part to get more native people to the polls by installing more than 30 voting sites on reserves.

People who live in remote areas and who can't travel to a voting place can vote by mail. Native people living on the street with no fixed address will be encouraged to vote.

"If they live under the Johnson Street bridge, they just have to sign an oath saying which end of the bridge they live under," Burns said.

Burns is contacting 197 band offices, 27 native friendship centres, 38 tribal councils and 1,800 Indian reserves, tracking down bands with as few as 34 members.

Each group is given an information kit that explains the electoral process and where and how to register to vote.

Elections BC is also encouraging aboriginal people to apply for jobs such as registration clerks and voting officers to ensure native people feel comfortable seeing those of their own culture working within the system.

The long-term goal is "having some native people sitting in the legislature," said Burns, the mother of two sons, one old enough to vote for the first time provincially. "That would really encourage the youth in particular. We're doing it for them."

Earwax Is Usually Not A Problem

DEAR DR. PAUL: My son tends to have a lot of wax in his ears. Is this dangerous? Will it cause ear infections? How can I remove the wax from his ears?

PEDIATRICIAN DR. PAUL Answers: Wax is part of the ear's natural protection or defense against germs and other particles. The only way to determine presence of earwax buildup is by a doctor examining the ear with an otoscope. Practically speaking, the main difficulty is that the wax can completely cover the eardrum. When a doctor examines the ear he/she cannot see the eardrum and therefore cannot determine if there is an infection or other problem.

Contrary to popular belief, wax build up does not cause ear infections or any other serious problems. In very rare cases, the wax can build up so much that it can actually block hearing. This can easily be corrected by cleaning out the wax. Some children tend to have more earwax than others and we really don't know why. Certain families tend to produce more earwax and others tend to produce less. Similarly, there are also families that tend to make harder, thicker wax while others produce thinner, more liquidly earwax

How can earwax be cleaned out? Parents sometimes get overzealous in trying to clean a child's ear but the first thing that I tell them is that Q-tips or any other long objects **should not be inserted into a child's ear**. This can potentially damage or put hole in the eardrum. When bathing a young child, gently washing around the outside of the ear with a wet washcloth is enough. If a child tends to have a lot of wax, placing a few drops of mineral or baby oil in the ear and covering it with a cotton plug overnight may help. Doing this once or twice will usually do the trick. Parents often ask me about commercially available drops called cerumenolytic agents that are designed to melt or break down the wax. I do not recommend these because they tend to irritate the ear canal.

Sometimes the wax cannot be fully removed by the above approach, in which case it should be removed by a physician or qualified nurse. One technique, is syringing the ear. As the child is lying down, a syringe, full of warm water, is gently inserted into the ear and the water is flushed into the canal removing or washing out the wax. This may take a few tries before the wax is fully removed.

The other approach is curetting, when a thin instrument called a curette, held like a pencil, is used to directly remove or literally "pick out" the wax; Under direct visualization with a light, the doctor gently removes the wax using the curette. Generally these techniques are not painful but obviously will be more difficult to perform in younger children. If the wax is very hard however, sometimes the parents will be asked to go put apply oil or hydrogen peroxide drops before hand in order to soften the wax, making it easier to remove.

Keeping a Healthy Smile - Prevention of gum and tooth problems Healthnewsletter@medbroadcast.com

For your mouth as for your car, it makes good sense to do some maintenance on a regular basis rather than let a problem grow out of hand from neglect. Follow the Canadian Dental Association's Five-Point Prevention Plan to keep youth teeth and gums healthy.

Five-Point Prevention Plan

1. **Brush your teeth carefully at least once every 24 hours.** It takes about 2.5 to 3 minutes to do the job right.
2. **Floss your teeth daily.** Flossing cleans those areas your toothbrush simply can't reach between the teeth and under the gumline.
3. **Eat, drink, but be wary.** Eat a well-balanced diet! Avoid sweet foods and drinks especially between meals. And please don't smoke. Smoking can promote serious dental problems like gum disease and oral cancer.
4. **Check your gums.** Check regularly for these signs of gum disease, the leading cause of adult tooth loss: red, puffy or tender gums; gums that bleed even slightly when you brush or floss; persistent bad breath. See your dentist if any occur.
5. **Don't wait until it hurts.** See your dentist for preventive checkups and professional cleanings. Regular visits are the best way to prevent trouble and unnecessary expense.

News Release - For Immediate Release April 6, 2005

Dakelh Territory, Nadleh, B.C. – Four Carrier Sekani Chiefs promise to campaign against the Liberals in the upcoming provincial election, if Gordon Campbell's liberal government continues to award forest licenses without consulting and accommodating their First Nations.

Chief Patrick Michell says that the potential award of the massive 14 million m3 Forest License to Ainsworth Lumber Limited looks like a done deal. Yet, government has not consulted impacted First Nations, despite receiving a Carrier Sekani Tribal Council request faxed on February 28, 2005.

The Non Replaceable Forest License (A76217) award, which is conservatively worth \$1 billion in today's market, is a fifteen-year forest license, which will harvest timber located in the core territories of the Nadleh, Nak'azdli, Saik'uz, and Stelat'en First Nations.

"If the government awards this forest license before we negotiate an Impact Benefits Agreement, then we have no choice but to respond and make this a campaign issue in the upcoming provincial election." said Stelat'en Chief Patrick Michell.

"An award without consultation compromises the honour of the Crown, and such an award requires us to raise this issue with the Premier," said Saik'uz Chief Colleen Erickson.

"It is not beyond us to lobby against B.C.'s disregard for our rights at the Organization of American States, and to lobby against B.C. in the international marketplace," said Nadleh Chief Larry Nooski.

Recent Supreme Court of Canada decisions in Haida and Taku say the Crown has a legal duty to consult and accommodate Aboriginal interests. The decisions also say that First Nations do not have to prove title before consultation and accommodation occurs; that the Crown has a legal duty to consult and accommodate First Nations when there is knowledge of Aboriginal rights and title; that the Duty to consult and accommodate rests solely with the Crown; and, that industry still has a legal liability if the Crown does not adequately consult.

For more information contact:

Chief Patrick Michell 612 9443

Chief Larry Nooski 250 690 7211

Chief Colleen Erickson 250 567 9293

Chief Leonard Thomas 250 996 7171

Tribal Chief Harry Pierre 250 562 6279

Email in to pass on Elders:

It is interesting that the federal government provides a single refugee with a monthly allowance of \$1,890 and each can also get an additional \$580 in social assistance for a total of \$2,470.

This compares very well to a single pensioner who after contributing to the growth and development of Canada for 40 to 50 years can only receive a monthly maximum of \$1,012 in old age pension and Guaranteed Income Supplement.

Maybe our pensioners should apply as refugees! Lets send this to all Canadians, so we can all be ticked off and maybe we can get the refugees cut back to \$1,012.00 and the pensioners up to \$2,470 and enjoy some of the money we were forced to submit to the Government over the last 40 or 50 years. Please forward to every Canadian to expose what our elected politicians are doing to the over taxed Canadian.

Coast Inn of the North
770 Brunswick Street
(250) 563-0121
1-800-663-1144
Fax: (250) 563-1948
½ block away

Days Inn
600 Quebec Street
(250) 562-7072
1-800-292-8333 (BC)
Fax: (250) 562-1768
½ block away

Best Western Motel
910 Victoria Street
(250) 563-1267
1-800-663-1144
Fax: (250) 563-9904
1 block away

Gold Cap Motor Inn
1458 7th Avenue
(250) 563-0666
1-800-663-8239 (BC)
Fax: (250) 563-5775
1 block away

Ramada Hotel
444 George Street
(250) 563-0055
1-800-830-8833
Fax: (250) 563-604
2 blocks away

Connaught Motor Inn
1550 Victoria Street
(250) 562-4441
(phone/fax)
1-800-663-6620
2 blocks away

Economy Inn
1915 Third Avenue
(250) 563-7106
1-888-566-6333
Fax: (250) 561-7216
1.1 km away

Anco Motel
1630 Central Street
(250) 563-3671
1-800-663-3290
(250) 563-7594
2.3 kms away

Camelot Court Motel
1600 Central Street
(250) 563-0661
(phone/fax)
1-800-668-3361
2.3 kms away

Sandman Inn
1650 E Central Street
(250) 563-8131
1-800-726-3626
(250) 563-8613
2.4 kms away

Esther's Inn
1151 Commercial Dr.
1-800-663-6844
(Canada and US)
Fax: (250) 563-0661
2.5 kms away

Gramma's Inn
901 Central Street
(250) 563-7174
1-877-563-7174
Fax: (250) 563-7147
2.5 kms away

Treasure Cove Casino and Hotel
Corner Hwy 16 & 97
(250) 614-9111
Fax: (250) 564-7079
3 kms away

Hwy 97 Motor Inn
2713 Spruce Street
(250) 562-6010
Fax: (250) 562-3689
3.4 kms away

Carmel Motor Inn
1502 Highway 97 S
(250) 564-6339

1-800-665-4484
Fax: (250) 562-0597
6.5 kms away

Bon Voyage Motor Inn
4222 Hwy 16 West
(250) 964-2333
1-888-611-3872
Fax: (250) 964-0333
8 kms away

North Country Inn
2645 Burrard
Vanderhoof, BC
(250) 567-3047
100 kms (1 hour)

Hillview Motel
East Highway 16
Vanderhoof, BC
(250) 567-4468
Fax: (250) 567-9515
100 kms (1 hour)

Grand Trunk Inn
2531 Church Street
Vanderhoof, BC
(250) 567-3188
1-877-567-3188
Fax: (250) 567-3056
100 kms (1 hour)

Talisman Inn
Front Street
Quesnel, BC
(800) 663-8090
120 kms (1.5 hours)

Sandman Inn
940 Chew Avenue
North Quesnel, BC
(250) 747-3511
1-800-SANDMAN
Fax: (250) 747-0110
120 kms (1.5 hours)

EconoLodge
176 Davie
Quesnel, BC

(250) 992-2187
1-800-663-1585
Fax: (250) 992-1208
120 kms (1.5 hours)

Billy Barker Casino Hotel
308 McLean Street
Quesnel, BC
(250) 992-5533
Fax: (250) 992-1103
120 kms (1.5 hours)

Cariboo Hotel
254 Front Street
Quesnel, BC
(250) 992-2333
1-800-665-3200
120 kms (1.5 hours)

Best Western Tower Inn
500 Reid Street
Quesnel, BC
(250) 992-2201
120 kms (1.5 hours)

Ramada
383 St. Laurent
Quesnel, BC
(250) 992-5575
Fax: (250) 992-2254
120 kms (1.5 hours)

Bed & Breakfast Association: (250) 561-2337

Bed & Breakfast Hotline: 1-888-266-5555, Fax: (250) 563-2632

29th Elders Gathering
Oct. 4, 5, 6, 2005 at
the Prince George
Civic Centre – This
info is from their site
and forwarded by the
BC Elders
Communication
Center Society

Summer School on *Building* Community

Wed-Sat June 15-18, 2005

**Join us for this unique learning
and networking opportunity**

All are invited!

- Staff and volunteers of nonprofits • government
- students • youth • business • aboriginal groups
- community organizers • faith organizations
- community groups • concerned citizens



Workshops, June 16 - 18

Over 40 workshops in the following streams:

- ✓ Building the Social Economy
- ✓ Working Together
- ✓ Reaching Out
- ✓ Art and Social Transformation
- ✓ Cultivating Leadership

Social Economy Forum, June 15

Explore how we can strengthen the Social Economy in BC!

- ✓ Appreciate the true value of our work and explore how to do it better.
- ✓ Discover the power of "networking the networks" for creating a vibrant Social Economy

PLUS! Additional Program Activities

Community Building Stories - Wed eve
Film and Conversation - Thurs eve
Dinner and Celebration! - Friday eve

For More Information, contact:

Mali Bain
604-323-5981, ext. 2
mbain@langara.bc.ca

Renewal • Learning • Celebration

Langara College Continuing Studies in collaboration with:

- Voluntary Organizations Consortium of BC • Community Arts Council of Vancouver
- VanCity Community Foundation • Self-Help Resource Association of BC
- BC Co-operative Association • United Community Services Co-op • YMCA of Greater Vancouver



Port Alberni Friendship Center
Application Form – Music & Arts Festival
June 17, 18 & 19, 2005

Artist Information (please print or type)

Name	
Address	
City	
Postal Code	
Telephone (home)	
Telephone (business)	
Fax	
E-Mail	

Display Information

Number of Art Pieces	
Price Range of Art Pieces	
# of tables required	
Size of tables required	

- If entry fee is paid **before May 1, 2005** the cost of a table will be **\$60.00 for 3 days**.
- If entry fee is paid after May 1, 2005 the cost of a table will be \$100.00 for 3 days.

Festival Information

Festival hours:	
• Friday, June 17	9 am to 9 pm
• Saturday, June 18	9 am to 4 pm
• Sunday, June 19	9 am to 3 pm
For further information please contact: Gord Fuller, Bonnie Laslo or Joanne Touchie at 250 723-8281	

Please make checks payable to:

Port Alberni Friendship Center
3555 4th Avenue
Port Alberni, BC V9Y 4H3

Living will lets family know health-care wishes in case of incapacitation

Provided by: Canadian Press

Written by: SHERYL UBELACKER

TORONTO (CP) - The legal and media circus swirling around Terri Schiavo over removal of the brain-damaged Florida woman's feeding tube has many Canadians wondering how to ensure their own treatment wishes would be respected.

"I can't tell you how many people are calling us," said Kathy St. John of the group Dying With Dignity, which saw phone calls and e-mails jump to 50 a day early this week in response to the Schiavo case, compared to the usual three or four.

"People are calling and the first question is: 'Oh, my goodness, I know about a living will, I've wanted to fill one out. How do I do that?' " said St. John, executive director of the 3,800-member national organization dedicated to improving the quality of dying and expanding end-of-life choices.

A living will, or health-care directive, is a kind of blueprint that spells out the medical care a person would want under certain circumstances, such as traffic injuries, coma or stroke. Those instructions are carried out by a person who's been granted a power of attorney for personal care.

"It allows you to set out your wishes regarding refusal or consent to specific treatment and personal care," St. John said Wednesday in Toronto. "It's a form that your power of attorney can use to articulate your wishes if you become unable to do so."

While the names of these documents vary across the country, all provinces have provisions for granting a power of attorney for personal care, she said. "And that person, if there is a living will, has to abide by the wishes in the living will."

Advance-directive, or living-will, forms can be obtained from stationery and office supply stores. Dying With Dignity also provides one to members, but non-members can buy one for \$15. The group's form calls for the signatures of two witnesses to conform to some provinces' requirements.

But in Ontario, for instance, there are no formal requirements for a living will, said Corina Weigl, a partner in the Toronto law firm Fasken Martineau DuMoulin.

"You could simply craft a document that expresses your wishes and sign it," said Weigl, adding that a living will can be incorporated into a power of attorney for personal care or be a separate stand-alone document.

"Everybody should have one of these," she said, suggesting that a copy should also be given to the family doctor.

Under Ontario laws, if a person has previously expressed views on medical care, family members are obligated to follow those oral wishes. But if that person is incapacitated, who's to know and hold family members to account?

"That's exactly the problem," said Weigl, citing the case of Schiavo, who suffered brain damage in 1990 when her heart stopped briefly. Her husband, Michael Schiavo, insists his wife told him she would never want to be kept alive artificially. Her parents, Bob and Mary Schindler, have been battling their son-in-law to keep her on a feeding tube.

"Even if you haven't given the authority (for power of attorney), you should document your medical wishes somewhere. . . . Or you should at least have these discussions with family members - with your spouse and your parents - so that everybody's on the same page about what your views are."

Many people put off getting a living will, often because they shy away from thinking about death or being left helpless by a car accident or illness, said Weigl. Discussions with relatives may be avoided because of fears they will get upset or start a debate over the person's desires.

"But it is important to have that conversation regardless of whether you have agreement across the board," said St. John, "because you really don't want to have to get into a situation where you can't articulate your wishes and your family is fighting over your care."

"They will remember that, 'Oh yes, we did have that conversation and here it is written down in the living will.'"

From Menshealth@medbroadcast.com

Dear Elders, Following are recent staff appointments for VoicePrint Canada;

Can you include the following staff appointments in your next newsletter? Thanks.

VoicePrint Canada has appointed **Debra McLaughlin** as Managing Director of The National Broadcast Reading Service Inc. (NBRS), responsible for overall operation of VoicePrint Canada and AudioVision Canada.

Debra's background includes working in a consulting capacity for many of Canada's largest broadcast companies and associations.

Vanessa Carlisle has been appointed Program Manager for **VoicePrint Canada**, responsible for developing and supervising national, regional, local and website content of VoicePrint Canada.

Vanessa has been working as Acting Program Manager since February 21st, 2005.

VoicePrint is a news service for 'print-restricted' Canadians. Since 1990, we've produced award winning programming that replicates stories from local newspapers as audio, specifically for people who can't read due to blindness, macular degeneration or other conditions.

We are heard on the SAP (secondary audio program) of CBC NewsWorld and on channels of StarChoice, Look TV and XpressVu. Our website features streaming audio and an archive of our productions.

Best regards,

John Harris
Regional Coordinator
VoicePrint Canada
1-604-677-0677
www.voiceprintcanada.com

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The National Broadcast Reading Service
150 Laird Drive Annex,
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Call Toll Free: 1-800-567-6755

Smoking Raises Breast, Kidney Cancer Risks

(MediResource) -- The link between lighting up and a number of cancers, including lung, mouth and throat, has long been established. But two new studies support the link between smoking and breast cancer in some women and smoking and kidney cancer in men and women.

A team of researchers reviewed 24 studies dating as far back as the 1960s, and determined that smokers (and even former smokers) on average faced a 38% greater risk of developing kidney cancer than people who had never smoked. But exactly how great that risk is depends on whether you're a man or woman, how much you smoke and, if you've already quit, how long it's been since you butted out.

For male smokers, the risk of developing kidney cancer was 54% higher than for people who had never smoked, while for females it was 22% higher, according to the study, which was published in the March 10th issue of the International Journal of Cancer.

And the more people smoke, the more their risk goes up. For example, men who smoke fewer than 10 cigarettes per day had a 60% higher risk, while men who smoke more than 21 cigarettes per day, equivalent to nearly a pack a day or more, had more than 100% greater risk. For the heaviest female smokers, the risk was 58% higher than in people who had never smoked.

And just because the study found an increased risk in former smokers compared to people who had never smoked, it doesn't mean there's no benefit to quitting - and quitting now.

Researchers found a greater reduction in kidney cancer risk among people who stopped smoking more than 10 years ago than among people who stomped out the habit within the last one to 10 years.

Meanwhile, a second study out of Japan, which appears in the March 20th issue of the International Journal of Cancer, suggests that cigarette smoke, whether first or secondhand, is associated with an increased risk of breast cancer in premenopausal women.

Investigators at the National Cancer Centre in Tokyo, Japan, included nearly 22,000 women between the ages of 40 and 59 in their research, and found that premenopausal women who smoke or used to smoke had nearly three times the risk of developing breast cancer.

Premenopausal women who had never smoked but who were exposed to secondhand smoke had almost the same increase – 2.6 times the risk – compared to women who never smoked. But an increased risk of breast cancer was not found among postmenopausal women who smoke, who used to smoke or who were exposed to secondhand smoke.

These latest studies underscore the importance of quitting smoking. So if you light up, talk to your doctor about strategies for butting out, including medication, support groups and counseling.

Provided by: MediResource

"Senior moments" may be a sign of epilepsy

Provided by: MediResource

Written by: MediResource

They're often called "senior moments" - memory lapses, periods of zoning out and other temporary moments of confusion. But experts warn that these seemingly harmless incidents may actually be a sign of epilepsy.

Epilepsy is a brain disorder that is characterized by the sudden onset of seizures. In Canada, some 15,500 new cases are diagnosed each year, mostly in children and in adults over the age of 65.

Most people associate epilepsy with convulsions, which are periods of intense electrical activity in the brain that causes the body to jerk and spasm and the person to lose consciousness. These types of convulsions are called tonic-clonic or grand mal seizures and account for only 20% of all seizures.

But experts at the U.S. National Council on Aging warned this month that often epilepsy goes undetected in seniors.

"Epilepsy is one of the most often misdiagnosed, mistreated, or undertreated conditions affecting seniors," said James Firman, president and CEO of the council. "We believe seniors, their families and their caregivers need to be more aware of the growing prevalence of epilepsy in this age group so they can discuss telltale symptoms with their physicians."

At a press conference, Dr. Eugene Ramsay, director of the International Center for Epilepsy at the University of Miami School of Medicine, told reporters not all forgetfulness is a sign of something unusual, but that episodes that last for more than a few minutes or that cause seniors to lose track of where they are could indicate epilepsy.

"That's not just lapse of memory," he said. "There may actually be more to it than just that."

The onset of epilepsy can usually be traced to a brain injury or other trauma, such as a stroke. Ramsay also noted that hardening of arteries can restrict the flow of blood to the brain, also promoting epilepsy.

Epilepsy can be diagnosed through a series of tests, including a neurological examination; an electroencephalogram (or EEG), which records electrical activity in the brain; or a CT scan or MRI, which can reveal abnormalities in brain structure.

Diagnosis and treatment are important in order to prevent seizures serious enough to cause physical injuries or lapses of awareness at particularly dangerous times, such as while driving.

In children, seizures are typically controlled using older anti-epileptic medications. But Ramsay noted that many of these drugs may have side effects and interactions with other medications used by many seniors.

Ramsay is currently conducting a two-year study comparing two anti-epileptic medications and their safety for use by the elderly.

ANNUAL BC ELDERS RAFFLE
Note: New Dates: May 15th - September 15th 2005

This Raffle will not only be advertised on the Elders Website www.bcelders.com it will also be featured in the monthly issues of the Elders Voice Newsletter, which now reaches all aboriginal communities in BC.

The Annual Raffle will run from May 15th 2005 to the Draw Date: Sept. 15th 2005 and groups/artists are asked to please provide a prize to this office by April 15th so that it may be photographed for the website. The photo of each of the donated items will be displayed on the website www.bcelders.com alongside each Artist's contact info and short biography (where available) or groups may place info about your Elder's Group beside the prize. And, notification of the Elders Website and BC Elders Raffle will also go out to as many galleries, museums, and Corporate Sponsors as possible each year.

First Nations Artist support a great many fundraising efforts and the Internet and the Elders Voice will be an effective way for us to acknowledge each Artists contribution to the Elders and will hopefully garner even more recognition for the artworks that they have to offer.

Profits from this Annual Provincial Elders Art Raffle will be divided equally 2 - ways:

1. An 'Elder's Group Draw' - with one winning group receiving 1/2 of the raffle profits to help send their group to the Gathering. (When this raffle gets more successful there can be more than one group draw but for this year there will be only one group's name drawn).

The Elders have only one program to apply to each year for assistance (The Elders Transportation Program) which is a \$25,000 program that you can apply to for up to \$1000, but the catch is there are a lot more groups in need than the \$25,000 can help and after *All* of these years, no one in the Government has ever saw fit to increased it for them. And, with the Elder's growing population and rising costs, it is proving to be a greater struggle for the Elders just to fundraise to *attend* their most important cultural event each year so the idea for this Elders Raffle was born.

2. The other 1/2 of the Draw's profits will be used for office expenses for this communication center to operate for the Elders in this province (BC).

If you can help out then I know that we could accomplish great things, there is no reason why funds for the elders can't be raised with just a little bit of help from everybody in our aboriginal communities.

Sincerely,

Donna Stirling, Coordinator

BC Elders Communication Center Society

1420 C 16th Avenue, Campbell River, BC V9W 2E3

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**'ELDERS VOICE' ISSUES
ARE SENT OUT TO
COMMUNITIES BY THE
1st OF EACH MONTH.
If your area's copy is not re-
ceived in a timely manner
please call in to the office.**

TRADITIONAL HEALING CORNER

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

PROVERBS:

The church is near is icy, the tavern is far, but I will walk carefully. UKR
Even a clock that does not work is right twice a day. Polish
Every animal knows more than you do. Nez Perce
Every beetle is a gazelle in the eyes of its mother. Moorish
Every invalid is a doctor. Irish
Every peasant is proud of the pond in his village because from it he measures the sea. Russian

BIBLE QUOTES:

"In the beginning God created the heaven and the earth. And the earth was without form, and void; and the darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light; and there was light." Genesis 1:1-3
"Bread gained by deceit is sweet to a man, but afterwards his mouth shall be filled with gravel." Proverbs 20:17
"Train up a child in the way he should go, and when he is old, he will not depart from it." Proverbs 21:6
"Whom the Lord loves he corrects, even as a father corrects the son in whom he delights." Proverbs 3:12

Quotations:

"We shape our dwellings, and afterward our dwellings shape us." Winston Churchill
"Within your heart keep one still, secret spot where dreams may go." Louis Driscoll
"In solitude we give passionate attention to our lives, to our memories, to the details around us." V. Woolf
"Do not weep; do not wax indignant. Understand." Barlich Spinoza

Mail, fax, email, or call in your Special Wishes/Community Events !!

Happy! Happy! Birthday To All Elders Born In May!!

24 Hours a day - 7 days a week - **National Crisis Line 1-866-925-4419**
The Indian Residential School Survivors Society provides free, immediate, confidential, non-judgmental, support for residential school survivors across Canada

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

The Host for the 29th Annual BC Elders Gathering is the Carrier Sekani Tribal Council Traditional Territories in Prince George and they can be reached at **1-800-280-8722** or by email at agrant@cstc.bc.ca. There are **NO** Registration Forms or accommodations info available from the host at this time though it is all being worked on. The dates for the Gathering are set for **October 4,5,6 2005** at the Prince George Civic Centre.
Please continue watching this space in future issues for updates, but this should be enough to allow you to book your rooms for the event.
Sincerely, Donna Stirling, BCECCS Coordinator, BC Elders Council Secretary