



ELDER'S VOICE

Dear Elders,

Well this issue marks the end of the third year of your Elder's Voice and though it has all been going well, I know that it is only the beginning.

There are a couple of big changes to the Native Elders Art Auction that I need to fill you all in about; following Elder's recommendations - that hosting the actual Auction might be too expensive for funds that may or may not be available for it next summer - it has been decided that the **Auction** will now become the **B.C. Elders Raffle**.

Each raffle prize will still be advertised on the your website www.bcelders.com from January to June 2004 this first year (hopefully for a full year from then on), accompanied by each Artist's short biography and contact information - just as it would have been with the Auction - but now no one will have to worry about the funds that would be needed to host the Auction. As well, the fundraiser becoming a raffle will allow for more people (Elders) to be able to participate in it around the province each year.

The second change concerns the division of fundraising profits - there was going to be a hardship fund for Elders, but it was suggested by Elders Council members that it would be very difficult to administer, instead the 4th division will become a draw for groups to win to use towards their attending the Annual Gathering - a group draw.

Prizes will still need to be on the Website the earliest part on January to allow for the full 6 months to help the Gathering next July in Kamloops, and to be able to draw and forward the group prize to the winning community. Groups who help to sell raffle tickets will automatically be entered in the group draw.

And don't forget that there is still the beautiful print by Jr. Henderson for the Elder or Elder's Group who forwards the most Artist contact information in to the Center. All groups are asked to forward their list of Artists in (by fax) by the first week of November - so that long distance calls don't have to made to try and follow up with everyone. Thank you All!! Sincerely, Donna Stirling

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Easy Bakers Corner – Banana Bread

In a mixing bowl add 1 3/4 cups of all-purpose flour, 2/3 cup of brown sugar, 2 teaspoons of baking powder, 1/2 a teaspoon of baking soda and a 1/4 teaspoon of salt.

In a separate bowl mix 1/3 cup of margarine, 2 Tbs. of milk, 1 cup of mashed ripe bananas and 2 eggs and you may add a 1/4 cup of chopped nuts if you like.

Blend the wet ingredients with the dry ingredients and pour mixture into a non-stick loaf pan or a pan that has been layered with wax paper.

Bake at 350° for 45 minutes and serve warm - plain or with butter or jam. Enjoy!!

Handy Tips: To remove smells from holiday clothes, sequin sweaters, etc. mist them with vodka and leave it in the closet overnight.

For deodorant stains on (black) dresses, wipe it with a old pair of panty hose or a knee high.

For stains on carpets, even lipstick, use Spot Shot carpet cleaner or use a can of shave cream.

For gum in hair, use peanut butter or egg whites and work the gum out.

For gum on clothes, pillowcases, etc. leave it in the freezer overnight and it will flake off with a little help. Use ice on clothing to remove melted wax.

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

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 for 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 - info on back page

Disclaimer: Opinions contained in this publication are not those of Donna Stirling unless her name appears below the material. Elders are free to forward in whatever they feel they need to communicate to their peers without fear of censorships because this is the Elder's Voice. Also, the health articles are not meant to replace your doctor's advise, while they may help you have a list of questions at your disposal when you do see him or her, you should contact your family physician or health care worker for all health care matters.

QUESTIONNAIRE RESULTS

Out of those who completed their questionnaire at the Annual Elder's Gathering or those who mailed theirs in - we have the following data to pass on.

1. 60% of those surveyed had not been receiving their copy of the Elder's Voice through their Elder's Contact People. (All offices have since been contacted to rectify this)
2. 68% of the Elders surveyed hadn't heard of the formation of the B.C. Elders Council.
3. 42% of the Elders surveyed are interested in serving on the Council.
4. 11% of the Elders surveyed had visited the Elders website www.bcelders.com
5. 95% of those surveyed enjoyed the Health Articles in the Elder's Voice.
6. 92% said that they enjoyed the Food Protection Articles in the newsletter.
7. 97% of those Elders surveyed enjoyed the recipes in the newsletter.
8. 85% of the Elders surveyed enjoyed the Bible Quotes on the back page.
9. 61% of Elders surveyed said that their Elder's concerns are not being addressed.
10. 35% said that they believed their concerns are being addressed.
11. 4% of those Elders surveyed said that their concerns were being addressed somewhat.
12. 57% of the Elders surveyed said that yes they have a paid worker of some kind.
13. 43% said that they have no paid worker to see to their needs.
14. 60% of Elders surveyed said that it was a struggle for their Elders to fundraise to attend the Gathering this year.
15. 50% of those surveyed who checked off that it was not a struggle to attend the Gathering lived within an hours drive or so.
16. 50% of those surveyed said that they would like to see the Event moved to October instead of the hot summer months.
17. 54% said that they speak their native language.
18. 43% of those surveyed are interested in being interviewed for the Story Telling Segments for the website.

Suggestion from Elders:

Besides elders stating that they enjoy the Elder's Voice and cheering to keep up the good work, with the Elder's Voice and the B.C. Elders Council there were a some suggestions made.

1. Explore the elders and youth connection more.
2. There is little or no support for off-reserve elders.
3. More organization for the Gathering, it should not ever be political.
4. People with diabetes are not given enough consideration; they need less white bread and muffins, which are high in sugar, and more hard boiled eggs and salad.
5. Don't hold the Gathering when the fish are coming.
6. Elder's health issues need to be addressed more thoroughly.
7. The Agenda needs to stay on time for the elders.
8. The Gathering needs to be 100% wheel chair accessible.
9. FAS needs to be addressed in relation to our people being in the jail system rather than getting treatment.
10. Elders need to hear more about Foster homes.
11. Elders need to be informed more on HIV/Aids.

**New Elders' council formed to aid their own
Erin Culhane, Raven's Eye Writer, Port Coquitlam**

There's a new kid in town. Actually, it's a new organization. And while they may be fresh on the scene, they've been a long time in coming and they represent thousands. They are the B.C. Elders' Council.

Thirty-nine members strong, the council held its first annual general meeting during last month's Elders' Gathering in Port Coquitlam. The council addressed a number of topics, including approaching the Department of Indian and Northern Affairs Canada, many aspects concerning the annual Elders' Gathering, and petitioning financial support from provincial and federal governments.

The council started 10 months ago as a result of the ongoing efforts of Donna Stirling, its elected secretary. Stirling is also the coordinator of the B.C. Elders Communication Centre Society. She explained that she set up the Elders' Communication Network in mid-2000 and started the Elders' Voice Newsletter in December of that year. Last summer, the Elders' Web site was up and running: www.bcelders.com.

"Now, I am happy to say that all of these things are in place for the new B.C. Elders' Council to utilize, to start bringing about much needed change and improvements for our Elders, both on and off the reserve."

Of the newly formed council, Stirling said, "They are going to be a driving force."

Council member Jeanette McMaster from the Okanagan Nation said, "I became involved with the council because I see so many of our urban Elders without representation, and I believe I can be a voice for them."

McMaster explained that council members are people who are concerned about the welfare of Elders in the community. "You're on a one-to-one basis, so that the Elders don't have to go through channels to voice their concerns," she said, adding that many Elders don't understand legal terms. "For instance, even when signing a will, they don't know what they're signing."

The first annual general meeting was also the first meeting with all of the council members. McMaster said they plan to meet every four months from now on, with the venues yet to be decided. "We're not funded by any company or government. All of the work we do right now is all volunteer."

McMaster emphasized the importance of Elders working to help Elders. "Our mission is to be a voice for the Elders who have no one to speak for them. We have the ability to speak on their behalf - a lot of Elders can't write or speak English.

"It's all right to have chief and council, but not too often do we hear from the chief and council ... they are in such demand they barely have time for themselves."

McMaster added that the Elder's Council doesn't replace the chief and council; "it's merely an extension for them."

She explained that one of the council's resolutions at the meeting was to support Stirling's efforts, which have thus far gone unpaid. "She's been doing the work for several years, and we decided that when we get our funding we will give a salary to Donna for the B.C. Council. I think it's only appropriate - she's doing lots of work for the Elders."

As for dwindling support for the once-a-year Elders' Gathering, Stirling said, "It's time for the government to start supporting the Elders' event. It happens once a year and nobody supports it."

McMaster agreed. "There's so many things that the B.C. Elders' Gathering can do but no one seems to care about these issues or they are too busy." While money for many other causes and initiatives pours in, the well for Elders runs dry. "Not even a penny," said McMaster.

McMaster also spoke about the prevalence of elder abuse, saying, "A lot of our Elders are abused verbally and physically by their own children and grandchildren. Their homes are invaded and taken over, but most are afraid to speak up for fear of retribution. We are going to make ourselves available, let them (Elders) know we're there for them to help them resolve their issues."

Helping Elders is something that Stirling will continue to do. "It has been said that change comes in excruciatingly slow increments, but with so many people working on improving things for the Elders, on many levels, I believe that Elders can take hope that improvements will continue," said Stirling. She added that early next year the inaugural Elders' Native art auction will be online, a measure to support the interests of Elders.

This article appears in the September 2003 issue of Raven's Eye Magazine

PRESS RELEASE

FOR IMMEDIATE RELEASE

Tsalalhmec Block BC Rails Mainline

October 4th, 2003

Today the St'at'imc at Tsalalh held up a BC Rail freight for two hours from 5:30 p.m. to 7:30 p.m. The action was to lend support to the protest over logging of Elk Creek. Cheam Band near Rosedale BC has been Blocking CN Rails mainline since October 3rd, 2003. Chief John was in attendance and observed the heavy hand of the RCMP officers when they arrested members of the Cheam Band.

"It is time that all indigenous people in the Province let the Governments and the corporations know that we will not tolerate excessive use of force by the RCMP."

The Tsalalhmec (Seton Lake Indian Band) are one of 11 St'at'imc communities who are protesting the proposed development of a 500 million dollar Ski Resort at Melvin Creek near Lillooet.

It is important to express solidarity with the people at Cheam as they are demonstrating to protect the traditional title lands from more exploitation Chief John said from his office in Shalalth.

50 band members stopped a southbound BC Rail freight for two hours on the evening of October 4th, 2003

Chief Garry John Cell: 604-868-8560

What the Dalai Lama has to say on the Millennium

1. Take into account that great love and great achievement involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's: respect for self, respect for others and responsibility for all of your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great relationship.
7. When you realize you've made a mistake take immediate steps to correct it.
8. Spend some time alone every day.
9. Open arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.

Quote

“Gratitude unlocks the fullness of life. It can turn what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion into clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

Melody Beattie

“Women must be the pioneer in this turning inward for strength. In a sense she has always been the pioneer.”

Anne Morrow Lindbergh

“Everything in life that we really accept undergoes a change.”

Katherine Mansfield

“Seek not outside yourself, heaven is within.”

Mary Lou Cook

MEN AND DEPRESSION

'Men may not even recognize that depression is the problem or that much can be done to help them.' By Dr. Thomas Insel, Head of the National Institute of Mental Health

ABOUT 6 million men have clinical depression, but research shows they are less likely to seek treatment than women. One result is that men are suicide victims about four times more often than women.

'REAL MEN, REAL DEPRESSION'

"For generations men have been told that they have to act tough," U.S. Surgeon General Richard Carmona said in a statement. "Today we're saying to men, it's OK to talk to someone about what you're thinking, or how you're feeling, or if you're hurting."

The new public health campaign, said Carmona, is "attacking the stigma that tough guys can't seek help. They can and they should."

Called "Real Men, Real Depression," the campaign will include a series of television, print and radio public service announcements featuring people telling their personal stories about how they confronted their own depression. The campaign will not use actors, but ordinary people who had problems, including a firefighter, a diving champion and a lawyer, the agency said.

Patrick McCathern, Retired First Sgt. of the Air Force, is also one of the men featured in the campaign.

"I'd gotten to the point where I couldn't get out of bed. Nothing had meaning," McCathern said in a statement. "You have to deal with it; it just doesn't go away." Studies show that depression affects women about twice as often as men, but the two genders respond differently to the serious health problem. Women tend to talk about the symptoms and seek treatment, while men do not, the NIMH said.

Depression can strike anyone regardless of age, ethnicity or socioeconomic status. Diagnosing depression:

A common illness that affects nearly 19 million Americans each year, depression comes in many forms with a variety of symptoms. If you have any of the following

symptoms for a prolonged period, it may be time to seek help:

- Persistent sad or anxious mood
- Feelings of guilt or worthlessness
- Loss of interest in hobbies or activities
- Fatigue or decreased energy
- Difficulty concentrating or making decisions
- Insomnia or oversleeping
- Changes in appetite or weight
- Thoughts of death or suicide
- Restlessness or irritability
- Headaches or chronic pain

National Institute of Mental Health

RECOGNIZING THE SIGNS

Men tend not to recognize that some health symptoms may be caused by depression. Signs of depression include irritability, poor sleep, loss of interest in work or hobbies, and withdrawal. Depression is often a major factor in suicides.

“Men may not even recognize that depression is the problem or that much can be done to help them,” Dr. Thomas Insel, head of NIMH, said in a statement. “Effective treatments are available and the success rate is very high - more than 80 percent - for people who seek help.”

When depression strikes, men are more likely to seek relief with drugs or alcohol, or to become frustrated and angry. Some respond with compulsive work or attention to hobbies. Others may engage in reckless behavior.

“We need to understand how men respond to stress and symptoms associated with depression and how to alert physicians to better recognize and treat depressive disorders in men,” Dr. Dennis Charney, chief of the NIMH mood and anxiety disorders program, said in a statement.

For more information, contact the campaign at (866) 227-6464 or visit the NIMH Web site.

MSNBC.com’s Molly Masland and The Associated Press contributed to this report.

My Big Fattening Greek Salad Are french fries the new Marlboros?

By Dahlia Lithwick

August 14, 2003

If the various lawsuits against "Big Food"—the teens suing McDonald's because they're obese or the guy who sued Kraft over too-yummy Oreos chock-full of trans fat—look familiar, they should. The suits have been organized, plotted, and launched by some of the same advocates who brought you those big tobacco suits in the 1980s and '90s. While none of these cases has yet found its way before a jury (the McDonald's complaint was dismissed in January with leave to file again), Big Food is scared. Kraft is downsizing its portions, McDonald's is said to be testing a Happy Meal with fresh fruit instead of fries, and Frito-Lay is cutting the evil trans fats from their Doritos.

All this despite the fact that most Americans think the "fat suits" are silly. Then again, we thought the tobacco suits were silly once. Two of the main architects of the suits against unhealthy foods are veterans of the tobacco wars: Richard A. Daynard is a professor at Northeastern University School of Law and chairman of the Tobacco Products Liability Project. John F. Banzhaf III is a law professor at George Washington University and executive director of Action on Smoking and Health, or ASH. Both concede that the tobacco companies differ in crucial ways from Big Food. For one thing, people must eat to live, whereas no one needs to smoke. For another, there was compelling evidence that the tobacco companies knowingly torqued up the addictive content in their product and systematically lied about the dangers, whereas there is little evidence that Big Food did the same. (Of course, proponents of the fat suits contend that we won't know until the discovery phase of these trials what fast food companies really knew about their product or did to make it more dangerous.) Perhaps most vitally, most food companies maintain that, if used in tandem with exercise and a balanced diet, their (junk) foods are actually good for you.

Opponents of the Big Food suits point out that since obesity clusters with other unhealthy behaviors—including lack of exercise and sedentary lifestyles—it's impossible to prove causation for liability purposes. And proving causation is doubly hard where, unlike smokers, who tend to show brand loyalty, junk-food addicts often eat at any number of unhealthy places—which is why the first (failed) McDonald's plaintiff, Caesar Barber, had to name Burger King, KFC, and Wendy's as defendants as well.

The inability to show causation or even ill will on the part of the food companies doesn't daunt the plaintiffs' lawyers, who contend that they will turn the tide of public opinion just as they did in the tobacco cases, which saw the tobacco companies settling with the various states for more than \$240 billion. More profoundly, they argue, Ronald McDonald and friends can be prosecuted under simple product liability and consumer protection theories merely for failing to warn consumers that their products are dangerous. There need be no conspiracy, no backroom deals to

spray yet more fat on the fries. It may be enough that the food is not healthy and carries no warnings. (Evidently in France Le McDonald's now carries signs suggesting that one indulge only once a week.)

Oh, but there are the wackier legal theories: Some anti-Big-Foodists contend not only that fast food is indeed addictive, like cigarettes, but that their purveyors similarly manipulate the ingredients to make them more so. Dr. Neal Barnard, a respected nutritionist, has recently argued that cheese contains a protein that breaks down into morphinelike compounds ("Gimme 30 cc's of gouda, stat") and other opiates that can create addictions. And Daynard and others argue that a steady diet of junk food leads one to crave more and larger portions just to feel sated.

In 2001, the surgeon general produced a report calling obesity an epidemic, claiming that it caused \$117 billion in health-care costs and lost wages and killed 300,000 people a year. Banzhaf says that if there are demonstrable societal costs to obesity, then Big Food must pay: "A fast-food company like McDonald's may not be responsible for the entire obesity epidemic," he told *Time* magazine this week, "but let's say they're 5% responsible. Five percent of \$117 billion is still an enormous amount of money." And believe it or not, the settlement in the Big Tobacco cases may have opened the door for precisely this sort of logic.

Ironically, it may well be that Big Alcohol escaped the fury of these reformers precisely because it's been willing to concede that its product was dangerous. Alcohol makers have successfully disseminated the message that their products, while fun in moderation, can be dangerously abused. Thus far, Big Food has not even been willing to concede this point in private. Then there's the fact that alcohol consumption is declining while obesity is rising alarmingly. Finally, it's much harder to persuade a jury that drinkers weren't warned of the dangers of alcohol.

Even if these lawyers can't prove Big Food is addictive or that Burger King—as opposed to Taco Bell—is responsible, these lawsuits may ultimately persuade jurors merely because of the effect of junk food on—surprise!—the children. By recently refocusing these cases on the effect on kids, lawyers can fudge the addiction issue. They'll argue that Big Food poured billions of dollars into commercials targeting children and that they knew in advance the ill effect their product would have on those impressionable minds.

There *is* something creepily paternalistic in the arguments put forth by the food nannies. They tend to say that while *they* are smart enough to read labels or look up fat contents on the Wendy's Web site, the poor, disadvantaged single mommies are not that sophisticated. One would hope that even the poorest single mom knows that eating McNuggets every day is unhealthy. And—since obesity doesn't happen in a day—one would hope that even the most unsophisticated parent would cut back on the KFC if her child started to split her Wranglers.

But there is something equally creepy in the efforts to stave off the Big Food suits either with ridicule or with legislative action—including the "Personal Responsibility in Food Consumption Act" now in markup, which would limit liability for food producers from obesity lawsuits. Even frivolous lawsuits deserve their day in court. That's why we have judges: to throw them out.

The best solution doubtless lies someplace between the absurd extremes. As Ben Kelly points out in today's *Washington Post*, Big Food will likely survive just by moderating its behavior, posting warnings, and taking it easy on peddling their junk to the kiddies. But we may want to keep an eye on the John Banzhafs of the world, who have observed that their next target may well be "Big Milk"—full of saturated fats and cholesterol and not nearly as healthy as those moustache commercials would suggest.

Got a lawyer?

The inability to show causation or even ill will on the part of the food companies doesn't daunt the plaintiffs' lawyers, who contend that they will turn the tide of public opinion just as they did in the tobacco cases, which saw the tobacco companies settling with the various states for more than \$240 billion. More profoundly, they argue, Ronald McDonald and friends can be prosecuted under simple product liability and consumer protection theories merely for failing to warn consumers that their products are dangerous. There need be no conspiracy, no backroom deals to spray yet more fat on the fries. It may be enough that the food is not healthy and carries no warnings. (Evidently in France Le McDonald's now carries signs suggesting that one indulge only once a week.)

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Quotes

"When we truly care for ourselves, it becomes possible to care far more profoundly about other people. The more alert and sensitive we are to our own needs, the more loving and generous we can be towards others." Eda LeShan

"There are some things you learn best in calm, and some in storm." Willa Cather

"Do what you and the money will follow." Marsha Sinetar

"One sad thing about this world is that the acts that take the most out of you are usually the ones that other people will never know about." Anne Tyler

"Things do not change; we change." Henry David Thoreau

"No quality is more attractive than poise - that deep sense of being at ease with yourself and the world." *Good Housekeeping, September 1947*

"Concern should drive us into action and not into a depression." Karen Hornkey

"A kiss can be a comma, a question mark or an exclamation point." Mistinguett

"For years I wanted to be older, and now I am." Margaret Atwood

Boogie Through Life

Don't cry because it's over, smile because it happened.

Pain and Suffering is inevitable, but misery is optional.

Yesterday is history, Tomorrow is a mystery, Today is a gift. That's why it's called: the Present

A good exercise for the heart is to bend down and help another up.

Life is what you make it...kinda like play-doh.

The bubbling brook would lose its song, if you removed the rocks.

Happiness comes through doors you didn't even know you left open.

Everything is always okay in the end; if it's not then it's not the end.

If all my friends jumped off a cliff, I wouldn't jump with them.

I would be at the bottom to catch them.

A girl on the street is pointing up at the sky. 'Look an Angel!' she yells.

A passerby laughed, 'You fool, that is only a cloud.'

How wonderful it would be to see Angels where there are only clouds,

How sad it would be to see clouds where there are Angels.

Here is a test whether your mission on earth is finished:

If you're alive, it isn't.

So be happy! Don't let anything burst your balloon!

Boogie through life!

This poem was found in the Weiwaikum Times

Annual B.C. Elder's Raffle - Spring 2004

This Raffle will be advertised in the Elder's Voice Newsletters, which are now reaching over 5000 Aboriginal Elders and their families in BC. each month and the profits will benefit Aboriginal Elders. Artist will eventually be asked to contribute one-year in advance so that we can give them a full year of advertising via the internet, but for this first year it is asked that Artworks be in by January 1st 2004 and they will be featured on the website till the end of June 2004.

A photo will be posted of each of the donated items, and it will be displayed alongside the Artist's contact information and short biography. Notification of the Elder's Website and B.C. Elder's Raffle will go out to all galleries, museums, and Corporate Sponsors, as an advertising tool for the Artists.

First Nation's Artist support many, many fundraising efforts and the internet and the Elder's Voice will be effective ways to acknowledge each Artist's contribution to the Elders and will hopefully garner more recognition for the artworks the B. C. First Nation's Artist have to offer.

The Annual Aboriginal Elder's Gathering get nothing in the way of reliable financial support from anyone each year, and with the Elder's growing population and rising costs, it is proving to be a great struggle for the Elders just to fundraise to attend their most important cultural event.

Each new group that has the honour of Hosting the Gathering has an incredibly large task set before them, and with the government yet to arrange anything concrete to assist with the necessary fundraising needed to meet the needs of thousands of Elders (during this 3 day event) the planning for the Event has sometimes been put in jeopardy.

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

1. To assist Elders with travel and accommodations to attend their Annual B.C. Elder's Gathering.
2. To provide a donation to each new Host community to assist with the food costs associated with hosting between 3000 and 7000 Aboriginal Elders and their Support People.
3. An 'Elder's Group Draw' with the winning group having 1/4 of the raffle profits to help send their group to the Gathering.
4. One share will be used for office expenses for this communication center operating for the Elders in this province.

B.C. ELDER'S COMMUNICATION CENTER SOCIETY

1420 C. 16th Avenue, Campbell River, B.C. V9W 2E3 - Contact: Donna Stirling, Coordinator

Toll-free at 1-877-738-7288 or Email: bcelderscommcenter@telus.net

Phone: 1-250-286-9977 Fax: 1-250-286-4809



Raffle

There is a beautiful PRIZE for the Elder
or Elder's Group

Who brings the most Artists
on board for the

1st Annual B.C. Elder's Raffle

The prize is a framed and numbered print,
Sisiutl & Canoe By Jr. Henderson

If all Elders could make sure and keep these 2-pages which describes how the Raffle will work, and how the Native Artists in B.C. will be advertised and will benefit from giving their support to the Annual Elder's Fundraiser it would be appreciated and beneficial to everyone.

If you would be so kind as to make copies back home and distribute them to your local Artists - then I believe that we could make this Annual Raffle a great success.

All each Artist needs to do when he/she calls in - is to mention your name and provide your phone number and you will be entered in the draw for the Framed 23 x 31 inch Print which will be couriered directly to the winner on January 2nd, 2004.

<p>B. C. ELDER'S COMMUNICATION CENTER SOCIETY</p>	<p><u>TRADITIONAL HEALING CORNER</u> 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 to the office on the toll free line to talk.</p>
<p>1420 C 16th Avenue Campbell River, B.C. V9W 2E3</p>	<p>LOGO—Our thanks and appreciation go out to Shuswap First Nation's Artist Ivan Christopher for donating our Center's Logo.</p>
<p>Toll-Free: 1-877-738-7288 Phone: 1-250-286-9977 Fax: 1-250-286-4809 Coordinator: Donna Stirling Website: www.bcelders.com Email: bcelderscommcenter@telus.net</p>	<p>PROVERBS: Employ thy time well if thou meanest to get leisure. B. Franklin He who undertakes too much seldom succeeds. Dutch If three people say you are an ass, put on a bridle. Spanish If you are patient in a moment of anger, you will escape a hundred days of sorrow. Chinese</p>
<p>'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.</p>	<p>If you scatter thorns, don't go barefoot. Italian A lean agreement is better than a fat lawsuit. German Live your own life, for you will die your own death. Latin Make sure to be in with your equals if you're going to fall out with your superiors. Jewish Never trouble trouble till trouble troubles you. American</p>

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

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

<p><u>COMMUNITY EVENTS</u></p> <p>The 28th Annual Elder's Gathering will be held at the KXA Auditorium in Kamloops (in the same facility it was held in in 1999) and is being hosted by the Shuswap Nations and the Interior Bands.</p> <p>It will take place July 27, 28, 29 2004 - more information is not available at this time, please give them a little time to get their office set up, etc. and watch this space in future issues for updates.</p>	<p><i>Bible Quotes</i></p> <p>"Make a joyful noise to God, all the earth; sing the glory of His name; give to Him glorious praise!" Psalm 66:1-2</p> <p>"I will praise you, O LORD my God, with all my heart, And I will glorify your name forevermore." Psalm 86:12</p> <p>"We give thanks to thee, O God; we give thanks; we call on thy name and recount thy wondrous deeds." Psalm 75</p> <p>"The LORD is my strength and my song; He has become my salvation." Psalm 118:14</p> <p>"Wait for the LORD be strong and let your heart take courage; yea, wait for the Lord!" Psalm 27:14</p> <p>"I delight to do your will, O my God, and your law is within my heart." Psalm 40:8</p>
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