

Volume 3 Issue 11

October 2003

B.C. ELDER'S COMMUNICATION CENTER SOCIETY



ELDER'S VOICE

Elders and all Elder's Contact People: Please take special note of page 3 of this issue and page 14 and 15 as they pertain to fundraising for you provincially.

I would like to make special mention this month and thank people for their help with the B.C. Elder's Communication Center Society's booth, Elder's interviews and for their general support during the Gathering. To Jason, Nowell, Jessie, Jackson, John, Jeanette, and especially to my mother Grace Charest. Thank you, and bless you. To Samantha who has pitched in to help update the contact list and list of current Chiefs before the crucial yearly invoices go out, I truly do appreciate your help.

To Don McKenzie, Spirit of Aboriginal Youth Magazine, thank you for all of your advise and guidance, somebody was sure smiling down on me when they had you call that day. To Marilyn Ferry and Jr. Henderson, thank you so much for donating prints, I appreciated it and I really appreciate the both of you.

Thank you to Chief Russell Kwakseestahla, for stepping up when asked to assist with the B.C. Elder's Council Meeting, your expertise and patience and advise was very much appreciated by the Council and myself. Thank you to Lynn Wilcott for the Food Protection articles, I have always thought that it was important to get that information out to the public and according to the Elder's questionnaire answers, almost everyone agreed, well done Lynn.

Lastly, thank you to all of the Elders who are now serving on the B.C. Elder's Council, there are 41 of you from across the province and you are a strong voice, your dedication is appreciated.

Donna Stirling, Coordinator

P.S. Could all contact people please ready a list of local Artists to help the Auction along. If each group could supply contact information for 5 Artists then letters or phone calls can be placed to them immediately - as it would be ideal to have the artworks on the website by Jan. 1 to raise funds for next year.

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Easy Bakers Corner – Dallas Sheet Cake

In a large bowl, combine 2 cups of granulated sugar, 2 cups all-purpose flour, and 1/2 tsp. of salt. Set aside.

In a small saucepan, bring 1 cup of butter or margarine, 1 cup of water and 3 Tbsp. of dark unsweetened cocoa to a boil. Remove from heat.

Add liquid ingredients to dry ingredients. Blend well.

Mix 1/2 cup of sour cream, 2 eggs, 1 tsp. of baking soda and 1/2 tsp. of cayenne pepper (optional). Add to the cake batter. Blend well.

Grease and lightly flour a 10 1/2-by-15 1/2-inch jelly roll pan. Turn batter into the pan.

Bake at 375°F for 20 to 25 minutes. Do not over bake.

For frosting, melt 1/4 cup of butter or margarine, add 1/3 cup of dark unsweetened cocoa, 2 cups of powdered sugar, 1/2 cup of milk and 1 tsp. of Vanilla. Mix until smooth and free of lumps. Spread frosting on an almost cooled cake. Cut into squares and serve.

Handy Tips:

To clean suede: To remove rain spots, rub lightly with an emery board. To remove grease spots, dip a cloth in vinegar or club soda and blot out the stain. Brush with a suede brush to restore the nap.

Red wine: Sprinkle fresh stain liberally with salt. Dunk in cold water and rub out stain before washing.

When boiling eggs, wrap each one in aluminum foil before boiling and the shell won't crack.

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.

Dear Elders and ALL Elders Contact People who receive the Elder's Voice:

A monumental event took place at the 27th Annual Aboriginal Elders Gathering, which was the first Annual General Meeting of the B.C. Elders Council...your Council. During the course of this meeting a Special Resolution was passed unanimously by the Council and brought to the podium before the Elders and the representatives from our provincial First Nations Umbrella Organizations on August 22nd 2003.

Chief Russell Kwakseestahla was chosen by the Council to represent them and read the Resolution before all of those assembled. All Elders willing and able to stand in support of this Special Resolution were asked to do so, and they did. This Resolution was to the point:

BE IT RESOLVED: that the Federal and Provincial governments do begin to financially support the Annual Elder's Conference with \$100,000 in funding, uncapped for inflation,

BE IT FURTHER RESOLVED: that the B.C. First Nations Summit, Union of B.C. Indian Chiefs, United Native Nations, Assembly of First Nations , and the Chiefs Health Committee, support us by your Resolutions and with your Political support to circumvent these funds to meet our Elder's Conference needs, with the trust of money solely vested in our B.C. Elder's Council and workers.

The Annual Gathering has been taking place for 27 years now and when it is finally funded for food, accommodations, and properly for traveling expenses, meeting this one time a year will not need to be as stressful as it has sometimes proven to be for the Elders, their Support People and for the Host organization.

A Resolution doesn't solve everything, it still won't be any easy task, but it is a start and add to that the Annual Provincial Elder's Auction starting-up to also support Elders needs, and the B.C. Elder's Council formed and now actively supporting both the Gathering, and the concerns of Elders both on-reserve and off-reserve, and there will be progress in B.C. and Canada.

There will be a letter coming soon addressed to all Chiefs accompanied by a Resolution of Support from the B.C. Elder's Council, asking the Chiefs for help in the form of the \$250 yearly membership fee in the B.C. Elder's Communication Center Society. There are expenses involved in keeping all of this going, it is a crucial communications network for the Elders in our province and it is one that should be supported by everyone for the ELDERS.

Thank you to the 51 offices who paid their fee for the last year, but many more bands need to become involved with this effort if it is to survive and grow stronger for the Elders, we will all hopefully be elders one day, so please be active in your support by speaking on this matter with your Chief and Council, and hopefully it won't be such a tough year meeting the costs.

Thank you to all Elder's Contact People, this wouldn't be working if not for you.

Sincerely, Donna Stirling, Coordinator and B.C. Elder's Council Secretary

This Article is from the Courier Newspaper in Fort St. James, and it was written in memory of Nicholas Prince, Lusilyoo, Nak'azdli Nation, President of the Nak'azdli Elder's Society and Member of the B.C. Elder's Council, was born July 27th 1926 and *passed on* July 18, 2003. In Loving Memory

The passing of Nick Prince left a huge gap that will be difficult to fill. Nick was a prominent leader and a tireless fighter for his community. Tradition, culture and language were of great importance to Nick and he worked to ensure that they were not lost. "He was the lifeline to our culture and our traditions." The words of Nick's son, Vincent, as he and brother Albert recounted memories of their father. "And he certainly passed that knowledge on to me and to the rest of the family." said Vincent, "Nick could trace his ancestry back as far as 1645 and he was very proud of that."

"The earliest memories that I have of my father were construction. Nick worked in the construction industry and he would come home after a day's work wearing those big overalls, sawdust all over him. He wore those big lace-up work boots and the kids would unlace his boots and pull them off. Back then he was working in residential and commercial construction. He built a lot of homes round here and in Prince George and Vanderhoof." "As I got older Nick was away a lot. He had become involved in politics and he was traveling around meeting people, attending meetings and such. He would come home at weekends and we would go out on hunting and fishing trips."

"But it was his frustration at the process here that really got him into politics. Back then we had an elected chief, but he had to get permission to do anything, there was so real power. The chief had to ask the Indian agent for everything, even for permission to write a letter asking for some service at the Fort. Nick would often complain about things like that to my mother. And she would just tell him well, why don't you do something about it. And so he did! I suppose you could say that it was mom who got Nick involved in the political scene."

And get involved he did! Nick Prince was instrumental in the formation of numerous First Nations organizations including: The Lakes District Council of Chiefs, now the Carrier-Sekani Tribal Council, The Union of B.C. Indian Chiefs, The B.C. Association of Non-Status Indians, now known as the United Native Nations, and was also a founding member of the Prince George Native Friendship Centre.

As Albert recalled, "when I was about four years old I remember my dad taking me round to meet with the Elders in our community. That taught me the importance of elders in our Society. Nick always considered them to be a living resource; they held all the knowledge of our traditional ways and culture. They had lived it." But Nick was most at home spending time with his family as Vincent recalls, "We were brought up with the Carrier traditions. It was a conscious act by my parents, to raise us with a knowledge of our culture and traditions. I think that Nick's legacy to the community will be the language and his writing. He did a lot of writing even for the Courier and I think people will remember his work in that area." Regardless of where he wandered, Nick was most at home and happiest, when he was on Long Island, down the river hunting or char fishing at Hungry Island. His love and respects of the land has not been lost to his children and grandchildren as he worked to ensure that he passed on his knowledge through stories and his teaching by example.

By Will Mackinnon, *Courier Staff*

Nicholas Prince was a proud descendant of Chief Kwah and he believed in the right of his people to govern themselves and his tireless political work is a testament to that belief.

He is survived by his Sister: Kathy McEwen, Children: Mary Jane, John, Eugene, Albert (Elaine), Donald (Jody), Aileen (Bob), Frieda, Leslie (Charlene), Keith (Brenda), Vincent (Treena), Nicholette (Brian), Deborah (Terry), and Francis; as well as 54 Grandchildren, 30 Great Grandchildren, and Numerous foster children. Predeceased by: Wife: Irene Prince, Son: Simeon Prince, Parents: Francis and Ellie Prince, Grandparents: Leon Cho and Eulalie Prince and Zaa Marie and Annie Tylee, Brothers: Tony, Percy, Gregory, Harry and Leon, and Sisters: Francesca, Betty, Veronica, Antoinette, Rosie, Louise, Marian and Dorothy.

FOOD SAFETY TIPS for Traditional Foods

For the past few issues we have been talking about the food safety risks associated with traditional foods. Like all foods, traditional foods can cause food poisoning if not handled properly. In this month's issue, we finish our series by looking at some of the lesser-known food safety risks that can be associated with traditional foods. And just as importantly – what you can do to lessen these risks for you and your family.

Rabbit Fever Rabbit fever, also known as tularemia, is a bacterial disease that can affect people. Wild animals are most often affected, especially rabbits, muskrats, and beavers. Rabbit fever can be contracted through one of the following routes:

- (1) Skin – through a cut in the skin when handling infected animals or being bitten by an infected deer fly or tick.
- (2) Stomach – by eating contaminated wild meat that has not been properly cooked, or less commonly by drinking contaminated untreated water.
- (3) Lungs – the bacteria can be inhaled by breathing in dust from contaminated soil.

To prevent contracting rabbit fever from wild animals, wear rubber gloves when skinning or handling animals, especially rabbit. Wild rabbit and rodent meat should always be properly cooked before eating. Proper cooking of wild meat means cooking it to an internal temperature of 74°C or hotter.

Trichinosis

Bear, caribou, moose, walrus, seals, and other marine mammals can sometimes carry small larvae in the muscle. The larvae are called *Trichinella* and are too small to see with the naked eye. If the larvae are still alive when eaten, they can lodge in the person's intestine or muscles causing muscular pain, fever and weakness.

Like rabbit fever, trichinosis can be prevented by making sure all wild meat is properly cooked. Proper cooking will kill the larvae.

Fish Parasites

Both salt water and fresh water fish can sometimes carry dangerous parasites. Symptoms vary depending on the type of parasite but some parasites can be fatal if not treated by a doctor. Freezing will kill most parasites but there is evidence that certain parasites can survive freezing temperatures.

If the contaminated fish is eaten raw, dried, or only lightly smoked, then the person eating this fish can become infected. Proper cooking of fish will destroy all parasites.

Seaweed

Seaweed has been an important food for coastal First Nations people. Depending on the seaweed, it can be a good source of protein, minerals and vitamins. However, because it can be affected by industrial pollution, never harvest seaweed from areas that may be exposed to industrial pollution.

Seaweed is also very high in iodine. While iodine is an essential mineral, eating too much of it can cause goiter. Some seaweed (e.g. kelp) is also high in arsenic, which, in large amounts, may be a cause of cancer. For these reasons, seaweed should only be eaten in moderation.

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

LAW/kg/1158w

On behalf of the organizers of the 27th Annual Aboriginal Elder's Gathering, thanks and heart felt appreciations go out today to the following sponsors.

Ministry of Child and Family
National Residential School Program
Aboriginal Health, Ministry of Health Planning
BC Hydro
Provincial Health Services Authority
Provincial Residential School Project
RBC
CN
Enbridge Pipelines
Western Economic Diversification Canada
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Aboriginal Transition Team
First Nations Employment Society
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Vancouver Metis Association
First Nations Summit
Tsawwassen First Nation
Tshahat First Nation
Arrows to Freedom
BC Assembly of First Nations
Metis Provincial Council of BC
Laichwiltach Nation
Ehatteshat First Nation
First Nations House of Learning
Surrey Aboriginal Cultural Society
Kamloops First Nations
National Parole Board
PLURA
Terasen Gas
Peace Hills Trust

Chief and Council
For Osoyoos Indian Band
Oliver, BC

RE: RESIDENTIAL SCHOOL ISSUES

To gain the respect of individual Band Members, who write to the Chief and Council with our concerns, we expect to receive written response's from you, or an invitation to a meeting to address those concerns. It has been noted that you failed in many cases, to not only "acknowledge", but just ignore our letters.

Lucy Louie an Elder from OIB, wrote to you regarding OIB funds being paid for Virg's get together with her so called Residential School Survivors. Lucy asked the Chief and Council to reject any further payments requests for Virg's rallies.

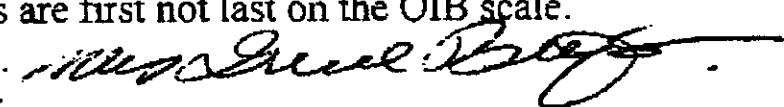
Lucy and I, and a majority of our Band membership believe that moneys being paid out to Virg's cause is not a benefit to our people on the OIB reserve. Don't you people think its time to forget the past and start thinking of the positive effect Residential schools had on some individuals. Our children went to school for 7-8 years. They learned how to survive and work together. Most of our Leadership are from the Residential Schools, most of the managers on OIB attended Residential Schools.

Furthermore, the Pope asked all First Nations to forgive the Priests and Bishops for their role in these issues, and what happened was not the Oliver Catholic Church congregation fault, they had nothing to do with this subject. I makes it very uncomfortable for us who attend church, some of us donate money to build a new church. The people in Oliver want a new church, so they contribute their money. Does Virg and her survivors expect the people (Catholics), to pay? Is that their goal?

The Chief and Council have a responsibility to all Band Membership, you are in charge of our Money.

Osoyoos Indian Band appears on your checks. You are all accountable to OIB members, we are your employers, we put you in, we can put you out!

Never forget that Elders are first not last on the OIB scale.


Mrs Irene Bryson Elder
President OIB Elders
Member of Provincial Elder Council

September 15, 2003

My, oh my, summer is just about done for another year, some how the days, weeks and months just seem to fly by so very quickly, when one becomes an Elder or "older" as the young people say. When we were young, the days, weeks and months were forever, so slow, we could hardly wait for another day to begin.

Did you all enjoy the summer, and did you enjoy the Elder's Gathering? I especially enjoyed visiting with old friends and meeting new ones. I have to confess though, I am not very good with remembering names, so very often I have to say, "Please forgive me, but I do not remember your names, can you please tell me?" There were people I met that I went to residential school with, they recognized me, but I could not, how many of you have had the same experience?"

The high light of the gathering for me was the B.C. Elder's Council having our very first A.G.M. At this meeting, we all agreed, Donna Stirling is our official secretary, we also made a proposal for Donna to receive a regular wage. Donna has worked for many years, without a wage. She has faithfully volunteered her time and very often her family had to give up some quality time with their mom, so that we might receive the Elder's Voice Newsletter, or have some important work done on behalf of the Elders.

How many of you agree, that often times the news of the gatherings would be very slow in getting out to the people, and how many of you value the Elder's Voice Newsletter that Donna publishes every month?

I believe we need to give Donna Stirling our total support, she has all of the right connections, which she often uses to the benefit of her own people, as well as for all Elders. Thank you Donna Stirling

We have been very busy over here at the beautiful Nicola Valley, we started as Elder's Group, we meet once a week at the Conayt Boardroom over at the Conayt Friendship Centre. We do some beadwork, sewing, and just some fun stuff, which we can all enjoy. The elders group here is for Elders who live off reserve, "Urban Elders". The issues of concern for elders who live off reserve here are: Homecare, one elder had an official assessment for home care, she was told, you do not qualify for homecare support because you are not totally disabled. The cutbacks made by the Campbell government are hurting our Elderly, another issue of concern is food, clothing, and reasonable housing. An Elder had this to day, "I am included in the head count every budget year, which goes to Ottawa, and there is money directly deposited into my band, which is supposed to be for my care, but I never see a red penny of it."

I hear this from Elders who live off reserve, and it breaks my hear. As members of Council for the B.C. Elders, what can we do for our Elders? Who, in their younger years contributed a great deal to the betterment of our people and are still contributing now.

Take Care

Jeanette McMaster, B.C. Elder's Council, Member of the Okanagan Nation

Invitation

To: Former Students of St. Michael's Residential School Alert Bay

Healing Gathering Alert Bay August 2004

Former students of St. Michael's are invited to a healing gathering in Alert Bay in August 2004. There will be guest speakers, healing workshops, cultural and social events, ceremonies, and time for discussion.

The gathering will mark the beginning of change and renewal. Plans are underway to transform the former St. Michael's building into a cultural and economic centre, featuring a Kwak'wala language facility, a theatre, carving studio, gallery, café, businesses and many other enterprises.

The revitalized centre will house a permanent memorial to the hundreds of children who went through St. Michael's and other residential schools. The memorial will recognize the past experience of the students and respect their memory. Former students will be invited to talk about the design of the memorial and a new exterior design for the building. They will also have opportunities to share stories that will become part of the lasting memorial.

If you are a former student of St. Michael's and/or are interested in attending this gathering or receiving a newsletter with more information, please contact:

The Steering Committee
'Namgis House Revitalization Project

Telephone: 250-974-5297

Or write:

Box 350
Alert Bay, BC V0N 1A0

E-mail: nhouse@island.net

Digestive Health & Wellness: Broccoli helps against ulcers, cancer

Broccoli and broccoli sprouts contain a chemical that kills the bacteria responsible for most stomach cancer, say researchers, confirming the dietary advice that moms have been handing out for years.

In laboratory tests the chemical, sulforaphane, killed helicobacter pylori, a bacteria that causes stomach ulcers and often fatal stomach cancers.

And the good news is there appears to be enough of it in broccoli sprouts and some varieties of broccoli to benefit people who eat the vegetables.

The researchers could not say how much broccoli one would have to eat for there to be an impact, something they said could not be determined without long-term tests involving humans.

"The levels at which we tested it ... are such that those could be achieved by eating broccoli or broccoli sprouts. It's a reasonable level that we think would be reached in the stomach," said Jed W. Fahey of the Johns Hopkins University School of Medicine.

The findings are reported in Tuesday's issue of Proceedings of the National Academy of Science. Broccoli sprouts are tiny three-day-old plants that resemble alfalfa sprouts and have a peppery flavor.

"I feel quite comfortable suggesting people eat more fruits and vegetables, specifically cruciferous vegetables, specifically broccoli," Fahey said. "We know it's safe and healthy ... we know sulforaphane is effective in protecting against cancers."

Effective microbe-hunter

Dr. Paul Talalay, a co-researcher at Johns Hopkins, had previously reported sulforaphane is an effective anticancer agent and the new studies extended that work to the bacteria that causes stomach cancer and ulcers.

In the lab, the scientists found that sulforaphane even killed helicobacter that was resistant to commonly used antibiotics.

They also showed it can kill the bacterium whether it's inside or outside cells. In people the bacteria can hide in cells lining the stomach, making it more difficult to get rid of the infection, said Fahey.

The studies concentrated on mice and the researchers will now seek to determine if the same effect occurs in humans.

"If future clinical studies show that a food can relieve or prevent diseases associated with this bacterium in people, it could have significant public health implications in the United States and around the world," Fahey said.

"In some parts of Central and South America, Africa and Asia, as much as 80 percent to 90 percent of the population is infected with helicobacter, likely linked to poverty and conditions of poor sanitation," said Fahey, a plant physiologist.

Antibiotic alternative

The bacteria can usually be treated with antibiotics, but these are too costly and scarce in many parts of the world, he noted.

Perhaps "people in some of these very poor areas, where it's almost impossible to even conceive of antibiotic therapy ... might, by a relatively minor change in diet, be able to heal themselves," he said.

Dr. Carlos F. Quiros of the University of California, Davis, said he was not surprised by the findings, commenting that many compounds found in vegetables inhibit the growth of pathogens.

Sulforaphane has been shown to have anti-cancer properties, Quiros said, but the amount present varies widely among varieties of broccoli. Quiros, who was not part of Fahey's research group, said he is doing research to develop varieties of broccoli with higher levels of the chemical.

The paper also noted that Fahey, Talalay and Johns Hopkins University own stock in Brassica Protection Products, a company whose mission is to develop chemoprotective food products and which sells broccoli sprouts.

Working with them on the research was a group of scientists from the French National Scientific Research Center led by Alain Lozniewski. *This article reprinted with the permission of MSNBC*

Farm-raised salmon has more toxic PCBs than wild fish: study Jul. 31, 2003 Provided by: Canadian Press

PORTLAND, Ore. (AP) - Farm-raised salmon contains more cancer-causing toxic PCBs than wild fish and other common foods, according to a report released Wednesday by a public health advocacy group. The study, by the Environmental Working Group, tested 10 samples of farmed salmon bought in three U.S. cities, including Portland. Farmed salmon now makes up 80 per cent of fresh salmon sold around the country.

Opinions differ about whether the risk of polychlorinated biphenyls outweighs health benefits of eating seafood.

The salmon tested by the Washington, D.C.-based group would be safe under U.S. Food and Drug Administration standards for fish sold in supermarkets. The group applied newer limits set by the U.S. Environmental Protection Agency. The study concluded that consumers should not eat farmed salmon from some regions more than once a month.

An environmental agency spokesman said, however, that the agency's tighter standards were designed to protect sport and subsistence fishermen who may eat contaminated fish as a steady diet.

Salmon farming advocates said the Environmental Working Group used the stricter EPA standard to confuse consumers who know the health benefits of salmon and other fish rich in Omega-3 fatty acids.

Kick the Smoking Habit -- for Good!

By Toby Bilanow for WeightWatchers.com

Anyone who has ever tried to quit smoking knows just how hard it can be. Frazzled nerves, restless sleep, headaches and cravings are just a few of the withdrawal symptoms that can send you running back to the pack. Add to that a fear of packing on pounds, and it's no wonder fewer than one in 10 smokers who try to quit on their own ever succeed.

"Many people, particularly young women, are smoking as a means of weight control," says Daniel Lackland, M.D., of the Medical University of South Carolina. "But smokers over-exaggerate the amount of weight they think they'll put on when they quit. Less than 50 percent actually gain weight, and the average gain is five pounds or less."

Although a lucky few can quit cold turkey, experts now recommend a three-pronged approach for overcoming the physical and psychological barriers to quitting: nicotine replacement therapy, prescription drugs and counseling. Used alone or together, they can more than double your chances of success.

- **Pick your nicotine substitute.** Ten years ago, the only choice smokers had was to quit cold turkey or to chew nicotine gum. Today, smokers can opt to wear a nicotine patch, suck on a cigarette-shaped inhaler or take a whiff of a nasal spray. (A cough-drop-like nicotine lozenge is also under development.) All these methods reduce cravings by delivering a small dose of nicotine to the body in just a heartbeat or two -- without the 4,000 plus toxins found in cigarette smoke. Studies show that nicotine replacement products also help to keep weight down.
- **Try Zyban.** This nicotine-free pill has changed the world of smoking treatment in the past few years. It eases pangs and may be particularly effective when used in conjunction with nicotine replacement products. It's actually a slow-release prescription antidepressant which also goes by the names Wellbutrin or bupropion. Like nicotine replacement products, it helps limit weight gain -- and it has even shown some success as a weight-loss aid.
- **Seek counsel.** Tell your friends and coworkers about your plans to quit: Support can boost success rates by up to 30 percent. Many medical centers and individual counselors offer stop-smoking sessions, with long-term success rates of up to 50 percent. Most states now also sponsor quit-lines, as do the American Cancer Society (1-800-ACS-2345) and the American Lung Association (1-800-LUNG-USA).

Talk to your doctor about which of these treatments might be right for you. Additionally, experts recommend some simple lifestyle measures to further boost your chances of quitting smoking for good.

Make a plan and stick with it. Researchers at the Mayo Clinic report that the first two weeks of abstinence are crucial for success.

Avoid triggers like coffee breaks or a pre-dinner cocktail. British researchers recently reported that smokers are most likely to relapse in the afternoon or evening, rather than in the morning, as had been commonly thought (*Human Psychology*, July 2003). Focus coping strategies on these times.

Watch the snacks. Many people hit the high-fat, high-sugar foods when they're trying to quit because food tastes better post-cigarettes and provides a sense of oral gratification. Stick with healthier choices like crunchy carrot or celery sticks.

Exercise. Nicotine revs up your metabolism, burning an extra 100 calories per day. A simple 15-minute daily walk can make up the difference.

Try a step-down approach. Researchers at the University of California San Diego found that some smokers find it easier to first cut down to five or fewer cigarettes a day (*Health Psychology*, July 2003). That low level they say, is a unique cut-off point because people are no longer dependent on nicotine.

If at first you don't succeed -- don't give up! It takes an average of seven attempts to quit for good, and the likelihood of quitting increases with each attempt.

Celebrate your success! The benefits of quitting are almost immediate:

- Within 20 minutes, blood pressure and pulse return to normal.
- After a day or two, your chance of having a heart attack starts to fall, and food begins to taste and smell better.
- After several weeks, you'll be able to breathe easier. You'll also have whiter teeth and fresher breath.

Remember:

You'd have to gain 100 pounds to do as much damage to your body as smoking a pack of cigarettes a day, Lackland's research shows. Keep off cigarettes and stick with a sensible lifestyle and weight-management plan, and soon you'll have a more vibrant, healthier -- and thinner -- you.

Annual B.C. Elder's Native Art Auction—Spring 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 5000 Aboriginal Elders in BC.) and the profits will benefit Aboriginal 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. Artist will eventually be asked to contribute one-year in advance so that the full advertising potential can be reached via the internet, **but for now** Artworks will be requested to be in by Dec. 2003 to be posted on-line by the Webmaster by Jan. 1st 2004. [8 weeks of computer research is going into preparing for the Auction.]

The Elder's Website www.bcelders.com 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 contact information and short biography. 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 garner more recognition for the artworks the B. C. First Nation's Artist have to offer the world.

Notification of the Elder's Website and Auction announcements and updates will go out to all galleries, museums, etc. around the world **continually**, and Corporate Sponsors will also be pursued for the Annual Auction, as well as any possible newspapers, magazines and television coverage.

The (27th) Annual Aboriginal Elder's Gathering gets 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 is sometimes 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. A "Hardship Trust Fund" will be started for the Elders to turn to in case of a sudden hardship, ex. furnace breaks down or freezer quits in July, etc. etc.
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

AUCTION

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

Who brings the most Artists
on board for the

1st Annual Elder's Native Art Auction

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 Auction will work, and how the Native Artists in B.C. will be advertised and will benefit from giving their support to the Annual B.C. Elder's Fund-raiser, 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 Auction the success it is meant to be.

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 align="center">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 align="center">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: Be not afraid of growing slowly, be afraid only of standing still. Chinese Fear less, hope more, eat less, chew more, whine less, breathe more, talk less, say more, hate less, love more, and all good things will be yours. Swedish</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>A fool finds pleasure in evil conduct, but a man of understanding delights in wisdom. Misc. Go often to the house of a friend; for weeds soon choke up the unused path. Scandinavian Gratitude is the heart's memory. French The hammer shatters glass but forges steel. Russian</p>

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

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

<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 for future issues.</p>	<p><i>Bible Quotes</i></p> <p>"I know what it is to be in need and what it is to have more than enough. I have learned this secret, so that anywhere, at any time, I am content, whether I am full or hungry, whether I have too much or too little. I have the strength to face all conditions by the power that Christ gave me." Philippians 4:12-13</p> <p>"When you stand and pray, forgive anything you may have against anyone, so that your Father in heaven will forgive the wrongs you have done." Mark 11:25</p> <p>"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others." Philippians 2:3-4</p> <p>"The Lord is my shepherd, I shall not want." Psalm 23:1</p>
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