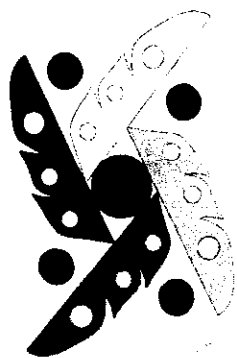


Volume 3 Issue 10

September 2003

B.C. ELDER'S COMMUNICATION CENTER SOCIETY



ELDER'S VOICE

Dear Elders,

Anyone interested in bidding on Hosting the Elder's Gathering this year or in the near future, is invited to attend the B.C. Elder's Council's Annual General Meeting at the Elder's Gathering, on the afternoon of August 21st 2003. The meeting place will be in your Gathering Agenda, but if it is complicated to find you may meet up with the Council Members at 1 p.m. at the B.C. Elder's Communication Center's Booth and we will all walk to the meeting together.

If everyone would please read the enclosed list of groups who have paid their membership fee in support of this Communication Center operating for you (the Elders) I would greatly appreciate it. If your group has been unable to pay these last 3 years could you please make an effort with your 'powers that be' and try and determine why your band office/group/health department has been unable to pay it would be so greatly appreciated.

The requests for the \$250 yearly membership fee will go out again **October 1st** for the Dec. 2003 - to Nov. 2004 year and a great many Elders feel that that is not very much to pay [once a year] and have questioned why it would be a problem for any band office/health unit to pay on behalf of their Elders.

Thank you for your support,
I hope you enjoy your Gathering,
Donna Stirling, Coordinator

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Easy Bakers Corner – Plum Almond Coffee Cake (9-by-9-inch pan)

Beat 1/4 butter or margarine and 2/3 cup of granulated sugar until light and creamy. Beat in 1/2 tsp. of almond extract. Add 1 egg and blend together.

In a separate bowl, combine 2 cups of all-purpose flour, 1 1/2 tsp. of baking powder, 1/2 tsp. of baking soda and 1/2 tsp of salt.

Add the flour mixture to the butter mixture alternating with 1/2 cup of milk as you blend. Stir in 1 1/2 cups of diced fresh plums into the stiff batter. Spoon into a buttered 9-by-9-inch baking pan.

For the almond crumb topping, first combine 1/3 cup of granulated sugar, and 1/4 cup of all-purpose flour. Then add 1/4 cup of butter or margarine and mix until mixture is crumbly. Stir in 3/4 cup of sliced almonds.

Sprinkle topping over coffee cake. Bake at 375°F for 45 to 50 minutes until done. Test with a toothpick in center. Serve hot or warm from the oven.

Handy Tips:

Before you polish your nails - wipe them down with a cotton swab with vinegar on it. The acid in the vinegar helps the polish to adhere better. Make sure your nails are dry from the vinegar wipe before you apply the polish. Your finish will last longer, do not polish to the cuticle and you shouldn't get hangnails. To dry nails quickly - dip them in ice-cold water and you can put a dab of baby oil on them and they shouldn't smear.

To get mascara off of a white sweatshirt - you can use shave cream on the stain, and rinse well.

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.

B.C. Elder's Council - Annual General Meeting August 21st 2003

Jeanette McMaster, B.C. Elder's Council Member, Okanagan Nation Will Open The Meeting With A Prayer

During this AGM the Council will address the following topics:

- ⇒ Discussion and Voting on whether to recommend to the New Host that they consider moving the Gathering to the 1st week in October rather than having it again in the busy, expensive, and hot summer months.
- ⇒ Council will discuss the choice of letting Nations/Groups to bid to Host the Annual Elder's Gathering two or three years in advance to allow each prospective host a longer time to fundraise and plan the Gathering.
- ⇒ Council will hear from - and answer questions for - any representatives who may wish to bid on Hosting the Annual Aboriginal Elder's Gathering.
- ⇒ The Council will decide which direction to go where approaching the Native Economic Development Advisory Board concerning the Elder's Transportation Grant Programs' need to increase in order to meet the needs of the Elders. And the Council will determine who might be willing to become the liaison with NE-DAB.
- ⇒ Council will discuss which direction to go concerning beginning a dialogue between the Department of Indian and Northern Affairs Canada and the B.C. Elder's Council, and the Council will determine who among them best fits the position of becoming the liaison with INAC.
- ⇒ What do the Council members feel is the appropriate action to take if an Elder calls and wants or needs support - even if that support is just having the nearest B.C. Elder's Council member phoning the local Chief or Councillor or CHR to ask if they could intervene in a matter of importance to one of their Elders, who perhaps feels that they are not presently being heard?
- ⇒ Discussion on the need to sign a Resolutions Of Support recommending the initiating of fees in connection with the Annual Elder's Gathering. \$20 per person "Registration Fee" or \$300 per Band/Group/Health Unit for an "Elder's [Yearly] Support Payment" to help each new Host pay the enormous costs associated with hosting the Annual Elder's Gathering.
- ⇒ Discussion and input on the first B.C. Elder's Annual Art Auction [hand-outs on the Auction for each Council member to take back to their territory to help publicize this new effort] with hopefully attaining everyone's pledge of participating to help ensure the fundraisers' success.
- ⇒ The reading and discussion of a Letter of Support for the present Host, the Circle of Eagles of Lodge Society (if necessary) to pursue funds to cover any deficit that they might be left with this year (August 2003).
- ⇒ The reading and discussion of a Letter of Support for Donna Stirling, Coordinator of the B.C. Elder's Communication Center Society - in support of her efforts to secure funding to continue to provide services for Aboriginal Elders in B.C. through the communication center.
- ⇒ The reading and discussion of a Letter of Support to be provided to the New Host for the 28th Annual Aboriginal Elder's Gathering 2003/2004 in support of their efforts to secure the funds needed to host the Annual Elder's Gathering.
- ⇒ Discussion and Resolution on any other matters which the B.C. Elder's Council may wish to address.

How To Help With Homework

[Here are some tips from my children's school, I am forwarding it because Elder's are often the primary caregivers for their grandchildren.] D. Stirling

Homework is one way to teach children responsibility. To complete assignments they must learn to organize, plan and complete tasks on their own.

AVERAGE HOME WORK TIMES

Grade 1-3: 10-25 min. per evening

- read stories together, review math facts
- play a board game, memory; card or a matching game,
- go for walks together, looking for traffic signs, a specific colour or signs of the season
- have them dictate letters to their friends or relatives
- talk to them about your day, then ask about theirs
- ask about the best thing that happened to them that day as you tuck them into bed

Grades 4-6: up to 45 minutes per evening

- continuation of activities listed in grades 1-3; reviewing school work
- studying for exams; silent reading as well as reading together; preparing reports

TIPS FOR PARENTS/GRANDPARENTS

Designate a nightly study time. Times may vary weeknight to weeknight.

Provide the proper tools—a quiet place, good lighting, adequate ventilation, a flat surface such as a desk or table, pencils, erasers, paper and a clock (requires that written work be completed on a flat surface)

Be available, but don't intrude. Sit and read or complete your own work during study times. Talk about what you have to do and how you will accomplish your goals. Get your children to explain their assignment to you. This will help clarify it in their minds.

Help break the assignment down into manageable tasks when your children are overwhelmed. Focus on success, not failure. Encourage. Do not allow television and limit phone calls during homework periods. Never do your children's homework for them. Let them suffer consequences at school if they choose not to complete assignments.

Your job is to provide proper tools, work space and plenty of encouragement. Homework does not always have to be assigned by a teacher. Parents, as their children's main teacher, should feel free to think of "homework" as a means to help their children get the best education.

B.C. Elder's Communication Center Society: **Questionnaire**

Questions:	Yes	No
Have you been receiving the Elder's Voice Newsletter through your area's Elder's Contact Person? <i>If you are not being reached with the Elder's Voice each month please call 1-877-738-7288 toll free.</i>		
Have you heard of the formation of the first B.C. Elder's Council?		
Would you be interested in serving on the B.C. Elder's Council for your area?		
Have you had the opportunity to visit your Elder's Website www.bcelders.com ?		
Have you found the Health articles helpful and interesting in the Elder's Voice?		
Have the Food Protection articles been informative to you and your family members?		
Have you enjoyed the recipes in the Elder's Voice?		
Do you enjoy the Bible quotes on the newsletter's back page?		
Do you feel that your (Elder's) concerns are currently being heard in your community?		
Does your Band or Group have a paid Elder's Worker to see to Elder's needs and help address your concerns?		
If you have a paid Elder's Worker, is their position working for you a full or part-time position?		
Did fundraising to attend the Gathering present a struggle for your Elders?		
Would you like to see this event moved to the 1st week in Oct. instead of in the summer?		
Do you speak your native language?		
If funding can be secured, would you be interested in doing a short Story Telling segment for the website?		

Comments for the B.C. Elder's Communication Center Society &/or the B.C. Elder's Council:

Please mail this page to: 1420C 16th Avenue, Campbell River, B.C. V9W 2E3 OR

Fax to: 1-250-286-4809 Your input is really important.

Your Name: _____ Phone Number: _____

Band Affiliation or Health Centre: _____

FOOD SAFETY TIPS For Traditional Foods

For First Nations people, traditional foods are an important part of life. They have been eaten and enjoyed by First Nations people for thousands of years. However, like all foods, traditional foods can cause food poisoning if not handled properly. In this month's issue, we continue our series by looking at the food safety risks of traditional foods. And probably just as important – what you can do to make sure the traditional foods you eat not only taste good but also are safe to eat.

Bivalve Shellfish

Bivalve shellfish have two hinged shells and include oysters, clams, scallops, mussels and cockles. They have been an important food source for many First Nations people for thousands of years. Bivalve shellfish are an excellent source of protein, are high in many important minerals and are low in calories, fat and cholesterol.

Bivalve shellfish feed by filtering plankton (microscopic marine algae) from the water. By feeding this way, they can also take in and concentrate the chemicals, viruses and bacteria that are in the water. This can sometimes cause food safety risks for the people who eat shellfish. Some of the food safety risks associated with bivalve shellfish include:

(1) Marine Plankton Toxins

Bivalve shellfish can concentrate marine plankton toxins such as Paralytic Shellfish Poison (PSP or sometimes called "Red Tide"). Eating shellfish contaminated with PSP can make you sick – even kill you. Unlike bacteria or viruses, marine plankton toxins are generally not destroyed by cooking. What makes them especially dangerous is that you cannot know if the shellfish are contaminated with toxins by smell, taste or how they look. When toxin levels increase above the safety standard, harvesting closures are put in place.

(2) Bacteria and Viruses

Bacteria and viruses from the water, capable of causing illness, can also concentrate in bivalve shellfish. Some of these bacteria and viruses, such as Hepatitis A, come from human activities like improperly treated sewage. Others, such as *Vibrio parahaemolyticus* (Vp), occur naturally in the ocean. Areas not meeting sanitary standards for bacteria and viruses are closed for the harvesting of shellfish.

(3) Heavy Metals and Contaminants from Industrial Pollution

Most foods, including shellfish, sometimes have very small amounts of heavy metals and contaminants from industrial pollution. For most foods, the amounts of these substances are well below safety standards and are safe to eat. However, if waters around a shellfish harvesting area are contaminated with these substances, then closures will be put in place.

You should also be aware that there are elevated levels of cadmium found in BC oysters and whole scallops. Cadmium is an element that is normally found in the environment. However,

continuous exposure to elevated levels of cadmium over a long time can result in damage to the kidneys.

What Can You Do to Protect Yourself

- One of the most important things you can do is always check to be sure that the area you wish to harvest from is open for harvesting. If it is closed, do not harvest the shellfish.
- Keep shellfish cold at all times until just before you begin preparing them.
- Eating raw or undercooked shellfish is always more risky than eating those which are properly cooked. The following cooking instructions are recommended:
 - Cook the meat to an internal temperature of 60°C or hotter for at least 5 to 6 minutes.
 - Steam the shellstock in a preheated steamer for 4 to 9 minutes. Throw away those shellfish that do not open during steaming.
 - When boiling the shellstock, continue boiling for 3 to 5 minutes after the shells open. Be sure to not overload the pot, as the shellfish in the middle may not be thoroughly cooked.
 - Boil shucked oysters for at least 3 minutes.
 - Bake shucked oysters for at least 10 minutes at 190°C (450°F).
 - Fry shucked oysters 3 inches from the heat source for at least 3 minutes.
- Follow the consumption guidelines for oysters to minimize the intake of cadmium. Health Canada recommends that consumption of BC oysters be limited to no more than 460 grams (about 1 pound) per month for adults and to no more than 60 grams per month for children.

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

Quotes

“Parents who quit smoking by the time their kids are 8 or 9 years old will have children much less likely to become smokers.” ABC News

“If you spend too much time worrying about whether someone likes you or not, how can you be sure that you like them?”

“Improvise, modify, adapt and overcome.”

“Where there is great love there are always miracles.” Willa Carter

“Meditation is simply about being yourself and knowing about who that is. It is about coming to realize that you are on a path whether you like it or not, namely the path that is your life.” Jon Kabaat-Zinn

“If a home doesn't make sense, nothing does.” Henrietta Ripperger

“It is good to have an end to journey towards, but it is the journey that matters in the end.” Ursula K. LeGuin

“Our aspirations are our possibilities.” Samuel Johnson

**3rd Year Membership Fees in Support of this Communication Center
Covering from Dec. 01 02 to Nov. 01 03**

Annual membership fees are \$250.00 and all Aboriginal offices/ groups/ bands and centres are asked to pay the fee each year. The fee is waived for any group who is not in a position to pay - as it is more important that all Elder's are included regardless of finances.

We would like to extend our gratitude to the following First Nation's offices for their financial support of this Communication Center for Aboriginal Elders in B.C. - without your support we truly could not have accomplished anything. If all groups reading this could step in to make sure that when your office can help it is are encouraged to do so by the Elders this will be a great help and will ensure that this all keeps going for all of you and for the future.

1. Assembly of First Nations	26. Gitwangak Education Society
2. Tobacco Plains Indian Band	27. Ka:'yu:'k't'h/Che:k'tles7et'h' Nation
3. Mamalilikulla Qwe'Qwa''Sot Enox Band	28. Ucluelet First Nation
4. Oweekeno Nation	29. Hesquiaht Nation
5. McLeod Lake Indian Band	30. We Wai Kai Nation
6. Quatsino Band	31. Okanagan Indian Band
7. National Aboriginal Women's Association	32. Squamish Nation
8. Osoyoos Indian Band	33. Gwa'Sala -'Nakwaxda'wx Nation
9. Wet'suwet'en First Nation	34. Moricetown Band Administration
10. Xaxli'p Indian Band	35. Mount Currie Band Council
11. Carnegie Community Centre	36. Canoe Creek Indian Band
12. Chemainus First Nation	37. Nadleh Whut'en Indian Band
13. Ktunaxa/Kinbasket Tribal Council	38. Nuchatlaht First Nation
14. Lheidli T'enneh Band	39. Kitkatla Band Council
15. We Wai Kum First Nation	40. Soda Creek Band Elders
16. Tsawout Elders	41. Carrier Sekani Family Services
17. Uchucklesaht People's Government with A Territory	42. Tseshaht First Nation
18. Prince George Native Friendship Centre Society	43. Hailika'as Heiltsuk Health Centre
19. Kamloops Indian Band	44. Eniyud Health Services
20. Bridge River Indian band	45. Lower Kootenay Health Services
21. Ts'Kw'Aylaxw First Nation	46. Chawathil First Nation
22. Columbia Lake Band	47. Komox Indian Band
23. TS'LKT Elders (Nuxalk)	48. Tsawataineuk Band
24. Tla-o-qui-aht Nation	49. Union of British Columbia Indian Chiefs
25. Cowichan Tribe	50. Helping Spirit Lodge Society
	51. Nak'azdli Elder's Society

Study: Easier workouts may still help older exercisers' hearts

Mar 10, 2003 by Dr. Art Hister medbroadcast.com

WASHINGTON - For older exercisers, effort counts. At least that's what a large Harvard study of heart disease in older men showed.

It found that those who thought their workouts were hard had a lower risk of coronary heart disease, even though the amount of energy they burned was below minimum federal guidelines.

"Are they getting any benefit? The bottom line is yes, they are," said researcher I-Min Lee of the Harvard School of Public Health. Even though the study involved only men, Lee said the study could be applied to women as well.

The study suggests that older people may be able to do less exercise and get heart health benefits - provided they feel they are working hard. The findings were published in February in the American Heart Association journal *Circulation*.

Researchers looked at 7,337 men in the long-running Harvard Alumni Health study. The scientists examined questionnaires from 1988-95 from men who had an average age of 66. In the study period, 551 developed coronary heart disease, a narrowing of the small blood vessels that feed the heart.

In the questionnaires, the alumni listed their physical activities. The researchers then estimated how much energy the men probably used in doing them. Those results were tallied in METs - multiples of resting metabolic rate, or the amount of energy a person uses just to sit quietly.

Sitting quietly is one MET; walking briskly would be about four METs, and jogging a mile in 12 minutes would be six METs.

The men rated the difficulty levels of the exercise on a 1-10 scale with 10 being the most difficult.

Researchers focused on the men whose workouts were at or below three METs, because the three-to-six MET range is the minimum energy expenditure that federal exercise recommendations consider healthful, Lee said.

Looking at this low-MET group, the scientists compared men whose activities felt hard to those who felt their activities were easy.

The ones who rated their intensity at 5 on the 10-point scale had a 31 per cent lower

rate of coronary heart disease than did men who rated their intensity at .5.

"The ones who felt they were exercising hard did better than ones who felt nothing," said Lee.

The results make sense because the cardiovascular system is sensitive to increased effort, said scientist William Haskell of Stanford University, who was not part of the research team.

If a person's fitness level is low at the start, then a strong effort can create a training effect, he said. Training that feels hard can be enough to increase the heart's ability to pump more blood with each beat, and also could reduce cholesterol levels, he said.

Lee said she did the study to see if people who do less than the METs targeted in the recommendations would still get some benefit. However, neither she nor Haskell believe people should try to get by on less. For one thing, a higher metabolic rate means more calories are burned - and weight can be lost.

But current MET standards don't adequately account for the slowing of metabolism that comes with age, Lee said. The guidelines are based on the bodies of younger adults who have higher metabolic rates that could run at three to six METs in moderate exercise, she said.

Lee said older people would feel they are working just as hard at lower METs.

Although the science behind the exercise recommendations is based in part on METs, the guidelines themselves are written in language based on ratings of perceived exertion. Because people can't keep track of their METs, the guidelines call for at least moderate exercise for a minimum of 30 minutes on most days of the week.

Lee would not change the wording. The recommendations are easy to understand and widely applicable - and even older exercisers who won't reach three to six METs still could find their efforts rewarded, she said.

Quotes:

"I base my fashion sense on what doesn't itch."

Gilda Radner

"It's never too late—in fiction or in life—to revise."

Nancy Thayer

"Fashion fades, only style remains."

Coco Chanel

"The tragedy of our time is that we are so eye centered, so appearance besotted."

Jessamyn West

"The well of Providence is deep. It's the buckets we bring to it that are small."

Mary Webb

"Until you make peace with who you are, you'll never be content with what you have."

Doris Mortman

Many elderly go undiagnosed for depression, often masked by old-age symptoms
Feb 19, 2003 by Dr. Art Hister at medbraodcast.com

LITTLE ROCK, Ark. - Old-age symptoms can mask signs of depression, making it difficult to diagnose and treat about the more than two million older North Americans who suffer from depression, doctors say.

Seniors do not present classic signs of depression during visits to their family doctors, but instead complain of various aches and pains, which Dr. Bradley Diner says are likely related to depression.

"One of the biggest red flags is when they have symptoms with no obvious cause, when in fact, what they have is depression," said Diner, a psychiatrist who specializes in treating the elderly.

Because doctors and patients have been conditioned to expect certain ailments in seniors - weight loss, fatigue, poor concentration, forgetfulness - some doctors overlook the possibility of depression and some patients forego seeking help. Both sides simply regard the ailments as an inevitable side-effect of aging.

"People would think, 'If you're old and sick, you'd be depressed, too.' We don't buy that anymore," said Dr. Mark Miller, an associate professor of psychiatry at the University of Pittsburgh. "A lot of people are under the impression that depression is a weakness, it's not - it's not a character flaw to admit you have it."

Miller, author of *Living Longer Depression Free*, said most people see depression as something they can "get over," but it is a debilitating illness.

"Once it gets a hold of you, it can be just as fatal as pneumonia," he said. "You can look physically normal, but it's not something you can snap yourself out of."

The National Institute of Mental Health, a federal group established in 1946 to fund mental-illness research, found depression is a significant predictor of suicide in older adults who, the group said, are disproportionately more likely to take their own lives than other age groups.

Miller said 98 per cent of all suicides at any age are due to depression, but it can be prevented.

"If you treat it adequately and treat it early, it's preventable," he said. "When depression is removed, attitude and the ability to cope changes."

Diner is conducting a clinical trial to examine the effects of a new drug that he hopes will provide better treatment for older adults. His Little Rock clinic is one of 50 sites

in the United States recruiting seniors 62 and older to participate in the experimental study.

One of his patients, a 68-year-old woman from Sheridan who has had major depression for about four years, said she is finally starting to feel normal again. The woman said doctors could not find a physical cause when she complained of extreme fatigue four years ago.

"I was just tired all the time and I felt like I had gotten to the point where I couldn't handle it on my own," she said. "I used to read, do crosswords and volunteer at church, but it got worse and worse and all I could do was get up, eat and go back to sleep."

The woman, who has been married for 51 years, said her two children and five grandchildren wanted her to get well.

"I didn't see them too much," she said. "But my daughter didn't give up, she kept pursuing this."

She has been on the new medication for about six months and is now active again.

Dr. Helen Lavertsky, a researcher in geriatric depression at the University of California at Los Angeles, said the elderly are not comfortable admitting they might be depressed.

"Elderly citizens see it as a stigma, something embarrassing," Lavertsky said. "Some older primary care physicians may also not feel comfortable asking their patients if they feel depressed - they (the doctors) just weren't trained that way."

Dr. Richard Smith, chief of psychiatry at the University of Arkansas for Medical Sciences, helped develop a new questionnaire, called the Depression-Arkansas Scale, which can help primary care physicians better diagnose and treat patients. Some of the 11 questions on the form seek to determine whether the patient feels sad, lethargic, guilty, distracted or suicidal.

Smith said that for every 10 people with depression, five receive treatment; of those five, only one receives appropriate care.

Quotes:

"God give us the grace to accept with serenity the things that cannot be changes; Courage to change the things that should be changes; And the wisdom to distinguish the one from the other."

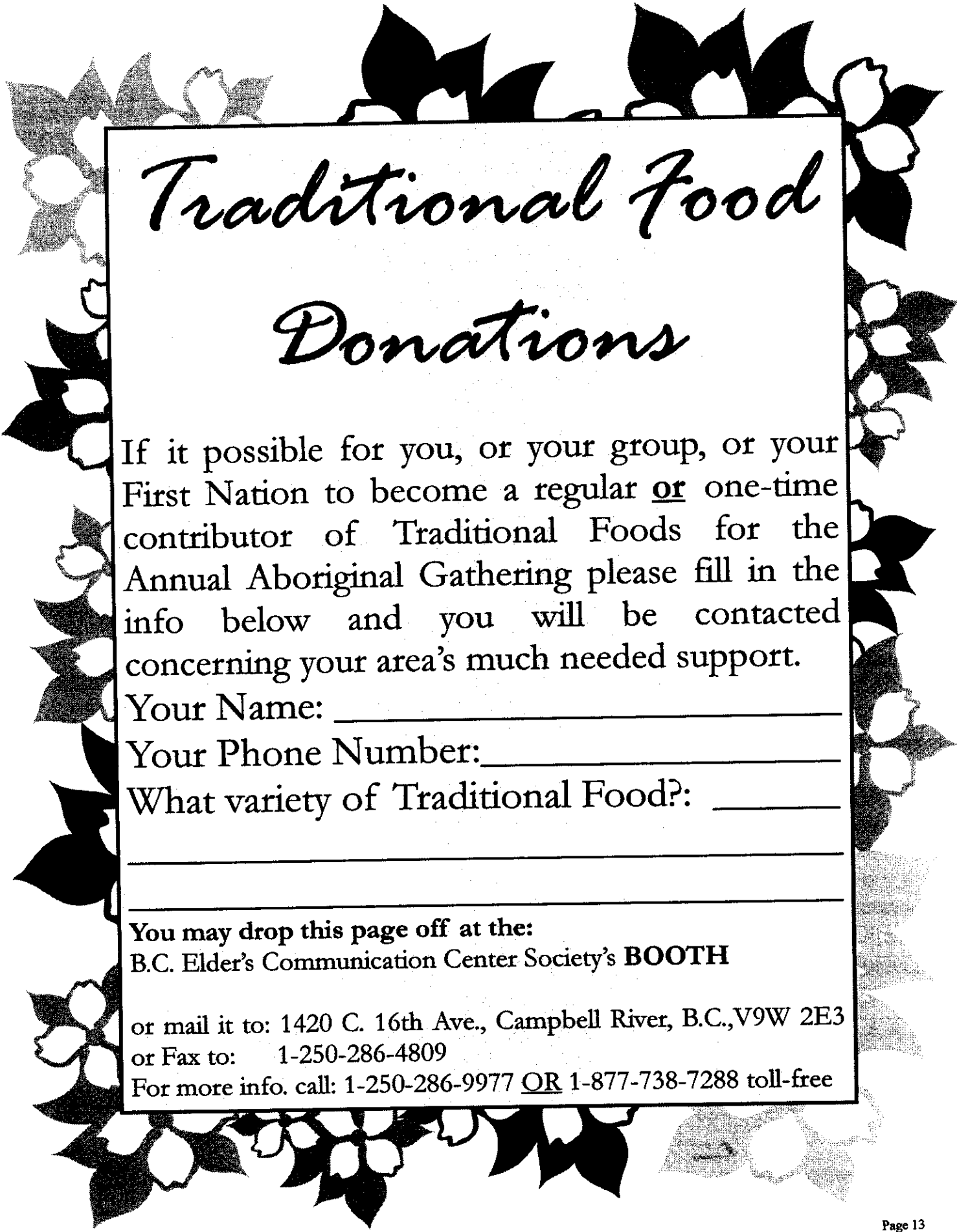
Reinhold Niebuhr

"Perhaps too much of everything is as bad as too little."

Edna Ferber

"Beauty is altogether in the eyes if the beholder."

Margaret Wolfe Hungerford

A decorative border of black silhouettes of leaves and flowers surrounds the central text box.

Traditional Food Donations

If it possible for you, or your group, or your First Nation to become a regular or one-time contributor of Traditional Foods for the Annual Aboriginal Gathering please fill in the info below and you will be contacted concerning your area's much needed support.

Your Name: _____

Your Phone Number: _____

What variety of Traditional Food?: _____

You may drop this page off at the:

B.C. Elder's Communication Center Society's **BOOTH**

or mail it to: 1420 C. 16th Ave., Campbell River, B.C., V9W 2E3
or Fax to: 1-250-286-4809

For more info. call: 1-250-286-9977 OR 1-877-738-7288 toll-free

Medical information from the Cleveland Clinic - Migraines & Headaches

Headache Triggers: Specific Foods

There are many foods that can trigger headaches. Not only can specific foods trigger a headache, but dietary habits can also play a role. Fasting, dehydration, or skipping meals may also cause headaches. By tracking your headache episodes through your headache diary, you may be able to identify specific foods that trigger your headaches.

What Foods Triggers Headaches?

Some of the most common foods, beverages, and additives associated with headaches include:

- **Aged cheese and other tyramine-containing foods:** Tyramine is a substance found naturally in some foods. It is formed from the breakdown of protein as foods age. Generally, the longer a high-protein food ages, the greater the tyramine content. The amount of tyramine in cheeses differs greatly due to the variations in processing, fermenting, aging, degradation or even bacterial contamination. For people who take monoamine oxidase (MAO) inhibitor medications to treat their headaches, it is especially important to avoid all foods containing tyramine, including aged cheeses, red wine, alcoholic beverages, and some processed meats, as these foods can trigger severe hypertension.
- **Alcohol:** Blood flow to your brain increases when you drink alcohol. Some scientists blame the headache on impurities in alcohol or by-products produced as your body metabolizes alcohol. Red wine, beer, whiskey, and champagne are the most commonly identified headache triggers.
- **Food additives:** Food preservatives (or additives) contained in certain foods can trigger headaches. The additives, nitrates and nitrites, dilate blood vessels, causing headaches in some people.
- **Cold foods:** Cold foods can cause headaches in some people. It's more likely to occur if you are over-heated from exercise or hot temperatures. Pain, which is felt in the forehead, peaks 25 to 60 seconds and lasts from several seconds to one or two minutes. More than 90% of migraine sufferers report sensitivity to ice cream and cold substances.

Do Other Foods Trigger Headaches? These foods have been identified by some headache sufferers as triggers.

- Peanuts, peanut butter, other nuts and seeds
- Pizza
- Potato chip products

- Chicken livers and other organ meats
- Smoked or dried fish
- Sourdough bread, fresh baked yeast goods (donuts, cakes, homemade breads and rolls)
- Bread, crackers and desserts containing cheese
- Certain fresh fruits including ripe bananas, citrus fruits, papaya, red plums, raspberries, kiwi, pineapple
- Dried fruits (figs, raisins, dates)
- Soups made from meat extracts or bouillon (not homemade broth)
- Cultured dairy products, sour cream, buttermilk, yogurt
- Caffeine found in chocolate and cocoa; beverages such as coffee, tea and colas; also found in certain medications
- Aspartame and other artificial sweeteners

What Cheeses Have High Tyramine Levels? The following types of cheeses have been reported to be high in tyramine:

- Blue cheeses, Brie, Cheddar, Stilton, Feta, Gorgonzola, Mozzarella, Muenster, Parmesan, Swiss, Processed cheese

Other foods high in tyramine are: aged, canned, cured or processed meats, certain beans (fava, broad, garbanzo, lima, pinto), onions, olives, pickles, avocados, raisins, canned soups, and nuts.

What Food Products Contain Additives?

- Hot dogs, Ham, Sausage, Bacon, Luncheon meats and deli-style meats, Pepperoni, Other cured or processed meats,
- Some heart medications
- MSG (monosodium glutamate). MSG is a food additive/flavor enhancer found in soy sauce, meat tenderizer, Oriental foods, and a variety of packaged foods.

What Are the Symptoms of Food Additive-Induced Headaches? Most symptoms begin within 20-25 minutes after consuming these products. They include:

- Pressure in the chest
- Tightening and pressure in the face
- Burning sensation in the chest, neck or shoulders
- Facial flushing
- Dizziness
- Headache pain across the front or sides of the head
- Abdominal discomfort

Health Lore: Should You Ignore It?

By Leslie Fink, MS, RD for WeightWatchers.com

Can an apple a day really keep the doctor away? If it did, "I'd be out of business," comments Norman Bennett, MD, an internist from New York. But that doesn't mean eating an apple a day isn't good for you: Researchers from Cornell University have found that an apple's peel and flesh contains powerful cancer fighting and preventing chemicals, giving new meaning to an old saying.

To Believe or Not to Believe

Apples might tell a happy story, but not all health lore can be taken so lightly. Blindly following health advice can sometimes be harmful, says Roberta Duyff, MS, RD, food and nutrition consultant and author of *Food Folklore: Tales and Truths about What We Eat* (Chronimed Publishing, 1998). So seek out the guidance of a licensed health professional before you try anything fishy - like a daily dose of cod liver oil.

Health Lore Demystified

Here are seven popular health adages and some expert opinions about them:

Should I feed a cold and starve a fever?

This is definitely one from the dark ages. Science shows that people who have fevers have an increased need for calories, not a decreased one, and there seems to be no justification for overeating when people have colds (although some like to think being sick warrants a sympathy doughnut or two). Bennett encourages lots of fluids - broth, juice, Jell-O - and whatever else you can stomach, adding that "chicken soup and prayers will work as well as anything else."

Does low fat equal low calorie?

"Calories and fat are not the same," Duyff warns. Bite for bite, one reduced-fat Oreo cookie has only 10 less calories than the regular kind. Eat too many of either Oreo, and that waistband's going to get tight. Why? When manufacturers cut back on a food's fat content, they often bulk it out with calorie-laden sugar.

If I eat less will my stomach shrink?

Dieters want to believe this (especially as bathing suit season approaches) but apparently it's not true. Whereas our stomachs do expand to handle a large amount of food, explains Duyff, once they're empty, they go back to their normal size.

Are fresh vegetables better than frozen or canned ones?

Canned carrots might not be your forte but that doesn't mean you should discredit

them. Frozen and canned vegetables can be more nutritious than fresh ones, according to the American Institute for Cancer Research. They're often picked and processed at their peak of ripeness, using techniques that lock in a slew of nutrients. Just make sure not to destroy their nutritional value by overcooking them. However, if you're watching your sodium intake, either choose frozen or buy reduced-sodium canned veggies.

Can chicken soup cure the common cold?

Studies show that there might be an anti-inflammatory benefit to chicken soup. Is it powerful enough though to replace that "nighttime, sniffling, sneezing, achy, stuffy head, fever so you can rest and have a good morning medicine"? "I wouldn't bank my life on it," says Bennett, but if the soup feels good going down, enjoy it.

Will eating grapefruits burn off extra calories?

Wouldn't it be great if we could just pop a ruby red? Reality is, though, it takes much more than a grapefruit to whittle away a 32-inch waist. Whereas the digestion of a grapefruit, or any other food, will burn calories, it's not nearly enough to shed pounds. Plus, you don't want to eat just grapefruit, do you?

Can drinking alcoholic beverages warm me up on a blustery, winter day?

Depending on your cocktail of choice, it might burn your throat. But truth be told, if you're relying on alcohol to warm you up while skiing or ice skating, you'd be better off putting on a heavier sweater. Drinking alcohol makes us lose heat, Duyff explains.



A Prayer

*Now I lay me
Down to sleep
I pray the Lord
My shape to keep
Please no wrinkles
Please no bags
And Please lift my butt
Before it Sags.
Please no age spots
Please no gray
And as for my belly,
Please take it away.*

Volunteering was the last thing on Devin Cohen's mind three years ago, when he was keeping his mom company at the Westchester Medical Center in Valhalla, N.Y., where she received cancer treatment in the oncology unit.

"It brings happiness to my life, knowing that I could do something — that I could help somebody else," she said.

She and other teen volunteers hit the streets, replacing graffiti with murals, painting mailboxes, planting gardens, and sewing sleeping bags for the homeless. FYI recruits act as positive role models for their peers.

"There are a lot of people that get in trouble. They sell drugs or they just do bad things to people," Figueroa said. "FYI is a place where they could come and put all negative things behind them and start doing positive things to help with the community and help out themselves ... Mostly you see people my age like doing graffiti and stuff like that, so that gives the people another image of what kids can do."

One young volunteer provides some comfort to homeless people who sleep on New York's cold streets. "When I work doing the sleeping bags for the homeless people and giving to them, it makes me feel proud of myself and it makes me feel so confident that I just did something good for someone and that someday, something good will happen to me," said Marilyn Rosa, 12.

Bridging Generation Gap

Teens who volunteer at the Heart of Manateens in Tampa, Fla., bridge the generation gap with the area's senior citizens and challenge the stereotype that adolescents are apathetic and self-centered.

Hildred Smarr, 80, is one of more than 3,500 seniors who live alone and have benefited from the program. "About a couple years ago, a tornado came by, and this huge limb fell over on my roof and into my window," Smarr said. "She had called up the Manateens at the volunteer center, and had asked, told us that she had debris all over the place," said Laura Lockwood, 20.

Teen volunteers dispatched to Smarr's house worked quickly. "They cut it all up and took it all away. Isn't that marvelous?" Smarr said. Corey Herbert, 15, said he felt good about helping senior citizens and getting to know them.

"I think it really makes an impact sometimes, once you like sit down and talk to them," Herbert said. "You do get really a nice relationship. And then they just kind of want you to keep coming back. And it's really nice." Smarr is just thankful for the program. "I don't know

who started it all, or anything like that, but thank heaven they did," she said. "They are such good kids. They're terrific."

Tips for Parents

When trying to find volunteer projects, choose an issue close to your heart, stick to projects close to home, and volunteer along with your children so you can involve the entire family. If kids are skittish about helping the sick or elderly, help them find other alternatives. Teens, for instance, often like fundraising and environmental-based projects.

- **An Outgrowth of Hobbies:** Make the volunteer activity something that your child would do as a hobby. For example, teen boys are the toughest group to encourage to reach out, but if they can assist players of the Challenger League, where they can help handicapped kids play ball, it might be more rewarding than they imagined.
- **Stay Local:** Don't be overly ambitious. Your elderly neighbor might need help unloading groceries, or the local library may be looking for volunteers to read to younger children at story time. Youth groups, the elderly and local libraries are a great place to start. Also try local libraries, hospitals, care facilities, school guidance counselors and neighborhood associations.
- **Make It a Family Affair:** Whether it's letter writing, participating in an anti-war march or doling out soup to the homeless, you can best encourage your children to volunteer by modeling the behavior yourself.

This youth biography was sent in by a very proud Grandmother (and rightfully so!) Jeanette McMaster.

My name is Sasha MacDonald and I am sixteen years old and in grade eleven. When I was in grade seven I started in band playing alto saxophone and have continued playing to date, but now I play Baritone Saxophone. I've played Baritone Saxophone since grade nine where my teacher placed me into both the Senior concert and Senior jazz bands, as well as being in my regular grade nine band and junior jazz band. This year I also began to sing in the Merritt Secondary School vocal jazz singing tenor. During the summer for three weeks I attended Kamloops Interior Summer School of Music (KISSM) for my third year, and over the three years I have gained musical knowledge and skills, learning how to play various instruments such as the bass guitar, African drums, flute, and the acoustic guitar.

My traveling experiences extend to Idaho, U.S.A. for the Lionel Hampton Jazz festival, Edmonton and Calgary, Alberta, and many places in B.C., and when I was in grade 9 I traveled over seas to Japan. I have learned English, French, Japanese, Tagalog, and am hoping to learn to speak my native language fluently with lessons from my grandmother.

In September I will begin my third season of hockey as a goalie, and during the summer I occupy myself by being an umpire for fast pitch, I have been an umpire for 5 years and have just earned my level two certification.

Even with all of these activities I keep my grades at a high "B" average, achieving a ranking on the school honor roll, and I am also keeping a steady job at the local McDonald's Restaurant. My career goal is to become a heavy-duty mechanic, which I am working towards through an apprenticeship program offered at school, as well as a local heavy-duty mechanics shop.

Everything I am involved in I enjoy and find extremely rewarding, and I encourage everyone to become involved in your school or community.

B.C. Elder's Council

1. Margaret Antoine – Vanderhoof
2. Emma Baker – Frazer Lake
3. John Leonard – Kamloops
4. Frazer Smith – Saanich
5. Patricia Piatocka – Campbell River
6. Christine Dawson – Prince George
7. Frank Morris Sr. – Burns Lake
8. Ginger Alec – Lillooet
9. Irene Bryson – Osoyoos
10. Marlene Billy – Zeballos
11. Sophie Ogen – Burns Lake
12. Amanda Zettergreen – Kitwanga
13. Lester Williams - Adams Lake
14. Dee George – Burrard
15. Andrea Jacobs – Squamish
16. Vivian Stogan – Squamish
17. Irene Wydenes – Campbell River
18. Patrick Prince – McLeod Lake
19. Chief Rhonda Larrabee – New Westminster
20. Frank Hanuse – Oweekeno (Port Hardy)
21. Adele Lewis – Cape Mudge (Quadra Island)
22. Audrey Aiken Young – Skidegate
23. Catherine Haller – Nemaiah Valley
24. Jeanette McMaster – Merritt
25. Desmond Peters Sr. – Lillooet
26. Rose Lube – Kelowna
27. Sarah Modeste – Cowichan
28. Violet Wishart – Port Alberni
29. Nicolas Prince – Fort St. James
30. Mary Porter – Cache Creek
31. Willie walkus – Port Hardy
32. Norbert Dennis – Lake Babine
33. William R Blackwater – Hazelton
34. Ken Russell - South Hazelton
35. Dorinda Shirey – Kitwanga
36. Ed Dawson – Alert Bay

PRESS RELEASE: FOR IMMEDIATE RELEASE - June 18, 2003

Racist Court Decision and Common's Report Shall Escalate Tensions

(Vancouver/Coast Salish Territory, June 18, 2003) "I am deeply angered by the ruling of Judge Brian Saunderson which granted the absolute discharge to 40 non-native fishermen who were charged with fishing illegally during a closed Aboriginal fishery last year in the Johnstone Strait," stated Chief Stewart Phillip, President of the Union of BC Indian Chiefs.

Chief Phillip further stated, "This ruling smacks of the same racist attitude of how officers of the Department of Fisheries and Oceans stood idly by and 'monitored the situation' last August when 139 boats of the Fisheries Survival Coalition fished illegally while disrupting the Musqueam and Tsawwassen legally sanctioned fishery. A month later, DFO officers detained two native fishers outside the community of Cheam, immediately seizing their boat, their truck and the small amount of fish they were transporting back to their home community of Sumas. These incidents highlight the fact that when DFO officers are involved in enforcement measures involving First Nations people they apply the law in the most severe, brutal and punitive manner possible. DFO officers continue to apply and enforce the law in the same racist and prejudicial fashion as it has in the past."

In addition, with the recent release of the Standing Committee on Fisheries and Oceans' report The 2001 Fraser River Salmon Fishery, which concluded that the Aboriginal Fisheries Strategy be abandoned, has directly contributed to the rising tensions and frustrations of many First Nations within BC.

"What disturbs me is that this is early in the season and I am left to think, like so many others, that we will see many incidents along the Fraser River. As everyone is now aware, the Fraser River Aboriginal Fishery is already tense and such provocative actions such as the Standing Committee on Fisheries and Oceans recommendation to abolish the commercial Aboriginal fishery and Justice Saunderson's double-standard decision to drop the charges against 40 non-native illegal fishers shall only serve to escalate an already tense and volatile situation.

FOR MORE INFORMATION CONTACT:
Chief Stewart Phillip, President Cell: (250) 490-5314

Established in 1969, the Union of British Columbia Indian Chiefs is a political organization protecting the Aboriginal Title and Rights of our member communities. We are based in Kamloops and have an office in Vancouver.

For further details visit our website at <http://www.ubcic.bc.ca>.

AUCTION

Elders please come by the BOOTH at the
Gathering to view the PRIZE for the Elder
Who brings the most Artists on board with the
1st Annual B.C. Elder's Native Art Auction
Which is a beautiful framed print
By Artist Junior 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 their supporting this Annual Provincial Elder's Fund-raiser, it would be much appreciated.

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 Print by Junior Henderson. The print will be couriered directly to the winner on January 2nd, 2004.

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 in to 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

<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: Who depends on another man's table often dines late. Italian Words must be weighed, not counted. Polish You've got to do your own growing, no matter how tall your grandfather was. Irish After the game, the king and the pawn go into the same box. Ita.</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>The afternoon knows what the morning never suspected. Swed. After victory, tighten your helmet chord. Japanese Behind an able man there are always other able men. Chinese Be on your guard against a silent dog and still water. Latin Be not afraid of growing slowly, be afraid only of standing still. Chinese</p>

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

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

<p><u>COMMUNITY EVENTS</u></p> <p>If you have an announcement for this space please call it in or fax or email it in to the communication office.</p> <p>Contact info is on the this page.</p> <p>Typically you will find announcements here for the Elder's Gathering as soon as the date and place are released each year by each new host. And you can always get updates at www.bcelders.com</p>	<p><i>Bible Quotes</i></p> <p>"The Lord is my strength and my shield; my heart trusted in him and I am helped; therefore, my heart greatly rejoiceth; and with my song I will praise him." Psalm 28:7</p> <p>"The Lord is my rock and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler and the horn of my salvation, and my high tower." Psalm 18:2</p> <p>"Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over."</p> <p>"Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord for ever." Psalm 23:5-6</p>
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