



ELDERS VOICE

Dear Elders and Elders Contact People: Yearly Fee Reminder

Invoices will be sent out for the coming newsletter year (Dec. 2005—Nov. 2006) **c/o your name** in the OCTOBER issue of the Elders Voice. Please see what you can do to help out, but if you find that you can't then please let me know, so that I am not spinning my wheels waiting for a return reply. I have faithfully and reliably distributed this newsletter for almost 5 years now and I very much need to be contacted back on this year's INVOICE from everyone.

It is important for the future that yearly fees being paid by offices/groups **increases**, as operating this elders office means waiting pensively each year to see if the support will come in again. Out of the almost 400 FN offices/Health Centres, etc. that this publication goes out to (to be forwarded to all the elders) only about 50 or so help out financially each year and sometimes when groups feel that they have been doing more than their share they stop paying for awhile and that keeps everything to do with this office way too uncertain.

Thank you for your help all year round, and thank you in advance for contact back on **next month's invoice**.
Sincerely, Donna Stirling

ANNUAL ELDERS RAFFLE REMINDER:

Please remember that everything needs to be back here in Campbell River by Sept. 15, 05 and that any group that provided a prize or sell tickets for the annual raffle is entered in the draw for 1/2 of the Draw's profits.

Annual Elders Gathering Safety Recommendation:

Please remember when you are budgeting for your trip that emergencies have come up in the past with regards to vehicle bread-downs, elders taking ill, higher gas prices, food shortages, lost reservations, etc., that might require more funds than planned. So, please, please budget for all possibilities to ensure that the elders are protected. (I personally recommend budgeting for all meals when anyone is away from home (especially with elder's health concerns involved), and if the extra funds turn out to be unnecessary than you just have a head start on next year's fundraising. Just common sense. D. Stirling

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Easy Bakers Corner – Eccles Cakes - makes 12

In a bowl, mix 1 3/4 cups all-purpose flour, 2 1/2 tsp. baking powder, 1 Tbsp. granulated sugar and 1/4 tsp. salt together. Cut in 3/8 cup (3/4 stick) of cold butter until mixture resembles coarse crumbs. Beat 2 eggs slightly, and reserve 2 Tbsp. of beaten egg to brush tops of cakes. Stir the remaining egg with the milk into the dry ingredients. Blend until dough holds together in a ball.

Roll out to 3/4 inch thickness. Cut into 2 1/2 inch rounds. Place rounds on a lightly greased baking sheet. Poke a hole in the center of each round. Fill centers with 1/2 cup chopper dates. Dot with butter. Fold over to make turnovers, sealing in the filling. Brush tops with reserved egg. Sprinkle with sugar. Bake at 450°F for 10—12 minutes. Serve hot.

Handy Tips:

Cleaning liquid that doubles as bug killer.... If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Smart splinter remover... just pour a drop of Elmer's Glue all over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

Hunt's Tomato Paste boil cure... cover the boil with Hunt's tomato paste as a compress. The acids from the tomatoes soothes the pain and brings the boil to a head.

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. **Articles/Submissions are best forwarded to me via email** where possible so they can be posted on the website as is. If you are interested in providing articles, please do, I look forward to hearing from anyone who wants to contribute to the content. D. Stirling

'PRESERVING THE PAST'

New Elder's Website: www.bcelders.com

The *First Ever* Elder's Website "Preserving the Past" is now online (Sept. 2002). Future registration forms, booth forms, maps of the Hosting territory, accommodation information, etc. concerning the Annual Gatherings will all be available on the B.C. Elder's Communication Center Society's Web Site at www.bcelders.com as soon as they are made available from each new host community.

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

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

Disclaimer:

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

50 PRIZES! BC Elder's Prize Draw Date: Sept. 15th 2005 TICKETS: \$5 EACH

- 1st 18K Gold Raven Pendant by Bussey MaQuire (thru Diane Brown—Skidegate)
2nd Raven Print by Terry Williams (Diane Brown—Skidegate)
3rd Fringed Native Cape by Shawna Moore (thru Amanda Zettergreen, BC Elders Council)
4th Moccasins (Weiwaikum House of Treasures) from the BC Elders Communication Center Society
5th Kwakiutl Print by Victor Moon
6th–10th (5) *different* Print by Fred Anderson Jr. (thru Willie Walkus, BC Elders Council)
11th–16th (6) *different* Prints by Ross Hunt (thru Jeanette McMaster, BC Elders Council)
17th Union of BC Indian Chiefs Logo Golf Shirt (thru Chief Stewart Phillip)
18th Union of BC Indian Chiefs Logo Vest (thru Chief Stewart Phillip)
19th Baby Jacket & Bonnet by Elaine Brookes (Scotland)
20th Photo of Eagle (Cochise) by Terry Bailey plus Tartan Throw (Scotland),
21st Knitted Shawl by Diane Bailey plus Headband & Belt by Joanne Bailey (Scotland)
22nd Juxtaposition #1 Print by Darcy Brown-Desjarlais (Moberly Lake)
23rd (5) Small Native Crafts by Artists with the Fraser Canyon Indian Administration
24th Spirit Whale Print by John Sharkey (thru Marilyn Ferry)
25th Frog Print by V. Morris
26th to 32nd (7) “Kwagulth Frog” Prints by Tom Hunt (thru BCECCS)
33rd Beaded Corsage by Gloria Adams (thru Jeanette McMasters, BC Elders Council)
34th Simpcw Logo Fleece Throw (thru the Simpcw Health Centre)
35th (2) “Spirit Of Life” Books by Jaye Lowe/Sm. Carving by D. Alfred (thru S. Matilpi, BC Elders Council)
36th Framed Raven Print by Joe Wilson from Virgie (Eugenia) Inyallie & Tse'khene Elders Society
37th Framed Eagle Print by Michael Antoine, from Virgie (Eugenia) Inyallie & Tse'khene Elders Society
38th Kahtou News Membership plus \$25 Gift Cert. London Drugs donated by Kat Norris
39th Embossed Print by Sonny Assu (winning designer of the BC Elders C.C. Society/Elders Voice logo)
40th Intaglio Print by Sonny Assu (winning designer of the BC Elders C.C. Society/Elders Voice logo)
41st (2) T-Shirts from Kyuquot FN plus (3) Crocheted Pieces by Hilda Hanson
42nd Cedar Hat by Louise Reid (thru Qualicum FN)
43rd Hand Dyed Silk Scarf by Sharon Recalma *Humming Bird Silks* (thru Qualicum FN)
44th Painting by Teresa Planes (thru Debbie Miller & T'Sou-ke Nation)
45th Crooked Paddle by Johnathan Rice (thru Debbie Miller & T'Sou-ke Nation)
46th Painting by Herbie Woods (thru Debbie Miller & T'Sou-ke Nation)
47th & 48th Cedar Feathers by Randy Frank (thru Carolyn Frank, Komox FN)
49th Prize donated by Willard Charlie, T'it'q'et Elders Group
50th Pine Needle Basket by Many Hands Ktunaxa Artisans Cooperative **and** Set of 20 Pen and Ink Greeting Cards by Charles Bullshields (thru St. Mary's Band Health Centre)

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

1. An 'Elder's Group Draw' - with one winning group (who has helped with this raffle) receiving 1/2 of the profits to help send their group to the Gathering (when this raffle is more successful there will be more than one draw).
2. The other 1/2 of the Draw's profits will be used for the communication center's office expenses so that it may operate for the Elders in BC.

****Stubs & Profits must be received at the above address (in Campbell River) by noon Sept. 15, 2005**

****Winners' names will be posted in the Elders Voice Oct. 2005 issue available at www.bcelders.com**

View Prizes: June 1st 2005 at www.bcelders.com

Food Solutions

From the show [*Insiders' Guide to Make You Younger and Healthier*](#) at Oprah.com

Not going #2 enough? New health guidelines suggest we should drink about eight glasses of water a day, about 64 ounces, and get 25 grams of fiber to stay regular and healthy. World-renowned heart surgeon Dr. Mehmet Oz says that if we can work on our fiber and water intake, our digestive systems could dramatically improve.

"High fiber comes in vegetable form: artichokes, lima beans, soybeans," he says. "You can get fruits that have lots of fiber like grapefruit, blackberries and raspberries."

Another fantastic source of fiber is whole grains. Dr. Oz says that eating whole grains isn't just the latest craze—they offer multiple benefits to your health. You may have already heard about the health benefits of whole wheat bread and oatmeal, but now doctors say other whole grains like spelt, bulgar and quinoa can reduce cholesterol and high blood pressure and even help prevent heart disease, cancer, and diabetes. They say that whole grains help flush fat and cholesterol out of your system and provide powerful antioxidants that help you stay healthier, look younger and live longer. The USDA just recently recommended eating at least three servings a day.

One of Oprah's favorite whole grain choices is steel cut oatmeal for its crunchy texture. Dr. Oz says steel cut oatmeal and other whole grain foods are high in fiber—great for digestion.

"[Steel cut oatmeal] doesn't have a lot of calories, and it drags the food [you eat] along so it can't become like putty—until it gets to the very end," Dr. Oz says. "Whole grains are an insoluble fiber, so it pulls water with it and it binds to all the other stuff you're eating that may not be so good for you. It gets the whole bolus moving on."

Foods rich in magnesium like beets, raisins, dates and soybeans are important because they get your bowels moving! The more natural, the better, says Dr. Oz.

"The easy part of this message is all of these foods come out of the ground looking the way they look when you eat them," he says. "That's the only thing you have to remember. 'Does it look the way it looked when it came out of the ground when I eat it? There are no white bread plants!'"

Dr. Oz recommends magnesium supplements when necessary.

Dr. Oz says there are three simple things you can take to reduce your chances of getting cancer by up to 50 percent. The first is eating foods rich in folate. If you don't take it as a supplement, you can find folate in orange juice, spinach and other leafy green vegetables.

Another cancer-fighting agent is vitamin D. Non-fat milk, orange juice or supplements are great sources.

"And you get vitamin D from the sun," Dr. Oz says. "So especially if you live in northern latitudes, you're not getting enough vitamin D unless you take supplements."

Dr. Oz says that since African-Americans have a darker skin color, they should probably be taking supplements in order to insure proper vitamin D intake.

If there's a magic pill for anything, Dr. Oz says it's the third cancer-fighting agent on his list—two baby aspirin daily.

"It's cheap and easy to take aspirin," Dr Oz says. "Aspirin has many, many helping elements. It helps your skin,

it helps about anything you can imagine. It has some potential risks if people have sensitive stomachs. But for cancer, you've got to be on it."

Being aware of what our bodies are telling us and how to deal with those challenges is what Dr. Oz says is most important. As well as being good for the heart, foods with tomato-based products can help alert our systems to what might be wrong, Dr. Oz says. Tomato sauce is part of so many foods it's just a matter of incorporating it into our diets more often. Dr. Oz says tomatoes contain lycopene which has been shown to fight cancer. But you can't just put a few slices in your salad to reap the effect. The tomato needs to be cooked in order to provide the most nutrients.

Many people will stand up and cheer for this next Dr. Oz tidbit—coffee is actually good for you, in reasonable amounts.

Coffee actually has been shown to reduce liver cancer and to be effective with (or with symptoms of) Alzheimer's and Parkinson's disease," Dr. Oz says. "So there are a bunch of different places where coffee can play a role. The reason it got a bad name is because it does have side effects, for example, migraine headaches and heart palpitations. But if you're not having them, coffee is reasonable."

Did we mention, it's good for those bowel movements, too? Dr. Oz suggests 24 ounces of coffee a day is a rational amount.

Dr. Oz is on the New York Presbyterian Hospital team that operated on President Clinton during his recent quadruple bypass operation. While in office, President Clinton underwent daily health screenings, but the tests never showed he was on the verge of a major heart attack. The President had experienced tightness in his chest after exercising that would eventually go away. He finally decided to consult doctors after experiencing tightness in his chest unrelated to exercise—a decision that saved his life.

"I'm much more careful about what I eat and I have resumed a vigorous exercise program," Pres. Clinton says. "I'm convinced that if it hadn't been for the fact that I was in pretty good shape, I might not have survived it."

Dr. Oz says that the President had done the right thing in listening to his body and pushing to cure what seemed wrong. But President Clinton had stopped taking his medications after he had seen a drop in his cholesterol.

"Fifty percent of Americans don't take their medications the way they need to," Dr. Oz says. "And he's the President of the United States. He's as well tested as you can be. And that take-away point is you cannot test for safety. You've got to live to be safe. As clean as your arteries are, and his were three months before he had this problem, they can become problematic if you're not taking the proactive healthy living steps that we're talking about."

So what can you eat to make your heart healthy and happy? Foods rich in omega-3 fatty acids are the best, says Dr. Oz. Salmon, walnuts and hazelnuts are great sources. Keep nuts in your refrigerator so they don't oxidize. Garlic and onions are also heart-healthy.

You've heard it before, and we'll say it again—yay, red wine! So why is red wine healthier than white?

"Red wine has a chemical in it called resveratrol, which is a very strong antioxidant that's also been shown to be heart-healthy," Dr. Oz says. "Red wine has the material from the skins of the grapes [the resveratrol]. The white wine has that skin stripped away. So if you're going to drink wine and you're going to take the hit on calories, drink red wine."

Learn more about Dr. Oz and Dr. Michael Roizen's book, [*You: The Owner's Manual*](#).

Passing of Grand Chief Archie Jack

Founding Member and Leader of the Union of BC Indian Chiefs

Press Statement

FOR IMMEDIATE RELEASE

August 4, 2005

(Penticton, BC) Members of the Penticton Indian Band and member Bands of the Okanagan Nation are mourning the sudden passing of Grand Chief Archie Jack. Grand Chief Jack was killed in a single motor vehicle accident near Swift Current Saskatchewan early yesterday morning. "Members of the Penticton Indian Band were profoundly shocked and deeply saddened to learn of the sudden, untimely passing of Grand Chief Archie Jack" said Chief Stewart Phillip. "Grand Chief Jack was greatly loved and highly respected by the Elders and people of the entire Okanagan Nation. In fact, Grand Chief Jack was widely respected by all who knew him" commented Chief Phillip

Grand Chief Archie Jack served as Chief of the Penticton Indian Band on three separate occasions for a total of ten (10) years. In addition, Grand Chief Jack served as Chairman of the Okanagan Tribal Council for a number of years. Grand Chief Archie Jack was a founding member and leader of the Union of BC Indian Chiefs. He also was the first member and Chief of the Penticton Indian Band to successfully run and serve as a School Trustee for the local School District.

"Grand Chief Jack was a man of many talents who enjoyed a full, vibrant and colorful life", said Chief Stewart Phillip. For many years Grand Chief Jack was involved in the rodeo circuit and became an accomplished saddle bronc champion. In later years, and up to the present, Grand Chief Jack raised horses on his ranch and was a rodeo stock contractor. Grand Chief Jack and his wife Joyce have been successfully operating their ranch for many, many years.

Chief Stewart Phillip stated, "Upon reflection, I would have to say Grand Chief Jack's latest passion was the revitalization of the culture, language and history of the Okanagan people." "In fact, Grand Chief Jack was recently recognized and honored at a national Indigenous Traditional Knowledge Conference co-sponsored by Heritage Canada and the Enowkin Centre. . . Grand Chief Jack has served as a Language Instructor for both the Penticton and Osoyoos Indian Bands. In recognition of his long years of service and dedication to the revitalization of the Okanagan language, Grand Chief Archie Jack was awarded an honorary Doctorate of Nsyilxcen Language which was conveyed by the Okanagan Indian Education Resources Society under the authority of the Okanagan Language Authority.

"Grand Chief Archie Jack will be fondly remembered and greatly missed by all who loved him", said Chief Stewart Phillip. "His tireless dedication to his people and his significant legacy will undoubtedly reverberate throughout the ongoing history of the Okanagan Nation for many, many generations to come," concluded Chief Stewart Phillip.

For more information:

Chief Stewart Phillip, (250) 493-0048
Penticton Indian Band

Social aggression in children is learned behaviour, can be prevented: study

Provided by: Canadian Press

Written by: ERIN HENDERSON

TORONTO (CP) - Kids can be cruel. Everyone knows that.

But a new Canadian study published in the current edition of the journal *Child Development*, suggests that social aggression - acts like one kid purposely ignoring another child for seemingly no reason - is actually learned behaviour and can be prevented.

Researchers from the University of Montreal, University of Quebec at Montreal and Laval University studied 234 sets of six-year-old twins.

Based on ratings from the children's teachers and peers, researchers found environmental factors, such as parents and peer influence, accounted for about 80 per cent of a child's social aggression. By contrast, genes make up more than half of individual differences in physical aggression.

"It's about 60 per cent of genetics that determine whether you are aggressive or not, period," said Dr. Mara Brendgen, the lead researcher on the study.

"But this aggressiveness is initially expressed as physical aggressiveness, but the environment determines whether you make the shift from physical to social aggressiveness."

Brendgen says as physically aggressive kids grow older they can learn to adapt their behaviour into a social form of dominance, like spreading rumours and excluding a certain child from social groups.

"These strategies are extremely successful in hurting the victim but they carry much less risk of detection and punishment."

Brendgen said the research suggests if aggressive children can learn to replace their physical impulses with social aggressiveness, they can also learn to curb their social bullying.

Dr. David Wolfe, a child psychologist at the Centre for Addiction and Mental Health, agreed early prevention is key. "I think parents for younger kids play a very important role to set the boundaries, and say that's wrong, let's work it out, let's talk," Wolfe said, noting the huge push in school to teach that bullying is not just physical intimidation.

The study is of interest to parents, teachers and caregivers because Brendgen says victims can feel the effects of social aggression for months and years after the bullying has stopped. "When you destroy someone's reputation, it's long-lasting and in some cases may even lead to suicidal ideas," said Brendgen.

Wolfe praised the paper, saying until recently, childhood aggression was dismissed as "kids being kids." "We've always known kids ... do things to hurt other kids without (physically) hurting them," Wolfe said from London, Ont.

"We only recently started to quantify it, and find out how important it was and how it can be linked to problems later on, both for the victims and the aggressor."

Wolfe said parents don't always realize they can do something about social bullying, and advised getting involved to solve the situation and teach bullying is wrong.

From Family and Child's Health @medbroadcast.com



Carrier Sekani Tribal Council

1460- 6th Ave.

Prince George, B.C.

V2L 3N2

Phone: (250) 562-6279 or 1-800-280-8722



ELDERS' REGISTRATION FORM

29th ANNUAL BC ELDERS GATHERING

OCTOBER 4-6th, 2005 at the Prince George Civic Centre

(808 Civic Plaza, Prince George, BC V2L 5T6)

NAME:
ADDRESS:
TELEPHONE:
BAND/ NATION/ELDER'S GROUP:
BIRTHDATE:
MEDICAL CONCERNS/INFORMATION/ ALLERGIES:
CAREGIVER/ELDERS WORKER'S NAME (traveling with elder):
Volunteer:
Skills:
Address/ Ph#:
Dates & times to volunteer:
ALL Elders and Workers are encouraged to have emergency medical information in their wallet or purse so that in the event of a medical emergency it will accessible for medical personnel.

PLEASE COMPLETE FORM AND **RETURN BY MAIL**

MAIL TO: #200-1460 SIXTH AVENUE, PRINCE GEORGE, B.C. V2L 3N2

DEADLINE FOR REGISTRATION IS SEPTEMBER 20, 2005

ANY REGISTRATIONS RECEIVED **AFTER** THIS DATE WILL BE SUBJECT TO A \$30.00 PER PERSON LATE FEE **PLUS** A \$20 REGISTRATION FEE.

Cheque/ money order payable to "Carrier Sekani Tribal Council"

****Elders Coordinators** will be asked to check-in on behalf of their group to pick up their packages and blank nametags, etc. **Individual check-in line** will be set up for those Elders traveling on their own.

Food and You

Avoiding foodborne illness

Many of us prepare and store food on a daily basis - and manage to steer clear of foodborne illness (also known as food poisoning). But are you avoiding trouble by skill or by chance? Brush up on the following tips and rule out some hazards in the kitchen.

Storing goods

Keep pantry items (such as packages of cereal or pasta) in sealed containers on a clean, dry shelf at a temperature of no more than 38°C (100°F). Keep the pantry clean and make sure no food spills or sits on the floor. Maintain your fridge temperature below 4°C (40°F) and your freezer temperature below -18°C (0°F) - this will help avoid spoilage. Place raw meat and fish in a container or generously sized bowl on the bottom shelf of the fridge so that juices cannot spill or drip onto other food. This helps prevent contamination in the fridge. So does regular cleaning of the fridge and freezer.

Storing eggs? Keep them in their original carton and not in the egg tray in the door (which won't keep them cold enough). If you crack an egg by accident, move it to a covered container in the fridge and use it within four days. Otherwise, discard it.

Refrigerate leftovers within two hours of cooking, and store them in shallow containers or sealed freezer bags so that the food cools evenly and quickly. You can safely keep leftovers in the fridge for up to four days.

Working with food

Wash your hands! Always wash your hands before and after handling raw food. Using warm water, make sure to lather your hands with soap for at least 20 seconds. As well, keep counter-tops and sinks clean and disinfect them regularly. Don't forget to sanitize high-traffic areas such as taps or the refrigerator and oven doors. When slicing and dicing, reserve one cutting board for raw meat and fish only - preferably a plastic one, as it can then be cleaned in the dishwasher. Launder dishcloths and kitchen towels often. And don't forget to wash your can opener every time you use it.

Shopping smart

Approach shopping with a strategic plan. With the large size of many supermarkets today, it can often take quite a while to make your way through the aisles. Therefore, select your freezer and refrigerator items last so that they stay as cold (and safe) as possible. Go directly home with your groceries or otherwise use a cooler and ice packs. Once home, remember to put the perishable items away first.

When choosing canned goods, avoid cans that are dented or leaking. Check egg cartons to ensure that all the eggs are clean and intact - never buy eggs that are dirty or cracked - and remember to check the "best before" date.

In general, when looking at "best before" dates, keep in mind that this is the date until which the manufacturer claims that the unopened goods will keep their wholesomeness, taste, and nutritional value provided that the food is stored appropriately. At the same time, given that "best before" dates do not guarantee the safety of the food, use your common sense and discard it if you have any doubts. If the "best before" date has passed, know that the quality of the food may have decreased, and again, use cautious judgment.

From Medbroadcast.com

B.C. health minister considers visit to aboriginal village battling suicides

Provided by: Canadian Press

Written by: DIRK MEISSNER

VICTORIA (CP) - B.C.'s health services minister is prepared to visit a remote Vancouver Island aboriginal village fighting to overcome an increase in suicides and attempted suicides among its people.

George Abbott said Monday he will visit Ahousaht to view and discuss the suicide problem first hand if the First Nation invites him.

Two people have committed suicide since Christmas and there have been 65 attempted suicides in the village of less than 900 people. Children as young as 11 years old and adults in their 50s have attempted to take their own lives.

"That's certainly something that I would consider doing if the Ahousaht or the Nuu-chah-nulth (Tribal Council) felt that that would be a useful thing to do," Abbott said. "I wouldn't have that objection at all."

The Ministry for Children and Family Development and the recently created Aboriginal Relations and Reconciliation Ministry are also involved in offering help to Ahousaht, he said.

Ahousaht, located near the tourism village of Tofino, is situated on Flores Island on the extreme west coast of Vancouver Island. It is accessible only by boat or floatplane.

The community is trying to find ways to lift the cloud of suicide, including calling in government suicide experts for help.

Abbott said the provincial government has already dispatched mental health officials to Ahousaht's band-run Holistic Centre to help with needed counselling services.

The government is preparing to place a youth mental health worker at the nearby Tofino hospital to help young people from Ahousaht who are in distress, he said.

Many of the health responsibilities in Ahousaht come under federal and First Nations jurisdiction, but the province is attempting to help where it can, Abbott said.

"Recognizing it's a community in crisis, the provincial government's concerned as human beings with the severe challenges that are being faced here, regardless of where the legal or fiduciary (responsibilities) lie in respect of this issue," he said. "We're looking for ways we might assist in this situation."

A federal Health Canada spokesman said many of the health services in Ahousaht are managed by a long-standing health accord between Ottawa and the Nuu-chah-nulth Tribal Council, a dozen-member west coast tribal organization that includes the Ahousaht First Nation.

The federally funded health agreement between the Nuu-chah-nulth and the federal government has been in place since 1988, said Jay Wortman, Health Canada's regional director of First Nations and Inuit health.

It is one of the oldest and most successful federal-aboriginal health transfers in Canada, he said.

"The Nuu-chah-nulth Tribal Council has been one of the primary success stories of the health transfer process," Wortman said.

"They have developed a terrific infrastructure. They've done a stellar job of managing their health services over many years now."

Ahousaht, once a prosperous fishing village, is being hurt by a crumbling economic base and some of its residents are falling victim to despair and hopelessness, Wortman said.

"It's in fact something that occurs at a tragically high rate across the country," said Wortman. "It's related to factors like unemployment - loss of economic base - in this case the fishery and resource economy."

The tribal council been working with Ahousaht to develop a long-term strategy to help the community, he said.

"My staff have been in constant contact with the tribal council on this and have made offers of assistance and resources and the tribal council to their credit has looked from within to manage this," said Wortman. "It's one of those things where I think the solutions to these problems come from within the communities."

An Ahousaht council member said the First Nation is receiving much-needed support from the tribal council.

But Ahousaht could always use more resources from Ottawa, Victoria and the Nuu-chah-nulth in its effort to give people the strength to reject suicide, said Coun. Anne Atleo.

Suicide professionals from outside of Ahousaht have been called in to help the community move beyond its grieving and start becoming suicide aware, which includes recognizing the signs of despair and helping people before they consider suicide, Atleo said.

The villagers themselves, whose centuries-old family structure is based on the teachings of hereditary chiefs and elders, are encouraging people to begin talking about the pain that is weighing them down, she said.

If Abbott did come to Ahousaht, Atleo said the First Nation would tell him the province needs to improve services at B.C. hospitals where many of the band members end up after attempting suicide.

The band wants to develop a protocol with B.C. hospitals to improve communication between the First Nation and the health community, she said.

The B.C. government must increase its mental health services across the province, because there are only eight psychiatric beds on Vancouver Island, said Atleo.

"You can imagine if Ahousaht has somebody being sent out every weekend," she said. "We're just one of how many hundred communities."

Abbott said the government is constantly reviewing its out-patient and mental health programs across the province.

Children'sHealth@medbroadcast.com

Backgrounder “A New Relationship” *Implementation of Supreme Court of Canada Decisions*

The document agreed to by the leadership of the First Nations Summit, the Union of BC Indian Chiefs, the BC Assembly of First Nations and BC Premier Gordon Campbell is entitled “A New Relationship”. This document is the result of discussions with senior provincial government officials on how to establish a **new government-to-government relationship based on respect, recognition and accommodation of Aboriginal title and rights.**

The document sets out a vision statement, goals of the parties, principles of a new relationship and some action plans. The action items represent the next steps that must be done to advance this new relationship and the common vision. Our respective organizations and Premier Campbell have committed to making this work a priority.

By way of background, following the decisions of the Supreme Court of Canada in *Haida* and *Taku*, resolutions were passed by the First Nations Summit and the Union of BC Indian Chiefs to work promptly and together to develop a plan to ensure the implementation of these and other Court decisions. **This unity of purpose was strengthened on March 17, 2005 with the signing of an historic Leadership Accord where the First Nations Summit, the Union of BC Indian Chiefs and the BC Assembly of First Nations committed to work together for the benefit of all First Nations in British Columbia.** Among the joint commitments was an agreement to engage with the provincial and federal governments regarding implementation of the Crown's honourable duty to consult with and accommodate First Nations Aboriginal title, rights and interests.

The Province also saw that it must make a bold shift in how the Provincial Crown conducts business, not only because of *Haida* and *Taku* and subsequent court decisions dealing with the Crown's duty, but also because of the growing level of conflict and uncertainty. The Province realized that it can no longer be “business as usual”.

On February 9, 2005, Premier Campbell committed to a process with the First Nations provincial leadership to openly discuss how we can establish a new relationship. He acknowledged that the unilateral development and implementation of the Provincial Consultation Policy after the BC Court of Appeal decisions in *Haida* clearly did not work and he expressed interest in “doing it right” this time. Over the month of March, the First Nations provincial leadership engaged in dialogue with senior officials appointed by the Premier including Jessica McDonald, Deputy Minister of Strategic Policy, Economy and Environment, Office of the Premier, and Lorne Brownsey, Deputy Minister, Treaty Negotiations Office (and other senior government officials) on how to bring about reconciliation through substantive change and develop an effective framework for consultation and accommodation. We insisted that discussions be based on respect, recognition and accommodation of Aboriginal title and rights, including the inherent right of First Nations governance. We discussed the need for shared planning and decision-making, as well as benefit and resource revenue sharing in order to establish an effective government-to-government relationship and a meaningful process for consultation and accommodation.

Resolutions of support for the further development and implementation of the document were passed by the Union of BC Indian Chiefs Council (in April 2005), the BC First Nations Chiefs and leaders in attendance at a “Special Joint Assembly” (in May 2005), and the First Nations Summit Chiefs in Assembly (in June 2005).

The UBCIC is a NGO in Special Consultative Status with the Economic and Social Council of the United Nations

Coming full circle

Working in the forestry field for 27 years, John Louis describes the day he got injured as a blessing in disguise. He still gets up at the crack of dawn to head to the forests, but these days it's preparation for leading a Taow or healing circle.

John, a self-described "elder in training" and member of Sliammon First Nation, began his work with **Tla'Amin Community Health Services (Sliammon Health Board)** 12 years ago as a men's support worker – a job he continues today.

"In residential school and as a logger, I acted as a leader to a lot of men," he says. "So working as a men's support worker was a natural fit."

And it was this work that brought him full circle. Like many others in his community, John was taken away to residential school at a young age, and later entered into what he calls his dark years.

When something is gone there is an emptiness, and you need to replace it with something good," he says. "My training brought me back to my culture and ever since I have been talking to our elders about traditional healing practices," he says.

In listening to the elders, John realized the healing circle needed to be brought back to his community. It's a traditional practice that supports a spiritual and emotional journey towards balance and wellness.

Through the circle, members of the Sliammon community find a safe place where they can share the root of the issues that are throwing them off balance. Issues like tobacco use, alcoholism, diabetes and domestic violence are treated as symptoms, and dealt with through the healing process.

"A lot of times, when a person sees their doctor, they just look at the physical," he says. "When a person goes out of balance, you need to look at the whole person – mental, physical, emotional and spiritual."

John leads circles in anger management for men, among others, and was recently asked to incorporate his knowledge to lead a "Sohot Hut" or diabetes healing circle.

There is a great deal of preparation involved in his leadership role, following time-honoured practices to achieve a state of balance before leading the circle. The day of the circle, John heads to the river at sunrise for a cleansing and to collect cedar branches, which are used as part of a healing practice to clear the mind, body and spirit.

The diabetes circle, held once a month, provides an outlet for Sliammon people of all ages to share their personal journeys with one another, and talk about some of the issues around diet. They eat a nutritious meal and have the opportunity to talk to a dietitian about food choices.

"We address issues in an open way, which takes away the shame," says John.

"All of the research I've looked at has found that successful aboriginal health programs incorporate traditional healing practices," says Jaymie Kennedy, Home and Community Care Coordinator with Tla'Amin Community Health Services.

John hopes that he can share the healing circle for the benefit of other aboriginal people and sees VCH as one way to link his knowledge with other First Nation communities. And, he will continue to listen to the elders to gain perspective of his own community.

"The elders remind me that if something is right in front of you like the eye of the needle you can't see it, but if you go up in the sky like an eagle you can see everything more clearly."

For more information on the **Chronic Disease Self-Management Program**, please contact, Leader, Aboriginal and First Nation Community Engagement: 604 730 7618

For more information on the healing circle, please contact:

John Louis
Sliammon Healing Lodge
604.483.3009

Article appeared in a recent issue of Health Link, Vancouver Coastal Health's e-newsletter. Visit www.vch.ca/enewsletter to subscribe.

(Submitted for reprinting in *Elders Voice*, BC Elders Communication Center's newsletter.)

St'at'imc Prepare For Another Round With BC

(Coast Salish Territory, Vancouver, British Columbia) The St'at'imc Chiefs Council has reaffirmed its strong opposition to the proposed development of Sutikalh. The council recently learned and discussed an application for an extension of an Environmental Assessment Act certificate and determined they would inform the Province of British Columbia that the proponent, Al Raine of NGR Resort Consultants, has no tenure in their territory.

The certificate was originally issued in August 2000 to develop a 500 million dollar four-season, 14,000-unit mountain tourism resort in Sutikalh (Melvin Creek Watershed), located between Pemberton and Lillooet. The certificate is to expire August 14, 2005. To-date, there has been no development in Sutikalh.

Chief Garry John, St'at'imc Chiefs Council chair and spokesperson recalled what happened almost five years ago, "What followed was a series of protests that took place here in British Columbia and at various points across Canada and around the world. The province has already been told that this will happen again, if they think that it is a small matter to grant an extension to the certificate."

Chief John stated, "Al Raine told one of our chiefs that if he were not successful in receiving our support for the project that he would withdraw his application and walk away. Not only was he informed but the provincial government was informed by a letter signed by 11 St'at'imc Chiefs in 2000 that states very clearly that Al Raine does not have our support for this project."

The Declaration of the Lillooet Tribe (May 10, 1911) reads very clearly "We are the rightful owners of our territory and everything pertaining thereto, at no time have we ever deserted it or left it to others."

"The St'at'imc Chiefs Council wants to make it very clear to the Province of British Columbia, and the developer Al Raine, that the St'at'imc will interpret any extension for the environmental certificate as a challenge" declared Chief John.

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For further information

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SCC Decision: Bernard and Marshall cases

First Nations Leadership Council says SCC Decision in the Bernard and Marshall cases will not have a large impact in BC

For Immediate Release, July 20, 2005

Vancouver – The First Nations Leadership Council comprised of the leadership of the three major B.C. First Nation organizations agree that today’s Supreme Court decisions will not affect current political negotiations or court cases dealing with forestry and logging issues in British Columbia.

Grand Chief Edward John, a member of the First Nations Summit Political Executive said after reviewing the decisions: “Today’s Marshall and Bernard decisions will not affect political or legal issues in British Columbia with respect to commercial logging. These decisions do not establish new legal principles. They are based on the facts about the Mi’kmaq people’s relationships to the Crown and to particular portions of their territory in the 1760’s.”

“The Court’s rejection of a Mi’kmaq treaty right to log will not affect First Nations in B.C. because such a treaty right is not asserted in B.C. since the federal and provincial governments refused to negotiate treaties here until very recently. And in the few exceptions to that, the Douglas Treaties and Treaty 8 have no trade clauses like the one considered in today’s decisions”, added Chief John.

“Aboriginal title is a fundamental and unresolved issue throughout British Columbia. But today’s Supreme Court decisions will not affect that issue here”, said Chief Stewart Phillip, President of the Union of BC Indian Chiefs.

“The Court merely rejected Mi’kmaq logging rights based on Aboriginal title because the evidence in these cases did not meet the legal standard set in earlier cases. That will not affect title claims here in BC. Throughout British Columbia First Nations were traditionally sustained by the whole of their territorial lands and resources, and were prepared to exclude others from those when necessary. A number of B.C. First Nations are currently conducting or preparing Aboriginal title cases, in part because of logging disputes, and in all those cases the First Nations are confident that they can and will meet the legal standard in today’s decisions” added Chief Phillip.

Shawn Atleo, BC Regional Chief of the Assembly of First Nations said, “More important for First Nations in B.C. is that today’s cases do not change the Supreme Court’s recent decisions in the *Haida* and *Taku River Tlingit* cases, which confirmed the Crown’s duty to accommodate Aboriginal title and rights when making resource allocation or management decisions”.

“Those cases are currently being applied in negotiations throughout B.C. in many forestry situations, because they establish that grants of logging tenures and forestry management decisions must, as a matter of law, protect traditional and non-commercial uses of the forest by First Nations, and also ensure ongoing opportunities for meaningful First Nation participation in commercial uses of the forest.”

Today’s cases will not affect the many types of negotiations currently going on in B.C. between First Nations and government, including treaty negotiations. Enormous amounts of energy and resources are being invested in those negotiations, in efforts to move away from conflict and litigation and directly towards accommodation and reconciliation agreements. It is common ground between First Nations organizations and the provincial government that achieving that objective must include meaningful First Nation participation in all aspects of modern commercial forestry, including commercial harvesting and management decisions to ensure sustainability. While there is a great deal left to resolve in all those negotiations, the basic issue in the Mi’kmaq cases - whether First Nations have a right to participate in commercial logging - is not really in dispute in British Columbia.

The First Nations Leadership Council is comprised of the political executives of the First Nations Summit, Union of BC Indian Chiefs and the BC Assembly of First Nations. The Council works together to politically represent the interests of First Nations in British Columbia and develop strategies and actions to bring about significant and substantive changes to government policy that will benefit all First Nations in British Columbia.

For Further Information:

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Conayt Friendship Society's 30th Anniversary Celebration

On June 25th 05 a Gala Event took place at the Merritt Civic Centre, which was the 30th Anniversary Celebration of the Conayt Friendship Society, and I would like to share some of that with all of you.

Thirty years, that sounds like a very long period of time, and it is...but during those years just imagine all of the good works that have been accomplished, the lives that have been transformed for the better through services such as drug and alcohol counselling, low-income family housing, and services for new moms and babies, that the Centre has been able to provide. There have been programs for kids in the middle, kids who were often left out from other programs because of their age; and there is our FN youth who have a place to drop in to - to enjoy projects that are designed to inspire them to achieve their goals, as well as help further develop their life skills.

Now, I ask you, isn't all of that worth celebrating? I certainly think so! And that is just what Conayt Friendship Society did, plans were made to re-unite Board of Directors from 1975 to present day. A gala event, which included a semi-formal dinner, which was catered locally; a fashion show with a very elite group of native fashion designers, such as Patty Dempster, Shannon Kilroy, and Linda Kay Peters; and the entertainment was provided by our own comedienne Opie Openhiem, and singer Ray Tippe.

There was a silent auction held as well as a regular auction and George Saddleman, Okanagan Nation, a well-known and respected auctioneer, auctioned off many wonderful items, which were donated by local business people. As well as other items that people who donated of great value and several guests were honored with a gift of a Hand Drum, one of these guests was Harry Lali of the N.D.P. And our Executive Director Dennis Francis was presented with a Sun Mask, which was hand carved by our dear friend Ross Hunt.

A special thank you to three young people, Krista Wilson, of the Gitksan Nation, Arnold Akachuk of the Cree/Assinaboine Nation and to Krisalena Antoine of the Thompson Nation. These three young people were very instrumental in the success of this 30-year celebration as each did their work in research, culture, and other equally important tasks, so thank all for your long hours of work to make everything so wonderful and memorable.

It is truly an honor for me to be a part of Conayt Friendship Society; I have personally witnessed the many worthy projects that have enabled our rural urban native people to be all that God created them to be. So congratulations to everyone from the past and present and here's hoping for many, many more years of being of service to the community.

Thank you Conayt Friendship Society.

In Friendship and with respect, Jeanette McMaster

Guidant Corp. issues warning for 28,000 pacemakers; nine models affected

Provided by: Canadian Press

Written by: ASHLEY HEHER

INDIANAPOLIS (CP) - Guidant Corp. warned physicians Monday that replacements might be needed for nine pacemaker models made between 1997 and 2000, of which some 28,000 remain implanted in patients worldwide.

The Indianapolis-based company, which recalled almost 109,000 defibrillators in June, released a warning that says a sealing component in the pacemakers has degraded in some cases, resulting in higher-than-normal moisture in the devices and possible malfunction.

The company said about 78,000 of the devices were distributed, with about 18,000 of them remaining in U.S. patients.

Guidant said that it has identified 69 failures among the pacemakers - all after they had been used for at least 44 months. The models include: Pulsar Max, Pulsar, Discovery, Meridian, Pulsar Max II, Discovery II, Virtus Plus II, Intelis II and Contak TR.

The company told physicians they should consider replacing the pacemakers for patients who are dependent on the devices, which send electrical pulses to the heart to regulate its rhythm.

Several patients have lost consciousness or developed possible heart failure, the company said. The statement reported the death of one person whose pacemaker may have failed, but Guidant said that the device was not returned for testing and that its role could not be confirmed.

Last month, Health Canada said about 970 Canadians are using cardiac defibrillators that are subject to two Guidant safety warnings issued in June. That includes 496 people with the Ventak Prizm2 DR Model 1841, and 477 with the following models: Contak Renewal, Contak Renewal 2, Ventak Prizm AVT, Vitality AVT, Contak Renewal 4 AVT and Contak Renewal 4 AVT HE.

U.S. Food and Drug Administration spokeswoman Julie Zawisza said the agency was evaluating Guidant's warning. Guidant said the FDA may classify the warning as a recall. The company issued two safety warnings last month for 11 models of defibrillators that were later classified by the FDA as recalls.

Defibrillators are also implanted devices; they shock the heart back into rhythm. Almost 88,000 of the Guidant devices that were recalled had been implanted worldwide.

The company said it would replace the pacemakers at no charge through the end of the year, even though the warranty on many has expired. Guidant will also reimburse patients up to \$2,500 US for medical expenses.

A Toronto law firm, Rochon Genova, launched a national class-action lawsuit on June 29 on behalf of Canadians implanted with Guidant defibrillators that were subject to the warnings last month.

The San Francisco-based law firm Lieff Cabraser filed a class-action suit over Guidant defibrillators in June, and lawyer Joel Rochon of Rochon Genova has said he is aware of "two or three other" class-actions launched recently in the U.S. over the devices.

Guidant shares fell \$2.10 to close at \$67.31 in trading on the New York Stock Exchange Monday; they have traded in a 52-week range of \$49.95 to \$75.15. On June 24, after the second of two recalls, shares sank 6.9 per cent, or \$4.70, to \$63.90.

New-generation blood-thinner reduces deaths from heart attack: Canadian study

Provided by: Canadian Press

Written by: SHERYL UBELACKER

TORONTO (CP) - An inexpensive and easy-to-administer blood-thinner can significantly reduce the risk of death after a major heart attack, suggests a study by Canadian researchers, who call it the first drug of its kind shown to prolong life.

The drug reviparin also reduced the danger of a subsequent heart attack without hiking the risk of potentially fatal brain hemorrhage associated with heparin, the standard blood-thinning treatment, said the study by researchers at Hamilton's McMaster University.

Reviparin is chemically related to heparin, commonly used in hospitals to prevent blood clots from causing a second heart attack. But heparin, which must be given intravenously and closely monitored in hospital, "is very unpredictable," said cardiologist Dr. Shamir Mehta, one of the study's principal investigators. The drug can cause bleeding in the brain, a form of stroke.

With reviparin, Mehta said, "there was no significant increase" in the risk of stroke. "We are really the first to show that a low molecular-weight heparin - in this case we used reviparin - prevents death in patients presenting with acute heart attacks," he said. "That's the crux of the study, because the holy grail of cardiology, or any type of medicine, is to find therapies that prolong life. And very few therapies that we have available actually prolong life. A lot of them will prevent recurrent heart attacks or recurrent strokes, but they don't prolong life."

The 2001 to 2004 study, published Wednesday in the Journal of the American Medical Association, involved more than 15,500 heart attack patients in India and China. About 75 per cent of participants were men, and the mean age was 59. All the patients were also being treated with at least one of several standard therapies, including clot-busting drugs and in some cases, angioplasty to unblock clogged blood vessels. Doctors gave half the patients twice-daily reviparin injections into the skin for seven days, while the other half received dummy injections.

The researchers found that the drug's life-prolonging effects not only carried on after the weeklong treatment ended, but also improved. At seven days, the risk of death was 11 per cent lower in those taking the drug than the placebo group. At 30 days, that risk reduction had jumped to 13 per cent, Mehta said.

As well, patients who got to hospital and received reviparin within two hours of experiencing heart attack symptoms had the best chance of surviving, with the risk of death rising incrementally for those who sought treatment within the next six hours, he said. "But if you waited too long, if you waited more than eight hours to come in, we didn't see a big effect of the drug."

Dr. Michel Le May, a cardiologist at the University of Ottawa Heart Institute, called the study promising, especially if the improved death risk holds steady in subsequent studies of the patients over the next one to two years. "Where angioplasty is not available, there may be something provocative in using this kind of treatment in patients in those settings," he said.

But Le May cautioned that the findings may not be applicable to North America, where treatment for heart attacks may involve better anti-clotting drugs and greater use of angioplasty. "I think it's going to fuel a lot of debate. It's going to rekindle the debate between thrombolytic therapy (clot-busting) and angioplasty."

Reviparin, marketed by Chicago-based Abbott Laboratories under the brand name Clivarin, is used in Europe and parts of Asia to prevent and treat blood clots but not heart attacks. It is not approved for use in Canada or the United States. Abbott acquired reviparin's European manufacturer, Knoll Pharmaceuticals, during the study.

Abbott spokeswoman Ilke Arici that there are "no concrete" plans to seek FDA or Health Canada approval for reviparin based on the McMaster study, which received no funding from the company or from any other drug manufacturer. "The results from the trial are certainly compelling and we will look to further analyse the data to see if there are any future implications," Arici said from Chicago.

Still, Mehta believes the "gang-busting" results could change the way major heart attacks are treated. "What it will mean is if reviparin is added onto standard therapy for patients with acute heart attacks, there's going to be a benefit in terms of reduction in mortality," he said. "This would represent a significant advance in the practice of cardiology and the health of our patients."
Info from medbroadcast.com

Sleep: Getting a Good Night's Worth

Tips on getting a good night's sleep

Do you wake up feeling refreshed, alert, and ready to meet the challenges of the day? If not, here are some tips to help you get there:

- Keep regular hours. Try to go to bed and wake up around the same time every day, including weekends.
- Develop a "sleep ritual." If you do the same things before you go to bed each night, it will train your body to get ready for sleep.
- Take some time to relax and unwind before you go to sleep. You may try stretching, relaxation exercises, a hot shower or bath, meditation, or a glass of hot milk help you to relax and prepare for sleep. Avoid activities that may be emotionally upsetting a few hours before you go to bed.
- Avoid caffeine and other stimulants (such as pseudoephedrine, an ingredient in many cough and cold medications) in the evening.
- If you are taking a diuretic (such as furosemide or hydrochlorothiazide), take it in the morning. Diuretics increase urination, and this may keep you up at night if you take them later in the day.
- Avoid drinking alcohol right before bedtime. Alcohol can interrupt sleep, leading to a poor quality of sleep.
- If you smoke, consider quitting. Smokers have more trouble falling asleep, and wake up more often during the night, than non-smokers.
- Make your bedroom "sleep-friendly." Your room should be kept cool (60-65°F or 16-18°C), dark, and quiet. If you are bothered by the noises around you, try using a pair of foam earplugs, a fan, or a white noise generator to block out the noise.
- Get a comfortable mattress. If you wake up feeling stiff and sore, or if you aren't sleeping as well as you were a year ago, it may be time for a new mattress. A good mattress should gently support all points of your body and give you enough room to move freely.
- Exercise regularly. This can help relieve stress and make it easier for you to sleep. Don't exercise too close to bedtime if you find this makes it harder for you to sleep.
- Don't feel guilty about going to bed - think of sleep as an investment in your health and productivity.
- Avoid watching TV or reading in bed. Your bed should be reserved for sleep and intimacy.
- If you are having trouble sleeping, get out of bed to read or watch TV. Return to bed when you start to feel tired. Try not to look at the clock.
- If you try these tips and still find that you're having trouble sleeping, talk to your doctor. You may have a medical condition that is affecting your sleep. Also, check with your pharmacist to find out if the medications you are taking could be affecting your sleep.

From msn.com

Prenatal screening urged for infection that can come from cat litter box

Provided by: Canadian Press

Written by: CARLA K. JOHNSON

CHICAGO (AP) - Janet Morel doesn't know whether it was the undercooked eggs she ate while she was pregnant or parasites from her cat that caused her daughter Dana's blindness and brain damage.

Morel and her husband face a lifetime of caring for Dana, who is now 17. Doctors blame Dana's problems on toxoplasmosis, which is why Morel supports a call for routine testing of pregnant women and infants for the parasitic infection.

"If you could see my daughter, you would understand why it is I feel so strongly about this," said Morel, of Scottsdale, Ariz.

Few pregnant women or infants are routinely tested for toxoplasmosis, which can cause blindness and brain damage in babies. The infection can be contracted during pregnancy if a woman cleans a cat litter box, gardens or eats raw eggs or meat.

The infection is caused by the parasite *Toxoplasma gondii*, which can infect all animals and can be found in the ground. Cats spread the parasite in their feces.

A group of doctors who treat children born with the infection are calling for routine screening of pregnant women and infants.

It is not clear how big a risk toxoplasmosis is. Some studies suggest about one out of 1,000 babies is born with it; but in Massachusetts, which has routinely tested newborns for it for almost 20 years, only about one in 15,000 has turned up with toxoplasmosis.

New Hampshire is the only other state that tests all babies for the infection.

"What it takes is a little push to get this going," said Dr. Kenneth Boyer, pediatrics chairman at Rush University Medical Center, who led a study on the infection's risk factors with Dr. Rima McLeod of University of Chicago's Toxoplasmosis Center. "I believe our paper ought to be a push in that direction."

The research, published in the February issue of the American Journal of Obstetrics and Gynecology, found that even if doctors ask all the right questions to find known risk factors, they miss about half the women who give birth to babies with toxoplasmosis.

Some infected babies are born with no obvious symptoms and damage becomes apparent later. Others, like Dana Morel, have severe symptoms at birth.

Daily treatment during an infected baby's first year of life can prevent some serious symptoms, Boyer said, but even that is not 100 per cent effective.

Another problem with universal screening is that the test isn't always accurate and can worry parents needlessly by turning up positive when there is no infection.

Universal testing also adds to health-care costs, said Roger B. Eaton, director of the New England Newborn Screening Program at the University of Massachusetts Medical School.

But Eaton considers the testing cost-effective. In Massachusetts, it's one of several newborn screening tests that together cost \$55.

The study looked at 131 babies with toxoplasmosis who were referred to the Chicago Collaborative Treatment Trial, a project funded by the National Institutes of Health.

Researchers interviewed the children's mothers, asking whether they owned cats, cleaned litter boxes, gardened or ate uncooked meat while pregnant.

The researchers also asked the women if they had flu-like symptoms or swollen lymph nodes during pregnancy.

Half the women recalled no symptoms or risk factors, the researchers found. Boyer said that shows that normal prenatal care, which involves such interview questions but no blood test, potentially misses about half the cases of toxoplasmosis during pregnancy.

The American College of Obstetrics and Gynecology does not recommend routine prenatal testing for toxoplasmosis.

Standard advice for pregnant women includes a warning not to clean cat litter boxes. Pregnant women also should wear gloves while gardening and avoid eating raw or undercooked food. Shellfish and untreated water are new suspected culprits, according to the study.

From Women's Health at medbroadcast.com

Longevity advice from Cuban centenarians: dance, sing, eat your veggies

Provided by: Canadian Press

HAVANA (AP) - Dancing, singing, eating vegetables and positive thinking were a few of the secrets to long life revealed by a dozen Cubans who met Wednesday in a rare gathering of 100-somethings.

The men and women were invited to describe their daily diets and habits at a meeting of the 120 Year Club, a Cuban group whose members are convinced many people can live to a similar age by changing their lifestyles. Nutritionists, psychologists and gerontologists from Cuba, Mexico, France and Spain interviewed the group.

Among the centenarians was Benito Martinez, who claims to be the oldest man on the island at 124 years, which would make him the oldest person in the world. But his claim evidently has never been authenticated. Born in Haiti, Martinez said he had lived much of his life in eastern Cuba.

At his side was 101-year-old Mercedes Matilde Nunez, who said her secret to long life is her passion for dancing and singing. She gave a brief demonstration to those present.

Agustin Gutierrez, 103, said hard work and eating vegetables helped him. All agreed an optimistic outlook is key for living a long and healthy life.

"The whole world could satisfactorily live 120 years," said Dr. Eugenio Selman, the club's director and Cuban President Fidel Castro's personal physician.

But to do so, he said, requires six things: motivation to live, appropriate diet, medical attention, intense physical activity, cultural activities and a healthy environment. Cuba's average life expectancy is 77 years.

From Senior's Health at medbroadcast.com

Quit smoking with a pill? Researchers say new drugs show promise

Provided by: Canadian Press

Written by: MATT APUZZO

GROTON, Connecticut (AP) - Researchers are racing to develop a drug that would make smoking as treatable - and lucrative - as erectile dysfunction, high cholesterol and acid reflux disease. Major pharmaceutical companies and small startups see the potential for billions of dollars in sales for a vaccine or a nicotine-free pill that could end addiction at the chemical level for America's 50 million smokers.

"It's the biggest addiction market there is," said Dr. Herbert D. Kleber, a psychiatry professor and addiction researcher at Columbia University in New York. "Is it realistic to be able to help addicts stop smoking and remain off with a pill? I think the answer is yes and we're working on a number of them."

While nicotine patches, gums, lozenges and sprays help wean smokers off cigarettes by slowly reducing their dependence on nicotine, researchers are tailoring drugs to mimic or block nicotine's chemical reactions with the body.

In Connecticut, researchers at Pfizer Inc. identified a brain receptor that nicotine binds to and designed a drug, varenicline, that latches to the same site. Varenicline is in Phase III testing, normally the last step before a company applies for approval from the Food and Drug Administration. Researchers hope that the drug will attach to nicotine receptors in the brain, preventing overpowering cravings from setting in when someone stops smoking.

If varenicline's claims hold up, the drug could generate more than \$500 million US a year in sales, said David Moskowitz, an analyst with Friedman, Billings, Ramsey & Co. "It's an unmet medical need," said Dr. Karen Reeves, executive director of clinical development for Pfizer. "The morbidity and mortality rate is so high, and doctors and smokers really have not had enough in their armamentarium to help smokers stop smoking."

The French pharmaceutical company Sanofi-Synthelabo said it will ask for FDA approval this year for the drug rimonabant, which it would market under the name Acomplia as a way to help stop smoking and overeating. Acomplia targets circuitry in the brain that encourages smokers to keep lighting up. If the body's chemical reward system is blocked, smoking might not be as pleasurable or as addictive. Researchers have high hopes for the drug, saying it might also treat alcohol and drug abuse. That combination could translate into billions in yearly sales, Moskowitz said.

Then there's NicVax, a drug that Florida-based Nabi Pharmaceuticals claims could be used as a nicotine vaccine. NicVax triggers the production of antibodies that bind to nicotine molecules, preventing them from reacting with receptors in the brain. NicVax, which was developed primarily with grants from the National Institute on Drug Abuse, has shown promise in early trials and could begin Phase III testing late this year, the company said. A similar drug, called Ta-Nic, is in early testing by the Xenova Group in England. "Everyone has been looking for the magic bullet," said Thomas Glynn, director of cancer science and trends for the American Cancer Society.

Whether one will be found remains uncertain, he said. It's more likely, doctors agree, that scientists will develop a number of successful drugs that will prove effective, but no single pill will "cure" smoking.

Doctors with high hopes have been let down before. In 1997, the FDA approved bupropion, commonly sold under the name Zyban, as an anti-smoking drug.

The drug, which was originally marketed as an antidepressant, has proven successful for some smokers but was never the industry blockbuster some expected.

Dr. Cheryl Oncken, associate professor of medicine at the University of Connecticut Health Center, said the new drugs being developed represent the next generation of medicine. Oncken will present a research study this weekend on varenicline, which in an earlier Pfizer study was shown to help nearly half of smokers quit within seven weeks - compared to about 33 per cent with bupropion.

Investors are proceeding cautiously. Scott Henry, a Pfizer analyst at Oppenheimer & Co., said it's too early to tell whether there is a smoking wonder drug in development. He said varenicline has shown promise, but like all drugs being tested, there are many unanswered questions.

"Is it truly a revolutionary new treatment, or is just another bell and whistle?" he said.

This is so true...!! (emailed in to pass on to the elders) Author Unknown

His three children were outside, still in their pyjamas, playing in the mud,
with empty food boxes and wrappers strewn all around the front yard.

The door of his wife's car was open, as was the front door to the house and there was no sign of the dog.

Proceeding into the entry, he found an even bigger mess. A lamp had been knocked over,
and the throw rug was wadded against one wall.

In the front room the TV was loudly blaring a cartoon channel,
and the family room was strewn with toys and various items of clothing.

In the kitchen, dishes filled the sink, breakfast food was spilled on the counter,
and the fridge door was open wide,
dog food was spilled on the floor, a broken glass lay under the table,
and a small pile of sand was spread by the back door.

He quickly headed up the stairs, stepping over toys and more piles of clothes, looking for his wife.
He was worried she may be ill, or that something serious had happened.

He was met with a small trickle of water as it made its way out the bathroom door.
As he peered inside he found wet towels, scummy soap and more toys strewn over the floor.

Miles of toilet paper lay in a heap and toothpaste had been smeared over the mirror and walls.
As he rushed to the bedroom, he found his wife still curled up in the bed in her pyjamas, reading a novel.

She looked up at him, smiled, and asked how his day went.
He looked at her bewildered and asked, "What happened here today?"

She again smiled and answered,
"You know every day when you come home from work and you ask me what in the world did I do today?"

"Yes," was his incredulous reply.

She answered, "Well, today I didn't do it."... Priceless!

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

**1420 C 16th Avenue
Campbell River, B.C. V9W 2E3**

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Email:
bcelderscommcenter@telus.net**

**'ELDERS VOICE' ISSUES
ARE SENT OUT TO
COMMUNITIES BY THE
1st OF EACH MONTH.**

**If your area's copy is not re-
ceived in a timely manner
please call in to the office.**

TRADITIONAL HEALING CORNER

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

PROVERBS:

Before I judge my neighbor, let me walk a mile in his moccasins.
Worry gives a small thing a big shadow.
Don't talk unless you can improve the silence.
Charm is more than beauty.
With money in your pocket, you are wise and you are handsome and you
sing well too.
Vice rules where gold reigns.

BIBLE QUOTES:

"Patient persuasion can break down the strongest resistance and can even
convince rulers." Proverbs 25:15
"Children, obey your parents in the Lord, for this is right. Honor thy father
and mother, which is the first commandment with promise."
Ephesians 6:1-2
"Is not wisdom found among the aged? Does not long life bring under-
standing." Job 12:12
"Even though I walk through the valley of the shadow of death, I will fear
no evil, for you are with me." Psalm 23:4
"Pay attention to your teacher, and learn all you can." Proverbs 22:12

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

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

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

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

The Host for the 29th Annual BC Elders Gathering is the Carrier Sekani Tribal Council and they can be reached at **1-800-280-8722** or by email at agrant@cstc.bc.ca. The dates are **October 4-6 2005** at the Prince George Civic Centre. The Reigning King for 2005 is Albert Chingee from McLeod Lake Band (he is Sekani) and the 2005 Queen is his wife Veronica (Vera) Seymour and she is from Lheidli T'enneh and she is Carrier.

Message from Host: Please note there is a revised Booth Form from the host at www.bcelders.com**
Hadih Everybody,

At this point in time we are selling 50/50 tickets and have just started a Raffle. We are having two draws, one on August 31/05 and one on September 30/05. Tickets are only \$2.00 each, 3/\$5.00 or 7/\$10.00 or a whole book for \$15.00 (10 tickets) Pictures can be emailed out for people/communities to review.

We are working hard at fundraising for the 29th Elders Gathering and we are accepting donations of any hand crafted items, artwork, and anything we can use for the conference (ie-pens, paper, notebooks, etc) and of course monetary donations from any group would really help out with providing for the elders.

If individuals or groups want to make monetary donations they can please make cheques payable to "Carrier Sekani Tribal Council".

We look forward to your continued support of this wonderful event for our Elders, our Wisdom Keepers.