

Volume 3 Issue 9

August 2003

B.C. ELDER'S COMMUNICATION CENTER SOCIETY



# ELDER'S VOICE

Dear Elders,

Having spoken to one of the planners from the 27th Annual Aboriginal Elder's Gathering recently, it was requested that I get the following information out to all of you and as the Event will be taking place quite soon, I would like to urge everyone who is reading this to check with each other and make sure you are prepared.

The Venue for the Gathering has covered seating for 2000 people - if an extra thousand or 3 come to the event then that will mean that many Elder's and Supporters might find themselves in the sun.

It is suggested that, where possible, Elder's Groups bring their umbrellas, wide brimmed hats, mesh-sided canopies, and lawn chairs. I imagine if they have covered seating for 2000 that there may not be chairs to go around. I know that not everybody is in attendance at all the times, but better to be safe than sorry - so those who have the space to bring these extra items should really try and do so.

**IMPORTANT** - on the Host website it states that breakfasts will be included for the 3-day event and that is an error. Breakfasts will not be included, so please budget accordingly - the Host wasn't able to get the website people to make this correction, and I don't want anyone to be in Coquitlam short of pocket money.

There is a fee of \$10 a day for 54 years and under and \$2 a day for any children - groups need to get these fees in A.S.A.P. to help the Host meet this commitment.

If you are planning on doing a "STORY TELLING" Interview please call in right away to schedule it—they will be take place the afternoon of August 20.

Special thanks go out this issue to the Union Of British Columbia Indian Chiefs for their Membership Fee - it is much appreciated. Thank You !!

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## **Easy Bakers Corner – Lemon Current Cookies - 3 to 4 dozen**

Cream 1/2 butter or margarine and 1/2 cup of granulated sugar together until light and fluffy. Beat in 1 egg and 1 egg yolk and mix thoroughly.

Add 1 tsp. of grated lemon rind and 2 tsp. of lemon juice.

In separate bowl combine 1 cup of all-purpose flour and 1/4 tsp. of baking soda and mix into the butter mixture until dough forms. Stir in 1/4 cup of dried currants.

Refrigerate for 30 minutes.

Drop by teaspoon onto a lightly greased cookie sheet, leaving about 2 inches between cookies.

Bake at 375°F for 10 to 12 minutes until edges brown. Cool on sheet for a minute before removing to a rack to cool. Store in tin.

Tip: For best shape, drop cookies onto cooled baking sheets - that prevents excessive spreading.

*Handy Tips:* When packaging up breakables – use greaseless (no oil) popped popcorn instead of the Styrofoam packing peanuts (popcorn is bio-degradable). To get pine pitch off of your hands you can use vegetable oil. For crayon on walls/counters, use WD40. Tough window cleaner - use 1 pint of rubbing alcohol, 2 Tbsp. of liquid dish soap and 2 Tbsp. of clear ammonia. To clean build up on wood floors/furniture - wipe it down with a solution of 2 tea bags and 1 quart of water and a damp cloth. To get out cat or dog pee stains - 1/4 cup of hydrogen peroxide and 1 Tbsp. of ammonia or you can buy Odorzout Powder.

## **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 something, please do so, I look forward to hearing from anyone who wants to contribute to the content.

## **‘PRESERVING THE PAST’ New Elder’s Website: [www.bcelders.com](http://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](http://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.

**“Reclaiming Our Spirit”  
Beyond Indian Residential School:  
Healing Program  
September 8<sup>th</sup> – October 3, 2003**

*Wilp Si Satxw Community Healing Centre* will deliver a four-week program to address the effects of Residential School issues for participants from all territories. This program is developed to ease the pain and hardships that have affected so many of the people who attended the Residential Schools. We will provide a safe healing program for the people who have suffered, or who are experiencing trauma in their lives, including emotional, mental, physical and spiritual health issues that stem from:

- The effects of the residential school experience
- Addictions/substance abuse
- Violence - domestic or physical
- Unresolved grief

*This program is also open to people suffering from the inter-generational effects of Residential Schools.*

People are encouraged to take full advantage of the healing program.

Ongoing changes to the holistic treatment methods were developed to meet the objectives of facilitating the healing process of the participants. There are a number of workshops, healing sessions and activities related to healing from the effects of Residential School Traumas. The four-week healing program offers the participants various treatment methods such as talking circles, individual counseling, group counselling, psychodrama, men's and women's group counseling, workshops, therapeutic nature walks, access to Elders, cultural specific services, and 12 step AA/NA program with an emphasis on cultural perspectives.

Healing and Talking Circles, where special knowledge, understanding and insights will be shared, not only from the staff, but from the participant's as well. Voluntary participation in spiritual ceremonies is consistent with the philosophy of Wilp Si' Satxw.

**Please contact Intake Worker  
Shirley McDonald for information.  
Phone 250-849-5211  
Fax 250-849-5374  
Toll Free 1-877-849-5211**

## **Home Canning Salmon And How to Avoid Botulism**

It's that time of year again. The salmon are coming up the cool, clear rivers – and hopefully into our waiting nets. Many First Nations people preserve nature's bounty from the sea by canning salmon at home. While home canning is an economical and tasty way to preserve salmon, it must be done properly otherwise botulism can be the result.

### **What is Botulism?**

Botulism is a very serious, sometimes deadly form of food poisoning. The poison is produced by *Clostridium botulinum*, a bacteria that is found almost everywhere-in soil, on plants, and on meat and fish including salmon. Every year, people become sick and some die from botulism as a result of eating improperly home canned food.

Symptoms of food borne botulism usually begin 18 to 36 hours after eating food containing the toxin. However, symptoms can show up as early as 6 hours or as late as 10 days depending on how much toxin is in the food. Botulism toxin attacks the nerves and makes muscles weak and hard to move. This paralysis starts with the head and moves down to the arms and legs. Early symptoms include muscle weakness and dizziness usually followed by double or blurred vision, a dry mouth, and trouble with speaking, swallowing and breathing. If not quickly treated, food borne botulism can be fatal.

### **What Causes Botulism?**

*Clostridium botulinum* forms spores, which are very resistant to high heat – even boiling water. These spores grow very well in a moist, oxygen free environment – like that found inside a container of improperly home canned food. When these spores grow, they produce one of the most powerful poisons on earth – botulism toxin. Botulism toxin is so powerful that one-teaspoon could kill 100,000 people. The inside of an improperly home canned container is the perfect place for the botulism toxin to be produced.

### **Why is Botulism So Serious?**

What also makes it dangerous is that food contaminated with botulism toxin may look, smell and taste normal. As such, there is often no warning for someone who is about to unknowingly eat food contaminated with botulism toxin. Even tasting a food with botulism toxin in it can make you sick. Another problem is that people often mistake the early symptoms of botulism for other illnesses such as the flu. Many people who have had botulism did not know it was food they had eaten that was making them sick.

### **Safe Home Canning**

Heat and the amount of acid in the food are two important keys to canning safely. Because salmon is a low acid food, it must be canned at the higher temperatures that only a pressure canner can attain. A pressure canner can reach the minimum temperature needed to kill the botulism spores and the only way to guarantee safe home canning of salmon. Your pressure canner should come with complete instructions. Follow them carefully, keeping these pointers in mind:

- Ten pounds is the minimum safe pressure.
- Cooking time – will vary depending on the food being canned and the size of the jar. Never shorten the cooking time that is recommended in the instructions.
- If you live more than 1000 feet above sea level, then both the pressure and the cooking time will have to be increased. Check the cooking chart in your instructions.
- Pressure – once the right pressure has been reached during cooking, it must be kept constant.
- Never eat or even taste any home canned food that looks spoiled, that foams, has a bad smell during cooking, or the container has bulging lids or is leaking.
- Both “weighted” gauges and “dial” gauges should be checked for accuracy. Read the manufacture’s directions carefully for recommended testing procedures to make sure your canner is working safely and correctly.

### **What Jars are Best for Canning?**

Several manufacturers make heavy-duty jars specially made for home canning. Never use empty “commercial” jars, such as peanut butter jars. Commercial jars are not strong enough to be safely used for repeated home cannings. “Mason” jars – those, which screw shut on a threaded neck, are the most common choice. The jars can be used many times as long as the sealing rims are smooth and there are no scratches, nicks, or cracks. Never re-use the lids – after a lid has been pried off, a perfect fit can no longer be guaranteed.

### **The Importance of Cleanliness**

Good cleanliness is the other important safety factor to keep in mind. Keep all your work surfaces clean during all steps of the canning process. It is very important to clean and sterilize the jars and seals before using them. Also, the food to be canned should be rinsed clean as well.

### **And Remember:**

Home canning can be perfectly safe. But it must be done properly. Never take shortcuts when home canning. If you haven’t done it before, talk to friends or family who know how to do it for advice. Also, read up on home canning – good books are available either at the library or in the stores. Pressure canners almost always come with good instructions. If you have an older pressure canner and cannot find the instructions, contact the manufacturer to request a copy.

Lynn Wilcott is a Food Safety Specialist for the BC Center for Disease Control.

# ELDER'S REGISTRATION FORM

The 27th Annual Aboriginal Elder's Gathering

Dates: August 20, 21, 22, 2003

Place: 1240 Pinetree Way, Town Centre Stadium, Coquitlam, B.C.

For more information please call: 1-800-997-3870

You may register for the Gathering quickly on-line at: [www.eldersgathering2003.com](http://www.eldersgathering2003.com)

OR you may register by FAXING this form to: 1-604-251-1986

**Registration Includes:** Access to Facilities — Workshops — Lunch, Dinner, and Beverages on August 20th and 21st — With Lunch Only on the last day, August 22nd.

**Prices for Attendance:**

55 Years and Older — FREE ACCESS  
54 Years and Below — \$10.00 PER DAY  
12 Years and Under — \$2.00 PER DAY

**Please Check One:**

My Age is 55 or Over \_\_\_\_\_  
My Age is 54 or Below \_\_\_\_\_  
Child Age 12 and Under \_\_\_\_\_

[If more space is needed please use an additional piece of paper]

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Band/Organization: \_\_\_\_\_ Your Email (if avail.): \_\_\_\_\_

Your Phone : \_\_\_\_\_ Your Fax : \_\_\_\_\_

Do You Have Any Special Needs? i.e. wheel chair access, oxygen tank, etc.

Do You Have Any Allergies?: If yes, what are you allergic to:

Do You Have Any Medical Conditions That We Should Know About?

What Are Your Emergency Contact Numbers?

Doctor's Name: \_\_\_\_\_ Doctor's Phone Number \_\_\_\_\_

Family Member's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Please Mail Applicable Fees A.S.A.P.**

**To: Circle of Eagles Lodge Society, 1470 East Broadway, Vancouver, B.C. V5N 1V6**

**Fee Amount To Follow by Mail (if applicable) \$ \_\_\_\_\_**

# VENDOR APPLICATION FORM

The 27th Annual Aboriginal Elder's Gathering  
BOOTH PRICE IS \$150 FOR 3 DAYS

Dates: August 20, 21, 22, 2003

Place: 1240 Pinetree Way, Town Centre Stadium, Coquitlam, B.C.

For more information please call: 1-800-997-3870

You may apply for a BOOTH quickly on-line at: [www.eldersgathering2003.com](http://www.eldersgathering2003.com)

OR you may apply by FAXING this form to: 1-604-251-1986

OR by MAILING this form to the address below — ATTENTION: BOOTHS

**\*\*\*Vendors are required to donate an item to the Host to be Ruffled off in support of the Elder's Gathering\*\*\***

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Organization/Company Name (if applicable): \_\_\_\_\_

Your Email (if available.): \_\_\_\_\_

Your Phone : \_\_\_\_\_ Your Fax : \_\_\_\_\_

Do you require a table? (6-foot tables with canopies) \_\_\_\_\_ How many tables? \_\_\_\_\_

What are you planning to sell? \_\_\_\_\_

OR What does your information Booth concern? \_\_\_\_\_

Does your table need electricity? (No Guarantees — as there are always limited outlets and it is very unsafe for Elders to walk or try to wheel chair or walker around extension cords).

Do you have any special needs? \_\_\_\_\_

Will you have any give-a-ways? \_\_\_\_\_

Does your table need shelter? \_\_\_\_\_

**When Notified of Available Space/Approval for a Booth is Given**

**Please Mail Booth Rental Fee — ATTENTION: BOOTHS**

**To: Circle of Eagles Lodge Society, 1470 East Broadway, Vancouver, B.C. V5N 1V6**

## **A Unique Bond Mother-Child Relationships**

Philosophers have been trying for centuries to analyze the relationship between mother and child, which is unquestionably the most complex of all human bonds. The archetypal image of the mother goes back as far as the ancient Goddess-centered religions. We see the mother as warm, loving, nurturing, and protective. Even tiny infants expect that of their mothers, and can be confused and even frightened if their mothers fall short of that image. The mother can be caught up in the image of the archetypal child: well-behaved, obedient, loving, loyal, and dutiful. Mothers, therefore, can find themselves at a disadvantage when the time comes for the child to rebel against the control of the mother and build a life and identity of his or her own.

Few human beings born on this planet truly fit the archetypes. Mothers and children alike are unique individuals, with strengths, weaknesses, and ideas of their own. As the relationship between mother and child grows, each has to adjust their expectations to allow for these very human traits. Some of these characteristics are due to outside influences. A mother's behavior, for example, can be strongly influenced by her own mother. A child is influenced by his or her peers, and also by popular images such as rock stars, sports figures, or others whom she or he idolizes and wants to emulate. If the influences in question don't serve the needs of the individual, they can be discarded.

However, some of the individual traits are deeply ingrained, a part of the individual's very nature. Therefore, as in any relationship, each individual will have to learn to live with these qualities in order to respect and honor the other. For example: If a mother's own mother was a rigid disciplinarian, she may, consciously or unconsciously, follow that example. But if she finds that her mother's methods frighten her children, she can alter her behavior accordingly. If a child appears to prefer reading and drawing to going out and playing with her friends, a well-intentioned mother concerned about her child's loneliness could inflict a lot of trauma by forcing her to act like an extravert. The mother just might have to accept her child as she or he is.

Astrology can prove to be a valuable tool in judging which traits are due to outside influences and which are innate. The mother referred to above, for example, could be a native of kind, gentle Libra with sensitive and compassionate Pisces on the Ascendant. This type of individual is hardly the type to be a stern disciplinarian. But if her own mother was a Capricorn - a sign associated with rules, regulations, and order - then we can understand why she behaves the way she does.

If the apparently introverted daughter is an Aries with Leo rising, then obviously there is some powerful outside reason why she prefers to be alone. Perhaps the neighborhood kids pick on her, and moving to a new neighborhood and/or school could make a big difference. But if she is a native of Scorpio or Pisces - signs known for having a rich inner life and enjoying their own company - then she is what she is, and the mother will have to accept that.

**Aries mothers** tend to be outgoing, and love to take their kids places. They are innovators, and apt to be more progressive than most parents. **Aries children** tend to be precocious, and express strong leadership abilities. They are usually the ones who get the neighborhood kids together and form a club.

**Taurus mothers** love their children very deeply. They often have special interests of their own, and thus encourage their children to develop their own hobbies. **Taurus children** are generally well-behaved and dependable, though it can be very difficult for a mother to keep their hands out of the cookie jar!

**Gemini mothers** are very much in touch with their inner child, and their kids often remember fondly how much fun their moms were. **Gemini children** are bright and curious, and are always asking "Why?" Their mothers had better learn to provide quick answers!

**Cancer mothers** are the closest you're going to find to the archetypal mother. They live for their children, and remain close allies with their kids for life. **Cancer children** tend to follow their mothers' lead, and can remain somewhat dependent on them well into adulthood. They always get along very well with women.

Both **Leo mothers** and **Leo children** tend to be very charming and outgoing, always surrounded by friends. **Leo mothers** love taking their kids to Little League, or piano or dance lessons. They are very proud of their kids' accomplishments - and **Leo children** are all too willing to work for their place in the spotlight!

**Virgo mothers** are devoted to their kids, yet they love a clean house and often can become frustrated if their children aren't all that willing to keep their rooms neat. The **Virgo child**, however, does keep her room neat - and often will clean up after her messier siblings.

**Libra mothers** are confirmed socialites, and they love to surround themselves with other mothers. Thus their children will probably never lack playmates. **Libra children** are well-behaved, and very much aware of their appearances. Even at a very young age, they'll never leave the house until they're impeccably groomed.

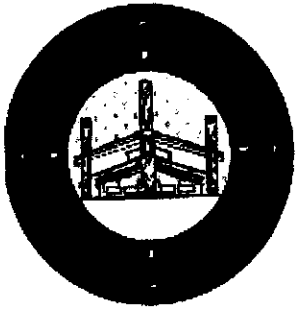
To a **Scorpio mother**, being a parent isn't just a way of life, it is her life. She will stand by her kids no matter what they've done - even after the children have long since grown to adulthood. **Scorpio children** are equally dedicated to their moms, but also to their friends. If a mom thinks a playmate is a bad influence, she'd better watch out!

**Sagittarius mothers** never really grow up, and love to accompany their kids on adventures. Education, however, is important to them - so woe be unto the child who hates to study! **Sagittarius children** love to study - though they probably love sports and games even more. They often tend to be overachievers.

**Capricorn mothers** often have careers outside the home, and thus need to create a complex structure of rules in order to ensure that the household runs smoothly and safely. **Capricorn children** are the ones who always want to start a lemonade stand, or walk the neighbors' dogs in order to make a little money of their own. They not only obey the rules, they make them!

**Aquarius mothers** love to be out in the community, socializing, or doing volunteer work. They are the first to encourage their children to join Boy Scouts, Girl Scouts, or the Junior Red Cross. **Aquarian children** tend to be independent from an early age, and can be rebellious. These kids need to be taught to be autonomous from kindergarten.

Both **Pisces mothers** and **Pisces children** tend to have rich and vivid imaginations, and love to make up songs or stories to sing to each other. They are kind and helpful, though they can easily be taken advantage of by the unscrupulous. Mothers with Piscean children need to teach them not to allow themselves to be used by other kids.



# CIRCLE OF EAGLES LODGE SOCIETY

1470 East Broadway, Vancouver, British Columbia, V5N 1V6 Tel: (604) 874-9610  
Fax: (604) 874-3858

June 30th 2003

## An Urgent Call For Support

The Circle of Eagles Lodge is inviting you to join us for the 27<sup>th</sup> Annual Aboriginal Elders' Gathering to be held on August 20<sup>th</sup> to 22<sup>nd</sup>, 2003 at the Town Centre Stadium in Coquitlam, BC. Last year in Saanichton there were 3500 Aboriginal Elders in attendance. Due to the accessible location of Vancouver, we expect in excess of 7000 Elders and community members to attend.

This year, due to extraordinary circumstances, our fund raising efforts are well behind our goal. We are asking the Aboriginal community to unite together and help make this year's Gathering a success. The First Nations Summit has generously launched the community's donation efforts by contributing \$500. It is our hope that all Aboriginal organizations and First Nations' communities will match or beat the \$500 contribution.

**Any and all contributions will be appreciated.**

The goals of this event are:

To create a diverse meeting place for Aboriginal Elders to share culture, traditional knowledge, and wisdom and gain information that assist in the development of meaningful relationships with Aboriginal, non-Aboriginal, and Government agencies.

To assist in the development of positive solutions for social issues that reflects Aboriginal people, more specifically elders.

To provide an opportunity for the Elders to teach others about culture and tradition based upon their experiences. These teachings will work towards facilitating a strong sense of cultural identity and healing with First Nations people.

For the first time in the history of this annual event, it will be hosted in an urban setting. The Vancouver Aboriginal community is proud to have the honour of hosting such a significant gathering. It is also the first time an organization other than a First Nation has hosted the Elders' Gathering.

In advance, we thank you for your cooperation and response to this request. If there are any questions, please do not hesitate to contact me at any time at (604) 874-9610.

Sincerely,

Marjorie White, Executive Director, Circle of Eagles Lodge  
Circle of Eagles' registered charitable tax donation number is 118782861 RP0001.

**PRIMARY INSOMNIA IS A CONDITION ON ITS OWN** Insomnia can refer to either difficulty getting to sleep or difficulty staying asleep, or both. Problems with sleep are often associated with many conditions, including medical and psychiatric illnesses, as well as use of drugs, alcohol and medications. However, insomnia often simply occurs on its own, and is then referred to as "primary insomnia."

Insomnia can be short or long lasting. Transient insomnia (for example the sleeplessness that occurs just before a big test) is very common and is considered a normal stress reaction that typically disappears as the stress passes. Chronic insomnia, on the other hand, refers to sleep problems that have lasted over 6 months. When stress becomes long-term, or in individuals who are predisposed to insomnia (sleep complaints run in families), the insomnia may become more long lasting and require treatment.

**INSOMNIA SOMETIMES CAUSES MORE INSOMNIA** Sometimes, paradoxically, the habits that people develop to cope with their nighttime sleeplessness delays the return of normal sleep patterns. These problematic habits include napping during the daytime, giving up on regular exercise because of fatigue, or drinking excessive amounts of coffee to promote alertness. For these individuals, the practice of good sleep hygiene assists in re-establishing normal sleep patterns.

**SEEKING TREATMENT FOR INSOMNIA** Treatment for disturbed sleep should be sought when it has lasted more than a few days, and is associated with daytime problems such as mood changes, or difficulty focusing or staying alert. For a doctor to diagnose primary insomnia, all other possible causes of disturbed sleep have to be eliminated first. To do this, the doctor will ask detailed questions, including a sleep history (when and how long you sleep, how you feel before you fall asleep and when you wake up, specific sleep behaviors such as snoring and limb-twitching), as well as a medical and a psychiatric history. A physical examination and certain lab tests may be required.

If the sleep problem is chronic, the doctor may ask the patient to keep a sleep diary. This provides the best information about the actual sleep performance, its night-to-night variability and its effects on daytime functioning. Use our sleep diary to track and modify your sleep habits.

**TREATMENT OF INSOMNIA** Treatment of primary insomnia emphasizes:

- stress reduction
- good sleep hygiene
- strategic use of sleep-promoting medications (hypnotics).

Since falling asleep is a passive process that requires the body and mind to be relaxed, strategies which calm both the mind and body are very helpful in managing insomnia.

**Exercise** has a direct, beneficial effect on several factors that affect insomnia. It reduces the effects of stress, improves mood, and deepens sleep. Regular, daily exercise completed at least 4 hours before bedtime usually improves sleep performance significantly.

**Relax** before bedtime: To ensure a relaxing "buffer zone" before bedtime, it is helpful to stop all work-related tasks 90 minutes before going to sleep. Other helpful relaxation strategies include taped relaxation exercises (focusing on breathing and muscle relaxation) which are available commercially, often in drug and health food stores.

**"The 20-minute rule"** is a technique often used in conjunction with sleep hygiene practices. The goal is to associate being in bed with being asleep. If, after turning the lights out or waking up, the sleeper doesn't fall asleep in what feels like 20 minutes, they should get up and only return to bed when feeling "drowsy-tired." (Clock watching is an arousing activity; all clock faces should be turned away.) This step is repeated throughout the night as necessary until the morning alarm goes. The amount of "awake" time during the night will induce a degree of sleep deprivation that will increase sleep pressure the subsequent night. In this way, over time, sleep improves.

**Sleep restriction** is another method that reduces the "awake" time in bed, and increases the depth and quality of sleep. First, the average current sleep time is calculated from the sleep diary and is assigned to the sleeper. This is done by subtracting all "awake" time from the total time spent in bed. This "sleep time" may be, say, 5 hours and 20 minutes. This amount of time is the new assigned time in bed. Depending on the patient's preference (morning types prefer to be up early; evening types prefer to be up late) the new arising time is set and kept constant, and the patient will go to bed 5 hours and 20 minutes before the selected get up time.

Like the "20-minute rule," sleep restriction usually results in a mild degree of sleep deprivation (daytime sleepiness and fatigue), but creates increased sleep pressure at night. Once this begins to occur, the doctor will increase the allowed time in bed by 10 to 15 minutes. In this way, the time in bed is slowly increased until sleep again becomes disrupted. Then the previous sleep time associated with no awakenings becomes the new sleep time. In patients with primary insomnia, the assigned time in bed is usually between 5 1/2 and 7 hours.

**Hypnotics** should always be used for the shortest period of time possible and in the lowest dose. Patients with primary insomnia do not have significant psychiatric symptoms. Therefore, unlike patients with anxiety disorders, they should require only occasional use of hypnotics.

Specific drugs which promote sleep are the benzodiazepines such as temazepam, oxazepam and lorazepam. Newer drugs (zolpidem in the US; zopiclone and zaleplon in Canada) act in the same way as the benzodiazepines and may have some specific advantages over the benzodiazepines, such as less daytime sedation, and little or no interaction with alcohol. However, they are more costly. To avoid daytime sedation, long-acting drugs (including non-prescription antihistamines) should not be used. Although patients with Primary Insomnia may never sleep as long as people without this condition, there are a number of effective strategies which can help improve sleep quality and the subsequent day's performance.

Canadians still taking too many antibiotics for their own good *Feb 25, 2003*

*By Dr. Art Hister medbraodcast.com*

TORONTO - Canadians are still asking for - and getting - more prescriptions for antibiotics than are healthy for them, a network of experts which tracks rates of antibiotic resistance in this country said Tuesday.

Ear infections in children and upper respiratory tract infections - coughs, colds and influenza - remain the major issues for those trying to persuade Canadians to lower their intake of antibiotics. The wonder drugs revolutionized modern medicine but could be rendered useless if they are not used appropriately and sparingly.

That cautionary note was sounded by officials of the National Information Program on Antibiotics as they released the organization's annual report card on antibiotic resistance.

"We are still using more than twice as many antibiotics per capita as countries of northern Europe - the Netherlands and Scandinavia," said Dr. Allison McGeer, head of infection control for Mount Sinai Hospital in Toronto.

"(There's) no evidence that those people are worse off. So it tells you that we need to be very sure that we don't give up on the work here and that we continue to make that rate of prescriptions decrease over time."

Dr. Ronald Grossman, chair of the watchdog group, noted it can be hard for a doctor to refuse to prescribe antibiotics when facing the anguished parents of a howling toddler suffering from an ear infection in the middle of the night.

While some ear infections are caused by bacteria, viruses are the culprit in many cases. Antibiotics are useless against viruses. Viruses are also the cause of upper respiratory tract infections like colds and influenza.

"So more often than not, there is a balance that tips where the physician may actually prescribe something," Grossman said, noting medicine doesn't have the tools at the moment to quickly identify whether the source of an infection is viral or bacterial.

"We know that antibiotics are very effective against bacterial infections. We know the antibiotics are ineffective against viral infections. Our problem is we can't necessarily differentiate (between them)."

But Canadians and their doctors may need to start tipping the balance the other way, McGeer said.

The more antibiotics Canadians take as a whole, the more the bacteria that surround us mutate to survive.

A child who takes antibiotics for an ear infection is much more likely to be infected with a resistant strain of bacteria when her next ear infection sets in. So using antibiotics in a bid to ease the suffering of the howling toddler may simply be setting that child up for a longer bout of pain a few months down the road, McGeer said.

"It may be that it's better to focus on pain medication with good pain control and let the viral infection get better by itself than it is to treat with antibiotics."

The report card contained both good news and bad news about the fight to contain antibiotic resistance in this country.

On the positive front, rates of antibiotic resistant strains of bugs such as *Staphylococcus aureus* and enterococcus - infections generally acquired in hospitals - remain well below those in many other countries.

In fact, when vancomycin-resistant enterococcus (known as VRE) was first seen in Canadian hospitals in 1994-95, experts predicted it was a form of resistance that could not be controlled. However, effective infection-control methods have brought rates down consistently since 1998, McGeer said.

And the rate of penicillin resistance in *Streptococcus pneumoniae* - the leading cause of infections acquired outside of hospitals - rose only slightly in 2001 to 15.5 per cent.

But on the negative front, the dramatic 20 per cent reduction in penicillin prescriptions that was seen between 1995 and 2000 has levelled off. And the rates of resistance to a class of antibiotics known as fluoroquinolones - the best known member is ciprofloxacin or Cipro - are starting to creep up.

"It's clearly not a crisis at the moment, but a marker that we will be in trouble if we don't watch and can't stay on top of that," McGeer said.

On the Net: National Information Program on Antibiotics, [www.antibiotics-info.org](http://www.antibiotics-info.org).

**Quotes:**

*"When money is plenty this is a man's world. When money is scarce it is a woman's world. When all else seems to have failed, the woman's instinct comes in. She gets the job. That is a reason why, in spite of all that happens, we continue to have a world."*  
*Ladies' Home Journal—October 1932*

*"Bless a thing and it will bless you. Curse it and it will curse you...If you bless a situation, it has no power to hurt you, and even if it is troublesome for a time, it will gradually fade out, if you sincerely bless it."*  
*Emmet Fox*

## Annual B.C. Elder's Native Art Auction—Spring 2004

This event will be held on the Lower Mainland each year, it will be advertised **monthly** in the Elder's Voice Newsletter (which is now reaching over 5000 Aboriginal Elders in BC.) and the profits will benefit Aboriginal Elders. The Gala B.C. Elder's Auction will be held live **and** on-line with the key to this Auction's success being the use of the internet. Artist will eventually be asked to contribute one-year in advance so that the full advertising potential can be reached via the internet, **but for now** Artworks will be requested to be in by Dec. 2003 to be posted on-line by the Webmaster by Jan. 1st 2004. [8 weeks of computer research is going into preparing for the Auction.]

The Elder's Website [www.bcelders.com](http://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](mailto:bcelderscommcenter@telus.net)

<p><b>B.C. ELDER'S COMMUNICATION CENTER SOCIETY</b></p>	<p><b><u>TRADITIONAL HEALING CORNER</u></b>          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: <a href="http://www.bcelders.com">www.bcelders.com</a>          Email:  <a href="mailto:bcelderscommcenter@telus.net">bcelderscommcenter@telus.net</a></p>	<p><b>PROVERBS:</b> Shared joy is a double joy; shared sorrow is half a sorrow. <span style="float: right;">Swedish</span></p> <p>Three things to avoid: a strange dog, a flood, and a man who thinks he is wise. <span style="float: right;">Welsh</span></p> <p>Walk until the blood appears on the cheek, but not the sweat on the brow. <span style="float: right;">Spanish</span></p>
<p>'ELDER'S VOICE' ISSUES ARE SENT OUT TO COMMUNITIES BY THE <u>1st</u> OF EACH MONTH, IF YOUR COPY IS NOT RECEIVED IN A TIMELY FASHION PLEASE CALL IN.</p>	<p>We never know the worth of water till the well is dry. <span style="float: right;">French</span></p> <p>When an elephant is in trouble even a frog will kick him. <span style="float: right;">Hindu</span></p> <p>When a fox preaches, look to the geese. <span style="float: right;">German</span></p> <p>When we cannot get what we love, we must love what is within our reach. <span style="float: right;">French</span></p> <p>When you have no choice, mobilize the spirit of courage. <span style="float: right;">Jewish</span></p>

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

**Happy! Happy! Birthday To All Elders Born In August!!**

<p><b><u>COMMUNITY EVENTS</u></b>          27th Annual          Aboriginal Elder's Gathering</p> <p>August 20, 21, 22 2003          Hosted By the Circle of Eagles          Lodge Society          And it will be held at the          Town Centre Stadium          In Coquitlam, B.C.          John Delorme, Coordinator          Toll Free: 1-800-997-3870          Event Fax: (604) - 251-1986          Circle's Phone: (604) - 874-9610          Website:  <a href="http://www.eldersgathering2003.com">www.eldersgathering2003.com</a></p>	<p><b><i>Bible Quotes</i></b></p> <p>"O clap your hands, all ye people; shout unto God with the voice of triumph."          "God is gone up with a shout, the Lord with the sound of a trumpet. Sing praises to God, sing praises: sing praises unto our King, sing praises."          "For God is the King of all the earth: sing ye praises with understanding." <span style="float: right;">Psalm 47:1, 5-7</span>          "The Lord is gracious, and full of compassion; slow to anger, and of great mercy."          "The Lord is good to all: and his tender mercies are over all his works." <span style="float: right;">Psalm 145: 8-9</span>          "Teach me good judgment and knowledge for I have believed thy commandments." <span style="float: right;">Psalm 119:66</span>          "Blessed be the Lord, who daily loadeth us with benefits." <span style="float: right;">Psalm 68:19</span></p>
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