



# Happy New Year Everyone!!!

Dear Elders,  
I hope this newsletter finds you all happy and healthy and that Santa was good to everyone.  
From Donna Stirling

I need to draw your attention today to a First Nations band member from Campbell River who is going through a difficult time right now. His name is Roy Cliffe, and he is the 33 year old grandson of Elder Eleanor Cliffe, Roy was diagnosed November 13, 2003 with **chronic kidney failure** and needs a Kidney Transplant as soon as possible.

As the waiting list is so very long, Roy's doctor has said that his best chance would be to find a compatible **living donor** while he is strong and otherwise healthy, which would allow for the best chance of the procedure being successful. So, a transplant sooner rather than later could make all the difference.

Ideally, the Doctors say that his best chance would be to have several people looking into the possibility of being a **compatible living donor** since there are some variables involved - so having a list with more than one name on it would be his best chance. Roy is "O-positive" blood type and among other things a donor would need to match his blood type.

The test for living donor compatibility would be paid for and C.R. Band Members (family) are already starting fundraising to help with expenses so that the donor would be taken care of during recovery time following the procedure. To be put on the list of possible donors call this office toll free at 1-877-738-7288 and you will be contacted back with more information.

Information is available from the B.C. Transplant Society's Website [www.transplant.bc.ca](http://www.transplant.bc.ca) or you may call them at 1-800-663-6189 **and** there will soon be a website for Roy at [www.roycliffe.com](http://www.roycliffe.com). Please consider the possibility.

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## Easy Bakers Corner – No Bake - Chocolate Peanut Balls

Mix 1 cup of icing sugar, 1 1/4 cups of chunky peanut butter, 1/4 cup of softened margarine/butter and a 1/2 tsp of vanilla. Add 2 cups of crushed corn flakes. Roll mixture into small balls. In microwave melt 3/4 cup of semi-sweet chocolate chips and dip half of the peanut balls in the chocolate, cover and store in the refrigerator. Easy and Tasty

### *Handy Pet Tips:*

**Salt and deicers** used to keep roads and sidewalks clear can also irritate footpads and cause bleeding. Rinse and dry your dog's feet and do not let him lick his paws if he has stepped in salt or a deicer. For a creative alternative to using salt or deicers on your property, Iowa vet Robert Culver recommends that you use "plain clay cat litter. It's not toxic and it gives dogs enough traction to help keep them from slipping on the ice."

Pet-supply stores also sell balms that you can apply to your dog's footpads to form a protective barrier against salt and deicers. Booties are another alternative, although some dogs do not like wearing them.

## What Can you please share?

The following is a short list of Elders suggestions of what might be shared: Your local Newsletters/Upcoming Local Events/Prayers/Poems/Quotes/Comments/Photo's/Storytelling/Drawings/Articles of Interest/Native Songs Lyrics/Wellness Seminars/Obituaries/Birthday Wishes, etc. If you are interested in providing articles, please do, I look forward to hearing from anyone who wants to contribute to the content.

### **'PRESERVING THE PAST'**

**New Elder's Website: [www.bcelders.com](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 - info on back page\*\*\*

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

## ARE YOU OLD YET?

According to today's regulators and bureaucrats, those of us who were kids in the 40's, 50's, 60's, 70's probably shouldn't have survived.

Our baby cribs were covered with bright colored lead-based paint. We had no childproof lids on medicine bottles, doors or cabinets, and when we rode our bikes, we had no helmets. (Not to mention the risks we took hitchhiking.)

As children, we would ride in cars with no seat belts or air bags. Riding in the back of a pickup truck on a warm day was always a special treat.

We drank water from the garden hose and not from a bottle. Horrors! We shared one soft drink with four friends, from one bottle, and no one actually died from this.

We ate cupcakes, bread and butter, and drank soda pop with sugar in it, but we were never overweight because we were always outside playing.

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. No cell phones. Unthinkable.

We would spend hours building our go-carts out of scraps and then rode down the hill, only to find out we forgot the brakes. After running into the bushes a few time, we learned to solve the problem.

We did not have Play Stations, Nintendo 64, X-Boxes, no video games at all, no 99 channels on cable, videotape movies, surround sound, personal cell phones, personal computers, or Internet chat rooms. We had friends! We went outside and found them.

We fell out of trees, got cut and broke bones and teeth, and there were lawsuits from these accidents. We made up games with sticks and tennis balls and are worms, and although we were told it would happen, we did not put out very many eyes, nor did the worms live inside us forever.

We rode bikes or walked to a friend's home and knocked on the door, or rang the bell or just walked in and talked to them. Little League has tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. The idea of a parent bailing us out if we broke a law was unheard of. They actually sided with the law. Imagine that!

This generation has produced some of the best risk-takers and problem solvers and inventors, ever. The past 50 years have been an explosion of innovation and new ideas. We had freedom, failure, success and responsibility, and we learned how to deal with it all. And you're one of them! Congratulations.

Please pass this on to others who have had the luck to grow up as kids, before lawyers and government regulated our lives, for our own good.

Kind of makes you want to run through the house with scissors?

Emailed in December 2003

PRESS RELEASE November 20, 2003

## **Privatization Is the New Era**

(Coast Salish Territory/Vancouver, November 20, 2003) Chief Stewart Phillip, President of the Union of BC Indian Chiefs (UBCIC), commented today on the growing community backlash to the Campbell Government's attempt to privatize BC Rail. Chief Phillip stated "It is a part of the BC Liberal Government's systemic stampede to fast-track the outright privatization of Crown Corporations and ultimately the privatizing of land and resources. Open access to third-party interests causes deep concerns as the Aboriginal Title and Rights of First Nations remain unresolved."

Chief Phillip continued, "It is becoming more and more evident that Premier Campbell's 'New Era' approach is to relegate Aboriginal Title and Rights to nothing more than an afterthought. The Honourable Member Joy MacPhail was right in seeking an honest response from Premier Campbell, earlier this week, regarding the privatization of BC Rail. For her forthright honesty, MacPhail is the one who is ejected from the legislative chamber. The UBCIC applaud the efforts of both Joy MacPhail and Jenny Kwan as they continually hold the Campbell Government to account."

"The UBCIC is deeply and gravely concerned that Premier Campbell's systematic attempt to fast-track land and resource access to third-party interests will accelerate with the passing of Bill 75, the Significant Projects Streamlining Act. Bill 75 will be a legislative tool to expedite development projects that are designated to be 'provincially significant.' With this designation, the Campbell Government will be compelled 'to create measures to remove any and all constraints' facing the project. The Campbell Government will use Bill 75 to expedite projects such as the development of ski resorts like those proposed for the Elk Creek and Melvin Creek watersheds. Court decisions, like Delgamuukw and Haida, affirm that First Nations maintains a proprietary or ownership interest in all the lands and resources and First Nations must be adequately consulted and/or accommodated. Introducing bad legislation and dismissing objections voiced by communities and the Official Opposition, whether it is the privatization of BC Rail or the development of ski resorts, does not help the carpetbag image of the Campbell Government and only promotes the image of strategic deceit," concluded Chief Phillip.

**FOR MORE INFORMATION CONTACT:**

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President, Union of BC Indian Chiefs

Established in 1969, the Union of British Columbia Indian Chiefs is a political organization protecting the Aboriginal Title and Rights of our member communities. We are based in Kamloops and have an office in Vancouver. For further details visit our website at <http://www.ubcic.bc.ca>.

To be added to the UBCIC Media List click <https://members.uniserve.ca/mailman/listinfo/pr-ubcic>

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<https://members.uniserve.ca/mailman/listinfo/pr-ubcic>

## **B.C. to host Native nationals Sam Laskaris, Raven's Eye Writer, Prince George**

After being held for its first two years in Akwesasne in eastern Ontario, the National Aboriginal Hockey Championships are heading west.

The tournament will be staged in Prince George from April 18 to 24, 2004. The majority of the matches will be held at the Prince George Multiplex, a facility that has a seating capacity of about 6,000. The rink is home to the Western Hockey League's Prince George Cougars.

Eight male and six female squads participated at this year's championships that concluded in May. Ray Gerow, the chairperson for the 2004 national organizing committee, wants to see those numbers grow. Gerow was the general manager of the only boys' squad from British Columbia at this year's nationals. He hopes to include a British Columbia girls club and a squad from the Yukon and Northwest Territories in 2004. All the teams from last year's championships have indicated an interest in continued participation.

"It's only fair that this event moves around the country," Gerow said. "Sometimes it will be in your backyard and sometimes it's going to be across the country."

Gerow said participating squads realize their travel expenses will vary from year to year, depending on where the tournament is staged. But in order for the tournament to continue to grow, Gerow believes there must be some continuity among competing clubs.

"It cost us an arm and a leg to get out there this year," with expenses totaling about \$42,000. Gerow, who had to relinquish his GM duties for the B.C. club in order to join the organizing committee, said he's hoping things are done a bit differently than they were for the first two nationals.

"I want to make it a family event," he said. "We want all players and their families to come here and enjoy themselves. If we pull it off correctly, hockey is going to be secondary."

Besides the hockey competition, Gerow is hoping tournament participants will all engage in other sporting activities, including perhaps bowling, swimming or snooker events. And he's also hoping to include some cultural events.

"That way all teams can interact with each other off the ice," Gerow said. "We really want to push that end of it."

The national tournament features bantam and midget players. Only those players of Aboriginal ancestry are eligible to compete.

The Aboriginal Sport and Recreation Association of B.C. (ASRA), the leading multi-sport organization for Native people in the province, will lend its support.

"This event will offer our youth the opportunity to showcase their talents and positive energies," said ASRA executive director Alex Nelson.

**This article is from Raven's Eye**

## WHY WE LOVE KIDS

### NUDITY

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, "Mom! That lady isn't wearing a seat belt!"

### HONESTY

My son Dominic screaming out of the bathroom to tell me he'd dropped his toothbrush in the toilet. So I fished it out and threw it in the garbage. Zachary just stood there thinking for a moment, then ran to my bathroom and came out with my toothbrush. He held it up and said with a charming little smile, "We better throw this one out too then, 'cause it fell in the toilet a few days ago."

### OPINIONS

On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by this child are not necessarily those of his parents."

### KETCHUP

A woman was trying hard to get the ketchup to come out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."

### MORE NUDITY

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter haven't you ever seen a little boy before?"

### POLICE # 1

While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, "Are you a cop?" "Yes," I answered and continued writing the report. "My mother said if I ever needed help I should ask the police. Is that right?" Yes, that's right," I told her. "Well, then," she said as she extended her foot toward me, "would you please tie my shoe?"

### POLICE # 2

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me. "Is that a dog you got back there?" he asked. "It sure is," I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"

ELDERLY: While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass! As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

DRESS-UP: A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit." "And why not, darling?" "You know that it always gives you a headache the next morning."

DEATH: While walking along the sidewalk in front of his church, our minister heard the intoning of a prayer that nearly made his collar wilt. Apparently, his 5-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole and made ready for the disposal of the deceased. The minister's son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his father always said: "Glory be unto the Faaaather, and unto the Sonnn ..... and into the hole he gooooes."

SCHOOL: A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "I can't read, I can't write and they won't let me talk!"

BIBLE: A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages. "Mama, look what I found", the boy called out.

"What have you got there, dear?" With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear!"

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It truly boogles the mind!

Proud to be Canadian

NOW THIS IS SOMETHING TO SIT DOWN AND THINK ABOUT

Can you imagine working for a company that has a little more than 300 employees and has the following statistics:

30 have been accused of spousal abuse, 9 have been arrested for fraud, 14 have been accused of writing bad cheques, 95 have directly or indirectly bankrupted at least 2 businesses, 4 have done time for assault, 55 cannot get a credit card due to bad credit, 12 have been arrested on drug related charges, 4 have been arrested for shoplifting, 16 are currently defendants in lawsuits, 62 have been arrested for drunk driving in the last year, Can you guess which organization this is?

It is the 301 MP's in the Canadian Parliament.

The same group that cranks out hundred of new laws designed to keep the rest of us in line.

Which one did you vote for?

TAKEN FROM THE OTTAWA CITIZEN

**Which Diet Really Works?** By [Connie Thompson, www.komo4news.com](http://www.komo4news.com) February 3, 2003

SEATTLE - We hear it almost every day: Americans are overweight. At any given time, one in three women is on a diet.

The Surgeon General says the problem is so bad, 6 in 10 of us could face serious health problems if we don't get the extra weight off. But what's the best way to do it? We found some people whose diet plan helped them lose weight even during the holidays. And health experts we talked to say this is the plan that really works.

### **Taking The Pounds Off**

When you're plagued with pounds, all the weight loss commercials and sales pitches offer hope. But be honest, how many different diets have you tried?

"I've been on every imaginable diet you can think of," Aleatha Hall of Kirkland read from a new correspondence from her online chat group. Her weight loss support team is reporting in for weigh-in day. "Now Charlene's answering. She weighed this morning and she's lost 8 pounds now," says Hall. Hall reports with pride: "I lost six pounds." Everyone in Aleatha's group lost weight over the holidays.

The strategy that works for them also works for Seattle restaurant manager Tom Olsen. Despite being surrounded by great tasting food all day long, Tom has lost 20 pounds since fall. "I feel better," he said. "I play basketball a little better. I run a little faster. I have more energy around here."

How'd they do it? Of all the diets on the market, which really works? Pound for pound, the answer is none of them -- and all of them. Registered dietician and nutritionist Kathleen Mahan explains. "All of these eating plans and diets have to make it easier to eat less," says Mahan, co-owner of Nutrition by Design in Seattle.

Local physicians refer their patients to Mahan for help in losing weight and changing habits that increase the risk of Diabetes, heart disease and other illnesses related to obesity. She lectures on nutrition at the University of Washington, works with students and physicians, and is the co-author of Krause's Food, Nutrition, and Diet Therapy, which provides nutritional knowledge for students and consumers. After nearly 30 years evaluating diet plans, Mahan says the common thread in every diet is fewer calories.

"Because you have to eat less, to change your weight," says Mahan. But think about what happens when you try one of those special diets long-term. "I felt deprived," says Hall of her experiences with different diet regimens. "I felt hungry because they were being so rigid about... you can't have any sugars, you can't have any caffeine." After a while, you quit, "because you can't keep doing it," says Mahan.

Other experts agree -- one reason diet plans don't work long-term is they're restrictive. When you can't have something, you want it. After a few weeks or months of following a specific diet, you get bored, feel too limited, or give yourself permission to cheat "just once", and pretty soon you're back to your old eating habits. So, experts say, don't think "diet", just stop eating so much.

## **It Works**

"I elected to try to eat normal foods, but just in reasonable amounts," Hall says. Tom Olsen takes the same approach -- "I still eat lots of meat. I still eat dressings on my salads, but you know, I just cut my portions down a little bit." "If you ate half of what you eat now," says Mahan, "you would definitely lose weight."

## **Keep A Food Journal**

Don't think it's possible? Try this: Get on the scale and record your weight. Then start a food journal. Write down everything you eat and drink, for one week. Keep track of everything including quantities. Do you order regular size at the drive-thru or "super-size"? Do you clean your plate when you eat out, or take a doggy bag? At the movies -- a small popcorn or the giant size? "People who are presented with more food, will eat 30 percent more than they need," says Mahan.

## **Pay Attention To Serving Sizes**

Hall points out that a single serving of most dry cereal is 3/4 cup. In her kitchen, she measures 3/4 of a cup into a cereal bowl. It takes up less than half the bowl. Most people fill the bowl. "So if you've got a 2-and-a-half cup serving in your bowl, you've got 3 times the number of calories that were listed on the label!" she said. "So instead of 130 calories, you have 390 because you've gotten so much of it!" When you cook at home, pick foods you like, just eat half the amount you eat now. "Eat half of everything except vegetables -- eat as much as you want on vegetables," recommends Mahan. "Most people are way under when it comes to the amount of vegetables they should eat."

## **Drink A Lot More Water**

Water makes you feel full and increases your metabolism. Drink a small bottle on your way home from work or while you're preparing dinner. You'll feel fuller and will be less likely to snack. Instead of eating the bread when you're waiting for a restaurant meal, drink the water. Try to drink at least 3 quarts of water a day.

## **Eat Dessert, Just Eat Less**

"You don't have to deprive yourself entirely," says Mahan. "When you go to Baskin & Robbins, ask for the kiddie cone. It's still the same ice cream!" Mahan says eat all the foods, even junk food that you eat now, just eat only half the amount. "You will lose weight."

## **Let The Clock Be Your Secret Weapon**

Mahan offers these other tips to help you eat less: When you're in a buffet line, use a teaspoon to control your serving sizes instead of the typical large serving spoon. Get in the habit of just eating one serving. When you're done eating, get up from the table and wait 20 minutes. If you want a cookie, just eat one. Put the bag away and wait 20 minutes. Always wait 20 minutes before taking seconds. "It takes 20 minutes for your brain to register how much you've eaten," says Mahan. "And often times, after 20 minutes you feel full and don't want any more after all!" A lot of it is in your head -- a matter of discipline. Tom Olsen still eats at work, just not as much. "I stopped grazing," he says.

Aleatha Hall still buys all the food her family likes -- even bacon, hot dogs, chips, pasta, and ice cream -- she just eats smaller portions and she doesn't snack all day. Both Aleatha and Tom are also getting more exercise on a regular basis. They're adopting a more healthy lifestyle all around. They say it takes discipline, especially when we're all bombarded with food all the time, but they've come to realize the best diet is no diet, but an ongoing habit of eating less, drinking more water and getting more exercise.

## **Books To Use As A Guide**

It's clear many of the diet books on the market will work for some people for at least some period of time. Many, however, are too restrictive, complicated, or pose questionable health effects long-term. We asked Kathy Mahan and other nutrition experts if there are any diet books they'd recommend as a guide to help the typical consumer change their eating habits, while adopting their own diets as part of an every day lifestyle. While the general consensus is books themselves are not the answer, the following were favored for their focus on health, balanced nutrition, and attention to portion size:

- "40/30/30 Fat Burn Nutrition" by Joyce and Gene Daoust. Emphasizes the combination of carbohydrates, proteins and fats to maximize your body's fat-burning potential. Includes meal suggestions and recipes.
- "Picture Perfect Weight Loss" by Dr. Howard M. Shapiro. Reinforces healthy food choices with strong visual examples that help you compare and remember the calorie impact of different portion sizes. Educates about the effects of water, salt, fiber and other choices you're making every day.
- "Weight Watchers: Great Cooking Every Day", "Weight Watchers: Simply the Best", and "Weight Watchers: The Fit Factor." Dieticians and Nutritionists like the Weight Watchers concept because it emphasizes healthy, balanced eating. Certified Nutritionist Susan Gins of Seattle told us she considers the Weight Watchers approach to be the most healthy because it stresses high fiber, lots of fruits and vegetables, less saturated fat, and a point system that helps you limit your intake. Weight Watchers also encourages regular exercise.

## **Stroke Is The Third Largest Killer Of Canadian Adults, After Heart Disease And Cancer**

It's also the primary cause of physical disabilities and second only to Alzheimer's disease as a cause of mental disability. In Canada, there are about 55,000 strokes a year. Learn how to prevent a stroke, how to tell if you're having a stroke, and what treatment options are available.

### **Stroke - Are you at risk?**

While anyone can have a stroke, including young healthy people, some of us are more at risk. Stroke has many of the same risk factors as heart disease. Although some risk factors, such as age, cannot be controlled, there are many risk factors that can be controlled. Risk factors that can be controlled or treated include:

- high blood pressure
- high cholesterol
- diabetes
- blood vessel disease (such as peripheral artery disease or carotid artery disease)
- atrial fibrillation (a disorder of the heart rhythm where the upper chambers of the heart quiver instead of beating normally)
- heart disease
- transient ischemic attacks (TIAs; a "mini-stroke" that has symptoms similar to a stroke, but with no lasting brain damage)
- some types of blood disorders (such as sickle cell anemia)
- smoking
- inactivity
- high alcohol consumption (for men, more than 14 drinks per week; for women, more than 9 drinks per week)
- recreational drug use (cocaine, amphetamines, and LSD)

Risk factors that cannot be controlled or treated include:

- age: stroke risk increases as you age
- gender: strokes are more common in men than in women, but women are more likely to die of stroke
- family history of stroke or heart disease
- race: people of African descent are more likely than people of European descent to have a stroke
- personal history of heart attack or stroke: if you have already had a stroke or heart attack, you're more likely to have a stroke.

If you're concerned that you might be at risk, speak to your healthcare professional. They will be able to help you find ways to deal with the risk factors that can be controlled.

### **Stroke – Prevention**

Your best bet in preventing stroke is to identify your risk factors for stroke, and to work on the ones that can be controlled or treated. Your healthcare professional will be able to help you identify the risk factors that you can work on, and develop a plan that will work for you. There are many changes that you can make to your lifestyle that will not only reduce your risk of stroke, but also improve your overall health:

- Quit smoking, and avoid second-hand smoke. Between 5 and 15 years after quitting smoking (depending on how much and how long you smoked), your risk of stroke will be the same as that of someone who never smoked.
- Drink alcohol in moderation. Limit yourself to 1-2 drinks per day, to a maximum of 14 per week for men or 9 per week for women.
- Be active. Try to have at least half an hour of moderately intense physical activity on most days of the week. It can be as simple as going for a walk at lunch. If you are not very active now, check with your doctor before starting a new exercise program.
- Try to reach and stay at a healthy weight. Talk to your doctor about a nutrition and exercise program that can help you do this.
- Control stress: Be aware of what causes stress for you and find ways to cope. To reduce the amount of stress that you have, you can look for ways to simplify your life or delegate some responsibilities to others. To help deal with the physical effects of stress, some people find exercise, yoga, meditation, and deep breathing helpful. It may take a few tries before you find the method that works best for you.

There are a number of health conditions that may increase your risk of stroke. To control these risk factors:

- Have your blood pressure checked regularly. If you have high blood pressure, work with your health professionals to keep it under control.
- Find out whether you have high cholesterol. If so, work with your health professionals to reduce it to a healthy level.
- If you have diabetes, work with your health professionals to keep your blood sugar in a healthy range.

If you have already had a stroke or heart attack, your doctor may provide a program of medications, diet changes, and exercise to help prevent a stroke.

### **Stroke - Stroke facts and warning signs**

A stroke occurs when the flow of blood to a part of the brain is cut off. This can be due to something (usually a blood clot) blocking the flow of blood to the brain (*ischemic stroke*). It can also be caused by a burst blood vessel bleeding into the brain (*hemorrhagic stroke*). About 80% of strokes are ischemic and 20% are hemorrhagic. Without a blood supply, the brain cells in the affected area start to die.

The effects of a stroke depend on which part of the brain is affected and how severe the damage is. A stroke may affect your ability to move, your ability to speak and understand speech, your

memory and problem-solving abilities, your emotions, and your senses of touch, hearing, sight, smell, and taste. In some cases, a stroke can be fatal.

It's important to recognize the warning signs of stroke, because quick treatment can reduce the risk of brain injury and death. A stroke usually comes on suddenly, over a few minutes or hours. The warning signs of stroke include:

- sudden weakness, numbness, or tingling of the face, arm, or leg (often on only one side of the body)
- sudden confusion, trouble speaking, or trouble understanding speech
- sudden vision loss (often in one eye only) or double vision
- sudden trouble walking, dizziness, loss of balance or coordination, or falls
- sudden severe headache (often described as "the worst headache of my life") with no known cause

If you notice these symptoms, call 911 (or your emergency medical number if you do not have 911 service) immediately. Stroke is a medical emergency.

## **Stroke - Treatment and rehabilitation**

Stroke is a medical emergency. It is important to get emergency medical help right away so that the stroke can be treated.

Strokes can be treated with drugs, surgery, or other non-surgical techniques. The exact treatment used depends on the type of stroke, when the stroke started, and the overall health of the person having the stroke. "Clot-busting" drugs can be used for certain types of strokes, provided the person reaches the hospital quickly enough (the "window" is between 3 and 6 hours). This type of treatment can prevent further damage to the brain.

The effects of a stroke depend on which part of the brain was damaged and how severe the damage was. Strokes can affect speech, movement, thinking, vision, and other senses. Not everyone needs rehabilitation after a stroke. But for people who have some level of disability after the stroke, rehabilitation can make a huge difference in their lives. Rehabilitation can help them get some of their old abilities back or learn new ways to adjust to their disabilities.

Rehabilitation starts as soon as possible after the stroke, usually in the hospital, and continues after the stroke survivor goes home. Rehabilitation is done by a team of health professionals, including doctors, nurses, pharmacists, physiotherapists, occupational therapists, dieticians, and social workers. The survivor's family and friends are also an important part of the team.

Rehabilitation can involve physical exercises to improve balance and muscle control, learning how to use canes or other special equipment, learning to plan healthy meals, improving speech, and learning to deal with emotions such as anger, sadness, or confusion. The survivor's family and friends can be taught to help with the exercises and other rehabilitation activities.

**This information is from [medbroadcast.com](http://medbroadcast.com)**

# Raffle

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

Who brings the most Artists  
on board for the

## **1st Annual B.C. Elder's Raffle**

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

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

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

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

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

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

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

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

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

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

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

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

### **B.C. ELDER'S COMMUNICATION CENTER SOCIETY**

1420 C. 16th Avenue, Campbell River, B.C. V9W 2E3 - Contact: Donna Stirling, Coordinator  
Toll-free at 1-877-738-7288 or Email: [bcelderscommcenter@telus.net](mailto:bcelderscommcenter@telus.net)  
Phone: 1-250-286-9977 Fax: 1-250-286-4809

<p>B.C. ELDER'S COMMUNICATION CENTER SOCIETY</p>	<p><b><u>TRADITIONAL HEALING CORNER</u></b>  <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.</b></p>
<p>1420 C 16th Avenue  Campbell River, B.C.  V9W 2E3</p>	<p><b>LOGO—Our thanks and appreciation go out to Shuswap First Nation's Artist Ivan Christopher for donating our Center's Logo.</b></p>
<p>Toll-Free: 1-877-738-7288  Phone: 1-250-286-9977  Fax: 1-250-286-4809  Coordinator: Donna Stirling  Website: www.bcelders.com  Email:  bcelderscommcenter@telus.net</p>	<p><b>PROVERBS:</b>  All sins cast long shadows. Irish  Between saying and doing, many a pair of shoes is worn out. It.  Everything passes, everything wears out, everything breaks.  (tout passe, tout lasse, tout casse) French  First secure an independent income, then practice virtue. Greek</p>
<p><b>'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.</b></p>	<p>A fool finds no pleasure in understanding but delights in airing his own opinions. Misc.  Forget injuries, never forget kindness. Chinese  Give to a pig when it grunts and a child when he cries, and you will have a fine pig and a bad child. Danish  God will be present, whether asked or not. Latin</p>

***Don't forget to mail, fax, or call in your Special Birthday!!***  
**Happy! Happy! Birthday To All Elders Born In January!!**

<p><b><u>COMMUNITY EVENTS</u></b></p> <p><b>The 28th Annual Elder's Gathering will be held at the KXA Auditorium in Kamloops (in the same facility it was held in in 1999) and is being hosted by the Shuswap Nations and the Interior Bands.</b></p> <p><b>It will take place July 27, 28, 29 2004 - for more information call: Doris Bamford, Coordinator at 250-314-9820 Or watch for updates here in the Elder's Voice.</b></p>	<p><b><i>Bible Quotes</i></b></p> <p>“Be strong and courageous. Do not be afraid or terrified of them, for the Lord your God goes with you; He will never leave you or forsake you.” Deuteronomy 31:6</p> <p>God loves each of us and wants to direct us safely through each day. No matter where He leads, He will provide the strength and help we need. The Salvation Army</p> <p><b><i>Quotations</i></b></p> <p>“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face...You must do the thing you cannot do.” Eleanor Roosevelt  “Where so many hours have been spent in convincing myself that I am right, is there not some reason to fear I may be wrong?” Jane Austen  “The first wealth is health.” Ralph Waldo Emerson</p>
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