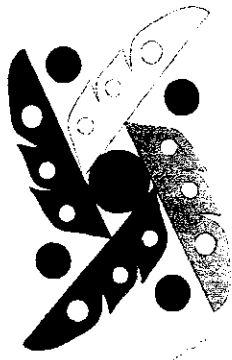


Volume 3 Issue 8

July 2003



B.C. ELDER'S COMMUNITY COUNCIL

ELDER'S VOICE

Dear Elders,

I am extremely happy to announce that we have our First Nation's Student (Jason Price) back this summer for an 8-week work program, thanks once again this year to North Vancouver Island Aboriginal Training Society.

Jason's job this summer will be to conduct research for the B.C. Elder's Annual Art Auction—which will (finally) be getting going this fall. I can't tell you how excited I am that this much needed research will be getting done by Jason, it will consist of as many World-Wide Museums, Galleries, Auction Houses (including on-line), and every V.I.P. and Company Executives that we can come up with who might be interested in supporting our Elders and our Native Artists in B.C. by participating in this Annual Auction.

I see unlimited potential in the Auction as one day being the main yearly fundraiser for the Elder's Gathering. It takes a lot of money and volunteers to host this incredibly large event each year - hopefully with annual fundraising in place to help the event organizers, they will have more time to spend on gaining needed volunteer support, etc.

Take care, Donna Stirling, Coordinator

Bus Driver Needed for Whe-la-la-U Area Council Elders to attend the Gathering, must have Class 4, please call: 1-877-738-7288

Only 48 Annual Fees have come in so far out of the 60 that are needed to pay the basic expenses from Dec. 2002 to Nov. 2003, please don't let this Elders' need fall through the cracks.

Special thanks this issue to the following groups for their fees; Co-mox Indian Band and Tsawataineuk Band. Thank You To All

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Easy Bakers Corner – Cream Cheese Mints—makes about 8 doz.

Combine 1 pkg. of cream cheese (8 oz.), 2 Tbsp. of half-and-half and 1/4 cup of soft butter in a heavy bottomed saucepan.

Stir over low heat until cheese mixture is soft, creamy and butter is melted.

Blend in 1 pkg. (15 oz.) of white creamy frosting mix and stir to blend well.

Add 1 tsp. of peppermint extract and food coloring of your choice, as desired.

(You may divide the whole batch to make 2 to 3 different color).

Roll mixture into balls or drop by teaspoonfuls onto waxed paper-lined cookie sheet.

Press with fork, or stamp with cookie stamp for a decorative design.

Let mints stand, uncovered at room temperature until firm and outside is dry. The inside should still be creamy (About 4 hours).

Tips: These mints make wonderful gifts from your kitchen at any time. Pack in clear plastic bags with ribbons or use glass jars.

Handy Tips: Bee & Wasp Stings—Keep Baking Soda and Vinegar in your First-Aid Kit

1. **Bee Sting**—prepare a paste of baking soda and water and apply to the area. Bee Stings contain formic acid, so an alkaline baking soda helps to neutralize them.
2. **Wasp Stings**—reach for the vinegar. Vinegar contains acetic acid and will help to neutralize the wasp's more alkaline sting.
3. To ward off mosquitoes, etc. use a bottle of citronella oil, dab a little of the (lemon-like aroma) oil on your face and neck, and other exposed areas, the scent can repel 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

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

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

Comments? Please feel free to call in to the Communication Center.

NON-INSURED HEALTH BENEFITS PROGRAM — NIHB

[This information is from an AHS Notice distributed here in C.R.]

In case you are unaware, there will be some changes to the Non-Insured Health Benefits Program (NIHBP).

The changes are due to new regulations from the government, concerning the privacy act.

You may pick up a consent form from any band office, local pharmacy, First Nation and Inuit Health Branch, Health Centres or your local Aboriginal Head Start would likely also have some available.

You will need to fill out the consent form for you and your family members and mail it in.

This must be completed no later than Sept. 1, 2003.

If you do not complete the form and send it in by this date, NIHBP will no longer pay your benefits.

**If you need more information, or additional copies of the forms call 1-888-751-5011
Monday to Friday, 8 am — 6 pm.**

This publication is also available on Internet at www.healthcanada.ca/nihb-consent

Notice From the Hamatla Treaty Society

If you wish to continue receiving Non-Insured Health Benefits commonly known as First Nations Medical, you must complete one of the informed consent forms available at local drugstores or Health Offices.

Health Canada requires all First Nations Status members to complete these forms.

If you have any questions or concerns, your local Community Health Representatives (CHR's) can assist you.

[The Information Booklet and Consent Pamphlet and Consent Forms that you need to pick up come with a stamped return envelope and there were only a few lines to fill out.]

Donna Stirling

Dear Elders,

Lynn Wilcott has been on board – sending information to you about Food Protection for the last 32 issues of your Newsletter - his participation and contributions have meant the world to me. We are all very lucky to have him share his expertise with us each month and I would just like to extend my deep felt appreciation of his efforts.

Yours truly, Donna Stirling

FOOD SAFETY ADVISORY - Frozen, Breaded Poultry Products

For the past two issues, we have been talking about food safety tips for traditional foods. However in this issue, we are taking a break from traditional foods to talk about a serious and very current food safety issue.

Since the beginning of this year, there have been many cases of Salmonella infections in BC. These infections have been linked to eating frozen, breaded poultry products. Many of these infections have been very nasty – almost half of the people sickened needed to go to the hospital. Is this something you should be concerned about? Read on.

Some Background on These Products

Chicken strips, chicken nuggets and chicken fingers are all examples of frozen, breaded poultry products. They are made from either ground or solid pieces of raw chicken. They are breaded, only partially cooked to a golden brown colour, and then frozen. The partial cooking they go through may not be enough to kill the Salmonella that might be present in the raw chicken. The packages do have recommended oven temperature settings and cooking times as well as the recommended internal temperature for the cooked product.

So, What is the Problem?

If these products are properly cooked, the Salmonella will be killed. The problem seems to be how the product “looks”. These products “look” like they are already cooked. As such, many people believe these products only need “warming up” before eating them. A survey was done to gauge consumers’ knowledge and how they handled these products. The survey found that 35% of consumers believed these products were already cooked and 26% of consumers did not follow the cooking instructions.

What Does This Mean to Me?

These products are safe if handled properly and can be part of a nutritious meal for you and your family. However, if you do serve them to your family, be sure to handle and cook these products as you would any other raw poultry product. While they might “look” like they are already cooked, they probably are not. For you and your family’s safety, follow these tips when handling these products:

- Follow the cooking instructions on the package. To be safe, these products should reach an internal temperature of 74°C (165 °F) or hotter. You can use your meat thermometer to check this.
- After handling these products, wash your hands well with warm, soapy water before touching anything else.
- Also wash any surfaces or utensils that touch these products well with warm, soapy water before using them for anything else. To be really safe, after washing these items, sanitize them with a mild bleach solution. A mild bleach solution can be made by adding 1 teaspoon (or 5 ml) of household bleach to 1 quart (or 1 liter) of clean water.

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

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

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

FYI - For further information, please contact Linda Vandenberg and/or Janice Knighton at (250) 383-8688.

NEWS RELEASE - May 15, 2003 SARAH DUNCAN DIED TODAY

There is a community of First Nation people in north-central British Columbia, Canada, whose territory includes the Nation Lakes. They are hunters, fishers, and trappers, and have been since long before the arrival of the white man. There are 2,800 people there now, occupying villages along the shores of Stuart Lake, and up one of its tributaries – Middle River. The Nation Lakes area is rich in mercury deposits, deposits which had not, and could not, prior to the construction of the mine and the reduction plant in 1940, harm the environment or the people. Pinchi Lake, one of the Nation lakes, is the primary source of fish for the First Nation.

The baking of the ore in the reduction plant released the mercury in its purest form –the silver globules we are familiar with. It melted out from a reddish rock to become a molten silvery liquefied heavy metal. The steam from the melting process filled the air, then condensed on the ground into small pools of mercury, and it dripped from the eaves troughs.

The company sluiced the raw mercury into the lake when it cleaned the plant every evening. It also dumped the waste-baked ore tailings into the lake creating a long bar of “land”, like a crooked finger into the lake. The mercury, now in its elemental form combined with the biota to become methyl mercury, a poison to plants, animals, and people. The people were not told this. The Indian communities around the lake ate fish for breakfast, lunch, and dinner. It was the main food in their diet.

And babies died. The hunters and trappers developed numb hands and feet and tunnel vision, they could no longer open their traps with their hands and lost their livelihood. They didn't know why, and when the chiefs asked the government to investigate the rise in deaths of entire families, perform autopsies, and look into the strange new health problems, they were told nothing was wrong. These people, in these remote isolated communities, without grocery stores and whose only access to medical help was a distant fly-in doctor, were puzzled and at a loss to explain what was happening.

The mine, which had ceased operation in 1944 had left its waste products behind; the waste continued, and continues today, to poison the lake, the animals, the fish, and eventually the people who rely on them.

The company reopened the mine in 1968. In 1969 the wildlife branch posted signs around the lake advising that recreational fishermen not eat the fish. The signs were in English. The people speak Carrier. Few could read.

In 1973, four years after the government had tested the water and fish and found a mercury content in the fish four to twenty times higher than that considered safe for human consumption, Health and Welfare Canada showed up to test the people. They tested twenty-five people. The test results were many times above what was considered safe in humans, but the people were told “there was no cause for alarm”. These isolated people, with little education available to them, reasoned that this of course meant that they could continue to eat the fish they relied on for

sustenance. There were still no grocery stores, few cars, and a bumpy dirt logging road to the outside. Those children who did go to school, born to mothers who ate fish all day, had many learning problems. At this point the learning problems were not blamed on Fetal Alcohol Syndrome as there was little access to alcohol by the mothers in the villages. It was blamed on other things: isolation and homesickness.

The people continued to voice concern about the strange medical problems in the community: the numbness, the tunnel vision, the kidney problems, the cancers, the convulsions in the children and the increased aggression in the youth. There were odd deformities of the hands of the people. They were tested again in 1975, and although again the people tested much higher than is considered safe, the people were told not to worry.

Ernest Peters was a disabled trapper. His hands and feet were numb. Eventually he could not trap, and he died. His family was ill. All died within a few years of each other. Still government did nothing. Today, every once in awhile, the government shows up and takes hair samples and says everyone is fine. That way they don't have to do anything. And the doctors show up at a trailer once a week in the villages, hand out Tylenol 3 prescriptions for pain for what is almost always diagnosed as Lupus, or Arthritis, even in the youth. The elderly are diagnosed as having Alzheimer's.

The children in the beautiful new school have many learning disorders, aggression and paranoia problems, but they are diagnosed and labelled as having Fetal Alcohol Syndrome. At times the school closes down due to the violence of the children, but this is blamed on the isolation and alcohol.

Almost everyone has some form of "arthritis" now. They are still diagnosed with lupus when they complain about tingling or numbness, or have an odd gait. People say to each other in Carrier, "he walks like a duck". The government is not concerned. But the health of the lake – Pinchi Lake – does concern the governments who are leaning on the company to do mine reclamation pursuant to the mining legislation. They are worried about the fish and health of the environment. Millions of dollars are being spent on the environment – on sophisticated testing, on remediation, on revegetation, so that the company can be absolved of its responsibilities. **Once they have done what the governments have asked , they can walk away.**

The people, the hunters, trappers and fishers are the Tl'azt'en Nation. The mining company is a multinational corporation, Teck Cominco. The government is the Canadian Federal Government. These are my people. This is our Keyoh. We cannot walk away.

Sarah Duncan died today.

- Chief Tommy Alexis

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>.

U.S. report raises red flag over blood pressure once considered normal
May. 14, 2003 Provided by: Canadian Press

WASHINGTON (CP) - Tens of millions of North Americans with blood pressure levels once considered normal or borderline actually have "prehypertension," say new U.S. government guidelines that urge them to exercise, avoid salt and make other changes to stave off full-blown high blood pressure.

It's a major change that affects people with blood pressure as low as 120 over 80 - once thought to be a good level but now considered not good enough. Scientists now say that damage to arteries from the pressure of blood pounding through them begins to increase at levels as low as 115 over 75. Even a small jump from that low - to 130 over 85, a level previously considered in the normal range - means a doubling of the risk of later death from heart disease, say the guidelines by the National Heart, Lung and Blood Institute.

Hence the new emphasis on at least delaying the gradual rise in blood pressure that so many people see with age. Still, the report promises to be a shock for people told for years their blood pressure was healthy, only to learn they're now considered "prehypertensive" unless their level is below 120 over 80.

"We don't want to frighten the public, we want to get action," said Dr. Aram Chobanian, dean of Boston University's medical school who chaired the government-appointed committee that drafted the guidelines. "Even small changes in blood pressure are important."

A Canadian expert on hypertension suggested the move was a "tactic" to get North Americans to deal with the huge problem of uncontrolled high blood pressure. "There's different ways of dealing with an issue," said Dr. Norm Campbell, a spokesman for the Heart and Stroke Foundation of Canada. "The Americans have done it by labeling. But essentially, a huge proportion of the Canadian population would fit that label." Campbell, a general internist and clinical pharmacologist at the University of Calgary, said half of Canadians over age 55 have high blood pressure and most, if they live long enough, will develop it.

While U.S. figures suggest 30 per cent of Americans with hypertension have the condition under control, corresponding Canadian data suggest that figure is 13 per cent in Canada. But those data are so old no one really knows - they were gathered from 1985 to 1992.

Campbell is a member of a group of volunteer experts - they go by the name the Canadian Hypertension Education Program - who do an annual review of scientific literature on high blood pressure and make recommendations to doctors. Their latest recommendations, issued earlier this month, are eerily similar to those in the U.S. report, Campbell said.

One difference: While the U.S. report suggests people in the 120-over-80 range need to lower their blood pressure, the Canadian recommendations urge everyone to take measures to lower their blood pressure, by doing things like exercising more, consuming less salt, losing weight and cutting back on alcohol intake. Other recommendations in the broad U.S. report, published

in a special online edition of the Journal of the American Medical Association on Wednesday, are generating controversy, as doctors debate just which medication is best once hypertension hits.

The guidelines say most people who already have high blood pressure will need at least two medications to control the dangerous disorder - and most should at least try a cheap, old-fashioned diuretic as initial therapy.

At a major meeting of hypertension experts, doctors argued Wednesday that that was the wrong advice for many people. "They haven't justified those steps," said Dr. John Laragh of New York Hospital/Cornell University Medical Center, who contends only 35 per cent of people with hypertension have the type that responds to diuretics. Many of the rest, he said, could do fine with one other drug, such as an ACE inhibitor or beta blocker.

The authors responded that the guidelines say diuretics aren't the only option - and that patients with additional diseases, such as heart-attack survivors, may do better with other medications. "Nobody's advocating some kind of cookbook medicine," said Dr. Claude Lenfant, director of the federal heart institute.

The guidelines also say that:

- Blood pressure is measured as two values and the first number, the systolic pressure, is the most important for anyone over 50 - something too few doctors and patients understand. If nothing else, that number should be below 140.

- Doctors should be far more aggressive in treating hypertension. Almost a third of people with high blood pressure don't know it and two-thirds of the diagnosed don't have the disease under control - too often because doctors hesitate to prescribe a second or third medication, said co-author Dr. Daniel W. Jones of the American Heart Association.

An estimated 50 million Americans have high blood pressure, often called the silent killer because it may not cause symptoms until the patient has suffered damage. It raises the risk of heart attacks, strokes, heart failure, kidney damage, blindness and dementia.

High blood pressure measures 140 over 90 or more. That level hasn't changed.

Until now, optimal blood pressure was considered 120 over 80 or lower; normal was up to 130 over 85; and levels above that were called borderline until patients reached the hypertension range.

But the new guidelines classify normal blood pressure as below 120 over 80 - and readings anywhere from 120 over 80 up to 140 over 90 as prehypertensive.

"We hope it's going to catch people's attention," Jones said of the new prehypertension category. "They are at higher risk for going on to develop hypertension and they need to take action."

June 16, 2003

Summer is here and most everyone is enjoying the nice warm and sometimes very hot weather. Holidays are always so much fun to plan for, aren't they? The people here in the beautiful Nicola Valley have been very busy indeed planning for the Okanagan Nation's Canoe and Horse Ride for National Aboriginal Day Celebrations. People come to the Okanagan Nation for this big event from as far away as the states, as well as many other tribes and nations who have joined up along the way. They will arrive at Nicola Lake on June 21 with the canoe, which was carved by Chief George Saddleman of the Upper Nicola Band.

The Conayt Friendship Society with the Aboriginal Day Committee have plans to serve traditional foods, two of which are...baked salmon on stakes over a camp fire, which will be done by a young man from Mount Currie and there will also be baked bannock on stakes, which will be done by an Elder from the Carrier Nation. There are so many things planned, games, crafts, music, etc. but most important of all, people will come together to celebrate this most awesome day of all. We celebrate with each one of you on Vancouver Island and throughout our great country of Canada.

Now, on to a topic that is not very pleasant, but must be brought out into the open for discussion amongst ourselves - there is Elder abuse, and it is happening to our Elders in many communities. Abuse comes in many forms, such as verbal abuse, which can be very harmful if not dealt with because verbal abuse can be taken as one's own fault, so one can blame one's self, which is not right. Verbal abuse usually comes from someone who is very unhealthy in their own self image. Then there is physical abuse and threats of physical beatings. How does an Elder cope with threats of violent abuse?

Talk to someone who is trained in counseling of battered people. Tell someone about it, do not be afraid, you do have rights as an Elder. You have rights such as... to be treated with respect, to have your own feelings and opinions and to express them, to be listened to and taken seriously, to be able to decide what is important to you and to ask for what you want (others have the right to refuse) to make mistakes and to learn from them and you have the right to control your own body, to have some privacy or space of your own, to be responsible for your own behavior, choices, and thoughts.

I share this with you, as I have personally experienced violent threats against myself for the simple reason that I asked questions about financial statements, etc. It was very hurtful to me, but I talked to someone who told me it was not my fault, and not to take it as my troubles. The abusers themselves must deal with their own actions.

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

The Facts on West Nile Virus - How can I tell if it's West Nile?

Most people who contract the virus may not show symptoms, or their symptoms may be mild and flu-like. Twenty percent of those infected may develop West Nile fever, which features mild symptoms, including fever, headache, muscle aches and a rash that clears up in 7 to 10 days. The U.S. Centers for Disease Control and Prevention estimates that fewer than one percent of those infected develop severe symptoms and fewer than that experience life-threatening complications. People over 40, those with chronic health conditions, and those with weakened immune systems are more likely to have serious health effects from West Nile virus.

One out of 150 infected people will develop the more serious form of the disease, which results in encephalitis (an inflammation of the brain) or meningitis (an inflammation of the layers that cover the brain). The West Nile virus can cause the brain or spinal cord to swell and block the flow of blood to the brain. This could lead to a coma, paralysis, or even death. Of those who become seriously ill, approximately one in ten will die.

According to Dr. Andrew Simor, head of the department of microbiology at Sunnybrook and Women's College Hospital, other infectious diseases (including influenza) pose a much greater risk to Canadians. For example, the flu is responsible for about 1,500 deaths in Canada each year.

But because of positive tests for mosquitoes carrying the virus in Ontario, most experts are urging Canadians to minimize their risk of mosquito bites. You should consult your doctor if you have the following symptoms:

- fever
- muscle weakness
- severe headache, stiff neck
- convulsions (seizures)
- sudden sensitivity to light or an inability to perform routine tasks
- extreme swelling or infection at the site of a mosquito bite

The Facts on West Nile Virus - How to protect yourself?

Are you heading to the cottage this summer or planning on camping? Worried about being exposed to the West Nile virus? Here are suggestions to help you avoid mosquitoes:

- Apply a bug repellent that contains no more than 30% DEET (chemical name N,N-diethyl-meta-toluamide) to your clothes. Adults can also apply DEET-containing repellent to their skin, but children's repellent should contain only 6% to 10% DEET. Children should not have DEET-containing repellent on their face or hands, and children under two years of age should usually not have DEET applied to clothes or skin. In situations where there is a high risk of complications from insect bites, repellent containing 10% or less

DEET may be applied once daily for children aged 6 months to 2 years. Infants under 6 months of age should not have DEET applied to their skin or clothes. Pregnant women can apply repellent to their clothes only, but not directly on their skin.

- Wear light-coloured clothes, including long-sleeved shirts and pants.
- Stay indoors from dusk to dawn - peak periods when mosquitoes are most active.
- Make sure there is no stagnant water (including bird baths) or standing water on your lawn. As part of your spring and summer lawn cleanup, regularly drain rain barrels, bird-baths, swimming-pool covers, eaves troughs, flowerpots and planters. Keep wheelbarrows and wading pools overturned when not in use.
- Around your yard and lawn: Throw away lawn cuttings, raked leaves and fruit/berries that fall from trees immediately. Place them in sealed garbage bags. Turn over compost piles regularly, and remove dense shrubbery, where mosquitoes are liable to breed and rest.
- Check all your window and door screens for holes.
- Doing some barbequing this summer? A new product available at some camping stores, called "Zelco's Bug Off mosquito repelling BBQ light," works by emitting sounds that imitate the sounds of the mosquito's natural enemies.
- Environmentally friendly ways to reduce mosquitoes include installing bat- and birdhouses and encouraging species such as dragonflies, frogs and beetles. Natural oil-based repellents using plant-based ingredients such as citronella or soybean oil may be used. Keep in mind that they are not as effective as chemical-based repellents, that products containing essential oils need to be tested for skin sensitivity and that they need to be applied frequently.
- Enjoy the summer weather inside a screened-in patio or enclosure, especially during the more risky hours between dusk and dawn.

For more information on mosquito-proofing your home, visit <http://www.health.gov.on.ca>.

The Facts on West Nile Virus - In the news: The West Nile Virus

In 2002, Canada had its first confirmed human cases of West Nile virus in parts of Quebec and Ontario. West Nile spread much more rapidly than expected, and experts are not yet sure why. Quebec reported 16 confirmed human cases and one probable case; Ontario reported 307 confirmed cases, including 17 deaths, and 83 probable cases. This summer, West Nile virus is almost certain to spread to new parts of Canada, Health Canada says.

About 80% of people infected with West Nile show no symptoms, and most of the rest suffer only a flu-like illness. But for some, especially those who are ill or have a weak immune system, it can result in neurological effects, paralysis or death.

Of the 74 known species of mosquitoes in Canada, West Nile virus has been found in 10 species. Not all species are found in all parts of the country. In a given area, it is estimated that less than 1% of mosquitoes carry the West Nile virus.

Scientists don't know for sure which mosquito species actually transmit West Nile to people through their bites. Nor is anyone certain how the virus gets through the winter - it could be carried inside birds or sit waiting in hibernating mosquitoes.

The uncertainty means that no one can tell health officials which mosquito larvae to kill in order to avoid a repeat of last summer.

However, there is good news - the build-up of the virus in mosquitoes that bite people takes time. Judging by last year's experience, the risk of being infected with West Nile will be low until July and won't peak until August.

There have also been other new developments in West Nile research since last summer. It's possible that the strain of West Nile virus affecting North America is more powerful than that seen in the rest of the world, Health Canada suggests. However, the virus hasn't changed its genetic material (i.e., mutated). Experts suggest it appears to be the same strain that appeared suddenly in New York in 1999, and doesn't seem to be a new virus that has somehow been imported to the continent.

For more information go to www.health.gov.on.ca

Power of Protection Robin Roberts' Morning Prayer



The Light of God surrounds me.
The Love of God enfolds me.
The Power of God protects me.
The Presence of God watches over me.
Wherever I am, God is. ■

Quotes

"Evil is the absence of empathy."
"Change does not necessarily mean progress."
"Persistence overcomes resistance."
"Trust in a higher power during troubled times." Billy Graham
"Dogs have owners, cats have staff."
"The philosophy of one century is the common sense of the next."
Parents: "Reward productivity, not grades."

"Parents & Grandparents are not computer literate, but their kids are."
[Please check out www.staysafeonline.com]

B.C. ELDER'S COMMUNICATION CENTER SOCIETY

Announcing: Annual B.C. Elder's Art Auction—Spring 2004 Elders: Please forward this to all local First Nation's Artist

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 be asked to contribute one-year in advance, so that the full advertising potential can be reached via the internet.

The Elder's Website www.bcelders.com will be used to maximize the 'world wide' advertising potential available to us today. There will be a photo posted of each of the donated items, and it will be displayed alongside the Artist's short biography and contact information.

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

The (27th) Annual Aboriginal Elder's Gathering gets nothing in the way of reliable financial support from anyone year after year, and with the Elder's growing population and rising prices, it is proving to be a greater 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 also 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 Workers.
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.
4. One share will be used for office expenses for this communication center operating for the Elders in this province.

Please contact: Donna Stirling, Coordinator Toll free at 1-877-738-7288 or
Email: bcelderscommcenter@telus.net for more information

<p>B.C. ELDER'S COMMUNICATION CENTER SOCIETY</p>	<p><u>TRADITIONAL HEALING CORNER</u> First Nations communities have much to offer in the way of traditional healing. If you can provide information of who and what is available in your area, please call in to the office on the toll free line to talk.</p>
<p>1420 C 16th Avenue Campbell River, B.C. V9W 2E3</p>	<p>LOGO—Our thanks and appreciation go out to Shuswap First Nation's Artist Ivan Christopher for donating our Center's Logo.</p>
<p>Toll-Free: 1-877-738-7288 Phone: 1-250-286-9977 Fax: 1-250-286-4809 Coordinator: Donna Stirling Website: www.bcelders.com Email: bcelderscommcenter@telus.net</p>	<p>PROVERBS: When you want to test the depths of a stream, don't use both feet. Chinese The woman cries before the wedding and the man after. Polish After lunch; rest; after dinner walk a mile. Arab Better to be ill spoken of by one before all than by all before one. Scottish</p>
<p>'ELDER'S VOICE' ISSUES ARE SENT OUT TO COMMUNITIES BY THE 1st OF EACH MONTH, IF YOUR COPY IS NOT RECEIVED IN A TIMELY FASHION PLEASE CALL IN.</p>	<p>Beware of the young doctor and the old barber. Ben Franklin The big thieves hang the little ones. Czech By asking for the impossible, obtain the best possible. Italian By learning you will teach; by teaching you will learn. Latin Every animal knows more than you do. Nez Perce</p>

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

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

<p><u>COMMUNITY EVENTS</u> 27th Annual Aboriginal Elder's Gathering August 20, 21, 22 2003 Hosted By the Circle of Eagles Lodge Society And it will be held at the Coquitlam Town Centre Stadium In Coquitlam, B.C. Dylan White, Coordinator Toll Free: 1-800-997-3870 Event Fax: (604)-251-1986 Dylan's Cell: (604)-626-8657 Circle's Phone: (604) 874-9610 Website: www.eldersgathering2003.com</p>	<p><i>Bible Quotes</i> "They will pick up serpents; and even if they drink anything deadly, it will not hurt them." Mark 16:18 "God says; And I have put my words in your mouth and have covered you with the shadow of my hand." Isaiah 51:16 "In the secret place of Your (God's) presence You hide them from the plots of men; You keep them secretly in Your pavilion from the strife of tongues." Psalm 31:20 "You have also given me the shield of your salvation; Your right hand has held me up, Your gentleness has made me great." Psalm 18:35 "Your Kingdom is an everlasting Kingdom, And your dominion endures throughout all generations." Psalm 145:13</p>
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