

Volume 4 Issue 4

March 2004

B.C. ELDER'S COMMUNICATION CENTER SOCIETY



ELDER'S VOICE

Dear Elder's Contact Person,

Please find enclosed the prize draw tickets for your area, notice was given out that tickets would be sent c/o your name unless I heard from you otherwise, so hopefully you will be able to help out with the draw.

Someone will be calling periodically to check on ticket sales to keep track of the tickets, as some people change jobs and don't let me know on this end, calling is the only way to make sure that everything is going smoothly and that the contact person is still the current Elder's Contact. Please be patient with the follow-up caller, and please let me know if there are any problems.

Thank you very much for being your Elder's Contact and for your help, Donna Stirling

Dear Elders,

Raffle Tickets are available now from your Elder's Contact person or you can call the toll-free number on the back of this issue to find out more. Included with the tickets is a list of the prizes, this list wasn't available when this issue had to go in to be printed, so it is now included in the envelope with this issue.

Each group that helps sell tickets will automatically be entered in the group draw of a quarter of the profits, so lets all try our best to help out by buying and/or selling tickets the \$2 tickets. Please read page 15 on where all of the profits will go.

Thank you all for any help you can offer, Donna Stirling

Artists who donated to the draw will be included in the April issue.

A list of Accommodations for the 28th Annual B.C. Elder's Gathering is on the back page of this issue. RV and Camping available.

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Easy Bakers Corner – Midwestern Lemon Pudding – Easy and Light

In a small bowl, beat 3 egg yolks with 1/2 cup of milk, 1/4 cup of lemon juice and 1 tsp. of grated lemon rind. Add 1/2 cup of granulated sugar, 1/3 cup of all-purpose flour and 1/8 tsp. Salt. Beat until smooth.

In a second bowl, beat 3 egg whites until stiff. Fold yolk mixture from the first bowl into the whites.

Butter a 1-quart deep casserole. Pour mixture into the casserole, then place the casserole dish into a larger pan in the oven. Pour hot water into the pan to a 1-inch depth.

Bake at 325°F for 30 to 40 minutes or until golden. Serve warm or cooled, garnish with whipped cream, if desired. For an orange flavour, substitute orange rind and undiluted concentrated orange juice for the lemon juice and rind. Makes 4 to 6 servings

Handy Tips: — environmentally friendly!

Broiling: Place a slice of bread underneath the broiler pan to absorb drippings and prevent fire.

Paper bags: Carve turkey on a brown bag. It absorbs grease and is easily thrown away.

Pies: Placing a 4-inch piece of rigatoni on end in the center of a pie will prevent juices from running into the oven.

Ants and insects: To keep your cupboards free of pesky insects, scrub out cupboards and place bay leaves or whole cloves in the corners. They will successfully ward off the bugs about a year.

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. Donna Stirling

'PRESERVING THE PAST'

New Elder's Website: www.bcelders.com

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

Issues of your 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 - contact info is on the 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.

Segment of the Throne Speech (Ottawa) - February 02, 2004

Aboriginal Canadians

Aboriginal Canadians have not fully shared in our nation's good fortune. While some progress has been made, the conditions in far too many Aboriginal communities can only be described as shameful. This offends our values. It is in our collective interest to turn the corner. And we must start now.

Our goal is to see Aboriginal children get a better start in life as a foundation for greater progress in acquiring the education and work-force skills needed to succeed.

Our goal is to see real economic opportunities for Aboriginal individuals and communities.

To see Aboriginal Canadians participating fully in national life, on the basis of historic rights and agreements - with greater economic self-reliance, a better quality of life.

The Government of Canada will work with First Nations to improve governance in their communities - to enhance transparency and accountability - because this is the prerequisite to effective self-government and economic development. Aboriginal leadership is committed to this end and rapid progress is essential.

In order to support governance capacity in Aboriginal communities and to enhance effective dialogue, the Government will, in co-operation with First Nations, establish an independent Centre for First Nations Government.

The Government will also focus on education and skills development, because this is a prerequisite to individual opportunity and full participation. To pursue this goal, the Government will work with provinces and territories and Aboriginal partners in a renewed Aboriginal Human Resources Development Strategy.

Too often, the needs of Aboriginal people off reserve are caught up in jurisdictional wrangling. These issues cannot deter us. The Government of Canada will work with its partners on practical solutions to help Aboriginal people respond to the unique challenges they face. To this end, the Government will expand the successful Urban Aboriginal Strategy with willing provinces and municipalities.

The Government will also engage other levels of government and Métis leadership on the place of the Métis in its policies.

The Government is committed to a more coherent approach to Aboriginal issues. To focus this effort, it has established a new Cabinet Committee on Aboriginal Affairs, chaired by the Prime Minister; a Parliamentary Secretary; and an Aboriginal Affairs Secretariat in the Privy Council Office.

From the Globe and Mail

A Basic Guide to Names*

Listed below are the First Nations Peoples as they are generally known today with a phonetic guide to common pronunciation. Newcomers to these phonetic pronunciations may still find a huge gap between what they say and what they hear a native speaker saying. The best way to learn these names is to listen closely when in the presence of someone more familiar, and perhaps even ask for a quick lesson. Also included here are name formerly given these groups, and the language families to which they belong.

People	Pronunciation	Have Been Called	Language Family
Haida	Hydah	Haida	Haida
Ktunaxa	Tun-ah-hah	Kootenay	Ktunaxa
Tsimshian	Sim-she-an	Tsimshian	Tsimshian
Gitxsan	Git-k-san	Tsimshian	Tsimshian
Nisga'a	Nis-gaa	Tsimshian	Tsimshian
Haisla	Hyzlah	Kitimat	Wakashan
Heiltsuk	Hel-sic	Bella Bella	Wakashan
Oweekeno	O-wik-en-o	Kwakiutl	Wakashan
Kwakwaka'wakw	Kwak-wak-ya-wak	Kwakiutl	Wakashan
Nuu-chah-nulth	New-chan-luth	Nootka	Wakashan
Tsilhqot'in	Chil-co-teen	Chilcotin	Athapaskan
Dakelh	Ka-kelh	Carrier	Athapaskan
Wet'suwet'en	Wet-so-wet-en	Carrier	Athapaskan
Sekani	Sik-an-ee	Sekani	Athapaskan
Dunne-za	De-ney-za	Beaver	Athapaskan
Dene-thah	De-ney-ta	Slave(y)	Athapaskan
Tahltan	Tall-ten	Tahltan	Athapaskan
Kaska	Kas-ka	Kaska	Athapaskan
Tagish	Ta-gish	Tagish	Athapaskan
Tutchone	Tuchon-ee	Tuchone	Athapaskan
Nuxalk	Nu-halk	Bella Coola	Coast Salish
Coast Salish**		Coast Salish	Coast Salish
Stl'atl'imc	Stat-liem	Lillooet	Interior Salish
Nlaka'pamux	Ing-khla-kap-muh	Thompson/Couteau	Interior Salish
Okanagan	O-kan-a-gan	Okanagan	Interior Salish
Secwepemc	She-whep-m	Shuswap	Interior Salish
Tlingit	Kling-kit	Tlingit	Tlingit

*Adapted from Cheryl Coull's "A Traveller's Guide to Aboriginal B.C." with permission of the publisher, Whitecap Books

** Although Coast Salish is not the traditional First Nations name for the people occupying this region, this term is used to encompass a number of First Nations Peoples including Klahoose, Homalco, Sliammon, Sechelth, Squamish, Halq'emeylem, Ostlq'emeylem, Hul'qumi'num, Pentlatch, Straits.

***This page was emailed in to the BC Elders Communication Center Society to be passed on.

FOOD SAFETY TIPS - Not All Food Safety Hazards are *Microbiological*

In this series of Elder's Voice food safety tips, we have talked about how most food safety hazards are *microbiological*. These hazards occur in a food when there are pathogens (disease causing micro-organisms) or toxins produced by pathogens that can cause food poisoning.

However, there is another type of food safety hazard that you should be aware of – from *chemical* sources. One type of chemical food safety hazard are toxins that can be found naturally in certain foods. Depending on the food, these toxins may be made within the food, either naturally at certain stages of the food's growth or production, or they enter the food from outside environmental sources. And just like microbiological food safety hazards, foods contaminated by chemical toxins usually taste, smell, and look normal.

Natural Food Toxins There are many different types of natural food toxins. Here are some of the more common (and not so common) toxins, where they might be found, and how to protect you and your family.

Various Bivalve Shellfish Toxins: there are many different types of toxins that can be found in bivalve shellfish, all causing different types of poisoning. Some of the more common include Paralytic Shellfish Poisoning (also known as Red Tide), Diarrheic Shellfish Poisoning, Neurotoxic Shellfish Poisoning, and Amnesic Shellfish Poisoning. The toxins are originally made by different algae. Bivalve shellfish then become contaminated when they feed on the toxic algae. All types of bivalve shellfish can potentially be affected by one of these toxins. Depending on the toxin and how many contaminated bivalve shellfish are eaten, these toxins can cause serious illness, even death. If you harvest your own bivalve shellfish, only harvest from areas that are open to harvesting.

Scrombrotoxin: also known as histamine poisoning. It is caused by eating foods that contain high levels of histamine. Histamine is formed by the growth of certain bacteria. The most common food where histamine is formed is in certain fish products – especially if they have been temperature abused at some point after harvesting or capture. The toxic effect is not reduced by cooking, canning or freezing. Incidents of histamine intoxication have occurred in tuna, mahi-mahi, bluefish, sardines, mackerel, amberjack, abalone, and scallops. If you harvest fish, it is important to cool the fish as quickly as possible after catching them and then keep them cold until processed or eaten.

Mushrooms Toxins: there are many different species of mushrooms that can produce toxins. The mushrooms themselves naturally produce the toxins involved in mushroom poisoning. Generally, cooking, canning, or freezing does not destroy the toxins made by most mushrooms. Poisoning usually occurs when pickers (especially novices) of wild mushrooms wrongly identify a mushroom species and accidentally pick a toxic species. If you are not an experienced mushroom picker, have someone who is experienced pick with you. They can help you identify toxic species. This is important as some edible mushrooms have very toxic look-a-like cousins. And never eat a mushroom that you are not sure about.

Grayanotoxin: also called honey intoxication. It is caused by eating honey which has been produced from the nectar of certain species of rhododendrons including species that grow in British Columbia.

Aflatoxins: are toxins that are produced during the growth of certain species of fungi or mold. Aflatoxins have been associated with corn, peanuts, certain tree nuts, and grains especially if these foods are stored improperly or for long periods of time. At high levels, aflatoxins cause severe liver damage, even death. At low levels they are thought to be carcinogenic. In Canada, aflatoxin contamination rarely occurs in foods at high levels. As such, the main concern has been their potential to cause cancer. Cooking does not destroy aflatoxins. A good rule to follow is to never eat food that has mold or fungi growth on it. The only exception to this rule is certain types of cheeses (such as Camembert, and Blue) that use a safe mold as part of their production.

Fiddlehead Toxin: fiddleheads are young, tightly curled fronds of the ostrich fern. They are harvested seasonally in BC and can be served in soups or cooked and served as a hot vegetable. However, fiddleheads have been linked to several outbreaks of foodborne illness. No causative agent was found in these outbreaks but it is thought to have been an unidentified toxin that was responsible for the illnesses. Because of the way the fiddleheads in these outbreaks were handled, we do know that proper cooking will destroy the *toxin*. As such, if you eat fiddleheads, they should be: washed in several changes of cold water, AND THEN
cooked either: in boiling water for 15 minutes,
or steamed for 10 - 12 minutes

Fiddleheads should not be served raw or if they only receive minimum cooking such as quick sautéing.

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

LAJW/elders voice toxin

Prayer Circle for Grand Chief Antoine

On February 8, 2004, many people joined in the prayer circle for our Grand Chief Gordan Antoine. The prayer circle was organized by Nicola Tribal Chair Ko'waintco Michel.

During the sharing time, elders and young alike, reminisced of past adventures with Chief Antoine. One of our Chief's dreams and visions was for his people to have the very best education possible. He planned the building of Nicola Valley Institute of Technology (N.V.I.T.) which, now a reality, has fulfilled his vision.

Chief Antoine's objective was for his people to get the best education possible because he believes that education is a form of empowerment, which is exactly what he wanted to see for his people. Empowerment.

Today, students come from all over Canada to Merritt to attend N.V.I.T.

For those of you who may not have heard, our Grand Chief Antoine is very ill and is at the Vancouver Hospital. Your prayers for his family and for our Chief would be so much appreciated by all. It was an honor to go before our great Creator of all nations and offer our prayers.

List of those who attended the prayer circle:

Nicola Tribal Chair Ko'waintco Michel, Mary Chillihitza, Sarah McLeod, Donna William, Vern Charters, Margaret Charlie, Vince Wilson, Melanie Pierre, Darrel Tom, Jerry McLeod, Brian Michel, Reggie McLeod, Bert Seymour, Len Seymour, Jimmy Toodlican, Leslie Ellist, Spike Manuel, Dan Manuel, Darleen Sheter Vallee, Kayleigh Rose, Elsie Antoine-Peters, Sharon Antoine, Albert Antoine, David Antoine, Norma Hall, Lou, Nita Wallond, Dave Walkem, Judy Chillihitza and Lloyd and Jeanette McMaster.

We love you Grand Chief Gordan Antoine. Our prayers continue each day for you and your family. We thank you for your dreams and your visions.

Jeanette McMaster, BC Elders Council
Upper Nicola and Okanagan Nation

MEDIA ADVISORY

ABORIGINAL WOMEN AMONG MOST VICTIMIZED PEOPLE IN CANADIAN SOCIETY

January 27, 2004 -Aboriginal women are still among the most victimized people in Canadian society even within their own culture where inequality in pay, promotion and hiring practices continues to exist. However, that is changing dramatically with more native women assuming leaderships roles in business and politics, Chief Victoria Arcand of the Alexander First Nation said today.

Chief Arcand will be among several prominent Aboriginal women who will be speaking on the role of Aboriginal women in business and politics at this month's National Aboriginal Women's Conference, January 29-30 at the Sheraton Cavalier Hotel in Calgary, Alberta.

Chief Arcand says she sees encouraging signs that "women are making waves right across the country as more are being elected as leaders and going into business, but there still is a long way to go."

"More women should become involved in leadership positions, even through the current system of First Nations government is still based on European systems and imposed by the Indian Act, which favours men over women," she declares. "Aboriginal women are looking for opportunities and they want to be involved in a meaningful way in business and politics and the pathway for that to happen is through education."

Chief Arcand was involved in the negotiations in a recent claim about reserve lands that were illegally surrendered a number of years ago. The settlement involving the federal government provides \$63-million in compensation to the Alexander First Nation members, which number 1,550 registered members. Most of this compensation will be placed in a trust to ensure future generations benefit. The Alexander First Nation is located northwest of the town of Morinville, which is some 65 kilometres northwest of Edmonton.

Chief Victoria Arcand will be available for media interviews during the Aboriginal Women's Conference. Please contact: Barbara Wright at 1-403-282-0926 or Byron Cox at 1-800-337-7743.

For a complete agenda of the conference, please visit: www.native-invest-trade.com/conference1.html

The 2004 Aboriginal Women's Conference is presented by the Native Investment and Trade Association, an aboriginal not-for-profit organization dedicated to pursuing self-reliance through entrepreneurship. NITA works towards creating a healthier climate of understanding through communication, partnerships and joint-ventures. It operates independently of any core government funding.

PRESS RELEASE

BC FIRST NATIONS TAXATION RIGHTS ALLIANCE

(January 21, 2004 - Burnaby, BC – Musqueam traditional territory) “We have had it with being harassed and threatened, with being pushed to the point of economic genocide. We have never sold or surrendered our Rights and Title. Every aboriginal person in BC will stand side by side and fight for our social, cultural and economic survival” stated Edwin Newman, Chairman of the newly formed *BC First Nations Taxation Rights Alliance*.

After a meeting with several senior representatives of the Canada Revenue Agency and some 146 aboriginal participants from more than 50 organizations, the Native Brotherhood of BC (NBBC), the Union of BC Indian Chiefs (UBCIC), the First Nations Summit (FNS) and urban aboriginal organizations have agreed to collectively fight for the protection of their historic rights to exemption from taxation.

Chris Cook, NBBC President said “This Alliance of treaty and non-treaty, river, coastal, interior and inland Aboriginal Peoples is a powerful signal that our people are beyond frustrated with government policies and actions that attack and destroy Aboriginal Rights. Our people are suffering too much and we need to end that. You have all heard of Oka and Burnt Church. Today we are giving notice, to the Federal and Provincial governments, this is our Oka.”

Over 2 and ½ days of meetings closed to the press and outsiders, an action plan and strategy to move forward has been developed. One part of this strategy, which will be presented to the First Nation Summit in March, will be a request to withdraw from Treaty discussions until this taxation matter is satisfactorily addressed.

UBCIC President, Chief Stewart Phillip concluded, “Our Aboriginal Rights are collective and we will collectively fight for them. In this meeting and others I have attended, it is abundantly clear that despite the best efforts of our people, our Aboriginal Rights and Title are not being respected and our people continue to suffer intolerably. This is a pivotal time for Aboriginal Peoples to take whatever action is required to change that.”

For Further Information and Comment Contact:

Edwin Newman, BC First Nations Taxation Rights Alliance (604) 913-2997

Chris Cook, Native Brotherhood of BC (604) 913-3372

Chief Stewart Phillip, Union of BC Indian Chiefs (250) 490-5314

Grand Chief Ed John, First Nations Summit (604) 990-9939

HEART AND STROKE FOUNDATION WARNS FAT IS THE NEW TOBACCO

Toronto, FEB 10, 2004 EMBARGOED UNTIL 10 am eastern: According to the Heart and Stroke Foundation's *Annual Report Card on Canadians' Health*, the increasing number of overweight and obese Canadians now poses one of the greatest threats ever to public health in this country.

"The prevalence of this serious health risk is almost exactly what we faced with tobacco use 30 years ago – when half of Canadians smoked," says Dr. Anthony Graham, Heart and Stroke Foundation spokesperson and cardiologist. Since that time, smoking rates have dropped by half - but during those same three decades, we've been losing ground in the area of overweight and obesity.

Heart and Stroke Foundation Report Card on Canadians' Health - Overweight and Smoking

Rates among Canadian adults:	Early 1970s	2000/01	% Change
Smoking (Aged 15+)	47%	22%	53% decrease
Overweight (BMI \geq 25; Aged 20-64)	40%	47%	18% increase
Obese (BMI \geq 30; Aged 20-64)	10%	15%	50% increase

Obesity (defined as a Body Mass Index or BMI \geq 30) can increase a person's risk of developing heart disease or stroke by 50%. "We continue to face the impact that tobacco use has on our society," says Dr. Graham. "At the same time, we are confronted by the reality that almost half (47%) of Canadians are overweight or obese."

In fact, according to the Heart and Stroke Foundation, almost two-thirds (12.1 million) of Canadian adults (age 20-64) are overweight and/or smoke. Recent US-based studies indicate that those who are obese can lose more than 10 years of life compared to their normal-weight peers. Obesity and smoking is a double-barreled threat that can cost even more years of life. Heart and Stroke Foundation research has shown that the number of deaths in Canada attributable to overweight and obesity has almost doubled over the past fifteen years, increasing from 2,514 in 1985 to 4,321 in 2000.

Canadians Weigh In The big question on everyone's minds is: Could public policies be implemented, similar to those being used to curb tobacco consumption, to address excess weight?

Who do Canadians believe is responsible?	Percentage of Canadians
Individual responsibility	54%
Government leadership needed	18%
Food industry leadership needed	2%

When the Heart and Stroke Foundation asked Canadians who is responsible for finding answers to this issue, one in six (18%) suggested that some level of government should take the lead. Interestingly, 2% of Canadians felt the food industry should show leadership.

Yet a panel of Canadian experts in the area of overweight and obesity, convened by the Foundation, says that without leadership from the food industry combined with government policy, the number of overweight Canadians will increase. Earlier polls suggest that the public strongly supports this combined

effort. Overweight and obese Canadians are at greater risk of developing chronic diseases (heart disease, stroke, cancer, and diabetes) that can lead to premature death.

“We live in an environment that promotes obesity, and individuals alone can’t solve this problem,” says Dr. Peter Katzmarzyk, epidemiologist and Heart and Stroke Foundation spokesperson. “The way our society is structured makes it difficult for many people to integrate healthy eating and daily physical activity into their lives. For example, in many cases urban development has reduced opportunities to integrate physical activity into daily life, such as walking to the store or informal sports.”

The Heart and Stroke Foundation points out that only 43% of Canadians are physically active. Plus, the convenience of calorie-dense foods – as opposed to healthier choices such as vegetables and fruit - in quick service restaurants, convenience stores and even gas stations, makes it even harder for Canadians to make healthy choices.

“Our obsession with speed and quick solutions is one of the reasons weight is such a problem throughout North America,” says Heart and Stroke Foundation spokesperson and dietitian, Rosie Schwartz. “We want fast foods and fast solutions. But the truth is that we have to get back to basics. And for the sake of the next generation, we have to instill these habits in our children.”

Tipping the scales the other way

To help Canadians win the battle of the bulge, the Heart and Stroke Foundation is working with national health organizations to encourage all levels of government to commit greater resources to public health and to preventing chronic disease.

Through the HealthCheck™ program (www.healthcheck.org), the Foundation is working with the food industry to help consumers identify healthy food choices. Over 70 manufacturers offer almost 400 products displaying the HealthCheck™ symbol. These products have been reviewed by the Heart and Stroke Foundation and they meet established nutrient criteria based on *Canada’s Food Guide to Healthy Eating*.

The Foundation also supports obesity-related research, and we are targeting strategic funds to this critical health issue. The Foundation is providing \$1 million in initial funding to two multidisciplinary teams – 21 expert researchers - to examine the biological, social, behavioural and environmental aspects of obesity. Additional awards to individual researchers will be finalized by March 2004, furthering Canadian research capacity and expertise in obesity.

The Heart and Stroke Foundation also offers a number of health information resources including: an easy BMI test to see if you fall into the overweight danger zone, www.heartandstroke.ca/yourhealthtools . Canadians can also easily order the *Healthy Habits, Healthy Weight* booklet and take the Heart & Stroke Risk Assessment Test, available via www.heartandstroke.ca or the toll-free number 1-888-HSF-INFO (1-888-473-4636).

For more information, contact:
Heart and Stroke Foundation of Canada
Heather Rourke
613-569-4361, ext 318
hrouke@hsf.ca

Heart and Stroke Foundation of Ontario
416-489-7111
Elissa Freeman, ext 316
Sharon Edwards, ext 455

For the HSF media representative in your province, see “Contact Us” at: www.heartandstroke.ca/media

The Heart and Stroke Foundation's Call to Action

To the Food Industry:

1. Modify our food supply by reducing saturated and trans fat in foods. Work with the government to achieve this. If progress is not made in relatively short order, the federal government should consider regulations to enforce nutritional standards.
2. Restrict the distribution and advertising of 'junk foods' (energy dense, nutrient-poor foods) to children. Remove them from elementary and high school vending machines and cafeterias. Pulling pop out of schools may seem like a good beginning but is not if the vending machines still contain sugar-laden fruit drinks.
3. Ensure portion size and pricing are in alignment. Healthy choices should be available in restaurants. Supersize the salad, instead of charging more to replace the fries that already go with the meal.
4. Improve nutritional labeling and information in quick serve restaurants. Statistics show that on any given day, 30% of kids living in North America visit a fast food restaurant. Their parents should have access to nutrition information on the overhead and table menus to help make informed choices at the point of purchase.

To Government:

*All three levels of government – municipal, provincial and federal - must support strategies to encourage healthy living, such as: urban planning that supports recreational activity; quality daily physical education in all our schools; and most importantly, a public health system that has the resources to address overweight and obesity and the prevention of chronic diseases.

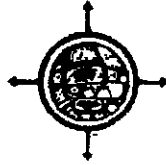
<http://www.heartandstroke.ca> - 2/13/2004

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OUR LAND IS OUR FUTURE

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UNION OF B.C. INDIAN CHIEFS
CHIEFS COUNCIL, OCTOBER 1ST - 2ND, 2003
VANCOUVER, B.C.

Resolution no. 2003-03

Re: Support for Elders Council

WHEREAS the Elders Council at the last Elders Gathering in Port Coquitlam, BC, 2003, passed a resolution to request \$100,000.00 from the provincial and federal governments to cover the costs of their annual conference;

THEREFORE BE IT RESOLVED that UBCIC Chiefs and Council fully support the resolution adopted by the Elders Council to secure this core funding.

Moved: Chief Fred Sampson, Siska Indian Band
Seconded: Chief Garry John, Seton Lake Band
Disposition: Carried unanimously
Date: October 1, 2003

Certified copy of a resolution adopted on the 1st day of October in Vancouver, British Columbia

Chief Stewart Phillip, President

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2003-03
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FIRST NATIONS SUMMIT

RESOLUTION # 1103.14

SUBJECT: SUPPORT FOR BC ELDER'S COUNCIL AND ANNUAL BC ELDERS GATHERING

WHEREAS

- A. The BC Elder's Council represents thousands of Aboriginal elders throughout British Columbia and is working to continue the tradition of Annual BC Elders Gatherings.
- B. The 27th Annual BC Elders Gathering was held in Coquitlam, BC in August 2003. Approximately two thousand elders attended this event and there were insufficient funds to cover all costs, such as ensuring an adequate amount of food was available.
- C. The Annual BC Elders Gathering depends on fund-raising activities of elders and the BC Elder's Council. Currently the federal and provincial governments do not provide funding for this event.
- D. The Annual BC Elders Gathering is an opportunity for elders from around BC to gather and discuss important issues such as healthcare, homecare, elders abuse, culture, language, etc.

THEREFORE BE IT RESOLVED

- 1. That the First Nations Summit Chiefs in Assembly support the BC Elder's Council and the Annual BC Elders Gathering.
- 2. That the First Nations Summit Chiefs in Assembly call upon the Government of Canada and the Government of British Columbia to provide ongoing financial support to the BC Elder's Council to hold the Annual BC Elders Gathering.

MOVED BY: Chief Maureen Chapman, Skawahlook First Nation
SECONDED BY: Chief Brian Tait, Nisga'a Lisims Government
DATED: November 28, 2003

Passed by consensus.

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RESOLUTION # 1103.14

SUBJECT: SUPPORT FOR BC ELDER'S COUNCIL AND ANNUAL BC ELDERS
GATHERING

ENDORSED BY:

Lydia Hwitsum

Edward Job

Herb George (Satsan)

The Marriage

No priest had told her she was mine
No ring bound her to me
No ceremony had sanctified her soul
No paper had yet seen her name
Yet...
Loving hands sewed the beads on my moccasins
Shining eyes greeted me after the hunt
Tender caresses put my spirit to sleep
Silent words told me I was brave
For
The Great Spirit had beheld her virtue
His voice had led her to me
Our Mother Earth received us both
We became one with their blessing

- Duke Redbird -

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

PLEASE CALL YOUR ELDER'S CONTACT PERSON OR CALL IN TO THE OFFICE ABOUT TICKETS - everyone's help is needed to sell tickets if this is to be successful.

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 the prizes will be featured on the website until the prize draw date June 30th 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. Or, if donated by an Elders Groups it will be accompanied by words about the Elder's Group or their area. Notification of the Elder's Website and B.C. Elder's Raffle will go out to all galleries, museums, and Corporate Sponsors.

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. AND 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 individual Elders with travel and accommodations to attend their Annual Elder's Gatherings.
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
Phone: 1-250-286-9977 Fax: 1-250-286-4809

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'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.

TRADITIONAL HEALING CORNER

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.

LOGO—Our thanks and appreciation go out to Shuswap First Nation's Artist Ivan Christopher for donating our Center's Logo.

PROVERBS:

He who wants a rose must respect the thorn. Persian
Danger and delight grow on one stalk. English
He who doesn't risk never gets to drink champagne. Russian
If a man is destined to drown, he will drown even in a spoonful of water. Yiddish
If work were good for you, the rich would leave none for the poor. Haitian

BIBLE QUOTES

"He that is without sin among you, let him cast the first stone."
John 8:11
"As is the mother, so is her daughter."
Ezekiel 16:44

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

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

COMMUNITY EVENTS

The 28th Annual Elder's Gathering will be held at the KXA Auditorium in Kamloops (in the same facility it was held at in 1999) and is being hosted by the Shuswap Nations and the Interior Bands. It will take place July 27, 28, 29 2004 - for more information call: Doris Bamford, Coordinator (after 3 pm) at 1-250-314-9820, fax 250-828-9802 or call Laura Coles at 1-250-679-8584 OR watch for updates here in the Elder's Voice.

Accommodations: More information can be found in the BC Approved Accommodation book available from the Chamber of Commerce or Tourist Information or call: 1-604-435-5622 to request the book.

Comfort Inn & Suites - Toll free: 1-888-556-3111 or email comfort@kamloops.com
Best Western (Kamloops) - Toll-free: 1-800-665-6674 or email bestwestern@kamloops.com
Days Inn (Kamloops) - Toll free: 1-800-561-5002 or email daysinn@kamloops.net
Hampton Inn - Toll free: 1-800-426-7866 or email hampton@kamloops.com
Super 8 Motel (Kamloops) - Toll free: 1-800-800-8000
Sagebrush Motel - Toll free: 1-888-218-6116
Scott's Inn - Toll free: 1-800-665-3343 or email scottsinn@kamloops.com
Ramada Inn (Kamloops) - Toll free: 1-800-663-2832 or email ramada.kam@shawbiz.ca
Travel Lodge (Kamloops) - Toll free: 1-800-372-8202 or email sleepy@kamloops.com
Travel Lodge (Mountain View) - Toll free: 1-800-667-8868