



**MERRY, MERRY CHRISTMAS TO ALL ELDERS
AND ALL THE VERY BEST IN THE NEW YEAR!!!!**

**It is with great pleasure that I announce that a HOST has stepped forward for the 2005 BC Elders Gathering and it will now be held in Prince George.

Please find a letter on page 6 of this issue from the NEW HOST which expresses their formal bid to the Elders of BC and as there was only **one bid** sent in during this extended time there will be no need to include ballots in this issue as such the honour automatically goes to the Carrier Sekani Tribal Council *Traditional Territories* (CSTC).

After speaking with their Exe. Asst. in Prince George I believe that this group knows the challenges that this late start-date present and that they excepted the responsibility anyway for the Elders of BC and that they have their communities' support and are looking forward to welcoming all of you 2005.

To those of you with concern about the date of the Gathering (RE: not holding it in the busy and hot summer months) the new host is very much aware of your concerns and agrees with the input from their Elders that September or October would be a more preferable time and when the host announces the exact date you will find that information on the front page of this newsletter.

As always, I will be forwarding our Gathering notes from when we hosted in Campbell River in 2000, along with any of the suggestions that have come in to me from Elders and support people over the last 5 years. I will be sending funding contact that I have accumulated which might be of service to the NEW HOST when pursuing funds for the event and I respectfully suggest that any of you out there in a position to do the same thing kindly do so...this event always needs a lot of help and this year the Host will be starting fundraising 4 months later than usual.

All my relations, Donna Stirling, BCECCS Coordinator

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Easy Bakers Corner – - Peanut Butter Honey Muffins—1 dozen

In a large bowl, combine 1 1/2 cups of all-purpose flour, 2 1/2 tsp. baking powder, 1/4 tsp. salt, and a 1/2 cup of brown sugar.

In another bowl, combine 6 Tbsp. melted butter or margarine, 1/2 cup peanut butter, 2 eggs (beaten), 1/4 cup of honey, 1 tsp. of vanilla and 1/4 of milk.

Combine the two mixtures, pouring the liquid ingredients into the dry. Stir only until blended. Spoon into buttered muffin cups. Bake at 375° F for 18 to 20 minutes. Cool a minute before removing from muffin pan.

Peanut Butter Kisses: After the batter has been spooned into the muffin cups, make an indentation in the center of each muffin. Spoon 1 teaspoon of peanut butter into that indentation. Bake as directed.

Handy Tips: Cut a pair of old panty hose until you have just the two legs and use each leg to store a roll of Christmas wrapping paper for next season. Before you use artificial snow on your windows, try spraying non-stick cooking spray on the surface (if it is still a little stubborn when you go to clean it use a little non-gel toothpaste). Use a turkey baster to water your Christmas tree it should prevent spills on your carpet. If you spray your tree outside with spray starch and allow it to dry before bringing it in your needles won't fall off as badly.

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.

NOTICE: TO ALL BRITISH COLUMBIA ABORIGINAL ELDERS

You are invited to have your esteemed ELDER join the BC Elders Council

The BC Elders Council is approaching every First Nation community in BC in these issue as they are looking to join Elders together into Regional Elders Advisory Boards that will be made-up of **existing** and **new** BC Elders Council Members. There goal is to insure that each community feels that they are included and active in what is happening for the Elders in BC and the provincial Elders Council wishes to encourage an aboriginal elder from each local group to join the Council.

There will be 6 (perhaps 8) Regional Elders Advisory Boards and they will consist of BC Elders Council Members who represent their area's Band/Elder's Group/Society. There are currently 42 members on the BC Elders Council and they are hoping that groups will meet and then call into the Communications office (**toll-free 1-877-738-7288**) to see that the name of your chosen **ELDER** is entered on the BC Elders Council list .

The BC Elders Council travelled and met in Campbell River, May 28—31, these meetings were the first **full** meetings the Council has been able to have since formation in 2002. It has been difficult to meet because this **first ever** Aboriginal Elders Council had no financial help until quite recently and up until now Council communication had been through email, mail, fax, and phone calls. The minutes from this full weekend of meetings will be forwarded to each new member immediately to bring everyone up-to-date.

The BC Elders Council is extremely grateful to the Provincial Health Services Authority who made these meetings in May possible. The PHSA thankfully agreed that it was important to fund the BC Elders Council so that they could all meet to share and gathering information, particularly on the chronic disease **DIABETES** plaguing our communities and then take that information back home with them as they knew that the Elders are an important key to communicating back home.

During the course of the meeting, future provincial meetings were discussed and the difficulties faced in trying to find reliable funding quarterly, or even yearly to allow for large scale meetings (though funding for future provincial meetings will continue to be sought out), consequently the idea of having Regional Elders Advisory Boards made up of BC Elders Council Members was born.

These Regional Elders Advisory Boards could meet much more frequently and then send in their 'Regional Reports' on your discussions, progress, solutions, goals, stumbling blocks, questions, etc., to be printed in the monthly Elder's Voice newsletters so that you can all communicate on a provincial level with one another. (The Elder's Voice is mailed out to every community and posted on the Elder's Website www.bcelders.com for people to access who have computers).

Your Regional Elders Advisory Boards will be in a position to discuss problems, solutions, financial issues, funding concerns for the Annual Gathering, and for your Elders in general, health concerns, language concerns, now and future homecare/housing needs, etc., with all of these issues being examined from your Elder's point of view.

These Boards promise to become the driving force for changes and improvements for our Aboriginal Elders in BC. Please call the above toll free number for further information on the BC Elders Council and the Regional Elders Advisory Boards.

Gala Kasla

A Season of Gatherings - Planning for Safe Food

The Christmas season is a wonderful time for gatherings. There is nothing better than sharing a Christmas meal with family and friends. Putting that special meal together takes some planning—deciding what to serve, groceries to buy, and of course, actually preparing the meal. However, the Christmas season is also a high risk time of year for food poisoning. As such, one thing you also want to plan for is that the meal you serve at your gathering not only tastes good, but is safe as well. Here are some planning tips to help make sure that your Christmas meal is safe.

Keeping Your Turkey Safe

Whether you are serving poultry (chicken, turkey, goose, or duck) or other kinds of meat (beef, pork, lamb, game or fish), there are some important food safety tips to remember:

It can be unsafe to defrost poultry or other meat at room temperature. The safest way to defrost poultry or other meat is in the refrigerator. Allow 6 hours per pound. If you are in a rush, you can safely defrost under cold, running water or in the microwave. However, if using the microwave, defrost just before you start cooking.

Be sure that the raw poultry or meat juices do not drip onto already cooked or ready to eat foods while being stored in the refrigerator. Those juices can be contaminated with pathogens (disease causing bacteria). If contaminated juices drip onto foods that are not going to be cooked, then those foods can go on to make people sick. To be safe, put the raw poultry or raw meat in a well sealed container on the bottom shelf until you are ready to cook it.

When you begin working with the raw poultry or meat, again be sure to keep those raw juices away from cooked or ready to eat foods. Keep these foods away from the work area where you are preparing the raw poultry or meat. As well, after the poultry or meat goes into the oven, be sure to wash your hands, utensils, and work area well with soap and hot water. To be extra safe, after washing, sanitize (wet) the work area, utensils, and your hands with a mild bleach and water solution. This can be made by adding 1 tsp. of household bleach to 3 cups water.

Cook raw poultry and meats well to the safe, minimum temperature or hotter. Different meats have different safe, minimum cooking temperatures. The safe, minimum cooking temperatures for different raw meats are:
poultry, wild game, or dishes with eggs: 74°C (165°F) or hotter
pork, beef, or lamb: 68°C (155°F) or hotter
fish: 63°C (145°F) or hotter

To check the cooking temperature, stick your meat thermometer into the thickest part of the cooking meat, without touching a bone. Continue cooking until the safe, minimum temperature (or hotter) has been reached.

- When stuffing poultry, the inside cavity is also a high risk area for pathogens. Be sure the stuffing also reaches the safe, minimum cooking temperature for poultry (74°C or 165°F or hotter).

Leftovers

Nothing beats Christmas dinner leftovers. For some families, a Christmas tradition is to pack “doggie bags” with leftovers for the guests when they go home. However, to be safe, leftovers must be handled carefully. Some tips to keep leftovers safe include:

Refrigerate leftovers quickly, ideally within two hours of the food being cooked.

Remove any leftover stuffing from the poultry cavity and refrigerate it separately from the meat. Break up or cut up large pieces of leftover meat before refrigerating.

Store all leftovers in small, shallow containers so they cool quickly in the refrigerator.

If you do pack “doggie bags”, be sure the leftovers are already cold when packing. Remind your guests to refrigerate them right away and to follow the tips below.

Leftovers should be reheated to at least 74°C (165°F) or hotter before serving. Bring gravy to a boil.

Try to eat leftovers within 3 days of being refrigerated. If you plan to keep the leftovers longer, freeze them.

The Christmas season is a wonderful time for gatherings. However, remember to follow these food safety tips. With some planning, you can make sure that the food you serve not only tastes good, but is safe as well.

Merry Christmas and Happy New Year!!!

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

LOGO CONTEST

Thank you very much to all entrants in the logo contest, which closed Oct. 31st 04 your submissions were truly appreciated. The new logo now takes its place in the corner of the front page of this newsletter, but I have taken the liberty of enlarging it for you all to view below. This logo is a very fitting start to the beginning of the 5th year of the Elders Voice Newsletter.

On behalf of the Elders and the BC Elders Communication Center Society I would like to thank Mr. Sonny Assu, BFA for his winning entry of Two Ravens. This logo of an ‘Elders Raven Embracing a Younger Raven’ symbolizes the unity of the young and the old...embracing the past to ensure the future. The Colour (original colour is butterscotch – view it at www.bcelders.com) represents the rising sun and the future of the people engrained in the Elder Raven.

Please turn to page 11 of this issue to read the biography of the winning artist.



Carrier Sekani Tribal Council



Office of The Tribal Chief

November 19, 2004

BC Elder's Communication Ctr
1420 C - 16th Avenue
Campbell River, BC V9W 2E3

Via Fax (250)286-4809

Dear Ms. Stirling:

Re: Bid for 2005 BC Elders Gathering

On behalf of our member nations and those non-member nations within the Carrier Sekani Tribal Council traditional territory, we would like to put in formal request/bid to host the 2005 BC Elders Gathering in Prince George, BC.

On October 28, 2004 the Stelat'en First Nation hosted a mini Elders Gathering with the surrounding nations/bands and it was unanimously decided that a submission go in so that this event can take place in our territory.

If you can inform our organization at your earliest convenience about the outcome of this bid and also the selection/criteria process for holding this event that would be greatly appreciated. We await your positive written response.

Sincerely,

Carrier Sekani Tribal Council

A handwritten signature in black ink, appearing to read "Harry Pierre".

**Harry Pierre
Tribal Chief**

p.c. CSTC member and non/member Nations

(Vancouver, BC) The First Nations Summit considers the rulings of the Supreme Court of Canada today as two of the most significant cases since the 1991 decision in Sparrow and the 1997 decision in Delgamuukw, which confirmed that Aboriginal title exists in BC.

In Haida Nation v. BC Ministry of Forests, and Taku River Tlingit First Nation v. Ringstad et al, the Court has clearly rejected the BC Government's argument that it has no duty to consult with First Nations on land and resource issues prior to proof of Aboriginal rights and title. The Court held that "the Province's submissions present an impoverished vision of the honour of the Crown" and that its duty is "grounded in the honour of the Crown."

"These historic decisions of the highest court confirm governments can no longer make unilateral decisions about lands and resources without the meaningful consultation and accommodation of First Nations", said Grand Chief Edward John, a member of the First Nations Summit political executive. "The Court has stated that "the Crown, acting honourably, cannot cavalierly run roughshod over Aboriginal interests where claims affecting these interests are being seriously pursued in the process of treaty negotiation and proof."

"These cases are about resolving the certainty issue. Only First Nations can provide the certainty that the Crown and industry seek. Until there is just accommodation of First Nations' Aboriginal rights and title through good faith negotiations, the Crown, business, and investors will not have the certainty they desire with regard to land use and economic development. The Court has elaborated on how to implement its decision in Delgamuukw where it stated there is always a duty of consultation, which must be in good faith and with the intention of substantially addressing the concerns of Aboriginal peoples whose lands are at issue", added Chief John.

"The Court's decisions do not create a "win-lose" situation, but provide everyone with greater clarity on how to move forward. First Nations are not opposed to development in their traditional territories; however, we want to ensure that any development is sustainable and that we can continue to exercise our rights and preserve our cultures" stated Chief Doug Kelly, another member of the Summit's political executive.

"The First Nations Summit congratulates the Taku River Tlingit First Nation and the Haida Nation for bringing these important cases forward. The decisions will assist First Nations across the country in protecting the lands and resources in their traditional territories and ensuring they are developed in a sustainable manner for future generations", added Dave Porter, also of the Summit's political executive. "In British Columbia, the BC Government has clear knowledge of these claims, and therefore, their duty to consult and accommodate is fully engaged."

The First Nations Summit intervened in support of the First Nations in both cases, as they have important implications for treaty negotiations in BC. The Summit hopes the decisions will give a boost to the treaty negotiation process in BC because the Court has provided greater clarity regarding the Crown's obligation to deal fairly, honourably and in good faith with First Nations.

The First Nations Summit will be calling upon the provincial and federal governments to sit with First Nations to develop a strategy for the implementation of these decisions. The First Nations Chiefs in BC will meet in North Vancouver next week at the November First Nations Summit meeting to discuss Court's decisions in the two cases. The Chiefs of the First Nations Summit will meet with the Premier and BC Cabinet on November 26th, which will provide a first opportunity to begin dialogue on how to move forward. The Summit will also be seeking a similar meeting with the Prime Minister in the near future.

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The First Nations Summit speaks on behalf of First Nations involved in the treaty negotiation process in British Columbia. Further background information on the Summit may be found at www.fns.bc.ca. For further information: Colin Braker, First Nations Summit
604.328.4094 (cellular) or 604.990.9939 (office)

Okanagan Nation Press Release
Confronting the Problems of Drug Use and Trafficking in Our Communities

Okanagan Territory, Kelowna, BC, Nov 10, 2004

Following the tragic shootings last week on the Penticton Indian Band Reserve, Okanagan Nation Chief and Councils and members gathered today to discuss in this time of pain a collective strategy for attacking the drug trafficking problems on our reserves. Brian Eli, Councillor for Westbank First Nation encouraged all seven Okanagan Nation bands to work together, support each other's local strategies, and rid ourselves of the sources of this problem.

Chief Clarence Louie of the Osoyoos Indian Band opened the meeting strongly stating that our discussions need to stay focussed on developing long-term strategies to confront the drug trade and systemic problems that confront our communities. "I am here today to develop workable solutions and realistic tough-love strategies."

Chief Stewart Phillip of the Penticton Indian Band commented, "This is not just an on-reserve problem, it is everywhere throughout the province, and the RCMP is stretched so thin it is difficult for them to make our drug-related problems on-reserve a priority." Phillip further expressed his concern that his community has unfortunately crossed a threshold, "Where we have now experienced such horrible violence that we need to resist being desensitized to this violence and normalizing more violence."

It was also recognized that the Canadian justice system seems to extend more rights to criminals than to their victims. The legal system has made it difficult for communities and law enforcement to deal effectively with the criminal element.

These recent events are just the latest chapter of a legacy of unacceptable social policy in this country concerning First Nations peoples. We continue to confront the legacies of alcohol abuse, residential schools, layers of trauma within families, communities and our First Nations and now we must overcome drug abuse. These problems are exasperated by the economics of the drug trade and the violence associated with drug trafficking - violence we cannot tolerate.

Greg Gabriel of Penticton Indian Band stated, "We have no choice but to meet this problem head on, for the sake of our children. This past week, we now have four babies orphaned who will never know their dads."

The meeting ended with the Okanagan members who were present committing to the following actions:

- * Holding an Okanagan Nation referendum against drug trafficking and the development of an Okanagan Nation criminal code
- * A letter to the Solicitor General and the local RCMP detachments to solidify our partnerships on this issue
- * Advocate for the resources necessary to pursue continued social change and improve the well-being of our Nation
- * Establishment of an Okanagan Nation Tribal Police Force
- * A follow-up Okanagan Nation Membership Assembly

For more information, please contact:

Chief Stewart Phillip, Penticton Indian Band (250) 490-5314

Chief Clarence Louie, Osoyoos Indian Band (250) 498-9132

Chief Lyle Brewer, Okanagan Indian Band (250) 542-4328

Chief Barbara Allison, Lower Similkameen Indian Band (250) 809-0557

Chief Scotty Holmes, Upper Nicola Indian Band (250) 308-1986

Chief Robert Louie, Westbank First Nation (250) 769-4999

PRESS RELEASE
FOR IMMEDIATE RELEASE
November 18, 2004

Supreme Court of Canada Confirms that Aboriginal Policies Must Change

(Coast Salish Territory/Vancouver, November 18, 2004) "Today's Haida and Taku River Tlingit decisions of the Supreme Court of Canada are significant advances in our ongoing legal battle to protect our Aboriginal Title and Rights," says Chief Stewart Phillip, President of the Union of BC Indian Chiefs, "but the work is not yet done."

"In these decisions, the Supreme Court has rejected once and for all the Crown's argument that they do not have to consult First Nations about land and resource decisions until First Nations have proven their rights in court. These decisions put 'rubber on the road' in terms of the duties of consultation and accommodation of both governments, but the Crown has a long way to go" observed Chief Phillip. He noted that both the Haida and the Taku River Tlingit were compelled to seek legal remedies before the Supreme Court of Canada because of the arrogance and unilateral resource management approaches of the governments of BC and Canada.

"Business as usual is no longer tolerable," Chief Phillip continued: "The current policies of BC and Canada are a complete failure and must be revisited. The courts have consistently stated that governments must honourably engage in good-faith negotiations to address and accommodate our Aboriginal Title and Rights. This is not presently occurring.

Although the court held that the duty to consult cannot be delegated to resource companies, resource rights (such as tenures) granted without meaningful consultation and accommodation of Aboriginal Title and Rights may still be challenged in court, creating a legal and financial liability for resource companies affecting company investors and creditors. "The vulnerability of logging tenures, such as those that changed hands in recent corporate mergers in the timber industry come to mind," said Chief Phillip.

"If the duty to consult and accommodate is not taken very seriously, the Crown will find itself bogged down in a wave of title cases or more land-use confrontations on the land resulting in decades of legal battles." Chief Phillip concluded, "This uncertainty is not good for anyone. Long-term economic certainty will only be achieved through the full recognition and accommodation of Aboriginal Title interests, not by blindly continuing a policy of unilateralism with First Nations in the ineffectual attempt to 'open BC for business.'"

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FOR MORE INFORMATION CONTACT:

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



Indian Residential School Survivors Society

National Survivors Support Line

*Confidential
Free*

1-866-925-4419

(Open 24 hours a day, 7 days a week)

Are you a survivor of residential schools?

Are you an intergenerational survivor?

Do you need to talk?

The Survivors Support Line is available to all Aboriginal people affected by their residential school experience or the experience of others.

We are survivors of residential schools too. We understand the issues and we have information that might help.

Just saying hello is a good place to start.

Give it a try. You can take your time. We care and we promise to listen.

Indian Residential School Survivors Society
General Information Line: 1-800-721-0066
Website: www.irsss.ca

Biography:

Sonny Assu (Gwa'gwa'da'ka)

Laich-kwil-tach Nation

Wei Wai Kai (Cape Mudge) band

Sonny has been involved in many types of art throughout his life, ranging from fine art to graphic art, acting, singing and writing. During his high school and early twenties, Sonny was an actor in many theatre productions, ranging from high school plays and musicals to community theatre, such as Theatre Under the Stars and the Fraser Valley Gilbert and Sullivan Society. However, 1998 marked the last year of theatre performance, as he decided to concentrate on all aspects of his visual arts studies.

He started his scholastic art exploration in 1997 at Kwantlen University College and ended up graduating from Emily Carr Institute in May of 2002 with a Bachelors of Fine Arts, majoring in Print Making and a minor is just about everything else. His wildly successful art practice has netted him grants from the BC Arts Council, the Vancouver Foundation (VADA Award) and the First Peoples' Heritage, Language and Culture Council. Sonny has also been featured on CKVU 13's evening news, APTN, CBC's Zed, CBC Radio, the Vancouver Courier, the Westender, Red Wire and Red Directions magazine. Sonny has been selling his work privately for over two years now and has been involved in five group shows in those two years, with a travelling exhibition coming up in 2005. His most exciting news to date is the invitation to show in New York City at the Museum of Arts and Design with other notable First Nations Artist from Around North America.

Sonny's current work is based on an exploration of combining non-traditional and traditional images on non-traditional and traditional material. He draws his inspiration from his friends, family and mixed cultural upbringing. His major artistic influences come from traditional carvers such as Mungo Martin, Bill Reid, his uncle Bill Henderson and Western artists such as the pop art of Andy Warhol and the cubist/ tribal influenced work of Pablo Picasso. But Sonny must say that the main drive behind his work is to better himself and his understanding of his placement in the world.

Sonny is a highly competent digital artist and computer graphics encompasses the use of "Photo-shopped" self-portraits, digital painting and the creation of commercial print and web graphics.

Currently he is working from his home in Vancouver's Mount Pleasant area. His current projects include the continuance of the challenging tradition drum series, as well as his re-found love for painting and drawing. Sonny thrives on learning the traditional art forms so he can incorporate them in his modern interpretations. One such venture was learning of how to make ceremonial robes, featured in two shows in 2004. Sonny's next big venture is to learn cedar bark weaving for a project he'll keep secret until it is ready to be unveiled.

Contact: Sonny Assu/ sAy2k Designs

A unique blend of First Nations and Pop Art/Culture <http://www.say2k.tv>

Highly effective cervical cancer vaccine considered a scientific home run

Nov. 11, 2004

Provided by: Canadian Press

Written by: HELEN BRANSWELL

TORONTO (CP) - A vaccine against two subtypes of a virus that causes cervical cancer was 100 per cent effective in clinical trials, researchers reported Friday in the journal Lancet.

The findings are the equivalent of a scientific home run, suggested one of the Canadian doctors involved in the trials of the vaccine, made by GlaxoSmithKline. The drug giant paid for the study. "Absolutely. I mean, first anti-cancer vaccine for humans, 100 per cent efficacy," said Dr. David Shier, a gynecological oncologist at Toronto's Sunnybrook and Women's College Health Sciences Centre.

An infectious disease expert who has no involvement in the work agreed with the assessment of its success.

"It's a thing of brilliance in terms of the science," said Dr. Allison McGeer of Toronto's Mount Sinai Hospital.

"It's very cool."

The vaccine provokes a strong immune response against two subtypes of the human papillomavirus - known as HPV - that are responsible for about 70 per cent of cervical cancers, HPV16 and HPV18.

It is not the only HPV vaccine in development. Merck and Co. has reported similar success with a vaccine that protects against a single subtype of the virus, HPV16.

The viruses are spread mainly by sexual contact, passed skin-to-skin or skin-to-mucus membrane. They are also very common. The lifetime risk of being infected with a human papillomavirus is between 85 and 90 per cent, said Shier, who likened them to catching a cold.

The viruses are so tiny they can even pass through the pores of a condom.

Infections are self-limiting, meaning they pass from the system without treatment. But studies have shown that women who are persistently infected with HPVs are at greater risk of developing cervical cancer.

In these clinical trials, the researchers studied 1,113 women aged 15 to 25 who had no antibodies to HPVs in their blood. Women from Canada, the United States and Brazil were enrolled in the trial.

Half were given three doses of the HPV vaccine; half were given a placebo.

Of the women who received all three doses, 100 per cent went on to develop high levels of antibodies to the virus that were protective against persistent infection.

"The antibody response to the vaccine was thousands of times higher than the natural infection response," said Shier. He noted that three years after vaccination, antibody levels remained high in these women, suggesting the vaccine might offer life-time protection.

Women who got the vaccine could still be infected with the virus, but did not succumb to persistent infection, Shier said.

The Canadian Cancer Society estimates 1,350 women will be diagnosed with cervical cancer in Canada this year, and 410 women will die of the disease.

A commentary in the journal suggested licensure of the vaccine will likely be a swift process. Shier too thought that was likely.

"This has such an important impact on women's health-care worldwide, and such an important impact in terms of health-care dollars that I think the movement forward is going to be very quick," he said.

But many questions remain, noted McGeer. She is a member of the national advisory committee on immunization, which makes recommendations on vaccination programs to provincial and territorial governments.

She quickly rhymed off a few, including: How soon can one stop screening for cervical cancer? Should vaccine costs be paid from the public purse? Should males - who spread the virus - be vaccinated as well?

Shier felt that was a good idea, saying it would speed development of herd immunity. But a study in this month's issue of the journal Emerging Infectious Diseases suggests vaccinating boys against HPV is not cost effective.

Another issue McGeer foresees relates to the marketing of the vaccine.

Telling parents their pre-pubescent daughters ought to be immunized against a sexually transmitted disease might be a hard sell; positioning it as a cancer vaccine would make it more palatable, she said.

"I think packaging it is going to be interesting. And making sure it's packaged right is maybe a challenge."

From medbroadcast.com

Walking might keep the mind sharp, ward off Alzheimer's disease

Provided by: Canadian Press Sep. 21, 2004

Written by: LINDSEY TANNER

CHICAGO (AP) - Walking regularly at age 70 and beyond can help keep the mind sharp and ward off Alzheimer's disease, according to research suggesting that what is good for the heart is also good for the brain.

Some previous studies found that physical activity might stave off mental decline. But the new findings, contained in two studies, show that the activity does not have to be overly strenuous.

In more good news for seniors, another study suggests that the benefits of a Mediterranean diet rich in fish, olive oil and fruits and vegetables extend into old age, increasing longevity even in men and women in their 70s, 80s and 90s.

"This study is important because it is often thought that diet, alcohol, physical activity and smoking doesn't matter any more in old age," said nutrition researcher Kim Knoops of The Netherlands' Wageningen University, the lead author.

The studies appear in Wednesday's Journal of the American Medical Association.

One study, involving 2,257 retired men aged 71 to 93, found that those who walked less than 440 metres a day were almost twice as likely to develop Alzheimer's or other forms of dementia as men who walked more than 3.2 kilometres daily.

A study of 16,466 female nurses aged 70 to 81 found that even women who walked a leisurely 1½ hours a week did better on tests of mental function than less-active women.

"We were a bit surprised that something so modest as walking would be associated with apparent cognitive benefits. That was really the surprise," said Jennifer Weuve, a Harvard School of Public Health researcher who led the nurse study.

Previous studies have linked mental exercise, such as crossword puzzles and reading, with a reduced risk of Alzheimer's. The new research shows physical exercise helps, too.

The Dutch study, meanwhile, showed that Europeans aged 70 to 90 who ate a Mediterranean-style diet had a 23-per-cent lower risk of death during a 10-year follow-up than those with less-healthy eating habits.

A 65-per-cent lower mortality risk was found in those who combined the Mediterranean-style diet with three other healthy habits - moderate alcohol use, no smoking and a half-hour or more per day of physical activity, including walking.

Previous research has linked the diet with a lower risk of heart disease.

The new study does not say how long any of the participants were on the heart-healthy diet.

From medbroadcast.com

ANNUAL BC ELDER'S RAFFLE – February 01, 2005 TO JUNE 30TH 2005

This Raffle will not only be advertised on the Elder's Website www.bcelders.com but it will also be featured in the monthly issues of the Elder's Voice Newsletter, which is now reaching over 5000 Aboriginal Elders and their families in BC and the profits will be benefiting our Aboriginal Elders.

This Annual Raffle will run from February 2005 to the end of June 2005 and artists are asked to hopefully pledge a prize soon and then provide it by the middle of January to be photographed for the site. The photo of each of the donated items will be displayed on the website www.bcelders.com alongside each Artist's contact information and short biography (where available). And, notification of the Elder's Website and BC Elder's Raffle will also go out to as many galleries, museums, and Corporate Sponsors as possible each year.

First Nation's Artist support a great many fundraising efforts and the Internet and the Elder's Voice will be an effective way for us to acknowledge each Artist's contribution to the Elders and will hopefully garner even more recognition for the artworks that they 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 greater struggle for the Elders just to fundraise to *attend* their most important cultural event, let alone to be the new group that has the honour of *hosting* the Gathering for the coming year. Each new group 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 Gathering and the ability to provide for the Elders has sometimes been put in jeopardy.

Profits from this Annual Provincial Elder's Art Raffle will be divided equally 3-ways:

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

If you can help out then I know that we could accomplish great things, there is no reason why funds for the elders can't be raised with just a little bit of help from everybody who is an elders or hopes to be one.

Sincerely,

Donna Stirling, Coordinator

BC Elders Communication Center Society

1420 C 16th Avenue, Campbell River, BC V9W 2E3

Toll Free: 1-877-738-7288

Phone: 250-286-9977

Fax: 250-286-4809

Email: bcelderscommcenter@telus.net

Website: www.bcelders.com

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

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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.

PROVERBS:

A full cup must be carried steadily.	English
Don't run too far, you will have to return the same distance.	Biblical
Eat and drink with relatives; do business with strangers.	Greek
He who would leap far must first take a long run.	Danish
Hide not your talents, they for use were made.	Benjamin Franklin
If you want your eggs hatched, sit on them yourself.	Haitian
It is not a fish until it is on the bank.	Irish

BIBLE QUOTES

"Truly, truly, I say to you, he who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment, but has passed out of death into life." John 5:24

"These things I have written to you who believe in the name of the Son of God, in order that you may know that you have eternal life." 1 John 5:13

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

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

COMMUNITY EVENTS

Dear Elders and Elders Contact People:

You will find information on the Annual Elders Gathering in this spot each month as soon as the new info is available. As well, the Registration forms, etc. will also be available on the elders website www.bcelders.com when they are distributed by the host. Thank you, Donna Stirling

24 Hours a day - 7 days a week - National Crisis Line 1-866-925-4419

The Indian Residential School Survivors Society provides free, immediate, confidential, non-judgmental, support for residential school survivors across Canada

Re: Christmas Dinner / Presents Donations Needed

UNN Local 510 is looking for donations for their Annual Christmas Dinner. Donations can be dropped off at 156 Victoria Road, Nanaimo, B.C., V9R 4P5 (Attention: Bill Williams) or people can email streetlifeministry@hotmail.com about possibly donating.

Christmas Dinner will be held December 25, 2004 from 3:00 to 9:00 pm

Donations of at least 12 turkeys needed for 450 - 500 people, plus potatoes, vegetables, and desserts. Also, we are asking for donations of gloves, scarves, winter hats, and toys for kids to be Christmas presents given out at our Christmas Dinner. (During our Thanksgiving Dinner we served 320 dinners to the homeless).