



ELDERS VOICE

Dear Elders and Elder's Support People,

*****UPDATE about the Elders Gathering is on the back page of this issue.**

Please remember to email or fax in whatever information you have with regards to your past Gatherings' Kings and Queens - their names/dates you hosted/Territory, etc. to this office to be listed. Also, if possible, please forward in your financial figures with regards to how much each of your groups paid this past July to attend the Gathering in Kamloops as this info is being collected as it might benefit to the provincial elders down the line. Group's names will be held in strictest confidence and only the totals will be used to show the Government, our own First Nations Leaders and potential Corporate Sponsors just how much your Annual Gathering brings in in revenue to this province each year.

Thank you, Donna Stirling

To anyone who might be able to help us:

I am hoping you might be able to help us find an old friend of ours or give us any advice or ideas or clues in the search we are on. Some friends of mine in the east, members of the Innu First Nation in N. Quebec, and myself are looking for an old friend who is in BC. He is an Elder and he has not been well, with cancer, but was in remission last time we were in touch with him. He is Mic Mac, but also has relations in BC and came home to BC, 1-2 years ago. He is not very big, looks about 60 to 70, white hair (probably long), and his name is DAVID TATRIE. He is also a member of the Fox Society.

If you have any resources or ideas, or places on the web, or organizations in BC that might be able to be of help or any idea where he is and how to contact him I and my friends (We are all good friends of David's) would be greatly thankful. In case this is seen by David, some of the friends hoping to reach him are: Omer, Leo, Gregoire and Moise from Maniotenam, Betiemites and Mastiouiash.

We send great THANKS in advance for any help you may be able to give us,
Peace, Ralph (and friends), ralphpevans@hotmail.com

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Easy Bakers Corner – Chocolate Chip Cookies—Quick and Easy

Cream 1/2 cup of butter or margarine, 1/2 cup of brown sugar, packed and 1 tsp. of vanilla extract in a bowl until fluffy. Add 1 egg, combine well.

In a second bowl combine 1 cup of all-purpose flour and 1 tsp. of baking powder. Stir into butter mixture, blending well.

Add 1/2 cup of chocolate chips, 1/2 cup of chopped almonds and 1 Tbsp. of orange peel.

Drop batter by teaspoonfuls onto grease cookie sheet, at least 1 1/2 inches apart.

Bake cookies at 375°F for 10 to 12 minutes until lightly brown and crisp.

Let cookies cool for a minute on sheet, then remove to wire rack.

Makes 2 1/2 dozen

Handy Tips:

1. To remove **grass stains** from clothing - rub your favorite laundry detergent into the stained area, and rinsing under a forceful stream of the **HOTTEST WATER** the fabric will stand. If the stain is stubborn, try rubbing with rubbing alcohol. Don't use alkalis such as ammonia, degreasers or alkaline detergents on grass stains. They interact with the stain and it is permanent.

2. Do not wear a **ponytail** in the same spot all the time, it stresses the hair and causes it to break.

3. Do not use a **towel as a turban** for your hair after washing, it also stresses the hair and causes breaks

4. Always **brush your hair** before shampooing, this will break up any build up of products in your hair.

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 censorship 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

Food Safety Campylobacter - One Nasty Character

Whenever most people think about the pathogens that cause foodborne illness, the usual suspects come to mind: Salmonella, E. coli O157:H7, Listeria, and others. However, there is one very important pathogen that many people have not heard of – Campylobacter.

Campylobacter – What is It?

Campylobacter is a family of related kinds of bacteria. It's only been 25 years that it's been known to be a human pathogen. However, Campylobacter is now the most common cause of bacterial food borne illness in British Columbia. In 2003, there were 1696 people confirmed ill with Campylobacter in BC. That was more than double the number of confirmed cases of Salmonella, E. coli O157:H7, and Listeria combined.

Campylobacter – Just Another Case of the 24-Hour Flu?

Campylobacter causes an infection called campylobacteriosis or “campy” for short. The most common symptoms are cramps, fever, nausea, and diarrhea. Campy can last for 5 – 10 days and relapses are not uncommon.

But is it just another case of the 24-hour flu? Definitely not!! Campylobacter can be one nasty character. Studies show that about 10% of people with campy have to be hospitalized – with the average hospital stay being 5 days. In a small number of cases (2 – 10%), even more severe complications can develop such as:

- Reiter's syndrome: can lead to chronic (and possibly permanent) arthritis.
- Guillain-Barré syndrome: can cause paralysis that lasts several weeks and usually requires intensive care to treat.
- Infections of the heart and brain: without quick treatment with antibiotics, organ failure (and possibly death) may be the final result.

Campylobacter – Where Does It Come From?

The most common source of Campylobacter is raw poultry, though other types of raw meat can also carry it. A recent US study estimates that 80% of poultry is contaminated with Campylobacter. Because only a small number of Campylobacter organisms can cause illness, just a single drop of juice from raw poultry/meat can infect a person.

How to Prevent Campy in Your Home

Campylobacter is easy to control if you follow a few safety tips when preparing food. These include:

- Avoid having any raw poultry or raw meat juices come into contact with already cooked or ready to eat foods. This means:
 - storing raw poultry/meat in covered, sealed containers on the bottom shelf of your fridge.
 - use separate preparation areas for raw poultry/meats and separate preparation areas for already cooked or ready to eat foods. If this is not possible, then always wash with hot water and soap all preparation areas, utensils, cutting boards, etc. after they have touched raw poultry/meat. Make sure this is done before introducing already cooked or ready to eat foods onto these areas. As well, after washing, sanitize or wet these areas with a mild bleach solution. This can be made by adding one tsp. (5 ml) of household bleach to 4 cups (1 litre) of water.
- hands: same basic rule. After handling raw poultry/meat, always wash your hands well with hot water and soap before doing anything else. Washing hands well means after applying the soap to your hands, you must rub vigorously for at least 20 seconds paying particular attention to your finger tips and building up a good lather before rinsing and drying your hands.
- Cook all raw poultry/meat to the safe, minimum cooking temperatures. This will kill any Campylobacter that might be there. The safe minimum cooking temperatures for the different raw poultry/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.

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

Would you like more information on Campylobacter (or any other foodborne pathogen) and how to keep it from making you or your family sick? Then contact your local Environmental Health Officer or go to our Food Protection Services web site at <<http://www.bccdc.org/content.php?item=16#2>>. Once there, go to the Related Health Files links.

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

PRESS RELEASE

December 2, 2004

Chief Stewart Phillip Elected for Third Consecutive Term as President of the Union of BC Indian Chiefs

(Vancouver/Coast Salish Territory - December 2, 2004) Chief Stewart Phillip stated today "I am deeply honoured that the Chiefs-in-Assembly at the 36th Annual General Assembly have entrusted me to be the President of the Union of BC Indian Chiefs for the next three years."

With today's election, Chief Phillip will begin his third consecutive three-year term as the President of the Union of BC Indian Chiefs.

"The Union of BC Indian Chiefs is well known for its uncompromising efforts to promote and defend the Aboriginal Title and Rights of Aboriginal Peoples and give Aboriginal People a voice strong enough to be heard in every corner of the world," stated Chief Phillip.

Chief Phillip remarked "I have seen first-hand the impact of fish farms in the Broughton Archipelago. I have lobbied MPs on Parliament Hill to defeat the First Nations Governance Act. I have stood with Elders of Treaty 8 against oil and gas development in the Peace River. I have burned referendum ballots with my fellow chiefs in protest. I am proud to have stood on the steps of the BC Legislature in May of 2004 with 3000 other people united under the Title and Rights Alliance banner"

"I will continue to commit my energy and efforts to unite our people in order that we may force the federal and provincial governments and third-party interests to fully recognize, respect and accommodate our Aboriginal Title in our respective territories. I am greatly honoured to have the renewed opportunity and mandate to continue to be part of this historic fight," concluded Chief Phillip.

Chief Stewart Phillip has been married for twenty years to Joan Phillip. Joan and Stewart have four grown sons, two daughters, three granddaughters and two grandsons. Chief Phillip was recently re-elected to a third consecutive term as Chief of the Penticton Indian Band and was recently appointed as Chair of the Okanagan Nation Alliance.

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FOR MORE INFORMATION CONTACT:

Chief Stewart Phillip

President

Cell: (250) 490-5314

Dear Elders,

January 15th 2005

Wishing all my people, a Happy New Year and many more to come!! I would like to begin by saying that everything I say is only a suggestion, but of course there's always someone out there that will take it the wrong way and that's okay too as thanks to our system of government here in Canada we have Freedom of speech, in some other countries you would be shot or put in jail for speaking up...lets hope this never happens here.

I would like to talk a bit about the Annual Elders Gathering and how we can improve it so as to make it less stressful for the elders and all those who are involved with it each year as the event moves around our province. Is it not true that the Elders Gathering is to honour our ELDERS? Is it not true that the Gathering is for showing them how much they are appreciated?

So why is there so much fuss some years with people trying to control the so-called show? Shouldn't we put the elders who attend each year first? Shouldn't we all be as ONE? One in the spirit of our Beloved Creator, making him happy and not ourselves?

I believe that when we learn to strive towards unconditional love, He will BLESS us, our families, our reserves, and all our people no matter where they may be. If I may suggest, we have a serious problem with some of our people who use character assignation to try and get their way, this is not good for anyone. Where have PRINCIPALS, gone? It needs to be Principals Before Personalities, we need to stop looking for fault in one another (as we've been guilty of for years) and we need to begin taking a good look at the problems with the Annual Elders Gathering.

When are we going to learn to look only for the good in one another, wouldn't that be great!! We all have problems of sorts, let us work on attaining more understanding with one another, learn to trust each other again, and to forgive one another for the past. Lets start a clean beginning with one another! Let us be together as ONE in the Creator's spirit in 2005.

We all have a free will, which can sometimes get us into big trouble, so what about The Creator's Will? May we let His spirit take over with tolerance & love, only looking for the good in one another, if we work towards this then the Elders Gathering will be a wonderful success each year.

As an elder, I want to thank all the lovely people who do their elder's work in love, asking nothing in return, I honour you completely. And for those of you who help, BUT had ulterior motives, i.e. Look at me, aren't I great? What's in it for me? I need all the control, etc. may I suggest that you should work on your humility. You are still loved and personally I appreciate you because you show me how I should not be...because if the day ever comes (heaven forbid) when I think I know it all I am doomed.

So, as you sit in your home or wherever, reading this newsletter pondering this or that (I do this - wondering what the future holds for myself and my people) I look up and feel good because I now KNOW the Creator is REAL. It took me many years to get honest with myself because I lived in fear, fear of being rejected...fear of many things. Let us help one another this year to overcome all these hurt and terrible things that have happened to my dear people & myself.

Let us work together, encouraging one another in all good things, especially the Annual Elders Gathering!!

Again Happy New Year!! John L., Elder of the Kamloops Indian Band

Hupacasath First Nation

5500 Ahahaswinis Drive
Box 211, Port Alberni, BC, V9Y 7M7
Ph. (250) 724-4041 Fx. (250) 724-1232

PRESS RELEASE

December 15, 2004

HUPACASATH CHALLENGES MINISTER'S DECISION

Today in the Supreme Court of BC, the Hupacasath First Nation is filing a Petition to ask the Court to quash the Decision of the Minister of Forests for approving the removal of 70,300 hectares of private land from Tree Farm License 44. Most of this land is within the territory of the Hupacasath. At no time was Hupacasath consulted, even though Weyerhaeuser had applied to remove these lands on December 15, 2003. The decision of the Minister has no benefits for the public, only Weyerhaeuser.

Hupacasath are asking to quash the Minister's decision because he breached his duty by not consulting with the Hupacasath, thereby impairing the Honour of the Crown. The Recent Supreme Court of Canada case in Haida was very clear that consultation must occur where lands could be denuded or damaged.

Hupacasath has occupied and asserted jurisdiction over these lands since time immemorial. Both Weyerhaeuser and the Province has consulted Hupacasath on these lands with respect to any forest development activity. Through that process Hupacasath has been able to protect everything important to them and ensure continuation of their rights. Now, Hupacasath rights are in jeopardy.

When the province was going to take these private lands out of the TF in 1999, the public was consulted and most were opposed. (The Perry Report) The report also indicated the high impact on Aboriginal rights and title. This time the lands were removed in secret. These lands are now subject to lesser environmental standards through the Private Managed Forest Act and put Hupacasath interests as greater risk.

This case is important because it will help define the duty of consultation on private lands for large forest companies. Delgamuukw at the Supreme Court of Canada stated aboriginal title was a burden on fee simple lands.

For further information on this case please call Judith Sayers (250) 724-4041 or 720-9328.

judith@hupacasath.ca

Subject: Navajo Wisdom

Something to smile about the next time you open a bottle of wine.

Sally was driving home from one of her business trips in Northern Arizona when she saw an elderly Navajo woman walking on the side of the road. As the trip was a long and quiet one, she stopped the car and asked the Navajo woman if she would like a ride.

With a word or two of thanks, she got into the car. After resuming the journey and a bit of small talk, the Navajo woman noticed a brown bag on the seat next to Sally.

"What's in the bag?" asked the old woman.

Sally looked down at the brown bag and said, "It's a bottle of wine. Got it for my husband."

The Navajo woman was silent for a moment and then speaking with the quiet wisdom of an elder said, "Good trade".

Provided by: Canadian Press

Written by: LAURAN NEERGAARD

WASHINGTON (AP) - The flu-shot shortage makes it more imperative for elderly Americans to get a second, often overlooked vaccine that protects against a type of pneumonia germ that's a common complication of influenza.

Called pneumococcal vaccine, it's a one-time shot for anyone 65 or older. Younger people with heart and lung diseases, diabetes or weak immune systems need it, too. It's not a replacement for a flu shot; high-risk patients should continue trying to find that.

But many of the same people most vulnerable to flu also are at high risk from this dangerous bacterial infection. They need the pneumococcal vaccine anyway - and this fall marks a good time to go ahead and get it, especially if they can't find a flu shot.

"Absolutely," says Dr. Gregory Poland of the Mayo Clinic, who advises the government on pneumococcal vaccine. "It's a good backup to prevent the complications of influenza."

Despite its name, the pneumococcal vaccine protects against more than pneumonia. It prevents deadly blood infections and meningitis, too, caused by a bacterium called pneumococcus. It's a scary germ, because it causes so much damage so rapidly.

Poland describes a seemingly healthy grandmother who one day felt a little achy and feverish. The next day, she was rushed to the hospital - and doctors watched in horror as jet-black, gangrenous streaks gradually formed on her limbs. The germs had infected the woman's bloodstream.

"To save her, they would have to cut away parts of her," Poland recalls. Her hands and feet amputated, she now uses a wheelchair.

Federal data show that each year, 175,000 Americans are hospitalized with pneumococcal-caused pneumonia. In addition, the germ causes more than 50,000 blood infections and up to 6,000 cases of meningitis. Almost 6,000 die.

A childhood vaccine, called Prevnar, has proved very effective at battling seven pneumococcal strains common in babies and toddlers.

But millions of adults are at high risk from additional strains of the germ and thus need the adult version of the vaccine, according to the Centers for Disease Control and Prevention:

- Everyone 65 and older.
- Anyone with diabetes, heart disease, chronic lung disease except asthma, chronic liver disease or kidney failure.
- Anyone with weakened immune systems from cancer, HIV or organ transplants.
- People without a functioning spleen or who have sickle cell disease.
- Residents of long-term care facilities.

Every fall, the CDC issues a call for those people to get the vaccine, called Pneumovax - a call this year overshadowed by the flu-shot crisis.

The government hopes to have 90 per cent of the elderly vaccinated against pneumococcal disease by 2010, but just 63 per cent are now. Even fewer of the younger high-risk patients are thought to be protected.

"Both the public and unfortunately health care workers are inadequately informed," Poland laments. "They simply do not know this vaccine is available."

Medicare pays for the shot; for younger patients, cost ranges from \$30 to \$50 US. The good news: There's no shortage of Pneumovax, Poland says, although there is only one supplier, Merck & Co.

While one shot lasts the elderly a lifetime, anyone under 65 when they get the adult vaccination needs a booster after five years.

Stay tuned: Health officials are considering expanding the number of people who should get vaccinated to anyone 50 or older. That's the age when the risk of invasive pneumococcal disease begins to rise, before a more dramatic surge in the 60s, explains Poland, who is heading a CDC panel debating the change.

For now, if today's toll isn't convincing enough, consider that the germs are rapidly evolving ways to defy antibiotic treatment - making prevention increasingly important.

"Ignorance isn't bliss," Poland warns. "Sometimes it kills you."

Osteoporosis, the silent thief

Osteoporosis, or thinning of the bones, is triggered by a loss of bone mass, which makes them become porous and fragile. It occurs most often in weight-bearing bones like the hips or spine but can happen anywhere in the body. The humped back - or *dowager's hump* - is the most well-known sign. In Canada today, one in four women and one in eight men over the age of 50 have osteoporosis.

Osteoporosis is called the silent thief because of the slow, quiet way it creeps up on people. You can't feel the bone loss as it's happening and, often, you're not aware of what's going on until the damage has been done.

Most people know that the highest-risk groups include older women or those who have gone through menopause. But there are others who are at risk as well, include those who:

- take long-term corticosteroid therapy for illnesses such as asthma
- are or were malnourished or had a very low calcium intake
- have disorders that make it difficult for their bodies to properly use calcium and vitamin D
- smoke
- lead a sedentary lifestyle
- use alcohol excessively
- drink too much caffeine (coffee, cola, tea)
- have a family history of osteoporosis
- have a history of anorexia or bulimia

Ultimately, osteoporosis is more than just a disorder that thins the bones. It can lead to fractures, which affect your quality of life by causing pain and difficulty moving about, limiting your independence. But there are ways to tackle bone loss early on and avoid much of its most damaging effects.

Contact your physician or health professional for more information.

From medbroadcast.com

Constipation - Is shift work affecting more than your sleep schedule?

Working shifts means working against your body's natural rhythms, which can affect your health. Shift workers are often less physically active and tend to have poor eating habits, which can cause digestive and stomach problems. Because of this, there are special nutritional considerations for those who work shifts.

Our bodies work according to a natural sleep-wake cycle, also referred to as a *circadian rhythm*, which controls our body temperature, our hormone levels, and the way our organs and body systems work - including the digestive system. You may eat in a rush, or have a tendency to overeat at night, when the digestive system is working less efficiently. Because shift work affects your eating habits, shift workers often experience more digestive problems such as constipation, diarrhea, gas, indigestion, heartburn, stomach ulcers, or changes in appetite and weight (either gain or loss), than do workers who work during "normal" hours.

During the day, your body works more efficiently than at night. In the evening and at night, as your body temperature drops, your biological processes slow down, resulting in decrease in strength, alertness, and digestion. Your circadian rhythm is at its lowest point between 3 am and 4 am. Shift work creates a conflict between your body and its natural rhythm. After a night shift, you go home and want to sleep, but your body may think it is time to wake up.

Do you consume caffeine in the form of coffee, tea, iced tea, colas, or chocolate during work to stay alert and awake? Too much caffeine causes the kidneys to excrete excess water and leads to dehydration. Dehydration can cause feelings of fatigue - and it may lead to constipation. Keep a water bottle at your workstation and drink regularly throughout your shift. Staying hydrated will make bowel movements softer and easier to pass.

And what about your food choices? When it's just you and the vending machine, it's easy to choose foods that are high in fat and sugar. But while snack food high in sugar can give you the jolt of energy you need, it will lead to feelings of fatigue later in the shift. And take-out food can be high in fat, which is difficult to digest and leads to weight gain. These low-fibre choices contribute to constipation. Carbohydrate-rich foods high in fibre and low in fat, such as fruits, vegetables, and whole-wheat breads, will help reduce digestive problems, especially constipation, and help you stay regular regardless of what time of day it is. Find healthy alternatives to the chocolate. Go for foods such as cereal or breakfast bars, pretzels, milk, juice, yogurt, soup, and small cans of baked beans.

And when the lifestyle-change approach by itself does not provide the relief you need, talk to your doctor or pharmacist about your medication options, such as natural laxatives, that can help relieve your constipation.

E-mail from God

One day God was looking down at Earth and saw all of the rascally behavior that was going on. He decided to send an angel down to Earth to check it out. So he called one of His angels and sent the angel to Earth for a time.

When he returned, he told God, "Yes, it is bad on Earth; 95% are misbehaving and only 5% are not." God thought for a moment and said, "Maybe I had better send down a second angel to get another opinion." So God called another angel and sent him to Earth for a time too.

When the angel returned he went to God and said, "Yes, it's true. The Earth is in decline; 95% are misbehaving, but 5% are being good. "God was not pleased. So He decided to E-mail the 5% that were good, because He wanted to encourage them. Give them a little something to help them keep going.

Do you know what the E-mail said?

Just wondering, I didn't get one either.....

Obesity is rising sharply among U.S. preschoolers

Dec. 30, 2004

Provided by: Canadian Press

DALLAS (AP) - The obesity epidemic is reaching down to the playpen: more than 10 per cent of U.S. children ages two to five are overweight, the American Heart Association reported Thursday.

That is up from seven per cent in 1994, according to the heart association's annual statistical report on heart disease and stroke. The 10 per cent number comes from 2002, the most recent year for which figures are available, and the situation is probably even worse now, said Dr. Robert H. Eckel, president-elect of the heart association and professor of medicine at the University of Colorado.

"These statistics are not anything but alarming," Eckel said.

The prevalence of obesity among adults is well-known, with an increase of 75 per cent since 1991. So is the problem with school-age children, reaffirmed by new statistics showing that nearly four million children ages six to 11 and 5.3 million young people ages 12 to 19 were overweight or obese in 2002.

But the findings among preschoolers are a strong indication that kids' weight problems are beginning even earlier.

"I think that what we're seeing is that obesity is increasing across the board in adults, adolescents and children," said Dr. Christopher O'Donnell, chairman of the heart association's statistics committee and associate director of the Framingham Heart Study, which has been following the health of generations of Massachusetts residents.

Experts blame the prevalence of junk food marketed to children, too much TV, and the decline in the number of families who sit down together to eat.

Dr. Sarah Blumenschein, an assistant professor of pediatric cardiology at the University of Texas Southwestern Medical Center at Dallas, said doctors and parents need to watch the weight of even very young children.

"We have a lot of people that think that their kids look cute plump: 'Look at her - she has all those bracelets of fat,' " she said.

Dr. William Cochran, a pediatric gastroenterologist and nutritionist for the Geisinger Clinic in Danville, Pa., said he sees many youngsters in his weight management clinic who weigh 300 to 400 pounds. He is also seeing more and more children with diabetes, high blood pressure, even liver disease.

"Some kids are drinking a litre or two litres of soda a day," said Cochran, a member of the task force on obesity for the American Academy of Pediatrics. "In 10 to 30 years, the incidence of heart disease and stroke and diabetes are just going to be astronomical."

Health and Wellness

10 Superfoods for Stress Relief

Which foods to eat for your busy life, and which foods to avoid when you're overwhelmed.

By Dorie Eisenstein

You're overwhelmed, overtired, and in desperate need of some mental and physical nourishment. You're stressed. What can you do beyond throwing in the towel and hiding under the covers? Thankfully, you can relieve stress by eating certain foods and avoiding others.

Tara Geise, a registered dietitian (RD) in private practice in Orlando, Florida, and a spokesperson for American Dietetic Association says, "One of the keys is avoiding things that will give your body and mind real highs and lows like caffeine and alcohol. You don't want to intake a lot of stimulants or a lot of depressants when you're stressed." Geise also recommends skipping that sugary snack you crave when the stress builds up. "Sugar causes your blood sugar to spike and then fall quickly, which can make your energy level dip," says Geise. "Then you're low energy and stressed and that's not a good picture."

Not to worry -- there are many foods you can eat that will help with your stress levels.

Asparagus

This green veggie is high in folic acid, which can help stabilize your mood. "When you're stressed, your body releases hormones that affect your mood," says Geise. "Eating certain vitamins and minerals like folic acid and B vitamins can help keep your mood steady because they're needed to make serotonin, which is a chemical that directly affects mood in a positive way."

Recommended Serving Size

7 spears, 1/2 inch thick, cooked: 25 calories

Beef

Even though beef often gets a bad rap, it's a great dinner option for a stressed-out family. Beef contains high levels of zinc, iron, and B vitamins, which are also known to help stabilize your mood. "People think they should stay away from beef, but it's very nutrient rich, even compared to chicken," says Geise. Ask your grocery store butcher for a lean cut if you're concerned about fat content.

Recommended Serving Size

Scant 1 cup of raw lean ground chunk: 137 calories

Scant 1 cup of regular ground beef: 310 calories

Milk

Milk is high in antioxidants and vitamins B2 and B12, as well as protein and calcium. Have a bowl of whole-grain cereal and low-fat milk in the morning to start your day with a stress-fighting breakfast.

Recommended Serving Size

Whole cow's milk, scant 1/2 cup: 66 calories

Two percent cow's milk, scant 1/2 cup: 46 calories

Cottage Cheese and Fruit

Cottage cheese is high in protein and calcium. "Foods with high protein content that aren't loaded with sugar won't cause a spike in blood sugar and will keep you satiated for a longer time," says Geise. Try mixing the cottage cheese with a fruit that is high in vitamin C like oranges. Vitamin C plays a role in fighting stress because it's an antioxidant that fights the free radicals that get released when you're stressed. These free radicals have been shown to cause cancer.

Recommended Serving Size

Creamed cottage cheese, scant 1/2 cup: 79 calories

One percent fat cottage cheese, scant 1/2 cup: 72 calories

1 orange: 60 calories

Almonds

Are you ever looking for something you can really dig your teeth into when you're stressed? Try crunching on almonds to get some aggression out. A good source of Vitamin B2 and E, as well as magnesium and zinc, almonds are high in fat, but most of the fat is unsaturated. Like vitamin C, vitamin E has been shown to fight the free radicals associated with stress, and in particular, those free radicals that cause heart disease.

Recommended Serving Size

Shelled almonds, 1/3 cup: 306 calories

Blueberries

Very rich in antioxidants, blueberries offer a high-fiber, low-calorie fruit option that is also rich in stress-fighting vitamin C. Try them with cottage cheese or as a snack on their own.

Recommended Serving Size

Blueberries, 2/3 cup: 30 calories

Tuna

A great lunch option, tuna is high in stress-fighting vitamins B6 and B12. Tuna is also a good low-fat protein source. "Don't load tuna down with fat by using a lot of mayonnaise," cautions Geise. "Choose a light mayo instead."

Recommended Serving Size

Tuna canned in brine, 3.5 ounces drained: 99 calories

Tuna canned in oil, 3.5 ounces, drained: 189 calories

Cornflakes or Crispy Rice Cereal

Although they aren't low in sugar, cornflakes and crispy rice cereal are fortified with B vitamins and folic acid to help reduce stress. Have them for breakfast with milk. Geise also recommends having them dry as an afternoon snack.

Recommended Serving Size

Cornflakes, 1 cup: 108 calories

Crispy rice cereal, 2 cups: 111 calories

Carrier Sekani State First Nations Have a Legal Right to Be Consulted and Accommodated on all Natural Resource Issues

Dakelh Territory – There will be a noticeable absence of local First Nations leadership speaking at the 3rd Annual BC Government Natural Resource Forum held at the Prince George Civic Centre on January 12th-13th, 2005. Tribal Chief Harry Pierre states, "the Natural Resources Forum represents another lost opportunity for government, industry and First Nations to sit down and talk about the management of natural resources in our territories. If this government continues to disregard the repeated calls by the Supreme Court of Canada for our involvement in natural resource management they run the risk of greater uncertainty."

"The Carrier Sekani Tribal Council has repeatedly stated that First Nations interests must be dealt with honorably and prior to natural resource development and this is not occurring – it seems to be business as usual and this is unacceptable. Industry and investors should also be aware of this constitutionally recognized duty that government must address", states Tribal Chief Harry Pierre.

Chief Pierre states, "there are many recent examples in areas such as mining, forestry, oil and gas development, road right of ways, and the Sale of BC Rail where the BC government has ignored our interests."

The Supreme Court of Canada decision on the *Haida Nation* case on consultation and accommodation with First Nations has clearly stated that First Nations have a legally enforceable right to be involved in decisions on how their traditional lands are used. The Carrier Sekani Tribal Council is pointing to this ruling of Canada's highest court as a clear indication that government has legal duties and industry is legally liable - these have been dismissed and ignored for nearly 150 years.

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For More Information:

Tribal Chief Harry Pierre, Carrier Sekani Tribal Council, 250-562-6279 or Paul Blom at 250 613 7949

List of 5th year fees thankfully paid so far to the BC Elders Communication Center Society Covering period from December 1st 2004 to November 30th 2004

1. Wewaikai First Nation	17. Katzie First Nation
2. Wet'suwet'en First Nation	18. North Thompson First Nation
3. Snuneymuxw First Nation	19. Xaxli'p First Nation
4. Penticton Indian Band	20. Doig River First Nation
5. Qualicum First Nation Council	21. Wuikinuxv Nation
6. Hailika'as Heiltsuk Health Centre	22. Soowahlie Indian Band
7. Port Alberni Friendship Centre	23. T'it'q'et Elders
8. Quatsino Band	24. Tseycum First Nation
9. Weiwaikum First Nation	25. Seabird Island Indian Band
10. Cook's Ferry Indian Band	26. Sumas First Nation
11. Bridge River Indian Band	27. Osoyoos Indian Band
12. Westbank Klux-Klux-Hu-Up Cultural Society	28. Tobacco Plains Indian Band
13. Akisqnuq First Nation	29. Lower Nicola Indian Band
14. Mamalilikulla-Qwe'Qwa'Sot'Em Band	30. Kamloops Indian Band
15. McLeod Lake Indian Band	31. Splotsin Child Care Society
16. Assembly of First Nations (BC Region)	Donation: White Feather Family Centre – Canim Lake

ANNUAL BC ELDERS RAFFLE – February 01, 2005 TO July 30TH 2005

This Raffle will not only be advertised on the Elders Website www.bcelders.com but it will also be featured in the monthly issues of the Elders 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 Elders Website and BC Elders Raffle will also go out to as many galleries, museums, and Corporate Sponsors as possible each year.

First Nations Artist support a great many fundraising efforts and the Internet and the Elders Voice will be an effective way for us to acknowledge each Artists contribution to the Elders and will hopefully garner even more recognition for the artworks that they have to offer.

The Annual Aboriginal Elders 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 Elders 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 '**Elders 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

**BC ELDERS
COMMUNICATION
CENTER SOCIETY**

**1420 C 16th Avenue
Campbell River, B.C. V9W 2E3**

**Phone: 1-250-286-9977
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Website: www.bcelders.com
Email:
bcelderscommcenter@telus.net**

**'ELDERS VOICE' ISSUES
ARE SENT OUT TO
COMMUNITIES BY THE
1st OF EACH MONTH.
If your area's copy is not received in a timely manner
please call in to the office.**

TRADITIONAL HEALING CORNER

First Nations communities have much to offer in the way of traditional healing. If you can provide info of who and what is available in your area, please call in to the office on the toll free line to talk.

PROVERBS:

1. "Keep your eyes on the sun and you will not see the shadows."
2. "Those who lose dreaming are lost."
3. "The more you know, the less you need."
4. "We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love... and then we return home."
#1 - 4 Aboriginal Australian
"It is less of a problem to be poor, than to be dishonest." Anishinabe
"We will be known forever by the tracks we leave." Dakota
"There is no death, only a change of worlds." Duwamish
"A brave man dies but once; a coward, many times." Iowa

BIBLE QUOTES

- "Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name." Psalms 100:4
"The righteous shall give thanks to thy name: the upright shall dwell in thy presence." Psalms 140:13
"I will praise thee, O Lord, among the people: I will sing unto thee among the nations." Psalms 57:9
"Hatred stirs up strife, but love covers all transgressions." Proverbs 10:12

Mail, fax, email, or call in your Special Wishes/Community Events !!

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

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

Congratulations to Irene and Ken Bryson (who are in their 70's) for returning to school this past fall to learn how to write their Nsyilxcn language so that they could better record their culture for future generations. They say that the eldest elders are passing on and there is a lot of valuable information that needs to be preserved while there is time left, and to accomplish this they needed to go back to school.

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

The Host for the 29th Annual BC Elders Gathering is the Carrier Sekani Tribal Council Traditional Territories in Prince George. There are **NO** Registration Forms or accommodations info available from the host at this time though it is all being worked on. The dates for the Gathering are set for **October 4,5,6 2005** at the Prince George Civic Centre.

Please continue watching this space in future issues for updates, but this is enough to allow you to book your rooms for the event.
Thank you, Donna Stirling, BCECCS Coordinator, BC Elders Council Secretary