

Volume 5 Issue 2

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BC ELDERS COMMUNICATION CENTER SOCIETY

ELDERS VOICE

HAPPY NEW YEAR EVERYONE!!!!!!

Dear Elders and Elder's Support People,

I am starting to gather information for a data base on a few important matters related to the Annual Gatherings and I would appreciate your info a.s.a.p.

Firstly, I think that it is important to have a record of the King's and Queen's names, dates they reigned and territory/group they represented. The Gathering's Totem Pole has some of the information on its plaques, but some of this historical information is blank. Some of you out there might have been keeping track of all of this, and if you have then I would love and appreciate being able to publish these statistics in the newsletter, and to be able to have the information posted on the Elder's website www.bcelders.com. However, baring someone having and sharing this information, **I am writing everyone today to ask you to please email or fax in whatever info you have with regards to your past Kings and Queens/Dates/Territory to this office.**

Secondly, it has been suggested that collecting information regarding how much each of your group's paid this past July to attend the Gathering in Kamloops might be of 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. Your commitment to fundraise year-round, for the past 29 years to raise the sums needed to allow you to all Gather once per year is to be applauded. But, you are OUR elders and it really shouldn't be such a never-ending financial struggle for all of you to meet annually...your life should be being made easier because you are Elders and you have more than paid your dues.

The government talks a lot about what having the Olympics in our province is going to bring to BC, which seems to be mainly for the lower mainland area but your event shines a light on a new provincial community each year and the benefits your money brings to that community are perhaps being overlooked by those in power. Please email or fax in any info that you can share.

All my Relations, Donna Stirling, BCECCS Coordinator

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Easy Bakers Corner – Molasses Corn Puffs - makes one dozen

Combine 1/2 cup of yellow cornmeal, 1/2 cup of all-purpose flour, 1 1/2 tsp. of baking powder, and 1/4 tsp. of salt in a medium bowl.

Cut in 5 Tbsp. of cold butter, cut in small pieces, and blend with a pastry blender until mixture is in coarse crumbs.

Pour 2 Tbsp. of light molasses into measuring cup. Add 6 Tbsp. of milk to make a 1/2 cup. Add liquids to dry ingredients. Mix with fork until dough clings together.

Drop by teaspoon onto an ungreased baking sheet.

Bake at 425° F for 13 to 15 minutes, until golden and baked through.

Cool slightly on wire rack.

For variety, add 1/4 cup of golden raisins or 1 teaspoon ground ginger to the dough.

Handy Tips: Well folks you won't believe this one, but I happened to be complaining to my sister the other day about making lunch and about how I didn't like making fish sandwiches some days because my hands would smell like fish for the rest of the day while I was working on the computer. She (my sister) had a handy tip which frankly amazed me, I didn't believe that it would work, but she said to wipe my hands all around the inside of my stainless steel sink before washing my hands with soap and water and that that would eliminate the scent on my skin. AND IT WORKED! She also mentioned working with onions, so try it for that too!

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

'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).

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

Food Safety - New Year's Resolutions

It's the start of a new year. And you know what that means- time to make our New Year's resolutions. For many people, New Year's resolutions often involve something that will improve their quality of life. Quitting smoking, eating less, or exercising more are all common New Year's resolutions.

How we keep our food safe is also something that can affect our quality of life. Health Canada estimates that 2 million Canadians are sickened with foodborne illness every year. While most people recover quickly, some cases of foodborne illness lead to terrible complications – sometimes even death. A case of foodborne illness can be bad for your quality of life.

So why not make some “food safety” New Year's resolutions. The good news is that no will power is needed to keep these resolutions (not like some other resolutions!!!). With just a bit of planning, you can help make sure the food you serve your family is safe to eat. Here are eight “food safety” New Year's resolutions for you to consider:

- 1. I will always wash my hands well with hot water and soap before I start preparing any food.** People can sometimes carry pathogens (those nasty microorganisms that cause foodborne illness) in or on their bodies without showing any symptoms. Washing your hands well before preparing food will help prevent those pathogens from getting into the food and going on to make other people sick. Another benefit of regular hand washing (especially at this time of year) is it will reduce the spread of the flu.
- 2. Any utensils, counters, containers, hands or anything else that may have touched raw meat, poultry, or fish will be washed well before being used for anything else.** Juices from raw meat, poultry, or fish can be contaminated with pathogens. If these contaminated juices then go into foods that are not going to be cooked, then those foods can go on to make people sick. Washing well means using hot water and soap, and scrubbing well to make sure all food and grease are removed before rinsing and drying.
- 3. I will use a meat thermometer to measure the cooking temperature of all meat, poultry, or fish dishes and continue cooking until the safe minimum cooking temperature is reached.** As mentioned, these foods can contain pathogens. Proper cooking will kill those pathogens. The safe, minimum cooking temperatures for different raw meats are:
 - poultry, wild game, or dishes with eggs: 74°C (165°F) or hotter,
 - ground meat: 71°C (160°F) or hotter,
 - pork, beef, or lamb cuts: 68°C (155°F) or hotter,
 - fish: 63°C (145°F) or hotter.
- 4. All leftovers will be put into the refrigerator right away.** Improper cooling of leftovers is one of the main causes of foodborne illness. You can help prevent this from happening by refrigerating all leftovers quickly, ideally within 2 hours of being cooked. If you have a large container of cooked food (i.e. a big pot of soup or stew), divide it up into smaller containers before putting into the refrigerator. Larger containers of food take much longer to cool than smaller containers.
- 5. Leftovers will stay in the refrigerator for no more than 3 days.** Extra long storage of leftovers in the refrigerator is another cause of foodborne illness. If you don't plan to eat the leftovers within 3 days, then freeze them. If you find leftovers in your refrigerator more than 3 days old, you should throw them out to be safe.
- 6. I will properly reheat all leftovers before I serve them.** This means reheating the leftovers quickly to 74°C (165°F) or hotter. Gravies, soups, or stews should be brought to a slow boil.

- 7. If leftovers are reheated and then not all eaten, I will throw them out.** Every time leftover food is cooled, then reheated, then cooled again, etc., there is an increasing chance that those leftovers will cause a foodborne illness. As such, leftovers should only be reheated once.
- 8. If I have any of the symptoms of foodborne illness, I will ask someone else to prepare my family's meal.** Common symptoms of foodborne illness include diarrhea, fever, vomiting, jaundice, and sore throat with a fever. Infected people can carry pathogens in or on their bodies. When infected people prepare food, those pathogens can then spread into the food. Whoever eats that food, can get sick as well. Many cases of foodborne illness are caused in this way.

Good luck on your resolutions and Happy New Year!!

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

Practicing Proper Posture

Understanding and practicing correct posture is extremely important in preventing musculoskeletal injuries. Remember you don't want to sit or stand in the same position through out the day. Posture needs to change frequently. If you have to sit or stand for prolonged periods of time, analyze your workstation or activity and reduce the strain on your body. Also, remember to take frequent breaks and exercise.

There are three natural curves in your spine. The neck (cervical spine) curves inward, the mid back (thoracic spine) curves outward and the low back (lumbar spine) curves inward. Your goal is to keep the three natural curves of your spine in their natural balanced alignment. Neutral spine is the position of greatest segmental balance and least amount of stress and pain to the joints, ligaments and muscles. Standing or sitting in balance means you are working with gravity instead of against it. The muscles do not have to work hard to maintain balance; therefore the body feels less fatigued and can work more efficiently. When you slouch, you cause unnecessary strain, which can lead to backache, stiffness, and muscle fatigue.

Sitting Posture

Scoot back in your chair so that your lower back is supported.

Use a footrest if your feet do not comfortably touch the floor.

Sit upright; align the ears with the shoulders.

Drop your chin so it sits parallel to the floor when relaxed.

Standing Posture

Feet should be shoulder width apart. Your weight should be evenly distributed over your heel and ball of your foot. Hold your knees slightly relaxed, not locked. Shoulders straight, not rounded. Align your ears, shoulders and hips in straight line.

NEUTRAL WRIST/HAND POSITION

The neutral wrist position places all the structures in the hand and wrist area in good alignment. In this position, there is less strain on your muscles, joints, ligaments and nerves. The circulation to your hand is also improved. It is important to keep your wrist in the neutral position when typing and doing other tasks such as using the mouse, writing, pinching and grasping.

To find neutral wrist/ hand position, place your hand palm and fingertips down on a table. Imagine and keep a straight line going from you elbow through your forearm and wrist to your middle knuckle.

Claudia Carhart, MS, PT, Karen Beernink, MSPT, Cynthia Tse Woolfenden, BScPT, MCPA, in association with medbroadcast.com from medbroadcast.com

Antibiotics: Friend or Foe?

Dear DR. PAUL:

My 4 year old son has been on and off antibiotics for almost all his life for recurrent ear infections. I'm worried about antibiotic use. Will this destroy his antibodies? Will this ruin his teeth? Help!

PEDIATRICIAN DR. PAUL Answers:

These are very common concerns shared by many parents. To answer your questions specifically, antibiotics do not affect antibodies and do not usually affect or ruin teeth. Now let's discuss antibiotics, which treat bacteria and not viruses. Before antibiotics became available, people, especially children and the elderly, were dying from bacterial infections that today we can usually treat. Antibiotics, like penicillin, work by killing or preventing bacteria from growing and spreading. Usually our body can fight off infection, but sometimes the infection is so powerful that we need antibiotics to help kill or stop the bacteria so that our immune (or protection) system clears up the rest.

It is clear that antibiotics are vital in today's medical practice, even though, as with all medications, there may be some side effects which overall are out-weighed by the benefits. Under certain conditions antibiotics may even be prescribed over a long period of time in order to protect from certain infections; for example, in children with kidney abnormalities or weakened immune or respiratory systems. On the down side, we now understand that overuse or misuse of antibiotics can result in bacteria developing ways of resisting the effect of the antibiotics. This is referred to as antibiotic resistance. The so-called "superbugs" are becoming increasingly resistant to more than one antibiotic. Experts fear that we will eventually not be able to treat them with any of the antibiotics available today. An example of such a bug is streptococcus pneumoniae, the major cause of ear infections in children, which because of resistance is becoming quite difficult to treat.

So today, it is important to have a rational approach to antibiotic use. What I tell parents who look at me with a question mark on their face when I say their child doesn't need antibiotics, is that most infections that we see in children, including the common cold, diarrhea and vomiting, are caused by viruses and do not need antibiotics. Here are some guidelines that can help prevent the development of antibiotic resistance:

- Viral infections should not be treated with antibiotics.
- If your child is prescribed antibiotics, he or she should take the whole course that is prescribed even if feeling better. Not completing the entire prescribed dose may also promote resistance.
- Antibiotics should only be taken when prescribed by your doctor.
- You should never use antibiotics given to you by someone else or prescribed for a previous infection. To avoid this temptation, throw away any extra antibiotics left over from a previous infection.

In conclusion, antibiotics are one of mankind's best friends and should not be seen as an enemy or something that will destroy our system. On the contrary, they can protect and help us when necessary. However, a sensible approach to their use is best.

Assembly of First Nations



Indian Residential Schools Unit

October 25, 2004.

To: All Residential School Survivors, Chief & Councillors, Band Administrators, Community Justice Coordinators, Social Workers, Alcohol/Drug Counsellors, Health Directors, Education Directors, Tribal Councils and Staff.

From: Charlene Belleau – Director, AFN Indian Residential Schools Unit

The AFN IRSU would like to identify as many Indian residential school survivors as possible, by name, address, telephone & fax numbers including email addresses if applicable.

We are in the midst of completing a review of the current Alternative Dispute Resolution process and preparing for meetings with appropriate government representatives for expedient resolution of claims by residential school survivors. In order for us to keep residential school survivors updated on residential school issues, we would like to establish a contact database. Please provide us with Residential Schools survivor's names and contact information so that we may communicate directly with them where appropriate. We would also like to provide updates via newsletter and on the Assembly of First Nations website on issues that affect survivors, their families and communities.

In order to develop a database of names for contacting all Indian residential school survivors, we need your support to have the attached form filled in, signed and faxed back to us at (613) 241-5808. Please provide us with the original signed form as well, by mailing it as soon as possible to:

**Assembly of First Nations
Indian Residential Schools Unit
1 Nicholas Street, Suite 1002
Ottawa, ON K1N 7B7
“CONFIDENTIAL”**

If you have any questions, please do not hesitate to contact Shannon Swan at:
(613) 241-6789 (Extension 332) or Toll Free at: 1-866-869-6789 (Extension 332)

Please make copies of these forms to keep in your office and distribute them to all residential school survivors. This form is also available for download off of our website: www.afn.ca/residentialschools

Thank you for your support and assistance.



Residential School Information

Name:

Date of Birth: Maiden Name:

Band Status Registration number:

Residential school(s) and dates attended:

.....
.....

Contact Information:

Address:

City/Town: Province: Postal Code:

Telephone: () Fax: () Email:

Information obtained by the Assembly of First Nations Indian Residential Schools Unit is for the creation of a National Residential School Database. This information will help the AFN determine the number of remaining Survivors across the country and provide us with contact information to keep you updated on Residential School issues.

CONFIDENTIAL: All information provided is confidential and will not be shared with anyone without the written consent of the Survivor.

Signature: Date:

Comments:

.....

Your file Votre référence

PROTECTED

INFORMAL REQUEST FOR PERSONAL INFORMATION

Our file Notre référence

If you wish information on your stay at a residential school, **please fill in the information indicated below**. This information is required in order to ensure identification of the correct student within the records.

Full name of the student _____

Date of Birth _____

Any names by which the student might have been known at the time he/she attended the school _____

Names of the parents or guardian: Mother _____

Father _____

Guardian _____

Band affiliation _____

Treaty or Band Number at the time in school _____

Schools and approximate years attended:

Sign here

Date

Address _____

Telephone Number () _____

.../2

The primary records showing school attendance are admission, discharge and quarterly returns. Admission and discharge records indicate when an application to attend was submitted to the school and when a student left the school. Quarterly returns records usually list the students and the number of days each student attended in that three-month period. There may also be other types of records to show attendance at the school. Unfortunately, sometimes records no longer exist or cannot be located. However, our researchers will try to find records which show you attended the school.

If you have any questions regarding this request or our handling of it, please contact Margaret Kirkland at (613) 947-4148.

NOTE: If you would prefer that we send this information to someone else (for example, your lawyer) rather than sending it to you, please sign below and provide the name and address.

I wish the records retrieved in response to this request to be sent to:

Name _____

Address _____

Telephone Number (____) _____

Signed _____

Date _____

Mail your request to:

Margaret Kirkland
Coordinator, ATIP
Indian Residential Schools Resolution Canada
Room 341, 90 Sparks Street
Ottawa, Ontario K1A 0H4
(613) 947-4148



Gathering Our Voices 2005 BC ABORIGINAL YOUTH CONFERENCE

The BC Association of Aboriginal Friendship Centres is pleased to announce the **2005 Provincial Aboriginal Youth Conference "Gathering Our Voices"** at the **Hyatt Regency Vancouver**, Vancouver BC from **March 20-23, 2005**.

Aboriginal Youth (13-25) from across BC will come together to meet new people and share a collective experience of self discovery. We anticipate up to 1000 Youth will take part in these three days of dynamic workshops, engaging speakers, and cultural events. This holistic event will recognize Youth for their limitless potential, while exposing them to new possibilities that will assist in preparing them as future leaders. Youth will leave feeling inspired and affirmed in their identity.

Early Registration Fee: \$100 (until February 7, 2005)

Regular Registration Fee: \$150 (after Feb 7, 2005)

Deadline for Registration: February 28, 2005

Please share this important information with the Youth in your community. We recommend early registration to secure your attendance. For every five Youth registered the sixth is **FREE**.

Download registration form and conference information at www.bcaafc.com or contact Tanya Kirkland, Youth Conference Coordinator by phone at (250) 388-5522 or email youthconference@bcaafc.com



TYPING, MOUSE, AND WRITING TECHNIQUES

- Typing techniques (Floating Hands Technique):
- Keep the wrists in neutral position with the forearms parallel to the floor or slightly lower.
- Do not rest your wrists on the wrist pad while you type. When taking a break, rest your distal palm on the pad, but not over the carpal tunnel.
- Use the entire arm from the shoulders to move your hands across the keyboard to avoid stretching fingers to reach far away keys. (This means you need to be able to leave home row).
- Keep fingers curved to strike the keys with your fingertips.
- Keep your fingernails short.
- Relax the thumb and avoid stretching it in awkward positions.

Mouse/ Trackball Techniques:

Position the mouse close to the keyboard, so the arm is relaxed at your side. Hold the mouse loosely with all fingers and keep the wrist in neutral position. Avoid resting your wrist or forearm on table or desk. Use the whole arm from the shoulder to move the mouse or trackball. Use a light touch.

Relax the thumb and avoid stretching it in awkward positions.

Writing Techniques:

Keep your wrist in neutral position.

Avoid movements at the wrist such as forward, backwards, or side to side.

Keep forearm supported but avoid sharp desk edges.

Relax the pinch - Use pen expanders or wider pens. Carefully choose your pen - ink pens are easier to write with than ball point pens.

Use a light touch.

Relax the thumb and avoid stretching it in awkward positions.

Claudia Carhart, MS, PT, Karen Beernink, MSPT, Cynthia Tse Woolfenden, BScPT, MCPA, in association with medbroadcast.com

No eventual victory over AIDS without women's rights in developing world: UN

Nov. 23, 2004 Provided by: Canadian Press

Written by: EMMA ROSS

LONDON (AP) - The global battle against HIV will ultimately fail unless serious progress is made on women's rights in the developing world, the United Nations AIDS chief warns.

The pandemic is increasingly taking on a feminine face as it enters its globalization phase, but current prevention strategies are of little use to the millions of them who don't have the power to say no to sex or to insist on condom use.

The lack of women's equality - from poverty and stunted education to rape and denial of women's inheritance and property rights - is a major obstacle to victory over the virus, according to the latest global HIV status report published Tuesday by UNAIDS.

Dr. Kathleen Cravero, deputy chief of UNAIDS, said current HIV prevention strategies that urge women to abstain from sex until marriage, be faithful to their husbands and to use condoms are inadequate.

"They are not female-centred strategies and they are not responding to the realities of women's lives," Cravero told a news conference in London.

Researchers have found that women need more than just information, she added.

"We are finding in most regions of the world, they simply do not have the economic and social power or choices, or control over their lives to put that information into practice," Cravero said.

AIDS prevention strategies need to address the factors that will give women control over their lives, the report said.

"Moving to a situation where every woman gets to keep her house, her land and her furniture when her partner dies is not beyond the realm of possibility," Cravero said. "It doesn't even require turning society on its head. It requires getting the right laws there and making them enforceable for women."

AIDS has to be the catalyst for women's rights in the developing world, UNAIDS chief Dr. Peter Piot told The Associated Press.

"There was reason enough before AIDS, but now the link between the whole gender inequality and death has never been so direct as with AIDS," Piot said. "If AIDS is not enough to shift the agenda for women, then what is enough?"

"It's time now for the women's movement and the AIDS movement to find each other, and that hasn't happened yet," Piot said. "Ultimately, without putting women at the heart of the response to AIDS, I don't think we will be able to control this epidemic."

Violence against women is a worldwide scourge, but it is feeding the HIV epidemics in the developing world, where women and girls often don't have the power to say no to sex or to insist on condom use.

For millions of other women, sex is their only currency.

"The fact that the balance of power in many relationships is tilted in favour of men can have life-or-death implications," concluded the report by UNAIDS. "These factors are not easily dislodged or altered, but until they are, efforts to contain and reverse the AIDS epidemic are unlikely to achieve sustained success."

Nearly 50 per cent of the 39.4 million people infected with HIV worldwide are women. In regions where the epidemic is mature, more women are infected than men, and in countries where epidemics are just beginning, new infections among women outnumber those among men and the gap continues to widen.

East Asia experienced the sharpest increase in the number of women infected with HIV in the past two years - 56 per cent. Eastern Europe and Central Asia come next, with infections among women rising 48 per cent in the past two years. In the Caribbean, which is the second worst hit area of the world after sub-Saharan Africa, young women are twice as likely as men their age to become infected.

Part of the reason for the rapid increase is that it is physically easier for women to get HIV through sexual intercourse than it is for men to get it from women. However, in many parts of the world, especially in Asia, more women than men are getting the disease because the virus has escaped the confines of brothels.

Twelve years ago, about 90 per cent of HIV transmission in Thailand was occurring between prostitutes and their clients. But now, about half of all infections are occurring in the wives of men who visit prostitutes.

In many parts of the world, stressing marriage and long-term monogamous relationships doesn't protect women from AIDS because they are unable to control whether they have sex. The approach - favoured by the American anti-AIDS package - also could backfire in areas where being married actually increases the risk of contracting HIV, research has found.

One study conducted in several areas of Kenya and Zambia found that among teenage girls, HIV infection levels were 10 per cent higher for married girls than for those who were sexually active but not married. Similar findings have been reported in Uganda.

Married women in some African countries are in more danger of HIV than unmarried ones because young women often marry men much older than themselves - for financial security - and these men are more sexually experienced and thus more exposed to HIV, the report found.

From medbroadcast.com

More smokers kicking the habit, but many relapse says StatsCan

Nov. 24, 2004

Provided by: Canadian Press

OTTAWA (CP) - While more smokers are butting out, many are lighting up again after a few years, a study by Statistics Canada suggested Wednesday.

In 2003, 19 per cent of the population - or about 4.6 million Canadians - were daily smokers. That's down from 26 per cent in 1995. Between 1994 and 1996, about 10 per cent of daily smokers - about 455,000 people - quit. From 2000 to 2002, that number increased to almost 17 per cent - about 562,000 people.

However, during that entire period, the proportion of those who returned to smoking remained at four per cent.

The number of cigarettes smoked in a day was one of the most important factors related to quitting, the study found.

Men who smoked fewer than 10 cigarettes a day had 2½ times the chance of successfully quitting than those who smoked 25 or more cigarettes.

Women who smoked less than 10 cigarettes a day had almost two times the chance of quitting than those who smoked more heavily.

The more restrictions daily puffers encounter, the fewer cigarettes they smoke, the study suggested.

Smokers who worked in an environment where lighting up is permitted and lived in a home where it was allowed smoked the highest number of daily cigarettes.

"The lower consumption (of cigarettes) associated with quitting is very important," said Margot Shields, senior analyst at Statistics Canada.

"At least (restrictions) reduced the number of cigarettes smoked and so it might eventually make it easier for a person to quit - because it can be a very long process."

Men and women who had their first cigarette within 30 minutes of waking were less likely to quit than those who waited more than an hour.

The study found that the most important factor in whether a quitter returned to smoking was the number of years of abstinence.

One in five who had quit smoking for two years or less lit up again within the next two years. Just one in 20 who had quit for three to five years resumed smoking. For those who had quit for more than five years, only one per cent relapsed.

Men living in smoke-free homes were much less likely to start smoking again than those in households where it was permitted, the study reported.

However, living in a smoke-free home was not related to relapses among women, the study said.

From medbroadcast.com

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

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**BC ELDERS
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'ELDERS VOICE' ISSUES
ARE SENT OUT TO
COMMUNITIES BY THE
1st OF EACH MONTH.
If your area's copy is not re-
ceived 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 information of who and what is available in your area, please call in to the office on the toll free line to

PROVERBS: ZEN

"When you reach the top, keep climbing."

"It takes a wise man to learn from his mistakes, but an even wiser man to learn from others'."

"When the pupil is ready to learn, a teacher will appear."

"The tighter you squeeze the less you have."

"To follow the path, look to the master, follow the master, walk with the master, see through the master, become the master."

BIBLE QUOTES

"No temptation has overtaken you but such as is common to man: and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, that you may be able to endure it." 1 Corinthians 10:13

"Yet those who wait for the Lord will gain new strength." Isaiah 40:31

"The things impossible with men are possible with God." Luke 18:27

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

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

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

COMMUNITY EVENTS

ANNUAL BC ELDERS GATHERING INFORMATION CORNER

Dear Elders and Elders Contact People:

The Host for the 29th Annual BC Elders Gathering is the Carrier Sekani Tribal Council Traditional Territories in Prince George. It is said that it will likely be held in early October 2005, but that is yet to be confirmed. I have NO Coordinator's information to pass on to you all yet, so please watch this space in future issues for updates.

**Thank you, Donna Stirling,
BCECCS Coordinator, BC Elders Council Secretary**