



**30th Annual BC Elders Gathering Announcements**

Registration Forms and Vendor Application Forms, etc. and the website address for the event will be available from the Host in next months Elders Voice issue.

Please don't forget that the Annual Elders Gathering Information Corner is on the back page of each issue of the EV.

And, a cell number for this year's Gathering Coordinator was inadvertently printed in last months issue of the EV. If all of my elders contacts could please disregard this cell number, it was an error and I apologize.  
D. Stirling

**Dear Elders Workers,**

Please remember to forward your BC Elders Council sign-up form for your Elders Group (which was faxed out to you several weeks ago at your request). Every group should have an Elder on the Council to have your collective provincial voice heard.

Gilakasla, Donna Stirling, BC Elders Council Secretary

**In Loving Memory**

Respected elder Mildred McRay of the Upper Nicola Band, passed away on Saturday February 11, 06. Mildred was well known throughout the valley for her skills in deer hide tanning. Her custom design handmade buckskin gloves were always in great demand.

She will be missed by her grandchildren, children and her long time companion and husband Walker. May God, Creator and Chief of Chiefs, welcome you home dear beloved cousin Millie.

Love and prayers, Jeanette, Lloyd McMaster and family

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## Easy Bakers Corner – Deep South Banana Bars - Makes 32 bars

Beat 3/4 cup butter or margarine, softened and 2/3 cup of granulated sugar and 2/3 cup of brown sugar together until creamy. Beat in 1 egg and 1 tsp. of vanilla.

In a separate bowl, mash 2 large bananas and combine with 3/4 cup of peanut butter.

In another bowl, combine 1 2/3 cup of all-purpose flour, 1/3 cup of wheat germ, 2 tsp. baking powder, 1/2 tsp. of baking soda, and 1/2 tsp. of salt.

Mix the flour mixture into the butter mixture alternately with the mashed banana and peanut butter. Do Not Over Mix. Pour into a buttered 9-by-13 inch baking pan and sprinkle top with 1/3 cup of chopped peanuts.

Bake at 350°F for 25 to 30 minutes or until a toothpick comes out clean from center. Let cool before cutting into squares and removing from pan.

### *Handy Tips:*

1. Elders please don't forget to put dates on your wild meat, seafood and even berries when freezing them. Grocery stores have to put dates on the meats, etc. that they sell for a good reason. Foods do not last indefinitely in the freezer and you need the dates to be able to evaluate them properly.
2. If you have to clean-up broken glass on the floor try using a damp thick slice of bread.

## 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. **Articles/Submissions are best forwarded to me via email** where possible so they can be posted on the website as is. If you are interested in providing articles, please do, I look forward to hearing from anyone who wants to contribute to the content. D. Stirling

## 'PRESERVING THE PAST'

**New Elder's Website: [www.bcelders.com](http://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](http://www.bcelders.com) as soon as they are made available from each new host community.

Issues of your Elders 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:

Health articles, etc. are provided as a courtesy and neither the BC Elders Communication Center Society's Board/Members or anyone working on its behalf mean this information to be used to replace your doctor's and other professional's advice. You should contact your family physician or health care worker for all health care matters. Information is provided in the Elders Voice for your reference only. And opinions contained in this publication are not those of Donna Stirling, Coordinator unless her name appears below the material.

## **Groups who have thankfully paid their \$250 'Yearly Support Fee' so far**

- 1. Mamalilikulla-Qwe'Qwa'Sot'Em Band**
- 2. West Moberly First Nations**
- 3. Ktunaxa Nation Council**
- 4. Simpcw First Nation (\$100)**
- 5. Uchucklesaht Tribe**
- 6. Bridge River First Nation**
- 7. T'it'q'et Elders Council**
- 8. Carnegie Community Centre**
- 9. Osoyoos First Nation**
- 10. Qualicum First Nation**
- 11. Wet'suwet'en First Nation**
- 12. Comox First Nation**
- 13. Cook's Ferry Indian Band**
- 14. BC Assembly of First Nation**
- 15. Tobacco Plains Indian Band**
- 16. Pacheedaht First Nation (\$125)**
- 17. Akisqnuq First Nation**
- 18. We Wai Kum First Nation**
- 19. We Wai Kai First Nation**
- 20. Xaxli'p Band**
- 21. Lower Kootenay Band**
- 22. Chawathil First Nation**
- 23. Adams Lake Indian Band**
- 24. Coldwater Indian Band (\$187.50)**
- 25. Saulteau First Nation**
- 26. N'Quat'Qua Band (\$150)**

**Dear Elders Contact Person,**

**\*\*\*If your office has paid, thank you very much for your support, especially to those who paid a partial fee this year because I know that it presented some difficulties.**

**\*\*\*If your office/group has Voided the Invoice for this year and faxed it back in to this office then thank you very much as it saves office time having your office accounted for.**

**\*\*\*If you are in the process of paying the fee with the new fiscal year upon us then thank you very much... as the number of paid fees are down so far this year and your help is really needed here. Please find a copy of the invoice enclosed in your envelope.**

**Thank you for your continued support, Donna Stirling, Coordinator**

## **Statement by Assembly of First Nations National Chief Phil Fontaine on Election Results January 24, 2006**

“I would like to congratulate the new Prime Minister-Elect, Stephen Harper, and his party's success in this election. As well, I want to congratulate all candidates and all parties on their dedication. We look forward to working with the new government to ensure a better quality of life for First Nations and a stronger country for all Canadians.

With the election of a new minority government and a strong opposition slate, it is time for Parliament to work together and with First Nations to ensure we maintain the momentum achieved over the past 18 months. The commitments from the First Ministers Meeting, the Residential Schools Agreement in Principle and the continued high-level engagement between the Government of Canada and First Nations must be honoured and supported by this new Parliament. Closing the gap in quality of life between First Nations and other Canadians within ten years must remain our shared legacy project. Our population is young and growing. It is in all our interests to reach out to this important demographic. Our future is Canada's future.

The AFN remained non-partisan during the election and did not endorse any party, although we did seek clear commitments on our agenda and our priorities. We were consistently re-assured that the Conservative Party would respect the objectives and targets of the First Ministers Meeting and would implement the Residential Schools Agreement. We will seek a meeting as soon as possible to discuss how we move forward on these commitments. We also expect that the Liberal, New Democratic and Bloc Québécois parties will continue to support these commitments and work to ensure progress, as they have in the past.

I congratulate Stephen Harper on his success. He stated that he is seeking to give provinces and territories more say in decision-making on national priorities, as well as more access and control to resources in their regions. In many ways, this is what First Nations are seeking. A Prime Minister from a Western province is no doubt aware of the issues that face our people. This includes the pressing labour market needs, and that tapping the potential of our young and growing population is essential to Canada's continued success and productivity. There are many win-win approaches to our mutual issues and we want to work on an agenda aimed at getting results that honours the Conservative legacy of the Royal Commission on Aboriginal Peoples by honouring its recommendations.

To outgoing Prime Minister Martin, I want to personally acknowledge your commitment and your efforts to improve the lives of First Nations and all Canadians. Your approach of constructive and cooperative engagement has led to establishing of a template for future relations between our people and Canada. Your long career as a Parliamentarian is to be acknowledged with great respect.

To Mister Duceppe and Mister Layton, and the members of the opposition, it is clear that the influence you hold will be vitally important in this minority government. I look forward to seeing the continued support of your parties for the issues that matter to First Nations. You have stood with us before. We hope you will stand with us again. To all Canadians, we say that now is the time for action on our long-standing issues so we can build a better Canada for all.”

The Assembly of First Nations is the national organization representing First Nations citizens in Canada.

### **Contacts:**

Don Kelly, AFN Communications Director

613-241-6789 ext. 320 or cell 613-292-2787

Ian McLeod, AFN Bilingual Communications Officer

613-241-6789 ext. 336 or cell 613-859-4335

Nancy Pine, Communications Advisor, Office of the National Chief

613-241-6789 ext. 243 or cell 613-298-6382

**10 Years: A Journey of the Past, Present and Future in Bringing the Circle Together**  
**Healing Our Spirit BC Aboriginal HIV/AIDS Society**

FOR IMMEDIATE RELEASE:

**10 Years: “A Journey of the Past, Present and Future in Bringing the Circle Together”**

**Special guest include Keynote speakers: Jane Middleton Moz, Chief Sophie Pierre, Chief Leonard George and Dr. Evan Adams and Wayne Christian**

Healing Our Spirit BC Aboriginal HIV/AIDS Society is hosting the 10th Annual Aboriginal HIV/AIDS conference.

The conference will be held in the traditional territory of the Ktunaxa Nation in Cranbrook, British Columbia, at the Prestige Rocky Mountain Resort & Convention Centre on May 28 – 31, 2006.

This year’s theme reflects the HIV/AIDS programs and services developed or utilized in Aboriginal communities. The primary objective of this year’s conference is to provide HIV/AIDS awareness and support to Aboriginal people.

There will be panel discussions on models of HIV/AIDS programs and services provided in Aboriginal communities. The workshops will provide a view of the traditional and non-traditional approach to HIV/AIDS programs and services throughout the province.

For further information or to register please contact Healing Our Spirit Aboriginal HIV/AIDS Society @ 1-866-745-8884 or (604) 879-8884 or by fax (604) 879-9926, you can also browse our web-site at [www.healingourspirit.org](http://www.healingourspirit.org).

For Further Information Contact:

Suzanne Newman  
100 – 2425 Quebec Street  
Vancouver, British Columbia. V5T 4L6  
Phone (604) 879-8884 Toll Free 1-866-745-8884  
E-mail: [snewman@healingourspirit.org](mailto:snewman@healingourspirit.org)

The UBCIC is a NGO in Special Consultative Status with the Economic and Social Council of the United Nations

February 15th, 2006

Re: Sponsorship for First Nations Athlete

Dear First Nations Community Members and First Nations Businesses:

My name is Nadgelin Cliffe and I am part of the We Wai Kum First Nation and I am involved in participating in All Native Basketball Tournaments that take place in Canada and in the United States. While participating in these tournaments I have always strove to represent the We Wai Kum First Nation with pride, respect and dignity.

I believe that a healthy and athletic lifestyle is a positive and inspiring way to set a good example for the younger generations. I try to use my skills and knowledge of the game to coach and encourage younger players to not only be a good player, but to be one with a positive attitude as well.

The level of competition at these tournaments is high caliber, but it is not only this that has made the tournaments well worth the effort and exciting to be compete in, it is the opportunities that it brings. I have been able to travel and make life-long friendships and most importantly it has given me a sense of pride in being a native person. I am able to get out onto basketball court and represent not only myself, but also where I come from and what that means to me. This has been a very rewarding and character building experience for me.

For the past 10 years I have been responsible for raising my own funds for travel, lodging, and food, but now as I am raising a daughter of my own I am finding the burden to meet the expenses to compete to be a much more difficult challenge.

First Nations athletes should compete and need to compete to properly represent our people, so I am simply asking anyone in our native communities that can help me with some of these travel costs to please assist me with a donation. And, if there is anyone from a corporation out there reading this that they give consideration to possibly becoming a sponsor for this.

Donations can mail it to the address below, with thanks, or people can contact (my Father) Ed Cliffe in Campbell River at (250) 287-8552.

I appreciate any help you can extend, Gilakasla,

All my relations,

Nadgelin Cliffe

Address:

#44-11160 Kingsgrove Avenue

Richmond, BC

V7A 3A9

Ph: (604) 207-0056

Cell: (778) 863-6834

## **ABOUT THE FIRST CITIZENS FUND AND THE ELDERS TRANSPORTATION PROGRAM**

### **First Citizens Fund - An Overview - Assisting Aboriginal communities and people realize their dreams**

The First Citizens Fund is a perpetual fund, created in 1969 to enhance culture, education and economic development opportunities for Aboriginal people in British Columbia.

The fund assists Aboriginal people to strengthen their economies and restore and maintain their languages and cultures.

In 2001, the Government of British Columbia committed to doubling the existing net value of the First Citizens Fund from approximately \$36 million to \$72 million. Interest earned from the fund investments supports programs and services for Aboriginal people.

All programs and services are managed and delivered in partnership with British Columbia Aboriginal organizations.

It's part of the provincial government's commitment to improving the quality of life for Aboriginal people and helping Aboriginal communities and economies grow and thrive, and the recognition that Aboriginal culture is vital to building strong and healthy communities.

### **Improving the quality of life for Aboriginal people while helping communities and economies grow... assisting First Nations, Métis, urban Aboriginal and Inuit people in British Columbia.**

#### **First Citizens Fund programs assist Aboriginal people and organizations to:**

- start and expand businesses through business loans and business advisory services;
- keep Aboriginal cultures and languages alive through language preservation and revitalization;
- realize educational goals by providing financial assistance to post-secondary students;
- connect Elders with each other by providing support for transportation costs to attend cultural events; and
- support Friendship Centres to deliver a range of culturally responsive programs and services.

#### **Elders Transportation Program**

The Elders Transportation Program supports Elders who want to share and celebrate Aboriginal culture and oral traditions. Elders traveling to heritage, cultural and educational workshops and conferences can apply for funding toward transportation-related travel costs. Travel within British Columbia for distances greater than 200 kilometres one way may be eligible. Applications are accepted between April 1st and May 15th each year. Please contact the [BC Association of Aboriginal Friendship Centres](#) or visit their [website](#) for application details.

**Contact information** - For more information on programs and eligibility criteria or to obtain application forms, contact:

#### **BC Association of Aboriginal Friendship Centres**

200 - 506 Fort Street

Victoria, BC V8W 1E6

Phone 250 388-5522

Toll-Free 1-800-990-2432

Fax 250 388-5502

Email: [info@bcaafc.com](mailto:info@bcaafc.com)

Website: [www.bcaafc.com](http://www.bcaafc.com)

**Subject:** MNN Indigenous Objection to Theft of "Arctic Region" of Turtle Island  
**From:** "Orakwa International Indigenous Ent." <orakwa@paulcomm.ca>

**PUBLIC NOTICE OF OBJECTION TO ATTEMPTED USURPATION OF INDIGENOUS JURISDICTION KNOWN AS THE "ARCTIC REGION" OF TURTLE ISLAND BY THE UNITED STATES, CANADA, DENMARK AND ANY OTHER NATION, CORPORATION, FOREIGN FEDERAL, STATE OR PROVINCIAL "GOVERNANCE" AGENCIES AND ALL "OUTSIDERS" AND NON-INDIGENOUS INTERESTS**

**DATE:** January 28, 2006

**FROM:** *Women Title Holders of the Kanionâke:haka Nation*

According to Wampum 44 of our law, the Kaianerehâko:wa, the Women Title Holders are the "progenitors of the soil" of Turtle Island. We are the Caretakers of the land, water and air of Turtle Island. We are notifying you and the International Forum of Nations of our constitutional jurisdiction in our land that is being violated.

**Re: Non-Indigenous invasion of Indigenous constitutional jurisdiction of Arctic Region of Turtle Island by Canada, United States, Denmark and other outside entities**

**TO:** Canada; United States; Denmark; Her Majesty, Queen Elizabeth II; Governor General of Canada; all Provinces of Canada; President of United States; Department of Justice Canada; U.S. Department of Justice; Attorney General of Canada; U.S. Attorney General; Department of Indian Affairs, Department of Interior; Stock Exchanges Toronto, Montreal, New York, London, Tokyo, Hong Kong and Zurich; The Pentagon; U.S. Army and Navy; European Union; Department of Defense Canada; Canada Steamship Lines; others listed at end (*Addresses at end of Public Notice*).

**OBJECTION TO:** The **invasion** of Indigenous constitutional jurisdiction by Canada, United States, Denmark, their affiliates and all outside non-indigenous entities who are presently attempting to usurp the northern region of Turtle Island. Canada is fighting a turf war with Denmark over the "barren" Hans Island in the Arctic, and U.S. submarines have surfaced in the far north. Canada, United States, Denmark or any other corporations have no claim over this area which belongs to the Indigenous people of Turtle Island. We demand that you cease and desist immediately your invasion and exploitation of Indigenous territory and its people.

This turf war over the Arctic Region is a violation of our customs, practices and occupational jurisdiction. Modern international law seeks to protect small peoples from incursions by aggressive states who use military and economic force to impose their culture on others. According to both the Canadian constitution and the American constitution those states cannot simply appropriate our land, resources and territorial waters. Indigenous people never surrendered our rights. The Western Sahara case makes it very clear that a territory cannot be incorporated in another state without the informed consent of the majority of its people. This requirement has not been met.

Neither Canada, the United States nor Denmark has authority to extend colonial authority or jurisdiction over us. Any past agreements or treaties have been limited to allowing foreign settlers to live peacefully on our land.

According to our agreements with Canada and the United States, any American, Canadian, Danish or other foreigner wishing to enter our territory for any reason whatsoever must deal with us through their state representative. No individual or foreign entity can invite outsiders onto our territory.

The Women Title Holders have the authority to safeguard our land for the coming generations. We have always defended our right to self-determination. We continue to do this now that the right to self-determination is recognized as a universal human right.

Canada, United States and Denmark never consulted us nor asked us for our consent to enter our Arctic waters and territory.

This dispute between Canada, United States and Denmark over our territory, waters and resources has overlooked our rights. The colonial custom of appropriating the sources of indigenous sustenance is resulting in the genocide of many indigenous people and destroying the entire world environment for everybody. Mother Earth is already badly scarred and yet you have not modified your behavior.

We demand that you to leave aside your colonial habits of the past. Move into the 21st Century in a way that respects our equal rights and common humanity.

We are registering our objection to this illegal assumption of jurisdiction by Canada, United States, Denmark and their agents. In Canada we took an action in the Supreme Court of Canada ö Kanionâke:haka Kaianerehâko:wa Kanonâses:neh v. Attorney General of Canada and Her Majesty the Queen in Right of Ontario, Court File: 05-CV-030785.

We brought this constitutional jurisdiction issue before the U.S. Supreme Court. See No. 05-165: 2005. In The Supreme Court of the United States In re Kanionâke:haka Kaianerehâko:wa Kanonâses:neh, Non-party, Petitioner/Movant/Appellant, The Canadian St. Regis Band of Mohawk Indians, Plaintiffs, Respondents, v. The State of New York, Defendants, Respondents. Petition for Writs of Certiorari and Quo Warranto with Prohibition and Mandamus in Aid to Prevent Genocide. Rules 17.1 and 20.1.

**Whereas:**

1. Jurisdiction over our territory now called the ãArcticã and beyond, belongs to the Indigenous People of Turtle Island.
2. Canada, United States and Denmark must respect that relations with us shall be conducted on a nation-to-nation basis.
3. Canada and the United States never made a treaty of cession with the Indigenous People for the Arctic. Contact can only be with the constitutional Indigenous people to deal with this issue.
4. The denial of a nationâs existence constitutes genocide, according to the many international covenants that Canada, United States and Denmark have pledged to uphold;

**Therefore:**

5. We demand that Canada, United States and Denmark and their corporate bodies and associates immediately cease and desist their illegal assumption of jurisdiction or presence in any way, shape or form on our territory, the Arctic.
6. Finally, we demand to be officially informed of how international, federal, state and provincial entities can violate international law and the rule of law by superseding our jurisdiction over territory that we never surrendered through a treaty or any means whatsoever.

By Kanionâke:haka Women Title Holders  
Kahentinetha, Bear Clan /s/ \_\_\_\_\_  
Katenies /s/ \_\_\_\_\_

P.O. Box 991, Kahnawake of Mohawk Territory (Quebec, Canada) J0L 1B0 kahentinetha2@yahoo.com

February 6, 2006

## First Nations Oppose Central Coast Land Resource Management Plan

**The *Musgamagw Tsawataineuk* (“The Four Tribes”)**

**Tsawataineuk FN (Kingcome Inlet)**

**Gwawaenuk Tribe (Hopetown)**

**Kwicksuitaenuk /Ah Kwah Ah Mish (Guilford Island/Wakeman Sound)**

The Four Tribes share our Nuyambalis (Our History From the Beginning)

The combined Territories of the Four Tribes make up a significant portion of the proposed Central Coast Land and Resource Management Plan (CCLRMP) area and also the Broughton Archipelago is shared exclusively by the Four Tribes.

We have our own distinct relationship and attachment with our lands and waters within our territory like many distinct First Nations in the Province; we are determined to protect our values and traditional teachings, which sustain our mother earth and our way of life.

We know our situation is different from other First Nations who have participated in these provincial stakeholder processes. We actually live in our home country and depend on our environment and enjoy our resources, as we have for thousands of years and we have not moved from or been removed from our homelands despite the isolation, danger, difficulty of travel, cost of living and all the other detractions of today’s society. It is this isolation, which has protected us from our enemies, and restrained the loss of our culture and preserved our attachment to our lands and resources.

The Tsawataineuk First Nation explored the CCLRMP process, it requested additional funding, above what other First Nations were offered to participate, because the Tsawataineuk First Nation was the only nation who was not funded by other processes such as the BC Treaty Commission process nor did the Tsawataineuk sign a \*Forest and Range Agreement, therefore we did not have the same resources, especially the technical capacity to meaningfully participate and make informed decisions.

There are many First Nations who chose not to participate in the Land Resource Management Plan (LRMP) process for their own reasons and we respect that. There are First Nations such as the Statlimc Chiefs Council who have agreed to their own process, outside the Lillooet LRMP, based on a government-to-government relationship consistent with the New Relationship Agreement.

Last year our people were compelled to demonstrate and protect a sacred place called Holden Creek (Wasilas), where our members stopped International Forest Products from blasting a road through an old growth cedar stand, as cedar and other resources remains valuable to us, and is no longer abundant.

Our Tribal Council passed a resolution to boycott the 2010 Olympics as a result of our environmental concerns and the impacts to our marine resources. These decisions do not come without reason other than the protection of distinct values to the indigenous.

Although the BC Government has realized decades of denial of our Title and Rights has not worked and has entered into a New Relationship, the government must acknowledge the need for a new approach to resolving and reconciling conflicts over land issues. The unselfish principles of the New Relationship need to be enacted if there is to be true economic certainty and a golden decade for all.

We have formally asked that the BC Government remove our Territories from the CCLRMP map and cease all discussions of any areas in our territory. We expect that this announcement does not refer to our Territories, as we believe that adequate and meaningful consultation has not occurred.

In November 2005, our Four Tribes sent out an Official Notification in regard to this process and again we are publicly stating any Land Resource Management Plan that conflicts, competes, or disregards our own Land Use Vision without direct consultations and proper protocol is an infringement of our Title and Rights.

We understand an Agreement-In-Principle is not the final agreement, nor legally binding. We hope that final agreements will be derived in the spirit and intent of the New Relationship.

We have stated our position for two years, prior to the Supreme Court of Canada's historic *Haida* and *Taku River Tlingit* decisions and prior to the New Relationship. We continue to feel strongly and necessary to keep old policies in check, such as BC's Consultation Policy, until transformative change occurs and old policy and attitudes cease desist. We hope, before 2010, that this will be the case.

Gilakasla,  
Eric Joseph, TFN Chairman  
(250) 974-3013

Our November Statement and Notification can be found on the Union of BC Indian Chiefs' website at [http://www.ubcic.bc.ca/News\\_Releases/UBCICNews11010501.htm](http://www.ubcic.bc.ca/News_Releases/UBCICNews11010501.htm). UBCIC Resolution 2006-07, *Support for the Four Tribes Opposition to Central Coast Land and Resource Management Plan*, as presented and passed on January 31, 2006 at the last UBCIC Chiefs Council is available at: [http://www.ubcic.bc.ca/files/PDF/2006\\_07\\_Support4TribesOppositionCCLRMP.pdf](http://www.ubcic.bc.ca/files/PDF/2006_07_Support4TribesOppositionCCLRMP.pdf).

- Recent FRA not endorsed by UBCIC Chiefs Council

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## Warning Signs of a Heart Attack

The Warning Signs of a heart attack vary from person to person and could be mild or severe. If you or someone you know has any combination of these signs, call 911 immediately. It could save your life.

### Pain

- Sudden discomfort or pain that does not go away with rest
- Pain may be in the chest, neck, jaw, shoulder, arms or back
- Pain may feel like burning, squeezing, heaviness, tightness or pressure
- In women the pain may be more vague

### Shortness of breath

### Difficulty breathing

### Nausea

### Indigestion

### Vomiting

### Sweating

### Cool, clammy skin

### Fear

### Anxiety

### Denial

For more information please visit the [Heart and Stroke Foundation of Canada](http://www.heartandstroke.ca)  
Information from vch-news.ca

## **Being Heart Healthy** By Dr. Paul Martiquet, Medical Health Officer

“If you can count to nine, you can reduce your chances of heart disease!” This, from the Canadian Heart & Stroke Foundation, summarizes the main sources of risk for your heart. They are:

Cigarette smoking, high blood pressure, diabetes, abdominal obesity (waist circumference over 40” for men, and 35” for women), stress, not enough fruit daily . . . and vegetables, lack of daily exercise, and abnormal fats and cholesterol.

Many of these are interrelated. That means doing something about one can improve the others. Let’s consider the last of these: fats and cholesterol.

Fats and cholesterol in your bloodstream can harm your heart, but simple day-to-day choices in diet and exercise can improve your heart health.

### **The Facts about Fat**

First, we should remember that fats are one of three main classes of foods our bodies need, along with proteins and carbohydrates. The body needs fat to use vitamins and to keep skin healthy. Fat is also a source of energy. At the same time, no more than 30% of daily calories should come from fat.

Saturated fats are found in animal foods, hydrogenated vegetable oils and some dairy products. They should make up no more than 10% of daily calories. As for trans fats, these are vegetable oils that have been modified to improve shelf life, flavour and stability. Trans fats are often used in fast food and snacks.

Unsaturated fats mostly come from plants, and monounsaturated are preferable to polyunsaturated. Both, however, are preferred to saturated and trans fats, each of which will increase your level of “bad” cholesterol.

### **Good Vs. Bad Cholesterol**

So what’s the difference between “good” and “bad” cholesterol?

Cholesterol is a fat-like, waxy substance that is produced in the liver; it also shows up in many foods.

High Density Lipoprotein (HDL) is what is referred to as the “good” cholesterol. This is because it acts as a scavenger, removing excess cholesterol from artery walls. High levels of good cholesterol correspond with reduced risk of heart disease.

Low-density lipoprotein, or LDL, is the “bad” cholesterol. Too much of this circulating in your blood and you should start worrying about narrowing of the arteries (making the heart work harder to circulate your blood) and atherosclerosis — the process in which deposits of fatty substances, cholesterol and other substances build up in the inner lining of an artery.

Lowering your bad cholesterol level is important for improving your chances of living a long and healthy life. The best news is that by lowering cholesterol by 1% pays off with a 2% reduction in the risk for heart disease! Nice payoff, isn’t it?

### **Up The Good, Reduce The Bad**

Diet and weight management are the two best ways to reduce cholesterol levels. Making good choices about food means reading labels. Learn the difference between types of fats.

And where does exercise fit in? Exercise not only lowers bad cholesterol, it raises the good.

In short, food that is good for you, and a bit of a workout can combine to reduce the risk to your heart, and your life. Not a bad trade-off, I would say.

**Information from vch-news.ca**

## Keeping your heart healthy this year

When psychologist Carl Jung said: *Your vision will become clear only when you can look into your own heart*, he wasn't referring to heart disease. But the same could be said about this leading cause of preventable death among men and women. A vital muscle about the size of your fist, the heart has become more vulnerable in today's lifestyle than ever before. Did you know that 80% of Canadians are at risk of cardiovascular disease? Here are some tips for keeping your heart happy and healthy:

### 1. Eat heart-healthy

Choose healthy fats like olive and canola oils over fatty meats, whole milk products and hydrogenated vegetable oils. Just a teaspoon of butter contains a whopping 90 calories whereas five squirts of olive oil from a pump spray can contain a mere 10. Eat the recommended five to 10 servings of fruit and vegetables each day as this will help to lower blood cholesterol.

### 2. Get moving, start laughing

Take the stairs, walk to the grocery store or bike and get your body moving. Try reading a joke a day as laughter as well as exercise helps to reduce stress.

### 3. Quit the nic

People who quit smoking reduce their risk of heart disease by 50 per cent after only a year. Need some help? Visit [www.quitnow.ca](http://www.quitnow.ca)

### 4. Avoid high blood pressure

Often called the silent killer, people who are overweight, inactive, or drink excessive amounts of alcohol are at increased risk for high blood pressure and may not even know it. People with high blood pressure are at greater risk of heart disease or the onset of a sudden heart attack.

Making modest lifestyle changes can improve not only your overall health, but it can also work wonders for your heart.

**Provided by the Vancouver Coastal Health Authority, [www.vch.ca](http://www.vch.ca)**

### Did you know?

- Heart disease is among the most common causes of death among women.
- A Mediterranean diet rich in tomatoes, olives, and green vegetables can greatly reduce the risk of heart disease.
- Most beans, berries, and many apples contain high levels of antioxidants, which are believed to help fight heart disease.
- A daily dose of Vitamin E may also help reduce the risk of coronary disease.
- Post-menopausal women are 10 times more likely to die of heart disease than breast cancer.

**Provided by the Vancouver Coastal Health Authority, [www.vch.ca](http://www.vch.ca)**

February 13, 2006

Dear Elders, daughters, sons, and grandchildren of everyone out there in our great land

I am happy to be able to share good things in this issue of the EV about what has been going on here in Merritt, BC.

Firstly, on February 2-3/06 the Conayt Friendship Centre sponsored a two-day drug and alcohol conference here and we are all very thankful to Drug and Alcohol Counsellor Richard Jackson Jr. whose dream it was to conduct this important conference. This dream thankfully became a reality for all of us in the community when Conayt Friendship Society agreed to give its full support to the conference.

Richard has been very visible and vocal in the community as he speaks up about this issue and the problems it causes and he very much wanted to bring more awareness to parents, elders and youth about drugs and alcohol and the severe damage they cause to the body, to the mind, and to the spirit of our youth. The theme was geared more towards local native tradition, with drummers and singers from the Thompson Nation. And other people gave of their songs and their drums to honour the people who were present.

There were approximately 250 people who registered for the conference and the workshops were informative and booked solid and I know that everyone was appreciative of the support from the local community and the TV and radio station.

Many people, young and old, were given the opportunity to share their personal experiences and to hear of other testimonies of healing and deliverance from drugs and alcohol. There was one particular couple that stirred my heart as they had had their children taken from them by Social Services and they were both devastated with the father saying that he didn't know what to do. I actually had the opportunity to suggest to both of them that perhaps the Creator allowed this to happen, so that both he and his wife could get help and get their family on solid ground again so that children could be returned to them so they could have a fresh start.

When all was said and done, the Drug and Alcohol Awareness Conference ended up being such a success that it left a great many people asking when is the next conference to be?

Thank you Merritt and the Nicola Valley and everyone involved in making this conference a success.

In friendship and respect,

Jeanette McMaster, Conayt Board, and BC Elders Council

## **Look out for crooks, Mounties tell natives awaiting cheques**

*Last Updated Mon, 23 Jan 2006 13:30:47 EST*

CBC News

<http://www.cbc.ca/story/canada/national/2006/01/23/native-scams20060123.html>

The RCMP are warning former native residential school students who stand to receive compensation cheques to watch out for scam artists trying to take the money away from them.

Some 12,000 former students have filed claims against the federal government and churches, alleging abuse and the loss of language and culture.

Last November, Ottawa signed a deal to pay each former student a minimum of \$10,000 in compensation, plus \$3,000 for each year spent in the schools, which operated for much of the last century. It's expected the payments will be made in the next several months.

Across Canada, the program is worth about \$2 billion, money the police say will be a magnet for unscrupulous people.

"It's just a matter of time I guess before someone is going to be approached," said Sgt. Clayton Lerat, who works with the RCMP's aboriginal policing division in Regina.

"If I was coming into a large settlement of money as a result of residential schools, I would just be prepared."

In the past, some people awaiting compensation have been offered vehicles in exchange for part of a settlement, Lerat said.

He is worried about older people, noting that they are often targets of charity and home-repair scams.

Lerat has also encountered cases where family members take advantage of seniors. He urges recipients to try to find someone in the family they can trust.

Morley Watson, a vice chief with the Federation of Saskatchewan Indian Nations, said his organization shares the concern and is including police presentations in informational sessions for former residential school students.

"We want to make sure that we offer some assistance in that area so that the elderly aren't taken advantage of through financial schemes," he said.

Saskatchewan is home to one of the largest groups of former students in Canada, with more than 3,000 people filing claims.

## **Unhealthy, overweight baby boomers hitting 60 in rough heart health shape**

**Provided by: Canadian Press    Written by: HELEN BRANSWELL**

TORONTO (CP) - Inactive and increasingly obese baby boomers are setting themselves and society up for some serious problems as they head towards their senior years, the Heart and Stroke Foundation said Monday in its annual report card on heart health.

Rising obesity rates and declining levels of physical activity among members of this largest-ever generational cohort point to a coming surge in rates of heart disease and stroke and lengthening waits for the hospital procedures need to combat them, officials said at a news conference.

Spokesperson Dr. Beth Abramson called the evidence on the heart health of baby boomers "truly disturbing," noting 1.3 million Canadians aged 45 to 59 have already been diagnosed with or experienced heart disease, stroke or high blood pressure.

"As a cardiologist I can tell you that boomers are clearly not headed in the right direction when it comes to their heart health," said Abramson, a physician at the city's St. Michael's Hospital.

"This year every day 1,000 Canadian baby boomers will turn 60, entering what we call prime time for heart disease and stroke. The Heart and Stroke Foundation is sounding the alarm that rising obesity rates and inactivity among boomers could be threatening years of steady progress towards better heart health."

The organization's call to action was not merely aimed at slothful soon-to-be seniors, but at governments. The foundation urged politicians to put in place policies aimed at encouraging Canadians to make healthier lifestyle choices.

Stephen Samis, the group's director of health policy, said the new Conservative government's promise of tax breaks for physical activities for children is a start. But he suggested the program should be broadened to include tax breaks on all sporting equipment, gym memberships and healthy foods.

He also called for a co-ordinated national heart health strategy, such as the one in place in Finland, which has led to dramatic decreases in rates of heart disease and obesity and increases in rates of physical activity.

"The strategy in Finland has been very, very successful and we'll be looking at those as a model for Canada," said Samis, who is also chair of the Chronic Disease Prevention Alliance of Canada.

Abramson and others warned that a quarter of health-care providers in this country are baby boomers themselves. As they retire, a health-care system already overtaxed by a large wave of unhealthy baby boomers would face a "double whammy," said Rocco Rossi, CEO of the Ontario branch of the Heart and Stroke Foundation.

"When they retire, the heart health crunch may very well become the heart health crisis," Abramson said.

The foundation releases a heart health report card as part of annual fundraising efforts, highlighting attention-grabbing issues aimed at focusing the fractured public attention on their disease.

Two years ago, the report's catchphrase labelled fat the new tobacco. This year's declares that given the state of baby boomer heart health, "60 is the new 70."

The report is a follow-up to the foundation's first report card on the heart health of the baby boom generation, done 10 years ago.

Drawing data from the Canadian Community Health Survey of 2003-04, the group calculated that 52 per cent of baby boomers lead a sedentary lifestyle today, versus 43 per cent 10 years ago, and that 30 per cent of today's baby boom generation are obese compared to 19 per cent a decade ago.

The one bright spot relates to smoking: only 21 per cent of baby boomers are smokers these days versus 29 per cent 10 years ago. From [hearthealth@medbroadcast.com](mailto:hearthealth@medbroadcast.com)

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## **Hidden Asthma Triggers from MSN Health and Fitness**

### **Wine and pain relievers could trigger an attack** by Teri Walsh, Prevention magazine

A common pain reliever—or a glass of wine—could bring on an asthma attack, two studies suggest. The first study looked at the effect of acetaminophen on 1,574 people, 664 of whom had asthma.

(Acetaminophen is an active ingredient contained in Tylenol and other non-aspirin pain relievers.) Researchers found that the more acetaminophen that people with asthma took, the more often they woke up at night with symptoms and the worse their reported quality of life (*Thorax*, Apr 2000).

The reason: Acetaminophen may deplete an essential antioxidant in the lungs called glutathione, says lead study author Seif Shaheen, M.D., Ph.D., researcher and senior lecturer at Guy's, King's and St. Thomas' School of Medicine, King's College, London.

The second study examined the effect of food and drink on 336 asthmatics. Researchers found that one-third believed that alcohol—especially red or white wine—made symptoms worse (*The Jour. of Allergy and Clinical Immunology*, Mar 2000). Evidence suggests that sulfite preservatives, histamines, or salicylates may be responsible, rather than the alcohol itself, says lead study author Hassan Vally, research scientist at the Asthma and Allergy Research Institute, Inc., in Nedlands, Western Australia.

### **These commonsense steps could reduce your risk of another asthma attack:**

**Minimize** Asthmatics who take acetaminophen often (every day or several times weekly) should consider cutting back, says Dr. Shaheen. So should those who drink alcoholic beverages.

**Be vigilant** Take your asthma meds, and avoid irritating triggers such as dust, pollen, and cigarette smoke that may make your lungs more susceptible to the effects of wine, Vally says.

**Try switching** While one type of wine or other alcoholic beverage might trigger an attack, you may be safe drinking another type on occasion, Vally notes.

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### **THE FOUR STAGES OF LIFE:**

- 1) You believe in Santa Claus.**
- 2) You don't believe in Santa Claus.**
- 3) You are Santa Claus.**
- 4) You look like Santa Claus.**

## **Women Who Suffer Migraines Accompanied By Vision Loss At Increased Risk For Stroke**

Provided by: MediResource

Women who suffer from a loss of vision while experiencing migraine headaches have a 70% increase in stroke risk compared to women who don't have migraines at all, researchers reported at the American Heart Association's annual International Stroke Convention.

The study was conducted by researchers at the University of Maryland School of Medicine in Baltimore. It compared the stroke risk associated with suffering from migraine headaches that are accompanied by a loss of vision, migraines that cause the sufferer to see lines or spots, and not suffering migraines at all.

An estimated 17% of Canadians suffer from migraines, severe headaches caused when blood vessels in the lining of the brain swell. Triggers vary from person to person, but can include hormonal changes and menstruation, certain foods and stress. Vision problems and hearing abnormalities often precede these headaches.

"Our study found that women who suffer migraines with loss of vision or partial loss of vision were 1.7 times more likely to have stroke compared with women who do not have a history of migraines," Dr. Wayne H. Giles, an author of the study and the associate director for science in the Division of Adult and Community Health at the Centers for Disease Control and Prevention, said in a statement released by the American Heart Association.

Compared to women who experience vision loss, women who saw spots or lines had just a 25% increase in stroke risk over women who don't have migraines, the researchers said. Women who suffer migraines with no visual symptoms did not have an increased stroke risk.

The study, which included 963 women between the ages of 15 and 49, is the first to differentiate between the type of visual symptom and its effect on stroke risk. Other studies have linked visual symptoms to an increased risk, but did not explore the difference between various visual effects. More than 90% of migraine sufferers do experience visual symptoms, the researchers said.

A separate study also presented at the conference examined 238 male and female stroke patients between the ages of 16 and 44 and a control group of equal size to determine whether migraines increased the risk of stroke.

The researchers compared the stroke-sufferers to the control group on a number of criteria, including migraine history, wine consumption, smoking, use of birth control pills, blood pressure, and cardiac rhythm.

Analysis of the data showed that the migraine sufferers had 2.7 times the risk of stroke compared to the control group. Migraine sufferers who also had high blood pressure were almost nine times more likely to be at risk for stroke. Use of birth control pills, wine consumption and smoking did not differ between the stroke and control groups.

Because of the increased stroke risk, researchers urged migraine sufferers to minimize other risk factors as much as possible by quitting smoking, controlling blood pressure, losing weight if necessary and weighing the risks and benefits of using oral contraceptives.

## **Number of Canadian children with asthma jumps fourfold over the past 20 years**

**Provided by: Canadian Press**

TORONTO (CP) - Asthma in Canadian children has jumped fourfold over the past 20 years, to a level where more than one in 10 kids have been diagnosed with the respiratory ailment, says a report by a North American environmental agency.

In Canada, this means 2.5 million people are affected by asthma - 12 per cent of children and eight per cent of adults, says the report by the Montreal-based Commission for Environmental Co-operation, a group created as part of the North American Free Trade Agreement.

"Asthma reduces the quality of life for individuals with asthma and their families and imposes a heavy burden on the nation's health care expenditures," states the report.

The prevalence of asthma has been increasing in Canada, the United States and Mexico for several decades, according to the report, which looks at many factors affecting childhood health across North America.

"This increase represents a tremendous human and economic burden for millions of children and adults in North America," the report said.

In Canada, asthma has been increasing in children of all ages, except for boys aged four to seven years. Boys aged between eight and 11 have the highest incidence of the illness - 20 per cent are affected.

Asthma, the most common chronic disease of childhood in North America, is a chronic inflammatory disorder of the airways that causes wheezing and difficulty breathing.

Its exact causes are unknown, but the ailment is thought to be caused by a mixture of hereditary factors and the environment, while environmental factors can also make the condition worse.

The main environmental causes are second-hand smoke, mite antigens contained in household dust and outdoor air pollution, the report says. It notes that in 2002, 19 per cent of Canadian children were regularly exposed to second-hand smoke in the home.

The illness also causes a disproportionate burden on certain populations, according to the study.

"Lower-income inner-city populations are at a greater risk of developing asthma because of sub-optimal levels of care and control, and because they may have higher exposures."

The report also recommends that exposure to airborne school and workplace contaminants, animal dander and moulds be decreased.

It advocates both personal responsibility and action by government, industry and business sectors in fighting the rising asthma numbers.

"Legislation, policies and voluntary co-operation need to be part of a concerted effort to decrease school and workplace contaminants and improve air quality," the report says.

The report looked at data from the National Longitudinal Survey of Children and Youth, as well as two reports from Statistics Canada, in calculating its asthma figures.

## **Stroke Recognition**

"During a BBQ a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) and just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food - while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening.

Ingrid's husband called later telling everyone that his wife had been taken to the hospital. Sadly at 6:00pm, Ingrid passed away. She had suffered a stroke at the BBQ - had they known how to identify the signs of a stroke perhaps Ingrid would be with us today."

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally.

He said the trick was getting a stroke recognized, diagnosed and getting to the patient within 3 hours, which is tough.

### **RECOGNISING A STROKE**

Thank God for the sense to remember the "3" steps. Read and Learn! Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

1. **\*Ask the individual to SMILE**
2. **\*Ask him or her to RAISE BOTH ARMS.**
3. **\*Ask the person to SPEAK A SIMPLE SENTENCE (Coherently)**

e.g. "It is sunny out today."

If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions.

They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

A cardiologist says if everyone who gets this e-mail sends it to 10 people; you can bet that at least one life will be saved. BE A FRIEND AND SHARE THIS ARTICLE WITH AS MANY FRIENDS AS POSSIBLE, you could save their lives.

\*\*\*Elders, this was emailed into the office to pass on, author unknown.

## **Assisted Living Information Now Available Online**

The Vancouver Coastal Health Authority has launched its new assisted living website to help support communities, families and individuals get to the information they need quickly and easily.

Assisted Living is a housing plus health option for individuals who need a little extra help. It includes affordable rental accommodation, hospitality services, as well as personal care services to individuals in need. Subsidized Assisted Living (accessed through the health authority) is primarily intended for seniors and those with physical disabilities. If you are living alone, isolated, and need help with meals and personal care, this may be an option for you.

For more information, please visit the Assisted Living Website, [www.vch.ca/assisted](http://www.vch.ca/assisted)

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## **Take A Hike!**

Walking is an excellent way to improve your health and reduce your stress levels.

British Columbia is a nature lover's dream, and it has the walking and hiking trails to prove it. We British Columbians are lucky to live in such a fantastic province - and all it takes is a walk outside to start exploring.

While it's important to consult your physician before attempting any physical activity, to find out where you can get up, get out and take a hike:

Visit [www.hellobc.com](http://www.hellobc.com)

- Click on BC Regions & Cities in the main menu
- Then, click on the link for Vancouver, Coast & Mountains

Provided by the Vancouver Coastal Health Authority, [www.vch.ca](http://www.vch.ca)

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## **Why Exercise?**

We've all heard at one time or another that getting up, getting out and just generally getting the heart pumping is good for our health.

While working out is quickly becoming a way of life in British Columbia, breaking a sweat actually does a lot more for our health than just trim our waistlines.

## **Why should I exercise?**

The overall benefit of being active and fit is an improved quality of life - being able to do things you enjoy for longer periods of time (for example, playing with the kids, gardening, dancing, or walking).

Research repeatedly shows that fitness is a strong measure of health. In a study of more than 25,000 volunteers, researchers at the Cooper Clinic found that a person's fitness level was more important than body weight. Men in the study who were overweight or obese but who were physically fit had a lower risk of death than men who were a healthy weight but were not physically fit.

Being fit improves your overall health and reduces your risk of disease. Short-term benefits include:

## **A healthier heart**

Physical activity makes demands on your heart that make it stronger and better able to function.

### **Healthy muscles, bones, and joints**

Resistance training such as weight lifting improves muscular strength and endurance and increases bone density, which is especially important for older adults to prevent falls and injuries.

### **Increased burning of calories.**

Physical activity burns calories and helps you achieve a healthy balance between the calories you take in from food and those you expend. When you exercise regularly, your body burns more calories, both during activity and at rest. Being fit may also lower your percentage of body fat and increase muscle strength and tone. Your percentage of body fat depends on genetics, lifestyle, and physical activities. No matter what your size or shape, physical activity has important health benefits, including:

### **Better ability to cope with stress.**

People who are fit have less anxiety, depression, and stress than people who aren't active.

### **Improved ability to fall asleep and sleep well.**

### **Increased energy.**

### **Increased mental acuity — sharper and faster thinking.**

### **Long-term Benefits Include Reduced Risk of:**

- Dying early.
- Developing coronary artery disease. Men who are not active have about twice the risk of developing heart disease as men who are regularly physically active.
- Having a second heart attack. Also, people who get regular physical activity as part of a cardiac rehabilitation program have a lower risk of dying from a heart attack.
- Developing high blood pressure. Regular physical activity can also lower blood pressure in those who have high blood pressure.
- Developing type 2 diabetes. Physical activity may prevent type 2 diabetes through its effect on insulin, how the body processes sugar, and maintenance of body weight.
- Developing colon and other cancers.
- Becoming obese.

### **Note:**

Most people should talk to a health professional first before beginning a regular exercise program, especially those who have conditions such as coronary artery disease, high blood pressure, heart valve disease, or diabetes. If you are at risk for or have some of these conditions, your health professional may want to help you build a plan matched to your needs. He or she may want to do tests before you start a plan or want you to be more careful and watch for injuries or other problems.

**Provided by the Vancouver Coastal Health Authority, [www.vch.ca](http://www.vch.ca)**

## **Exercise strengthens fight against osteoporosis**

**Jan. 18, 2006**

**Provided by: MediResource    Written by: ADAM MICHAEL SEGAL**

TORONTO (MRI) - If you want to keep your bones healthy and cut the chances of developing osteoporosis, then get moving, researchers advise.

In a new report from the International Osteoporosis Foundation (IOF) entitled "Move it or Lose it," experts contend that exercise is a great way to build and maintain bones and prevent fractures.

"Exercise builds strong muscles, which in turn builds strong bones," writes Dr. Helmut Minne, an osteopath and board member of the IOF.

"Exercise also improves muscle control, balance and coordination, and reduces the risk of falling or suffering a fracture during a fall...So, let's mobilize our energy, let's build our bones, let's move!"

Osteoporosis results in the density and quality of bones being reduced, which in turn leads to weakness of the skeleton and increased risk of fracture.

As many as one-third of women and one in five men over 50 suffer from the disease, higher incidence rates than for breast cancer and prostate cancer, respectively, the report notes.

Bones, like muscles, can grow or shrink, so not using them can lead to their deterioration, the report explains.

That's why in addition to bone-building calcium, exercise is crucial to bone health.

"Recent studies have shown that in laying down the bone foundation that will serve for a lifetime, exercise is just as important as diet," the report says.

"This is true throughout childhood and adolescence, but especially important around the growth spurt at puberty."

To that end, the report notes that the amount of bone tissue girls accumulate between the ages of 11 to 13 is roughly equal to the amount lost during the 30 years following menopause.

So what types of exercise are bone friendly?

"Weight-bearing and high impact exercise is required to stimulate bone formation, (so) sports that involved lifting weights, running, sprinting, jumping and skipping are good," the report says, citing walking, jogging, dancing, tennis, volleyball and resistance training as useful forms of bone-building exercise.

While pointing out the benefits of these exercises, the study says more research into bone exercise is required.

"There is an urgent need for further studies to improve our understanding of how and, specifically, which forms of exercise may help maintain bone mass and strength and thus help prevent fractures," the report says.

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

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Fax: 1-250-286-4809  
Toll-Free: 1-877-738-7288  
Coordinator: Donna Stirling  
Website: [www.bcelders.com](http://www.bcelders.com)  
Email:  
[bcelders@telus.net](mailto:bcelders@telus.net)**

**'ELDERS VOICE' ISSUES  
ARE SENT OUT TO  
COMMUNITIES BY THE  
1st OF EACH MONTH.**

**If your area's copy is not re-  
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Anyone interested in advertising their products please contact the Elders Voice.

***PROVERBS:***

From a fallen tree, all make kindling.	Spanish
From a thorn comes a rose, and from a rose comes a thorn.	Greek
Get what you can and keep what you have; that's the way to get rich.	Scot
He who builds by the roadside has many surveyors.	Italian
Judge not the horse by his saddle.	Chinese
Live together like brothers and do business like strangers.	Arab
Love with wolves, and you learn to howl.	Spanish

***BIBLE QUOTES:***

"Jesus answered them, "Have faith in God. I assure you that whoever tells this hill to get up and throw itself in the sea and does not doubt in his heart, but believes that what he says will happen, it will be done for him. For this reason I tell you: When you pray and ask for something, believe that you have received it, and you will be given whatever you ask for."  
Mark 11:22-24

"He helps us in all our troubles, so that we are able to help others who have all kinds of troubles, using the same help that we ourselves have received from God."  
2 Corinthians 1:4

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

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

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

***Quotations:*** "We read books to find out who we are. What other people, real or imaginary do and think and feel is an essential guide to our understanding of what we ourselves are and may become."  
Ursula L. Leguin

"To live fully, outwardly and inwardly, not to ignore external reality for the sake of the inner life, or the reverse - that's quite a task." "One must also accept that one has "uncreative" moments. The more honestly one can accept that, the quicker these moments will pass. One must have the courage to call a halt, to feel empty and discouraged."  
Etty Hillesum

**ANNUAL BC ELDERS GATHERING INFORMATION CORNER**

**30<sup>th</sup> ANNUAL BC ELDER'S GATHERING**

**Hosts:** Nuu-Chah-Nulth Tribal Council and Tseshah First Nation

**Dates:** July 18, 19, 20, 2006 **Place:** Alberni Valley Multiplex

**Address:** 3737 Roger Street, Port Alberni, B.C.

**For Information Please Contact Coordinator: Vina Robinson**

**Office #** 250-724-5757 **Fax #** 250-723-0463

**Email:** [vrobinson@nuuchahnulth.org](mailto:vrobinson@nuuchahnulth.org)