

**Volume 5 Issue 9**

**August 2005**

**BC ELDERS COMMUNICATION CENTER SOCIETY**



# ELDERS VOICE

## Dear Elders and Elders Contact People;

I am especially pleased and proud to be forwarding this August issue as this the *57th* monthly issue marks the expansion of the Elders Voice Newsletter. I know that some of you have called and written over the years suggesting that the newsletter be even larger than its 16 pages and that is finally possible now. Postage as everyone knows is quite costly, so I will still need each Elder's Contact to continue making copies for your elders locally, but I am confident that the extra 8 pages will have beneficial information in them for not only the Elders, but the Contact People and everyone's First Nations families who read these issues each month, so I hope you all continue to enjoy the newsletter. To the Band/Health/Friendship Centre/Tribal/Treaty Offices/Individuals, etc., thank you for the extra work and expenses incurred over the past 4 and 1/2 years to help this newsletter to continue and thank you now for coping the new larger issues each month for your people.

### Notice:

Someone from this BC Elders office will be calling all contacts in the first couple of weeks of August to check on **Tickets Sales** and to ask each contact for **your email address or a general email address for your office**. If possible, to save time, could you please tell your receptionist that it is o.k. to re-release your email info to my BC Elders representative it would be appreciated.

### Reminder:

Thanks so much for your help with the Annual Raffle, please remember that everything needs to be here in CR by Sept. 15, 05 and that any group that provided a prize or sell tickets for the raffle is entered in the draw for 1/2 of the profits (if you need more tickets please call 1-877-738-7288) Donna Stirling

## Happy 91st Birthday!! to Campbell Rivers' Senior Elder, Auntie Eleanor Cliffe from Grace & the Singers

Belated Happy Birthday wishes go out today to David Swann (July 13) and Carl Alexander (July 11) and a Belated Happy Anniversary to Carl & Theresa Alexander (July 8th). In addition, Happy Birthday wishes go out to Alphonse Peters (August 14th), and Aggie Patrick in Seton Portage (August 24th).

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## Easy Bakers Corner – Chewy Homemade Breadsticks - 1 dozen

In a large mixer bowl, sprinkle yeast over the 1/4 cup water. Let stand for 5 minutes. Stir in a 1 Tbsp. of salad oil, 1 tsp. sugar, 1/4 tsp. salt, 1/2 cup of warm milk and 2 cups of flour. Beat on medium speed for 5 minutes or until dough pulls from sides of bowl in stretchy strands. Stir in more flour (about 1 cup) to form a stiff dough.

Turn onto a lightly floured board. Knead for 10 minutes or until smooth. Turn dough over in a lightly greased bowl. Cover with plastic wrap. Let rise in a warm place for 1 hour or until doubled. Turn dough out onto board. Knead again to expel trapped air. Cut into 12 equal pieces. Cover and let rest 5 minutes. Roll each piece out into a log, about 12 inches long. Set breadsticks, 1 inch apart, on a greased baking sheet.

Brush tops lightly with oil. Sprinkle with caraway seeds. Let rise in a warm place for 20 minutes or until puffy. Bake at 350°F for 15 to 20 minutes or until golden. Cool on pan 2 min.

### **Handy Tips:**

Listerine therapy for toenail fungus... Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful Antiseptic leaves your toenails looking healthy again.

Easy eyeglass protection. To prevent the screws in eyeglasses from loosening, apply a small drop of Maybel-line Crystal Clear Nail Polish to the threads of the screws before tightening them.

Coca-Cola Cure for rust... Forget those expensive rust removers. Just saturate an abrasive sponge with Coca Cola and scrub the rust stain. The phosphoric acid in the coke is what gets the job done.

## 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.

**50 PRIZES!    BC Elder's Prize Draw Date: Sept. 15<sup>th</sup> 2005    TICKETS: \$5 EACH**

- 1<sup>st</sup> 18K Gold Raven Pendant by Bussey MaQuire (thru Diane Brown—Skidegate)  
2<sup>nd</sup> Raven Print by Terry Williams (Diane Brown—Skidegate)  
3<sup>rd</sup> Fringed Native Cape by Shawna Moore (thru Amanda Zettergreen, BC Elders Council)  
4<sup>th</sup> Moccasins (Weiwaikum House of Treasures) from the BC Elders Communication Center Society  
5<sup>th</sup> Kwakiutl Print by Victor Moon  
6<sup>th</sup>–10<sup>th</sup> (5) *different* Print by Fred Anderson Jr. (thru Willie Walkus, BC Elders Council)  
11<sup>th</sup>–16<sup>th</sup> (6) *different* Prints by Ross Hunt (thru Jeanette McMaster, BC Elders Council)  
17<sup>th</sup> Union of BC Indian Chiefs Logo Golf Shirt (thru Chief Stewart Phillip)  
18<sup>th</sup> Union of BC Indian Chiefs Logo Vest (thru Chief Stewart Phillip)  
19<sup>th</sup> Baby Jacket & Bonnet by Elaine Brookes (Scotland)  
20<sup>th</sup> Photo of Eagle (Cochise) by Terry Bailey plus Tartan Throw (Scotland),  
21<sup>st</sup> Knitted Shawl by Diane Bailey plus Headband & Belt by Joanne Bailey (Scotland)  
22<sup>nd</sup> Juxtaposition #1 Print by Darcy Brown-Desjarlais (Moberly Lake)  
23<sup>rd</sup> (5) Small Native Crafts by Artists with the Fraser Canyon Indian Administration  
24<sup>th</sup> Spirit Whale Print by John Sharkey (thru Marilyn Ferry)  
25<sup>th</sup> Frog Print by V. Morris  
26<sup>th</sup> to 32<sup>nd</sup> (7) “Kwagulth Frog” Prints by Tom Hunt (thru BCECCS)  
33<sup>rd</sup> Beaded Corsage by Gloria Adams (thru Jeanette McMasters, BC Elders Council)  
34<sup>th</sup> Simpcw Logo Fleece Throw (thru the Simpcw Health Centre)  
35<sup>th</sup> (2) “Spirit Of Life” Books by Jaye Lowe/Sm. Carving by D. Alfred (thru S. Matilpi, BC Elders Council)  
36<sup>th</sup> Framed Raven Print by Joe Wilson from Virgie (Eugenia) Inyallie & Tse'khene Elders Society  
37<sup>th</sup> Framed Eagle Print by Michael Antoine, from Virgie (Eugenia) Inyallie & Tse'khene Elders Society  
38<sup>th</sup> Kahtou News Membership plus \$25 Gift Cert. London Drugs donated by Kat Norris  
39<sup>th</sup> Embossed Print by Sonny Assu (winning designer of the BC Elders C.C. Society/Elders Voice logo)  
40<sup>th</sup> Intaglio Print by Sonny Assu (winning designer of the BC Elders C.C. Society/Elders Voice logo)  
41<sup>st</sup> (2) T-Shirts from Kyuquot FN plus (3) Crocheted Pieces by Hilda Hanson  
42<sup>nd</sup> Cedar Hat by Louise Reid (thru Qualicum FN)  
43<sup>rd</sup> Hand Dyed Silk Scarf by Sharon Recalma *Humming Bird Silks* (thru Qualicum FN)  
44<sup>th</sup> Painting by Teresa Planes (thru Debbie Miller & T'Sou-ke Nation)  
45<sup>th</sup> Crooked Paddle by Johnathan Rice (thru Debbie Miller & T'Sou-ke Nation)  
46<sup>th</sup> Painting by Herbie Woods (thru Debbie Miller & T'Sou-ke Nation)  
47<sup>th</sup> & 48<sup>th</sup> Cedar Feathers by Randy Frank (thru Carolyn Frank, Komox FN)  
49<sup>th</sup> Prize donated by Willard Charlie, T'it'q'et Elders Group  
50<sup>th</sup> Pine Needle Basket by Many Hands Ktunaxa Artisans Cooperative **and** Set of 20 Pen and Ink Greeting Cards by Charles Bullshields (thru St. Mary's Band Health Centre)

**Profits from this Annual Provincial Elders Art Raffle will be divided equally 2 - ways**

1. An 'Elder's Group Draw' - with one winning group (who has helped with this raffle) receiving 1/2 of the profits to help send their group to the Gathering (when this raffle is more successful there will be more than one draw).
2. The other 1/2 of the Draw's profits will be used for the communication center's office expenses so that it may operate for the Elders in BC.

**\*\*Stubs & Profits must be received at the above address (in Campbell River) by noon Sept. 15, 2005**

**\*\*Winners' names will be posted in the Elders Voice Oct. 2005 issue available at [www.bcelders.com](http://www.bcelders.com)**

**View Prizes: June 1<sup>st</sup> 2005 at [www.bcelders.com](http://www.bcelders.com)**

# HEALING OURSELVES, HEALING THE HUMAN FAMILY

## INTERNATIONAL CONFERENCE – NOV 17-20, 2005

Four Worlds International and the Squamish Nation are very pleased to invite all members of the human family to our International Conference, “**Healing Ourselves, Healing the Human Family**”, which we will co-host November 17 – 20, 2005, at the Delta Vancouver Airport Hotel, with special healing events, to be held at the Squamish First Nation. This International Gathering will feature outstanding Indigenous healers, healing circle leaders and presenters and other special international healers and leaders who support the healing of the human family and Mother Earth. We encourage you to make your hotel reservations at the special rate of \$104.13 (includes taxes) as soon as possible, as space is filling up very quickly. To ensure an intimate environment we are limiting the conference to 250.

Special guest presenters include Gary Zukav, Linda Francis, and Dr. Jane Goodall DBE. Gary Zukav has a highly respected international reputation as an author, as a leader of healing, and as a regular guest on the Oprah Winfrey Show, including a special episode that featured a one-hour discussion between Gary and Oprah on Christmas Eve, 1998. Oprah Winfrey shared, “If there was just one book on this planet that I could recommend that you read, it would be this book, The Seat of the Soul, by Gary Zukav. It has been for me, one of, if not the most powerful book I’ve ever read... except for the Bible.” In addition to this New York Times’ Bestseller, Gary and Linda have co-authored two other New York Times’ Bestsellers, The Heart of the Soul: Emotional Awareness and The Mind of the Soul: Responsible Choice. They, also, co-lead the very popular “AUTHENTIC emPOWERment”, “Scientists of the Soul” and “Journey to the Soul” workshops. Gary Zukav and Linda Francis will be talking about an overview of all of these topics and providing you with practical tools and experiences to support healing in all of these areas.

Other outstanding keynote speakers and workshop presenters include Adeline Brown, Corinne Stone, Dennis Joseph, Dominic Rankin, Carmen Funcia, Judie and Michael Bopp, Faith Spotted Eagle, Grandfather William Commanda, Howard Vincent, Leonard George, Lee Brown, Lorraine and Ross Muehlfarth-Hance, Michel Brazeau, Deloria and Jacob BigHorn, Phil Lane, Jr., Charlie Letendre and his Ceremonial Nakoda Singers, Reggie Newkirk, Rev. Gene Harry, Robert Nahanee, Sequoyah Trueblood, Susan Martin Powell, Sوسان Abadian, Ronald Heifetz, Sylvia Demarest, Tony Alexis and Angaangaq Lyberth (Uncle).

Proposed conference themes include the following:

### ***For Individuals:***

- 1. Finding my Path, Honouring my Purpose* – Focused on practical strategies for clarifying who you are and what you need to do to develop your true potential.
- 2. Beyond Violence and Abuse* – Understanding and healing the impact of family violence, abuse and trauma across generations.
- 3. Out of the Shadow of Sexual Abuse* – Understanding and healing sexual abuse.
- 4. Tools for Wellness* – Exposure to a wide range of practical tools and strategies for physical, emotional, mental and spiritual health.
- 5. Using Art in the Healing Process* – A hands-on exploration of art therapy approaches.

### ***For Families:***

1. *Peacemaking for Couples* – Ending negativity, fighting, abuse and fear to build unity, peace and purpose into spousal relationships.

2. *Parenting Difficult Children* – Understanding the needs of traumatized and physically or emotionally challenged children, and developing effective parenting approaches.

3. *Healing Intergenerational Patterns of Violence and Abuse in Families* – Understanding where abuse comes from, how it is passed on within families and how to stop it.

***For Communities:***

1. *Healing Workplace War Zones* – Building forgiveness, respect, unity, diversity and love in workplace cultures.

2. *The Politics of Abuse* – How power and politics, when they are misused, can protect and enable abuse to continue, and the role of community leaders in breaking the patterns and building positive strategies for ending abuse.

3. *Shifting to the Positive* – Moving communities from a focus on crisis and dysfunction to a path of healing and positive community development.

***For Everyone:***

1. *The Art and Science of Transforming Human Systems*

2. *Healing Conflict between Races, Cultures and Nations*

3. *A World in Transition* – Understanding how global forces and “big ideas” such as terrorism, corporations, the anti-globalization movement, environmentalism, and human rights are part of the challenge of healing.

Special evening events at the hotel include Shaker Church Healing Ceremonies, Guided Imagery, and the Breath of Life Ceremony. As well, Sweat Lodge Ceremonies will be conducted at the Squamish Nation. (As always, Sweat Lodges will be open to people without charge.) There will also be early morning activities.

Registration rates as follows:

Prior to November 11<sup>th</sup>, 2005 only- \$485.00 CDN/person (app. \$380.00 US) After November 11<sup>h</sup> – Onsite Registration \$585.00 CDN (app. \$460.00 US)

One-day registration - \$150.00 CDN (app. \$118.00 US) Special Rates for Elders and Youths – Please call for information

A group of 5 or more, \$445.00 CDN per person (app. \$349.00 US)

We hope that you will join us November 17 – 20, 2005 in Vancouver for this very uplifting and unifying International Gathering. For Conference Registration Information, please contact our office at 403-320-7144 or toll free at 1-866-505-1455 or e-mail us at [info@4worlds.org](mailto:info@4worlds.org).

For hotel reservations, please contact: Delta Vancouver Airport and Conference Centre, 3500 Cessna Drive Richmond, BC V7B 1C7 Telephone: (604) 278-1241 Fax: (604) 276-1975 Vancouver Central Reservations: 1 888-895-2870 Toll Free: 1-877-814-7706

With Warm and Loving Greetings, Phil Lane, Jr., International Coordinator

**Provided by: Canadian Press**

**Written by: MARILYNN MARCHIONE**

ORLANDO, Fla. (AP) - Middle-age women can cut their risk of strokes but not heart attacks by regularly taking low doses of aspirin, and the pills help prevent both problems in women 65 and older, a major study found.

The results are opposite what is known about aspirin in men, where its benefit for stroke is limited and its ability to prevent heart problems is legendary. Since women proportionately suffer more strokes and men more heart attacks, this is generally good news, specialists said.

Researchers also found that taking vitamin E did no good for women of any age, confirming a study last fall that concluded supplements of this nutrient could even be harmful.

The new information comes from the Women's Health Study, the first rigorous, scientific test of whether long-term use of aspirin or vitamin E made a difference in cardiovascular risk in females. Previous research has been almost exclusively in males.

Findings were reported Monday at an American College of Cardiology meeting in Orlando. They also were being published online by the New England Journal of Medicine and will be in the March 31 print edition.

The study has "major public health implications," said Dr. Elizabeth Nabel, director of the National Heart, Lung and Blood Institute, which funded the research with the National Cancer Institute.

"In contrast to men, aspirin did not reduce the risk of nonfatal or fatal heart attacks in women of all ages but did so in women over age 65," she said.

The study was led by Julie Buring, Dr. Paul Ridker and others at Brigham and Women's Hospital and Harvard Medical School. Many have been consultants to aspirin makers, but the companies did not run the federally funded study. Bayer Healthcare supplied aspirin for it and the Natural Source Vitamin E Association supplied that nutrient.

In the study, 40,000 female health professionals 45 and older were randomly assigned to take either fake pills or 100 milligrams of aspirin - slightly more than the 81-milligram "baby aspirin" pills commonly sold - every other day.

After 10 years, aspirin users had a 17 per cent lower risk of stroke, and a 24 per cent lower risk of strokes caused by blood clots, owing, researchers believe, to aspirin's well-known anti-clotting properties.

Women 65 and older got even more benefit: They were 30 per cent less likely to have a stroke caused by a blood clot and 34 per cent less likely to suffer a heart attack.

Aspirin's benefits were greatest for nonsmokers and former smokers, and didn't vary among women who did or did not use hormones after menopause.

But the benefits did come with a cost. Stomach or intestinal bleeding requiring a blood transfusion occurred in 127 women on aspirin and in 91 women taking dummy pills.

"Is it manageable? Yes. Is it worth it? That's an individual decision," Nabel said, adding that anyone considering taking aspirin should talk with his or her doctor about the relative risks.

In 2002, the federal government and the American Heart Association recommended aspirin for adults who have risk factors that raise their chances of developing a heart problem, but authors say their new study makes this somewhat questionable for women.

The study "demonstrates the importance of studying medical therapies among women as well as men," Buring said. "We finally have the evidence base needed for women to make rational decisions about the use of aspirin in preventing cardiovascular disease."

Reasons for the gender differences are unclear. Strokes usually occur from blood clots that form in neck arteries; heart attacks, from coronary artery clots. Aspirin may affect one or the other more in men and women.

The dose of aspirin in this study also was lower than what some previous studies in men used.

"It also may be due to a difference in biology between men and women that we simply don't understand. It could be that men and women respond differently to aspirin," Nabel said.

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### **Managing type 1 Diabetes involves:**

- following your doctor's advice about regulating your diet and getting appropriate exercise
- taking insulin injections so that your body can regulate and use sugar
- monitoring your blood sugar levels regularly. Home blood-glucose monitor kits that analyze a single drop of blood are very convenient for this purpose.
- using the Hemoglobin A1c test (HbA1c test), which measures your blood sugar control over time. Your doctor will do this test every two or three months to see how effectively you're managing your blood sugar levels.

Insulin therapy is based on how much insulin your pancreas may be making and how sensitive you are to it. The idea is to imitate the flow of insulin from a normal pancreas so that your blood sugar can be kept close to normal all day. Lifestyle, exercise, and eating patterns also affect this flow.

### **Managing type 2 Diabetes involves:**

- oral medications
- insulin injections (in some cases)
- dietary modifications
- weight control and exercise
- monitoring your blood sugar levels regularly
- using the Hemoglobin A1c test (HbA1c test)

If you have type 2 diabetes, your doctor may prescribe oral medications (tablets or capsules taken by mouth). There are many kinds of oral diabetes medications. All of them work differently, but each lowers blood glucose. Ask your doctor which medication or combination of medications is most appropriate for you.

Inside the Human Body  
From the show [Inside the Human Body](#) at Oprah.com

Dr. Mehmet Oz is one of the most respected surgeons in the world, as well as host of *Second Opinion* on the Discovery Health Channel. Today, Dr. Oz brought a selection of *real* healthy and damaged organs to demonstrate what goes on inside the human body. If you overeat, smoke or drink too much, you may be surprised to see what you're doing to your body.

The healthy heart (left) is very supple, firm and poetic, according to Dr. Oz. The unhealthy heart (right) is larger and paler. The lighter spot in the middle indicates that this person had a heart attack. That scarred vessel was unable to bring blood to the heart, and the damage can be seen on the inside.

Once an artery is closed, it doesn't heal, which is a devastating problem, Dr. Oz says. While medicine has gotten better at curing heart attacks, damage is still done after a heart attack, creating an epidemic of heart failure. Surprisingly, Dr. Oz says it's nearly impossible to find an aorta without plaque. The healthy aorta (left) is such a rarity, it took Dr. Oz a month to find one. Most people's aortas look more like the unhealthy example (right).

The plaque that is created in the aorta is hard, like a rock, so it literally causes hardening. While plaque is dangerous, the possibility of a clot forming is even more worrisome. It is possible to reverse some of the effects of plaque on the aorta, but the best solution is prevention, says Dr. Oz.

This should put your dieting into perspective—this container holds five pounds of human body fat! Imagine carrying five or ten of these on your back. That's what you're doing to your body when you gain weight. The reason we get fat, Dr. Oz explained, is because our ancestors survived because they could store fat. In modern society, with no problems of food shortage, we're taking in more fat than we need to survive. By controlling your weight, Dr. Oz says, you can add years to your life.

Dr. Oz took a cross-section of a healthy liver (left) and an unhealthy liver (middle) to better demonstrate the differences. The healthy liver is soft, smooth and supple. The unhealthy liver contains little nodules, which is an example of cirrhosis, caused by drinking too much alcohol. The liver serves to process all the materials you bring into your body, which it can't do if it's diseased. The worst thing that can happen to your liver is cancer (right). When your liver becomes damaged, and the body is continually trying to repair itself, it can lead to cancer.

If you're trying to quit smoking, this could be the day you go cold turkey. The healthy lung (left) is generally pinkish and healthy, with a bit of damage from living in an urban area. The unhealthy lung (middle) comes from a smoker, and is riddled with dark tar from cigarettes. What's even more worrisome than tar, according to Dr. Oz, is cancer. A cancerous lung (right) will have nodules of cancer cells that grow and spread, invading into everything around them.

In this cross-section of the spine (left), there's a bit of tissue called the meniscus that acts as a shock absorber between the pieces of the spine. If you're overweight, every time you take a step, you take seven times that weight on your spine. If you don't stay limber or lose weight, over time that piece of tissue can get crushed down. In addition, according to Dr. Oz, you recreate your bones every ten years. If you don't do some sort of weight-bearing exercise, your bones will become fragile from osteoporosis and break more easily. The knee (right), also has the meniscus to protect your joint. In an overweight person, it can get fractured and the bones begin to wear. This can lead to knee pain, back pain, and a number of orthopedic ailments.

If you fall into the Four F's (Fat, Female, near Forty and Fertile), you're a likely candidate for gallstones. Gallstones are created in the gallbladder, which stores materials including cholesterol and bile, usually squeezed into our intestines to digest. When that doesn't happen, the stones can get lodged in the gallbladder, which is

painful, especially under your ribcage on the right side. To alleviate the problem, the gallbladder is often removed, which Dr. Oz says is one of the most common operations performed by doctors.

According to the American Diabetes Association, more than 18 million people in the United States have diabetes. Dr. Oz says that although diabetes can be managed, it's important to pay the right kind of attention to the disease. "One of the problems with diabetes is that you feel normal, so you don't take things seriously," he says. What diabetics can't see is how blood vessels can shrink, causing harm to the kidneys. On the left is a normal kidney; on the right, a damaged kidney. The good news is that Type 2 diabetes can be prevented through exercise and diet.

Using the term "egghead" to describe a genius isn't too far off from reality. That's because the consistency of the human brain is similar to the white part of eggs. Dr. Oz calls the brain a "spectacular" organ that can actually shrink if you don't exercise it. What's the best way to do that? "Daydream," says Dr. Oz. "You finally have an excuse!"

There's a lot more to the tongue than you might think: when you stick it out, you're actually seeing only part of it. The full tongue muscle reaches back to include the Adam's apple. Dr. Oz says that if the tip of your tongue is too red, it could mean emotional or physical stress.

The stomach is an amazing organ. When you eat, its muscular walls stretch to hold up to three pints of food.

Unfortunately, stress can literally eat away at the body, says Dr. Oz. That's a leading cause of painful stomach ulcers, shown here at left. The black spots and discolored craters are signs of an overworked stomach. To protect your own stomach from these problems, try relaxing, stress-busting exercises like meditation.

Along with a lack of fiber and insufficient water, stress can cause major problems for the colon. "When you eat food that isn't high in fiber," explains Dr. Oz, "food gets caught in the crevices. Years of abuse can create bigger problems."

Foods high in fiber include oatmeal, blueberries, brown rice, strawberries, carrots, beans, and peas.

You might be surprised by how small the uterus is (left). The fallopian tubes reach out to the ovaries, and the uterus—"a small and elegant structure," says Dr. Oz—stretches to hold a fetus.

Humans are the only mammals without a bone in their penises (right). This is because when men are sexually aroused, blood flows into the penis to make it stiff. That's another reason that men should exercise and eat well; doing so will keep the blood flowing throughout the *entire* body.

Uterine fibroids are common, non-cancerous tumors of the uterus. Although they are benign, they can be painful. The fibroid shown here is almost the size of a grapefruit!

There is no known cause for uterine fibroids, and treatments may range from hormonal therapy to hysterectomy.

Dr. Dean Ornish is the first doctor to prove that heart disease can be reversed through diet and exercise. His low-fat, high-fiber eating plan has helped millions of people, but he says another key to good health is avoiding stress.

"When you manage stress better, when you exercise, when you eat better, your quality of life improves," he says. He suggests meditation as a way to reduce stress, adding that patients who meditate show improved medical tests.

[Try Dr. Ornish's meditation techniques.](#)



**Carrier Sekani Tribal Council**

1460- 6<sup>th</sup> Ave.

Prince George, B.C.

V2L 3N2

Phone: (250) 562-6279 or 1-800-280-8722



REGISTRATION FORM

29<sup>th</sup> ANNUAL BC ELDERS GATHERING

OCTOBER 4-6<sup>th</sup>, 2005 at the Prince George Civic Centre  
(808 Civic Plaza, Prince George, BC V2L 5T6)

NAME:
ADDRESS:
TELEPHONE:
BAND/ NATION/ELDER'S GROUP:
BIRTHDATE:
MEDICAL CONCERNS/INFORMATION/ ALLERGIES:
CAREGIVER/ELDERS WORKER'S NAME (traveling with elder):
Volunteer:
Skills:
Address/ Ph#:
Dates & times to volunteer:

**ALL Elders and Workers are encouraged to have emergency medical information in their wallet or purse so that in the event of a medical emergency it will accessible for medical personnel.**

PLEASE COMPLETE FORM AND **RETURN BY MAIL-IN ONLY**

MAIL TO: #200-1460 SIXTH AVENUE, PRINCE GEORGE, B.C. V2L 3N2

**DEADLINE FOR REGISTRATION IS SEPTEMBER 08, 2005**

ANY REGISTRATIONS RECEIVED **AFTER** THIS DATE WILL BE SUBJECT  
TO A FEE OF \$30.00

PAYABLE IMMEDIATELY TO CARRIER SEKANI TRIBAL COUNCIL

**\*\*Elders Coordinators** will be asked to check-in on behalf of their group to pick up their packages and blank nametags, etc. **Individual check-in line** will be set up for those Elders traveling on their own.

MEDIA RELEASE

For Immediate Release - June 21, 2005

**Okanagan Nation Alliance Questions DFO's Commitment to Species at Risk**

Westbank, BC - After waiting almost a month for Fisheries and Oceans Canada (DFO) to respond to their letter regarding an endangered listing for Okanagan Chinook, the Okanagan Nation Alliance is questioning Minister Regan's commitment to salmon recommended for listing under the Species at Risk Act (SARA). All has not been well between the Federal Government's Species at Risk Act and the Okanagan Nation Alliance due to the social, cultural and economic impacts upon the Okanagan Nation.

"On Friday, the DFO Regional Director General, Paul Sprout, finally responded and scheduled a meeting with us," said Program Manager Deana Machin. "Their silence to date has been telling."

"Our informal discussions with DFO regional staff indicate that DFO may not support the listing due to a lack of information on the stock," stated Senior ONA Fisheries Biologist, Howie Wright. "But the Species at Risk Act (SARA) clearly states that the Minister cannot rely on uncertainty as a reason not to list - he must err on the side of caution."

There has never been a DFO chinook assessment program in the Okanagan and no funds are allocated to monitor the population at this time. Lack of federal commitment has, in part, lead to the deficiency in knowledge on Okanagan Chinook.

Okanagan Chinook are the last run of chinook returning to Canada through the Columbia River system, and in recent years, there have been less than 50 adults observed annually. The Okanagan Chinook run was almost destroyed when Grand Coulee Dam was built in 1939 and Fisheries and Oceans Canada effectively turned its back on its responsibility for domestic salmon stocks in the Columbia. Today the few remaining fish face the looming threat of increased fishing in the US Columbia mainstem.

Okanagan Nation Title and Rights Advisor Byron Louis hopes that this won't be Grand Coulee all over again. "Without an independent body to ensure that Minister acts on his domestic responsibility to list these fish, the Okanagan people are at risk of having their title and rights infringed upon again, and all Canadians risk losing another precious run of wild salmon."

The Okanagan Nation Chiefs affirm that they assert full collective ownership of their territorial lands and resources, which include Chinook. With the very real threat of losing another struggling population of fish, the Okanagan Nation Alliance is considering its legal options if the Okanagan Chinook are not listed. "We have had a solid science-based working relationship with DFO on sockeye salmon assessments and we would like to build upon that relationship to include Okanagan Chinook recovery through the Species at Risk Act." said Chief Stewart Phillip, ONA Chairman "Recovery of Okanagan Chinook will be more readily accomplished if we can work cooperatively together on the river rather than slug it out with DFO in the courts."

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For more information please contact:

Chief Stewart Phillip, ONA Chairman (250) 470-5314

Byron Louis, Title and Rights Advisor (250) 878-3309

## **RCMP INTERFERENCE**

Tsawataineuk First Nation (TFN), Kingcome Inlet, B.C.

On June 27, 2005 in Vancouver the Burrard Street Bridge was blocked off at both ends at around 2 PM by members of the VPD (Vancouver Police Department), and the ERT. The Police have not released a statement.

Two friends from the West Coast Warrior Society and a driver were surrounded by the VPD, and ERT with sub machine guns and assault rifles and taken into custody but later released without being charged as all necessary documents (except bows and arrows) were in order for possession of outdoor equipment and hunting rifles.

One of our friends dislocated his shoulder and sprained his wrists during the apprehension and requested medical attention which was not given to him.

As well as the \$23 000 worth of OITT equipment, a laptop, cell phones and brief case were taken and not returned upon their release.

OITT or Outdoor Indigenous Traditional Training is part of recommendations commissioned by our Nation after phase one of our Holden Creek Heritage Camp Study (“Blockade”) in which we were compelled to stop International Forest Products from logging old growth cedar in our Sacred Valley between the Broughton Archipelago and Kingcome Inlet. The other recommendations are to finalize our Heritage policy, seek funding for our own Land Use Vision and further archaeological inventories in Holden Creek.

Our two friends of the West Coast Warrior Society, David Dennis, and James Sakej Ward are security advisors and trainers working with us to facilitate OITT, which is endorsed by the authority of our Hereditary Chiefs, elders and members under our jurisdiction and laws of the land.

OITT, is a course we are offering to not just our Village members but also our off reserve members who have not grown up in our natural environment.

It will provide teachings from our grass roots hunters and fishers to provide, protect and enhance our traditional roles and way of life.

As this incident was not justified and all documents were in order, and the equipment purchased from a public retail outdoor surplus store, we expect an apology, an explanation and the return of all Items unjustly confiscated. We as first nations must not tolerate terrorism and intimidation on our own lands, as we respect common law we expect foreigners to respect our laws, customs and jurisdiction.

We ask that the RCMP not try to spin this as “hostile indianism” to justify other injustices or future injustice, as we just want freedom and peace within our lands.

Gilakasla

Eric Joseph  
Tsawataineuk First Nation

Phone 250-974-3013  
Cell 259-974-4224

**In Loving Memory of our Mother and Granny**  
**Carolina Marie Wright**



*55 years of age*

**July 8, 1949 ~ August 18, 2004**



Departed this life on August 18, 2004 at the Prince George Hospital. As a result of a single-car "accident" on April 29, 2004, caused by her son Gary Wilson. She fought long and hard for 3 1/2 months before leaving us. At 55 years of age, Caroline loved life and was very proud to say that she had 13 grandchildren. Caroline was fortunate enough to see her last two grandchildren, Maggie Caroline (June) & Julia (July).

*As a personal opinion, I would like everyone to take this time to always think twice before getting into a car with a drunk driver. Don't stand by while someone drives off with your loved one. Don't be afraid to take the keys away or report the driver to the RCMP. A drunk driver is a murderer behind the wheel of a lethal weapon. The path of a drunk driver and the victims never ends safely, whether you are injured physically or psychologically.*

Caroline was predeceased by her former common law husband, Gary Wilson, Sr. Her parents Harold and Elizabeth Wright, Her sisters Marjorie (and her husband Mike Pottle) and Mary Wright; brother-in-law John Lindley, sister-in-law Valerie (Harold Wright, Jr's wife); Albert and Patrick Shaw, Arnold Pottle. Her son Thomas Harold Brown.

**She is survived by her children;**

Christopher Brown & his children, Chris Jr, Dallas, Georgina, & Chrystal.

Leona Brown & her spouse Robert Penniman & their daughter Maggie Caroline.

Gary Wilson Jr. & his children, Tre, Damion, Malcolm, & Mattea.

Donovan McLeod & his spouse Amanda Wesley & their son Donovan Jr.

Roxanne McLeod & her spouse John Sampson & their children, Claudia, Tomak, & Julia.

Bryan McLeod

Caroline is also survived by her husband Gary Lockerby, brother Harold Wright, Jr & sisters Verna Shaw, Arlene Lindley, Nancy Wright & many nieces & nephews.

Funeral services were held in her home on August 23, 2004 on the Glen Vowell Indian Reserve in Hazelton, BC. The family would like to thank R.A. Schrader Funeral Home for arranging the cremation and the GV Salvation Army Church for their services. A very special thank you to "Team Caroline" pallbearers Josh & Warren Campbell, Gary Sampson, Paul, Carl, & Lloyd Joseph, whom she considered her boys and was always proud of their successes in life. The family hopes they continue on with life through a positive path.

*Please contact Leona Brown to give condolences, donations or requests for Caroline's eulogy at 604-251-1584*

## CAMPBELL APPOINTS NEW CABINET FOR BRITISH COLUMBIA

VICTORIA – Premier Gordon Campbell began his second term as British Columbia’s Premier by appointing a 23-member Cabinet.

“We are going to focus on implementing and achieving the five Great Goals for the Golden Decade ahead,” said Campbell. “They will guide our actions and they will focus our energy. To secure our future in a changing and challenging world will require bold steps, clear vision and concerted action in which all British Columbians play a part.

“We will forge new relations with First Nations, founded on reconciliation, respect, and recognition of aboriginal rights and title,” said Campbell. Tom Christensen, the former Minister of Education, will serve as Minister of Aboriginal Relations and Reconciliation.

“British Columbia is at the vanguard of Canada’s future. We are at the crossroads between Asia and North America, and it is going to take a determined effort on our part to make sure all British Columbians benefit from this opportunity,” said Campbell. Colin Hansen, formerly Minister of Finance and Minister of Health Services, will be Minister of Economic Development and Minister responsible for the Asia-Pacific Initiative and the Olympics.

“We will redouble our efforts to make B.C. a leader in modernizing the Canada Health Act for all Canadians, so that all British Columbians receive timely, quality public care, regardless of their income,” said Campbell. George Abbott, the former Minister of Sustainable Resource Management and Minister of Community, Aboriginal and Women's Services, will serve as the Minister of Health.

“There will be a new focus on citizen-centred service, cross-government co-ordination and reaching out in new ways to make government more responsive to women, seniors, multicultural communities, and people with special needs,” said Campbell.

“We are going to build upon the spirit of democratic innovation and consolidate B.C.’s role as the nation’s driving force for democratic renewal. We will do that with new forums for direct citizen involvement through digital democracy and other means,” said Campbell. “This goes hand-in-hand with our achievements in reforming government through innovations such as set election dates and free votes in the legislature.”

New members of the B.C. Cabinet appointed today include: Vancouver-Fraserview MLA Wally Oppal as Attorney General; Kamloops MLA Claude Richmond as Minister of Employment and Income Assistance; East Kootenay MLA Bill Bennett as Minister of State for Mining; Chilliwack-Kent MLA Barry Penner as Minister of Environment; Vancouver-Langara MLA Carole Taylor as Minister of Finance; and Richmond Centre MLA Olga Ilich as Minister of Tourism, Sports and the Arts.

Premier Campbell also appointed three Parliamentary Secretaries today: Dave Hayer will be Parliamentary Secretary for Multiculturalism and Immigration; Richard Lee will be Parliamentary Secretary for the Asia-Pacific Initiative; and Val Roddick will be Parliamentary Secretary for Agriculture Planning.

“These are exciting times for British Columbia,” said Campbell. “This truly is our golden decade of opportunity. There will be many challenges along the way. As Premier, it will be my privilege to listen, learn and lead British Columbia.”

For more information: Media contact: Mike Morton, Press Secretary, Office of the Premier 250 213-8218 or visit the Province’s website at [www.gov.bc.ca](http://www.gov.bc.ca) for information or services.

Dear Elders, This just goes to show that no matter how bad our worst day is in Canada, we are still a hundred times better off than the majority of the rest of the world; and miracles do happen. Donna Stirling

## **AFRICA - Ethiopian girl reportedly guarded by lions**

### **Authorities: Cats chased off men trying to force her to marry**

The Associated Press June 21, 2005

ADDIS ABABA, Ethiopia - A 12-year-old girl who was abducted and beaten by men trying to force her into a marriage was found being guarded by three lions who apparently had chased off her captors, a policeman said Tuesday.

The girl, missing for a week, had been taken by seven men who wanted to force her to marry one of them, said Sgt. Wondimu Wedajo, speaking by telephone from the provincial capital of Bitata Genet, about 350 miles southwest of Addis Ababa.

She was beaten repeatedly before she was found June 9 by police and relatives on the outskirts of Bitata Genet, Wondimu said. She had been guarded by the lions for about half a day, he said.

“They stood guard until we found her and then they just left her like a gift and went back into the forest,” Wondimu said.

“If the lions had not come to her rescue, then it could have been much worse. Often these young girls are raped and severely beaten to force them to accept the marriage,” he said.

#### **'Some kind of miracle'**

Tilahun Kassa, a local government official who corroborated Wondimu's version of the events, said one of the men had wanted to marry the girl against her wishes. “Everyone thinks this is some kind of miracle, because normally the lions would attack people,” Wondimu said.

Stuart Williams, a wildlife expert with the rural development ministry, said the girl may have survived because she was crying from the trauma of her attack.

“A young girl whimpering could be mistaken for the mewing sound from a lion cub, which in turn could explain why they didn't eat her,” Williams said.

Ethiopia's lions, famous for their large black manes, are the country's national symbol and adorn statues and the local currency. Despite a recent crackdown, hunters kill the animals for their skins, which can fetch \$1,000. Williams estimates that only 1,000 Ethiopian lions remain in the wild.

The girl, the youngest of four siblings, was “shocked and terrified” after her abduction and had to be treated for the cuts from her beatings, Wondimu said. He said police had caught four of the abductors and three were still at large.

Kidnapping young girls has long been part of the marriage custom in Ethiopia. The United Nations estimates that more than 70 percent of marriages in Ethiopia are by abduction, practiced in rural areas where most of the country's 71 million people live.

*Article from msn.com*

Kids are always getting stomachaches and rashes. But headaches? Strictly for grown-ups, right? Wrong. The majority of school-age children get headaches, and many have headaches on a recurrent basis. Even before entering school, roughly one-third of children experience a headache at some point. You know the pain is real, but what can you do? Find out what's triggering your child's head pain and identify measures you can take to help.

### What causes children's headaches?

A number of factors, singly or in combination, can make your child headache-prone. These factors include:

- **Genetic predisposition.** Headaches, particularly migraines, tend to run in families. If you have a family history of bad headaches, your child will have a higher risk of getting them too.
- **Head trauma.** Accidental bumps and bruises can cause headaches. Although most head injuries are minor, seek medical attention right away if your child falls hard on his or her head. Also contact a doctor if your child has a steadily worsening headache after a bang on the head.
- **Illness and infection.** Headache is a frequent symptom of many common childhood illnesses. Ear infections, sinus infections, colds and flu are often accompanied by headache.
- **Environmental factors.** Conditions in the environment, including weather changes, odors, loud noises and bright light all can cause headaches.
- **Emotional factors.** Peer pressure, school problems and parental expectations can lead to high levels of stress and anxiety. Children with depression may complain of headaches, particularly if they have trouble recognizing feelings of sadness and loneliness.
- **Certain foods and beverages.** The food additive monosodium glutamate (MSG), found in such foods as bacon, bologna and hot dogs, has been known to trigger headaches. Also, caffeine, which is in soda, chocolate, coffee and tea, can cause headaches.
- **Sleep deprivation.** Overtiredness may cause headaches in children.
- **Inadequate hydration.** Lack of fluids can also cause headaches.

### What kind of headache does your child have?

Headaches are typically hard to describe, especially for children. Some headaches are related to stress, while others are the result of an illness or injury. All headaches, though, are classified into two main categories — primary and secondary.

#### Primary headaches

Primary headaches develop by themselves rather than as a result of illness or injury. Headaches in this category include:

- **Tension-type headache.** Often stress related, this type accounts for many children's headaches. If your child has this type of headache, he or she may complain of a tightening or pressure in the head, neck and skull muscles.
- **Migraine.** Approximately 10 percent of school-age children experience migraines. Before children reach puberty, migraines affect about the same number of boys as girls, but in the teen years, girls tend to have migraines more often than boys do. While a migraine lasts, it may be disabling, causing not just pain but nausea, vomiting and extreme sensitivity to light and sound. Unlike tension-type headaches, migraines often occur during nonstressful or recreational times.
- **Cluster headache.** This is the least common type of headache in children. It's usually disabling and involves a sharp, stabbing pain on one side of the head.

#### Secondary headaches

Secondary headaches result from some underlying condition such as:

- Fever, Head trauma, Cold, Sinus infection, Strep throat, Ear infection, Meningitis, Temporomandibular joint disorders (TMJ) and other jaw-related problems, Medication side effects

### **Is your child's headache chronic?**

Because children's headaches have many possible causes, each child needs a personal evaluation. As a rule of thumb, though, your child should see a doctor if he or she starts having headaches on a weekly basis or has any episode of head pain bad enough to keep him or her out of school or other activities. Children who are too young to tell you what's wrong may cry and hold their heads to indicate severe pain.

### **Two common types of chronic headache are:**

- **Transformed migraines.** This happens when an occasional migraine occurrence turns into a daily occurrence.
- **Rebound headaches.** This can result from overusing certain over-the-counter and prescription medications for chronic tension-type headaches.

### **How do doctors diagnose chronic headaches?**

Doctors diagnose most chronic headaches after taking a detailed medical history and performing a neurological exam. Occasionally, this work-up suggests that an abnormality in the brain or skull may be responsible for a child's headaches. In these instances, imaging tests, usually performed in hospital radiology departments, can pinpoint the problem. The most common imaging techniques are:

- **Computerized tomography (CT).** A CT scan is a diagnostic imaging procedure that uses a series of computer-directed X-rays to provide a comprehensive view of the brain.
- **Magnetic resonance imaging (MRI).** An MRI doesn't use X-rays. Instead, it combines magnetism, radio waves and computer technology to produce detailed images of the brain.

### **Preventing children's headaches**

A few simple measures will prevent all but the occasional headache in a child:

- **Insist on adequate rest.** Young children and adolescents need plenty of sleep — eight to 10 hours minimum. On the flip side, too much sleep can cause headaches, so don't let your child sleep the day away.
- **Provide a healthy diet.** Make sure your child eats breakfast, lunch and dinner and has healthy snacks to choose from throughout the day. Also, make sure your child drinks enough water, particularly in hot weather and after strenuous activity.
- **Take steps at the first sign of a headache.** If you think your child is developing a headache, encourage him or her to take a nap — if possible, in a dark, quiet room.
- **Keep a headache diary.** Note times and places that headaches occur. Also describe any thoughts, behaviors or events that occur with headaches. Use information from the diary to help your child avoid possible headache triggers. Wait for the child to volunteer that he or she has a headache rather than soliciting the symptom.
- **Avoid stressors.** Be alert for things that may be causing stress in your child's life, such as difficulty doing schoolwork or strained relationships with peers. If your child's headaches are linked to anxiety or depression, consider talking to a counselor.

Baseline prevention consists of a predictable daily routine, adequate rest, and healthy meals and snacks. Over time, the items you note in the headache diary should help you understand your child's symptoms and take specific preventive measures.

### **Treating children's headaches**

Treatment depends on the type of headache. It may include:

- **Behavior therapy.** Stress- and anxiety-related headaches are often the culmination of several physical and emotional factors. If your child shows signs of stress — behavioral changes, eating and sleep disturbances, lack of interest in favorite activities — he or she may benefit from professional and peer counseling.
- **Over-the-counter medications.** Pain relievers such as acetaminophen (Tylenol, others) and ibuprofen (Advil, Motrin IB, others) relieve the immediate symptoms of mild headaches. Both ibuprofen and acetaminophen reduce fever too. Don't give aspirin to children under age 16 unless instructed to do so. Aspirin has been linked to Reye's syndrome, a rare but potentially life-threatening condition in children.
- **Prescription medications.** Ergotamine and the triptan medications, such as sumatriptan, zolmitriptan and rizatriptan, relieve migraines already in progress. Other prescription drugs, including tricyclic antidepressants, beta blockers, calcium channel blockers and anticonvulsants, are taken regularly to prevent frequent and disabling migraines.

**Remember, the medication strategy differs from child to child. Ask your doctor or pharmacist if you have questions. Keep these points in mind:**

- Read labels carefully. Use only the dosages recommended for children, not adults. Some products come in infant, child and adult strengths but may look the same.
- Don't give doses more frequently than recommended.
- Ask about possible side effects of any medication.

Bottom line: If your child has chronic headaches, you can do more than simply surrender to the condition. Get help to find out how you can make a difference. From msn.com

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## **Seniors' Health: No more trips, slips, and falls**

Watch your step! Falls can lead to serious injuries, such as hip and wrist fractures, that can rob you of your independence – and even your life. In fact, falls are the main cause of serious injuries and death in older people.

As we age, normal changes like dimming eyesight and failing hearing make us more prone to falling. Be sure to get regular checkups from your doctor to test your eyes and ears. Some medications, including those for depression, high blood pressure, and sleep problems, can affect our balance and make us unsteady on our feet, causing falls. See your doctor right away if you feel dizzy, weak, unsteady or confused – it might be due to a drug you're taking, an illness, or a physical condition.

If your doctor recommends that you use a cane or a walker, don't ignore that advice! It can make the difference between being mobile and having to recover from a fracture. Also, when getting up after you've been lying down, always sit for a couple of minutes before standing up – you'll be less likely to feel dizzy. And try to get enough exercise and calcium in your diet to keep your bones strong and prevent fractures.

**Take these steps to make your home safer and prevent slips, trips and falls:**

- Wear shoes or slippers with nonskid soles.
- Keep your home well-lit and use night-lights to keep from tripping over things.
- Get rid of throw rugs or fasten them to the floor.
- Don't put electrical cords across pathways.
- Install grab bars by the bathtub and toilet.
- Put in handrails on both sides of stairways.
- Don't climb on stools or stepladders – let someone else do the reaching for you.

Don't use slippery waxes on floors.

High-heat cooking methods such as grilling and broiling cause meat, poultry, and fish to form potentially carcinogenic chemicals, especially if charring occurs. In addition, when fat drips on hot coals (or any heat source), other possible carcinogens are formed and are deposited on the meat by the rising smoke and flames.

This doesn't mean that you should never eat barbecued meat--just not every day, consider these steps to reduce the risks.

- Pick low-fat meats, or at least trim all visible fat, to reduce flare-ups.
- Marinate meats before grilling them. This can reduce the potential carcinogens by more than 90%. Use vinegar, vegetable oil, herbs, and spices.
- To reduce grilling time, particularly for thick cuts of meat, partially precook the meat (in the oven or microwave), then finish on the grill.
- Don't place the heat source directly under the meat. For instance, put coals slightly to the side so that fat doesn't drip on them.
- Place aluminum foil or a metal pan between the meat and the coals to catch the dripping fat.
- If dripping fat creates a lot of smoke, remove the meat briefly or reduce the heat.
- Don't use mesquite: this softwood produces very high heat.
- Scrape off charred parts of meat.

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## **Doctors see upward bounce in kids' injuries as trampoline popularity heightens**

Provided by: Canadian Press

Written by: SHERYL UBELACKER May. 15, 2005

TORONTO (CP) - Kids may jump for joy at the sight of a trampoline, but a huge upsurge in injuries in the past decade has doctors and safety experts wishing that parents would bounce the equipment right out of their back yards.

While total national figures aren't tabulated, a study of 15 Canadian hospital emergency rooms saw trampoline injuries among children leap from about 150 in 1990 to roughly 550 in 2002.

"That's just a representative sample, what we like to say is the tip of the iceberg of the kinds of increases that we're seeing," said Allyson Hewitt, executive director of Safe Kids Canada.

About 75 per cent of injuries occur on home trampolines, including large backyard models that can propel someone up to nine metres in the air. Fractures - to wrists, arms, ankles, legs and even the neck, skull and spine - are the most common type of injury.

"You would think that most injuries would occur when children would fall off the trampolines, but actually a significant number of injuries are happening to children while they're on the trampoline," Hewitt said.

In fact, falling off the equipment represented less than one-third of all injuries, concluded a 2002 study by the Canadian Hospitals Injury Reporting and Prevention Program (CHIRPP).

About 18 per cent took place when there were two or more kids on the equipment at the same time; six per cent while attempting stunts like flips; and 33 per cent from falling or landing on the trampoline bed itself, said Steven McFaull, a research analyst for Canada's Public Health Agency, which oversees the CHIRPP database.

Of great concern is the growing severity of trampoline injuries: from 1990 to 2001, there was a 56 per cent increase in the number of cases requiring admission to hospital.

Close to half of those were among kids aged 10 to 14, said McFaull.

With the warm-weather season upon us - 84 per cent of injuries occur between April and September - safety experts want consumers to think twice about buying a trampoline. Yet sales "have gone through the roof," said Hewitt.

While Canadian figures aren't available, the International Trampoline Industry Association said sales to U.S. consumers jumped 395 per cent between 1989 and 2002.

And as popularity has risen, so too have injuries: nearly 75,000 American children were seen by emergency room physicians each year in 2001 and 2002, compared to an annual average of about 42,000 from 1990 to 1995, a study shows. More than 90 per cent of the mishaps happened on home equipment.

Injuries serious enough to require hospital admission also rose dramatically in children 18 and under - to about 2,120 in 2001-2002 from 1,400 a year in the early '90s, said lead author Dr. James Linakis, a pediatric emergency physician at Rhode Island Hospital.

"I've heard from several parents that it's great exercise for my kids," said Linakis, who presented his findings to the Pediatric Academic Societies meeting Sunday in Washington. "And I think there's a lack of perception as to the kind of injuries that can occur.

"There are other ways for children to get exercise, there are other ways for children to find enjoyment from being in the outdoors," he said in a recent interview from Providence, R.I. "And clearly some of these other ways are less of a risk to children than what we see trampolines to be."

The American Association of Pediatrics recommends that trampolines should not be used at home, inside or out; nor should they be part of school phys ed classes or placed in outdoor playgrounds - a position supported by Safe Kids Canada.

Any trampoline use should be in a setting that provides expert training and safety supervision, said Hewitt. "And we are strongly recommending that children under six not use a trampoline, even in a supervised setting. They just don't have the physical strength or co-ordination to handle it."

Still, memories of performances by Canadian silver-medallist Karen Cockburn and other 2004 Olympic trampoline artists are bound to embolden some kids to go after the same high-flying experience.

"Those people are so highly trained," said Hewitt. "These are the best athletes in the world, and to assume we can go in our backyard and replicate anything that they're doing is just not acceptable."



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## NEWS RELEASE

For Immediate Release  
2005TNO0009-000593  
June 21, 2005

Ministry of Aboriginal Relations and Reconciliation

### **PROVINCE PAYS TRIBUTE TO ABORIGINAL VETERANS**

VICTORIA – In honour of National Aboriginal Day celebrations held across Canada today, government is paying tribute to the contributions and sacrifices made by Aboriginal veterans in British Columbia, Minister of Aboriginal Relations and Reconciliation Tom Christensen said today.

“Today we salute the many Aboriginal men and women in B.C. who have shown honour, courage, loyalty and a commitment to protect and serve our country,” said Christensen. “These individuals have contributed to our freedom and we recognize their participation in war efforts over the past 90 years.”

2005 has been proclaimed the Year of the Veteran in Canada. As part of National Aboriginal Day, aboriginal veterans are being recognized around the country. In B.C., First Nations, Métis and Inuit veterans were officially recognized at a ceremony in the provincial legislature. Nationally, more than 7,000 First Nations, Métis and Inuit people served in the First and Second World Wars and the Korean War.

“This is a day to reflect,” said Claude Petit, president of the National Aboriginal Veterans Association. “We need to pause for a moment to remember the people who gave up their lives for this country – not just the Aboriginal soldiers, but their buddies too. We all served together.”

Aboriginal veterans in British Columbia are represented by four organizations: Vancouver Island Aboriginal Veterans Association; Lower Mainland Aboriginal Veterans Association; Interior Aboriginal Veterans Association; and the B.C. Branch Métis Veterans Association.

“Today, we are proud to be honouring the Aboriginal veterans who volunteered and gave so much for this country,” said Grand Chief Ed John of the First Nations Summit. “We extend our deepest gratitude and respect to these veterans and commend the government for giving them the recognition that they deserve.”

During the First World War, one in three of able-bodied Canadian Aboriginal men, of age to serve, enlisted. In both World Wars, First Nations, Métis and Inuit volunteered in proportionally greater numbers than the rest of the Canadian population at large. The contributions of Aboriginals were recognized through the naming of six Canadian war ships during the Korean War, including HMCS Nootka and HMCS Haida.

National Aboriginal Day is held annually on June 21st as a celebration of Aboriginal culture, history and art in Canada. Events are held in communities across the country. These events are a valuable social link between Aboriginals and non-Aboriginals.

-30-

Media        Kelly Harris  
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Visit the Province's website at [www.gov.bc.ca](http://www.gov.bc.ca) for online information and services.

TORONTO (MRI) - Here's yet another reason for people with type 1 diabetes to keep their blood sugar under tight control: Doing so can dramatically reduce their risk of heart attacks, stroke, and other cardiovascular problems. Earlier studies have shown that using intensive therapy to keep blood sugar levels as close to normal as possible can cut the chance of developing a number of diabetes-related complications, including eye, nerve and kidney damage. But a study presented by researchers at the annual scientific meeting of the American Diabetes Association (ADA) adds the benefit of reducing the risk of heart disease to the list.

"The longer we follow patients, the more we're impressed by the lasting benefits of tight glucose control," said Dr. Saul Genuth, one of the study's co-chairs, in a statement released by the ADA. "The earlier therapy begins and the longer it is maintained, the better the chances of reducing the debilitating complications of diabetes."

The study looked at the long-term effects of using intensive therapy compared to a more conventional approach to control the blood sugar of more than 1,400 people with *type 1 diabetes*. Type 1 diabetes is a less common form of the condition, and occurs when the pancreas produces little to no insulin. Once referred to as "juvenile diabetes," it occurs in 5% to 10% of diabetes cases.

In the study, patients between the ages of 13 and 39 were randomly assigned to either an intensive treatment group or a conventional treatment group. Participants in the intensive treatment group received at least three insulin injections per day in order to regulate blood sugar, or they used an insulin pump, which injects a steady stream of insulin into the bloodstream and allows for adjustments during meal times. Blood sugar control was monitored through frequent self-testing as well as through regular blood tests measuring participants' *hemoglobin A1c levels*, which reflect average blood sugar control over recent months.

In the conventional treatment group, participants received one or two insulin injections per day and underwent daily urine or blood tests to measure their blood sugar levels. After 6.5 years, hemoglobin A1c levels averaged 7% in the intensive treatment group and 9% in the conventional treatment group. The researchers define normal hemoglobin A1c levels as 6% or less.

Though the study ended after 6 years, 1,375 of the subjects participated in a follow-up study for an additional 17 years. Among those participants, there was a greater incidence of heart problems in the conventionally treated group than in the intensively treated group. Overall, there were 46 "cardiovascular disease events" (heart attack, stroke, angina, coronary artery disease requiring angioplasty or bypass surgery) in the intensive group and 98 in the conventional group. A total of 4% or 31 of the intensively treated patients suffered from these events, compared to 7% or 52 of the conventionally treated patients.

"The risk of heart disease is about 10 times higher in people with type 1 diabetes than in people without diabetes," said study co-chair Dr. David Nathan in a press release. "It's now clear that high blood sugar levels contribute to the development of heart disease. The good news is that intensively controlling glucose significantly reduces heart disease as well as damage to the eyes, nerves and kidneys in people with type 1 diabetes. Tight control is difficult to achieve and maintain, but its advantages are huge."

While the study looked at the effects of blood sugar control exclusively on type 1 diabetes, researchers say the benefits likely extend to people with *type 2 diabetes* as well. Type 2 diabetes occurs when the body becomes resistant to the effects of the insulin it produces or the pancreas isn't able to produce enough insulin to regulate blood sugar. "There is a strong and growing body of evidence that everyone with diabetes gains from strict blood glucose control," said Dr. Catherine Cowie, who oversaw the follow-up study for the U.S. National Institute of Diabetes and Digestive and Kidney Diseases.

"The take-home message is that good glucose control should be started as early as possible to delay or prevent serious diabetes-related complications," added Dr. Alan D. Cherrington, president of the ADA.

In Loving Memory  
Si:yam Mary Ann Galt

February 20, 1949 to November 20, 2004

I'm Free

Don't grieve for me, for now I'm free  
I'm following the path God laid for me.  
I took his hand when I heard Him call  
I turned my back and left it all.

I could not stay another day  
To laugh, to love, to work or play.  
Tasks left undone must stay that way.  
I found that place at the close of day.

If my parting has left a void  
Then fill it with remembered joy  
A friendship shared, a laugh, a kiss  
Ah yes these things I too will miss.

Be not burdened with times of sorrow  
I wish you the sunshine of tomorrow  
My life's been full, I savored much  
Good friends, good times, a loved one's touch.

Perhaps my time seemed all too brief  
Don't lengthen it now with undue grief  
Lift up your hearts and share it with me  
God wanted me now, and he set me free.

Councilor Mary Ann Galt, Leq'a:mel First Nation  
Laid to Rest with her family in Deroche Cemetery

You will be missed.

**BC ELDERS  
COMMUNICATION  
CENTER SOCIETY**

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

**Phone: 1-250-286-9977  
Fax: 1-250-286-4809  
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Website: [www.bcelders.com](http://www.bcelders.com)  
Email:  
[bcelderscommcenter@telus.net](mailto:bcelderscommcenter@telus.net)**

**'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 tradi-  
tional healing. If you can provide info of who and what is available in  
your area, please call in to the office on the toll free line to talk.**

***PROVERBS:***

A dog is a dog unless he is facing you; then he is Mr. Dog.  
Call on God, but row away from the rocks.  
It is better to be a coward for a minute than dead for the rest of your life.  
Knowledge without wisdom is a load of books on the back of an ass.  
When money speaks, the truth keeps silent.  
Better bend than break.  
They talk of my drinking but never my thirst.

***BIBLE QUOTES:***

"If you love money, you will never be satisfied; if you long to be rich, you  
will never get all you want. It is useless. The richer you are, the more  
mouths you have to feed. All you gain is the knowledge that you are rich.  
A working man may or may not have enough to eat, but at least he can get  
a good night's sleep. A rich man, however, has so much that he stays  
awake worrying." Ecclesiastes 5:10-12  
"But I will sing of your strength, in the morning I will sing of your love;  
for you are my fortress, my refuge in times of trouble. O my Strength, I  
sing praise to you; you, O God, are my fortress, my loving God."  
Psalm 59:16-17

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

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

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

**ANNUAL BC ELDERS GATHERING INFORMATION CORNER**

The Host for the 29th Annual BC Elders Gathering is the Carrier Sekani Tribal Council and they can be reached at **1-800-280-8722** or by email at [agrant@cstc.bc.ca](mailto:agrant@cstc.bc.ca). The dates are **October 4-6 2005** at the Prince George Civic Centre. The Reigning King for 2005 is Albert Chingee from McLeod Lake Band (he is Sekani) and the 2005 Queen is his wife Veronica (Vera) Seymour and she is from Lheidli T'enneh and she is Carrier.

**Message from Host:\*\* Please note there is a revised Booth Form from the host at [www.bcelders.com](http://www.bcelders.com)**

Hadih Everybody,

At this point in time we are selling 50/50 tickets and have just started a Raffle. We are having two draws, one on August 31/05 and one on September 30/05. Tickets are only \$2.00 each, 3/\$5.00 or 7/\$10.00 or a whole book for \$15.00 (10 tickets) Pictures can be emailed out for people/communities to review.

We are working hard at fundraising for the 29<sup>th</sup> Elders Gathering and we are accepting donations of any hand crafted items, artwork, and anything we can use for the conference (ie-pens, paper, notebooks, etc) and of course monetary donations would really help out with providing for the elders.

If individuals or groups want to make monetary donations they can make cheques payable to "Carrier Sekani Tribal Council".

We look forward to your continued support in this wonderful event for our Elders, our Wisdom Keepers.