



ELDERS ROCK

JANUARY 23, 2009

URBAN ABORIGINAL ELDERS NEWSLETTER

VOLUME 1, NUMBER 2

Two Day Open-Space Meeting

There will be a two day Open-Space meeting held at the Civic Centre this February. The purpose of the meeting is to discuss common objectives that the Elders could work on together for the betterment of the entire community. **This meeting is open to the entire community!** Please invite other Elders, your family, friends, and anybody that you think would be interested in this topic.

Date: Wednesday February 18th – Thursday February 19th

Place: Prince George Civic Centre

Time: 9-4

Contact: Laura 250.562.6325

IN THIS ISSUE:

- 1 Current News
- 3. Health Article
- 5 Recipe
- 6 Fun & Games
- 8 Puzzles
- 10 Upcoming Events
- 12 Contacts

Larger Than Life

On Wednesday, January 28th at 7 pm, Cineplex Entertainment is pleased to present the concert presentation, Larger Than Life, a celebration of Canadian Aboriginal musical talent. Shown in High-Definition (HD) and digital surround sound exclusively at select Cineplex Entertainment theatres across the country, Larger Than Life features performances and interviews from five top Aboriginal musicians.

“Our commitment to providing our guests the best out-of-home entertainment at our theatres continues with the exclusive concert presentation, Larger Than Life,” said Pat Marshall, Vice President, Communications and Investor Relations, Cineplex Entertainment. “For those who couldn’t experience the concert live at the Revival or who would simply like to see it again, they can now experience it a Cineplex Entertainment theatre near them on the big screen and in surround sound.”

“We are very proud to present such an incredible line up in such a unique way,” explains Métis producer Ralph Brown, Partner, Strong Road. “The concert will be exceptional, as is expected from this talent and we are fortunate that it will find its way to Canadians cross country.”

Filmed by Strong Road and presented by Working Title Artists and Cineplex

Entertainment, the event presents Sierra Noble, Plex, Marc Nadjiwan, Jason Burnstick, The Johnnys and more along with the folk tales and comedy styles of emcee Winston Wuttunee. Sponsored by the Aboriginal People's Television Network (APTN), this line-up of diverse music talent joined together to celebrate Aboriginal music on stage at the Revival Theatre in Toronto, Ontario, resulting in the two-hour concert presentation, Larger Than Life.

Advance tickets are available beginning Friday, January 16th online at <http://www.cineplex.com> as well as at participating theatre box offices. General admission is \$9.95 + tax and a special group rate is also available for groups of twenty or more at \$7.95 + tax per person. For more information on group rates, call 1-800-313-4461.

PGUAS Partner's Forum

On January 21st, Joyce and Jim Roberts, Lyle Lloyd and Laura Blumhagen gave a presentation at the PGUAS Partner's Forum on behalf of the Elders group. They did a pretty good job representing the group and what the project is about.

Health Article: Cold and Flu

The Difference between Influenza and the Common Cold

Both influenza and the common cold are viral respiratory infections (they affect the nose, throat, and lungs). Viruses are spread from person to person through airborne droplets that are sneezed out or coughed up by an infected person. In some cases, the viruses can be spread when a person touches an infected surface (e.g., doorknobs, countertops, telephones) and then touches his or her nose, mouth, or eyes. As such, these illnesses are most easily spread in crowded conditions such as schools.

People infected with an influenza or cold virus become contagious 24 hours after the virus enters the body (often before symptoms appear). Adults remain infectious (can spread the virus to others) for about 6 days, and children remain infectious for up to 10 days.

The Flu

Influenza is commonly referred to as "the flu." Between November and April each year, an estimated 10-25% of Canadians may get the flu. Although most people recover fully, the flu causes approximately 7,000 deaths annually in Canada, mostly among high-risk populations (people with other medical conditions or weakened immune systems, the Elderly, and very young children). The flu can hit anybody hard, but it's especially dangerous for seniors. 90% of these deaths are among people over 65. Most of the deaths are from pneumonia related to flu and many others may die from other serious complications of flu.

Many people think the flu is nothing more than a bad cold -- until they come down with it. When your entire body aches, your energy vanishes, and a fever, dry cough, sore throat, and headaches set in, it's impossible to mistake the flu for a mild illness.

If you get the flu, you should increase the amount of fluids you drink (water, juice, soups) and get plenty of rest for seven to ten days. There are also new medications to treat influenza. If you take them within 48 hours of the start of your symptoms, they may reduce the length of your illness by an average of one or two days.

Flu vaccines have been around since the 1940s. The vaccine is made from fragments of inactivated influenza viruses, grown in fertilized hens' eggs and then purified. The flu viruses are capable of changing from year to year, so the composition of the vaccine has to be updated annually. This is why it is necessary to be immunized **each** fall. About 10 million doses of influenza vaccine are distributed annually in Canada each year during the flu season.

After you get a flu shot, your immune system produces antibodies against the strains of virus in the vaccine. The antibodies are effective for four to six months. When you are exposed to the influenza virus, the antibodies will help to prevent infection or reduce the severity of the illness.

“7000 people die from the flu every year in Canada. 90% of these deaths are among people over 65.”

Common Cold

There are over 200 different known cold viruses, but most colds (30% to 40%) are caused by rhinoviruses. In Canada, the peak times for colds are at the start of school in the fall, in mid-winter, and again in early spring. Children catch approximately 8 colds per year, adults catch roughly 4 per year, and seniors about 2 per year.

Many people confuse the flu with a bad cold. The following table highlights the differences between influenza and the common cold:

Symptom	Flu	Cold
Fever	Usually present, high (102°F to 104°F or 38°C to 41°C); lasts 3-4 days	Uncommon
Headache	Very common	Uncommon
Aches & Pain	Common and often severe	Slight
Fatigue & Weakness	Can last 14-21 days	Mild
Extreme Exhaustion	Very common	Never
Stuffy Nose	Sometimes	Common
Sneezing	Sometimes	Common
Sore Throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate hacking cough

Prevention

Regular hand washing is another way to help minimize your risk. By washing your hands often, you will reduce your chance of becoming infected after touching contaminated surfaces.

Recipe of the Month: Granola Bars for Diabetics

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients (makes 25 bars)

- 1 1/3 cup Oats, rolled, old fashioned
- 2/3 cup seedless raisins
- 1/2 cup Cereal, bran flakes
- 1/3 cup Coconut, dried, unsulfured, unsweetened, shredded
- 3 tbsp semi sweet chocolate chips
- 2 tbsp chopped pecans
- 1 tsp baking soda
- 1/4 cup Peanut Butter, creamy
- 1/4 cup brown sugar
- 3 tbsp margarine (or butter)
- 3 tbsp honey
- 1 tsp vanilla extract

Nutrition Facts	
Serving Size: 1 piece	
Amount Per Serving	
Calories:	89.2
Total Carbs:	11.8g
Dietary Fibre:	1.1g
Sugars:	7.8g
Total Fat:	4.1g
Saturated Fat:	1.2g
Unsaturated Fat:	2.9 g
Potassium:	0mg
Protein:	1.7g
Sodium:	81.9mg
Dietary Exchanges	
1 fat, 1/4 starch	

Directions

- 1 Preheat oven to 350 degrees F.
- 2 Spray a 9 inch square pan with nonstick cooking spray, or use a layer of wax paper between the bars and the pan.
- 3 In a bowl, mix the oats, raisins, bran flakes, coconut, chocolate chips, pecans, and baking soda.
- 4 In a small pot, whisk the peanut butter, brown sugar, margarine, honey, and vanilla over medium heat until sugar dissolves, about 30 seconds.
- 5 Pour wet ingredients over dry ingredients and stir well.
- 6 Press mixture into 9 inch square pan and bake until browned, about 15-20 minutes. Cool completely before cutting into 25 bars.

TIP: Do not overcook the peanut-butter mixture or it will not taste good.

HINT: Homemade granola bars are Laura's all time favorite snack!

Fun and Games

Proverbs

A house divided against itself cannot stand.

~ Abraham Lincoln

The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom.

~ Isaac Asimov

Be kind whenever possible. It is always possible.

~ Dalai Lama

Bible Quote – 1 Timothy 5:1-2

Never speak harshly to an older man, but appeal to him respectfully as you would to your own father. Talk to younger men as you would to your own brothers. Treat older women as you would your mother, and treat younger women with all purity as you would your own sisters.

Jokes

Hearing Aid

On a rural road a police officer pulled a Chief over and said: "Sir, do you realize your wife fell out of the car several miles back?" To which the Chief replied: "Thank God, I thought I had gone deaf!"



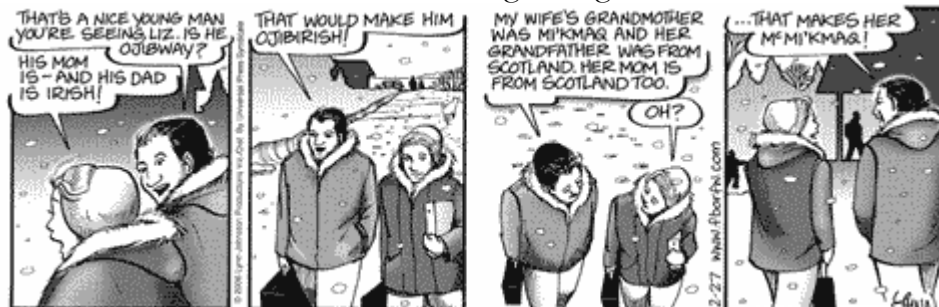
Get to the Point

What do you call an Aboriginal person with no lips? Pointless!

Hair Cut

An old Chief and a little boy entered a barbershop together. After the Chief received the full treatment - shave, shampoo, manicure, haircut, etc. - he placed the boy in the chair. "I'm going to buy a green tie to wear for the parade," he said. "I'll be right back in a few minutes".

When the boy's haircut was completed and the Chief still hadn't returned, the barber said, "Looks like your grandpa's forgotten all about you." "That wasn't my grandpa," said the boy. "He just walked up, took me by the hand and said, 'Come on, son, we're gonna get a free haircut!'"



Never Trust Little Old Indian Women:

A little old Indian woman went into the bank with a sack full of money. She plopped it onto the desk of the bank president as she had wrangled her way into his office. He was an Indian man.

"Where did you get money like this?" he asked her.

"Well, you see." She answered him. "I make bets."

"Bets?" He wanted to know.

"Yes." She replied. "For instance, I'll bet you \$25,000 you are not brown all over. I bet that under your shorts you are white."

"The Indian president of the bank told her, "Well, I will take that bet, I am brown all over."

"Okay," the wily old lady agreed. "However, tomorrow when we close the bet, I want my attorney with me. He is Indian too.

"Okay! Okay." The president of the bank was agreeable.

When he went home though he double checked to see if he was brown all over. After all, \$25,000 was at stake.

The next day when the little old Indian lady came in with her attorney, the president was ready for her.

The little old Indian woman told him. "I am not going to take your word for it. I want to see if you are brown all over."

The president thought for a moment and decided since it was, after all, \$25,000 he would, indeed, drop his pants to show the little old Indian woman he was brown all over, which he did. He looked over at the attorney who was banging his head against the wall.

"Why is he doing that?" The president asked.

The little old Indian woman answered, "Because I bet him \$165,000 that the President of the bank would drop his pants for me".

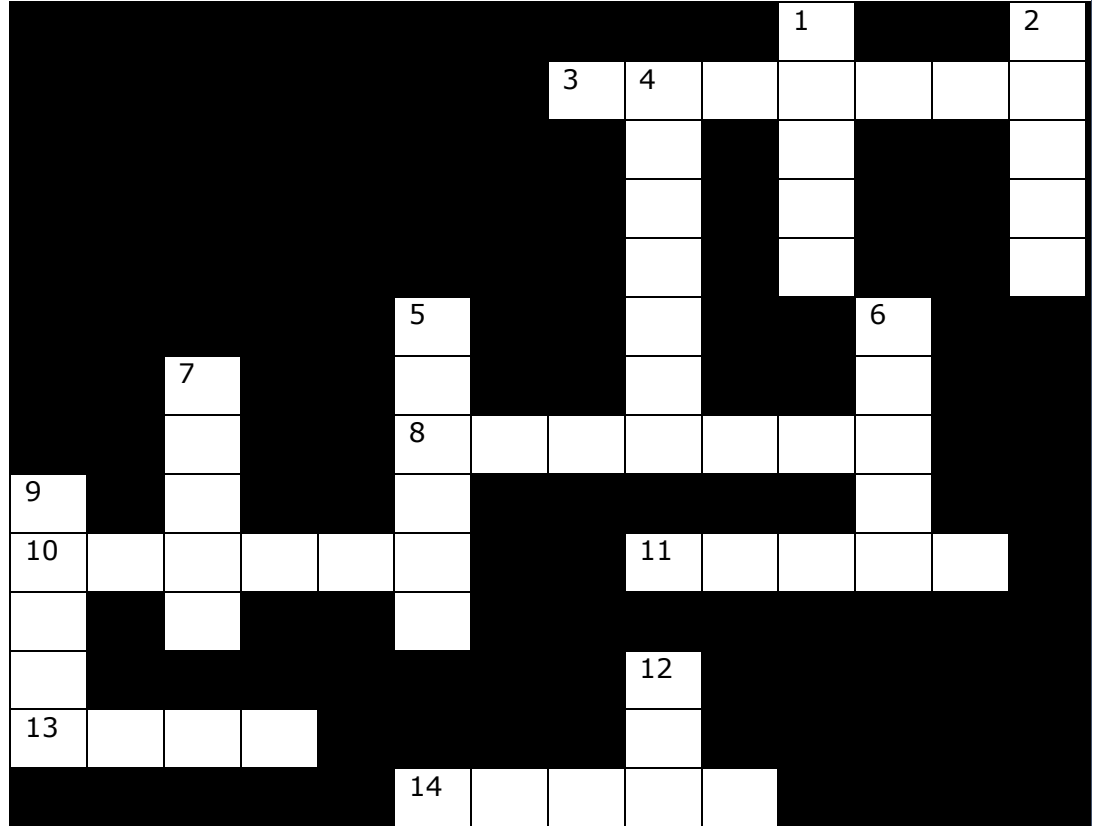
Dancing Kleenex

How do you get a Kleenex to dance? ... Put a little boogey in it.

Puzzles

Cree Crossword Puzzle

How well do you know the Cree language? The hints are in English, the words are in Cree. Answers on last page.

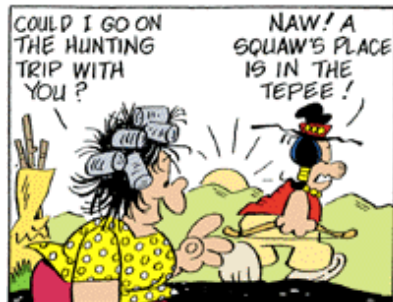


Across

- 3 The color of snow.
- 8 The root of all evil.
- 10 A color, also a citrus fruit.
- 11 The coldest season.
- 13 A loyal pet, man's best friend.
- 14 A cute animal with long ears, a short bushy tail, big feet (good for jumping) that likes to eat carrots.

Down

- 1 The hottest season.
- 2 A greeting.
- 4 Something you wear on your head.
- 5 One of the largest North American land mammals.
- 6 This number makes a crowd.
- 7 The first number.
- 9 A large brown animal with antlers.
- 12 A nocturnal bird of prey.



Word-Find

First Nations People of British Columbia

H	L	E	K	A	D	I	A	H	C	E	W	N	I	H	M
A	S	N	N	H	T	A	K	M	S	H	W	X	U	S	G
A	N	O	G	S	C	H	I	I	K	A	E	E	C	I	S
W	U	H	N	I	N	L	T	D	L	I	A	H	T	G	T
W	T	C	S	L	T	A	E	I	A	S	T	X	N	A	X
E	D	T	E	A	A	N	G	K	X	L	S	A	H	T	E
T	A	U	L	S	E	K	T	A	U	A	K	N	Z	O	E
S	A	T	L	T	E	U	A	N	N	S	H	I	I	W	S
U	S	T	H	S	N	C	H	P	A	A	T	D	T	E	T
W	K	A	W	A	K	A	W	K	A	W	K	L	L	E	S
E	H	L	X	O	H	I	I	E	T	M	A	O	I	K	N
T	A	A	X	C	P	N	A	H	P	A	U	T	N	E	I
E	E	D	U	N	N	E	Z	A	S	E	H	X	G	N	H
N	N	U	N	S	L	C	K	H	K	M	M	L	I	O	A
U	N	I	T	O	Q	H	L	I	S	T	I	C	T	Z	I
E	X	T	T	H	U	S	E	K	A	N	I	S	G	A	A
A	W	M	U	H	H	S	G	W	U	E	H	N	T	W	N

All punctuation has been removed in the puzzle.

Coast Salish	Ktunaxa	Sekani
Dak'elh	Kwakwaka'wakw	Stl'atl'imc
Dene-thah	Nisga'a	Tagish
Dunne-za	Nlaka'pamux	Tahltan
Gitsan	Nuu-chah-nulth	Tlingit
Haida	Nuxalk	Tsilhqot'in
Haisla	Okanagan	Tsimshian
Heiltsuk	Oweekeno	Tutchone
Kaska	Secwepemc	Wet'suwet'en

Upcoming Events

Eagle's Pancake Breakfast

Delicious breakfast.

Location: Eagles Hall 6742 Dagg Rd

Date: Sunday, January 25th

Time: 8.30 am to 11 am

Contact: 250 962 7005

Walk for Memories

Help raise funds for people in our community living with Alzheimer's disease and dementia.

Location: UNBC Northern Sports Centre

Date: Saturday, January 25th

Time: 1.30 pm to 3 pm

Phone: 1 800 667 3742

Want to Learn How to Keep Your Brain Healthy?

Attend a healthy brain workshop. Research is showing ways that all of us, especially people with dementia and caregivers can work on brain health.

Location: 202-575 Quebec Street

Date: Wednesday January 28th

Time: 8 am to 5 pm

Cost: \$5.00

Contact: Marianne Luther

Larger Than Life

Cineplex Entertainment is pleased to present the concert presentation, *Larger Than Life*, a celebration of Canadian Aboriginal musical talent. The two hour concert has an impressive line-up: Sierra Noble, Plex, Marc Nadjiwan, Jason Burnstick, The Johnnys and more along with the folk tales and comedy styles of emcee Winston Wuttunee.

Location: Famous Players Prince George

Date: Wednesday, January 28th

Time: 7 pm

Cost: \$9.95

Hockey Game and Family Skating

Join us at an outdoor hockey game and family skating. There will be goodies, hot chocolate and lots of prizes. A winner will be picked for a trip for 4 to Jasper on VIA Rail and 2 nights at Jasper Inn with breakfast.

Location: Ecole Franco-Nord School (2641 Ellison Drive)

Date: Saturday, February 7th

Time: 3 pm

Cost: Free

Contact: Monique 250 561 2565 or ccfpg@netbistro.com

Prince George Farmer's Market – Indoors

The Prince George Farmers' Market vendors have moved into to an indoor location for the winter season. Look for the market at St. Michael's Church hall on Fifth Avenue at Victoria where you will enjoy fresh produce from the local fall harvest as well as baked goods, preserves and an interesting selection of products from local crafters and artisans.

Location: St. Michael and All Angels' Church

Date: Saturday, February 14th

Time: 9 am to 2 pm

Cost: Free Admission

Contact: Trisha Kadla info@farmersmarketpg.ca

Community Open Space Meeting

There will be a two day meeting to discuss common objectives that the Elders could work together on for the betterment of the entire community. This meeting is open to the entire community! Please invite anybody who you think would be interested.

Location: Prince George Civic Centre

Date: February 18 – 19th 2009

Time: 9 am to 4 pm

Cost: Free

Contact: Laura 250 563 6325 for more details.

Free Swim

This is a fun way to spend time with your grandchildren, and good exercise! Free locker tokens are provided as well.

Location: Four Seasons Leisure Pool

Date: Sunday, February 22nd

Time: 4 pm to 6 pm

Cost: Free

All My Relations

There will be AA meetings on Sunday nights, followed with an after session smudge ceremony.

Location: Alano Club

Date: Sundays

Time: 6 – 7 pm

Cost: Free

Contact: 250 563 9517

Beginners Computer Classes

FREE Beginners Computer Classes for Seniors will be starting soon. Learn how to send and receive email and 'surf the 'net' safely.

Location: Prince George Council of Seniors

Date & Time: TBA

Contact: 250 564 5888

Contact Information

Aboriginal Business Development Centre – 250.562.6325

Crisis Line – 250.563.1214

Dak’elh Elders - 250.614.7731

Lheidli T’enneh - 250.963.8451

Nechako Métis Elders -

Prince George Métis Elders - 250.562.2771

Prince George Native Friendship Centre – 250.564.3568

Residential School Crisis Line – 1.866.925.4419

Residential School Settlement: Common Experience Payment –
1.866.699.1742

Cree Crossword Puzzle Answers

Across

3 The color of snow. White – wapiskaw

8 The root of all evil. Money – soonias

10 A color, also a citrus fruit. Orange - osawaw

11 The coldest season. Winter - pipon

13 A loyal pet, man’s best friend. Dog - atim

14 A cute animal with long ears, a short bushy tail, big feet (good for jumping) that likes to eat carrots. Rabbit – wapos

Down

1 The hottest season. Summer - nipin

2 A greeting. Hello – tansi

4 Something you wear on your head. Hat - astotin

5 One of the largest North American land mammals. Bear - muskwa

6 This number makes a crowd. Three - nisto

7 The first number. One - peyak

9 A large brown animal with antlers. Moose - moswa

12 A nocturnal bird of prey. Owl - oho

Is there something you would like to see in the newsletter? Contact Laura Blumhagen at 250.562.6325 or blumhagen@bcgroup.net – this is YOUR newsletter!