



ELDERS ROCK

Reviving Our Cultural Knowledge

JUNE 3, 2009

ALL NATIONS ELDERS COUNSEL NEWSLETTER

VOLUME 1, NUMBER 6

Welcome

We are pleased to present the June 2009 edition of the All Nations Elders Counsel newsletter, Elders Rock. We hope that this monthly newsletter will help to keep you informed about upcoming events and opportunities for the Elders. If you have any comments on how we can improve the newsletter, or news that you would like us to include in the next issue, feel free to contact either Laura or Joyce.

About the All Nations Elders Counsel

The All Nations Elders Counsel is an Elders group that is open and inclusive to all Elders in the community.

Happy Father's Day

The love that fathers' give is unconditional. Dad is a mentor, hero, guide, role model and a friend. He is wise and understanding, and sometimes unappreciated. To all of the Dads, Grandpas, great-Grandpas, and Uncles in the Elder's Counsel, Happy Father's Day!

Congratulations!

Dr. Alfred Joseph, Wet'suwet'en Chief Gisdaywa received an honorary Doctor of Laws at the University of Northern British Columbia on May 29th. Congratulations!

National Aboriginal Day & Métis Heritage Day

The theme for this year's National Aboriginal Day is "Honoring our Fathers". Join us in the park to celebrate our cultural and traditional heritage.

Date: June 21st, 2009 **Time:** 11 am to 5 pm **Location:** Fort George Park

Looking For: Dancers, entertainers, storytellers, comedians and singers. Contact Patrick Pocha at 250.561.9484 or patshair@shaw.ca

Volunteers Needed: they are looking for volunteers to assist the Elders, help during the games, and for setup and cleanup. If you are interested in renting a craft or information table, contact Joyce Roberts at 250.562.6325 or nechakoelders@shawbiz.ca to reserve a spot in the park. All food vendors must have permits in place and register with Cheryl Webster at 250.562.6279 ext.254 or cwebster@cstc.bc.ca.

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Upcoming 2009 B.C. Elders Gathering

The Nisga'a Nation Elders from New Aiyansh, Gitwinksihlkw, Laxgalts'ap, Gingolx, and Terrace Nisga'a Urban Local will be hosting the 2009 Elders Gathering. The theme of the gathering is "Sayt'k'ilim'goot" – one heart – one path – one nation. The gathering will take place in Terrace, BC from July 13th – 15th, 2009 at the Terrace arena.

They expect to have 3500 Elders from throughout the province of BC to attend the gathering, plus chaperones, home support workers and families.

2009 BC Elders King & Queen: Melvin and Rose Robinson from the community of New Aiyansh were selected as king and queen for 2009. Over the next two months they will be travelling throughout the Northwest, and will be in Prince George on June 9th to provide updates on the Gathering and to meet the Prince George Elders.

Venue: Terrace Arena **Registration fee:** \$30.00

Registration: Please register by June 15th, 2009 to enable the planning committee to properly plan for meals.

Accommodation: As of December, 2008, all the hotel rooms in Terrace have been booked. Elders are now booking rooms in Kitimaat, approximately 40 km away (half hour drive). The Terrace Nisga'a Society will be responsible for billeting for those who are unable to secure a room. You may contact their office toll free at 1 866 935 4422 or 250 635 4422.

Prince George Native Friendship Centre: 40th Anniversary

The PGNFC is celebrating their 40th anniversary this year. Join them in the PGNFC parking lot. There will be plenty of food, activities and storytelling.

Date: June 20th, 2009 **Time:** ????? **Location:** PGNFC Parking Lot

Volunteers Needed

We are still looking for people to submit articles for the Aboriginal section in the Prince George Citizen. If you're interested, please let us know. We have people who can help you to develop your ideas and we can also do interviews and write the articles for you.

Prince George Council of Seniors Group

The PG Council of Seniors has started a Quality of Care advocacy group.

Attention Caregivers:

Are you concerned about the quality of care your family member, friend or client receives in residential care, assisted living, supportive housing or independent living? Please call 250.564.5888 and leave your name and phone number, or email qualityofcare@gmail.com. We want to hear from you.

Advocacy Group Goals

- Advocate for the rights of seniors living in Residential Care, Assisted Living, Supportive Housing and Independent Living.
- Provide support and education to seniors and caregivers.
- Assist seniors and caregivers with complaint process.
- Help seniors ensure that their voices are heard.
- Assist seniors and caregivers identify issues.
- Direct seniors and caregivers to available resources.
- Follow- up with seniors and caregivers to ensure issues are resolved.

“Hear Our Words” Aboriginal Youth Story Writing Competition

The University of Northern British Columbia is hosting an Aboriginal Writers and Storytellers Festival this fall. All Aboriginal youth in Prince George (status, non-status, Inuit and Métis) are encouraged to submit a story. This is a great opportunity to share with your kids, grandchildren, nieces and nephews.

Guidelines: The stories have to be your own and unpublished. They can be based on real events or fictional. You are encouraged and welcome to submit stories reflecting an Aboriginal focus.

The stories will be judged by a committee of talented festival organizers who will pick one from each category to recognize at the 2009 Aboriginal Writers and Storytellers Festival at UNBC September 30th – October 3rd. As part of the festival performance you will get a chance to share your story with the audience and share the stage with established Aboriginal authors and performers! You will also receive a prize bag full of great books by Aboriginal authors.

Submission Categories:

Ages 6 to 9: 250 to 350 word story, handwritten is okay, typewritten preferred.

Ages 10 to 13: 500 to 800 word story, typewritten.

Ages 14 to 19: 900 to 1200 word story, typewritten.

All stories must be received by July 31st, 2009. Stories can be delivered by mail, in person or through email (attached as a word document). Include a separate sheet of paper with your full name, age, grade, school, mailing address and phone number, along with a parent or guardian's name.

This competition is a great opportunity for youth. Share this with your kids, grandkids, nieces, nephews and other youth.

Send to:

Aboriginal Writers &
Storytellers Festival
Committee

UNBC First Nations Centre
3333 University Way
Prince George, BC
V2N 4Z9

Email:

storyteller@unbc.ca

Phone:

250.960.5772

Date:June 25th**Place:**

AiMHi, 950 Kerry St.

Time:

1 pm to 4 pm

Phone:

250.564.6408 e286

Email:

wendy.brophy@aimhi.ca

Planning For Aging – Community Meeting

Come join us, everybody is welcome. A public meeting is being held regarding the questions and concerns facing older adults with specialized needs. We want to find out from people what they need and how are we doing as a community in addressing or meeting these needs and what do we need to be looking at doing differently or better.

Have you ever asked any of these questions?

- What are your needs of those of the people you care about?
- Are your issues, concerns and needs for both yourself and the people you care about being met?
- Does the idea of growing older frighten you?
- Are you concerned that you may not have access to the supports and services you may require?

A number of organizations will be present at the meeting who work with adults and families of adults who are aging and have specialized needs.

Meeting Agenda

9.00 am – 9.30 am: Talking Circle

9.30 am – 10.30 am: Guest Speaker Marianne Luther will do an Alzheimer's and Brain Health presentation.

10:30 am – 11.30 am: Discussion of Elders volunteering with the school district.

11.30 am – 12.30 am: Elders Share Information and Network

Topics:

- Aboriginal Voices – we are still looking for people to submit articles for the Aboriginal column in the Prince George Citizen. If you're interested please let us know. We have people who can help you to develop your ideas and we can also do interviews and write the articles for you.
- Volunteers Required
 - Please add your name and information to the volunteer roster so we can have a comprehensive list of Elders who are interested in volunteering.
 - Is anybody willing to help with the phone tree?
- Phone Numbers
 - Many of the phone numbers on the list are out of date.
 - If you could take time to check the names, could you correct it for us or have them call us? Keeping in touch with the Elders is very important to us.

History and Tradition of the Necktie:

Neckties have long been associated with Father's Day celebrations. But how did they come to be so?

The origins of the word "necktie" lie in the word "tie" which possibly came from Proto-Germanic into usage in the Old English language in circa 800 as "teah", "teag" or "teagum". It is not known whether the necktie, as we know it today, was worn in any form then. The earliest use of necktie can be traced back to the time of the 'Thirty Years' War (1618-1648) when Croatian mercenaries in French service, wearing their traditional small, knotted neckerchiefs, aroused the interest of the Parisians. The new article of clothing soon initiated a fashion craze in Europe where both men and women wore pieces of fabric around their necks. The necktie has had a long history since.

The usage of the word "necktie", however, dates from around 1838 when it first hit the fashion scene as a narrow band of material worn around the collar (neck) of a shirt and tied in front. During 1800-1850, there was much interest in the way to tie a proper cravat and this led to a series of publications. This began with "Neckclothitania", a book that contained instructions and illustrations on how to tie 14 different cravats. It was also the first book to use the word 'tie' in association with neckwear.

The custom of gifting neckties on Father's Day in Western countries began as early as 1920. It is difficult today to identify anyone particularly as the pioneer of this tradition. It is also not known why the neckties began to be held as a proper gift for the occasion. We can only conjecture that the necktie, which had been there already as a fashion item and steadily evolved for nearly a century, begun to be looked upon during this period as a classic gift for a man. Around 1920, neckties started appearing on the earliest Father's Day greeting cards and retailers sniffed a golden opportunity in this, suggesting this as a great practical gift. And since then the Necktie has been the most popular Father's Day Gift with children vying to gift the most beautiful and stylish tie to their dad every year. And gift sellers make the most of this traditional and emotional attachment by putting their workmanship to good use, infusing newer designs and introducing latest styles into the much loved neck cloth during Father's Day.

Over the years, several other gifts have become popular with new generations of children looking for other interesting and innovative products to present their dads. Hence, various gifts have been introduced into the market for Father's Day. However, neckties still occupy their place right at the top of the list of shoppers of Father's Day gifts. Time has not been able to reduce the appeal of neckties among the masses. Though children get other gifts for their dad, the necktie is one of their must-buy items for Father's Day.

Today, with the world turning fast into a global village, the necktie as a Father's Day Gift is gaining fame across the world.

Recipe of the Month: Wacky Breakfast for Dad

Preparation Time: 5 minutes

Ingredients

2 eggs

2 tablespoons cheese

4 brown-and-serve sausage links (cut up)

½ cup vegetables (such as chopped broccoli, corn and red sweet peppers)

Directions

1. Take a large jar with a tight fitting lid and crack eggs into it.
2. Add the cheese, milk, sausage links and vegetables.
3. Screw the lid on and shake until well blended.
4. Pour mixture into skillet and cook the eggs.

Happy Fathers Day

A Dad is a person *who is loving and kind,*

And often he knows what you have on your mind.

He's someone who listens, suggests, and defends.

A Dad can be one of your very best friends!

He's proud of your triumphs, but when things can go wrong,

a Dad can be patient and helpful and strong.

In all that you do, a Dad's love plays a part.

There's always a place for him deep in your heart.

And each year that passes, you're even more glad,

More grateful and proud just to call him your Dad!

Thank you Dad...

For listening and caring, for giving and sharing, but especially for just being you!

Happy Father's Day

Quotes, Proverbs & Teachings

“He didn’t tell me how to live. He lived, and let me watch him do it.”

~ C. B. Kelland

“Friendship reminds us of fathers, love of mothers.”

~ Proverb

“The Father who does not teach his son his duties is equally guilty with the son who neglects them.”

~ Confucius

“A man knows when he’s growing old because he begins to look like his Father.”

~ G. G. Marquez

“Small boys become big men through the influence of big men who care about small boys.”

~ Anonymous

“A Father is a banker provided by nature.”

~ Proverb

“Any man can be a Father, but it takes a special person to be a Dad.”

~ Anonymous

Proverbs About Fathers

“Sherman made the terrible discovery that men make about their Fathers sooner or later... that the man before him was not an ageing Father but a boy. A boy much like himself, a boy who grew up and had a child of his own and, as best as he could, out of a sense of duty and perhaps love, adopted a role called “being a Father” so that his child would have something mythical and infinitely important: a Protector, who would keep a lid on all chaotic and catastrophic possibilities of life.”

~ Tom Wolfe

“When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much the old man had learned in seven years.”

~ Mark Twain

Elders Meditation

The real meaning of life is your family, the love that you have, the respect that you have, the traditional ways, carrying on with them.

~ Ethel Wilson, Cowichan

The family is the seed of the future. The family is the key to the transfer of cultural information. We should really take a look at how we are looking at our families. Are we treating each family member with respect? Are we passing on the traditional ways? Are we teaching the old songs? Are we participating in the ceremonies? Are we showing the family members how to pray? Are we encouraging each family member to be spiritual? Think about these things today.

My Creator, today, let me show respect to each family member.

Seven Teachings: Respect

The Buffalo represents the third of the teachings of the grandfathers – respect. To honor all creation is to have respect. Respect all living things... your Elders, your creators, your mother earth and all she holds. Respect others, their beliefs, and respect yourself. If you cannot show respect, you cannot expect respect to be given.

Fun & Games

“He who is taught to live upon little owes more to his Father’s wisdom than he who has a great deal left him to his Father’s care.”

~ William Penn

“Father’s are one of the most important influences in the lives of children, and their unconditional love is an indispensable anchor of certainty and strength.”

~ George W. Bush

“You know fathers just have a way of putting things together.”

~ Erika Cosby

“I’ve had a hard life, but my hardships are nothing against the hardships that my father went through in order to get me to where I started.”

~ Bartrand Hubbard

“That is the thankless position of the father in the family – the provider for all and the enemy of all.”

~ J. August Strindberg

Head Goes to the Bar

A man is waiting for wife to give birth. The doctor comes in and informs the dad that his son was born without torso, arms or legs. The son is just a head! But the dad loves his son and raises him as well as he can, with love and compassion. After 19 years, the son is old enough for his first drink. Dad takes him to the bar and tearfully tells the son he is proud of him.

Dad orders up the biggest, strongest drink for his boy. With all of the bar patrons looking on curiously and the bartender shaking his head in disbelief, the boy takes his first sip of alcohol. Swoooooop! A torso pops out!

The bar is dead silent; then bursts into a whoop of joy. The father, shocked, begs his son to drink again. The patrons chant "Take another drink"! The bartender still shakes his head in dismay.

Swoooooop! Two arms pop out. The bar goes wild. The father, crying and wailing, begs his son to drink again. The patrons chant, "Take another drink"! The bartender ignores the whole affair. By now the boy is getting tipsy, and with his new hands he reaches down, grabs his drink and guzzles the last of it. Swoooooop! Two legs pop out.

The bar is in chaos. The father falls to his knees and tearfully thanks God. The boy stands up on his new legs and stumbles to the left.... then to the right.... right through the front door, into the street, where a truck runs over him and kills him instantly.

The bar falls silent. The father moans in grief. The bartender sighs and says, "That boy should have quit while he was a head."

Bragging About Dad

An Army brat was boasting about his father to a Navy brat. "My dad is an engineer. He can do everything. Do you know the Alps?"

"Yes," said the Navy brat.

"My dad built them."

Then the naval kid spoke: "And do you know the Dead Sea?" "Yes." "It's my dad who killed it!"

“Never raise your hand to your kids. It leaves your groin unprotected.”

~ Unknown Author

“It is a wise father that knows his own child”

~ William Shakespeare

A Cold Day in Hell

Two guys from BC die and wake up in hell. The next day the devil stops in to check on them and sees them dress in parkas, mittens and toques warming themselves around the fire. The devil asks them, “What are you doing? Isn’t it hot enough for you?”

The two guys reply, “Well, you know, we’re from Canada, the land of snow and ice and cold. We’re just happy for a chance to warm up a little bit.”

The devil decided that these two aren’t miserable enough and turns up the heat.

The next morning he stops in and there they are, still dressed in parks, toques and mittens. The devil asks them again, “It’s awfully hot down here, you guys feel it?”

Again the two guys reply, “Well, like we told you yesterday, we’re from Canada the land of snow and ice and cold. We’re just happy for a chance to warm up a little bit.”

This gets the devil a little steamed up and he decided to fix these two guys. He cranks the heat up as high as it will go. The people are wailing and screaming everywhere. He stops by the room with the two guys from Canada and finds them in light jackets and bucket hats, grilling sausages.

The devil is astonished, “Everyone down here is in abject miser, and you two seem to be enjoying yourselves.”

The two Canadians reply, "Well, you know, we don’t get too much warm weather up there in BC so we’ve just got to have a cook-out when the weather’s nice.”

The devil is absolutely furious, he can hardly see straight. Finally he comes up with the answer. The two guys love heat because they have been cold all their lives. The devil decides to run all the heat off in hell.

The next morning, the temperature is below zero, icicles are hanging everywhere; people are shivering so bad that they are unable to do anything but wail, moan and gnash their teeth.

The devil smiles and head to the room with the two Canadians.

He gets there and finds them back in their parkas, toques, and mittens. Now they are jumping up and down, cheering, yelling and screaming like mad men.

The devil is dumbfounded, “I don’t understand, when I turn up the heat you’re happy. Now it’s freezing cold and you’re still happy. What is wrong with you two???”

They look up in surprise, “Well, don’t you know? If hell freezes over, it must mean that the Canucks have won the Stanley Cup!”

Father's Day Trivia

The first Father's Day was celebrated on June 19, 1910 in Spokane, WA.

Sonora Dodd started the tradition of Father's Day in honor of her dad, William Smart, a widowed Civil War veteran.

In 1916, US President Woodrow Wilson approved the idea of observing an annual Father's Day.

In 1924, President Calvin Coolidge made Father's Day a national event.

In 1966, President Lyndon Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day.

Neck ties are the number one gift for Father's Day.

Famous TV Dads

Father's Day is not reserved for just real-life Fathers. Fathers on TV shows have also earned recognition as representatives of society's mores, from the "love to hate him" Archie Bunker of "All in the Family" to the beloved Charles Ingalls in "Little House on the Prairie". With a TV set in nearly every house in North America, these TV Father's have influenced generations of children and parents alike, and have earned a place in celebrating Father's Day.

Hallmark Holiday

Father's Day is the fifth most popular card-sending holiday, with an estimated \$100 million in card sales. Husbands, grandfathers, uncles, sons and sons-in-law are honored as well as Father.

Mr. Mom

An estimated 159,000 stay-at-home dads (in 2006) remained out of the labour force for more than a year to care for the family while their wives worked outside the home. These fathers cared for 283,000 children.

Married Fathers

There are 26.5 million fathers who are part of married couple families with children younger than 18 in the US.

Single Fathers

There were 2.5 million single fathers in 2006, up from 400,000 in 1970. Currently, among single parents living with their children, 19% are men.

Child Support Payments

10% of custodial parents due child support are fathers. They numbered 740,000 in 2006.

Dining With Daddy

In 2003, 30% of children younger than six living with married parents ate breakfast with their father every day. The corresponding number for children living with unmarried fathers was 41%.

64% of children with married fathers ate supper with their father every day. The corresponding number for children living with unmarried parents was 66%.

History of National Aboriginal Day

Canada Day Trivia:

In 1535 explorer Jacques Cartier heard the word “Kanata”.

“Kanata” was a Huron-Iroquois word for village or settlement.

The name “Canada” later referred to a large area north of the St. Lawrence River.

As more land was explored, “Canada” grew.

The first time “Canada” was used as an official name was in 1791 for the colonies of Upper and Lower Canada.

In 1867, at the time of Confederation, the new country became known as Canada.

The flag first flew on February 15th, 1965.

Canada’s motto is “from sea to sea”.

The beaver was featured on the first Canadian postage stamp in 1851.

There were six million beavers in Canada before the start of the fur trade.

“Aboriginal Peoples have given all of Canada much to be grateful for, and so much more to learn from: wisdom, truth, honesty, love, respect, bravery, and humility. When we all hold these values firmly in our hearts, when we are able to reflect them back to you, our country will truly be an extraordinary place.”

~ Former Governor General of Canada, Adrienne Clarkson

1982

National Indian Brotherhood (now the Assembly of First Nations) calls for the creation of June 21 as National Aboriginal Solidarity Day.

1995

Royal Commission on Aboriginal Peoples recommends the designation of a National First Peoples Day.

The Sacred Assembly, a national conference of Aboriginal and non-Aboriginal people chaired by Elijah Harper, calls for a national holiday to celebrate the contributions of Aboriginal peoples.

1996

June 13 – Former Governor General Romeo LeBlanc, declares June 21 as National Aboriginal Day after consultations with various Aboriginal groups

June 21 – National Aboriginal Day is first celebrated with events from coast to coast to coast.

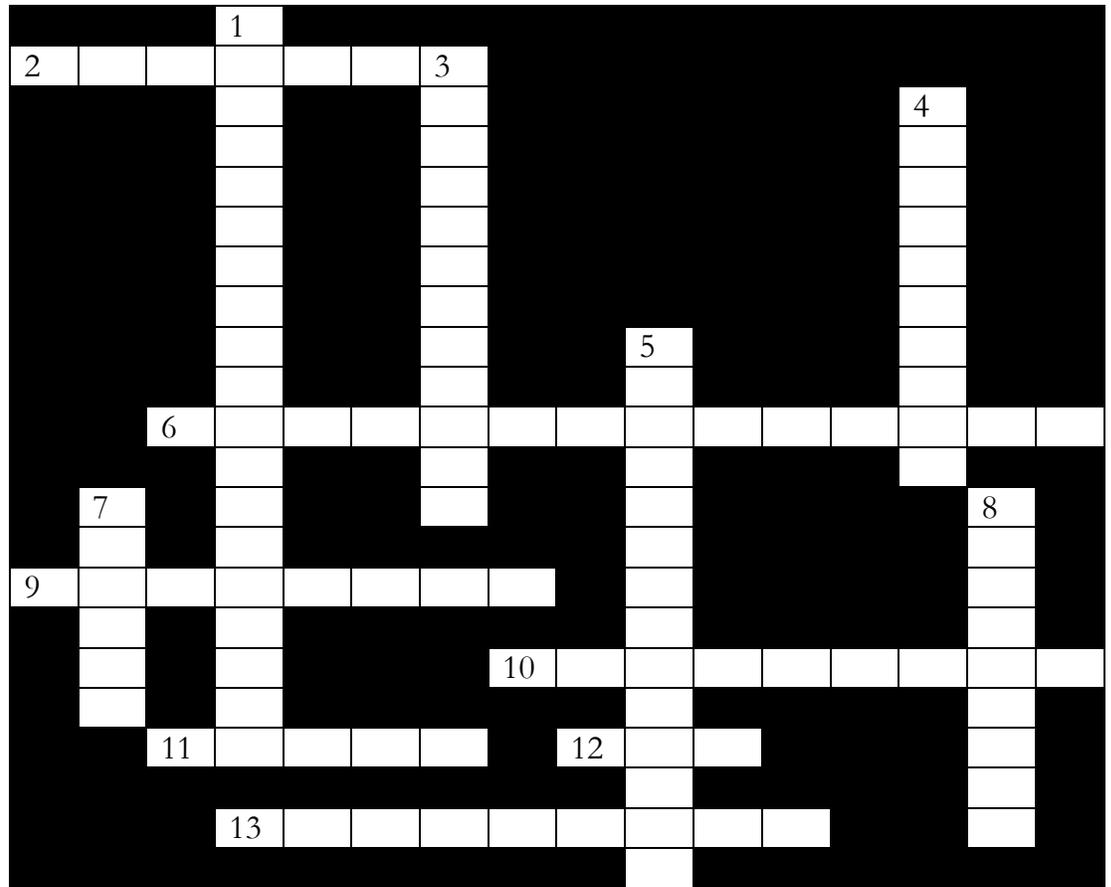
2006

Canadians from all walks of life participated in the many events that took place from coast to coast to coast highlighting the 10th anniversary of National Aboriginal Day.

Today

National Aboriginal Day is part of the annual nation-wide Celebrate Canada! Festivities held from June 21 to July 1. They begin with National Aboriginal Day, are followed by St.-Jean Baptiste Day, Canadian Multiculturalism Day and conclude with Canada Day. June 21 was chosen because of the cultural significance of the summer solstice (first day of summer and longest day of the year) and because many Aboriginal groups mark this day as a time to celebrate their heritage. Setting aside a day for Aboriginal Peoples is part of the wider recognition of Aboriginal Peoples’ important place within the fabric of Canada and their ongoing contributions as First Peoples.

Canada Day Crossword Puzzle



Across

- 2 How many lakes are there in Canada?
- 6 Who was the first Prime Minister of Canada?
- 9 Name one of Canada's two national sports.
- 10 One of Canada's two national sports
- 11 How many national parks are there in Canada?
- 12 How many time zones are there in Canada?
- 13 What is Canada's most northern island?

Down

- 1 What university developed the world's first anti-gravity suit?
- 3 Which province has the highest concentration of moose in North America?
- 4 What is the highest mountain in Canada?
- 5 What is the longest river in Canada?
- 7 Name one of Canada's two national symbols
- 8 What is the second of two of Canada's national symbols?

Upcoming Events and Information

Tai Chi Club

Weekly practice and instruction.

Location: Knox United Church Basement – 1448 5th Avenue

Date: Thursday, June 4th

Time: 7 pm to 9 pm

Huge Garage Sale!

The students at Freedom TaeKwon-Do are fundraising to send one of their black belts to the World Championships in Argentina to compete for Team Canada. They'll have a lot of great stuff for sale, and a barbeque.

Location: 3845 15th Avenue – right next to the ABDC office

Date: Saturday, June 6th

Time: 9 am to 3 pm

Early Years Health Fair

The Early Years Health Fair is a great opportunity for families to connect with health professionals dedicated to healthy early childhood development. Information for families and their children aged 18 months to 5 years will be available at this fun, free event. Check out the info-booths, children's activities, and enter your name to win a prize.

Location: Exploration Place

Date: Saturday, June 6th

Time: 9.30 am to 1 pm

Contact: Tricia Avison 250.962.2455 or atavision@shaw.ca

Scotia Bank MS Walk

Make your step the one that ends Multiple Sclerosis. Walk, entertainment, socialize. Please join us in the walk to end MS.

Location: Fort George Park Picnic Shelter Area

Date: Sunday, June 7th

Time: 11 am to 3 pm, 11 am registration

Contact: Joann 250.564.7074

Pot Luck Lunch

The Nechako Métis Elders Council will be having their final pot luck lunch of the year until September. Activities include crib, bingo and crafts.

Location: Moose Hall, Douglas Street

Date: Sunday, June 7th

Time: noon

Contact: Joyce Roberts 250.562.6325

Cribbage Tournament – Huble Homestead

Have you always wanted to go to Huble Homestead but don't have a vehicle? Join us for our Cribbage Tournament on June 7 and for just \$10 enjoy a day full of activities and get a ride with Pacific Western Transport. Your \$10 buys your transportation, homemade lunch, tour, demonstrations, entertainment, and your optional entry to the crib tournament. Registration is required

Location: Huble Homestead

Date: Sunday, June 7th

Contact: Krystal 250.564.7033 – to reserve your seat and for pick-up schedule

Body Awareness Stretch Class

This 45 minute stretch class is created to give students an opportunity to work at their flexibility and mobility. This class is suitable for all fitness abilities and for any daily activity or sport. Flexibility is one of the first things we can lose but also something we can regain at any age. Bring a Yoga mat or blanket.

Location: Zion Lutheran Church – 180 Tabor Blvd.

Date: Tuesday June 9th

Time: 6 pm to 6.45 pm

Cost: \$10 drop in, punch cards available at reduced rate

Contact: Lisa 250.649.0643

Antique & Collectibles Fair

The Fair features antique appraisals by Vancouver appraiser Ted Pappas! Vendors will be on-site selling a variety of antiques & collectibles. Appraisal tickets will be available for \$10 each or \$15 for two.

Location: Huble Homestead

Date: Saturday, June 13th – Sunday June 14th

Spring Arts Bazaar

The 2009 Spring Arts Bazaar promises to be the best yet, with a bigger & better Celebrity Chili CookOff, an expanded Studio Art Market & all-day entertainment on the Bazaar MainStage!

Location: 2880 Arts Complex, 2820-2880 15th Avenue

Date: Saturday June 13th

Contact: 250.562.4526

Prince George Farmers Market

All of the goods are grown/crafted locally, nothing is offered from out-of-province. It's a true source of local produce and merchandise. Over 55 vendors offer wares that change with the seasons, including fruits, vegetables, herbs, bread, baked goods, sweet & savory preserves, specialty meats, bedding plants, cut flowers, soaps, woodcrafts, art, clothing, home/garden decor and jewelry.

Location: Wilson Square corner of George Street and Third Avenue

Date: Saturday, June 13th

Time: 8 am to 11 am

Contact: Trisha Kadla 250.613.5775

Artists in the Park

There will be musicians from The PG Symphony Orchestra, Rick Stavely, The Jeramy Stewart Trio and The Randy Dakota Trio. There will be entertainment (magicians, face painting, masseuses, pole dancing demos, and much more) and the opportunity for the public to participate. The PG Fire Fighters are going to be dunked in the Community Association's dunk tank.

Location: Fort George Park, Kiwanis Band Shelter

Date: Sunday, June 14th

Roast Beef & Ham Dinner

Location: Senior Activity Centre – 425 Brunswick Street

Date: Sunday, June 14th

Time: 5 pm to 6 pm

Cost: Adults \$10.00, children \$4.00

Pineview Seniors Event

Come and join us in shuffle board, pool, cards and more. The events are held in the basement of the Pineview Hall. Wheelchair accessible.

Location: Pineview Hall Basement

Date: Wednesday, June 17th

Time: 10 am to 2 pm

Contact: Syl Meise 250.963.7427 or 250.649.8281

Arthritis Support Group

Topic will be Gardening with Arthritis presented by a Physiotherapist.

Location: Studio 2880 – 2880 15th Avenue

Date: Wednesday, June 17th

Time: 1 pm to 2 pm

Contact: Pat 250.563.6608

Blood Pressure Clinic

Spruce Capital Senior Citizen Recreation is hosting a Blood Pressure clinic, done by the “We Care Nurses”.

Location: 3701 Rainbow Drive

Date: Wednesday, June 17th

Time: 11 am to 1 pm

Contact: 250.563.6450

Cancer Survivors Event

Are you a cancer survivor or someone in treatment? This special event is for you. Enjoy an evening of socializing, food and fun! Guest speakers, Ellen Cranston and Lindsay Mandryk.

Location: PG Public Library – Keith Gordon Room

Date: Thursday, June 18th

Time: 7 pm

Contact: Heather Wozney 250.565.2813

Old Time Community Flea Market

The Blackburn Community Association will be hosting an Old Time Community Flea Market! Tables are only \$10.00.

Date: Saturday, June 20th

Contact: 250.963.3292

Free Family Fishing Event

SCWA 2nd Annual Ferguson Lake Family Fishing Event. Learn to Fish Program, Catchable Rainbow Trout, Rods provided. Draws & Give-a-ways. No fishing license required!

Date: Saturday, June 20th

Time: 10 am to 3 pm

Cost: FREE

Prince George Farmers Market

This open-air market has been at the Courthouse Plaza location for many years now. All goods for sale are grown or crafted locally, nothing is offered that has come from out-of-province, and it is a true source of local produce and merchandise. Over fifty-five vendors offer wares that change with the seasons, including fruits, vegetables and herbs, bread and baked goods, sweet and savory preserves, specialty meats, bedding plants, cut flowers, soaps, woodcrafts, art, clothing, home and garden decor and jewelry.

Location: Wilson Square corner of George Street and Third Avenue

Date: Saturday, June 20th

Time: 8.30 am to 2 pm

Contact: Trisha Kadla 250.613.5775

Father's Day Turkey Dinner

Father's Day Turkey Dinner

Location: Spruce Capital Seniors Centre, 3701 Rainbow Drive

Date: Saturday, June 20th

Cost: \$12.50 per person

Time: 5 pm to 7 pm

Contact: 250.563.6450

Father's Day Show and Shine

Bring your dad to the show that draws about 130 classic and specialized vehicles from all over BC and Western Canada.

Location: Pine Centre Parking Lot

Date: Sunday, June 21st

Time: 10 pm to 5 pm

Pineview Seniors Event

Come and join us in shuffle board, pool, cards and more. The events are held in the basement of the Pineview Hall. Wheelchair accessible.

Location: Pineview Hall Basement

Date: Wednesday, June 24th

Time: 10 am to 2 pm

Contact: Syl Meise 250.963.7427 or 250.649.8281

Foot Care Clinic

Nurses from "We Care" do complete foot care. By appointment only.

Location: Senior Activity Centre - 425 Brunswick Street

Date: Wednesday, June 24th

Time: 10 am to 2 pm

Cost: \$20.00

Contact: 250.564.3287

Birthday Tea

Birthday Tea featuring Old Time Fiddlers

Location: Spruce Capital Seniors Centre, 3701 Rainbow Drive

Date: Friday, June 26th

Cost: Free for members, \$2.00 for non-members

Time: 1 pm to 2 pm

Contact: 250.563.6450

All My Relations

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

Location: Alano Club – 766 Alward Street

Date: Sundays

Time: 6 – 7 pm

Cost: Free

Contact: 250 563 9517

Aquatic Centre

Toonie swim hours:

Monday to Friday: 12 pm – 1 pm, 2 pm – 3pm

Monday to Thursday: 9 pm – 10 pm

Location: Aquatic Centre

Service Canada – Centre For Youth

Do you have any kids or grandkids looking for a summer job? Service Canada has opened a Centre for Youth in Prince George. The wages are on par with last year, in the range of \$10 to \$15 an hour.

Location: 1363 4th Avenue

Contact Information

Aboriginal Business & Community Development Centre – 250 563 6325

Crisis Line – 250.563.1214

Dak'elh Elders - 250.614.7731

Lheidli T'enneh - 250.963.8451

Nechako Métis Elders - 250.562.6325

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

This is YOUR newsletter, is there something you would like to see included? Contact Laura at blumhagen@abdc.bc.ca or Joyce jroberts@abdc.bc.ca. We can also be reached at 250.562.6325. The deadline for the July edition is June 22nd.

Canada Day Crossword Puzzle Answers

Across

- 2** Unknown
- 6** John A. MacDonald
- 9** Lacrosse
- 10** Ice Hockey
- 11** Forty
- 12** Six
- 13** Ellesmere

Down

- 1** University of Toronto
- 3** Newfoundland
- 4** Mount Logan
- 5** Mackenzie River
- 7** Beaver
- 8** Maple Leaf