



# ELDERS ROCK

Reviving Our Cultural Knowledge

JULY 8, 2009

ALL NATIONS ELDERS COUNSEL NEWSLETTER

VOLUME 1, NUMBER 7

Happy Canada Day!



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## Welcome

We are pleased to present the July 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 a group that is open and inclusive to all Elders, regardless of ethnicity and age. Youth are encouraged to participate.

## 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 help to edit the article.

## Free Computer Tutoring

ABDC has been approached by a young lady offering free one-on-one computer training. This is the best way to train because it is more personalized and easier to learn.

She is available twice a week for up to two hour sessions.

Please let Joyce or Laura know if you are interested and we will set up a time.



## National Aboriginal Day & Métis Heritage Day

Patrick Pocha has asked to give a big thanks to all those who made this year's celebration a success! It wouldn't be possible without the organizers, entertainers, speakers, food, craft and information vendors, and most importantly, the volunteers.

## The Province of BC Celebrates Seniors

The Province of BC has declared the first week of June as BC Seniors' week. This is an opportunity for communities to acknowledge and celebrate the diversity of the province's Elders and to increase public awareness of their vital role. Happy belated BC Seniors Week!

## **Elder & Youth Community Garden**

Bertha Cardinal from the Prince George Native Friendship Centre has organized a community garden, where Elders and Youth can work together each week. There will be a bus at the PGNFC on Mondays at 9.45 am to take the Elders and Youth to the plot. All Elders are welcome to this, if you have any questions please call Bertha at 250.564.3568.

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## **Act Out: An Evening Performance in Dakelh**

Carrier Sekani Tribal Council and the Yinke Dene Language institute are pleased to present Act Out, an evening performance in Dakelh. It will be held at the Carrier Sekani Tribal Council's annual general meeting at Takla Lake. July 15 at the Banquet Nus Wadezulh Community School.

This is a fun way to learn, speak and teach the Dakelh language. There are prizes for Best Performance (\$400), and runners up (second place \$200, third place \$100).

Three easy steps:

1. Write your skit, song, poem, etc.
2. Translate it into Dakelh.
3. Perform and have fun!

For more information contact Jessica Erickson at 250.562.6279 ext. 239 or 1.800.280.8722.

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## **“Hear Our Words” Aboriginal Youth Story Writing Competition**

UNBC is hosting an Aboriginal Writers and Storytellers Festival this fall. All Aboriginal youth in Prince George are encouraged to submit a story.

**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 30<sup>th</sup> – October 3<sup>rd</sup>. 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.

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

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

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

All stories must be received by July 31<sup>st</sup>, 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 information with your kids, grand-kids, nephews, nieces 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

## Volunteers Needed at UNBC

Jana Chouinard, coordinator of the Northern Advancement Program (NAP) Orientation at UNBC has asked for Elder involvement. During orientation week, September 2<sup>nd</sup>-4<sup>th</sup>, they would like to have Elders present to help the students get off to a good first year. They have found that just the presence of Elders can set high expectations for the students, letting them know which kind of behaviours and attitudes are acceptable. The students remain respectful and appreciate Elders knowledge and support. If you are willing to participate please contact Jana Chouinard (chouinaj@unbc.ca) or Kathy Shaw at 250.960.5772. Proposed schedule below.

<b>Time:</b>	<b>Event:</b>	<b>Room:</b>
<b>Wednesday, September 2<sup>nd</sup></b>		
9.30 – 10.10 am	Introductions	FNC Elders Room
10.15 – 11.10 am	UNBC tour w/ Barbie Everett	UNBC Campus
11.15 – 12 pm	Meet the NAP Instructors	FNC Elders Room
12 – 1 pm	Lunch w/Elders & Peer Support Network	6-205/211
1.15 – 2.15 pm	Computer Workshop	TBA
2.15 – 2.30 pm	Break	-
2.30 – 3.30 pm	Library Tour/ ID Cards	Library
3.30 – 4 pm	Classroom Scavenger Hunt	UNBC Campus
<b>Thursday, September 3<sup>rd</sup></b>		
9.30 – 10.10 am	Talk w/ Paul Michel	7-150
10.30 – 10.40 am	Break	-
10.40 – 11.40 am	Motivational Speakers	5-173
11.45 – 1 pm	Lunch w/ UNBC Dignitaries	Wabooz Garden
1 – 2 pm	Talk w/ Sandra MacDonald	5-173
2 – 2.20 pm	Activities/ Prize Draw	5-173
2.20 – 3 pm	NAP Alumni – Q&A	5-173
3 – 4.30 pm	Tour Prince George via PG Transit	Flag Pole Bus Loop
<b>Friday, September 4<sup>th</sup></b>		
9 – 9.30 am	Coffee & Muffin Breakfast	FNC Elders Room
9.30 – 10.45 am	Computer & Software Session	TBA
10.45 – 10.50 am	Break	-
10.50 – 11.45 am	Computer & Software Session	TBA
11.45 – 12 pm	Hike to Shane Lake	Forest for the World
12 – 1 pm	Lunch	Forest for the World
1 – 3 pm	Icebreakers & Activities w/ PSN	Forest for the World
3.15 pm	Arrive back at First Nations Centre	FNC Elders Room

**Weekly Walking Group: Make Friends, Lose Weight, Have Fun**  
Weekly walks start June 16<sup>th</sup> and go all summer. For more info. call 250.561.9284

**When:** Tuesdays at 6.30 pm, Thursdays at 1 pm, Saturdays at 10.30 am

**Where:** Meet in Fort George Park at the band shell. We'll walk around the park. How far you walk is up to you.

For more information, check out the website: [www.seniors.gc.ca](http://www.seniors.gc.ca)

## **Elder Abuse: It's Time to Face the Reality**

Published by the Government of Canada.

### **Elder Abuse: What it is and Who Can Help**

One in five Canadians believes they know of a senior who might be experiencing some form of abuse. Seniors from all walks of life are vulnerable to Elder abuse and it is happening in communities across Canada.

Outlined here is basic information on how seniors and Canadians can spot Elder abuse as well as information on how to help stop it.

### **What is Elder Abuse?**

Elder abuse is any action by someone in a relationship of trust that results in harm or distress to an older person. Neglect is a lack of action by that person in a relationship of trust with the same result. Commonly recognized types of Elder abuse include physical, psychological and financial. Often, more than one type of abuse occurs at the same time. Abuse can be a single incident or a repeated pattern of behaviour.

Financial abuse is the most commonly reported type of Elder abuse.

### **Why Does Elder Abuse Happen?**

Elder abuse often occurs because of the abuser's power and control over an older person. In some situations, the abuse may also result from addiction issues (drugs, alcohol or gambling), mental health problems, a cycle of family violence or ageism. Abuse can happen when the aggressor wants to intimidate, isolate, dominate or control another person.

### **Who Abuses Seniors?**

Older adults affected by abuse often know and trust the person mistreating them. Elder abuse can be caused by a family member, a friend, someone who provides assistance with basic needs or services, or health care providers in institutional settings. In many situations of Elder abuse, the abuser is dependent on the older adult for money, food or shelter.

### **Who is Affected By Elder Abuse?**

Most older people who experience abuse are able to make decisions for themselves. Abuse can happen to anyone, in any family or relationship. It can happen to people of all backgrounds, ages, religions, races, cultures and ethnic origins.

### **Why Are Some Older Adults Reluctant to Talk About Elder Abuse?**

Older adults may feel ashamed or embarrassed to tell anyone they are being abused by someone they trust. They may fear retaliation or punishment, or they may have concerns about having to move from their home or community. They may also feel a sense of family loyalty. Often, older adults may not be aware of people and resources that can help.

### **Who Can Help?**

It is important that the older person have access to information to make informed decisions and be aware of available help. This may include support and assistance from family members or friends, health care providers, social services, police, legal professionals and/or members of faith communities. No one ever deserves to be abused or neglected.

### **What Are Indicators of Elder Abuse and Neglect?**

Elder abuse and neglect can be very difficult to detect. The following signs and symptoms may indicate that an older adult is being victimized or neglected:

- Fear, anxiety, depression or passiveness in relation to a family member, friend or care provider;
- Unexplained physical injuries;
- Dehydration, poor nutrition or poor hygiene;
- Improper use of medication;
- Confusion about new legal documents, such as a new will or a new mortgage;
- Sudden drop in cash flow or financial holdings; and
- Reluctance to speak about the situation.

Raising awareness among seniors about their right to live safely and securely is seen as the most important issue for governments when it comes to Elder abuse, with 9 in 10 Canadians (90.5 percent) rating it as a high priority.

### **Physical Abuse of Seniors**

Physical abuse of seniors includes actions that injure or risk injuring an older person or cause them physical pain and may include:

- Striking;
- Hitting;
- Pushing;
- Shaking;
- Burning;
- Shoving;
- Inappropriate physical and chemical restraints; or
- Harm created by over or under medicating.

### **Psychological Abuse of Seniors**

Psychological abuse of seniors includes actions that decrease their sense of self-worth and dignity, and may include:

- Insults;
- Threats;
- Intimidation;
- Humiliation;
- Harassment;
- Treating them like a child; or
- Isolating them from family, friends or regular activities.

### **Financial Abuse of Seniors**

Financial abuse includes actions that decrease the financial worth of an older person without benefit to that person and may include:

- Misusing or stealing a senior's assets, property or money;
- Cashing an elderly person's cheques without authorization;
- Forging an elderly person's signature;
- Unduly pressuring seniors to make or change a will, or to sign legal documents that they do not fully understand; and
- Sharing an older person's home without paying a fair share of the expenses when requested.

### **Neglect of Seniors**

Neglect includes inactions that may result in harm to an older person and may include a caregiver or family member not providing appropriate:

- Water or food;
- Shelter;
- Clothing;
- Medication or medical attention; and
- Assistance with basic necessities.

Seniors most vulnerable to neglect include those who are socially isolated, and those with serious health conditions.

Abuse happens when one person hurts or mistreats another. Remember:

- Seniors are entitled to respect.
- Seniors have every right to live in safety and security.
- There is no excuse for abuse.

96 percent of Canadians think most of the abuse experienced by older adults is hidden or goes undetected.

### **Federal Activities on Elder Abuse**

Federal initiatives on Elder abuse complement and build upon efforts by the provinces and territories as well as by national, regional and local organizations to address the abuse of older adults.

The New Horizons for Seniors Program is designed to help ensure that seniors benefit from, and contribute to, the quality of life in their communities through social participation and active living. The program was expanded in 2007 to include Elder abuse awareness activities. The Elder Abuse Awareness component of the New Horizons for Seniors Program helps non-profit organizations develop national or regional education and awareness activities to reduce the incidence of abuse of seniors.

The Family Violence Initiative (FVI), a partnership of 15 federal departments, agencies and Crown corporations, is coordinated by the Public Health Agency of Canada. The FVI promotes public awareness of the risk factors of family violence and the need for public involvement in responding to it. It also strengthens criminal justice, health and housing systems responses, as well as supporting data collection, research and evaluation efforts to identify effective interventions.

## Quotes, Proverbs & Teachings

“Bravery is the capacity to perform properly, even when scared half to death.”

~ Omar. N Bradley

“Curiosity is one of the forms of feminine bravery.”

~ Victor Hugo

“Loyalty and devotion lead to bravery. Bravery leads to the spirit of self-sacrifice. The spirit of self-sacrifice creates trust in the power of love.”

~ Morihei Ueshiba

“If we take the generally accepted definition of bravery as a quality which knows no fear, I have never met a brave man. The more intelligent they are, the more they are frightened.”

~ General S. Patton

“Take chances, make mistakes. That’s how you grow. Pain nourishes your courage. You have to fail in order to practice being brave.”

~ Mary Tyler Moore

“To see what is right and not do it is want of courage.”

~Confucius

“The spiritual warrior hides from nothing. We jump into the fire, we dive into the ocean. We become the sea.”

~ Charlotte Kasl

### Proverbs

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.”

~ Winston Churchill

“True courage is not the brutal force of vulgar heroes, but the firm resolve of virtue and reason.”

~ Alfred North Whitehead

### Elders Meditation

Everybody should pray together, cheer along, root along. That brings the circle together. Everything is together.

~ Wallace Black Elk, Lakota

Life on the Earth can sometimes be very complicated. Sometimes we think we are alone in our problems. Sometime we even withdraw. Then the problems become even more difficult. We need to watch out for one another, to care for one another, to pray together, to encourage one another; and we need to support one another. Behaving in this manner will bring the circle together.

*Great Spirit, today, let me support my brothers and sisters.*

### Seven Teachings: Bravery

The bear represents the fourth of the teachings of the grandfathers – bravery. Bravery is to face the foe with integrity. The Anishinaabe word for bravery means "state of having a fearless heart." It is to have the moral courage to do what is right even when the consequences are unpleasant.

### Teaching

A holy man was having a conversation with God one day and said, 'God, I would like to know what Heaven and Hell are like.' God led the holy man to two doors. He opened one of the doors and the holy man looked in. In the middle of the room was a large round table. In the middle of the table was a large pot of stew, which smelled delicious and made the holy man's mouth water. The people sitting around the table were thin and sickly. They appeared to be famished. They were holding spoons with very long handles, that were strapped to their arms and each found it possible to reach into the pot of stew and take a spoonful. But because the handle was longer than their arms, they could not get the spoons back into their mouths. The holy man shuddered at the sight of their misery and suffering. God said, 'You have seen Hell.'

They went to the next room and opened the door. It was exactly the same as the first one. There was the large round table with the large pot of stew which made the holy man's mouth water. The people were equipped with the same long-handled spoons, but here the people were well nourished and plump, laughing and talking. The holy man said, 'I don't understand.' 'It is simple,' said God. 'It requires but one skill. You see they have learned to feed each other, while the greedy think only of themselves.'

## Fun & Games

“Excellence is not a singular act, but a habit. You are what you repeatedly do”

~ Shaquille O’Neal

“Courage is reckoned the greatest of all virtues; because, unless a man has that virtue, he has no security for preserving any other.”

~ Samuel Johnson

“Courage is not the absence of fear, but rather the judgement that something else is more important than fear.”

~ Ambrose Redmoon

“Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says I’ll try again tomorrow.”

~ Mary Anne Radmacher

“It is curious that physical courage should be so common in the world and moral courage be so rare.”

~ Mark Twain

“Courage is not simply one of the virtues, but the form of every virtue at the testing point.”

~ C. S. Lewis

“I’m not funny. What I am is brave.”

~ Lucille Ball

“To dare is to lose one’s footing momentarily. To not dare is to lose oneself.”

~ Soren Kierkegaard

### *Elders Trip to Costco*

Yesterday I was at my local Costco buying a large bag of Purina dog chow for my loyal pet, Biscuit, the Wonder Dog and was in the checkout line when a woman behind me asked if I had a dog.

What did she think I had, an elephant? On impulse I told her that no, I didn't have a dog, I was starting the Purina Diet again. I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a perfect diet and that the way that it works is to load your pants pockets with Purina nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.) Horrified, she asked if I ended up in intensive care because the dog food poisoned me. I told her no, I stepped off a curb to sniff an Irish Setter's butt and a car hit us both.

I thought the guy behind her was going to have a heart attack, he was laughing so hard. Costco won't let me shop there anymore.

Better watch what you ask retired people. They have all the time in the world to think of crazy things to say.

### *American, Scot and Canuck*

An American, a Scot and a Canuck were in a terrible car accident. They were brought to the same emergency room, but all three of them died before they had arrived. Just as they were about to put the toe tag on the American, he stirred and opened his eyes. Astonished, the doctors and nurses present asked him what happened.

“Well,” said the American, “I remember the crash, and then there was a bright light, and the Canadian, the Scot and I were standing at the gates of heaven. St. Peter approached us and said that we were all too young to die, that for a donation of \$100, we could return to earth.”

He continued, “so of course, I pulled out my wallet and gave him the money, the next thing I knew, I was back here.”

“That’s amazing!” said the doctor, “but what happened to the others?”

“Last I saw them,” replied the American, “the Scot was haggling over the price and the Canadian was waiting for the government to pay for his.”



“Courage is as often the outcome of despair as of hope; in the one case we have nothing to lose, in the other, everything to gain.”  
~ Diane de Poitiers

“I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It’s when you know you’re licked before you begin but you begin anyway and you see it through no matter what. You rarely win, but sometimes you do.”

~ Harper Lee,  
*To Kill a Mockingbird*

“People are made of flesh and blood and a miracle fibre called courage.”  
~ Mignon McLaughlin

“The courage of life is often a less dramatic spectacle than the courage of a final moment; but it is no less a magnificent mixture of triumph and tragedy.”  
~ John F. Kennedy

“If the impulse to daring and bravery is too fierce and violent, stay it with guidance and instruction.”  
~ Xun Zi

“A man of courage never wants weapons.”  
~ Author Unknown

## Fun & Games Cont...



### *Three Horses*

A man asked an Elder what his wife’s name was. He replied, “She’s called Three Horse”.

The man said, “That’s an unusual name for your wife, what does it mean?”

The Elder said, “It’s an old Indian name, it means nag, nag, nag”.

### *Death in the Family*

An Elder shuffles into a newspaper office and asks if he can place a piece in the obituaries section.

"No problem sir," says the girl behind the desk. "That'll be \$1 per word."

Nodding slowly, the old man writes: 'Doris is dead' on a piece of paper, and forlornly passes it back to the girl.

"Is that all you want to put in it?" asks the girl.

The Elder looks at her with sad eyes. "I'm afraid I only have \$3," he says, and begins to shuffle out of the door.

Feeling sorry for the man, the girl says she'll speak to the editor and see if she can get him a special deal. "Wait here and I'll see if we can work something out." Moments later she returns from the editor's office, grinning broadly. "Good news," she says. "The editor says you can have another \$3-worth of words."

Smiling gratefully, the old Indian takes another piece of paper and thinks for a moment. Shakily, he then writes: "Doris is dead. Truck for sale."

### *They're Not All Mine!*

A woman drove a mini-van filled with a dozen screaming kids through the mall parking lot, looking for a space. Obviously frazzled, she coasted through a stop sign.

“Hey lady, have you forgotten how to stop?” yelled an irate man.

She rolled down the window and said “What makes you think these are all mine?”

## Fun & Games Cont...

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**“My teacher says little girls can grow up to be anything they choose! Why did you choose to be an old lady?”**

### *Kids and Fire*

“Daddy, Daddy, can I have another glass of water please?”

*“But I’ve given you ten glasses of water already!”*

“Yes, but the bedroom is still on fire!”

### *Choices*

A shoplifter was caught red-handed trying to steal a watch from an exclusive jewellery store. "Listen," said the shoplifter, "I know you don't want any trouble either. What do you say I just buy the watch, and we forget about this?"

The manager agreed and wrote up the sales slip. The crook looked at the slip and said, "This is a little more than I intended to spend. Can you show me something less expensive?"

### *A Dog Sends a Telegram*

A dog went to a telegram office, took out a blank form and wrote: "Woof. Woof. Woof. Woof. Woof. Woof. Woof. Woof."

The clerk examined the paper and politely told the dog: "There are only nine words here. You could send another 'Woof' for the same price."

"But," the dog replied, "that would make no sense at all."

### *Gossip*

A newly ordained priest is nervous about hearing confessions and asks an older priest to observe one of his sessions to give him some tips. After a few minutes of listening, the old priest suggests that they have a word.

"I've got a few suggestions," he says. "Try folding your arms over your chest and rub your chin with one hand."

The new priest tries this. "Very good," says his senior. "Now try saying things like 'I see', 'I understand' and 'Yes, go on.'"

The younger priest practices these sayings, too. "Well done," says the older priest. "Don't you think that's better than slapping your knee and saying: "No way! What happened next?"

## Recipe: No Bake Pineapple Cheese Pie

I am always looking for easy recipes that take little time but create an impact. This is my most sought after dessert, my family loves it. There are never any leftovers.

Preparation Time: 30 minutes + chilling

Yield: 8 servings

1 piece = 268 calories

### Ingredients:

1 graham cracker crust pastry/pie shell (9 inch)

1 pkg (3 oz) sugar free lemon gelatin

½ cup boiling water

1 can (8 oz) unsweetened crushed pineapple, drained

1 pkg (8 oz) fat free cream cheese

1 pkg (3 oz) cream cheese, softened

1 carton (8 oz) frozen reduced-fat whipped topping, thawed

### Directions:

In a small bowl, dissolve gelatin in boiling water. Cool for ten minutes. Stir in pineapple. In a large mixing bowl, beat cream cheese until blended. Gradually beat in pineapple mixture. Fold in whipped topping. Spoon into graham cracker crust. Cover and refrigerate for four hours or until set.



**“You don’t look anything like the long haired, skinny kid I married 25 years ago. I need a DNA sample to make sure it’s still you.”**

## Upcoming Events and Information

<b>Seniors Day</b>
Join us for pool, cards, shuffleboard and games. Wheelchair accessible. Contact Syl Meise for more information.
<b>Location:</b> Pineview Hall Basement
<b>Date:</b> Wednesday, July 8 <sup>th</sup>
<b>Time:</b> 10 am to 2 pm
<b>Contact:</b> 250.963.7427 or 250.649.8281

<b>19<sup>th</sup> Annual Kidz Art Dayz</b>
Creative Fun for the ENTIRE Family and the admission is free. This is a great opportunity to spend time with the grandkids.
<b>Location:</b> Prince George Civic Centre
<b>Date:</b> Friday, July 10 <sup>th</sup> to Saturday July 11 <sup>th</sup>
<b>Cost:</b> FREE
<b>Time:</b> 10 am to 3 pm
<b>Phone:</b> 250.614.7800

<b>Prince George Farmers Market</b>
Saturday morning Farmer's Market. All local goods including; fruits, vegetables, herbs, bread, baked goods, sweet & savoury preserves, specialty meats, bedding plants, cut flowers, soaps, woodcrafts, art, clothing, home/garden decor and jewellery.
<b>Location:</b> George Street and Third Avenue
<b>Date:</b> Saturday, July 11 <sup>th</sup>
<b>Time:</b> 8.30 am to 2 pm
<b>Contact:</b> Trisha Kadla 250.613.5775

<b>Basic Computer Classes For Adults – Basic Computers 1</b>
Don't know how to turn a computer on? Scared of breaking something? Friendly, experienced staff at the library will introduce you to the basics of using a computer and emailing friends and family.
<b>Location:</b> PG Library - Bob Harkins Branch
<b>Date:</b> Thursday, July 14 <sup>th</sup>
<b>Cost:</b> FREE
<b>Time:</b> 7 pm to 8.30 pm
<b>Phone:</b> 250.563.1338 – space is limited so you must register

<b>Storytime in the Park</b>
Storytellers from the Library and the Child Care Resource Referral (CCRR) will lead a half hour of fun, free, interactive story times for children.
<b>Location:</b> Fort George Park
<b>Date:</b> Thursday, July 9 <sup>th</sup>
<b>Cost:</b> FREE
<b>Time:</b> 10.30 am

<b>Books &amp; Company Storytime</b>
Saturday morning respite here for parents (and grandparents). Barb Dean, will be ready to read stories and sing songs with the children.
<b>Location:</b> Books & Co.
<b>Date:</b> Saturday July 11 <sup>th</sup>
<b>Cost:</b> FREE
<b>Time:</b> 10 am

<b>Prince George Railway &amp; Forestry Museum Food Drive</b>
The Prince George Railway and Forestry Museum is hosting a food drives for the Salvation Army. Admission is free with the donation of a non-perishable food item, and there will be a Barbeque on site!
<b>Location:</b> PG Railway & Forestry Museum
<b>Date:</b> Sunday, July 12 <sup>th</sup>
<b>Cost:</b> Admission by donation of a canned good

<b>FREE Thursdays at Two Rivers Gallery</b>
Two Rivers Gallery has three exhibition spaces with new exhibitions arriving each month. The Rustad Galleria features work by local and emerging artists and groups within the region. Drop in to see if you can spot the next Picasso!
<b>Location:</b> Two Rivers Art Gallery
<b>Date:</b> Thursday, July 16 <sup>th</sup>
<b>Time:</b> 10 am to 9 pm
<b>Contact:</b> 250.614.7800

<b>Storytime in the Park</b>
The PG Public Library and the Child Care Resource Referral (CCRR) will present weekly story times in local parks. Storytellers from the library and CCRR will lead a half hour of fun, free, interactive story times for children.
<b>Location:</b> Rainbow Park
<b>Date:</b> Thursday, July 16 <sup>th</sup>
<b>Cost:</b> FREE
<b>Time:</b> 10.30 am

<b>Thomas Days</b>
Our Trains play "dress up" and are magically transformed into "Friends of Thomas". Enjoy our Mini Rail rides, Concession, BBQ, popcorn, Thomas Film Fest, Crafts, storytelling, and many more fun treats!
<b>Location:</b> Railway & Forestry Museum
<b>Date:</b> Friday, July 17 <sup>th</sup> to Sunday July 19 <sup>th</sup>
<b>Time:</b> 11 am to 4 pm

<b>Prince George Farmers Market</b>
Saturday morning Farmer's Market. All local goods including; fruits, vegetables, herbs, bread, baked goods, sweet & savoury preserves, specialty meats, bedding plants, cut flowers, soaps, woodcrafts, art, clothing, home/garden decor and jewellery.
<b>Location:</b> Wilson Square corner of George Street and Third Avenue
<b>Date:</b> Saturday, July 18 <sup>th</sup>
<b>Time:</b> 8.30 am to 2 pm
<b>Contact:</b> Trisha Kadla 250.613.5775

<b>Worldwide Photo Walk</b>
Join Prince George photographers on a walk to photograph the city. This is open to everyone, but you must sign up to participate:
<a href="http://worldwidephotowalk.com/prince-george-british-columbia-canada-bc-ca/">http://worldwidephotowalk.com/prince-george-british-columbia-canada-bc-ca/</a>
<b>Location:</b> Starts at City Hall, ends at the White Spot
<b>Date:</b> Saturday, July 18 <sup>th</sup>
<b>Cost:</b> FREE
<b>Time:</b> 9 am to 11 am
<b>Contact:</b> Wayne Carlton 250.567.4363 or Bob 250.562.3717

<b>Huble Homestead Kids Carnival</b>
This annual event is back and better than ever! Bring your whole family for games, music, crafts & contests to Huble Homestead.
<b>Location:</b> Mitchell Road 40 km North of Prince George on Highway 97
<b>Date:</b> Sunday, July 19 <sup>th</sup>
<b>Time:</b> 10 am to 5 pm
<b>Cost:</b> Admission by donation

<b>Basic Computer Classes For Adults – Internet &amp; Email Basics</b>
Don't know how to turn a computer on? Scared of breaking something? Friendly, experienced staff at the library will introduce you to the basics of using a computer and emailing friends and family.
<b>Location:</b> Prince George Public Library. Bob Harkins Branch
<b>Date:</b> Tuesday, July 21 <sup>st</sup>
<b>Cost:</b> FREE
<b>Time:</b> 7 pm to 8.30 pm
<b>Phone:</b> 250.563.1338 – space is limited so you must register

<b>Foot Care Clinic</b>
Nurses from "We Care" do complete foot care. By Appointment only.
<b>Location:</b> Senior Activity Centre – 425 Brunswick Street
<b>Date:</b> Wednesday, July 22 <sup>nd</sup>
<b>Cost:</b> \$20.00
<b>Time:</b> 9 am to 3 pm
<b>Contact:</b> 250.564.3287

<b>FREE Thursdays at Two Rivers Gallery</b>
The Rustad Galleria features work by local and emerging artists and groups within the region. Drop in to see if you can spot the next Picasso!
<b>Location:</b> Two Rivers Art Gallery
<b>Date:</b> Thursday, July 23 <sup>rd</sup>
<b>Time:</b> 10 am to 9 pm
<b>Contact:</b> 250.614.7800

<b>Storytime in the Park</b>
The PG Public Library and the Child Care Resource Referral (CCR) will present weekly story times in local parks. Storytellers from the library and CCR will lead a half hour of fun, free, interactive story times for children.
<b>Location:</b> Snowdrop Park
<b>Date:</b> Thursday, July 23 <sup>rd</sup>
<b>Cost:</b> FREE
<b>Time:</b> 10.30 am

<b>BC Old Time Fiddler's Contest</b>
There will be a concert held along with the contest & a pancake breakfast.
<b>Location:</b> Blackburn Community Centre, 2451 S. Blackburn
<b>Date:</b> Friday, July 24 <sup>th</sup>
<b>Time:</b> 10 am to 6 pm
<b>Contact:</b> 250.562.8505

<b>Prince George Farmers Market</b>
Saturday morning Farmer's Market. All local goods including; fruits, vegetables, herbs, bread, baked goods, sweet & savoury preserves, specialty meats, bedding plants, cut flowers, soaps, woodcrafts, art, clothing, home/garden decor and jewellery.
<b>Location:</b> Wilson Square corner of George Street and Third Avenue
<b>Date:</b> Saturday, July 18 <sup>th</sup>
<b>Time:</b> 8.30 am to 2 pm
<b>Contact:</b> Trisha Kadla 250.613.5775

<b>Downtown Walking Tour</b>
Come for a free guided tour and learn about the history of Prince George! You'll hear stories about the interesting people and places that make up our past. A great activity for your summer guests - even PG residents will be surprised at what they learn. Tours leave from the front desk of the Bob Harkins Branch of the Prince George Public Library every weekday at 1:00 pm, until August 19, 2009.
<b>Location:</b> Prince George Public Library. Bob Harkins Branch
<b>Date:</b> Tuesday, July 28 <sup>th</sup>
<b>Cost:</b> FREE
<b>Time:</b> 1 pm to 2 pm
<b>Phone:</b> 250.563.9251

<b>Basic Computer Classes For Adults – Basic Computers 2</b>
Don't know how to turn a computer on? Scared of breaking something? Friendly, experienced staff at the library will introduce you to the basics of using a computer and emailing friends and family.
<b>Location:</b> Prince George Public Library. Bob Harkins Branch
<b>Date:</b> Tuesday, July 28 <sup>th</sup>
<b>Cost:</b> FREE
<b>Time:</b> 7 pm to 8.30 pm
<b>Phone:</b> 250.563.1338 – space is limited so you must register

<b>Seniors Day</b>
Senior's social will be held every Wednesday. Come and join us for pool, cards, shovelboard and games. Wheelchair accessible.
<b>Location:</b> Pineview Hall Basement
<b>Date:</b> Wednesday, July 29 <sup>th</sup>
<b>Time:</b> 10 am to 2 pm
<b>Contact:</b> Syl Meise 250.963.7427 or 250.649.8281

### FREE Thursdays at Two Rivers Gallery

Two Rivers Gallery has three exhibition spaces with new exhibitions arriving each month. The Rustad Galleria features work by local and emerging artists and groups within the region. Drop in to see if you can spot the next Picasso!

**Location:** Two Rivers Art Gallery

**Date:** Thursday, July 30<sup>th</sup>

**Time:** 10 am to 9 pm

**Contact:** 250.614.7800

### Storytime in the Park

The PG Public Library and the Child Care Resource Referral (CCRR) will present weekly story times in local parks. Storytellers from the library and CCRR will lead a half hour of fun, free, interactive story times for children.

**Location:** Clapperton Park

**Date:** Thursday, July 30<sup>th</sup>

**Cost:** FREE

**Time:** 10.30 am

### Info. Fridays – Audiobooks For Adults

Discover how to download audiobooks to your computer, MP3 player, or iPod. Great for listening to while exercising or on long road trips.

**Location:** PG Public Library, Bob Harkins Branch

**Date:** Friday, July 31<sup>st</sup>

**Cost:** FREE

**Time:** 10.30 am to 12 pm

### Homestead Days

This annual pioneer event takes place over two days! There will be old fashioned games, crafts, pioneer demonstrations and entertainment. There will also be a feature guided tour of the Giscome portage.

**Location:** Huble Homestead

**Date:** Sunday August 2<sup>nd</sup> – Monday August 3<sup>rd</sup>

**Homestead Days**

### Basic Computer Classes For Adults – Basic Computers 1

Don't know how to turn a computer on? Scared of breaking something? Friendly, experienced staff at the library will introduce you to the basics of using a computer and emailing friends and family. Space is limited so you must register.

**Location:** Prince George Public Library. Bob Harkins Branch

**Date:** Wednesday, August 12<sup>th</sup>

**Cost:** FREE

**Time:** 10.30 am to 12 pm

**Phone:** 250.563.1338

### 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

### 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 4<sup>th</sup> Avenue



Is there something you would like to see included?

This is YOUR newsletter, let us know.

**Contact:**  
blumhagen@abdc.bc.ca  
jroberts@abdc.bc.ca

We can also be reached at 250.562.6325.

The deadline to submit information for the August edition is July 27<sup>th</sup>.

<b>Contact Information</b>	
Aboriginal Business & Community Development Centre	250.562.6325
Arthritis Society	1.800.321.1433
BC Bereavement Hotline	1.877.779.2223
BCCEAS: BC Centre for Elder Advocacy & Support – Info. on Elder abuse or the legal rights of seniors.	1.866.437.1940
BC Seniors Games	250.962.7672
Canadian Diabetes Association	1.800.226.8464
Cancer Information Line	1.888.939.3333
Crisis Line – Prince George Only	250.563.1214
Crisis Line – Prince George Region	1.888.562.1214
Crisis Line – BC Wide	1.800.784.2433
Dak’elh Elders	250.614.7731
Elder Citizens Recreation Association	250.561.9381
Food and Nutrition Information	1.800.667.DIET
Golden Age Social	250.563.9814
Hart Pioneer Centre Association	250.962.6712
Health and Seniors Information Line	1.800.465.4911
Health Link BC	811
Health Link BC TTY	711
Lheidli T’enneh	250.963.8451
Native Friendship Centre – Healing Centre	250.564.4324
NHA Seniors Wellness	250.563.1478
Nechako Métis Elders Council	250.562.6325
PG & District Senior Citizens Activity Centre	250.564.3287
Prince George Council of Seniors	250.564.5888
Prince George Métis Elders	250.562.2771
Prince George Native Friendship Centre	250.564.3568
Residential School Crisis Line	1.866.925.4419
Public Guardian and Trustee – Services to Adults	1.800.663.7867
Res. School Settlement: Common Experience Payment	1.866.699.1742
Spruce Capital Seniors' Recreation Centre	250.563.6450
VictimLINK	1.800.563.0808
VictimLINK TTY – Collect Calls Accepted	604.875.0885