



# ELDERS ROCK

Reviving Our Cultural Knowledge

AUGUST 5, 2009

ALL NATIONS ELDERS COUNSEL NEWSLETTER

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Hope you had a safe and enjoyable August long weekend and happy (early) Labour Day!

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## Welcome

We are pleased to present the August 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.

## Elders Booth at the PGX

Thursday, August 13<sup>th</sup> is Senior's Day at the PGX. The All Nations Elders Counsel will have a display table from 10am to 6pm. Volunteers are welcome to help at the table, even a short shift of two hours would be appreciated.

## Health Fair at the PGNFC

The All Nations Elders Counsel is organizing a health fair for Wednesday, September 9<sup>th</sup> on topics that are specific to Aboriginal Elders and their families. It will take place at the PGNFC in the Power of Friendship Hall, and there will be a delicious salmon lunch to follow. There will be representatives from Northern Health and we hope to have interactive displays on the following topics: mental health, vision testing, oral care, hearing testing, foot care, heart health (including cholesterol, blood pressure, etc.), diabetes, bone density, sleeping, cancer, the thyroid, arthritis, back care, joints and joint care, allergies, active living, just issues related to aging and Aboriginal specific health issues.

We would like to have this fair to both build a relationship with people from Northern Health and to bring Elder concerns to the table at the upcoming AHIC meeting. Please let Joyce or Laura know if you are interested in attending.

## Free Computer Tutoring

ABDC has been approached by a young lady offering free one-on-one computer training. 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.

## 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.

Did You Know?  
Last week was  
National Friendship  
Week.

### **Rally4Recovery**

Tara Levis, one of the youth volunteers who helped out at last fall's camp, is a survivor of anorexia and bulimia. She recently lost a friend to complications from her eating disorder. In response to this tragedy, Tara has taken the initiative to raise money and awareness about eating disorders, all of the money going to the Looking Glass Foundation, where she will also volunteer.

Tara has been training for months, and will cycle from Prince George to Maple Ridge starting on August 8<sup>th</sup>. She hopes that by sharing her story, she will demonstrate that it's not shameful but empowering to speak out. She encourages those who are suffering in silence to reach out for help before it is too late. Let's all cheer Tara on her journey. For more information about this, check out Tara's blog: <http://rally4recovery.com/>

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### **Seniors Community Park Opens**

The grand opening for the Senior's Community Park was Monday July 27<sup>th</sup>. The park is located next to the Masich Place Stadium and has fitness stations, check it out.

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### **Elders Needed at UNBC's N.A.P.**

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.

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### **Provincial Conference: Gathering and Sharing Wisdom**

The Indigenous Child Welfare Research Network (ICWR) is bringing together front-line workers, First Nations peoples, Inuit and Métis individuals, families and communities, Aboriginal organizations, academic institutions and researchers at our upcoming Provincial Conference, "Gathering and Sharing Wisdom". This conference will highlight research and practices that are enriching the lives of our children. It is a chance to share the current programs and research projects that are working in your communities.

Check out the website for more info: <http://web.uvic.ca/icwr/conference.htm>

**Date:** October 6<sup>th</sup> to 7<sup>th</sup>, 2009

**Place:** Harbour Towers, 345 Quebec Street, Victoria BC

**Fees:** Conference fee includes lunch and dinner on day one, and coffee and refreshments for both days.

- 18 and under: FREE
- Elders, Youth, & Students: \$100
- ICWR non-Members: \$300
- ICWR Members: \$250

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## Article: Depression & Mental Health in Seniors

This article has excerpts from the Canadian Coalition for Seniors' Mental Health article. Depression in Older Adults: A Guide for Seniors and Their Families

The article can be found on the web:

[http://www.ccsmh.ca/pdf/ccsmh\\_depressi onBooklet.pdf](http://www.ccsmh.ca/pdf/ccsmh_depressi onBooklet.pdf)

**These are just risk factors** - even if you have some or many of these risk factors, it does not mean that you are depressed or will experience depression in the future.

Mental health problems are NOT a normal part of aging. Difficulties with mood, thinking and behaviour are not an inevitable part of aging. Nor are they signs of personal weakness. They are usually signs that something is wrong that requires attention from a health care professional.

Some people argue that there's no point examining these problems in Seniors because they can't be fixed. Some problems associated with aging can't be cured *yet*, but there's still a lot that can be done - problems can be treated.

Older adults experiencing changes in their mood, thinking and behaviour may not be aware of the changes that are taking place, may misunderstand the nature of the changes, or may be ashamed of the idea that they're developing "mental health problems." Family members may not understand and think that these changes are normal parts of aging, aspects of their relative's personality, or signs of personal weakness and may not know how to help.

### What is Depression?

Depression is more than having a bad day or feeling a little "blue." It can be described as feelings of sadness, hopelessness and a loss of interest or pleasure in things you usually like to do. It's the most common mental health problem in older adults. Although common, it is not a normal consequence of aging. Depression in later life is an illness that can be treated.

Older adults are less likely to talk about feeling depressed with their health care providers. They might feel shame about having an "emotional" illness or be afraid that they're "losing it."

Some symptoms, such as low energy, and more aches and pains, are often falsely interpreted as symptoms of aging. A lack of knowledge about depression can mean that treatable symptoms aren't recognized.

### Risk Factors for Depression in Older Adults:

- Being depressed in the past
- Having other biological relatives with depression
- Being female
- Being widowed or divorced
- Changes in the brain resulting from other illnesses such as a stroke, Parkinson's disease or Alzheimer's disease
- Trouble developing close relationships or having low self-esteem
- Illnesses that last a long time and cause difficulties like pain and disability
- Certain medications
- Drinking too much alcohol or abusing drugs
- Sleep problems that last a long time (either too much or too little sleep)
- Not having a strong social network and being isolated
- Taking care of a family member who has a serious illness such as dementia

Depression usually doesn't get better on its own. If you have experienced many of these symptoms for a prolonged period of time, talk to a health care provider.

**Remember:**

Depression isn't caused by personal weakness. It's a medical illness that can be treated.

**Life Events That Can Trigger Symptoms of Depression:**

- When you're grieving the death of a loved one, it's normal to feel sadness and despair. For most people, these feelings will gradually decrease (usually within a year). If a person's despair is so bad that they're unable to function and they don't get better with time, they may have depression.
- Depression is common the year after a person moves to a smaller place, an apartment, or nursing home. It's normal for a person to feel a sense of loss if they move away from friends, family and supports.
- Negative life events, such as a separation or divorce, a financial crisis or other loss can trigger symptoms of depression.

**Symptoms of Depression in Older Adults?**

It's normal to experience ups and downs throughout life. Depression is more than having a bad day or feeling a little "blue." To be diagnosed you need to experience some or all of these symptoms for at least two weeks.

- Feeling sad
- No interest in or pleasure from things you used to enjoy
- Less energy and feeling tired
- Not feeling well, having aches and pains
- Feeling guilty or worthless
- Difficulties thinking and concentrating
- Problems sleeping (too much or not enough)
- Changes in appetite and weight
- Feeling agitated, restless and/or sluggish
- Thoughts of suicide or death

**What Should You Do if You Notice Symptoms of Depression?**

If you (or someone you know) are feeling so low that you're thinking of hurting yourself or ending your life, call 911 or go to the emergency room.

**Get help!** If you think you're depressed, it's important to get help from a health care provider. If you don't have a doctor, there are other options, like walk-in clinics, your local hospital or community health centres. Most specialized geriatric programs will see people who don't have a family doctor.

Remember that depression is an illness like any other. It's okay to talk about what you're experiencing. Some people may feel uneasy sharing their thoughts and feelings but it's an important step in getting help to feel better. You are not alone. Many older adults experience these same feelings.

**How is Depression Diagnosed?**

To diagnose depression, your health care provider may:

- Do a physical exam and run some tests to rule out other problems.
- Ask questions about your thoughts and feelings and what's happening in your personal life. They may ask questions like:
  - Are you basically satisfied with your life?
  - Have you dropped many of your activities or interests?
  - Are you in good spirits most of the time?

**You are not alone!**  
Did you know that up to 1 in 5 seniors have symptoms of depression?

The rates of depression among seniors are even higher in hospitals. In long-term care homes, up to 40% of residents may be experiencing it.

Although depression can be quite common in later life, it's not a typical part of aging. Symptoms can be successfully treated in almost all cases!

### **How is Depression Treated?**

Depression can be treated in different ways. The type of depression, how severe it is, and the wishes of the older adult will all help determine the best treatment. Treatment can include improving one's lifestyle and social supports, counselling and therapy, and medication. A combination of these treatments may give the best results. Your health care provider can explain your options and help you choose the treatment that's best for you.

#### **Types of Treatment:**

1. Improving lifestyle and social supports
2. Counselling and therapy
3. Medication

### **Can People with Depression Get Better?**

**Yes!** When treated quickly and properly, more than 80% of older adults with depression can be treated successfully and can lead full and active lives. Patience is important. It may take time before you notice improvement. It's important to stick with your treatments to prevent depression from happening again. Some people may need to stay on antidepressants for extended periods of time. Talk with your health care provider about any concerns you have.

### **A Final Note About Living and Aging Well:**

Health and well-being is a journey, from birth, through childhood and into old age. Many different things impact our mental and physical health – our age, genetics, lifestyle and access to health services – and that's just for starters. We can't control everything, but we can make choices at every stage of our lives to protect and improve our mental and physical health.

### **Here's a list of things you can do at any age to live well:**

- Eat healthy foods in healthy amounts
- Be physically and mentally active
- Get rest
- Manage your stress
- Don't smoke
- If you drink alcohol, drink only in moderation
- Get involved with things that interest you
- Spend time with people – family, friends and members of your community
- Follow the advice of your health care team
- Ask for help when you need it

Some of these things might be easier for you to do than others. Talk about your health care goals with family, friends and caregivers. They can help you find new and creative ways to reach your goals. You might inspire them to protect and improve their health too.

## Quotes, Proverbs & Teachings

### Proverbs

“Honesty is the first chapter in the book of wisdom.”

~ Thomas Jefferson

“Honesty is something you can't wear out.”

~ Waylon Jennings

“Dishonest people conceal their faults from themselves as well as others; honest people know and confess them.”

~ Christian Nevell Bovee

“The best measure of a man's honesty isn't his income tax return. It's the zero adjust on his bathroom scale.”

~ Arthur C. Clarke

“Just being honest is not enough. The essential ingredient is executive integrity.”

~ Philip Crosby

“Honesty is like an icicle; if once it melts that is the end of it.”

~ American Proverb

“I hope that I shall possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an honest man.”

~ George Washington

“The greatest way to live with honour in this world is to be what we pretend to be.”

~Socrates

“If it is not right, do not do it. If it is not true, do not say it.”

~ Marcus Aurelius

“Integrity is telling myself the truth, honesty is telling the truth to other people.”

~ Spencer Johnson

### Elders Meditation

"Praying to seek a vision, to seek truth is always right. Truth builds upon itself, as the true mark of a warrior who conducts himself/herself accordingly, so that its beauty may shine in the faces of our children."

~ Barney Bush, Shawnee

We move toward and become like that which we think about. What we think about creates our vision. If our thoughts are wise and good, then our vision becomes strong and truthful. If our thoughts are junk, then our vision becomes contaminated, so it's important to be aware of what we are thinking about. As I live my vision, my children watch and they will live their lives the same way. We need to live the walk of the Warrior. We need to walk in beauty and respect.

*Oh Great Spirit, give me a vision for today. Let me see truth. Let me walk in beauty. Let my heart guide me in truth. The law says the truth shall set you free. Let me be free today.*

### Seven Teachings: Honesty

The fifth teaching of the grandfathers, honesty, is represented by the Sabe. To be honest is to keep the promises one makes to the creator, to others, and to oneself. Be honest first with yourself, and you will more easily be able to be honest with others. To be called an honest person is the highest honour that could be bestowed.

### What is the Difference Between Truth and Honesty?

Truth and honesty are closely related, but what is the difference between the two? Truthfulness is to speaking as honesty is to actions. Truthfulness means that you tell the truth when asked. Honesty is a broader concept, it means that you act fairly as well as speak the truth, it is being righteousness. For example, if you cheated on an exam and told people, you would be truthful but not honest.

Here is a practical example of truth versus honesty. **Truth:** “No honey, those jeans don't make you look fat.” **Honesty:** “It's your genes that make you look fat! In this case it is probably a safe bet to be truthful but not honest.

## Fun & Games

“Honest hearts produce honest actions.”

~ Brigham Young

“No one can lie, no one can hide anything, when he looks directly into someone’s eyes.”

~ Paulo Coelho

“An honest man can feel no pleasure in the exercise of power over his fellow citizens.”

~ Thomas Jefferson

“Honest disagreement is often a good sign of progress.”

~Mahatma Ghandi

“If we aren’t willing to pay a price for our values, then we should ask ourselves whether we truly believe in them at all.”

~Barack Obama

“Where is the man who has the strength to be true, and to show himself as he is?”

~ Johann Wolfgang Von Goethe

“Character is the final decision to reject whatever is demeaning to oneself or to others and with confidence and honesty choose what is right.”

~ Unknown Author

“If you follow only one rule, let it be this one: be yourself. The really strong boy-girl relationships are based on what people really are, no on what they pretend to be.”

~Unknown Source

### *A Really Bad Day*

A man was working on his motorcycle on the patio. He was racing the engine and the motorcycle slipped into gear. The man, still holding the handlebars, was dragged through a glass patio door and dumped onto the floor inside the house.

The wife, hearing the crash, ran into the dining room and found her husband lying on the floor, cut and bleeding, the motorcycle lying next to him and the patio door shattered. She phoned for an ambulance.

Because they lived on a fairly large hill, the wife went down the several flights of long steps to the street to direct the paramedics to her husband. After the ambulance arrived and transported the husband to the hospital, the wife uprights the motorcycle and pushed it outside. Seeing that gas had spilled on the floor, she blotted it up with paper towels and threw them into the toilet.

The husband was treated at the hospital and released to come home. After arriving home, he looked at the shattered patio door and the damage done to his motorcycle. He became despondent, went into the bathroom, sat on the toilet and smoked a cigarette. After finishing the cigarette, he flipped it between his legs into the toilet bowl while still seated.

The wife heard a loud explosion and her husband screaming. She ran into the bathroom and found her husband lying on the floor. His trousers had been blown away and he was suffering burns on the buttocks, the back of his legs and his groin. The wife again ran to the phone and called for an ambulance.

The same ambulance crew was dispatched and the wife met them at the street. The paramedics loaded the husband on the stretcher and began carrying him to the street. While they were going down the stairs to the street, one of the paramedics asked the wife how the husband had burned himself. She told them and the paramedics started laughing so hard, one of them tipped the stretcher and dumped the husband out. He fell down the remaining steps and broke his arm.

This story redefines what it is to have a bad day.

### *Need Fishing Licenses*

A couple of young boys were fishing when out from the bushes jumped the game warden. Immediately, one of the boys threw his rod down and started running through the woods. After about half a mile the boy stopped caught his breath while the game warden caught up to him.

“Let’s see your fishing license!” gasped the Warden. With that, the boy pulled his wallet out and gave the warden a valid license. “Well son, you must be as dumb as a box of rocks. You don’t have to run from me if you have a valid license.” “Yes Sir.” replied the boy, “but my friend back there, well, he doesn’t have one...”

## Fun and Games cont...

“Every act of dishonesty has at least two victims: the one we think of as the victim, and the perpetrator as well. Each little dishonesty makes another little rotten spot somewhere in the perpetrator's psyche.”  
~ Lesley Conger

“Slander cannot destroy an honest man. When the flood recedes the rock is there.”  
~ Chinese Proverb

“The trite saying that honesty is the best policy has met with the just criticism that honesty is not policy. The real honest man is honest from conviction of what is right, not from policy.”  
~ Robert E. Lee

Believe nothing just because a so-called wise person said it. Believe nothing just because a belief is generally held. Believe nothing just because it is said in ancient books. Believe nothing just because it is said to be of divine origin. Believe nothing just because someone else believes it. Believe only what you yourself test and judge to be true.  
~ Buddhist Proverb

“It is discouraging how many people are shocked by honesty and how few by deceit.”  
~ Unknown Author

### *A Well Planned Retirement- From the London Times*

Outside the Bristol Zoo in England, there is a parking lot for 150 cars and 8 coaches. It was manned by a very pleasant attendant with a ticket machine charging cars £1 and coaches £5. This parking attendant worked there full-time for twenty-five years. One day, he just didn't turn up for work.

"Oh well," said Bristol Zoo Management. "We'd better phone up the City Council and get them to send a new parking attendant." "Err ... no, that parking lot is your responsibility." said the Council. The Bristol Zoo Management was surprised, "The attendant was employed by the City Council, wasn't he?" The Council insisted that he was not.

Sitting in his villa somewhere on the coast of Spain (presumably), is a man who had been taking the parking lot fees, estimated at £400 (about \$560) per day at Bristol Zoo for the last 25 years. This amounts to just over £3.6 million (\$7 million -- or \$280,000 every year for 25 years)!

And no one even knows his name.

### *Bear Hunting*

Two hunters were driving through the country to go bear hunting. They came upon a fork in the road where a sign read “Bear Left” so they went home.

### *Just Browsing*

A blind man walks into a store with his Seeing Eye dog. All of a sudden, he picks up the leash and begins swinging the dog over his head. The manager runs up to the man and asks, "What are you doing?!!" The blind man replies, "Just looking around."

### *Health Check-Up*

The 70-year-old George went for his annual physical. All of his tests came back with normal results. Dr. Smith said, “George, everything looks great physically. How are you doing mentally and emotionally? Are you at peace with yourself, and do you have a good relationship with your God?”

George replied, “God and I are tight. He knows I have poor eyesight, so He’s fixed it so that when I get up in the middle of the night to go to the bathroom, poof! the light goes on when I pee, and then poof! the light goes off when I’m done.”

“Wow,” commented Dr. Smith, “That’s incredible!” A little later in the day Dr. Smith called George’s wife. “Thelma,” he said, “George is just fine. Physically he’s great. But I had to call because I’m in awe of his relationship with God. Is it true that he gets up during the night and poof! the light goes on in the bathroom and then poof! the light goes off?” George’s wife exclaimed, “That old fool! He’s peeing in the refrigerator again!”

What did the salad say to the fridge? Close the door, I’m dressing!

## Fun and Games cont...

### *Are You Qualified?*

The following short quiz consists of four questions and will tell you whether you are qualified to be a professional. The questions are NOT that difficult.

1. How do you put a giraffe into a refrigerator? **Correct Answer:** Open the refrigerator, put in the giraffe, and close the door. This question tests whether you complicate simple tasks.
2. How do you put an elephant into a refrigerator? Did you say, open the fridge, put in the elephant and close the door? Wrong answer. **Correct Answer:** Open the refrigerator, take out the giraffe, put in the elephant and close the door. This tests your ability to think through the repercussions of your previous actions.
3. The Lion King is hosting an Animal Conference. All the animals attend except one. Which animal does not attend? **Correct Answer:** The Elephant. The elephant is in the refrigerator. You just put him in there. This tests your memory. Okay, even if you did not answer the first three questions correctly, you still have one more chance to show your true abilities.
4. There is a river you must cross but it is used by crocodiles, and you do not have a boat. How do you manage it? **Correct Answer:** You jump into the river and swim across. Have you not been listening? All the crocodiles are attending the Animal Conference. This tests whether you learn quickly from your mistakes.

### *Morning Coffee*

A little boy who was visiting his grandmother made her some coffee. When she went to take a sip she noticed a little toy soldier at the bottom of the cup. When she asked him about it He told her "it's like the TV commercial grandma. The best part of waking up is soldiers in your cup".

### *Late for Sunday school*

A little girl, dressed in her Sunday best, was running as fast as she could to get to Sunday School. As she ran, she prayed. "Dear Lord, please don't let me be late. Dear Lord, please don't let me be late. Dear Lord..." At this moment she tripped and fell, getting her nice clothes dirty. The little girl got up, brushed herself off and started running again, praying, "Dear Lord, please don't let me be late...but DON'T SHOVE me anymore!"

### *Another Church Joke*

One Sunday, a young child was "acting up" during church. The parents did their best to maintain some sense of order in the pew but were losing the battle. Finally, the father picked the little fellow up and walked sternly up the aisle on his way out. Just before reaching the safety of the foyer, the little one called loudly to the congregation, "Pray for me! Pray for me!"

Why did the tomato blush? Because it saw Mr. Green Pea over the fence.

"Honesty has a beautiful and refreshing simplicity about it. No ulterior motives. No hidden meanings. An absence of hypocrisy, duplicity, political games, and verbal superficiality. As honesty and real integrity characterize our lives, there will be no need to manipulate others."

~ Charles Swindoll

"I always like to reveal the fact that the emperor has no clothes. And children are best at that. They teach us how to see the world in that sense. They are without artifice; they see it for what it is. I am drawn to that ruthless honesty."

~ Mira Nair

"The high road is always respected. Honesty and integrity are always rewarded."

~ Scott Hamilton

"Honesty may be the best policy, but it's important to remember that apparently, by elimination, dishonesty is the second-best policy."

~ George Carlin

"The reputation of a thousand years may be determined by the conduct of one hour."

~Japanese Proverb

"Live so that your friends can defend you but never have to."

~Arnold H. Glasow

**Signs of a Stroke:**

**WEAKNESS:**  
Sudden numbness or weakness of the face, arms or legs.

**TROUBLE SPEAKING:**  
Sudden confusion or trouble speaking or understanding others.

**VISION PROBLEMS:**  
Sudden trouble seeing in one or both eyes.

**DIZZINESS:**  
Sudden trouble walking, dizziness, or loss of balance or coordination.

**HEADACHE:**  
Sudden severe headache with no known cause.  
If you think someone is having a stroke, you should call 911 immediately.

**Stroke is a medical emergency.**  
Recognizing and responding **immediately** to the warning signs of stroke by calling 911 or your local emergency number can significantly improve survival and recovery.

If a person is diagnosed with a stroke caused by a blood clot, then doctors can administer a clot-busting drug available only at a hospital, and only within a few crucial hours after symptoms begin.

**Did You Know?**

*I had an interesting email forwarded to me last month; it described three simple tests to determine if somebody is having a stroke. I checked it out on snopes.com to see if it was an urban myth or not, and the email is true.*

*What is a Stroke?*

A stroke is a sudden loss of brain function. It is caused by the interruption of flow of blood to the brain (ischemic stroke) or the rupture of blood vessels in the brain (hemorrhagic stroke). The interruption of blood flow or the rupture of blood vessels causes brain cells (neurons) in the affected area to die. The effects of a stroke depend on where the brain was injured, as well as how much damage occurred. A stroke can impact any number of areas including your ability to move, see, remember, speak, reason and read and write.

In a small number of cases, stroke-like damage to the brain can occur when the heart stops (cardiac arrest). The longer the brain goes without the oxygen and nutrients supplied by the blood flow, the greater the risk of permanent brain damage. Brain injuries can also result in uncontrolled bleeding and permanent brain damage. This is usually referred to as an Acquired Brain Injury.

*The Email*

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Remember the first three letters of the word stroke, **STR**. A bystander can recognize a stroke by asking three simple questions:

**S:** Ask the individual to **SMILE**.

**T:** Ask the person to **TALK**, speak a simple sentence. (i.e., It is sunny out today.)

**R:** Ask the person to **RAISE BOTH ARMS**.

If they have trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

The email also discussed another sign of a stroke, a crooked tongue. Ask the person to stick out their tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

While that is also likely true, as a test it is far less valuable than the original three because there is room for interpretation of the results. How crooked is crooked, after all? How far to one side does the tongue have to go before its having done so can be regarded as a clear sign of a stroke having occurred? Better to discard this fourth suggested 'test' in favour of remembering the first three.

This month's selection of recipes is from Buckskin Cookery, a souvenir cookbook compiled of recipes donated by old times and Aboriginal people in BC.

## Recipes of the Month: Buckskin Cookery

### Lumberjack Biscuits

8 cups flour  
4 heaping tbsp. baking powder  
3/4 tsp. salt

4 tbsp. lard  
3/4 cup milk  
1 tbsp. sugar

Cut or crumble shortening into dry material. Add water to make a stiff batter. Drop in large spoonfuls on greased tins and bake in a hot oven. These are a quick and popular substitute when you run out of bread in a lumber camp.

### Potato Yeast Bread

4 potatoes, peeled  
1/2 cup flour

1/4 cup sugar  
1 tbsp. salt

Add enough boiling water to make three quarts of mixture. Cool. Add one yeast cake, let raise well, and seal. Always save some of this "yeast" to start the next batch of yeast. My mother used to use hops for strength. I mean the water off hops, which has been boiled and strained.

Take your bread pan and sift three sifters of warm flour. Add two cups of yeast and two quarts of warm water. Stir well, cover, and set in a warm place until raised. Add more flour and knead, set aside to raise again. Mould into four to six loaves, let raise again and bake.

To enlarge the portion of yeast for further use; grate two potatoes, add three tablespoons of sugar and three tablespoons of flour. Now add the portion of yeast and let raise.

### Dough Dumplings

Drop balls of bread dough, the size of eggs, into a pot of boiling water. Boil steadily for twenty minutes with the lid on tight. Serve with butter and sugar for dessert.

Just how bad is the economy? It's getting pretty bad.



Cat's are so dramatic!

### Riddles – Answers on last page.

1. If you feed it - it gets bigger. But if you give it a drink, it will die. What is it?
2. Where will you find roads without cars, forests without trees and cities without houses?
3. Whoever makes it, tells it not. Whoever takes it, knows it not. And whoever knows it, wants it not.

## Upcoming Events and Information

| <b>Watermelon Social</b>   |
|--|
| Join the fun. Wear green, pink, red or come dressed as a watermelon!! Visit with friends and enjoy the summer at Prince George Chateau. Refreshments will be served after the watermelon seed spitting contest!! Bring your friends. |
| <b>Location:</b> 4337 Hill Avenue – PG Chateau   |
| <b>Date:</b> Wednesday August 5 <sup>th</sup>  |
| <b>Time:</b> 2 pm to 3 pm  |
| <b>Cost:</b> FREE  |
| <b>Contact:</b> 250.564.0202   |

| <b>Husky Heaven – Spirit of the Sled Dog</b>  |
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| Presentations will take place in the Pole barn which has lots of room and shelter. A rain coat might be required to watch the dogs in action as they do a live demonstration of team work pulling a musher on an ATV. There will be an extra showing 7 pm to 8.30pm on Sat. |
| <b>Location:</b> 14295 Chief Lake Road  |
| <b>Date:</b> Thursday August 6 <sup>th</sup> to Sunday August 9 <sup>th</sup>   |
| <b>Time:</b> 9 am to 10.30 am   |
| <b>Cost:</b> Adult \$12, Youth (6-16) \$10, Family \$40   |
| <b>Contact:</b> www.dogpower.ca   |

| <b>2<sup>nd</sup> Annual Women's Festival</b>  |
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| There will be a variety of events at the Rockins River Resort. This is a great place to step out of your ordinary routine and focus inward |
| <b>Location:</b> 3865 Salmon Valley Road   |
| <b>Date:</b> Friday August 7 <sup>th</sup> to Sunday August 9 <sup>th</sup>  |
| <b>Time:</b> Check website for schedule  |
| <b>Cost:</b> 25% discount for ages 65+   |
| <b>Contact:</b> www.svwfest.com  |

| <b>Nathalie Mallet – Book Signing</b>   |
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| Nathalie will be signing copies of her new book, The King's Daughters. It's the sequel to her first, The Princess of the Golden Cage. |
| <b>Location:</b> Café Voltaire at Books & Co.   |
| <b>Date:</b> Saturday August 8 <sup>th</sup>  |
| <b>Time:</b> 2 pm to 4 pm   |
| <b>Cost:</b> FREE   |
| <b>Contact:</b> 250.563.6637  |

| <b>Give the Gift of Life Walk</b>  |
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| The Kidney Foundation of Canada presents "Give the Gift of Life" Walk. With your help we can raise awareness about organ donation. |
| <b>Location:</b> Masich Place Stadium  |
| <b>Date:</b> Sunday, August 9 <sup>th</sup>  |
| <b>Time:</b> 9 am  |
| <b>Cost:</b> FREE  |
| <b>Contact:</b> Laura 250.564.2898   |

| <b>Salvation Army Food Drive</b>   |
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| The Prince George Railway and Forestry Museum will a host food drive for the Salvation Army. Admission is free with the donation of a non-perishable food item, and there will be a BBQ on site! |
| <b>Location:</b> PG Railway & Forestry Museum  |
| <b>Date:</b> Sunday, August 9 <sup>th</sup>  |
| <b>Cost:</b> FREE with non-perishable food item  |

| <b>Free Swim</b>  |
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| Come on down to a free swim at the Four Seasons Leisure Pool. |
| <b>Location:</b> Four Seasons Leisure Pool                    |
| <b>Date:</b> Sunday, August 9 <sup>th</sup>                   |
| <b>Time:</b> 4 to 6 pm  |
| <b>Cost:</b> FREE   |

| <b>PG Exhibition</b>   |
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| There will be animal demonstrations, quilt fair, fire fighter challenge and Heritage lane. There will be a tea garden and ethnic foods available at the food fair. There will be deals at the home, arts & horticulture areas, live performances will be held on stage daily and a whole lot more! |
| <b>Location:</b> CN Centre   |
| <b>Date:</b> Wednesday, August 12 <sup>th</sup> to 16 <sup>th</sup>  |

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| <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. Space is limited. |
| <b>Location:</b> PG Library - Bob Harkins Branch   |
| <b>Date:</b> Wednesday, August 12 <sup>th</sup>  |
| <b>Cost:</b> FREE  |
| <b>Time:</b> 10.30 am to 12 pm   |
| <b>Phone:</b> 250.563.1338   |

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| <b>Fun Day BBQ</b>  |
| Come and join us for the day. Lots of indoor & outdoor games FREE. A BBQ lunch is \$5.00. Free coffee & cake. Contact Sandra Pitcher. |
| <b>Location:</b> 6986 Hart Hwy  |
| <b>Date:</b> Wednesday August 19 <sup>th</sup>  |
| <b>Cost:</b> \$5.00   |
| <b>Time:</b> 10 am to 2 pm  |
| <b>Contact:</b> 250.962.6712 or hartpioneer@shaw.ca   |

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| <b>Husky Heaven – Spirit of the Sled Dog</b>  |
| Presentations will take place in the Pole barn which has lots of room and shelter. A rain coat might be required to watch the dogs in action as they do a live demonstration of team work pulling a musher on an ATV. There will be an extra showing 7 pm to 8.30pm on Sat. |
| <b>Location:</b> 14295 Chief Lake Road  |
| <b>Date:</b> Thurs. August 20 <sup>th</sup> to Sunday August 23 <sup>rd</sup>   |
| <b>Time:</b> 9 am to 10.30 am   |
| <b>Cost:</b> Adult \$12, Youth (6-16) \$10, Family \$40   |
| <b>Contact:</b> www.dogpower.ca   |

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| <b>Info Fridays – Resumes for Adults</b>  |
| Learn the basics of writing a great resume. You'll discover how to catch an employer's attention, highlight your skills and experience, and more. |
| <b>Location:</b> PG Public Library, Bob Harkins   |
| <b>Date:</b> Friday, August 21 <sup>st</sup>  |
| <b>Cost:</b> FREE   |
| <b>Time:</b> 10.30 am to 12 pm  |
| <b>Contact:</b> 250.563.9251  |

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| <b>NessieFest</b>   |
| A Coldsnap Festival Fundraiser organized by the PG Folkfest Society. Juno winner, muscular folk with Folkfest fave Cara Luft and local artist Karl Standeven. |
| <b>Location:</b> Art Space  |
| <b>Date:</b> Friday, August 21 <sup>st</sup>  |
| <b>Time:</b> 8 pm   |
| <b>Cost:</b> \$20, tickets at Books & Co.   |
| <b>Contact:</b> 250.563.6637  |

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| <b>NessieFest</b>   |
| Moreland and Arbuckle, Cara Luft, Maurice [acoustic], Liz Beattie, Kevin Hutchings and others TBA. Special dinner in the woods, this is the fundraiser. Bring a lawn chair. |
| <b>Location:</b> Camp Road, Ness Lake   |
| <b>Date:</b> Saturday, August 22 <sup>nd</sup>  |
| <b>Time:</b> 3 pm till very late, dinner at 5.30 pm   |
| <b>Cost:</b> \$25, tickets at Books & Co., Reid Lk Store Nukko Lake Store   |
| <b>Contact:</b> 250.564.7033  |

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| <b>NessieFest</b>   |
| A Coldsnap Festival Fundraiser organized by the PG Folkfest Society. Kansas Delta blues from Coldsnap 09 performers, Moreland & Arbuckle from Victoria. Liz Beattie and Maurice [acoustic] opening. |
| <b>Location:</b> Art Space  |
| <b>Date:</b> Sunday, August 23 <sup>rd</sup>  |
| <b>Cost:</b> \$20, tickets at Books & Co.   |
| <b>Contact:</b> 250.563.6637  |

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| <b>Summerfest Street Festival</b>   |
| Entertainment on the stage at city hall, vendors, arts & crafts. Fun for the whole family. Please call for event times. |
| <b>Location:</b> Downtown   |
| <b>Date:</b> Saturday, August 22 <sup>nd</sup>  |
| <b>Cost:</b> FREE with food donation  |
| <b>Time:</b> 10 am to 7 pm  |
| <b>Contact:</b> 250.614.1330  |

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| <b>Pioneer Kids Day Camp</b>  |
| Targeted for children aged 7-10, participants will learn about the lives of pioneer children through hands on chores and lots of old fashioned games. Regular tours will still be available. Registration fees and more information will be posted. |
| <b>Location:</b> Huble Homestead  |
| <b>Date:</b> Saturday, August 22 <sup>nd</sup>  |
| <b>Time:</b> 10 am to 9 pm  |
| <b>Contact:</b> 250.564.7033  |

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| <b>Family Fun Day</b>   |
| Activities for the whole family: Mini rail rides; petting zoo; face painting; small engine demonstrations, diesel crane rides, BBQ and much more. |
| <b>Location:</b> Railway & Forestry Museum  |
| <b>Date:</b> Saturday, August 29 <sup>th</sup>  |
| <b>Cost:</b> FREE   |
| <b>Time:</b> 11 am to 3 pm  |
| <b>Contact:</b> 250.614.7800  |

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| <b>WEEKDAYS: Historic PG Walking Tour</b>   |
| Join us at the front desk of the Bob Harkins Branch of the Library to begin a free, fascinating trip into history of Prince George. The tour runs on weekdays only. |
| <b>Location:</b> Prince George Public Library   |
| <b>Dates:</b> August 3-7, 10-14, 17-19  |
| <b>Cost:</b> FREE   |
| <b>Time:</b> 1 pm   |
| <b>Contact:</b> 250.563.9251 ext. 120   |

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| <b>WEDNESDAYS: Senior's Day</b>   |
| Senior's social held every Wednesday, come and join us in shovelboard, pool, cards and more. The events are held in the basement of the Pineview Hall. Wheelchair accessible. Contact Syl Meise for more information. |
| <b>Location:</b> Pineview Hall  |
| <b>Dates:</b> Wednesday August 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>   |
| <b>Cost:</b> FREE   |
| <b>Time:</b> 10 am to 2 pm  |
| <b>Contact:</b> 250.963.7427 or 250.649.8281  |

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| <b>Salvation Army Food Drive</b>  |
| The PG Railway & Forestry Museum will host a food drive for the Salvation Army on Sunday. Admission is free with the donation of a non-perishable food item, and there will be a BBQ on site! |
| <b>Location:</b> PG Forestry & Railway Museum   |
| <b>Date:</b> Sunday, August 23 <sup>rd</sup>  |
| <b>Cost:</b> FREE with food donation  |
| <b>Location:</b> PG Forestry & Railway Museum   |

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| <b>Barn Dance</b>  |
| Come and dance at Huble Homestead. Advance tickets include pioneer supper and admission to the family dance. |
| <b>Location:</b> Huble Homestead   |
| <b>Date:</b> Saturday, August 29 <sup>th</sup>   |
| <b>Cost:</b>   |
| <b>Time:</b> 5 pm to 9pm   |
| <b>Contact:</b>  |

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| <b>MONDAYS: Community Garden</b>  |
| Bertha Cardinal from the Prince George Native Friendship Centre has organized a community garden, where Elders and Youth can work together each week. |
| <b>Location:</b> PG Native Friendship Centre  |
| <b>Dates:</b> Monday, August 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup>                              |
| <b>Cost:</b> FREE   |
| <b>Time:</b> Bus leaves PGNFC at 9.45 am  |
| <b>Contact:</b> 250.564.3568  |

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| <b>THURSDAYS: Two Rivers Art Gallery</b>   |
| The Art Gallery has free Thursdays! Two Rivers Gallery has 3 exhibition spaces with new exhibitions arriving each month. The Rustad Galleria features work by local and emerging artists and groups within the region. See if you can spot the next Picasso! |
| <b>Location:</b> Two Rivers Art Gallery  |
| <b>Dates:</b> Thursday August 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>   |
| <b>Cost:</b> FREE  |
| <b>Time:</b> 10 am to 9pm  |
| <b>Contact:</b> 250.614.7800   |

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| <b>THURSDAYS: Chess Night</b>   |
| Play chess in the café at Books & Co.   |
| <b>Location:</b> Café Voltaire in Books & Co.   |
| <b>Dates:</b> Thursday, August 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> |
| <b>Cost:</b> FREE   |
| <b>Time:</b> 6.30 pm  |
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| <b>FRIDAYS: Prince George Legion Dance</b>   |
| Everyone is welcome. There is a live band and dance floor for those dancing enthusiasts looking for a place to show their moves. |
| <b>Location:</b> PG Legion - 1335 7 <sup>th</sup> Avenue   |
| <b>Date:</b> Friday August 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup>                              |
| <b>Time:</b> 8 pm to 12 am   |
| <b>Cost:</b> \$5.00  |
| <b>Contact:</b> 250.562.1292   |

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| <b>SATURDAYS: Storytime</b>  |
| There is Saturday morning respite here for parents and grandparents. PG's favourite kid's book advocate - Barb Dean, will be ready to read stories and sing songs with the children. |
| <b>Location:</b> Books & Co.   |
| <b>Dates:</b> Saturday August 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>   |
| <b>Time:</b> 10 am   |
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| <b>SATURDAYS: Farmer's Market</b>   |
| All goods for sale are grown or crafted locally. Over 55 vendors offer fruits, vegetables and herbs, bread and baked goods, sweet and savoury preserves, specialty meats, bedding plants, cut flowers, soaps, woodcrafts, art, clothing, home and garden decor and jewellery. |
| <b>Location:</b> George Street and Third Avenue   |
| <b>Dates:</b> Saturday August 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>  |
| <b>Time:</b> 8.30 am to 2 pm  |
| <b>Email:</b> trisha@a-plusadvertisingpg.com  |
| <b>Contact:</b> 250.613.5775  |

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| <b>SUNDAYS: All My Relations</b>  |
| There will be AA meetings on Sunday nights, followed with an after session smudge ceremony. |
| <b>Location:</b> Alano Club – 766 Alward Street   |
| <b>Date:</b> Sundays  |
| <b>Cost:</b> FREE   |
| <b>Time:</b> 6 – 7 pm   |
| <b>Contact:</b> 250 563 9517  |

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| <b>Got an Old Computer?</b>   |
| Got an old computer not being used? Bring it to the PG Personal Supports Centre, they will refurbish your old PC and make sure all old files are gone. Unusable pc's are repaired & donated to people who could not afford one, or sold at low cost. Damaged PC parts are reclaimed and recycled too. |
| <b>Location:</b> 102 1558 Quinn Street  |
| <b>Contact:</b> Jeff 250.563.2008   |

| <b>Walk PG Schedule</b>            |             |  |
|------------------------------------|-------------|--|
| <b>Dates:</b>                      | <b>Time</b> | <b>Location:</b> Fort George Park, Band Shell  |
| Thursday, August 6 <sup>th</sup>   | 1 pm        | <b>Cost:</b> FREE  |
| Tuesday, August 11 <sup>th</sup>   | 6.30 pm     | <b>Phone:</b> 250.561.9284   |
| Thursday, August 13 <sup>th</sup>  | 1 pm        | Make friends, lose weight, have fun! Come walk with us. We'll walk around the park. How far you walk is up to you. |
| Saturday, August 15 <sup>th</sup>  | 10.30 am    |  |
| Tuesday, August 18 <sup>th</sup>   | 6.30 pm     |  |
| Thursday, August 20 <sup>th</sup>  | 1 pm        |  |
| Saturday, August 22 <sup>nd</sup>  | 10.30 am    |  |
| Tuesday, August 25 <sup>th</sup>   | 6.30 pm     |  |
| Thursday, August 27 <sup>th</sup>  | 1 pm        |  |
| Saturday, August 29 <sup>th</sup>  | 10.30 am    |  |
| Tuesday, September 1 <sup>st</sup> | 6.30 pm     |  |

