

# ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 1, Number 10

OCTOBER 7, 2009

## Welcome

We are pleased to present the October 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, please contact Laura or Joyce.

## About the All Nations Elders

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.

## Health Fair at the PGNFC

The All Nations Elders hosted a health fair at the PGNFC in early September. It was a success; there were a lot of interesting booths and a delicious lunch. Special thanks go to Carla Aubichon and Jon Hansen for their beautiful donations.

## HELP Open House Event – Oct. 15<sup>th</sup>

Each year, HELP provides health equipment to thousands of Canadians, empowering them to live full and independent lives. Learn about HELP services and how you can volunteer in your community. The at the Canadian Red Cross, 1399 Sixth Avenue from 9 am to 4 pm. Call 250.564.6566 for more information.



ALL NATIONS ELDERS COUNSEL NEWSLETTER

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## Homeless Action Week

October 11<sup>th</sup> to 18<sup>th</sup> is Homeless Action Week and donations of new and used clothing are needed. They need clothing for all ages and sizes, winter jackets, snow pants, gloves, mitts, hats, toques, winter boots, socks, scarves and ear muffs. Please ensure that the items are in good condition for the long and very cold winter ahead.

## Items can be brought to:

ABDC	3845 15 <sup>th</sup> Ave.	250.562.6325
PGNAETA	198 Kingston St.	250.561.1199
PGNFC	1600 3 <sup>rd</sup> Ave.	250.564.3568

We are on the web: <http://abdc.bc.ca/services/elders-rock>

## Current News

### Clothing Sizes:

#### Ruby William

Women's pant size: 12  
Shirt size: large  
Shoe size: 7

#### Dean Tiljoe

Men's pant size: 30  
Shirt size: small  
Shoe size: 9

#### Danielle Ogen

Women's pant size: 12  
Shirt size: large  
Shoe size: 8

#### Korey Casimel

Men's pant size: 38  
Shirt size: XL  
Shoe size: 11

#### Keelan Casimel

Children's size: 3  
Shoe size: 8

### HYN Contest:

Launch: September  
10th, 2009

Deadline for  
submissions:  
November 10<sup>th</sup>, 2009

For more information  
visit: [www.naho.ca](http://www.naho.ca) or  
[www.honouringlife.ca](http://www.honouringlife.ca)

The promotion code is  
LKMP and the  
reservation number is  
1.800.830.8833.

### MEDIA RELEASE

On September 6<sup>th</sup>, 2009, a fire destroyed two homes and a First Nations Head start/Daycare on the Wet'suwet'en First Nation Reserve. The homes (occupied by Chief Ruby William and Councilor Danielle Ogen) were destroyed, but thankfully nobody was injured. Chief William was not in the building when the blaze occurred. Councilor Ogen, her three year old son and the father escaped the blaze.

We are requesting immediate assistance and items for these individuals. Any contributions would be greatly appreciated. These families are in need of clothing, toiletries, food and financial assistance.

They're requesting household items and toys for the daycare. Contact Nancy Piette at 250.698.7307 or email [wfnhs@telus.net](mailto:wfnhs@telus.net). Please make cheque payable to: **Wet'suwet'en First Nation** P.O. Box 760 Burns Lake, BC V0J 1E0.

### Prince George Contacts Regarding Donations:

Karen Ogen 250.640.0519 or [kogen@telus.net](mailto:kogen@telus.net)  
CSTC: Miriam Louie 250.562.6279 or [mlouie@cstc.bc.ca](mailto:mlouie@cstc.bc.ca)  
CSFS: Jesse Ogen 250.562.3591 or [jesse@csfs.org](mailto:jesse@csfs.org)



### Opportunity for Youth

In celebration of World Suicide Prevention Day, the Honouring Life Network (HLN), a project of the National Aboriginal Health Organization (NAHO), announced an exciting new contest for First Nations, Inuit and Métis youth. The initiative, called the HLN Suicide Prevention Video Contest, is open to Aboriginal youth between the ages of 17 to 30. Youth are encouraged to submit a short video that will raise awareness about suicide prevention and mental wellness initiatives in Aboriginal communities.

#### There are five categories for entry:

1. Suicide Prevention (e.g. local programs, initiatives, fundraising events, awareness campaigns).
2. Celebrating Life (e.g. how you celebrate the life of one lost to suicide).
3. Promoting mental wellness (e.g. music, art, posters).
4. Healthy living choices (e.g. programs, art, poetry, healthy eating, sport).
5. Reducing stigma/shame attached to mental illness/suicide (e.g. How have you overcome a mental illness? What do you want people to know about mental illness/suicide?).

The winner will receive a Flip video camera and a trip to the nation's capital to have their video showcased during the National Aboriginal Health Organization's national conference November 24-26, 2009!

### A Pretty Good Deal

The Ramada Hotel in has a deal, \$69 per night for people staying in Prince George for medical reasons, including visiting a friend in the hospital. Pass this along to any friends you know who have to stay in PG.

## Current News Cont...

### **Nechako Assembly and Repair Services**

Are you an Elder? Do you have any furniture to assemble? Do you have any household repairs that need completing that you can't afford at this time? Well this company's for you. I am an experienced handyman who assembles many items such as furniture, bicycles, lawn mowers, snow blowers etc. I also have a special rate for Elders in the Prince George Area. Please phone James at 250.961.5684 for more information.

### **Trip Giveaway**

Big Brothers/ Big Sisters of Prince George is giving away a voucher for airfare for two anywhere West Jet Flies (some restrictions apply). There is also a secondary prize of a Cougars Fan Package including 10 tickets to a regular season home game. Tickets are \$5 and there are only 999 available. Draw date is December 3rd. Stop by their office located at 777 Kinsmen Place (located in the Kinsmen Community Complex behind the fire hall on the corner of 5th and Ospika).

### **H1N1 Flu Information**

#### *What is it?*

The H1N1 flu virus – also known as human swine influenza – is a respiratory illness that affects the nose, throat and lungs. This virus usually affects pigs, but has been transferred to humans. The H1N1 flu virus has caused primarily mild illness in Canada, but Canadians need to be prepared to respond to a potentially more severe form of the virus that may emerge this fall.

#### *How is it spread?*

The H1N1 flu virus is contagious and is spread the same way as regular seasonal influenza. This happens when an infected person coughs or sneezes and their germs enter the nose, eyes, or throat of another person. The germs can also rest on hard surfaces like counters and doorknobs, and can be picked up on hands and transmitted to the respiratory system when someone touches their mouth and/or nose. It is not possible to catch it by eating pork or pork products or through blood transfusions.

#### *Contagiousness*

More research is being done on how long a person can be infectious (be able to spread the virus to others), but it is believed that this period is for one day before the onset of symptoms and continues for approximately seven days after symptoms have started. The time it takes between being infected and experiencing symptoms is between two and seven days.

#### *Prevention*

- Wash hands often; soap and water is best.
- Keep common surfaces disinfected.
- Cough and sneeze into your arm, instead of your hand.
- If you are sick, stay home until your symptoms are gone and you feel well enough to participate in all activities.
- If you get flu-like symptoms and are pregnant, have health problems or if your symptoms get worse, contact your health care provider.

## **H1N1 Flu Symptoms**

### **Almost always:**

- Cough and fever

### **Common:**

- Fatigue
- Muscle aches
- Sore throat
- Headache
- Decreased appetite
- Runny nose

### **Sometimes:**

- Nausea
- Vomiting
- Diarrhea

## Health Article: Tobacco Reduction

### What Happens When You Quit Smoking

SYMPTOM	CAUSE	TIME	WHAT TO DO
Cough	Body is getting rid of mucus which has blocked airways.	A few days.	Drink plenty of fluids, use cough drops, hard candies, cough syrup at night to sleep.
Lightheaded	Body is getting extra oxygen.	1 – 2 days.	Take extra caution, get up and change positions slowly, drink water.
Headache	More oxygen in system and less carbon monoxide.	1 – 2 weeks.	Use pain relievers, drink plenty of water, do relaxation exercises, take warm baths.
Constipation, gas, pain	Intestinal movement decreased.	1 – 2 weeks.	Drink plenty of fluids, add fibre to diet (fruit, vegetables, whole grains), exercise.
Irritability	Body's craving for nicotine.	2 – 4 weeks.	Walk. Cut down on caffeine, deep breathing, hot baths, know it will pass.
Insomnia	Nicotine affects brain wave function.	2 – 4 weeks.	Cut down on caffeine and avoid after 6 pm, relaxation exercises, hot shower.
Fatigue	Nicotine is a stimulant.	2 – 4 weeks.	Exercise, take naps and get plenty of rest. Don't push yourself.
Difficulty concentrating	Body needs to adjust to lack of nicotine.	A few weeks.	Plan workload, avoid additional stress, allow extra time, make 'to do' lists, relaxation exercises.
Increased appetite	Craving for cigarettes confused with hunger pangs.	A few weeks.	Drink water, or lower calorie drinks, have low calorie snacks on hand.
Depressed mood, emotional	Adjustment to live without nicotine and tobacco.	A few weeks.	Talk to a friend, take time out, get support.
Craving for cigarette	Withdrawal from nicotine.	A few weeks.	Wait out the urge and remind yourself that they last a few minutes. Breathe, distract yourself, drink water, take a walk.

### Changes Your Body Goes Through When You Quit

<b>Within 20 minutes</b>	<ul style="list-style-type: none"> <li>Blood pressure and pulse rate drops to a normal level.</li> <li>Skin temperature of hands and feet increases to normal.</li> </ul>
<b>8 hours</b>	<ul style="list-style-type: none"> <li>Carbon monoxide level in blood drops, oxygen level in blood increases.</li> </ul>
<b>24 hours</b>	<ul style="list-style-type: none"> <li>May reduce chance of heart attack.</li> </ul>
<b>48 hours</b>	<ul style="list-style-type: none"> <li>Nerve endings may re-grow.</li> <li>Ability to smell and taste enhanced.</li> </ul>
<b>72 hours</b>	<ul style="list-style-type: none"> <li>Bronchial tubes relax, if undamaged will make breathing easier.</li> <li>Lung capacity increases.</li> </ul>
<b>2 weeks to 3 months</b>	<ul style="list-style-type: none"> <li>Circulation improves.</li> <li>Walking becomes easier.</li> <li>Lung function may increase up to 20%.</li> </ul>
<b>1 month to 9 months</b>	<ul style="list-style-type: none"> <li>Coughing, sinus congestion, fatigues, shortness of breath may decrease markedly.</li> <li>Cilia re-grow in lungs. Increases ability to handle mucus, clean the lungs &amp; reduce infection.</li> </ul>
<b>BODY'S OVERALL ENERGY LEVEL INCREASES</b>	
<b>5 years</b>	<ul style="list-style-type: none"> <li>Lung cancer death rate for average smoker decreases from 137/100,000 to 72/100,000</li> </ul>
<b>10 years</b>	<ul style="list-style-type: none"> <li>Precancerous cells are replaced.</li> <li>Other cancers, such as those of the mouth, larynx, esophagus, bladder, kidneys and pancreas decrease.</li> </ul>

## Quotes, Proverbs & Teachings

### Proverbs

"A liar will not be believed, even when he speaks the truth."

~ Aesop

"Truth is by nature self-evident, as soon as you remove the cobwebs of ignorance that surround it, it shines clear."

~ Gandhi

"Believe those who are seeking the truth; doubt those who find it."

~ Andre Gide

### Elders Meditation

"You can't just sit down and talk about the truth, it doesn't work that way. You have to live it and be part of it and you might get to know it."

~ Rolling Thunder, Cherokee

We all read books that have much information in them. Often we pick up on little sayings that we remember. Inside of us is the little owl, the owl of knowing. It talks to us, guiding us and nurturing us. When we get information, it's hard to live by, but it's easy to talk about. It's living the Red Road that counts - Walk the Talk. If we want freedom in our lives, if we want to be happy, if we want to have peace of mind, it's the truth we must seek.

*Help me in my search for the truth today.*

### Seven Teachings: Truth

The seventh teaching of the grandfathers is truth. To know truth is to know and understand all of the original laws as given by the Creator – and to remain faithful to them. The Elders say that if you can live out these laws, you will live a strong and healthy life. Be truthful at all times and under all conditions. Learn what truth is, speak your truth, and walk your truth. These seven sacred teachings are easy to learn, but to truly live them in today's world is a very difficult task.

### A Few Good Words

One of the first lie detectors, considered by some to be the most accurate, was a donkey's tail! That's right, in ancient India a suspect would be escorted to a darkened room. Only three would be present; the accused, the interrogator, and a donkey. The person being questioned was told that the donkey would bray if his responses were not truthful, and was asked to hold the donkey's tail. The suspect was not told that the donkey's tail was covered with black soot. So those who feared the donkey's bray dared not touch the donkey's tail. They would emerge with clean hands guilty.

Honesty is the best policy. Honesty paves the way for successful living. Honesty takes plenty of courage, but the rewards are tremendous. Folks will say of you, "There is a person we can trust, one on whom we can depend to act fairly, justly, considerately. This individual is worthy of promotion and recognition." And all this without using the donkey's tail!

"One of the hardest things in this world is to admit you are wrong. And nothing is more helpful in resolving a situation than its frank admission."

~ Benjamin Disraeli

"Everyone is entitled to their own opinion, but not their own facts."

~ Daniel Patrick Moynihan

"Truth is not only violated by falsehood, it may be equally outraged by silence."

~ Henri Frederic Amiel

"How many legs does a dog have if you call the tail a leg? Four; calling a tail a leg doesn't make it a leg."

~ Abraham Lincoln

"There is always a way to be honest without being brutal."

~ Arthur Dobrin

"Whenever you have eliminated the impossible, whatever remains, however improbable, must be the truth."

~ Arthur Conan Doyle

"Peace if possible, truth at all costs."

~ Martin Luther

## Fun and Games

"Look at a man and say what you really think, don't just smile at him and say what you're supposed to think."

~ Unknown Author

"What a man believes upon grossly insufficient evidence is an index into his desires -- desires of which he himself is often unconscious. If a man is offered a fact which goes against his instincts, he will scrutinize it closely, and unless the evidence is overwhelming, he will refuse to believe it. If, on the other hand, he is offered something which affords a reason for acting in accordance to his instincts, he will accept it even on the slightest evidence. The origin of myths is explained in this way."

~ Bertrand Russell

"The secret of life is honesty and fair dealing. If you can fake that, you've got it made."

~ Groucho Marx

"Say what you have to say, not what you ought. Any truth is better than make-believe."

~ Henry D. Thoreau

### *Cursed Prince*

A prince had a curse put on him when he was young, he could only speak two words every year. If he didn't speak for a year, he'd be able to speak four words the next year and so on. He met a princess named Josie and wanted to say "My princess". The next year he wanted to say "My princess, I love you". The third year he wanted to say "My princess I love you, will you marry me?" But the young prince knew he'd have to wait a few more years. On the fifth year he visited the princess. He approached her respectfully and asked, "Josie, my princess, I love you. Will you marry me?" And the princess replied, "pardon?"

### *Fridge For Sale*

A man bought a new fridge and put the old one in his front yard with a sign "Free fridge. You want it, you take it." For three days it sat without even one person looking at it. He decided that people were too untrusting of the deal, too good to be true. He changed the sign to read "Fridge for sale \$50." The next day somebody stole it.

### *Too Smart For Your Own Good*

A priest, a lawyer and an engineer are about to be guillotined. The priest put his head on the block, they pulled the rope and nothing happened. He declares that he's been saved by divine intervention and is let go.

The lawyer is put on the block and again the rope doesn't release the blade. He claims he can't be executed twice for the same crime and is let go.

They put the engineer's head into the guillotine, he looks up at the release mechanism and says, "wait a minute, I see your problem..."



### *The Last Argument*

Okay honey, we're here. I said I was sorry. You can come out now.

### *Jail Break*

Three women escape from jail, a blonde, a redhead and a brunette. They see three potato sacks on the edge of the road and each jumped in one to hide from the police. An officer sees the sacks and kicks them to check what's in them. He kicks the brunette's sack and she said "meow". The officer said "nothing but a cat in this one." He kicks the red head's and she said "woof". He kicked the blondes and she said "po-ta-toe!"

## Fun and Games Cont...

“It is hard to believe that a man is telling the truth when you know that you would lie if you were in his place.”

~ Henry L. Mencken

“It is easier to perceive error than to find truth, for the former lies on the surface and is easily seen, while the latter lies in the depth where few are willing to search for it.”

~ Johann Wolfgang Von Goethe

“Truth is not only violated by falsehood; it may be equally outraged by silence.”

~ Henri F. Amiel

“There are no whole truths: all truths are half truths. It is trying to treat them as whole truths that plays the devil.”

~ Alfred N. Whitehead

“All truths are easy to understand once they are discovered; the point is to discover them.”

~ Galileo

“Be true to your work, your word and your friend.”

~ Henry D. Thoreau

“Falsehood is easy, truth so difficult.”

~ George Eliot

### *Husband Store*

A store that sells new husbands opened in New York city, where a woman may go to choose a husband. A sign showed instructions for how the store operates: You may visit this store **only once!** There are six floors and the value of the products increase as the shopper ascends the flights. The shopper may choose any item from a particular floor, or may choose to go up to the next floor, but you cannot go back down except to exit the building.

A woman went to the Husband Store to shop. The sign on the first floor read: Floor 1 - These men have jobs. She continued to the next floor.

The sign read: Floor 2 - These men have jobs and love kids. 'That's nice,' she thought, 'but I want more.'

She continued upward. The third floor sign read: Floor 3 - These men have jobs, love kids, and are good looking. 'Wow,' she thought, but keeps going.

At the next floor the sign read: Floor 4 - These men have jobs, love kids, are extremely good looking and help with housework. 'Oh, mercy me! I can hardly stand it!'

Still, she goes to the fifth floor: Floor 5 - These men have jobs, love kids, are drop-dead gorgeous, help with housework, and have a strong romantic streak.

She was so tempted to stay, but went to the sixth floor anyway. The sign read: Floor 6 - You are visitor 31,456,012 to this floor. There are no men on this floor. This floor exists solely as proof that women are impossible to please. Thank you for shopping at the Husband Store.

### *Heard This One Before?*

A man boasts to a friend about his new hearing aid, 'It's the most expensive one I've ever had, it cost me \$3,500.' His friend asks, 'What kind is it?' The braggart replied, 'Half past four.'

### *Daydreaming*

The teacher noticed that Al had been daydreaming for a long time. She decided to get his attention. 'Al,' she said, 'If the world is 25,000 miles around and eggs are sixty cents a dozen, how old am I?'

'Thirty-four' Al answered unhesitatingly. The teacher replied 'Well, that's not far from my actual age. Tell me, how did you guess?' 'Oh, there's nothing to it,' Al said. 'My big sister is seventeen and she's only half-crazy.'

### *Too Many Guests*

A woman invited some people to dinner. At the table, she turned to her six-year-old daughter and said, 'Would you like to say the blessing?' The six year old replied that she wouldn't know what to say. 'Just say what you hear Mommy say,' the mother said. The child bowed her head and said, 'Dear Lord, why on earth did I invite all these people to dinner?'

## Fun and Games Cont...

“To be persuasive we must be believable. To be believable we must be credible. To be credible we must be truthful.”

~ Edward Murrow

“Never apologize for showing feeling. When you do so, you apologize for the truth.”

~ Benjamin Disraeli

“Rather than love, than money, than fame, give me truth.”

~ Henry D. Thoreau

“The high minded man must care more for the truth than for what people think.”

~ Aristotle

“As scarce as the truth is, the supply has always been in excess of the demand.”

~ Josh Billings

“A true friend will tell you the truth to your face - not behind your back.”

~ Sasha Azevedo

“Tell the truth and then run.”

~ Proverb

“A true friend will tell you the truth to your face - not behind your back.”

~ Sasha Azevedo

### *Why Men Are Happier People*

Your last name stays put.

The garage is all yours.

Wedding plans take care of themselves.

Chocolate is just another snack.

You can never be pregnant.

Car mechanics tell you the truth.

The world is your urinal.

You don't have to stop and think of which way to turn a nut on a bolt.

Same work, more pay.

Wrinkles add character.

People never stare at your chest when you're talking to them.

New shoes don't cut, blister, or mangle your feet.

One mood all the time.

Phone conversations are over in 30 seconds flat.

You know stuff about tanks and engines.

A five-day holiday requires only one suitcase.

You can open all your own jars.

You get extra credit for the slightest act of thoughtfulness.

Your underwear is \$10 for a three-pack.

Three pairs of shoes are more than enough.

You never have strap problems in public.

You are unable to see wrinkles in your clothes.

Everything on your face stays its original colour.

The same hairstyle lasts for years, maybe decades.

You only have to shave your face and neck.

You can play with toys all your life.

One wallet and one pair of shoes - one colour for all seasons.

You can wear shorts no matter how your legs look.

You can 'do' your nails with a pocket knife.

You have freedom of choice concerning growing a moustache.

You can do Christmas shopping for 24 relatives on 24th December in 24 minutes.

### **In Memoriam**

With all the sadness and trauma going on in the world at the moment, it is worth reflecting on the death of a very important person, which almost went unnoticed last week. Larry LaPrise, the man who wrote "The Hokey Pokey" died peacefully at age 93. The most traumatic part for his family was getting him into the coffin. They put his left leg in. And then the trouble started.



“You can fool some of the people all of the time, and all of the people some of the time, but you can not fool all of the people all of the time.”

~ Abraham Lincoln

“New opinions often appear first as jokes and fancies, then as blasphemies and treason, then as questions open to discussion, and finally as established truths.”

~ George Bernard Shaw

“From error to error, one discovers the entire truth.”

~ Sigmund Freud

## Recipes of the Month

### Turkey Buffet Casserole

#### Ingredients

<b>4 oz.</b> med. white noodles	<b>¼ tsp.</b> pepper
<b>1 pkg.</b> frozen broccoli spears	<b>2 cups</b> milk
<b>2 tbsp.</b> butter or margarine	<b>1 cup</b> grated American cheese
<b>2 tbsp.</b> flour	<b>2 cups</b> cut up cooked turkey
<b>1 tsp.</b> salt	<b>1/3 cup</b> slivered toasted almonds
<b>¼ tsp.</b> prepared mustard	

#### Directions

Preheat oven to 350 degrees. In separate saucepans cook noodles and broccoli as labels direct until tender. In saucepan over low heat melt butter. Stir in flour, salt, mustard, pepper and milk. Cook, stirring constantly until thickened. Remove from heat, stir in cheese until melted. Drain noodles and broccoli. Dice broccoli stems, leave flowerets whole. Arrange noodles, broccoli stems, turkey in shallow casserole or 8 inch square baking dish; pour cheese sauce over all. Arrange broccoli flowerets on top, pressing them lightly into sauce, sprinkle with almonds. Bake uncovered 15 minutes or until bubbling hot. Makes 4 to 6 servings.

### Thanksgiving Cranberry Mold

#### Ingredients

**1 3 oz. pkg.** lemon Jello  
**1 3 oz. pkg.** raspberry Jello  
**2 cup** boiling water  
**4 cups** fresh cranberries

#### Directions

Dissolve Jello in boiling water. Add cranberries and cook until they pop. Let cool. Pour into mold and chill until firm.

### Thanksgiving Pound Cake

#### Ingredients

<b>2 ½ cups</b> sifted flour	<b>½ cup</b> butter
<b>1 tsp.</b> baking powder	<b>1 ½ cups</b> sugar
<b>½ tsp.</b> baking soda	<b>3</b> eggs
<b>2 tsp.</b> cinnamon	<b>1 cup</b> plain yogurt
<b>1 pinch</b> nutmeg	<b>½ cup</b> pumpkin
<b>½ tsp.</b> salt	<b>1 cup</b> chopped walnuts

#### Directions

Grease and flour 9 inch tube pan. Combine and set aside first five ingredients. Beat butter until fluffy. Gradually beat in sugar. Add eggs individually. Beat well, low speed. Beat in half of flour mixture, yogurt, and pumpkin. Add remainder of flour mixture. Beat until smooth. Stir in nuts. Bake at 325 degrees for 1 hour 15 minutes. Top with cream cheese frosting if desired.

## Upcoming Events and Information

<b>Thu. Oct. 8</b> 1 – 3 pm	<b>Hart Pioneer Thanksgiving Tea</b> - Come out and join us for a wonderful afternoon of goodies and entertainment. Everyone welcome, admission \$5. Location: 6986 Hart Highway. Contact Sandra at 250.962.6712 or 250.962.9834 for more information.
<b>Thu. Oct. 8</b> 2 – 3.30 pm	<b>Art Week at Prince George Chateau: Printmaking Workshop</b> - Try your hand at creating a unique block print. Class size is limited and only a few spots are open for seniors to attend. Please call to register your spot today! Cost is \$10. Seniors only please. Must pay for spot in advance. Contact Lisa at 250.564.0202 for more info.
<b>Sun. Oct. 11</b> 5 – 6 pm	<b>Turkey Dinner</b> - Enjoy Thanksgiving dinner with us at the Senior Activity Centre, 425 Brunswick Street. Adults \$10, Children under 12 \$4. Buffet style. 250.564.3287
<b>Mon. Oct. 12</b> All day	<b>Thanksgiving Celebration at Huble Homestead</b> - Join us for an old fashioned celebration. Festivities include pumpkin carving, scare crow making, apple bobbing and arts & crafts. Enjoy a pancake breakfast, pumpkin pie, homemade hot apple cider and BBQ all day. Admission is by donation. Contact 250.564.7033 for more info.
<b>Tue. Oct. 13</b> 7 – 8.30 pm	<b>Facebook For Adults</b> - Presented by the Prince George Public Library. Heard about Facebook, but don't know what it is? Learn how to use this social networking tool to connect with friends and family online, while staying safe on the Internet in this free tech Tuesday session. For more information please contact 250.563.1338.
<b>Wed. Oct. 14</b> 1 – 2 pm	<b>Elder Citizens Birthday Tea</b> - Come join us for cake, ice-cream and entertainment by the Country Cuzzins. 1692-10th Avenue. Contact 250.561.9381 for more info.
<b>Sat. Oct. 17</b> 8 – 11 am	<b>Elder Citizens Pancake Breakfast</b> - Pancakes, eggs, hash browns, bacon/sausage, tea and coffee for \$5. What more could you ask for? 1692-10th Ave. 250.561.9381.
<b>Sat. Oct. 17</b> 10 am – 2 pm	<b>Our Saviour's Lutheran Church 15th Annual Fall Fair</b> - Located at the corner of Ospika and Dufferin. Annual Fall Fair features: Baking, Crafts, New to You items, Raffle and 4 Corners craft items from around the world sold on behalf of Canadian Lutheran World Relief. Wheelchair accessible. Call 250.564.4336 for more info.
<b>Oct. 17 – 18</b> 10 am – 4 pm	<b>Annual Friends of the Library Book Sale</b> - 777 Kinsmen Place. Books sorted by category and priced by donation. We welcome donations of books, records, VHS & DVD movies & will pick up. Call Karen at 250.961.6226 for more information.
<b>Sun. Oct. 18</b> 4 - 6 pm	<b>Free Swim</b> - The PG Aquatic Centre is hosting a free swim. Everyone's welcome.
<b>Sun. Oct. 18</b> 5 - 7 pm	<b>Hart Pioneer Roast Beef &amp; Ham Supper</b> – Everyone welcome. Adults \$10, Children 4-6 years \$5, Children under 3 FREE. Location: 6986 Hart Highway. Contact Sandra at 250.962.6712 or 250.962.9834 for more information.
<b>Thu. Oct. 22</b> 10 am – 2 pm	<b>Flu Clinic at Senior Activity Centre</b> - Open to all seniors 65+ and those with special needs. Registration is encouraged for supplies list. Location: 425 Brunswick St. Call 250.564.3287 for more information.
<b>Fri. Oct. 23</b> 11 am, 1 pm & 7 pm	<b>International Year of Astronomy &amp; National Science and Technology Week</b> – To celebrate the year of astronomy and science week, the Exploration Place is hosting three free programs in their atrium. They are pleased to welcome Dr. Roland Kothes of Station DRAO, a space research facility in Penticton, BC. Dr. Kothes spends his time there researching the instrumentation for future radio telescopes being designed and built at DRAO. Originally from Germany, he has a background in physics and astronomy, and conducted his Ph.D. on supernova remnants and their interaction with interstellar medium. Also join us for activities in our galleries! Kids admission is only \$5 and includes a ride on our SimEx motion simulator!  11 am & 1 pm: Family-oriented presentations "Dying Stars and Their Graveyards" about the lifecycles of stars, supernovae and planetary nebulae. 7 pm: Adult-oriented presentation on the same topic. For more information please contact 250.562.1612 or info@theexplorationplace.com.
<b>Sat. Oct. 24</b>	<b>Elder Citizens Craft/Bake Sale</b> - Time to pick up those special gifts and at the

10 am – 2 pm	same time get some good homemade baking. You can also have lunch for \$5. A raffle will be held and tickets (\$1 each) are available at the centre. Location: 1692-10th Avenue. Contact 250.561.9381 for more information.
<b>Sat. Oct. 24</b> 5 – 9 pm	<b>Halloween Spooktacular</b> - At Huble Homestead, take the haunted house tour, carve a pumpkin, roast marshmallows, trick or treat, and more. Parental supervision is required for young children. Admission by donation, tours \$3 per person.
<b>Sat. Oct. 24</b> 6 pm	<b>Halloween Havoc At PGARA</b> - Big news! Just when you thought the Playground of Power was closing the gates for the final time in 2009 we decided to put on one final show, Halloween Havoc! Hit-to-Pass action, with last car running, fireworks displays, and the great exploding pumpkin. There will be awards for the best dressed fan, and child fan! Come watch Halloween themed cars crash into each other all night long until there is only one car left. Regular admission prices apply.
<b>Thu. Oct. 29</b> 9 am – 3 pm	<b>Hart Pioneer Flu Clinic</b> - Location: 6986 Hart Highway. Contact Sandra at 250.962.6712 or 250.962.9834 for more information.
<b>Thu. Oct. 29</b> 7 – 9 pm	<b>AiMHi Fall Fashion Show at UNBC</b> - AiMHi Fall Fashion Show featuring fashions from the Bay, Honey Tree, Plateau Clothing and Value Village. Tickets are \$10 and available at AiMHi. For more information please contact Julie O'Reilly at 250.564.6408 ext. 228
<b>Sat. Oct. 31</b> 4.30 – 7 pm	<b>Halloween Fun</b> at the Railway & Forestry Museum (not a Harry Potter event). Please call 250.563.7351 for more information.
<b>Sat. Oct. 31</b> 8 pm – 12 am	<b>Hart Pioneer Country &amp; Western Halloween Dance</b> – Dance to the music of "Country Rose". Tickets available at the door \$10 each, midnight lunch included. Costume prizes. Everyone over 19 welcome. Location: 6986 Hart Highway. Contact Sandra at 250.962.6712 or 250.962.9834 for more information.
<b>Sun. Nov. 1</b> 12 – 5 pm	<b>Rotten Pumpkin Festival</b> – 94X and The Exploration Place invite you to bring the family and join the fun for a Prince George post-Halloween tradition: the 5th Annual Rotten Pumpkin Festival! Bring your jack-o-lantern out and launch that sucker into outer space with the Exploration Place's awesome catapult for just \$2 a pumpkin. Admission is \$2, there will be a BBQ. Contact 250.562.1612 for more information.
<b>Mon. Nov. 2</b> 7 – 8 pm	<b>Christian Meditation</b> - Experience the ancient tradition of prayerful stillness. We begin by listening to a short audio tape by Abbot John Main, OSB. This is followed by thirty minutes of silent sitting. The group is open to both experienced meditators and those who would like to learn to practice Christian Mediation. No Fee. Location: Domano Renewal Centre #110 Southridge Avenue. Contact 250.964.4475 or drc@netbistro.com for more information.
<b>Wed. Nov. 4</b>	<b>All Nations Gathering at UNBC</b>
<b>Thu. Nov. 5</b> 7 – 9 pm	<b>Calligraphy and the Art of Card Making</b> - Let your creativity and imagination take over as you design your own card. The classes will get you started with instruction and lots of ideas. Calligraphy exercises will help move you towards the finished product. Location: Domano Renewal Centre #110 Southridge Avenue. Contact 250.964.4475 or drc@netbistro.com for more information.

## Ongoing Events – October

## Tuesdays

**Walk PG** - Come Walk With Us! Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell at 6.30 pm. We'll walk around the park, how far you walk is up to you. Call 250.561.9284 for more information.

## Wednesdays

**Senior's Social at Pineview Hall** – held every Wednesday from 10 am to 2 pm. Come and join us in shovelboard, pool, cards and more. The events are held in the basement of the Pineview Hall which is wheelchair accessible. For more information contact Syl Meise at 250.963.7427 or 250.649.8281.

**Wellness Wednesdays** - PG Council of Seniors is hosting FREE drop in sessions every Wednesday morning from 10 to 11.30 am. for anyone 55+, 1055 - 5th Ave. Contact 250.564.5888 for more info.

## Thursdays

**FREE Thursdays at Two Rivers Gallery** – Open all day, 10 am to 9 pm. They have 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! Contact 250.614.7800 for more information.

**Blood Donor Clinic Drop In Hours** - Prince George Blood Donor Clinic is open all day Thursdays at 2277 Westwood Drive. We need you to donate blood in Prince George. Call 1 888 2DONATE to book your life saving appointment.

**Walk PG** - Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell at 1 pm. We'll walk around the park. How far you walk is up to you. Call 250.561.9284.

**Sacred Drumming Circle** - Everyone welcome to the Drumming Circle, it's fun and free to attend, no registration required. Just drop in at PJ's Rock & Gem Shop at 6 pm, 205 Brunswick Street. Contact ryderj@shaw.ca or 250.562.3331 for more information.

**Chess Night** at Cafe Voltaire in Books & Co. every Thursday at 6.30 pm.

**Fiddle Jam Nights** - The BC Old Time Fiddlers sponsor weekly jam sessions for all ages from 7 to 10 pm. Everyone is welcome. If you play the fiddle (or are learning), want to learn to back up fiddles with another instrument, or if you just love to listen to fiddle music, come on out to listen or play. \$2 Location: 1692 10th Avenue, Elder Citizens Rec. Centre. Contact Beth at 250.563.1025 for more info.

## Fridays

**PG Legion Dance** - Every Friday night between 8 pm and midnight the Prince George Legion hosts a live band and dance floor for those dancing enthusiasts looking for a place to display their moves. Everyone is welcome! There is a \$5 minimum entry charge. Location: Prince George Legion - 1335 7th Avenue. Contact: 250. 562.1292

**Healing Reiki Circle** – Everyone welcome to the Reiki Circle. It's fun and free to attend. No registration required, just drop in at PJ's Rock & Gem Shop 205 Brunswick Street at 6 pm. Contact Jadine at ryderj@shaw.ca or 250.562.3331 for more information.

## Saturdays

**Blood Donor Clinic Drop In Hours** – The Blood Donor Clinic drop in hours are from 8 am to 3 pm on Saturdays at 2277 Westwood Drive. We need you to donate blood in Prince George. Call 1 888 2DONATE to book your life saving appointment.

**Books & Company Storytime** - Saturday morning (10 am) respite here for parents. PG's Favourite Kid's book advocate, Barb Dean, will be ready to read stories and sing songs with the children.

**Walk PG** - Come Walk With Us! Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell at 10.30 am. We'll walk around the park. How far you walk is up to you. For more information call 250.561.9284

## Sundays

**All My Relations** - AA meetings on Sunday nights at 7 pm, followed with an after session smudge ceremony at the Alano Club – 766 Alward Street. Contact 250.563.9517 for more information.