

# ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 1, Number 11

NOVEMBER 16, 2009

ALL NATIONS ELDERS COUNSEL NEWSLETTER



## Welcome

We are pleased to present the November 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.

## Change of Meeting Time



Due to popular demand, the meeting time has changed from a 9 am start to 10 am for the All Nations Elders Meetings.

## Remembrance Day



Every year on November 11<sup>th</sup>, we pause in a silent moment of remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace. We honour those who gave their lives and their futures so that we may live in peace.

## Diabetes Rally – November 14<sup>th</sup>

There will be a diabetes rally at the Civic Centre on the 14<sup>th</sup>, come out and show your support.

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## FREE Computer Tutoring for Elders

The computer tutor provides one-on-one computer training and will teach at your own pace and skill level. She teaches the most basic stuff to advanced applications. She can show you how to turn the computer on, how to use the internet, email, facebook, how to use Microsoft Office suite (word, excel, outlook, powerpoint, publisher) and even how to use a digital camera. 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.

## Louis Riel Day – Sunday, Nov. 15<sup>th</sup>

Riel Day activities at the Moose Hall.

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

## Current & Youth News

### **Bladerunners Drop-in Centre**

The only all-night drop-in centre in PG is back, but they're worried that the doors will close in a few short weeks unless funding can be found. It's open from Wednesday to Monday, 11 pm to 7 am. Anyone who can help with funding, or who has items to donate is asked to call 250.561.9484.

#### **Items needed:**



- Blankets
- Winter clothing and socks, all sizes
- Movies, books & board-games
- Feminine hygiene products
- Paper towels & toilet paper
- Hand sanitizers, rubber gloves

### **NWAC Hosting a Two Day Health Careers Conference and Tradeshow**

**Submission Deadline:** November 20<sup>th</sup>

**Date:** March 11th & 12th, 2010

**Participants:** youth aged 18-29

**Venue:** Mayfield Inn & Trade Centre

**Location:** Edmonton, AB

This event is intended to provide young Aboriginal people with inspiration and confidence to pursue exciting opportunities for their futures. Over one hundred Aboriginal youth from across Canada are expected to participate in this unique educational event. Join us and explore the multitude of choices available in health! NWAC will provide hotel, airfare, meals and incidentals for approved participants. Expense claims will be provided to chosen participants and will include meal allowances, incidentals, km's, taxis and airport parking. Meal allowances and incidentals will be calculated in advance and will be distributed upon registration at the conference. Some meals will be provided at the conference. Conference expenses will be covered at rates consistent with the Treasury Board Guidelines and as approved by NWAC.

#### **Application Guidelines:**

1. Complete contact information and registration form.
2. Provide a letter of intent. Draft a letter detailing your aspirations, your hopes and dreams for a future in the health field. Minimum length is 200 words.
3. Identify the differences you see between traditional medicine and western medicine.
4. Provide a reference letter from your community, your teacher, or a professional verifying your intent.

#### **Contact Information:**

##### **Application Information:**

Charm Logan, Events Coordinator  
Native Women's Association of Canada  
1292 Wellington Street West  
Ottawa, Ontario K1Y 3A9  
E: charm@charmcity.ca  
P: 1.647.380.7641

##### **Accommodation & Expense Information:**

Mayfield Inn & Suites  
16615 - 109th Avenue  
Edmonton, Alberta, T5P 4K8  
P: 1.800.661.9804  
F: 1.780.481.3923

### **Youth Relapse Prevention Group**

There is a group for youth (13-18) who are thinking about reducing their alcohol or substance use. They meet at the Nechako Treatment Centre (1308 Alward Street, behind hospital) ceremonial room every Thursday from 12 – 1 pm. Free snacks and beverages are provided, for more information contact Josh Van der Meer at 250.645.6065.

## *Special News – Just In:*

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**The Stony Creek Elders Cultural Society invite everyone to attend**

**An Open House November 11, 2009**

**First Nations Veterans Ceremony- Service of Remembrance, Saik'uz Memorial Ground**

**Time: 10am – 4pm, Lunch Provided**

**10am - Opening Prayer- Saik'uz Elder**

**Opening remarks: Saik'uz Chief Jackie Thomas**

**Tribal Chief David Luggi**

**Vice-Tribal Chief – Terry Teegee**

**Letter reading by A (Lee) Stewart from Dick Harris MP**

**Lament Pipe – Amazing Grace**

**11am – 2 minutes of Silence**

**Wreath Laying Ceremony**

**1<sup>st</sup> Wreath Dick Harris MP by a (Lee) Stewart**

**2<sup>nd</sup> Wreath CSTC Jason Morgan & Saik'uz Elder Bernice**

**12am – Lunch at Potlatch House**

**1pm – Stories from FN Veterans and/or their families**

**2pm – Cultural Activities**

**3pm – Tour of Saik'us Park & campground**

**4pm – Closing remarks**



PS: Please remember to wear warm clothes, bring your drum, you nation flag, or stories

\*\*\* From Vanderhoof, drive south on Kenny Dam Rd. for approximately 14KM – Pass through the Stony Creek Reserve and continue another 3-4 KM to the Saik'uz Park and Campground. Turn LEFT into the campground.





## Prince George Nechako Aboriginal Employment & Training Association

198 Kingston Street  
Prince George, BC  
V2L 1C3

Phone: (250) 561-1199  
Fax: (250) 561-1149  
Email: [sandras@pgnaeta.bc.ca](mailto:sandras@pgnaeta.bc.ca)



November 1, 2009

To Whom It May Concern:

RE: Donations for Homelessness Christmas Dinner

The Prince George Nechako Aboriginal Employment Training Association (PGNAETA) and The Métis Community Association will be hosting a Christmas Dinner for the homeless on December 2, 2009. The dinner will be at After Hours Drop in Center (974 - 6<sup>th</sup> Avenue) starting at 4:00 pm, we anticipate serving approximately 120 -150.

In addition to the dinner PGNAETA is making special effort to also provide the homeless with clothing items they can use for the coming winter months as well as a Christmas goodie bag. We are accepting donations of clothing, turkeys, ham, Japanese oranges, candy, nuts or monetary value. This is an opportunity to bless those who are less fortunate.

If you have any questions or would like to donate items, money or your time for this event, please contact Sandra Small, the Homelessness Coordinator organizing this event at (250) 561-1199. I will be contacting you in the next week to follow-up.

Respectfully,

Sandra Small  
Urban Program Officer

## **H1N1 Flu Information**

You can reduce the impact of the flu pandemic by staying informed, protecting yourself and your family. This publication was developed by the Public Health Agency of Canada. If you'd like to learn more about the flu check out: [www.fightflu.ca](http://www.fightflu.ca) or phone 1.800.622.6232 or the BC nurses line at 811.

### **What Is The H1N1 Virus?**

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The following information helps to explain the difference between the H1N1 flu and seasonal flu.

#### **Pandemic H1N1 Flu Virus**

In spring 2009, the H1N1 flu virus emerged in North America. This is a new strain of flu and because humans have little to no natural immunity, it can cause serious and widespread illness.

#### **Seasonal Flu**

The flu is a highly contagious respiratory disease that affects the nose, throat and lungs. Flu viruses change rapidly. Yearly exposure to existing strains of the flu provides a level of immunity to seasonal flu.

#### **How is H1N1 Spread?**

When someone coughs or sneezes, tiny droplets filled with virus can travel up to two metres away. If these droplets land in your eyes, nose or mouth, you may become infected with the virus.

#### **What Is An Influenza Pandemic?**

A flu pandemic is declared when a new strain of flu virus that's never been seen emerges and spreads quickly around the world. The H1N1 virus is new; people have little/ no natural immunity to it.

#### **Why Did Canada Change the Name from Swine Flu to H1N1?**

Canada changed the name of the virus in order to be consistent with the World Health Organization. The virus didn't change. H1N1 and human swine flu refer to the same virus.

### **Flu Prevention Checklist**

You can play an active role in staying healthy and preventing the spread of the H1N1 flu virus. Follow these simple steps:

- Wash your hands frequently.
- Keep your hands away from your face.
- Cough and sneeze into your arm, not your hand.
- Keep common surface areas clean and disinfected.
- Get immunized.
- Stay healthy.
- If you get sick, stay home.

### **Symptoms of the Flu Virus**

Everyone is at risk of catching the H1N1 flu virus, even healthy, young adults. We don't know exactly what symptoms the virus will cause in each case, but we expect that an average sickness will show the following symptoms:

<b>Almost Always</b>	• Sudden onset of cough and fever		
<b>Common</b>	• Fatigue	• Muscle aches	• Sore throat
	• Headache	• Decreased appetite	• Runny nose
<b>Sometimes</b>	• Nausea	• Vomiting	• Diarrhea

People who are generally healthy and develop these flu symptoms can get better at home. The worst of the infection will likely be over within one week. If you have flu-like symptoms and are otherwise healthy, stay home to avoid spreading the virus.

## Know the Difference Between Cold and Flu Symptoms

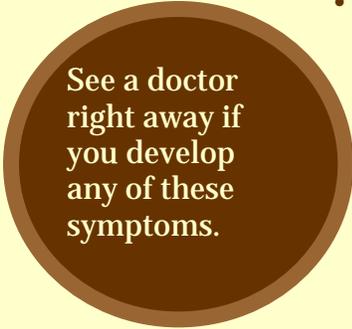
SYMPTOM	COLD	FLU
Fever	Rare.	Common.
Coughing	Common to have a hacking, productive (mucus-producing) cough.	Common to have a non-productive (non-mucus producing or dry) cough.
Aches	Slight body aches and pain are common.	Severe body aches and pains are common.
Stuffy Nose	Common.	Uncommon.
Chills	Uncommon.	Common.
Tiredness	Mild.	Moderate to severe.
Sneezing	Common.	Uncommon.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	Rapid onset within 3-6 hours. It hits hard and includes sudden symptoms such as high fever, aches and pains.
Headache	Uncommon.	Very common.
Sore Throat	Common	Uncommon
Chest Discomfort	Mild to moderate.	Often severe.

### People at Risk of Complications

The following groups are not more likely to get the H1N1 virus. However, they are more at risk of developing complications if they do get sick:

1. Children under five years of age (especially those under two years old).
2. Women who are pregnant.
3. People with chronic conditions such as; heart disease, liver disease, kidney disease, blood disorders, diabetes, severe obesity, asthma and chronic lung disease, neurological disorders, immunosuppressed (people who are taking cancer drugs or people with HIV/AIDS).

**IMPORTANT** If you have flu symptoms and you have one of these risk factors, contact a health care provider as soon as possible — antiviral medications may be needed.



See a doctor  
right away if  
you develop  
any of these  
symptoms.

- Shortness of breath, rapid or difficulty breathing
  - Chest pain
  - Bluish or grey skin color
  - Bloody or coloured mucus/spit
  - Sudden dizziness or confusion
  - Severe or persistent vomiting
  - High fever lasting more than three days
  - Low blood pressure

### Caring For Someone Who Is Sick

Here are some ideas and suggestions to keep in mind. Most people who have the H1N1 flu virus can be cared for at home. People with risk conditions should not look after people who are sick, if possible.

1. Protect yourself and others
2. Treat fever and cough
3. Give lots of fluids and nutritious food
4. Ensure a smoke free environment
5. Keep the sick person and their belongings separate
6. Stay alert for complications

## A Brief History of Louis Riel

Riel, one of the most controversial Canadian figures, was hung for treason in 1885. He was born to Métis parents Louis Riel Sr. and Julie Lagimodiere in Saint Boniface, Manitoba, October 23rd, 1844. Although he was a promising student, he never completed his training for the priesthood, nor as a lawyer. He returned to the Red River area in 1868. In 1869-70 he headed a provisional government which would eventually negotiate the Manitoba Act with the Canadian Government. This act established Manitoba as a province and provided protection for the Métis lands, religion and language.

Under Riel's leadership, the Métis people revolted against Manitoba in the Red River Rebellion. During this time Thomas Scott was executed as a traitor. This action enraged the anti-Catholic and anti-French communities.

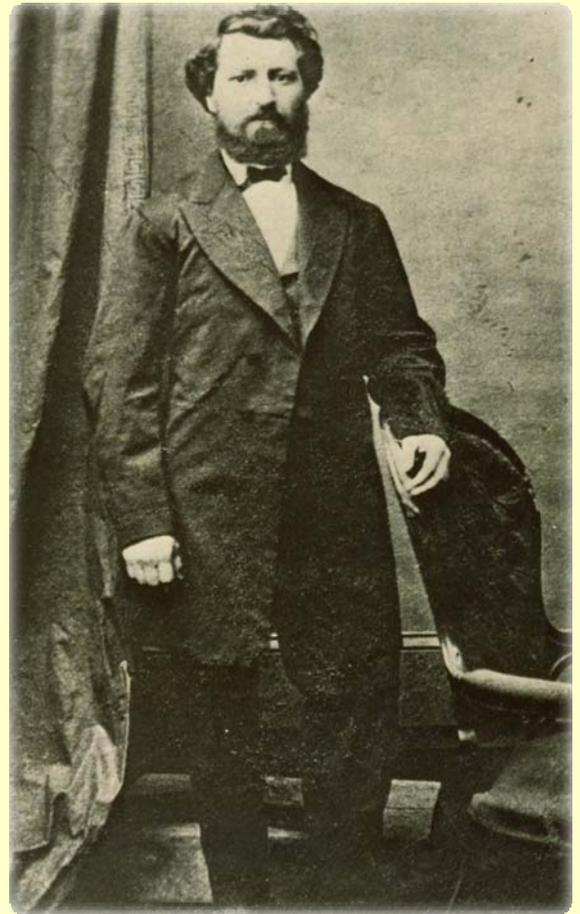
Though Riel was elected at three different times to sit in the House of Commons, he was denied his seat. In 1875, Riel's role in the death of Thomas Scott was pardoned, with the condition that he leave Canada. These years in exile would include two stays in Quebec asylums.

In 1884, while teaching in Montana, he was asked by a delegation from the community of Métis to present their grievances to the Canadian Government. Despite his assistance, parliament ignored the Métis concerns.

Though Riel was the spiritual and political head of the 1885 Rebellion, he never carried arms. After the fall of the Battle of Batoche, on May 15<sup>th</sup>, 1885 Riel surrendered to the Canadian Forces and was taken to Regina to stand trial for treason. He rejected attempts by his defense council to prove that he was guilty by reason of insanity and instead told wholeheartedly in his broken English of how and why he had hoped to help his people. After the trial, Riel gratefully thanked the court, only to find out that a jury of English speaking Protestants found him guilty. Riel was hung on November 16<sup>th</sup>, 1885 and his death caused an outburst of racial hatred between the French and English speaking Canadians.

Riel showed that his death was for his people, he was a very caring and honorable person.

The Métis people celebrate Riel Day on November 16<sup>th</sup>. In 1999, members of parliament from all provinces and all five parties—including a majority of Liberals—signed a bill that would exonerate Riel and celebrate him as a Father of Confederation.



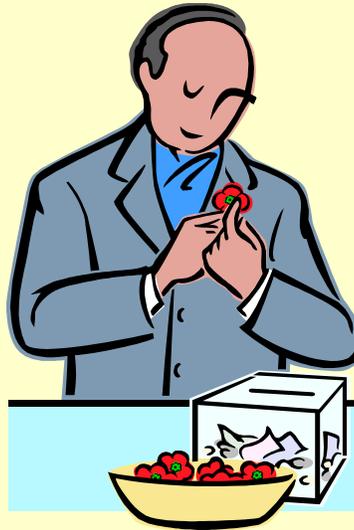
## Remembrance Day

During the second battle of Ypres, Lieutenant Alexis Helmer was killed by a German artillery shell. He was a friend of the Canadian military doctor Major John McCrae, who conducted the burial. Later that evening John began the draft for his famous poem "In Flanders Fields".

In Flanders Fields the poppies blow  
Between the crosses, row on row.  
That mark our place, and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead, short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we live  
In Flanders Fields.

Take up our quarrel with the foe,  
To you from failing hands we throw  
The torch, be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders Fields.



### Why Remember?

If we don't remember, the sacrifice of Canadian lives will be meaningless. They died for their home, families, friends, for a collection of traditions they cherished and a future they believed in. The meaning of their sacrifice rests with our collective national consciousness, our future is their monument.

The wars touched the lives of people of all ages, races and social classes. Many Canadians were killed; many were forced to live their lives with physical and mental scars of war. For many of us, war is a phenomenon seen through a lens of a camera. Our closest experience may be the discovery of wartime memorabilia. Even items such as photographs, uniform badges, medals and diaries can seem unconnected to the life of their owner. For those of us born during peace time, all wars seem far removed from our daily lives.

We often take for granted our values and institutions, our freedom to participate in cultural and political events and our right to live under a government of our choice. Those who went to war went in the belief that these values were being threatened. They truly believed that without freedom there can be no ensuring peace and without peace, no enduring freedom.

By remembering their service and their sacrifice, we recognize the tradition of freedom these people fought to preserve. They believed that their actions in the present would make a significant difference for the future. It's up to us to ensure that their dream of peace is realized. On Remembrance Day we acknowledge the courage and sacrifice of those who served and acknowledge our responsibility to work for the peace they fought so hard to achieve.

"War may sometimes be a necessary evil. But no matter how necessary, it is always an evil, never a good. We will not learn how to live together in peace by killing each other's children."  
~ Jimmy Carter

"A people free to choose will always choose peace."  
~ Ronald Reagan

"War is, at first, the hope that one will be better off; next, the expectation that the other fellow will be worse off; then, the satisfaction that he isn't better off; and, finally, the surprise at everyone's being worse off."  
~ Karl Kraus

"The very existence of flamethrowers proves that some time, somewhere, someone said to themselves, 'You know, I want to set those people over there on fire, but I'm just not close enough to get the job done'.  
~ George Carlin

"Dalton's records, carefully preserved for a century, were destroyed during a World War II bombing. It is not only the living who are killed in war."  
~ Isaac Asimov

# Quotes, Proverbs & Teachings

## Proverbs

You don't have to burn books to destroy a culture. Just get people to stop reading them.

~ Mohandas Gandhi

A people without the knowledge of their past history, origin and culture is like a tree without roots.

~ Marcus Garvey

## Elders Meditation

Men and women have an equal responsibility to restore the strength of the family, which is the foundation of all cultures.

~ Haida Gwaii Traditional Circle of Elders

The family is the heartbeat of strength of the culture. The grandfathers and grandmothers taught their children; they in turn had children who taught their children. If the family isn't taught the culture, then the children become adults, and the adults become the grandfathers and grandmothers, and the result is the culture becomes lost. This is how language is lost; this is how dances are lost; this is how knowledge is lost. We need to listen to our Elders, today, before it's too late.

*Teach me the culture so I can teach my children.*

**Quotes on Family** – Remind us the importance of families and family ties. These heart warming family quotes can really tug at your heart strings and bind you closer to your family members. Probably with our ever busy life style these days, we take family members or siblings for granted. We forget the importance of showing them how we care for and appreciate them.

No matter what you've done for yourself or for humanity, if you can't look back on having given love and attention to your own family, what have you really accomplished?

~ Lee Lacocca

Bear in mind that the wonderful things you learn in your schools are the work of many generations. All this is put in your hands as your inheritance in order that you may receive it, honour it, add to it, and one day faithfully hand it on to your children.

~ Albert Einstein

If your children spend most of their time in other people's houses you're lucky, if they all congregate at your house, you're blessed.

~ Mignon McLaughlin

A family is a place where minds come in contact with another.

~ Buddha

A family unit composed not only of children, but men, women, an occasional animal, and the common cold.

~ Ogden Nash

When you look at your life, the greatest happiness are family happiness.

~ Dr. Joyce Brothers

Youth fades, love droops, the leaves of friendship fall. A mother's secret hope outlives them all.

~ Oliver Wendell Holmes.

Other things may change us, but we start and end with the family.

~ Anthony Brandt

Look for the good, not the evil, in the conduct of members of the family.

~ Jewish Proverb

The love of a family is life's greatest blessing

~ Unknown

Families are like fudge, mostly sweet with a few nuts.

~ Unknown

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have him around. But when I got to be twenty-one, I was astonished at how much he had learnt in seven years.

~ Mark Twain

In every conceivable manner, the family is the link to our past, bridge to your future.

~ Alex Haley

An ounce of blood is worth a pound of friendship.

~ Spanish Proverb

Blood's thicker than water, and when one's in trouble best to seek out a relative's open arms.

~ Euripides

Family is the most important thing in the world.

~ Princess Diana

A family in harmony will prosper in everything.

~ Chinese Proverb

The strength of a family, like an army, is in its loyalty to each other.

~ Mario Puzo

It's funny that those things your kids did that got on your nerves, seem so cute when your grandchildren do them.

~ Unknown

Home is the place where boys and girls first learn how to limit their wishes, abide by rules, and consider the rights and needs of others.

~ Sidonie Gruerbere

If you hold yourself up to your children as an object lesson, hold yourself up as a warning and not as an example.

~ George Bernard Shaw

One night a father overheard his son pray: "Dear God, make me the kind of man my daddy is." Later that night, the father prayed, "Dear God, make me the kind of man my son wants me to be.

~ Unknown

One of life's greatest mysteries is how the boy that who wasn't good enough to marry your daughter can be the father of the smartest grandchild in the world.

~ Jewish Proverb

A truly rich man is one whose kids run to his arms when his hands are empty.

~ Unknown

A family is a place where principles are hammered and honed on the anvil of everyday living.

~ Charles Swindoll

Each day of our lives we make deposits in the memory banks of our children.

~ Charles Swindoll

What greater thing is there for human souls than to feel that they are joined for life. To be with each other in silent, unspeakable memories.

~ George Elliot

A family unit composed not only of children, but men, women, an occasional animal, and the common cold.

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~ Mark Twain

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~ Alex Haley

The family you came from isn't as important as the family you're going to have.

~ Ring Lardner

## Stories

### *Clay Ball*

A man was exploring caves by the sea. In one of the caves he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled clay balls and left them out in the sun to bake. They didn't look like much, and he couldn't imagine what they'd be used for. They intrigued him so he took the bag out of the cave with him. As he strolled along the beach, he would throw the clay balls one at a time out into the ocean as far as he could.

He thought little about it, until he dropped one of the clay balls and it cracked open on a rock. Inside was a beautiful, precious stone! Excited, he started breaking open the remaining balls. Each contained a similar treasure. He found thousands of dollars worth of jewels in the twenty or so clay balls he had left. Then it struck him, he had been on the beach a long time. He had thrown maybe fifty or sixty of the clay balls with their hidden treasure into the ocean. Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he'd just thrown it away!

It's like that with people. We look at people, maybe even ourselves, and we see the external clay vessel. It doesn't look like much from the outside. It isn't always beautiful or sparkling, so we discount it. We see that person as less important than someone more beautiful, stylish, well-known or wealthy. But we have not taken the time to find the treasure hidden inside that person.

There is a treasure in each and every one of us. If we take the time to get to know that person, the clay begins to peel away and the brilliant gem begins to shine forth.



## Silly Proverbs

Before you criticize someone, walk a mile in their shoes. That way, if they get angry, they will be a mile away and barefoot.

A closed mouth gathers no feet.

A clear conscience is usually the sign of a bad memory.

It's easier to get forgiveness than permission.

A conscience is what hurts when all your other parts feel good.

My idea of housework is to sweep the room with a glance.

Not one shred of evidence supports the notion that life is serious.

If you look like your passport photo, you probably need the trip.

Bills travel through the mail at twice the speed of checks.

Men are from Earth.  
Women are from Earth. Deal with it.

No husband has ever been shot while doing the dishes.

For every action, there is an equal and opposite government program.

Why was eight scared of seven? Because seven – ate – nine.

## Fun and Games

### ***Cheating Doesn't Pay***

A professor was grading the essay finals he had just given his class and opened the exam book of a failing student to reveal blank pages and a \$100 bill. The only thing written in the book was "\$100 = 100% - I get an A."

A month later, the student approached the professor. "I don't understand," he said. "I failed the course. Didn't you read my final?" The professor handed the student the exam book. The student opened it to reveal \$50 and the phrase "\$50 = 50% - You fail!"

### ***Ouch***

On a sunny Sunday afternoon, two young church members were going door to door to invite people to visit their services. When they knocked on one door, it was immediately clear that the woman who answered was not happy to see them. She told them in no uncertain terms that she did not want to hear their message, and before they could say anything more she slammed the door in their faces.

To her surprise the door did not close, it bounced back open. She tried again, really putting her back into it, and slammed it again with the same result - the door bounced back open.

Convinced these rude young people were sticking their foot in her door, she reared back to give it a slam that would teach them a lesson. Just then, one of them said quietly: "Ma'am, before you do that again, you really need to move your cat."

### ***Be Nice to Your Wife***

A police pulled a man over and said "Sir, did you know that you are going twenty kilometers over the speed limit?" The man answered, "No officer, I did not." His wife replied, "Yes you did, and I've been telling you that for the last twenty minutes." The man told her to shut up. The officer asked, "Well did you know that your license plate is expired?" and the man answered "No Officer, I did not." The wife replied, "Yes you did, I've been telling you for three months to get it updated!" The husband yelled at her to "Be quiet, or I'll tape your mouth shut!" The officer asked, "Ma'am does he always talk to you like this?" "No, only when he's been drinking."

### ***Ever Wonder...***

- Why the sun lightens our hair, but darkens our skin?
- Why women can't put on mascara with their mouth closed?
- Why you don't ever see the headline 'psychic wins lottery'?
- Why 'abbreviated' is such a long word?
- Why doctors call what they do 'practice'?
- Why the man who invests all your money is called a broker?
- Why there isn't mouse-flavoured cat food?
- Why don't sheep shrink when it rains?
- Why are they called apartments when they are all stuck together?

## **How to bury a good idea:**

It'll never work

We've never done it that way before

We're doing fine without it

We can't afford it

We're not ready for it

It's not our responsibility

I hope our minds and hearts are more open than this, and that we realize that change and new ideas can be better for all.

## **Garden Of Success**

Plant 5 rows of Peas...  
Prepared, Promptness,  
Pursuance, Politeness,  
Prayer...

Include 3 rows of squash.....  
Squash Gossip, Squash Criticism , Squash Indifference.

Add 5 rows of lettuce...  
Let us be Faithful, Let us be Loyal, Let us be Truthful, Let us be Unselfish, Let us Love One Another.

No garden is really complete without turnips...  
Turn up Happy, Turn up with a Smile, Turn up with a New Idea, Turn up with Real Determination.

**May your garden flourish.**

## Upcoming Events

<b>Wed. Nov. 4</b>	<b>All Nations Gathering at UNBC</b>
<b>Fri. Nov. 6</b> 3.30 pm	<b>The Ants of British Columbia</b> - Ants are a common element in our urban landscapes but are usually overlooked, literally, or considered only in the context of a household nuisance. Their presence in our urban lives, however, does not properly reflect their broader ecological significance. In BC, ants are an important food source for vertebrates ranging from birds to bears. Their social organization has given rise to behavioural systems that include the ranching of aphids, a form of agriculture that can have complex effects upon the trees they consider to be their rangeland. It has also given rise to remarkable forms of slavery and parasitism within the taxon. To thrive, however, ants require heat, and the climate of BC can be challenging. Here I will consider some of my work on the ants of British Columbia over the past several years, their ecological roles, and their adaptations to surviving in our cool climate. Presenter: Rob Higgins, Asst. Prof., Thompson Rivers Univ., PhD Candidate, UNBC. Venue: UNBC Lecture Hall 7-152 Admission is FREE.
<b>Fri. Nov. 6</b> 7 – 9 pm	<b>ECRA (Elder Citizens) Drama Show</b> - Enjoy an evening of good entertainment "Comedy Review on 10th Avenue". Good fellowship, good laughter, good fun! Tickets available at ECRA office for \$10.00 per person. 1692-10th Avenue. 250.561.9381
<b>Sat. Nov. 7</b> 9.30 am – 3 pm	<b>Day of Retreat</b> - This retreat is a time to explore water: its beauty and power, its importance to life, and what is happening to water around the globe. Bring a litre of water from a source that is special to you for a ritual during the day. Fee: \$25.00 includes lunch Facilitator: Jean Marie Lehtinen. Location: Domano Renewal Centre #110 6500 Southridge Ave. Contact 250.964.4475 or drc@netbistro.com to register.
<b>Sat. Nov. 7</b> 12 – 5 pm	<b>Nordic Culture in PG</b> - The public is invited to join the Sons of Norway in a day of Nordic food, crafts and culture. They will have demonstrations of rosemal painting, hardanger stitching, open-face sandwich making, lefse and krumkaker making, and displays of Norwegian artifacts. Demos begin at noon and continue through the afternoon. Sample a taste of Norway at 1 pm. The coffee pot is on! Location: Moose Hall (633 Douglas St.) Contact Gloria at 250.562.7320 for more info.
<b>Nov. 7 – 8</b> 2 – 4 pm	<b>ECRA (Elder Citizens) Drama Show</b> - Enjoy an afternoon of good entertainment "Comedy Review on 10th Avenue". Good fellowship, good laughter, good fun! Tickets available at ECRA office for \$10.00 per person. 1692-10th Avenue. 250.561.9381
<b>Sat. Nov. 7</b> 8 pm – 12 am	<b>Dance</b> – Everybody 19 and over welcome, music by Fiddlin Country. Admission is \$10, light lunch included. Location: Senior Activity Centre (425 Brunswick St.). Contact 250.562.3287 for more information.
<b>Sat. Nov. 7</b>	<b>Team Powerhouse</b> – Donate adult winter clothing and blankets. Location: Team Powerhouse Realty, 1253 5 <sup>th</sup> Avenue. Proceeds to Active Support Against Poverty.
<b>Sun. Nov. 8</b>	<b>Trevor Linden visit</b> - Trevor Linden will be at Canadian Tire to sign your memorabilia!
<b>Tue. Nov. 10</b> 7 – 8.30 pm	<b>Tech Tuesday - Downloading Audiobooks.</b> Free drop-in class where you learn how to download audiobooks at the Public Library.
<b>Wed. Nov. 11</b> 10 am – 4 pm	<b>Stoney Creek Elders Cultural Society Open House</b> – The Stony Creek Elders Cultural Society and Carrier Sekani Tribal Council are hosting a Remembrance Day service to honour First Nations veterans. Everybody is welcome, there will be sharing of stories and lunch is provided. Location: Saik'uz Potlatch House. For more information contact Cheryl at 250.562.6279 ext. 254.
<b>Wed. Nov. 11</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. Fee: \$5
<b>Wed. Nov. 11</b>	<b>Live Theatre</b> - Jake's Gift, a stage tribute to the heroes of World War Two will be in the ArtSpace. This production has been praised by critics and audiences. Tickets are \$15. Find out more at <a href="http://www.juliamackey.com">http://www.juliamackey.com</a>
<b>Thu. Nov. 12</b> 11 am – 1 pm	<b>Senior's Tea and Tell</b> - Please join us for this FREE special event. We would like to invite the seniors in our area to come and share their stories with each other while visiting our exhibits and enjoying a light lunch. We will have tea and refreshments available. This day will be the last chance for visitors to view our "Pantheon Project" exhibit which features past Mayors of Prince George. There is also a "history of Mr. PG" exhibit on display and our curatorial staff will also be putting together a presentation/program for this event. Please RSVP by November 5th if you'd like to attend. Contact: Sherry Boyd at 250.562.1612 ext. 242. Venue: The Exploration Place.
<b>Sat. Nov. 14</b> 8 – 11 am	<b>ECRA Pancake Breakfast</b> - Pancakes, eggs, hashbrowns, bacon, sausage, tea, coffee for \$5.00. What more could you ask for! 1692-10th Ave. 250.561.9381
<b>Sat. Nov. 14</b> 1 pm	<b>6<sup>th</sup> Annual CNC-SPCA Doggie Fashion Show</b> - Takes place in the college atrium. Enter your dog or bring the kids. Audience entry is by donation, and all proceeds go to the SPCA. Contact 250.562.2131 ext. 5298, plett@cnc.bc.ca or check out this page <a href="http://www.tinyurl.com/cnc-spc">http://www.tinyurl.com/cnc-spc</a> for more info.
<b>Nov. 14/ 15</b> 10 am – 4 pm	<b>Healthier You Expo</b> - Promoting Healthy Living Across Cultures. Bringing together individuals and organizations from throughout northern B.C. in order to promote healthy lifestyles and create awareness of various health-related issues. The event is free and will be held at the Prince George Civic Centre.
<b>Mon. Nov. 16</b> 1 – 3 pm	<b>Louis Riel Day</b> – Everyone is welcome to attend Louis Riel Day at the UNBC Bentley Centre (room 7-212). There will be a Métis history display with art, books, a continuous screening, and recorded fiddle music. There will also be demonstrations of jiggy dolls and handiwork.
<b>Mon. Nov. 16</b> 2.30 – 4 pm	<b>Computer Classes for Adults at Public Library – Basic Computers 1</b> Classes are free but registration is required. Call 250.563.1338 to register.
<b>Wed. Nov. 18</b> 1 – 2 pm	<b>ECRA (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
<b>Wed. Nov. 18</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. Fee: \$5
<b>Nov. 19 – Dec. 6</b>	<b>All Shook Up</b> - Combine all-time favourite Elvis Presley songs with a sure fire rock-n-roll story and you have a magical evening of laughter and song. There are seniors' ticket prices available. Contact Theatre Northwest at 250.563.6969 or Books & Co. at 250.614.0039 for ticket information and times.
<b>Sat. Nov. 21</b> 9 am – 2 pm	<b>PG Farmer's Market</b> – The PG Farmer's Market is moving indoors and will be held the 3rd Saturday of every month at St. Michael's Hall(5th and Victoria).
<b>Sat. Nov. 21</b>	<b>St. John's Ambulance CPR Day</b> - Everyone 14 years and older is welcome to attend the CPR Level A (Adult) and B (child, infant, adult) courses. The cost is FREE and this includes a certificate and book! Location: 470 3 <sup>rd</sup> Avenue (off Queensway Street). Pre-registration is required, call 250.561.1696.
<b>Mon. Nov. 23</b> 2.30 – 4 pm	<b>Computer Classes for Adults at Public Library – Internet &amp; Email</b> Classes are free but registration is required. Call 250.563.1338 to register.
<b>Nov. 22 – Jan. 2</b>	<b>Northern Lights Festival</b> - Connaught Hill has been transformed into a blaze of Christmas lights to be enjoyed by all ages. Visitors can do a drive-by tour of the

5 – 10 pm	displays, featuring everything from a nativity scene to gingerbread men to dinosaurs. Cost is \$10 per vehicle. For more information, contact Tourism PG at 250.562.3700
<b>Tue. Nov. 24</b> Time?	<b>Peace Week</b> - Join the YMCA for the national 'Yoga for Peace' day. Bring a friend and help us celebrate 25 years of peace-building! Contact 250.562.9341 for more info.
<b>Sat. Nov. 28</b> 10 am – 3 pm	<b>Winter Fun Day</b> – Come out and join us for Sled Dogging Fun and activities. 14295 Chief Lake Road. For more information contact Sally at 250.967.4479.
<b>Sun. Nov. 29</b> 5.30 – 9 pm	<b>Members' Christmas Dinner</b> – Join friends for turkey dinner with all the trimmings, entertainment and prizes. Members \$15, non-members \$18. Location: Senior Activity Centre (425 Brunswick St.). Contact 250.564.3287 for more info.
<b>Mon. Nov. 30</b> 2.30 – 4 pm	<b>Computer Classes for Adults at Public Library – Basic Computers 2</b> Classes are free but registration is required. Call 250.563.1338 to register.
<b>Wed. Dec. 2</b> 2 – 4 pm	<b>Golden Age Social</b> – Free afternoon social for seniors at the PG Civic Centre hosted by the PG Council of Seniors. For more info contact 250.564.5888.
<b>Sat. Dec. 5</b> 9.30 am – 12.30 pm	<b>Good Grief for the Holidays</b> - Grief can be difficult at anytime, particularly at holidays. This workshop will provide an opportunity to discuss ways to help you cope with your grief during the holiday season. Fee: \$10 or by donation, materials included. Location: Domano Renewal Centre (110 6500 Southridge Ave.) Contact 2500.964.4475 to register

## Craft Fairs & Sales

<b>Nov. 6 – 8</b>	<b>33rd Annual Studio Fair at Civic Centre</b> – Tickets: Adults \$3, Students & Seniors \$2, 12 and under free. Friday 10 to 8, Saturday 10 to 6, Sunday 10 to 4. Featuring over 75 participants. Childcare available on Saturday/Sunday.
<b>Nov. 7 – 8</b> 10 am – 4 pm	<b>17th Annual St. Mary's Craft Fair</b> – Location: 1088 Gillette Street. Goes from 10 am to 4 pm both days.
<b>Sat. Nov. 14</b> 9 am – 3 pm	<b>White Elephant Sale</b> – There will be a bake sale, crafts and a healthy lunch at Alward Place. Location: 2121 6 <sup>th</sup> Avenue.
<b>Nov. 14/ 15</b> 10 am – 4 pm	<b>DP Todd Craft Fair</b> - Take care of some early Christmas shopping and support some local artisans at the same time. Contact Jo-Anne at 250.562.7149 for more info.
<b>Sun. Nov. 15</b> 10 am - 4 pm	<b>Pineview Christmas Craft Fair</b> - Craft fair is at the Pineview hall upstairs. Tables are \$10.00 To book a table call Teddy Bear preschool at 250.963.7047
<b>Sat. Nov. 21</b> 10 am – 4 pm	<b>AimHi Community Craft Fair</b> – AiMHi plays host to numerous PG crafters. Items sold at the fair include wooden toys, bird houses, jewellery, cards, glassware, blankets, art, dog and cat houses and snacks. Location: AiMHi, 960 Kerry Street. Admission is free. Contact 250.564.6408 ext. 228 for more information.
<b>Sat. Nov. 21</b>	<b>Lion Centre Fall Bake &amp; Craft Sale</b> - The bake and craft sale will be held at the Hart Pioneer Centre (6986 Hart Hwy). Call 250.962.6712 for more information.
<b>Sun. Nov. 22</b> 10 am – 2 pm	<b>Senior Activity Centre Bazaar &amp; Bake Sale</b> – Held on the main floor at the Senior Activity Centre, 425 Brunswick Street. Contact 250.564.3287. Rental tables available.
<b>Nov. 29 - 30</b> 8 am – 5 pm	<b>Kelly Road Craft Fair</b> - The craft fair will be held at Kelly Road Secondary School. For more information contact Alice at 250.962.6887
<b>Dec. 5 - 6</b>	<b>Blackburn Craft Fair</b> - The Blackburn Craft Fair will be held at the Blackburn Community Centre on Dec 5th and 6th. For more information, call 250.963.3292



## Ongoing Events

### TUESDAYS

**November 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>**

6.30 pm	<b>Walk PG</b> - Come Walk With Us! Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell. How far you walk is up to you. Call 250.561.9284.
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### WEDNESDAYS

**November 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>**

10 – 11.30 am	<b>Wellness Wednesdays</b> - PG Council of Seniors is hosting FREE drop in sessions for anybody 55+. Location: 1055 - 5th Ave. Contact 250.564.5888 for more info.
10 am – 2 pm	<b>Senior's Social at Pineview Hall</b> – Events held in the basement of Pineview Hall (wheelchair accessible). Contact Syl Meise at 250.963.7427 or 250.649.8281.

### THURSDAYS

**November 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>**

10 am – 9 pm	<b>FREE Thursdays at Two Rivers Gallery</b> – Open all day. Featuring work by local and emerging artists. Contact 250.614.7800 for more information.
12 – 7 pm	<b>Blood Donor Clinic Hours</b> - We need you to donate blood in Prince George, 2277 Westwood Drive. Call 1 888 2DONATE to book your life saving appointment.
1 pm	<b>Walk PG</b> - Come Walk With Us! Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell. How far you walk is up to you. Call 250.561.9284.
6 pm	<b>Sacred Drumming Circle</b> - Everyone welcome, fun and free. Location: PJ's Rock & Gem Shop (205 Brunswick St.). Contact 250.562.3331 for more information.
6.30 pm	<b>Chess Night</b> at Cafe Voltaire in Books & Co. every Thursday.
7 pm	<b>Darts at PG Legion</b> - Everyone welcome blind draw mixed doubles. Must be 19 years. For more info. call Carol at 250.564.3148 or Joe/ Claudette at 250.963.9918.
7 – 10 pm	<b>Fiddle Jam Nights</b> - The BC Old Time Fiddlers sponsor weekly jam sessions for all ages, everyone welcome. If you play the fiddle, want to learn to back up fiddles with another instrument, or if you just love to listen, come join us. Admission \$2. Location: 1692 10th Ave. Elder Citizens Rec. Centre. Contact Beth at 250.563.1025 for more info.

### FRIDAYS

**November 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>**

6 pm	<b>Healing Reiki Circle</b> – Everyone welcome. Location: PJ's Rock & Gem Shop (205 Brunswick St.). Contact 250.562.3331 for more information.
8 pm – 12 am	<b>PG Legion Dance</b> – Everyone welcome, there is a live band and dance floor. There's a \$5 entry charge. Location: PG Legion - 1335 7th Ave. Contact: 250.562.1292

### SATURDAYS

**November 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>**

10.30 am	<b>Walk PG</b> - Come Walk With Us! Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell. How far you walk is up to you. Call 250.561.9284.
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### SUNDAYS

**November 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>**

7 pm	<b>All My Relations</b> - AA meetings followed with an after session smudge ceremony at the Alano Club – 766 Alward Street. Contact 250.563.9517.
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