

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 2, Number 2

FEBRUARY, 2010

Welcome

We are pleased to present the February 2010 edition of the All Nations Elders Council 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 Council is a group that is open and inclusive to all Elders, regardless of ethnicity and age. Youth are encouraged to participate.

FREE Computer Tutoring for Elders

One-on-one computer training at your own pace and skill level. The tutor can show you everything from how to turn the computer on, the internet, email, facebook, Microsoft Office, how to use a digital camera and more advanced applications. She's 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. Contact 250.562.6325 for more information.



ALL NATIONS ELDERS COUNCIL NEWSLETTER

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Meeting Time Change

Due to popular demand, the meeting time has changed from a nine am start to ten am.

Haiti Disaster Relief

Phone: 1.800.418.1111

Web: www.redcross.ca/helpnow

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

Community News

Gathering Our Voices: Provincial Aboriginal Youth Conference

The BCAAFC is inviting those interested in supporting and encouraging Aboriginal youth to volunteer for this life changing conference. Volunteers are required for a variety of positions such as: security, greeters, Elder assistant, registration attendant and many more. Aboriginal Youth (aged 14-24) will be taking part in a dynamic conference. The conference will offer a variety of activities such as workshops; a health and environment fair; cultural activities and evening entertainment.

Date: March 10th – 13th

Location: Hyatt Regency, Vancouver

Contact: Toni Williams, Youth Conference Assistant

Information about Positions: www.bcaafc.com/content/view/54/207

Contact: phone 250.388.5522 or 1.800.990.2432, fax 250.388.5502 or email twilliams@bcaafc.com

Returning To Spirit Aboriginal Workshop

April 26-30, 2010

Location: Domano Renewal Centre

Participation: Commitment to full participation in every session is a pre-requisite. You will be asked to use your personal life experiences to explore your relationship to the issues of Residential Schools and more. Sessions go from (depending on days of the week) 9 am to 5 pm Monday to Thursday and from 9 am to 3 pm Friday. There are evening assignments.

Contact: 250.964.4475 or jean-marie@pgdiocese.bc.ca

Cost

Workshop Fees: \$165 (paid by Diocese of Prince George)

Live-in Accommodation & Meals for 5 days – arriving Sunday night after supper: \$300.00

Live-in Accommodation & Meals for 5 days – arriving Monday morning: \$280.00

Commuter cost for 5 day - includes lunches, suppers, snacks and feast: \$120.00

Commuter cost for 5 days: includes lunches, snacks and feast, no dinners: \$70.00

If you need to stay over an extra night please advise upon registration: Extra stay-over bed and breakfast: \$35.00. Registration fees are due the first day of the program unless other arrangements have been made. Make cheques payable to the Domano Renewal Centre.

Skates Needed

The Big Brothers Big Sisters program could really use used children's ice skates. There are three schools that are a part of a mentoring program that have ice rinks, unfortunately many of the children can't afford skates and miss out on this opportunity. If anybody has old children's skates that they could donate, drop them off at the BBBS office where they can be distributed to kids that will really use them. Location: 777 Kinsmen Place. Phone: 250.563.7410. Let's see if we can get more kids out to skate.

Health Article: Cancer Fighting Foods

Article written by Dr. Paul Martiquet, Medical Health Officer

Every so often we see a news story about foods or beverages that will prevent or cause cancer. Red wine, beer, coffee, tea, artificial sweeteners, vitamin this or that... all have had their turn in front of the camera. People are interested in the relationship between food, nutrients or lifestyle and cancers. Though there is confusion, there are some consistent facts about foods that can help fight cancer.

Cancer starts out as a single abnormal cell which then multiplies out of control. Groups of these cells form tumors and invade healthy tissue. It takes years for a noticeable tumor to grow and it is during this time that we can inhibit the growth of these cells. Inhibitors can be found in plant foods; dietary fat, on the other hand, promotes growth in abnormal cells.

Our bodies use certain nutrients found in vegetables and fruits to protect against damage to tissue during normal metabolism, called oxidation. Because this has been linked with increased cancer risk, the so-called antioxidant nutrients are thought to protect against cancer. Better known antioxidants include vitamins C and E, carotenoids and many other chemicals from plants, called phytochemicals.

Does it work? Studies suggest that people who eat more vegetables and fruits, which are rich sources of antioxidants, may have a lower risk for some types of cancer. Some foods are especially good at it. One group of foods high in antioxidants includes tomatoes, red peppers and pink grapefruit. They contain lycopene, a powerful antioxidant believed to protective against cancers of the mouth, larynx, esophagus and stomach. Grapes which contain resveratrol which has both antioxidant and anti-inflammatory properties and is thought to slow the growth of cancer.

Phytochemicals, a term referring to a variety of compounds made by plants, are another cancer fighter. They have either antioxidant or hormone-like actions and are usually known as beta carotene, ascorbic acid, folic acid and vitamin E. Some phytochemicals have been shown to help prevent the formation of carcinogens or block the action of carcinogens on their target organs or tissue. They are thought to protect against some cancers and cardiovascular disease.

Phytochemicals are found in darker colored fruits and vegetables like dark green, red, orange and yellow foods. High levels of phytochemicals are found in broccoli, Brussels sprouts, cabbage, grapes, eggplant, and red cabbage. Blueberries and strawberries are both beneficial as well.

There are also foods that probably encourage cancer growth. It is recommended that one's diet include no more than 2-3 meals per week containing lean red meats; avoiding processed meats like ham, bacon and salami is also a very good idea. Alcohol increases the risk of cancer of the mouth, larynx, liver, breast, colon and rectum. Combine it with smoking and the risk jumps far more than the effect of either alone.

An important recent finding has been the link between obesity and the risk of cancers. Cancers such as colon, kidney, pancreatic, post-menopausal breast and even some forms of leukemia have been linked to obesity.

A cancer prevention diet is one high in fibre, low in fat (especially animal fat) and includes generous portions of vegetables and fruit. It also minimizes or avoids alcohol. Think about it next time you are in the kitchen, wondering what to have for dinner.

Valentine's Day

Valentine's Day is a Hallmark holiday where people express their love for each other by sending cards, flowers, or candies. The US Greeting Card Association estimates that one billion cards are sent each year. The holiday is named after two Christian martyrs named Valentine; Valentine of Rome and Valentine of Terni. The funny thing is, by the time a St. Valentine became linked to romance (in the 14th century) distinctions between the two were utterly lost. The day became associated with romantic love in the High Middle Ages, when the tradition of courtly love flourished.



There are a few popular legends about Saint Valentine. In one version, he was persecuted because he refused to convert to Roman paganism. Before his execution, he is reported to have performed a miracle by healing the blind daughter of his jailer. A second legend portrays Valentine as a priest who refused to follow a law ordering that young men remain single. The Emperor did this to grow his army, believing that married men did not make for good soldiers. Valentine secretly performed marriage ceremonies and when found out, was thrown in jail and executed. While in jail he wrote the first 'valentine' to the jailer's daughter, whom he had befriended and healed.

In 1969, the church revised the Roman Catholic Calendar of Saints and the feastday of Saint Valentine was removed for the following reason: "Though the memorial of Saint Valentine is ancient, it is left to particular calendars, since, apart from his name, nothing is known of Saint Valentine except that he was buried on the Via Flaminia on February 14."

Valentine's Day Around the World:

Brazil: Dia dos Namorados is The Day of the Enamored. Couples exchange gifts, chocolates, cards and flowers on June 12th. February 14th is not celebrated at all because it falls during Carnival, a major holiday in Brazil, long regarded as a holiday of sex and debauchery.

China: Valentine's Day. It's common for men to give chocolate or flowers to women. They have an older observance related to lovers called The Night of Sevens. According to the legend, the Cowherd star and the Weaver Maid star are normally separated by the milky way but are allowed to meet by crossing it on the 7th day of the 7th month of the Chinese calendar.

Denmark & Norway: Valentinsdag. It's not a popular holiday, but many people take time to eat a romantic dinner, send a card or rose.

Estonia: Sõbrapäev. Friend's Day is about remembering all your friends, not only your loved ones.

Finland: Ystävänpäivä. They celebrate Friend's Day as well.

France: Saint Valentin. They celebrate in the Western style – flowers, chocolates and cards.

India: Valentine's Day has been explicitly discouraged by some of the Hindu fundamentalists. Since 2001 there has been violent clashes between shopkeepers dealing in Valentine related items and Shiv Sena die-hards, who oppose it as "cultural pollution from the West".

Japan: Valentine's Day. The custom is that on February 14th, only women may give chocolates to men, in particular, to their co-workers. March 14th is White Day, a "reply day", where men are expected to return the favor. Unlike Western countries, gifts such as candies, flowers, or dinner dates are uncommon. It has become an obligation for many women to give chocolates to male co-workers. A

man's popularity can be measured by how many chocolates they receive on that day and the amount of chocolate received is a touchy issue for men. This is known as *giri-choko*, from the words *giri* (obligation) and *choko*, (chocolate). Unpopular co-workers receive "ultra-obligatory" *chō-giri choko* (cheap chocolate). This contrasts with *honmei-choko* (favorite chocolate); given to a loved one. Friends may exchange chocolate referred to as *tomo-choko*; *tomo* meaning friend.

Lebanon: Lebanese people send roses, cards, and balloons on Valentine's Day to each other. Many couples go out on a romantic dinner. Shops are decorated with a lot of red items.

Mexico, Guatemala and El Salvador: Día del Amor y la Amistad, the Day of Love and Friendship. It's similar to the Western style in many ways, but people also do acts of appreciation for their friends.

Norfolk: Valentine's Day. A character called Jack Valentine knocks on the rear door of houses leaving sweets and presents for children.

Philippines: Araw ng mga Puso. They call it "Hearts Day" and it's usually marked by a steep increase in the prices of flowers.

Portugal: Dia dos Namorados. Boy/Girlfriend's Day.

Slovenia: Saint Gregory's Day. The day of love is traditionally March 12th. They have a proverb that says that St. Valentine's Day marks the beginning of spring.

Romania: Dragobete is the traditional holiday for lovers, celebrated on February 24. In recent years, Romania has also started celebrating Valentine's Day. This has drawn backlash from many people who condemn Valentine's Day for being superficial, commercialist and imported Western kitsch.

Saudi Arabia: In 2002 and 2008, religious police banned the sale of all Valentine's Day items, telling shop workers to remove any red items, as the day is considered a non-Islamic holiday.

Singapore: Valentine's Day. They celebrate in the Western style – flowers, chocolates and cards.

South America: *Día del amor y la Amistad and Amigo Secreto*. In most of S. America the Love and Friendship Day and the Secret Friend are popular and usually celebrated together on February 14th. The latter consists of giving anonymous gift (similar to the Christmas tradition of Secret Santa).

South Korea: Valentine's Day. On February 14th, women give chocolate to men. Like Japan, on White Day (March 14th) men give non-chocolate candy to women. On April 14th (Black Day), those who did not receive anything in February or March go to a restaurant to eat black noodles and "mourn" their single life.

Spain: San Valentín. They celebrate in the Western style – flowers, chocolates and cards.

Sweden: Alla hjärtans dag. All Hearts' Day was launched in the '60s by the flower industry's commercial interests. It's not an official holiday, but it's popular.

Turkey: Sevgililer Günü. "Sweethearts' Day" is the festival of love. In ancient times girls would wear white dresses and dance in the vineyards, where the boys would be waiting for them. In modern Israeli culture this is a popular day to pronounce love, propose marriage and give gifts.

Wales: Dydd Santes Dwynwen. January 25th commemorates the patron saint of Welsh lovers.

Recipe of the Month: Divinity Cake

Cake Ingredients

1 cup butter, softened
2 cups sugar
4 eggs
1 tsp. butter flavouring
1 tsp. vanilla extract
3 cups cake flour, sifted
2 ½ tsp. baking powder
½ tsp. salt
½ coconut, flaked

Orange Filling

1 cup sugar
3 tbsp. cornstarch
¼ tsp. salt
¾ cup orange juice
¼ cup lemon juice
½ cup water
3 egg yolks, beaten
1 tbsp. orange rind, grated

Divinity Frosting

1 ½ cups sugar
½ tsp. cream of tartar
½ cup water
3 egg whites
½ tsp. vanilla

Directions: Cream butter; gradually add sugar, beating well at medium speed of an electric mixer. Add eggs, one at a time, beating after each addition. Add flavorings. Combine flour, baking powder, and salt; add to creamed mixture alternately with milk, beginning and ending with flour mixture. Mix on low speed after each addition just until blended. Pour batter into three greased and floured 9-inch round cake pans. Bake at 350 degrees F for 20-25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans ten minutes; remove from pans, and cool completely on wire racks. Spread orange filling between layers; spread top and sides of cake with divinity frosting. Sprinkle with coconut. Yield: one three layer cake.

Orange Filling: Combine first three ingredients in a small saucepan; gradually stir in fruit juices and water. Cook over medium heat, stirring constantly, until mixture boils. Boil for one minute. Slowly stir a small amount of hot mixture into egg yolks, add to remaining hot mixture, stirring constantly. Boil one minute longer, stirring constantly. Remove from heat, and stir in orange rind. Let cool. Yield: about two cups.

Divinity Frosting: Combine all ingredients and blend until smooth and creamy.

Quotes, Proverbs & Teachings

Elders Meditation

“We call it the ‘sacred’ red road because it is the road that will lead us to living the good life, an honest and healthy life.”

~Larry P. Aitken, Chippewa

The Red Road is the path we walk on when we want a direct relationship with the Great Spirit. This requires sacrifice. This requires us to have our beliefs tested. To walk this path is really an honor. The returns for doing so are exciting, not only for ourselves but for the effect that will be felt for three generations. This means your children will see the benefits as well as your grandchildren. Do I want to walk this sacred road?

Great Spirit, guide myself and my family on the Red Road.

Quotes



Love does not dominate, it cultivates.
~ Johann Wolfgang Von Goethe

A heart that loves is always young.
~ Proverb

Age does not protect you from love. But love, to some extent, protects you from age.
~ Anais Nin

Love is life. All, everything that I understand, I understand only because I love. Everything is, everything exists, only because I love.

~ Leo Tolstoy

Life has taught us that love does not consist in gazing at each other, but in looking outward in the same direction.

~ Antoine de Saint-Exupery

Immature love says ‘I love you because I need you.’ Mature love says ‘I need you because I love you.’

~ Erich Fromm

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

~ Lao Tzu

Love is like quicksilver in the hand. Leave the fingers open and it stays. Clutch it and it darts away.

~ Dorothy Parker

Love the whole world as a mother loves her only child.
~ Buddha

Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude.
~ Bible

It is easier to guard a sack full of fleas than a girl in love.
~ Yiddish Proverb

A man in love mistakes a pimple for a dimple.
~ Japanese Proverb

Grow old along with me!

The best is yet to be.

The last of life, for which the first was made:

Our times in his hand who saith.

~ Robert Browning,
Rabbi Ben Ezra

Fun and Games

Memory

Three sisters aged 92, 94 and 96, lived in a house together. The eldest drew a bath, put her foot in and paused. She yelled to her sisters, *Was I getting in or out of the bath?* The 94-year-old yelled back, *I don't know. I'll come up and see.* She started up the stairs and paused, *Was I going up or down?* The youngest, sitting at the kitchen listening to her sisters shook her head and said, *I sure hope I never get that forgetful, knock on wood.* She then yelled, *I'll come up and help both of you as soon as I see who's at the door.*

Please Tell Me This Won't Happen to Us

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures but lately they had been limited to meeting a few times a week to play cards. One day they were playing cards when one looked at the other and said, *now don't get mad at me. I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is.* Her friend glared at her for at least three minutes she just stared and glared at her. Finally she said, *how soon do you need to know?*

Senior Driving

Two elderly women driving in a large car and both could barely see over the dashboard. At an intersection, the driver cruised through the stoplight. The woman in the passenger seat thought to herself, *I must be losing it. I could have sworn that we just went through a red light.* After a few more minutes, they came to another intersection and the light was red. Again, they went right through. The woman in the passenger seat was almost sure that the light had been red but was really concerned that she was losing it. She was getting nervous. At the next intersection, sure enough, the light was red and they went on through. So, she turned to the other woman and said, *Mildred, did you know that we just ran through three red lights in a row? You could have killed us both!* Mildred turned to her and said, *Oh no, am I driving?*

Riddles – Answers On Last Page

1. You can keep it only after giving it away to someone else.
2. What comes once in a minute, twice in a moment, but never in a thousand years?
3. Five men went to church and it started to rain. Four men ran for cover and got wet. The one man who stayed behind stayed dry. How?
4. He who has it doesn't tell about it. He who takes it doesn't know about it. He who knows what it is doesn't want it. What is it?
5. As I went across the bridge, I met a man with a load of wood which was neither straight nor crooked. What kind of wood was it?
6. What is put on a table and cut, but never eaten?
7. When one does not know what it is, then it's something. When one knows what it is, then it's nothing. What is it?

What did the paperclip say to the magnet? I find you very attractive.

Why do Valentines have harts on them? Because spleens would look pretty gross!

Wrong Way

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, *Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!* Herman replied, *Heck! It's not just one car. It's hundreds of them!*

Do skunks celebrate Valentine's Day? Sure, if they're scent-imental.

What does an envelope say when you lick it? Nothing, it shuts up!

What did the pork chop say to the steak on Valentine's Day? Nice to "Meat" you!

What did the boy pickle say to the girl pickle on Valentine's Day? You mean a great dill to me.

What do you call a very small valentine? A valentiny!

What did Frankenstein say to his girlfriend? Be my Valenstein.

What happened when the man fell in love with his garden? He wed his plants.

Why did the cannibal break up with his girlfriend? She didn't suit his taste.

What travels around the world but stays in one corner? A stamp.

Upcoming Events

Jan. 25 – Feb. 14	Have a Heart for Haiti – Shelter Box Disaster Relief. Nechako Rotary is raising funds to send 10,000 shelter boxes to Haiti and volunteers are needed at the Pine Centre Mall. Each box includes a shelter, cooking & sleeping items for up to 10 people. Contact Bob Guy at 250.614.6675 or Con Nostwold at 250.565.8855.
Jan. 7 – Feb. 7	Celebrons nos 50 ans! Les artistes de la communaute francophone de Prince George. Collection of francophone art on display at the Two Rivers Gallery featuring artists such as Emilie Madill and Caroline Lavoie.
Wed. Feb. 3 6.30 pm	Movie Night - DE PÈRE EN FLIC French movie with English Subtitles. Showing at the College of New Caledonia. For more information, contact The French Canadian Association of Prince George at 250.561.2565 or cercle@netbistro.com
Thu. Feb. 4 6.30 pm	Hockey Night & Family Skating Event - Join us at the Southridge Community rink for a friendly hockey game followed by family skating. Hot chocolate and Timbits will be served. Contact 250.561.2565 for more information.
Thu. Feb. 4 7 pm	UNBC Public Presentation: Journey Along the Trans-Siberian Railroad: A Canadian Historian's View. University of Victoria historian Benjamin Isitt travelled across Russia along the world's longest railroad, uncovering the forgotten history of Canada's military involvement in the Russian Civil War. Join him for this exciting multi-media presentation. Venue: UNBC Room 7-212.
Fri. Feb. 5 8 am – 4 pm	Good Food Box Program - \$15 payable by first Friday of each month, delivery on the 3 rd Wednesday. Great value. Try one; you will be surprised at all you receive. Location: Senior Activity Centre (425 Brunswick St.) Contact: 250.564.3287
Fri. Feb. 5 6 – 10 pm	Antique Showing at Books & Co. PG antique dealer Patrick Kelly will be offering coffee, tea and desserts to all those who wish to check out his refurbished and refinished antiques. The pieces will be on display during the daytime and the public is invited to join him that evening for a wine & cheese event. Contact: 617.0040.
Sat. Feb. 6 9 am – 12 pm	Sugar Shack Brunch – There will be a snow sculpture competition, demo dog sled, parade, brunch, sleigh ride, toffee on snow, competitions, draw and silent auction. There will be a door prize valued at \$2000. For tickets, contact the French Canadian Association at 250.561.2565 or cercle@netbistro.com
Sat. Feb. 6 7 pm	Improv AdNauseum at the Twisted Cork Restaurant (1157 5th Ave). Come join PG's own improv troupe and they will keep you laughing all evening. Advance tickets \$10, available at Books & Co. Tickets at the door \$12.50.
Sat. Feb. 6 7.30 – 10 pm	Go, Canada! As a celebration of awesome Canadian talent and a salute to the coming Winter Olympics, we present the artistic achievements of three outstanding Canadians. Location: Vanier Hall. Contact: 250.562.0800
Sat. Feb. 6 8 pm – 12 am	Mardi Gras Dance - \$10 at the door, includes meal. Music by Fiddlin Country. Wear a Mardi Gras costume. Location: Senior Activity Centre (425 Brunswick St). Contact 250.564.3287
Mon. Feb. 8 2 pm	Let's Talk Seniors: St. John Ambulance Therapy Dogs – A free info. session presented by Judi Dowson, Unit Leader and Evaluator of St. John Ambulance Therapy Dogs. She will share the benefits of pet visitation and how it can be arranged. Event open to the general public, no charge, refreshments served. Venue: Prince George Chateau (4377 Hill Ave). Contact: Lisa Cassidy at 250.564.0202.
Tue. Feb. 9 1 – 3 pm	Mardi Gras Floor Curling - Never tried floor curling? Come learn a new sport and join our regulars for a fun day. No charge. Location: Senior Activity Centre (425 Brunswick St.) Contact 250.564.3287 for more information.
Tue. Feb. 9 7 pm	Basic Computers 1: Free computer classes for adults. Registration is required. Contact: 250.563.1338. Location: Public Library

<p>Fri. Feb. 12 12 pm, 7 pm</p>	<p>Cinema CNC Film Festival: The Young Victoria The film follows Victoria's struggle to succeed her uncle as the ruler of England. When she is crowned, she's unaware of the potential ramifications of her actions; enter Prince Albert, who almost immediately charms her by refusing to stick to the script given him by his scheming and Machiavellian relations. The Young Victoria gives us an in-depth portrait of the often ruthless machinations that characterized the dealings between royal families. But the film is also a truly felt romance.</p>
<p>Fri. Feb. 12 12 pm, 9 pm</p>	<p>Cinema CNC Film Festival: Act of God The filmmaker turns her scrupulous gaze to lightning, that mysterious phenomenon which has a scientific basis but lends itself so easily to metaphysical questions. She masterfully infuses a human touch to the story by exploring the topic through some fascinating, artistically inclined people affected by its power.</p>
<p>Sat. Feb. 13 1 pm</p>	<p>Cinema CNC Film Festival: Cooper's Camera This is one of the most caustic comedies ever made. Mercilessly detailing the disintegration of a truly dysfunctional family Christmas, the film is as hilarious as it is excruciating. It's one of those rare comedies that keeps getting better as its characters dig themselves into deeper and deeper holes.</p>
<p>Sat. Feb. 13 7 pm</p>	<p>Cinema CNC Film Festival: Cairo Time Juliette has just landed in Cairo where she was supposed to meet her diplomat husband, Mark, but arrives at her hotel to discover he is not there. That's when she meets Tareq, an old friend of Mark's and a retired local police officer. He tells her that Mark has been sent to the Palestinian refugee camps and it is uncertain when he'll be back. Completely out of her element, Juliette is happy to have the companionship of Tareq, who now owns a coffee shop and who slowly becomes Juliette's guide to the city. Juliette finds she is enjoying Tareq's company, and before long, the two of them begin having feelings for one another that cannot be ignored.</p>
<p>Sat. Feb. 13 9.30 pm</p>	<p>Cinema CNC Film Festival: Waterlife An epic achievement, Waterlife succeeds in shedding light on an essential component of our daily lives. Water flows through us and around us, and as such, its journeys are very much our own. Waterlife follows water as it embarks on one of its many voyages across a specific geographical terrain, moving from North America's Great Lakes toward the Atlantic Ocean. We see water in all its vibrancy as it courses through marshes and through the much smaller landscape of the human body, and become all the more aware of the profound impact we are having on the resource that has such a profound impact upon us.</p>
<p>Sun. Feb. 14 2 pm</p>	<p>Cinema CNC Film Festival: Pour Toujours Les Canadiens! (subtitles) Daniel is a ten-year-old boy awaiting a kidney transplant at a downtown Montreal hospital. His nurse is the mother of William, a 17 year old college hockey star. D and W meet and embark on a friendship sealed by their quest for happiness and success, as well as their obsession with hockey. The young men's determination soon astound staff at the hospital and hockey club, ultimately inspiring understanding about how meaningful a bond between a local team and its fan base can be.</p>
<p>Sun. Feb. 14 7 pm</p>	<p>Cinema CNC Film Festival: Inside Hana's Suitcase A series of coincidences leads Fumiko Ishioka, director of the Tokyo Holocaust Education Resource Centre, to acquire a Czech Jewish girl's suitcase preserved as part of a Holocaust memorial. Curiosity turns to emotional investment as Ishioka researches Hana's fate, which in turn leads her to George, now a thriving granddad in Toronto. The director's trick of using schoolchildren to synopsis the book in their own words is as crucial as George's willingness to reveal the weight of his survival guilt. This is a lovely, accessible and moving work.</p>

Sun. Feb. 14 9.30 pm	Cinema CNC Film Festival: Cooking With Stella Stella serves up delectable dishes to a succession of Canadian civil servants in New Delhi. But while she sets a divine table, some of her other activities are less above board. The arrival of Maya and Michael initially disrupts Stella's routine. To her surprise, the wife is the diplomat while the husband stays home to look after their baby daughter. Even more shocking, he has designs on her kitchen! Michael, a trained chef, asks Stella to teach him the secrets of authentic Indian cooking.
Sun. Feb. 14 8.30 – 11 am	Pancake Breakfast – Everyone welcome. Location: Eagles Hall (6742 Dagg Rd). Contact 250.962.7005 for more information.
Sun. Feb. 14 3 – 5 pm	A Night for Romance - Sinfonia! Enjoy a romantic V-Day dessert concert at the St. Andrew's United Church. Tickets \$15, available at the PG Conservatory of Music, Studio 2880 and at the door. Contact Emi at 250.564.7467 for more information.
Mon. Feb. 15 2 pm	Let's Talk Seniors: Heart Health – A free information session presented by Matthew Penner, Patient Care Pharmacist from London Drugs. He will share information on how to maintain or improve your heart health. Open to general public, no charge, refreshments served. Venue: Prince George Chateau (4377 Hill Ave). Contact Lisa Cassidy at 250.564.0202 or pgcactivities@gmail.com
Tue. Feb. 16 7 pm	Internet & Email: Free computer classes for adults. Registration is required. Contact: 250.563.1338. Location: Public Library
Wed. Feb. 17 7 – 9 pm	Mardi Gras Whist – Join us for whist. Everyone over 50 welcome. Charge \$1.25 per person. Location: Senior Activity Centre (425 Brunswick St.) Contact 250.564.3287 for more information.
Fri. Feb. 19 1 – 3 pm	Mardi Gras Crib – Like to play crib? Everyone over 50 welcome. Charge \$2 per person. Location: Senior Activity Centre (425 Brunswick St.) Contact 250.564.3287 for more information.
Sat. Feb. 20 8 pm – 12 am	Old Time Fiddlers' Dance – A good chance to do the polka, waltz, two-step or schottische to live old-time music! Tickets are \$10, lunch included, available at Northern Hardware, Pineview Store or the Door. Location: Pineview Hall (6470 Bendixon Rd.) Contact Judy at 250.963.7576 for more information.
Sun. Feb. 21	Free Swim - PG Aquatic Centre, from 4 – 6 pm. Contact: 250.561.7787.
Thu. Feb. 25 8 am – 3 pm	Foot Care Clinic - Nurses from "We Care" do complete foot care. Cost: \$20, by appointment only. Location: Senior Activity Centre (425 Brunswick St.) Contact 250.564.3287 for more information.
Sun. Feb. 28 8 – 11 am	Pancake Breakfast – Everyone welcome. Location: Eagles Hall (6742 Dagg Rd). Contact 250.962.7005 for more information.
Sun. Feb. 28	Olympic Gold Medal Hockey Game & Closing Ceremonies - Come to CN Centre to watch the gold medal hockey game and closing ceremonies of the 2010 Olympics on the big screen with thousands of other fans!
Mon. Mar. 1 7 – 8 pm	Christian Mediation – They listen to a short tape by Abbot John Main, followed by thirty minutes of silent sitting. The group is open to both experienced meditators and those who would like to learn. Location: Domano Renewal Centre (#110 Southridge Avenue). Contact: 250.964.4475 for more information.
Wed. Mar. 3 10.30 am	Basic Computers 1: Free computer classes for adults. Registration is required. Contact: 250.563.1338. Location: Public Library
Mar. 5 – 6 5 th : 5 – 9 pm 6 th : 11 am – 6 pm	Photography Exhibition: Photogenesis – Enjoy a display of creative images, slideshows and more. Everyone is welcome. Admission is free. Location: Art Space above Books & Co. (1365 3rd Ave.) Contact: sandrahay@telus.net or 250.564.5781.
Sat. Mar. 6 10 am – 12.30 pm	Living with Grief - This is an opportunity to move through difficult life experiences. Location: Domano Renewal Centre (112 6500 Southridge Ave.) Fee: by donation. Facilitator: Beverly Bobola. Contact 250.964.4475. Registration required.

Ongoing Events

MONDAYS	
10.30 am – 12 pm	No Name Brand Theatre Group: Meets at the First Baptist Church. Everyone welcome. Contact Sandra at 250.612.7871 for more information.
7 pm	Freedom Singers: Black Gospel style choir meets at the First Baptist Church (483 Gillett St.). Contact 778.415.5000 or www.pgacademy.ca for more information.
7 pm	Northern Twister Square Dance Club: Meet at St. Michael's Church hall. Contact Gys at 250.563.4848 or Reta at 250.962.2740 for more information.
TUESDAYS	
1.30 – 2.30 pm	Joyful Tone Singers - A fun group who enjoy music! Meet at the First Baptist Church (483 Gillette St.). Contact Lois at 250.612.7912 for more information.
6.30 pm	Walk PG - 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.
WEDNESDAYS	
10 – 11.30 am	Wellness Wednesdays - PG Council of Seniors hosts FREE drop in sessions for anybody 55+. Location: 1055 - 5th Ave. Contact 250.564.5888 for more info.
10 am – 2 pm	Senior's Social at Pineview Hall – Events held in the basement of Pineview Hall (wheelchair accessible). Contact Syl Meise at 250.963.7427 or 250.649.8281.
THURSDAYS	
10 am – 9 pm	FREE Thursdays at Two Rivers Gallery – Open all day. Featuring work by local and emerging artists. Contact 250.614.7800 for more information.
1 pm	Walk PG - 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	Sacred Drumming Circle - Everyone welcome, fun and free. Location: PJ's Rock & Gem Shop (205 Brunswick St.). Contact 250.562.3331 for more information.
6.30 pm	Chess Night at Cafe Voltaire in Books & Co.
7 pm	Darts at PG Legion - 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	BC Old Time Fiddlers - Fiddle Jam Nights: All ages welcome. Admission: \$2. Location: Elder Citizen's Rec. Centre. Contact Beth at 250.563.1025.
FRIDAYS	
6 pm	Healing Reiki Circle: Location: PJ's Rock & Gem Shop (205 Brunswick St.). Contact 250.562.3331 for more information.
8 pm – 12 am	PG Legion Dance – Everyone welcome, live band and dance floor. Admission: \$5. Location: PG Legion - 1335 7th Ave. Contact: 250.562.1292
10 am – 12 pm Every 2 nd Friday	Carrier Sekani Family Services Men's Group – Are you looking for a safe, non-judgemental place to talk to other guys about life stuff, fatherhood, or just being a guy? This is a new group where guys can get together in a fun and casual atmosphere. Location: Hadih House (2105 Porter Street). Contact 250.562.3591.
SATURDAYS	
10.30 am	Walk PG - 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.
9 am – 2 pm	Indoor Farmers' Market – They've moved indoors for the winter. Find them at St. Michael's Church (5 th & Victoria). Contact Gina at 250.614.9292 for more info.
SUNDAYS	
7 pm	All My Relations - AA meetings followed with an after session smudge ceremony at the Alano Club – 766 Alward Street. Contact 250.563.9517.

Healthy Elders Program

Cheryl Webster of Carrier Sekani Family Services is coordinating a Healthy Elders program that consists of fitness and nutrition. **Fitness:** sign up for aquafit, yoga, Tai Chi and walking. **Food:** for those Elders who can't make ends meet and are finding themselves not eating properly, this program will provide prepared meals to take home. Participants will need to bring containers to freeze the prepared meals at home. This will happen mid-month with two days for meal prep. Elder participation is mandatory and geared towards those who live alone. Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for sign-up sheets and more information.

Healthy Elders Program

CLASS DETAILS

This fitness class focuses on increasing oxygen intake and muscular endurance.	Aquafit: Deep
This class is designed to help maintain or even increase the range of motion in the joints. Strengthening and flexibility are included. People with arthritis find this exercise ideal.	Aquafit: Range of Motion (ROM)
This is a self-paced cardiovascular water fitness class performed in shallow water.	Aquafit: Shallow
Wear comfortable clothing and a pair of clean running shoes (non-marking). Location: Aim Hi Gym.	Tai Chi
Yoga will begin on the 19 th . Meet at the AimHi Gym, wear comfortable clothing, bring a mat, we have use of chairs for the class.	Yoga
Bring plastic storage containers to bring your food home in. Location: Family Resource Centre (1900 LaSalle, behind Steamer's Pub).	Meal Preparation

CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.05 – 10 am	Shallow	Deep	Shallow	Deep	Shallow
10 – 11 am	ROM	-	ROM	-	ROM
12 – 1 pm	-	Yoga	-	-	-
12.10 – 12.45 pm	Deep	-	Deep	-	Deep
1 pm	-	Meal Prep	-	Meal Prep	-
5 – 6 pm	-	-	-	-	Tai Chi
5.35 – 6.30 pm	Shallow	-	Shallow	-	Shallow
7.05 – 7.55 pm	Deep	Shallow	Deep	Shallow	-

Riddle Answers:

1. Your word.
2. The letter M.
3. The dry man was a body in a coffin, the other four were pall bearers.
4. Counterfeit money.
5. Sawdust.
6. A pack of cards.
7. A riddle.

Did you know... that January 30th is the birthday of The Lone Ranger? The famous radio western ran for 2,956 episodes and came to an end in 1955. It was Brace Beemer who is best remembered as former Texas Ranger, John Reid. He played the part of the black-masked ranger, fighting for frontier justice, for 13 consecutive years. Hi ho, Silver, away!