

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 2, Number 3

MARCH, 2010

Welcome

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

Elder's Camp

The theme this year is 'unity'. Once again, Winston Wuttunee will facilitate the camp.

Date: March 26th, 27th, 28th

Time: 8.30 am – 4 pm (breakfast at 8.30)

Place: Moose Hall (633 Douglas Street)

RSVP: Please hand in your registration form no later than March 17th at the craft meeting.

Contact: Joyce or Laura at 250.562.6325 for more information.



ALL NATIONS ELDERS COUNCIL NEWSLETTER

IN THIS ISSUE:

Welcome/ About **1**

Recipe of the Month **2**

News & Community **3**

Article: History of St. Patrick **6**

Health Article **7**

Quotes & Teachings **8**

Fun & Games **9**

Events **11**

Elders Camp Information **15**

Healthy Elders: Aquafit

We didn't print the aquafit schedule this month because the schedule may change! The Leisure Access Guide only has a schedule up to March 7th, 2010. Check with the Four Seasons Pool to confirm aquafit times, 250.561.7636

Elder Craft

The next Elder craft date is Wednesday, March 17th. The Elders will continue working on a Unity Quilt, based on their culture. The craft will take place at the PGNFC in the Power of Friendship room from 10 am to 12 pm, followed by a free lunch and social. Materials are provided and it is free to attend, please join us.

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

When I'm A Little Old Lady

When I'm a little old lady I'll live with my children and bring them great joy.
To repay all I've had from each girl and boy
I shall draw on the walls and scuff up the floor;
Run in and out without closing the door.

I'll hide frogs in the pantry, socks under my bed.
Whenever they scold me, I'll hang my head.

I'll run and I'll romp, always fritter away
The time to be spent doing chores every day.

I'll pester my children when they're on the phone.
As long as they're busy, I won't leave them alone.

Hide candy in closets, rocks in a drawer,
And never pick up my clothes from the floor.

Dash off to the movies and not wash a dish.
I'll plead for allowance whenever I wish.

I'll stuff up the plumbing and deluge the floor.
As soon as they've mopped it, I'll flood it some more.

When they correct me, I'll lie down and cry,
Kicking and screaming, not a tear in my eye.

I'll take all their pencils and flashlights, and then
when they buy new ones, I'll take them again.

I'll spill glasses of milk to complete every meal,
eat my banana and just drop the peel.

Put toys on the table, spill jam on the floor.
I'll break lots of dishes as though I were four.

What fun I shall have,
What joy it will be.
To live with my children
The way they lived with me!

~Author Unknown

Recipes of the Month

Irish Potato Candy

Yields: About five dozen candies

Ingredients:

1/4 cup butter, softened

4 oz. cream cheese, softened

1 tsp. vanilla extract

16 oz. confectioners' sugar

7 oz. sweetened flaked coconut

1 tbsp. ground cinnamon

Preparation: Cream together butter and cream cheese. Add vanilla and sugar, beat until the mixture forms a ball. Stir in the coconut. Roll the mixture between your hands to form small potato-shaped candies. Place cinnamon in a dish, roll the balls in the cinnamon and place on a cookie sheet. Cover and chill for one hour, until firm. Note: Don't use whipped or reduced-fat cream cheese.

Strawberry Frost for Diabetics

Preparation Time: 10 minutes

Makes 4 servings.

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

Calories: 81 g

Carbohydrates: 13 g

Total Fat: 1 g

Cholesterol: 6 mg

Protein: 5 g

Sodium: 72 mg

Dietary Exchanges 1/2 Milk, 1/2 Fruit

Ingredients

1 1/4 cups plain low-fat yogurt

1/4 cup part skim ricotta cheese

2 cups frozen strawberries

1 tsp. pure vanilla extract

1 tbsp. frozen orange juice concentrate

Extra strawberries for garnish

Directions

Blend yogurt, ricotta, strawberries, vanilla and orange juice until smooth. Spoon into parfait glasses and garnish with berries. Serve at once.

News & Community

Re-Opening of Aboriginal Owned Business

Mrs. B's Barber Shop is being re-opened in March. The location is 315 335 Dominion Street. The hours are: 9 am to 5 pm Tuesdays to Saturdays. For appointments call 250.596.3166.

The Good Food Box

The Good Food Box is a monthly, bulk-produce buying program open to anyone interested in good nutrition and saving money. No membership is required. By pooling your money with others, you can increase your buying power and you can expect to save 30-40% on your fruit and vegetable purchases.

What's In the Box?

The contents of the box vary from season to season, depending on local availability, pricing and quality. You can expect at least 15 different types of produce in every box including potatoes, onions, carrots, broccoli, salad greens and apples as well as a newsletter promoting local farmers, food events and recipes.

How Do I Order the Box?

Locate the most convenient depot for your food box pick-up. Drop your \$15 cash payment at the corresponding registration centre by the first Friday of the month. You will receive a receipt that details the time and place to pick up your food box. Pick-up is the third Wednesday of every month.

Registration Centre & Pickup Location

Registration Centre	Address	Phone	Time
Elder Citizen Recreation Centre	1692 10 th Avenue	250.561.9381	11.30 am – 1 pm
Child Development Centre	1687 Strathcona Avenue	250.563.7168	11.45 am – 12.15 pm
Senior Activity Centre	425 Brunswick Street	250.564.3287	12.30 – 1 pm
Lakewood Alliance Church	4001 5 th Avenue	250.564.8737	1 – 1.30 pm
Hart Pioneer Centre	6968 Hart Hwy.	250.962.9834	2 – 4 pm
Health Unit Lobby: Self Registration	1444 Edmonton Street	250.565.7384	4 – 5 pm

Carrier Sekani Family Services: Family Support Programs

CSFS has a variety of family support programs. Check them out below. There are also closed groups that started in February. Call CSFS for more information and to get on waitlists.

Girls Group

Ages: 9 – 12

Location: Hadih House

Times: Thursdays, 3 – 4.30

Contact: Jaime Fries, Child and Youth Skills Worker at 250.562.3591 or jaime@csfs.org.

Information: Fun atmosphere of arts & crafts, field trips, circle sharing, self esteem and many other activities. This group focuses on developing social skills and self worth. The girls getting to know others in their peer group and building skills on how to retain those friendships. To experience new and exciting areas of their community. Rides may be available.

Girl Power

Ages: 12 – 15

Times: Every second Thursday

Contact: Vernaye Heuft at 250.563.3360 for more information.

Information: Empower, support, inspire, enhance and guide young women to achieve personal success in their lives. Raise young women's awareness of issues relevant to their lives (e.g., media and body image, systemic barriers related to poverty, violence against women, health, racism and the environment). Create action-oriented strategies and coping skills to address these issues individually and collaboratively. Develop critical thinking skills among young women, to assist in making informed choices. Illustrate and make concrete links between young women and the community.

Youth Drumming Group

Ages: 13 – 18

Location: South Fort George Resource Centre

Times: Tuesdays, 6.30 – 7.30

Contact: Peter George, Cultural Worker at 250.562.3591 or peter@csfs.org

Information: Fun atmosphere of cultural singing and drumming. This group focuses on developing cultural knowledge and identity in a fun atmosphere.

Women's Group

Ages: All women welcome

Location: Hadih House

Times: Every 2nd Friday, 10 am

Contact: Marlaena Mann, Life Kills Family Support Worker at 250.562.3591 or marlaena@csfs.org

Information: A fun and educational group that work on a number of life skills such as boundaries, cultural identity, balance/wellness, self esteem, interpersonal skills and to participate in craft making, cultural activities and other activities. The women have an opportunity to meet and get to know others in their peer group and build skills on how to retain those friendships.

Men's Group

Ages: All men welcome

Location: Hadih House

Times: Every 2nd Friday, 10 am – 12 pm

Contact: Peter George, Cultural Support Worker at 250.562.3591 or peter@csfs.org

Information: A fun and educational group that meet to build connections and support. The men work on a number of life skills such as cultural knowledge and identity, boundaries, balance/wellness, self esteem, conflict skills, cultural activities or any other activity chosen by the group. The men have an opportunity to meet and get to know others in their peer group and build skills at the same time.

Father's Group

Ages: All men welcome

Location: Hadih House

Times: First 3 Thursdays of month, 10 - 12

Contact: Peter George, Cultural Worker at 250.562.3591 or peter@csfs.org

Information: Fathers Group is designed specifically for men and is premised on traditional carrier parenting methods and fatherhood roles. Facilitated by male facilitators, participants will have the opportunity to learn and practice parenting skills, children's life skills, and family skills. The program will:

- Increase family communication and unity.
- Decrease family conflict.
- Acknowledges the importance of traditional male parenting roles and provides an avenue for discussion around male parenting and its specific challenges.

Parent and Tot Group

Ages: All parents with toddlers welcome

Location: CSFS

Times: Mondays, 10 – 12

Contact: Jaime Fries, Child and Youth Skills Worker at 250.562.3591 or jaime@csfs.org

Information: Group play, storytelling and skill building games and fun for parents and their children. Lunch is provided.

Volunteer Tax Preparation Clinics In Prince George

ACE

Contact: Corinna
Phone: 250.564.3396
Address: 1131 6th Avenue
Dates: March 5th – April 30th, 2010
Days: Fridays
Times: 11 am – 3 pm
Details: By appointment, for all. English.

Columbus Community Centre

Contact: Dawna
Phone: 250.964.2744
Address: 7201 Domano Boulevard
Dates: April 1st – April 30th, 2010
Days: Monday, Wednesday, Fridays
Times: 9 am – 12 pm
Details: By appointment, for all. English.

Salvation Army

Address: 777 Ospika Boulevard
Dates: February 24th - April 28th, 2010
Days: Wednesdays
Times: 9.30 am – 12 pm
Details: No appointment necessary, for all. English.

UNBC

Contact: Anna Barnes-Ratzlaff
Phone: 250.561.6956
Address: 3333 University Way, Main Foyer
Dates: February 24th – April 29th, 2010
Days: Wednesday and Thursdays
Times: 10 – 11 am, Thursday Only: 5.30 – 6.30 pm
Details: No appointments necessary, call for holiday hours. For students only. English.

AimHi

Address: 950 Kerry Street
Dates: February 19th - April 30th, 2010
Days: Fridays
Times: 9 am – 12 pm
Details: No appointment necessary, for all. English.

Ministry of Housing & Social Development

Address: 1445 10th Avenue
Dates: February 22nd – April 26th, 2010
Days: Mondays
Times: 12.30 – 3.30 pm
Details: No appointment necessary, for all. English.

St. Vincent de Paul

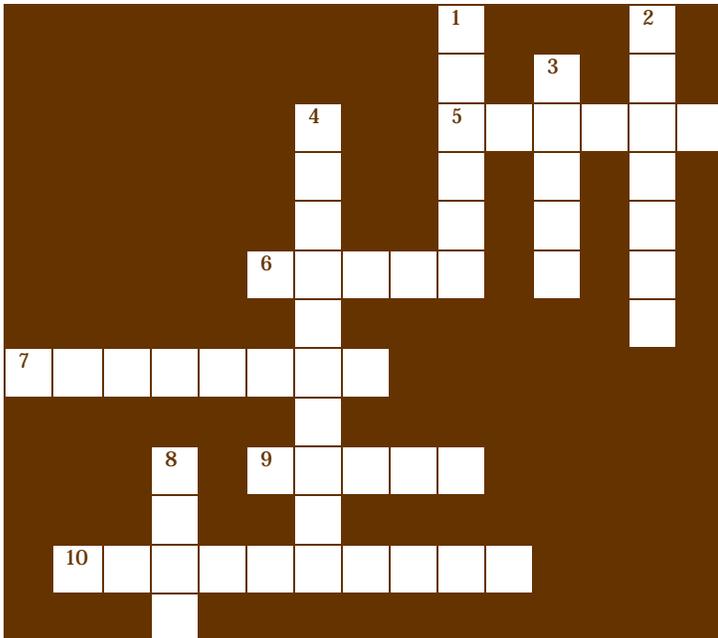
Address: 1220 2nd Avenue
Dates: March 1st – 29th, April 12th – 26th, 2010
Days: Mondays
Times: 1.30 – 3.30 pm
Details: Without appointment and drop off. Call for holiday hours. English.

Article: History of St. Patrick

St Patrick is known as the patron saint of Ireland. He was born in Britain in the 4th century AD. His real name was probably Maewyn Succat, Patricius was his Romanized name and he later came to be familiar as Patrick. His father, Calpornius was a deacon. His grandfather, Potitus was a priest.

When he was 16 he was kidnapped and carried off as a slave to Ireland. He worked as a herdsman for six years and escaped back to his family in his early twenties. He joined a monastery in France and studied under St. Germain, the bishop of Auxerre. He spent twelve years in training and became a bishop. He returned to Ireland to convert the Pagans to Christianity. He spent twenty years in Ireland and died on March 17th, 461.

There are many legends associated with St Patrick. It is said that he used the three-leafed shamrock to explain the concept of the trinity. He supposedly put the curse of God on venomous snakes in Ireland and drove them into the sea where they drowned. Though originally a Catholic holiday, St. Patrick's Day has evolved into more of a secular holiday, celebrating Irish culture. The leprechaun, a Celtic fairy, has become entrenched as a chief symbol for this holiday, as is the shamrock.



St. Patrick's Day Crossword Puzzle

Across:

5. SP is believed to have driven these creatures out of Ireland.
6. This color is associated with SPD.
7. A three leaved plant associated with SPD.
9. St. Patrick's birth place.
10. The largest SPD parade is held here.

Down:

1. The SPD parade was first held here in 1761.
- 2 SPD is the national holiday of this country.
3. SPD is celebrated on the 17th of this month.
4. An Irish male fairy said to lead to a pot of gold if chased.
8. A musical instrument used for SPD decorations.

A Helping Hand

An aging man lived alone in Ireland. His only son was in Long Kesh Prison, and he didn't know anyone who would spade up his potato garden. The old man wrote to his son about it. The son replied, 'For heaven's sake, don't dig up that garden, that's where I buried the guns!' Of course the mail was intercepted and he didn't get the son's reply.

At four am the next morning, a dozen British soldiers showed up and dug up the entire garden. They didn't find any guns. Confused, the man wrote to his son telling him about the soldiers. His son's reply was 'Happy Birthday dad, you can plant your potatoes now.'

Health Article: Seven Ways to Reduce Neck Pain

By Debra L. Gordon and David L. Katz, M.D.

Neck pain is among the most common everyday complaints. Research shows that neck-strengthening exercises may be more important than stretching when it comes to preventing pain. The same goes for shoulder strength. Strengthening your shoulders not only prevents shoulder stiffness and pain, it may also protect your elbow joints. That's because weak shoulders increase the stress placed on your elbows and wrists. Here are some simple ways to build neck and shoulder strength:

1. Whenever you feel exasperated at work, press your forehead into your palms. Many of us tense up our neck muscles when under stress, which can lead to pain and stiffness. You can reduce tension with this simple exercise. Sitting at your desk, lean forward and place your elbows on your desk. With your head centered over your shoulders, press your forehead into your palms, using your palms to resist the pressure of your head. Hold this position for 3-5 seconds, release, and repeat. Now sit up straight and place your palms on the back of your head with your elbows out to the sides. Press your head back into your palms as you use your palms to resist the pressure of your head. Hold for 3-5 seconds, release, and repeat.

2. Boost yourself up twice a day. Here's another great exercise for the office. Place your palms on the edge of your chair and press down into your hands, lifting your hips and buttocks an inch or two into the air. Hold for five seconds, lower, and repeat five times for a great shoulder muscle strengthener.

3. As you watch television at night, retract your shoulder blades. Sit on the edge of your chair and lengthen your spine, as if you were trying to grow taller. Place your hands in your lap. Bring your shoulders as far back as you can, pinching your shoulder blades together. Hold for the length of an entire commercial. Relax and then repeat.

4. When you get home from work, fill a tube sock three fourths of the way with white rice, 2 cinnamon sticks, and 1 tablespoon cloves. Seal the end tightly with a rubber band. Heat for two minutes in the microwave and drape around your neck for a surprisingly pleasing aromatherapeutic remedy for sore shoulders and neck. No need to empty the sock — you can use it over and over, until the spices lose their fragrance.

5. Whenever you spend more than 45 minutes in the driver's seat or in front of the computer, practice the "turtle" exercise. Often during driving and when staring at a computer screen, we tend to jut our heads forward. This puts quite a bit of stress on the back of the neck. Before you know it, you've got a headache. You can both strengthen the muscles in the back of your neck and train yourself to sit with proper posture with the following exercise. As you drive or type, pretend you are a turtle retracting your head into your shell. Keeping your chin level, bring your head back, flattening the curve in the back of your neck. Hold for a count of five, release, and repeat 10 times.

6. Every hour, drop your chin to your chest, then roll your neck to the left, back, to the right, and down again in a circular motion. Repeat five times, and then switch direction, starting with a roll to the right.

7. Make sure you're sleeping on the right pillow. The best pillow for you depends on your own preferences, but generally stomach sleepers should go for soft, side sleepers for medium and back sleepers for firm.

Quotes, Proverbs & Teachings

Elders Meditation

"I think that's what unity is – knowing one another and coming together and working with no conflict."

~ Chief Alan Wilson, Haida

When we are aligned with spiritual values, we cannot be in fear or conflict. When we are aligned to spiritual values, we have the Creator whispering solutions in our ears. Unity is one of the spiritual values. When we value unity we value solutions. If we think this way, then we have no conflict within ourselves.

Great Spirit, let me see through your eyes.

Quotes

Differences of habit and language are nothing at all if our aims are identical and our hearts are open.

~ Albus Dumbledore, Harry Potter and the Goblet of Fire

Unity is strength. When there is teamwork and collaboration, wonderful things can be achieved.

~ Mattie Stepanek

Coming together is a beginning. Keeping together is progress. Working together is success.

~ Henry Ford

No doubt unity is something to be desired, to be striven for, but it cannot be willed into being by mere declarations.

~ Theodore Bikel

When spider webs unite they can tie up a lion.

~ *African Proverb*

We must all hang together, or assuredly we shall all hang separately.

~ Benjamin Franklin

Gettin' good players is easy. Gettin' 'em to play together is the hard part.

~ Casey Stengel

Working together, ordinary people can perform extraordinary feats. They can push things that come into their hands a little higher up, a little further on towards the heights of excellence.

~ Unknown Author

People have been known to achieve more as a result of working with others than against them.

~ Dr. Allan Fromme

Even the weak become strong when they are united.

~ Friedrich von Schiller

A group becomes a team when each member is sure enough of himself and his contribution to praise the skills of the others.

~ Norman Shidle

Where there is unity there is always victory.

~ Publilius Syrus

Teamwork is the quintessential contradiction of a society grounded in individual achievement.

~ Marvin Weisbord

Individuality or Unity? I say there's room for both.

~ Brian Celio

Fun & Games

This is For the Birds

Our busload of seniors had spent the day touring the countryside searching for glimpses of as many birds as possible. The serious birdwatchers among us explained that in the spring, the most interesting migrants are the warblers -- such as Tennessee warblers, yellow warblers, black-and-white warblers and black-throated green warblers.

By late afternoon a hard-core group at the front of the bus was still enthusiastically jotting down each species we encountered, while the rest of us, who had long since lost interest in warblers, were eagerly anticipating our supper.

Finally, one of the enthusiasts announced, "Now we only need to see a yellow rump and we can go home." A long suffering lady at the back jumped up and turned around. "Will I do?" she asked as she displayed the back of her yellow pantsuit.

A Special Pig

A young man sitting at a bar with his pet pig asked for a couple of drinks. The bartender said no animals were allowed at the bar. The man explained that this was a special pig, 'Last week he rescued us from a fire. A few days later my son fell into the pool and that pig saved him.' The bartender conceded that the pig was special and served him a drink. 'By the way, I noticed that he's missing a leg, what happened?' 'Well', said the young man, when you got a pig this good you don't eat him all at once!

Nice Going!

Two Irishmen, Patrick and Michael, were adrift in a lifeboat following a dramatic escape from a burning freighter. While rummaging through the boat's provisions, Patrick stumbled across an old lamp. He rubbed the lamp and a genie came forth. The genie stated that he could only deliver one wish instead of the standard three. Without giving much thought to the matter, Patrick blurted out, 'Make the entire ocean into Guinness Beer!' The genie clapped his hands with a deafening crash and immediately the entire sea turned into the finest brew ever sampled by mortals. Simultaneously, the genie vanished. Only the gentle lapping of beer on the hull broke the stillness as the two men considered their circumstances. Michael looked disgustedly at Patrick whose wish had been granted. After a long, tension-filled moment he spoke, 'Nice going Patrick! Now we're going to have to pee in the boat!'

A Chatty Wife

His wife had been killed in an accident and the police were questioning Finnegan. 'Did she say anything before she died?' asked the sergeant. 'She spoke without interruption for about forty years,' replied the Irishman.

My Wife Makes Me Take the Bus!

Murphy told Quinn that his wife was driving him to drink. Quinn was jealous because his wife makes him walk.

1. When did St. Patrick die?

March 17 BC 461
March 17 AD 461
March 17 AD 100

2. Where was St. Patrick born?

Iceland
Ireland
Britain

3. What does the shamrock signify?

Forestation
Coming of spring
The number three

4. What is a leprechaun?

A goblin
A fairy
An imp

5. Where does the Blarney stone come from?

A cave
A hilltop
A castle

6. What is the most famous church dedicated to St. Patrick?

Belfast:
St. Patrick's Abby

Dublin:
St. Patrick's Cathedral

Limerick:
St. Patrick's Church

7. In what city was an attempt made to color a river green for SPD?

New York
Washington DC
Chicago

Fun and Games

Fill 'Er Up

An Irishman, Englishman and Scot were walking along the beach together and came across a lantern. A genie popped out and promised one wish each.

The Scot said, 'I'm a fisherman. My dad's a fisherman, his dad was a fisherman and someday my son will be one too. I want the oceans full of fish for all of eternity'. The genie blinked and the oceans were teeming with fish.

The Englishman was amazed. 'I want a wall around England, protecting her so that no one will get in for all eternity'. The genie blinked and there was a huge wall around England.

The Irishman asked, 'I'm very curious. Please tell me more about this wall.' The genie explained 'It's about 150 feet high and 50 feet thick. Nothing can get in or out.' The Irishman decided, 'fill it up with water'.

A Mother's Work is Never Done

My 14-year-old son called me at work at noon, 'I forgot to tell you that my drum corps has a dinner tonight at six and I need to wear a suit.' He's six foot four and 230 pounds and had no suit of his own. I wasn't sure I'd be able to solve this problem. I knew how much it meant to him so I started making phone calls. After a couple of hours of juggling business and calling friends, with no luck, I was about to call with the bad news. Just then someone I hadn't thought of dropped in. When I told him about my problem, he offered not just a suit but also a shirt and size 13 dress shoes. I was elated, and my son was ecstatic. Everything was delivered by three, and I was sitting back feeling great when the phone rang, 'Mom, what does potluck mean?'

Did You Know?

February 28th is M*A*S*H Bites the Dust Day. The final episode was the most watched ever. Trivia fans: Goodbye, Farewell and Amen, a movie that served as the 251st and final episode of the series, surpassed the rating record which had been set by the Dallas episode that resolved the "Who Shot J.R.?" cliffhanger. As of 2010, it is still the single most watched television broadcast in American history.

Last Wish

Two Irishmen grew up together and were lifelong friends. Patrick developed cancer and was dying. While on his deathbed, Patrick called to his buddy Shawn. 'Shawn, come here, I have a request for you.' Shawn walked to his friend's bedside and kneels. 'Shawny old boy, we've been friends all our lives, and now I'm leaving. I have one last request.' Shawn burst into tears, 'Anything you wish for, it's done.' Patrick explained, 'Under my bed is a bottle of the finest whiskey in all of Ireland. It was bottled the year I was born. After I die, and they plant me in the ground, I want you to pour that fine whiskey over my grave so it might soak into my bones and I'll be able to enjoy it for all eternity.' Shawn was overcome by the beauty in the true Irish spirit of his friend's request. He asked, 'Aye, 'tis a fine thing you ask of me, and I will pour the whiskey. But, might I strain it through my kidneys first?'

8. In Ireland, what does the color green stand for?

Spring
Countryside
Hope

9. What colors are on the Irish flag?

Green, white & orange
Blue, red & white
Green, red & white

10. What do Irish people say about St. Patrick?

He watches over them
He decides if they will get into heaven one day
Both of the above

11. What is a shillelagh?

Leprechaun's outfit
Wooden pipe
Short, stout, oak club

12. What should you never do if you catch a leprechaun?

Kiss him
Take your eyes off him
Tell your friends

13. What was St. Patrick's name at birth?

Patrick O'Malley
Maewyn Succat
Adam Danan

14. What profession does the leprechaun practice?

Shoemaker
Blacksmith
Goldsmith

15. What is cured by kissing the Blarney Stone?

Lovesickness
Bad luck
Shyness

Crabby Old Man

What do you see nurses? What do you see?
What are you thinking, when you're looking at me?
A crabby old man, not very wise.
Uncertain of habit, with faraway eyes?
Who dribbles his food and makes no reply.
When you say in a loud voice I do wish you'd try!
Who seems not to notice the things that you do.
And forever is losing a sock or shoe.

Who, resisting or not, lets you do as you will.
With bathing and feeding... the long day to fill?
Is that what you're thinking? Is that what you see?
Then open your eyes, you're not looking at me.
I'll tell you who I am, as I sit here so still.
As I do at your bidding, as I eat at your will.
I'm a small child of ten, with a father and mother.
I have brothers and sisters who love one another.

A young boy of sixteen with wings on his feet.
Dreaming that soon now a lover he'll meet.
A groom soon at twenty, my heart gives a leap.
Remembering, the vows that I promised to keep.
At twenty-five, now I have young of my own.
Who need me to guide, and a secure happy home.
A man of thirty, my young now grown so fast.
Bound to each other, with this that should last.

At forty, my young sons have grown and are gone.
But my woman's beside me to see I don't mourn.
At fifty, once more, babies play 'round my knee.
Again, we know children, my loved one and me.
Dark days are upon me, my wife is now dead.
I look at the future and shudder with dread.
For my young are all rearing young of their own.
And I think of the years and the love that I've known.

I'm now an old man and nature is cruel.
It's a jest to make old age look like a fool.
The body, it crumbles. Grace and vigour depart.
There is now a stone where I once had a heart.
But inside this old carcass, a young guy still dwells.
And now and again, my battered heart swells.
I remember the joys, I remember the pain.
And I'm loving and living life over again.

I think of the years, all too few, gone too fast.
And accept the stark fact that nothing can last.
So open your eyes people, open and see.
Not a crabby old man, look closer, see me!

16. What does "Erin Go Brraugh" mean?
Luck of the Irish
Ireland for ever
Happy St. Patrick's Day

17. Who Kidnapped Maewyn Succat?
A band of pirates
A group of Christians
St. Patrick

18. What happens if you don't wear green on SPD?
You get pinched
You pinch someone
You get slapped

19. What happens if you take your eyes off of a leprechaun?
He vanishes and so will
your hopes of finding
his treasure
He steals a kiss
He gives you his gold

Crabby Old Man
When an old man died
in the geriatric ward of
a nursing home in
Nebraska, it was
believed that he had
nothing left of any
value.

Later, when the nurses
were going through his
meagre possessions,
they found this poem.
Its quality and content
so impressed the staff
that copies were made
and distributed to
every nurse in the
hospital.

This little old man,
with nothing left to
give to the world is
now the author of a
poem zooming around
the internet.

Upcoming Events

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: 250.564.5781.
Sat. Mar. 6 9.30 am – 12 pm	Educational Workshop – Introduction to Alzheimer's Disease and Related Dementias & Progression of Alzheimer Disease. Location: 202 – 575 Quebec St.
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. Admission by donation. Facilitator: Beverly Bobola. Contact 250.964.4475. Registration required.
Sat. Mar. 6 9.30 am – 5 pm	Second Annual Home Based Business Tradeshow - Check out over 70 local home-based businesses all under one roof! Admission is FREE and you have a chance to win a \$500, \$300, and \$200 shopping spree. Don't miss out on this opportunity to see what our community has to offer for home based businesses! Venue: Prince George Civic Centre 808 Civics Plaza.
Mar. 6 - 7	Recreation Market - The City of PG invites you to join us in promoting recreation in our community. Don't miss this great marketplace of recreational opportunities in Prince George. Over 40 leisure, cultural and sports, non-profit organizations and some commercial groups gather in Pine Centre Mall to promote their programs for families to enjoy.
Sun. Mar. 7 3 – 5 pm	Sunday Serenade - Please join our very talented PGSO musicians for an afternoon of chamber music. Location: PG Playhouse. Contact: 250-562-0800.
Mon. Mar. 8 1 – 3 pm	Look Good Feel Better Workshop - A free national program that helps women living with cancer learn beauty techniques to camouflage their appearance related side effects caused by cancer and/or its treatment. Location: PG Regional Hospital, 2 nd Floor, Chronic Disease Exercise Room
Wed. Mar. 10 1 – 2 pm	Elders Citizen Recreation Association Birthday Tea - Cake and ice cream will be served and some good entertainment will be provided so come and enjoy! Venue: 1692 10 th Avenue
Fri. Mar. 12 7.15 & 9 pm Matinee: Saturday March 13 th 2.15 & 4 pm	The Vagina Monologues - A play originally written and acted by Eve Ensler. It's made up of a varying number of monologues. Every monologue somehow relates to the vagina, be it through sex, love, rape, menstruation, mutilation, masturbation, birth, orgasm, the variety of names for the vagina, or simply as a physical aspect of the body. A recurring theme throughout the piece is the vagina being used as a tool of female empowerment, and the ultimate embodiment of individuality. All proceeds collected will go towards The Northern Women's Centre Society, the E. Fry Society, PrideUNBC, and the International V-Day Organization. Venue: UNBC's Canfor Theatre. Tickets \$10, available at the door. Contact Aria Cheng at 250.552.6939 or contact@vmppg.ca for more information.
Mar. 12 – 14	Home & Leisure Show - Home related products, services, decorating, renovations, gardening, leisure and more. Location: CN Centre 2187 Ospika Blvd.
Sat. Mar. 13 9.30 am – 12 pm	Life After Diagnosis and Navigating the System - Learn about available community support and resources in Prince George and on the web. Caregivers say that stress is reduced when they understand a 'system' that can appear to be overwhelming. Location: 202 – 575 Quebec Street.
Sat. Mar. 13 8 pm	Hope for Haiti and Care for Kenya Fundraising Concert – Featuring the On The House Band and the Freedom Singers. Location: First Baptist Church (5 th & Gillett). Tickets \$10 each. Available from choir members and Books & Co. Doors will open at 7:30 p.m. concession will be available.

Sat. Mar. 13 8 pm – 12 am	St. Patrick's Dance - The Ladies Auxiliary of the Legion will hold a St. Patrick's dance at the Legion, lower hall. Music by the Elastic Band. Tickets \$10, available at the door. Includes a lunch at 11 p.m.
Sun. Mar. 14 8.30 – 11 am	Pancake Breakfast – Everyone Welcome. Location: Eagles Hall (6742 Dagg Rd). Contact 250.962.7005 for more information.
Mon. Mar. 15 6.30 - 8.30 pm	Heartbeat Survivor's Support Group - A support group for spouses and family of persons who committed suicide. They meet on the third Monday of each month. Sponsored by the Canadian Mental Health Association. Location: CMHA Office (555 George Street).
Mar. 15 – Apr. 9	Canadian Cancer Society Fundraiser: Daffodil Campaign Volunteers are needed for a variety of roles: staff a table, maintain daffodil pin coin boxes (pick up money and stock up pins), carry a pin tray for a short shift, participate in a work bee (March 24) to bundle daffodils, or deliver cut flowers. Visit www.cancervolunteer.ca to sign up. Call Nancy at 250-564-0885
Wed. Mar. 17 10 am – 12 pm 	Elders Crafts The All Nations Elders are having monthly craft sessions at the PGNFC on the third Wednesday of each month. Right now they are working on a Unity Quilt. Each person is welcome to make a square for the quilt based on their culture. Supplies will be provided and the cost is free. If you want to make something special, feel free to bring in your own supplies. The crafting session will be followed with a free lunch and social activities.
Thu. Mar. 18 7 – 8.30 pm	Cancer Workshop - Are you a cancer survivor or someone in treatment? Topics include 'Does sugar feed cancer?' and 'Living life to the full'. Location: PG Public Library.
Mar. 18 – 27	Traveling World Community Film Festival – BC's largest and longest-running international social issues film festival package stops in PG. The festival features 33 documentaries about the environment, human rights, food, politics, art, community and more which are sure to spark emotion, dialogue and action. Prices: Festival Pass (33 films) - \$30, Day Pass (2-4 films) - \$5, and Brown Bag Cinema Pass (5 lunchtime films) - \$10. Film schedule: www.booksandcompany.ca . Contact: Jovanka Djordjevich at 250.564.3859
Fri. Mar. 19 7 – 9.30 pm	India Slide Show - Hilary Crowley, a local retired physiotherapist, travels to India every year to work with children with disabilities. She will be presenting a talk and slide show on her work and travels to India and neighbouring countries. Admission is free and refreshments will be served. Contact Darryl for more information at 250.564.8026. Location: ArtSpace (1685 3 rd Avenue).
Sat. Mar. 20 9 am – 7 pm	Easter Flea Market – The Ladies Aux to the Eagles are hosting. There will be over 17 vendors. Something for everyone. Location: Eagles Hall (6742 Dagg Rd).
Fri. Mar. 26 7 – 10 pm	Quantum Popcorn: Movies That Inspire! Join our growing community of movie-goers for a screening of Dr. Wayne Dyer's "The Shift". The evening includes a screening of the film, free popcorn, a panel discussion and door prizes! Venue: UNBC's Canfor Theatre. Admission: \$14. Tickets at Books & Co, Zen Garden, and the door. Contact: info@fearlesslivingpg.com
Sat. Mar. 27 10 am – 2 pm	Bazaar - Ladies Auxiliary to the Legion will hold a Bazaar/Garage Sale. There will be a light lunch, teacup readings, and a bake sale as well. Location: Lower Hall at the Royal Canadian Legion (1335 7 th Avenue). Table rentals are \$10 each.
Sun. Mar. 28 8.30 – 11 am	Pancake Breakfast – Everyone Welcome. Location: Eagles Hall (6742 Dagg Rd). Contact 250.962.7005 for more information.
Tue. Mar. 30 7 – 8.30 pm	Tech Tuesday: Word Processing For Adults. You know how to type a letter on the computer, now learn how to jazz it up with different fonts, tables, colours, and more. Location: PG Library. Free drop-in.

Ongoing Events

MONDAYS	
12 – 1 pm	Healthy Elders Yoga - Meet at the AimHi Gym, wear comfortable clothing, bring a mat, we have use of chairs for the class. Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for sign-up sheets and 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 pm	Healthy Elders Meal Preparation – Bring plastic storage containers to bring your food home in. Location: Family Resource Centre (1900 LaSalle, behind Steamer's Pub). Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for sign-up sheets and 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.
1 pm	Healthy Elders Meal Preparation – See Tuesday's description. Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for sign-up sheets and information.
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	
5 – 6 pm	Healthy Elders Tai Chi - Wear comfortable clothing and a pair of clean running shoes (non-marking). Location: Aim Hi Gym. Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for sign-up sheets and 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
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.
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.

St. Patrick's Day Quiz Answers: 1. March 17th, 461 2. Britian 3. The number three 4. A fairy 5. A castle 6. Dublin 7. Chicago 8. Hope 9. Green, white and orange 10. Both of the above 11. A short, stout oak club 12. Take your eyes off of him 13. Maewyn Succat 14. Shoemaker 15. Shyness 16. Ireland forever 17. A band of pirates 18. You get pinched 19. He vanishes and so will your hopes of finding his treasure. **Crossword Answers:** 1. Boston 2. Ireland 3. March 4. Leprechaun 5. Snakes 6. Green 7. Shamrock 8. Harp 9. Wales 10. Birmingham

UAS/ Elder's Health/Wellness/Mentoring Program
Invitation to Day Camp – March 2010

Dear Elder,

You are invited to an Elders Camp, taking place on March 26th, 27th and 28th. This camp is a follow up to the camp that was held in October of 2008. That camp was very successful, it kick-started the All Nations Elders Counsel and we can see that the Elders have been working together on projects for the betterment of the local Aboriginal population.

While the last one focused on healing, the theme for this camp is Unity. We will have facilitated healing sessions and we will take time to discuss projects that we can work together on. This camp will not be all work; we have planned to have time for cultural reconnection as well. Winston Wuttunee once again will be the keynote speaker. For those of you who may not know Winston, he is a popular Aboriginal entertainer and facilitator. He was instrumental in the success of our first camp and many of the Elder's have asked for his return.

This camp will be a little bit different. We decided on hosting a day camp within Prince George rather than an overnight camp at Camp Friendship. The reasoning behind the decision is that the weather is unstable at this time of year, the out of town camp would be muddy, the cabins would be cold and some Elders miss out because they work during the day. This way, we can all have a warm and comfortable sleep in our own beds and more people will be able to join us, if even for a few hours before they dash back to work.

The camp will be held at the Moose Hall (663 Douglas Street). Breakfast will be served between eight-thirty and nine-thirty am, lunch will be served at noon and healthy snacks will be provided throughout the day. The camp itself will start at nine-thirty am and end at four pm. We hope that you will be able to join us at this camp and share your wisdom and stories. If you are in need of transportation, please let us know and we will be happy to help you arrange a ride.

We will discuss this in more detail at the upcoming All Nations Elders Circle meeting on March 3rd. The meeting goes from ten am to two pm with a potluck lunch and will be at the Moose Hall (663 Douglas Street). You will have the opportunity to discuss the camp and to turn in your registration form. If you are unable to make the meeting, but would like to register, please come by the Aboriginal Business Development Centre (3845 15th Avenue) and we will have forms for you there.

Alcohol and non – prescription drugs are prohibited at the Moose Hall. Due to safety and legal issues, only registered participants are allowed to attend camp.

If you have any questions, please phone Laura Blumhagen or Joyce Roberts at 250 562 6325.

Thanks and looking forward to seeing you.

Registration/ Medical Form:

Full Name:

Address:

Phone & Cell:

**Emergency
Contact & Phone:**

BC Care Card #:

**Doctor's Name &
Phone:**

Please let us know if you have any allergies or other health problems.

Diabetic: Yes No

**Dietary
Restrictions &
Food Issues:**

Allergies:

**Mobility
Concerns:**

**ANY concerns or
information we
should know in
order for you to
have a safe and
enjoyable time:**

I consent to medical treatment by a first aid attendant if required. I hereby release Aboriginal Business Development Centre and all parties involved from any legal responsibility whatsoever.

Date

Signature

I grant Aboriginal Business Development Centre permission to use my photograph in conjunction with publicity, publications, marketing, and advertising on behalf of the organization. By signing below, I acknowledge that I am giving Aboriginal Business Development Centre permission to use my photograph.

Date

Signature