

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 2, Number 7

July, 2010



ALL NATIONS ELDERS NEWSLETTER

Welcome

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

Don't Forget...

We're going green. Please don't forget your potluck kit unless you want to eat with your fingers.

Summer Elders Meetings

The All Nations Elders will continue to meet during the summer months. There are two types of meetings, the regular meetings and the cultural craft sessions.

Regular Meetings

Dates: First Wednesday of each month

Venue: Moose Hall (663 Douglas Street).

Time: 10 am to 1 pm

Notes: Lunch is potluck style.

Cultural Crafts

Dates: Third Wednesday of each month

Venue: PGNFC, Power of Friendship Room

Time: 9:30 am to 12 pm

Notes: Materials are provided. Crafts are followed by a free Elder's lunch & social put on by the PGNFC.

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The next meetings will be:

Date	Time	Event	Venue
July 21 st	9.30 am	Craft	PGNFC
Aug. 4 th	10 am	Meeting	Moose Hall
Aug. 18 th	9.30 am	Craft	PGNFC
Sept. 1 st	10 am	Meeting	Moose Hall

Walk Tall: Pepsi Grant

The Walk Tall Committee has applied for a grant from Pepsi. The top ten proposals, as voted by the public get \$10,000. They are currently in 56th place. You can vote here: <http://www.refresheverything.ca/walktall>

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

Agenda

Agenda Items:

Presentation about Matched Savings Program by Linda Lauder (12.30).

Presentation by Ivan Paquette

Sue Perron – report about the SD57 Elder's Council

News & Community

Elder's Beading Class Time Change

The Elder's Beading Class at CNC has been changed From Tuesday at 2 to Thursday at 2, same place.

In Case of Confusion

UNBC Cultural Wall Hanging: We require 12 12 inch x 12 inch squares. They would prefer to see squares with traditional crests, traditionally made (sewn, embroidered or beaded – no glue!).

CNC & Aboriginal Choice School (Unity Quilt): We require as many 8 inch by 8 inch squares as we can get. We will put them together and make the quilt look nice. The squares should represent your cultural background, the format is open but some ideas include; crests, sash, Red River Cart, Button Blankets, flowers, animals. The Aboriginal Choice School "Unity Quilt" needs to be completed by September 7th.

Prayer Bundles PGRCC

Purpose: The purpose of these new Prayer Bundles is twofold. First, to reconnect individuals to their spiritual past (Native Spirituality). It appears that many of our people have lost connection with what had made us strong and healthy people. Secondly, we have lost our purpose and priority in life which is our family. I hear so often inmates who refer to themselves as Warriors. They have been misinformed in believing a Warrior is one who's purpose in life is to fight the enemy. That is a part of it but a true Warrior is one who would lay down his life for women and children.

Description: Prayer Bundles contain items that are a constant reminder of one's priority in life. They can be a leather, buckskin, moose or cloth preferably red in color. It can be a bag or a simple wrap with a tie of leather around it. **Contents:** Each prayer bundle contains various items such as braids of sweet grass, stones or sticks. Each item represents a family member living or deceased.

Loosely based on the medicine wheel, these prayer bundles can be considered a re-invention and re-connection to what is important in life. It began with a vision that came to me last year and I had pondered it for quite some time. I saw four Elders gathered and each one held and prayed holding the bundle then passed it to the next elder to do the same. These Elders represented the four directions and were of great standing and knowledge. I did not see their faces but I knew they were both men and women. When they had completed prayers they spoke to the ones being honored. Their words were of direction and commitment to their families. I even saw one of them cry.

It is my hope and dream that this will come to pass. There is a reason for this vision but I know also it cannot happen until those elders come forward should the Ancestors urge them to do so. I am hoping to begin the Prayer Bundle ceremony around the summer solstice June 2010. It is my hope that we will continue this forever. Please consider being involved as your knowledge and wisdom is a treasure. Grateful Marcel Gagnon

Healthy Recipe of the Month

Frozen Raspberry Pie

Makes 8 servings.

Active Time: 1 1/4 Hours, Total Time: 7 1/4 Hours

Ingredients

Crust

32 chocolate wafers, plus 1 for garnish

1/4 cup confectioners' sugar

2 tbsp. canola oil

2 tbsp. skim milk

1 tbsp. butter

Filling

3 cups raspberries, fresh or frozen (thawed)

2 tbsp. lemon juice

1/4 tsp. salt

2 large egg whites, at room temperature

1/2 cup granulated sugar

1/2 tsp. cream of tartar

Preparation

1. Preheat oven to 350°F. Coat a 9-inch pie pan with cooking spray.
2. To prepare crust: Process 32 wafers, confectioners' sugar, oil, milk and butter in a food processor until finely ground. Press the mixture into the bottom and up the sides of the prepared pan, creating an even, dense crust. Bake for 12 minutes. Cool on a wire rack to room temperature, about 1 hour, pressing any puffed parts of the crust back into the pan.
3. To prepare filling: Meanwhile, puree raspberries, lemon juice and salt in a blender or food processor until smooth. Strain through a fine-mesh sieve into a medium bowl, pressing with a rubber spatula to extract the juice; discard seeds.
4. Bring 1 inch of water to a slow simmer in a large saucepan. Combine egg whites, granulated sugar and cream of tartar in a 3-quart stainless-steel bowl. Beat with an electric mixer on medium speed until foamy. Set the bowl over the simmering water and continue to beat on medium speed, moving the mixer around, until the mixture is glossy and thick, about 3 1/2 minutes. Increase the speed to high, and continue beating over the simmering water until very stiff and glossy, about 3 1/2 minutes more (the eggs will be at a safe temperature, 160°F, at this point). Remove from the heat (be careful of the escaping steam) and continue beating on medium speed until room temperature, 3 to 5 minutes.
5. Fold the raspberry puree into the meringue until combined. Pour the raspberry filling into the pie crust; crumble the remaining chocolate wafer over the top. Place the pie on a level surface in your freezer and freeze until solid, at least 6 hours. To serve, let the pie stand at room temperature until softened slightly, about 10 minutes, before slicing.

Nutrition Facts	
Amount Per Slice	
Calories:	220
Total Fat:	7 g
Saturated Fat:	1 g
Monounsaturated Fat:	2 g
Carbohydrates:	37 g
Cholesterol:	4 mg
Fibre:	4 g
Potassium:	126 mg
Protein:	3 g
Sodium:	165 mg
Exchanges:	2 1/2 Other Carbohydrates, 1 1/2 Fat



Article: July Holidays

We all love Canada Day, but there are a lot of other interesting holidays and observances in July.

Canada Day (July 1st) Canada Day was established in 1879 under the name "Dominion Day" and became known by its current name in 1982.

International Day of Cooperatives (July 3rd) is an annual celebration of the co-operative movement marked on the first Saturday in July since 1923, organized by the International Co-operative Alliance. Since 1995, the day has coincided with the United Nations International Day of Co-operatives. The 2010 theme is "Cooperative Enterprise Empowers Women."

National Fishing Week (July 3rd – 11th) National Fishing Week encourages Canadians to explore recreational and sport fishing.

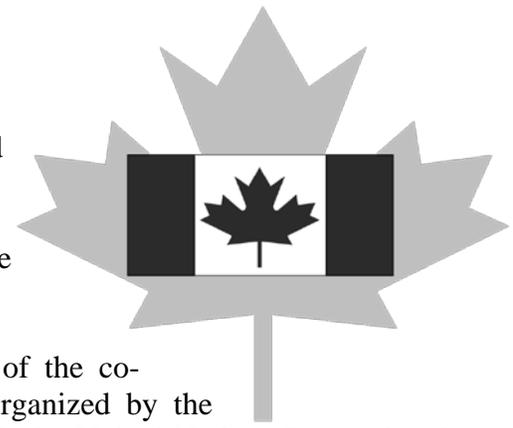
World Population Day (July 11th) is an annual event, observed on July 11, which seeks to raise awareness of global population issues. The event was established by the Governing Council of the United Nations Development Programme in 1989. It was inspired by the public interest in Five Billion Day on July 11, 1987, approximately the date on which the world's population reached five billion people. The world population on the 20th anniversary of Five Billion Day, July 11, 2007, was estimated to have been 6,727,551,263. Here is a neat website about population: <http://esa.un.org/unpp/>

Canada's Parks Day (July 17th) Established in 1990, Canada's Parks Day showcases Canada's parks and historical sites through numerous events taking place throughout the country.

Nelson Mandela International Day (July 18th) was declared by the United Nations in recognition of the former South African President's contribution to the culture of peace and freedom.

Interesting Dates in July History:

- 01 July, 1858: The first Canadian coins were minted (1 cent, 5 cent, 10 cent & 20 cent).
- 02 July, 1808: Simon Fraser completed his trip down Fraser River, BC and landed at Musqueam.
- 03 July, 1608: City of Quebec founded by Samuel de Champlain.
- 04 July, 1886: The first scheduled transcontinental passenger train reaches Port Moody, BC.
- 05 July, 1937: Highest recorded Temperature in Canada at Yellow Grass, SK. 45 C (110 F)
- 06 July, 1892: Three day fire destroys most of St. John's Newfoundland.
- 07 July, 1534: First known exchange between Europeans & First Nations of the Gulf of St. Lawrence in NB.
- 08 July, 1822: Chippewa's turn over huge tract of land in Ontario to the United Kingdom.
- 09 July, 1942: Anne Frank, 13, goes into hiding with her family and four other Jews.
- 10 July, 1789: Alexander Mackenzie reaches Mackenzie River Delta.
- 11 July, 1750: Halifax, Nova Scotia is almost completely destroyed by fire.
- 12 July, 1812: The United States invade Canada at Windsor, Ontario (war of 1812).
- 13 July, 1908: Women compete in modern Olympics for the first time.
- 14 July, 1850: The first public demonstration of ice made by refrigeration.
- 15 July, 1870: Hudson's Bay & Northwest Territories transferred to Canada.
- 16 July, 1880: Dr. Emily Howard Stowe becomes the first woman licensed to practice medicine in Canada.
- 17 July, 1959: Dr. Leakey discovers oldest human skull (600,000 years old).
- 18 July, 1932: US & Canada signed a treaty to develop St. Lawrence Seaway.
- 19 July, 1966: 50 year old Frank Sinatra marries 21 year old Mia Farrow in Las Vegas.



- 20 July, 1871: British Columbia is admitted to the Dominion of Canada.
- 21 July, 1925: Monkey Trial ends, John Scopes found guilty of teaching Darwinism.
- 22 July, 1994: OJ Simpson pleads "Absolutely 100% Not Guilty" of murder.
- 23 July, 1940: "Blitz" all-night air raid by German bombers on London begins.
- 24 July, 1745: Bonnie Prince Charlie becomes King James VIII.
- 25 July, 1897: Writer Jack London sails to join the Klondike Gold Rush.
- 26 July, 1878: "Black Bart" makes his last clean getaway when he steals a safe from a Wells Fargo stagecoach.
- 27 July, 1921: U of Toronto researchers (Frederick Banting) announce the discovery of the hormone insulin.
- 28 July, 1586: The first potato arrives in Britain.
- 29 July, 1938: Comic strip "Dennis the Menace," first appears.
- 30 July, 1863: Pres. Lincoln issues "eye-for-eye" order to shoot a rebel prisoner for every black prisoner shot.
- 31 July, 1930: The radio mystery program "The Shadow" is aired for the first time.

Wacky July Observances:

- | | |
|---|--|
| 01: Canada Day | 17: Yellow Pig Day |
| 01: Second Half of the Year Day | 17: Toss Away the Could Haves and Should Haves Day |
| 01: U.S. Stamp Day | 17: Woodie Wagon Day |
| 01: Zip Code Day | 18: National Ice Cream Day |
| 02: I Forgot Day | 19: National Get Out Of The Dog House Day |
| 02: International Chicken Wing Day | 19: National Hug Your Kid Day |
| 03: Compliment Your Mirror Day | 20: National Lollipop Day |
| 03: International Day of Cooperatives | 21: Legal Drinking Age Day |
| 03: Stay Out Of the Sun Day | 22: National Penuche Fudge Day |
| 04: Fourth Of July or Independence Day | 23: Gorgeous Grandma Day |
| 04: Independence From Meat Day | 24: Hot Enough For Ya Day |
| 04: Indivisible Day | 24: Cousins Day |
| 04: International Drive Your Studebaker Day | 24: National Drive Through Day |
| 06: Take your Webmaster to Lunch Day | 24: National Day Of The Cowboy |
| 07: Chocolate Day | 25: Parents Day |
| 07: Father and Daughter take a Walk Together Day | 25: Thread The Needle Day |
| 07: Tell the Truth Day | 26: One Voice Day |
| 08: SCUD Day (Savour the Comic, Unplug the Drama) | 27: Barbie in a Blender Day |
| 10: Don't step on a Bee Day | 27: Walk Your House Plant Day |
| 10: Hop A Park Day | 27: Walk On Stilts Day |
| 10: Teddy Bears Picnic Day | 28: National Milk Chocolate Day |
| 11: World Population Day | 29: Lasagne Day |
| 12: International Town Criers Day | 29: National Chilli Dog Day |
| 13: Embrace Your Geekness Day | 30: Cheese Cake Day |
| 13: Disgruntled Workers Day | 30: Father-In-Law Day |
| 15: Gummi Worm Day | 30: National Talk In an Elevator Day |
| 15: Get to Know Your Customers Day | 31: Paddle For Perthes Disease Day |
| 16: Hot Dog Night | |

Quotes, Proverbs & Teachings

Elders Meditation

“But I have learned a lot from trees: sometimes about the weather, sometimes about animals, sometimes about the Great Spirit.”

~ Walking Buffalo, Stoney

Nature is the greatest teacher on the Earth. Nature produces many different plants, animals, trees, rocks, birds, insects, and weather patterns. Nature designed all these various things to grow and multiply while at the same time live in harmony with each other. We can learn a lot of we observe and study Nature's system of harmony and balance. Today, go sit on a rock and quietly observe and ask to be shown the lessons.



Great Spirit, Nature is my teacher. Today, let me be the student.

The path to our destination is not always a straight one. We go down the wrong road, we get lost, we turn back. Maybe it doesn't matter which road we embark on. Maybe what matters is that we embark

~ Barbra Hall

Cat Quotes

No matter how much cats fight, there always seems to be plenty of kittens.

~ Abraham Lincoln

With their qualities of cleanliness, discretion, affection, patience, dignity, and courage, how many of us, I ask you, would be capable of becoming cats?

~ Fernand Mery

When I play with my cat, how do I know that she is not passing time with me rather than I with her?

~ Montaigne



I like pigs. Dogs look up to us. Cats look down on us. Pigs treat us as equals.

~ Winston Churchill

In a cat's eye, all things belong to cats.

~ English Proverb

The naming of cats is a difficult matter. It isn't just one of your holiday games. You may think at first I'm mad as a hatter. When I tell you a cat must have three different names.

~ T.S. Eliot

You will always be lucky if you know how to make friends with strange cats.

~ Colonial proverb

Happy owner, happy cat. Indifferent owner, reclusive cat.

~ Chinese Proverb

A cat has nine lives. For three he plays, for three he strays, and for the last three he stays.

~ English Proverb

Curiosity killed the cat, satisfaction brought it back!

~ English Proverb

Books and cats and fair-haired little girls make the best furnishing for a room.

~ French Proverb

The cat is nature's beauty.

~ French Proverb

Beware of people who dislike cats.

~ Irish proverb

Happy is the home with at least one cat.

~ Italian Proverb

After dark all cats are leopards.

~ Native American Proverb

Teaching: How Full Is Your Life?

When things in our lives seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the two cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand poured it into the jar. The sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things - your family, your children, your health, your friends and your favorite passions - and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house and your car.

The sand is everything else - the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first - the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Fun & Games

Feline Physics Laws

Law of Cat Inertia: A cat at rest will tend to remain at rest, unless acted upon by some outside force – such as the opening of cat food, or a nearby scurrying mouse.

Law of Cat Motion: A cat will move in a straight line, unless there is a really good reason to change direction.

Law of Cat Magnetism: All blue blazers and black sweaters attract fur in direct proportion to the darkness of the fabric.

Law of Cat Sleeping: All cats must sleep with people whenever possible, and in a position that is uncomfortable for the people involved.

Law of Cat Elongation: A cat can make her body long enough to reach just about any counter top that has anything remotely interesting on it.

Law of Cat Obstruction: A cat must lie on the floor in such a position to obstruct the maximum amount of human foot traffic

Law of Dinner Table Attendance: Cats must attend all meals when anything good is served.

Law of Rug Configuration: No rug may remain in its flat state for very long.

Law of Energy Conservation: Cats know that energy can neither be created nor destroyed and will, therefore, use as little energy as possible.

Law of Bag/ Box Occupancy: All bags and boxes in a given room must contain a cat within the earliest possible nanosecond.

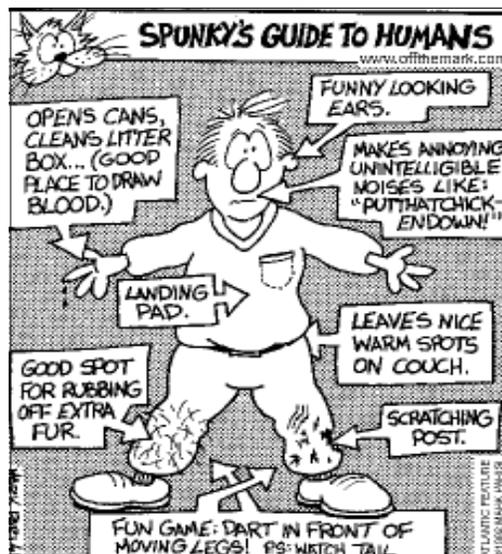
Law of Cat Embarrassment: A cat's irritation rises in direct proportion to her embarrassment times the amount of human laughter.

Law of Furniture Replacement: A cat's desire to scratch furniture is directly proportional to the cost of the furniture.

Law of Cat Landing: A cat will always land in the softest place possible; often the mid- section of an unsuspecting, reclining human.

Law of Cat Disinterest: A cat's interest level will vary in inverse proportion to the amount of effort a human expends in trying to interest him.

Law of Pill Rejection: Any pill given to a cat has the potential energy to reach escape velocity.



Signs That the Cat Has Learned Your Internet Password

9. Emails from some guy named "Fluffy."

8. Traces of kitty litter in your keyboard.

7. You find you've been subscribed to strange newsgroups like alt.recreational.catnip.

6. Your mouse has teeth marks in it... and a strange aroma of tuna.

5. Hate-mail messages to Apple Computers, Inc. about their release of "CyberDog."

4. Your new ergonomic keyboard has a strange territorial scent to it.

3. You keep finding new software around your house like CatinTax and WarCat II.

2. On IRC you're known as the IronMouser.

1. Little kitty carpal-tunnel braces near the scratching post.

Fun & Games Cont...

Instructions for Giving Your Cat a Pill

1. Pick cat up and cradle it in the crook of your left arm as if holding a baby. Position right forefinger and thumb on either side of cat's mouth and gently apply pressure to cheeks while holding pill in right hand. As cat opens mouth, pop pill into mouth. Allow cat to close mouth and swallow.

2. Retrieve pill from floor and cat from behind sofa. Cradle cat in left arm and repeat process.

3. Retrieve cat from bedroom and throw soggy pill away. Take a new pill, cradle cat in left arm holding rear paws tightly with left hand. Force jaws open and push pill to back of mouth with right forefinger. Hold mouth shut for a count of ten.

4. Retrieve pill from goldfish bowl and cat from top of wardrobe. Call spouse from garden.

5. Kneel on floor with cat wedged firmly between knees, holding front and rear paws. Ignore low growls emitted by cat. Get spouse to hold cat's head firmly with one hand while forcing wooden ruler into mouth. Drop pill down ruler and rub cat's throat.

6. Retrieve cat from curtain rail, get another pill. Make note to repair curtains. Carefully sweep shattered figurines from hearth and set to one side for gluing later.

7. Wrap cat in large towel and get spouse to lie on cat with its head just visible from below spouse's armpit. Put pill in end of drinking straw, force cat's mouth open with pencil and blow down drinking straw.

8. Check label to make sure pill not harmful to humans, drink glass of water to take taste away. Apply Band-Aid to spouse's forearm and remove blood from carpet.

9. Retrieve cat. Get another pill. Place cat in cupboard and close door onto neck to leave head showing. Force mouth open. Flick pill down throat with elastic band.

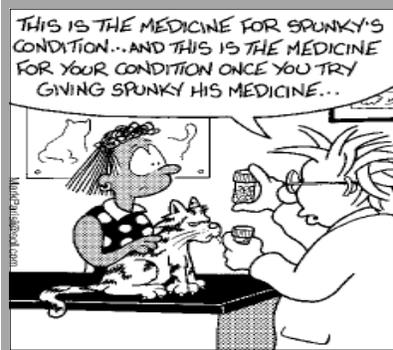
10. Apply cold compress to cheek and check records for date of last tetanus shot. Throw T-shirt away and fetch new one from bedroom.

11. Ring fire brigade to retrieve cat from tree across the road. Apologize to neighbor who crashed into fence while swerving to avoid cat. Take last pill from bottle.

12. Tie cat's front paws to rear paws with garden twine and bind tightly to leg of dining table. Force cat's mouth open. Push pill into mouth followed by large piece of steak. Hold head vertically and pour ½ pint of water down throat to wash pill down.

13. Get spouse to drive you to emergency room; sit quietly while doctor stitches fingers and forearm and removes pill remnants from right eye. Stop by furniture shop on way home to order new table.

14. Arrange for vet to make a house call.



A Cat's Dictionary

Purring:

Sound of a cat manufacturing cuteness.

Purrverse:

Poem about a strange kitty.

Purranoia:

The fear that your cat is up to something.

Human Being:

Automatic door opener for cats.

Purrpetual:

Everlasting love for domesticated felines.

Purrson:

A male kitty.

Purrpetual Motion:

A kitty playing.





Fun & Games Cont...

The Feline Diet

Most diets fail because we are still thinking and eating like people. For those of us who have never had any success dieting, there's a new miracle cat diet! Except for cats that eat like people (table scraps) most cats are long and lean. The Cat Miracle Diet will help you achieve the same lean, svelte figure. Just follow this diet for one week and you'll find that you not only look and feel better, but you will have a whole new outlook on what constitutes food. Good Luck!

DAY ONE

Breakfast: Open can of expensive gourmet cat food and place ¼ cup on your plate. Eat one bite of food; look around room disdainfully. Knock the rest on the floor. Stare at the wall for awhile before stalking off into the other room. **Lunch:** Four blades of grass and one lizard tail. Throw it back up on the cleanest carpet in your house. **Dinner:** Catch a moth and play with it until it is almost dead. Eat one wing. Leave the rest to die. **Bedtime Snack:** Steal one green bean from your partner's plate. Bat it around the floor until it goes under the refrigerator. Steal one small piece of chicken and eat half of it. Leave the other half on the sofa.

DAY TWO

Breakfast: Pick up the remaining chicken bite from the sofa. Knock it onto the carpet and bat it under the television set. Chew on the corner of the newspaper as your spouse/partner tries to read it. **Lunch:** Break into the fresh French bread that you bought as your part of the dinner party on Saturday. Lick the top of it all over. Take one bite out of the middle of the loaf. **Afternoon Snack:** Catch a large beetle and bring it into the house. Play toss and catch with it until it is mushy and half dead. Allow it to escape under the bed. **Dinner:** Open a fresh can of dark-colored gourmet cat food -- tuna or beef works well. Eat it voraciously. Walk from your kitchen to the edge of the living room rug. Promptly throw up on the rug. Step into it as you leave. Track footprints across the entire room.

DAY THREE

Breakfast: Drink part of the milk from your spouse's or partner's cereal bowl when no one is looking. Splatter part of it on the closest polished aluminum appliance you can find. **Lunch:** Catch a small bird and bring it into the house. Play with on top of your down filled comforter. Make sure the bird is seriously injured but not dead before you abandon it for someone else to have to deal with. **Dinner:** Beg and cry until you are given some ice cream or milk in a bowl of your own. Take three licks/laps and then turn the bowl over on the floor.

FINAL DAY

Breakfast: Eat six bugs, any type, being sure to leave a collection of legs on the bathroom floor. Drink lots of water. Throw the bugs and all of the water up on your partner's pillow. **Lunch:** Remove the chicken skin from last night's chicken-to-go leftovers your spouse or partner placed in the trash can. Drag the skin across the floor several times. Chew it in a corner and then abandon. **Dinner:** Open another can of expensive gourmet cat food. Select a flavor that is especially runny, like chicken and giblets in gravy. Lick off all the gravy and leave the actual meat to dry and get hard.

Household Hints: Bounce Sheets

1. It will chase ants away when you lay a sheet near them. It also repels mice.
2. It takes the odor out of books and photo albums that don't get opened very often.
3. It repels mosquitoes. Tie a sheet through a belt loop when outdoors during the mosquito season.
4. Eliminate static electricity from your TV or computer screen. Wipe the screen with a used sheet to keep dust from resettling.
5. Dissolve soap scum from shower doors, clean with a sheet of Bounce.
6. To freshen the air in your home, place a sheet in a drawer or hang in the closet.
7. Put Bounce sheet in vacuum cleaner.
8. Prevent thread from tangling. Run a threaded needle through a sheet of Bounce before beginning to sew.
9. Prevent musty suitcases. Place a sheet of Bounce inside empty luggage before storing.
10. Clean baked-on foods from a cooking pan. Put a sheet in a pan, fill with water, let sit overnight, and sponge clean. The anti-static agent weakens the bond between the food and the pan.

Upcoming Events

July 5 – Aug. 20 1 pm	Downtown Walking Tours Meet at the front desk at the library to begin a free, fascinating trip into the history of PG. Tours leave at 1 pm on weekdays. Contact: 250.563.9251
July 4 – 10 9 am – 4 pm	Go For Green Week Learn about environmentally conscious choices you can make in your everyday life. Kids recycled craft at one. Venue: 1950 Gorse St. Contact: 250.561.7327
July 9 – 10 10 am – 3 pm	20th Annual KidzArt Days Enjoy two free fun-filled days of art-making activities for the whole family! Hosted by the Two Rivers Gallery, rain or shine! Contact: 250.614.7800
July 9 – 11 9 pm	Park Avenue Drive-In Sex & the City, Jonah Hex. Admission: \$8.50 Contact: 250.967.4342 Two shows each night. Gates open at nine, show starts at dusk.
Sun. July 11 6.30 – 8.30 pm	Get Together with Green Leader Jane Sterk, leader of the Green Party of BC, is traveling to Fort St John for Paddle on the Peace. Along her journey she would like to meet with local Greens and Green Friendly People. Please join us for dinner or for a drink. Venue: Tandoori Resturant (1063 5 th Avenue).
Wed. July 14 7.30 & 9 pm	Cafe Scientifique presents "Caressing Mother Earth's Resilient Skin" What purifies our water, both consumes and produces a wide variety of greenhouse gases, alters the viability of communities, gave rise to and supports our civilization, is home to enormous and highly diverse communities of active and thriving organisms, supports plant growth, and assures human survival and prosperity? The answer will be revealed through this Cafe Scientifique. Venue: Books & Co. (1685 3rd Ave.) Contact: 250.960.6678 or whitcomb@unbc.ca Admission: Free
July 16 – 18 9 pm	Park Avenue Drive-In Robin Hood, Get Him to the Greek. Admission: \$8.50 Contact: 250.967.4342 Two shows each night. Gates open at nine, show starts at dusk.
Sat. July 17 11.30 am	Pride Parade A colourful display of support and unity for the LGBT Community in Prince George. The parade will proceed from the steps of City Hall, around the downtown core and back.
July 17 – 19 10 am – 3 pm	Railway & Forestry Museum's Thomas Days Wildly popular - make sure you book these days off on your calendar so you don't miss the spectacular fun. Our trains play "dress up" & are magically transformed into "Friends of Thomas". Enjoy our Mini Rail rides, concession, BBQ, popcorn, Thomas Film Fest, crafts, and storytelling. Venue: 850 River Rd
Sun. July 18 11.30 am	Kidz Carnival Bring the whole family for games, music and entertainment, crafts and contests! Watch the magic show, get your face painted, play carnival games, and relax in the story telling cabin. Contact: www.hublehomestead.ca
July 22 – 24	Treasure Cove Casino Presents Robert Sebastian, "Tears of Joy" July 22 nd – 23 rd : 10 am – 10 pm, July 24 th : 10 am – 6 pm
Fri. July 23 7.30 – 9.30 pm	Fiddle Concert Well-known Canadian Fiddler champion JJ Guy, sponsored by the BC Old Time Fiddlers' Association. Venue: Pineview Community Centre (6470 Bendixon Road)
Sat. July 24 11 am – 3 pm	Hart Family Fun Day Enjoy a BBQ, free family games and contests, water balloon toss, music, vendors, face-painting, and prizes! Venue: Glenview Park. Admission: FREE Contact: 250.970.0240 or info@hartcommunity.ca
Sat. July 24 11 am – 9 pm	Fiddle Contest The PG Branch of the BC Old Time Fiddlers are having their 41st annual Fiddle Contest. Venue: Pineview Recreation Centre (6470 Bendixon Road). Finals at 6.30 pm. Everyone welcome. Admission: \$5 Dinner \$5. Cash prizes.
Sat. July 24 3 pm	Jordan World Circus Check out acts such as the Tuscano Troupe's seven person pyramid on a high wire, daredevil motorcyclists, acrobats, clowns, and more! Come early for elephant rides and the opportunity to jump in the giant moon bounce!
Sat. July 31	Barn Dance Your ticket includes a pioneer supper and your admission to a fun family dance. This event is non-alcoholic. Contact: www.hublehomestead.ca
August 1 -2	Homestead Days Have fun learning about daily tasks of the 1900's with hands on activities & demonstrations. Take part in pioneer games & contests. Venue: Huble Homestead

Ongoing Events

MONDAYS	
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	
6.30 pm	Walk PG - 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.
10 am – 2 pm	Senior's Social at Pineview Hall – Events held in the basement of Pineview Hall (wheelchair accessible). Contact Syl 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 - 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.
7 pm	Darts at PG Legion - Everyone welcome blind draw mixed doubles. Must be 19 years. 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	
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	
8.30 am – 2 pm	Farmer's Market – Located at corner of Third Avenue and George Street. Browse vendors with meats, veggies, crafts, baked goods, and much more.
9 am – 5 pm (Sun. 9 – 3)	Nechako Public Market – Location: 5100 Nechako Road. Includes arts & crafts, inflatable entertainment, imports, garage sale items, handmade items, food, antiques, and home based businesses concessions. Contact 250.962.1943
10.30 am	Walk PG - 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.

The Prince George Public Library has a summer reading club. All programs are FREE and DROP IN. The programs are as follows: Babytime (0 – 11 months), Babytime & Baby Sign (0 – 11 months), Read 2 Me (0 – 5 years), 6 – 8 year olds, 9 – 11 year olds, Grandparent's Reading Corner (all ages), Storytime in the Park (all ages), Games Galore (all ages). Contact 250.563.9251 for more information and to find out which park to attend.

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.15 – 10.45: Read 2 Me 11.30 – 12: Babytime 1 – 2: 6 – 8 year olds 1 – 2: 9 – 11 year olds	11.30 – 12: Babytime & Babysign 1 – 1.30: Read 2 Me 1 – 2: 6 – 8 year olds 1 – 2: 9 – 11 year olds	10.30 – 11.30: Grandparent's Reading Corner 10.30 – 11: Storytime in the park	1 – 2.30: Games Galore