

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 2, Number 8

AUGUST, 2010



ALL NATIONS ELDERS NEWSLETTER

Welcome

We are pleased to present the August 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 are going green. Please bring your potluck kit unless you want to eat with your fingers.

Elder Craft – Wednesday, August 18th

The crafts will take place at the PGNFC in the Power of Friendship room from 10 am to 12 pm. The craft session is followed by a free lunch and social put on by the PGNFC and Elders are welcome to stay. Materials are provided and it is free to attend, please join us.

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Agenda Items:

1. **Parent's Advisory Council** – are any Elders (with the needed pre-requisites) interested in helping with the parents' advisory council for the school?
2. **Conversation:** Pam from the Native Courtworker and Counselling Association of British Columbia and Jamie from the Prince George Urban Aboriginal Justice Society will be available to share information about their organizations with the Elders.

News & Community: CBC Report

Canada falls short on Aboriginal rights: report

By CBC News

Canadian authorities have failed to adequately protect the rights of Aboriginal people, Amnesty International says in its annual report.

Canadian authorities have failed to adequately protect the rights of aboriginal people, Amnesty International says in its annual report. The assessment of human rights around the world covers a number of issues, but the critique of Canada focuses largely on Aboriginal issues.

The report, which covers January-December 2009, says Canadian officials "failed to ensure respect for Indigenous rights" when issuing mining, logging and resource extraction licences.

The organization, which has previously criticized Canada's stance on Aboriginal rights, highlights oil and gas developments that have been carried out in northern Alberta without the consent of the Lubicon Cree.

The report also mentions the prevalence of violence against Aboriginal women in Canada and the lack of a plan to address it, and says the government is making "baseless claims" that the United Nations Declaration on the Rights of Indigenous Peoples does not apply to Canada.

A spokesperson for Indian and Northern Affairs Canada said the federal department has received the report and is reviewing it before commenting.

Security Concerns

The report notes the Afghan detainee controversy and that Omar Khadr remains in U.S. custody in Guantanamo Bay, despite a Federal Court ruling that Canada should seek his repatriation.

The organization also points out that Canada refuses to provide individuals detained under immigration security certificates with access to much of the evidence against them.

The report says one person died after being stunned by a police Taser during the year, but also mentions that the RCMP has revised its policy on Taser use.

Amnesty International's annual report documents human rights issues in 159 countries. Internationally, the report focuses on accountability for human rights abuses, urging governments to "fully sign up" to the International Criminal Court.

The 430-page report also examines other issues, including:

- Mass evictions of people from their homes in Africa.
- Rights abuses in Sri Lanka during clashes between the military and the Liberation Tigers of Tamil Eelam
- Increased reports of violence against women in Mexico, El Salvador, Honduras and Jamaica.
- A sharp rise in racism and intolerance in parts of Europe and Central Asia.

Healthy Recipes of the Month

Salad Rolls

Ingredients:

1 pkg rice paper wraps
1 pkg. rice vermicelli noodles
1 bunch green onion, sliced thin
1 red pepper, sliced thin
1 yellow pepper, sliced thin
2 carrots, sliced thin
Basil or cilantro, break into tiny pieces
Cooked, peeled prawns, 2 per wrap
Ginger Soy (President's Choice) or Pad Thai Sauce

Preparation: Cut up all veggies first, it makes it easier. Boil noodles for two minutes in hot water, only use one row of noodles to start, as it makes a lot. Strain and run cool water over. Place two inches of boiling water in a round pot or dish, soak one wrap at a time as you're doing each roll. They take only thirty seconds to soak. Make sure water is HOT. Work quickly now, after thirty seconds take out the wrap lay flat and place ¼ tsp. of the sauce down first then the prawns, then the veggies, in the order you prefer. Roll up, folding in the sides as you go and enjoy. You can add whatever veggies and or meats you prefer, put some style into it!

Broccoli Pesto

Makes 1 cup of pesto.

Ingredients:

2 cups broccoli florets, stem removed
1-2 cloves garlic, chopped
½ cup basil leaves, lightly packed
¼ cup walnuts
Freshly ground black pepper
3-4 tbsp. extra virgin olive oil
¼ cup grated Parmigiano-Reggiano cheese
Salt, if desired

Preparation: Place the broccoli, garlic, basil and nuts in a food processor or blender. Add 4 or 5 grinds of pepper. Puree until the broccoli is finely ground but still grainy. With the motor running, drizzle in just enough of the oil to make the mixture spreadable and soft enough to use as a dip. Scrape down the sides of the bowl and blend 15 seconds longer. Transfer the pesto to a bowl. Mix in the cheese and season to taste with salt, if desired. Cover tightly and refrigerate for two hours before serving to allow the flavours to meld. This pesto keeps up to two days if stored tightly covered in the refrigerator.

Nutrition Facts	
Amount Per Serving	
Calories:	43
Carbohydrates:	> 1g
Protein:	1 g
Sodium:	22 mg
Fat:	4 g
Exchanges:	1 Vegetable ¼ Medium Fat Meat

Article: August

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

Gladiola



Gladiola, the August birth flower, represents strength and moral integrity – not surprising when you consider that its name comes from the Latin word for sword, “gladius.” But while its sword-shaped stems may imply Roman gladiators, its romantic flowers are capable of piercing a heart with their beauty – explaining why infatuation is another one of its meanings as well.

World Breastfeeding Week (August 1st to 7th) is celebrated in more than 120 countries to encourage breastfeeding and improve the health of babies around the world. Breastfeeding is the best way to provide newborns with the nutrients they need.

BC Day (August 2nd) Civic holiday.

International Day of the World’s Indigenous Peoples (August 9th) falls on August 9th as this was the date of the first meeting in 1982 of the United Nations Working Group of Indigenous Populations of the Subcommission on Prevention of Discrimination and Protection of Minorities of the Commission on Human Rights.

National Peacekeeper’s Day (August 9th) honours and remembers all Canadian peacekeepers who have served or who are currently serving in peace keeping operations around the world.

International Youth Day & International Year of Youth (August 12th) On December 18th, 2009, the United Nations General Assembly adopted a resolution proclaiming the year commencing on August 12th, 2010 as the International Year of Youth: Dialogue and Mutual Understanding. The official slogan for the year is “Our Year, Our Voice”. The Year coincides with the 25th anniversary of the first International Youth Year in 1985.

“The International Year is about advancing the full and effective participation of youth in all aspects of society. We encourage all sectors of society to work in partnership with youth and youth organizations to better understand their needs and concerns and to recognize the contributions that they can make to society.”

National Acadian Day (August 15th) is a celebration of the Acadian people, who have contributed for centuries to Canada's economic growth and cultural and social vitality. It is also a day to learn about the rich historical and cultural heritage of Acadians.

World Humanitarian Day (August 19th) is designated in order to contribute to increasing public awareness about humanitarian assistance activities worldwide and the importance of international cooperation in this regard.

International Day for the Remembrance of the Slave Trade and its Abolition (August 23rd) pays tribute to the tireless struggle of the slaves for their freedom.

International Day Against Nuclear Tests (August 29th)

Quotes, Proverbs & Teachings

Elders Meditation

"But in the Indian Spirit the land is still vested; it will be until other men are able to divine and meet its rhythm. Men must be born and reborn to belong. Their bodies must be formed of the dust of their forefathers' bones."

~ Luther Standing Bear, Oglala Sioux

It is said when we walk on the Earth, we are walking on our ancestors and our unborn children. This is the relationship Native People have with the Earth. It is this relationship which gives insight into the Earth's rhythm and heartbeat and creates the feeling of belonging. If you feel you belong to something, you'll treat it with respect. If you feel you are above something, you'll treat it with disrespect. Indian Spirituality is tied to the Earth. We belong to the Earth along with all other creatures on the Earth. We must align to this realization.

Great Spirit, today, teach me to respect the Earth Mother.

Quotes: The Environment

Treat the Earth well. It was not given to you by your parents, it was loaned to you by your children. We do not inherit the earth from our ancestors, we borrow it from our children.

~ Native American Proverb

Nature provides a free lunch, but only if we control our appetites.

~ William Ruckelshaus

Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

~ Chief Seattle, 1855

In an underdeveloped country, don't drink the water; in a developed country, don't breathe the air.

~ *Changing Times Magazine*

Teaching: An Important Lesson

During my second month of nursing school, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions, until I read the last one; "What is the first name of the woman who cleans the school?" Surely, this was some kind of joke.

I had seen the cleaning woman several times, she was tall, dark-haired and in her 50's. How would I know her name? I handed in my paper, leaving the last question blank.

Just before class ended, one student asked if the last question would count toward our quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say 'hello'." "I've never forgotten that lesson. I also learned that her name was Dorothy.

Your grandchildren will likely find it incredible - or even sinful - that you burned up a gallon of gasoline to fetch a pack of cigarettes!

~ Paul MacCready Jr.

When all the trees have been cut down, when all the animals have been hunted, when all the waters are polluted, when all the air is unsafe to breathe, only then will you discover you cannot eat money.

~ Cree Prophecy

Suburbia is where the developer bulldozes out the trees, then names the streets after them.

~ Bill Vaughn

I do not think the measure of a civilization is how tall its buildings of concrete are, but rather how well its people have learned to relate to their environment and fellow man.

~ Sun Bear of the Chippewa Tribe

The old Lakota was wise. He knew that man's heart away from nature becomes hard; he knew that lack of respect for growing, living things soon led to lack of respect for humans too.

~ Chief Luther Standing Bear

Man's heart away from nature becomes hard.

~ Standing Bear

Fun & Games

The Cat's Chalkboard Assignment

In order to punish your cat for poor behavior, here are a list of items that the cat may write on a chalkboard, fill in the blanks.

1. [xxx] is not food.

Dental floss, plants, toilet paper, homework, photos, socks, the couch, electrical cords/devices, vases of flowers, rubber bands, toes, the HUGE fly; used Q-tips, the other cat's vomited food.

2. I will not jump on the [xxx].

Kitchen counter, table, stove, bbq, my human's full bladder at 5:30 am.

3. I will not sharpen my claws on the [xxx].

Sofa, carpet, drapes, my human's leg, the new speakers, wallpaper, window screen.

4. I will not pee/poop/barf a hairball on the [xxx].

Floor, carpet, sofa, clean laundry, human's tax return, baby's mattress, kitchen counter, dining room table, bathtub, marble floor (acid vomit + marble = etched marble).

5. I will not climb the [xxx].

Screen, bulletin board, speaker, curtains, walls, lampposts.

6. I will not dunk [xxx] into my water dish.

Tissues, my toy mouse, the house plants, & half-digested food.

7. I will not hide [xxx].

Pens, curlers, or house keys under the carpet.

8. I recognize that the [xxx] has a right to exist.

Belt, fringe on the bathroom rug, fuzzy toilet seat, house plant, human's toes & baby.

9. [xxx] is not cat food.

Chocolate, bananas, pizza, or any human food.

10. [xxx] is not a bed.

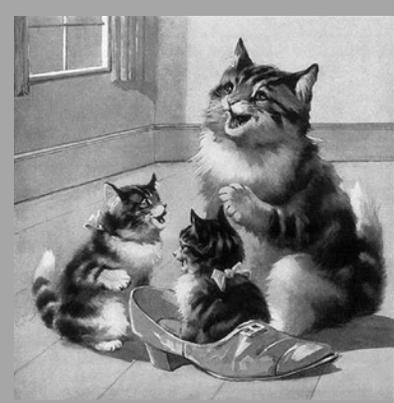
The stove, the pot (not hot) on the stove, sink, the crystal bowl from the people's wedding, piano strings, the sock drawer, the car, the computer keyboard.

11. [xxx] is not prey/ a toy.

The paper coming from the printer, the newspaper, open milk cartons, toilet paper, pantyhose, paper clips, human's toes, Christmas tree ornaments, the produce ripening on the kitchen counter, Q-tips, the sheets, the computer mouse, Mommy's snow white lace garter from her wedding with the beautiful tasty marabou feathers on it.

12. I will not try to climb into the [xxx].

Freezer, refrigerator, washing machine, dryer, dishwasher, garage.



Walk With Pride

A Scotsman moves to Canada and attends his first baseball game. The first batter approached the box, took a few swings and hit a double. Everybody was on their feet screaming "Run!!!" The next batter hit a single. The Scotsman listened as the crowd again cheered "RUN!! RUN!!!" The Scotsman was enjoying the game and begins screaming with the fans.

The fifth batter came up and four balls went by. The Umpire called: "Walk." The batter started his slow trot to first base. The Scot stood up and shouted, "Run ye lazy bastard rrrun!"

The people around him begin laughing. Embarrassed, the Scot sat back down. A friendly fan noted the man's embarrassment, leaned over and explained, "He can't run, he has four balls." The Scot stood up and screamed: "Walk with pride, Laddie!"

Fun & Games Cont...

Not Cool

Norm's freezer wouldn't fit down the stairs after he completed an addition to his house. He had a backhoe lower it into the basement. Later, he wired the addition and the basement.

The day after the freezer had been loaded with food, he went to get something from it. He noticed the meat seemed a little soft, but since the freezer was humming normally, he thought it wasn't serious. The next day the food was almost thawed so Norm decided to buy a new one.

To remove the old freezer, they had to saw it in half to get it up-stairs. That accomplished, a newer and smaller freezer was installed. They plugged it in, it purred like a kitten, and they loaded it with food. The next day when Norm checked, the meat was no more frozen than when they had put it in. Sighing, he turned to go up the stairs, flicked the light switch off and heard the freezer stop humming. Puzzled, he turned on the light, and the freezer went on. The freezer outlet was wired to the light switch.

A New Wine for Seniors

California vintners in the Napa Valley area, which primarily produces Pinot Blanc, Pinot Noir and Pinot Grigio wines, have developed a new hybrid grape that acts as an anti-diuretic. It's expected to reduce the number of trips older people have to make to the bathroom during the night. The new wine will be marketed as Pino More.

Ketchup

A mother was struggling to get the ketchup out of the bottle when the phone rang. She asked her four year old daughter to answer it. She heard her daughter say, "Mommy can't come to the phone. She's hitting the bottle."

Spelling

A kindergartner was practicing spelling with magnetic letters on the refrigerator: cat, dog, dad, and mom had been proudly displayed for all to see. One morning while getting ready for the day, he bounded into the room with his arms outstretched. In his hands were three magnetic letters: G-O-D. "Look what I spelled, Mom!" with a proud smile on his face. "That's wonderful!" his mom praised him. "Now go put them on the fridge so Dad can see when he gets home tonight." The mom happily thought that her son's Catholic education was certainly having an impact. Just then, a little voice called from the kitchen: "Mom? How do you spell 'zilla'?"

Better Grades

Little Johnny wasn't getting good marks in school. One day he surprised the teacher with an announcement. He tapped her on the shoulder and said, "I don't want to scare you, but my daddy says if I don't start getting better grades...somebody is going to get a spanking!"

Silly Penguins

Q: What is black and white and black and white and black and white? A: A penguin rolling down a hill.

Q: What's black and white and laughing? A: The penguin that pushed him.

Hearing Aids

Having lost most of his hearing a number of years ago, an elderly man went to the doctor to be fitted with hearing aids. A month later, he returned to the doctor for a check up on his progress. The doctor told him that his hearing is perfect and asked if his family is pleased. The man replied, "I haven't told them about the hearing aids yet. I just sit around and listen to them talk. I've changed my will three times!"

Grandma's Revenge

My five year old son squealed with delight when he opened his birthday present from his grandmother. It was a water pistol. He promptly ran to the sink to fill it. "Mom," I said. "I'm surprised at you. Don't you remember how we used to drive you crazy with water pistols?" My mom smiled and said, "Yes, I remember."

Leaky Sub

Our five-year-old grandson couldn't wait to tell us about the movie we had watched on TV, '20,000 Leagues Under the Sea'. The scenes with the submarine and the giant octopus had kept him wide-eyed. In the middle of the telling, Grandpa interrupted, "what made the submarine sink, was it the octopus?" With a look of incredulity Mark replied, "No, Grandpa, it was the 20,000 leaks!"

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
Wed. Aug. 4 7 – 8.30 pm	Adult Computer Classes: Basic Computers 1 No experience? We can get you started. The Public Library offers free computer classes for adults each month. Call 250.563.9251, ext. 140 to register. Space is limited. Place: Bob Harkins branch Cost: Free!
Wed. Aug. 4 7 – 8.30 pm	Xeriscaping Community Gardens Prince George invites you to a free garden talk about water-wise gardening or Xeriscaping. Master Gardener, Grace Morrice, will present three important management techniques in Xeriscaping--right plant right place, understanding your soil and wise watering. Venue: Milburn Community Garden (1540 Milburn Avenue)
Sat. Aug. 7	Dog Days of Summer Sale Downtown PG is holding the Dog Days of Summer Sidewalk Sale. Come downtown and support our local businesses.
Tue. Aug. 10 7 pm	The Railroader's Wife Book Presentation Author, Jane Stevenson, will be hosting a slide show presentation and book talk at Books & Co. The Railroader's Wife tells the history of the railway in British Columbia and describes life as a pioneer woman in a series of letters written by Bernice Medbury Martin, living in Prince Rupert at the time, to her family in Wisconsin. The letters span the two final years of Grand Trunk Pacific Railway track building and are neatly woven together by Jane's well researched and engaging narration. See Jane as she answers your questions, and signs your copy of her book (\$24.95). Admission is free.
Aug. 11 - 16 10 am – 10 pm	98th Annual Prince George Exhibition Once again we are back for five great days of entertainment, rides, food, agricultural information and so much more. For more information: http://www.pg-x.com/ Venue: Prince George Exhibition Grounds
Wed. Aug. 11 10 am – 10 pm	PGX Wear a Cowboy Hat and get \$2 admission!
Wed. Aug. 11 7 pm	Sew It Up! School Classes Classes for adults who have never sewn before. You're never too old to learn this art. Venue: 4067 Riverside Road
Wed. Aug. 11 7 – 8.30 pm	Adult Computer Classes: Internet & Email Explore the internet and stay in touch with email. The Public Library offers free computer classes for adults each month. Call 250.563.9251, ext. 140 to register. Space is limited. Place: Bob Harkins branch Cost: Free!
Wed. Aug. 11 7.30 – 9 pm	Spiders: Maligned, Misunderstood, and Marvellous Few organisms evoke more negative reactions than spiders. Grown people will run screaming from a room at the sight of a small spider. A creepy crawling tarantula is a common feature of horror movies. Spider bites can become prime time news stories. The vast majority of spiders are harmless, beneficial, and in many cases, fascinating organisms with amazing abilities. This Café Scientifique hopes to throw some light on our eight legged friends and show that they should be respected and admired, not feared. Venue: Café Voltaire (1685 3 rd Avenue). Admission: free.
Thu. Aug. 12 10 am – 6 pm	PG Council of Seniors Fair The PG Council of Seniors will host a one-day fair within the fair at the PGX, Kin I Arena. They will also host a Silent Auction with the proceeds going to sustain a new Senior Peer Counselling service.
Thu. Aug. 12 10 am – 10 pm	PGX - Pioneer Day! Seniors \$2 admission all day!
Fri. Aug. 13 10 am – 10 pm	PGX – Kids Day! Kids 12 & under \$2 admission all day!
Sat. Aug. 14 10 am – 10 pm	PGX – Regular admission. Midway open until midnight.
Sat. Aug. 14 1 pm	Books & Co. Premiere: North of Iskut by Tor Forsberg North of Iskut chronicles the life of a young artist who trades Montreal's night life for the wilderness of Iskut. Please join us as Tor shares her personal history with us, and signs your dog-eared copy (\$24.95).

Sun. Aug. 15 8 am – 6 pm	PGX – Farm and Ranch Day! Regular admission. Admission Gates: 8 am – 6 pm. * All Gates are Exit ONLY after 6 pm. 4-H & Livestock Areas: 8 am – 6 pm. Kin Centres: 10 am – 6 pm. Food Court and Community Stage: 10 am – 6 pm. Midway: 11 am – 6 pm.
Wed. Aug. 18 2 – 4 pm	Composting Workshops Learn about composting and see our 14 on-site composters at work! 2 pm: backyard composting workshop, 3.15 pm: Vermicomposting (composting with worms) workshop. Venue: The Garden (1950 Gorse St) Admission: FREE. For more information contact: 250.561.7327 or events@reaps.org
Wed. Aug. 18 7 pm	Sew It Up! School Classes Classes for adults who have never sewn before. You're never too old to learn this art. Venue: 4067 Riverside Road
Wed. Aug. 18 7 – 8.30 pm	Adult Computer Classes: Basic Computers 2 Want to know a little more? Bring your questions. The Public Library offers free computer classes for adults each month. Call 250.563.9251, ext. 140 to register. Space is limited. Place: Bob Harkins branch Cost: Free!
August 20 - 22	Salmon Valley Woman's Festival Venue: Rockin's River Resort (3865 Salmon Valley Road). Please join us for empowerment and creative workshops, networking, learning, teaching, sharing, bodywork, Medicine Wheel, entertainment, food, fun, laughter and friendship. We have space available for vendors, entertainers, facilitators, participants. Camping Spots will be first come first serve basis. Contact: info@svwfest.com.
Wed. Aug. 25 2 – 4 pm	Composting Workshops Learn about composting and see our 14 on-site composters at work! 2 pm: backyard composting workshop, 3.15 pm: Vermicomposting (composting with worms) workshop. Venue: The Garden (1950 Gorse St) Admission: FREE. For more information contact: 250.561.7327 or events@reaps.org
Wed. Aug. 25 7 pm	Sew It Up! School Classes Classes for adults who have never sewn before. You're never too old to learn this art. Venue: 4067 Riverside Road
Wed. Aug. 25 7 – 8.30 pm	Adult Computer Classes: Beyond Basics – Love Your Laptop Some points on going mobile with your computer. The Public Library offers free computer classes for adults each month. Call 250.563.9251, ext. 140 to register. Space is limited. Place: Bob Harkins branch Cost: Free!
Sun. Sept. 5 10 am – 4 pm	Summer Harvest Join us for our last big event of the summer! All visitors receive 10% off their store purchases, 20% off for members, making this the perfect weekend to pick up that item you've had your eye on all summer long! A special lunch menu will be featured on both days, and vegetables from the Huble garden will be available for sale. With heritage cooking demonstrations taking place throughout the day, and plenty of pioneer activities for the kids to take part in, this two-day event is the perfect way to ease into fall. Admission is by donation. Suggested donations are Family \$10, Adult \$5, Child/Senior \$3. Venue: Huble Homestead Historic Site 40km north of Prince George, just off Highway 97 on Mitchell Road For more information contact: 250.564.7033 or admin@hublehomestead.ca



Ongoing Events

MONDAYS		August 2 nd , 9 th , 16 th , 23 rd , 30 th
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		August 3 rd , 10 th , 17 th , 24 th , 31 st
12 – 1 pm	Healthy Elders Yoga - Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for more information about class times.	
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		August 4 th , 11 th , 18 th , 25 th
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.	
2 – 4 pm	Composting Workshops 2 pm: Backyard Composting, 3.15 pm: Vermicomposting (composting with worms). Venue: The Garden (1950 Gorse St) Admission: FREE. For more information contact: 250.561.7327 or events@reaps.org	
THURSDAYS		August 5 th , 12 th , 19 th , 26 th
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		August 6 th , 13 th , 20 th , 27 th
5 – 6 pm	Healthy Elders Tai Chi - Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for more information about class times.	
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		August 7 th , 14 th , 21 st , 28 th
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	
2 – 4 pm	Composting Workshops 2 pm: Backyard Composting, 3.15 pm: Vermicomposting (composting with worms). Venue: The Garden (1950 Gorse St) Admission: FREE. For more information contact: 250.561.7327 or events@reaps.org	
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		August 1 st , 8 th , 15 th , 22 nd , 29 th
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.	