

# ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 2, Number 9

SEPTEMBER, 2010



ALL NATIONS ELDERS NEWSLETTER

## Welcome

We are pleased to present the September 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.

## Happy Birthday September Elders

Happy Birthday to the September babies! Most people know their birthstone (the September birthstone is the Sapphire) but not everybody knows that they have a birth flower as well. The September birth flower is the Aster. Aster is Greek for 'star', referring to the shape of the flower head. In ancient times it was believed that the perfume from burning aster leaves could drive away evil. Today the aster is a talisman of love.



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**Sept. 12<sup>th</sup>: National Grandparent's Day**  
Happy National Grandparents Day!

## Elders Camp in the Works

We have been given the 'go ahead' to plan another Elders Camp. Look for your invitation in the mail. The proposed date for the camp is Friday, October 22<sup>nd</sup> to Sunday October 24<sup>th</sup>.

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

## **Agenda Items:**

### **1. Rediscovery Camp**

Shelly Niemi will talk about the Rediscovery Camp to be held at Camp Friendship on September 3<sup>rd</sup> – 5<sup>th</sup>.

### **2. Cultural Crafts**

Venue: PGNFC, Power of Friendship Room (1600 3<sup>rd</sup> Avenue)

Time: 10 am – 12 pm

Cost: FREE! All materials are provided.

Notes: Craft session is followed by a free lunch & social put on by the PGNFC. Elders are welcome to attend both.

### **3. Unity Quilt**

The 8x8 squares should be handed in by September 15th, we are starting to put the quilt together.

### **4. Elder's Beading Class**

Please note that the Elder's beading class at CNC has been changed from Tuesday at 2 pm to Thursday at 2 pm. The location hasn't changed.

### **5. Website Updated – Check it Out**

Photos have been added to the Elders Rock page, it's really neat.

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### **Items Needed:**

Big Brothers Big Sisters is opening a licensed After School Care Program located at Quinson Elementary School. Our goal is to keep after school care costs low for families in our community and in order to do so we are seeking donations of gently used toys, games, and books for children between the ages of 5-10. Such items can be dropped off at our office (777 Kinsmen Place) between 8:30 am – 4 pm. We are also seeking a donation of a refrigerator in working order and a microwave in working order, we may be able to arrange pick up as well. Contact: Jamie 250-563-7410 or jamie@bbbbspq.ca.

## News & Community

### Renovation guru Holmes to tackle Aboriginal housing

Winnipeg Free Press - PRINT EDITION By: Staff Writer 22/07/2010 1:00 AM

CELEBRITY contractor Mike Holmes is about to wield his hammer to improve some of Canada's Aboriginal housing.

Holmes and the Assembly of First Nations are working on a pilot project to build new housing units and retrofit some existing homes on a Reserve.

They're also planning to set up a centre where Aboriginal community planners can learn how to build sustainable and environmentally friendly housing.

Holmes says he wants to help address the "neglect and poor conditions for housing" on many First Nations.

A location for the project, which was announced at the assembly's annual meeting in Winnipeg, is to be chosen in the next few weeks.

The renovation guru and his team tackle shoddy workmanship in people's houses on a weekly television show on HGTV called *Holmes on Homes*.

### Call for Participation

Truth and Revolution: Aboriginal Women Weave the Resistance

Do you, or someone you know, have a story to tell? Do you want an opportunity to tell it? I'm looking for 582 Native women to lend their stories and images for an art project about our struggles, our resistance, and our pride as Native women.

The media usually presents only one side of our stories, if that. They tell the public only about our struggles and the poor conditions of our lives. While these stories are true and shouldn't be ignored, I want to acknowledge our full stories, all sides. I want to tell our stories of poverty and loss, but also of our resistance to these things and how we get through them. I want to tell our stories of abuse and struggle, but also of our successes, our talents, and our pride. I want the public to know the harsh realities of our lives but I also want to celebrate 518 years of our resistance in the face of colonization.

Sisters, I am respectfully asking and inviting your participation in this project. Please email [truthandrevolution@gmail.com](mailto:truthandrevolution@gmail.com) if you are interested in participating. Check [truthandrevolution.wordpress.com](http://truthandrevolution.wordpress.com) for project updates.

With Respect,

Cherry Smiley

## **About the Project**

As of March 2010, the Native Women's Association of Canada had documented 582 cases of missing and murdered Aboriginal women across Canada. We all know the actual number is higher, and we all see stories about this come and go in the media. My mom and I came up with the idea for this project together. We see this project as a response to the media coverage and co-optation of our missing and murdered sisters by non-native people. We see it is a statement against colonization, racism, sexism, and violence against women. But primarily, we see it as a celebration of our strength and resistance as Native women.

This project will include 582 photographs and interviews of Native women across Canada, myself and my family included.

Some of the things we might talk about in the interviews include: the foster care system, residential schools, prostitution, physical violence, sexual violence, colonization, racism, sexism, discrimination, welfare, reserves, city life, poverty, health care, disability, addiction, employment, family, friends, survival, resistance, pride, success, traditions, stories, talents, goals, etc.

I will audio record each interview and also plan on videoing parts of the process. This project will hopefully result in 1) an installation that uses the photos, audio, and text from the interviews, 2) a (possibly self-published) book using the photographs and text from the interviews, and 3) a video project, specifics undecided at this point.

Currently, I have no budget. What I do have is respect, determination, and a desire to tell our stories. At this point, I am financing the project myself.

Eventually, I will be asking for participation all across Canada, every province and territory. For now, because of lack of funds, I am looking for Aboriginal women in and around Vancouver, BC. If you are outside this area and want to participate, please email me anyways, and let me know you're interested. This will help to plan for the future. I hope to complete photographs and interviews by September 2011.

Aboriginal women who want better lives for themselves and for our future generations, and who are willing to share their stories and images, are welcome to email [truthandrevolution@gmail.com](mailto:truthandrevolution@gmail.com) with your name, contact info, and a bit about yourself. Also feel free to email if you have any questions about the project, or if you are emailing on behalf of a woman who does not have access to the internet. Women who are selected to participate will be contacted in the upcoming months.

## **About Me**

My name is Cherry Smiley, and I come from the Nlaka'pamux/Thompson and Dine'/Navajo Nations. I live as a visitor on Coast Salish Territories in Vancouver, BC. I am a member of the Aboriginal Women's Action Network and I work occasionally at a rape crisis centre and transition house. I have studied at universities in Australia and Scotland, and I currently go to school for Film, Video, & Integrated Media. I have a lot to learn and am lucky to have many teachers around me.

# Healthy Recipes of the Month

## Grilled Vegetable Skewers with Salsa Verde

Preparation time: 15 minutes. Cooking time: 15 minutes.

### Ingredients:

- 1 red capsicum, cut into 2.5 cm squares
- 1 green capsicum, cut into 2.5 cm squares
- 1 zucchini, cut into 1 cm thick slices
- 1 Japanese eggplant, cut into 2.5 cm lengths
- 2 field mushrooms, quartered
- 8 bamboo skewers, soaked for 30 minutes
- Canola oil

### Salsa Verde

- 4 **tbsp.** flat leaf parsley
- 1 **tbsp.** capers
- 3 anchovies
- 1 **clove** garlic
- 2 **tbsp.** Spanish onion, minced

### Preparation:

To make Salsa Verde, chop parsley finely with a sharp knife on a flat board. Put in a bowl and add finely chopped capers and anchovies. Mince the garlic and Spanish onion and add. Slowly stir in the olive oil to form a paste that will hold its own shape, but weep a little extra oil. Set aside in refrigerator.

Put vegetable chunks onto skewers. Brush with canola oil and BBQ until the vegetables are cooked but still firm. Serve on a platter and drizzle with Salsa Verde.

## Spiced Apple Pudding

Preparation time: 20 minutes. Serves 4.

### Ingredients:

- 2 **cups** Unsweetened apple juice
- 1/3 **cup** Granulated sugar substitute
- 1/3 **cup** Cornstarch
- 1/2 **tsp** Cinnamon
- 1 Egg

### Preparation:

In a heavy saucepan, combine 1/2 cup apple juice and cornstarch; mix well. Add remaining juice. Place over medium heat and cook, stirring, until mixture comes to a boil. Reduce heat, simmer for 2 minutes. Remove from heat. In a bowl, beat egg with fork. Add 1/2 cup of hot mixture to beaten egg. Stir until smooth. Return immediately to hot mixture, stirring constantly (the hot mixture will cook the egg). Stir in sweetener and cinnamon. Pour into 4 dessert dishes, cover with plastic wrap to prevent skin from forming. Cool to room temperature or chill in refrigerator.

Nutrition Facts	
Amount Per Serving	
<b>Energy:</b>	587.14 kJ
<b>Carbohydrates:</b>	3.04 g
<b>Sugars:</b>	2.73 g
<b>Protein:</b>	2.55 g
<b>Total Fat:</b>	12.90 g
<b>Saturated Fat:</b>	1.73 g
<b>Polyunsaturated Fat:</b>	1.42 g
<b>Monounsaturated Fat:</b>	8.99 g
<b>Cholesterol:</b>	2.31 mg
<b>Dietary Fibre:</b>	1.80 g

Nutrition Facts	
Amount Per Serving	
<b>Calories:</b>	117
<b>Protein:</b>	1 g
<b>Fat:</b>	1 g
<b>Carbohydrates:</b>	26 g
<b>Exchanges:</b>	1 Starch, 1 Fruit

# Article: September Holidays and Observances

## Canadian Holidays and Observances

### Month

**Arthritis Month** aims to raise public awareness of arthritis and of the services available to arthritis sufferers.

**Big Brothers and Big Sisters Month** aims to raise public awareness of the need for new volunteers and celebrates volunteer mentors.

### Weeks

**Scotiabank AIDS Walk for Life Week (September 11<sup>th</sup> – 19<sup>th</sup>)** is a fundraising event for AIDS prevention, education and awareness.

**Prostate Cancer Awareness Week (September 12<sup>th</sup> – 18<sup>th</sup>)** aims to raise public awareness of prostate cancer and to raise funds for research on this disease.

**National Forest Week (September 19<sup>th</sup> – 25<sup>th</sup>)** is sponsored across Canada by the Canadian Forestry Association and regionally by provincial forestry agencies, corporations and individuals.

### Days

**Merchant Navy Veterans Day (September 3<sup>rd</sup>)** acknowledges the contributions of the veterans of the Merchant Navy.

**Labour Day (September 5<sup>th</sup>)** Canadian stat. holiday.

**National Grandparents Day (September 12<sup>th</sup>)** honours grandparents across Canada.

**The Alzheimer Coffee Break (September 16<sup>th</sup>)** encourages Canadians to donate the cost of a cup of coffee to their community Alzheimer Society to fund programs and services intended for people suffering from Alzheimer's disease.

**Terry Fox Run (September 19<sup>th</sup>)** First held in 1981, the Terry Fox Run is an annual fundraising event for cancer research.

**Fall or Autumnal Equinox (September 23<sup>rd</sup>)**

**Police and Peace Officers' National Memorial Day (September 26<sup>th</sup>)** provides Canadians with an opportunity to recognize the police and peace officers who have died in the line of duty.

## **International Holidays and Observances**

**International Literacy Day (September 8<sup>th</sup>)** UNESCO reminds the international community of the status of literacy and adult learning globally. Some 759 million adults lack minimum literacy skills which means that one in five adults is still not literate; 72 million children are out-of-school and many more attend irregularly or drop out.

**World Suicide Prevention Day (September 10<sup>th</sup>)** promotes worldwide action to prevent suicides. Events are held to raise awareness that suicide is a major preventable cause of premature death. On average, almost 3000 people commit suicide daily. For every person who completes a suicide, 20 or more may attempt to end their lives.

**International Day of Democracy (September 15<sup>th</sup>)** is held to raise public awareness about democracy.

**Software Freedom Day (September 15<sup>th</sup>)** is an annual worldwide celebration of free/open-source software. SFD is a public education effort, to celebrate the virtues of free/open-source software and to encourage its use, to the benefit of the public.

**International Day for the Preservation of the Ozone Layer (September 16<sup>th</sup>)** commemorates the date of the signing of the Montreal Protocol on Substances that Deplete the Ozone Layer in 1987.

**International Talk like a Pirate Day (September 19<sup>th</sup>)** started as a fun concept in which people imitate pirate talk. It's turned into a worldwide media event. Some communities use the day to raise awareness or funds for issues such as cancer.

**International Day of Peace (September 21<sup>st</sup>)** is observed each year to recognize the efforts of those who have worked hard to end conflict and promote peace. The International Day of Peace is also a day of ceasefire – personal or political.

**World Car Free Day (September 22<sup>nd</sup>)** promotes improvement of mass transit, cycling and walking, and the development of communities where jobs are closer to home and where shopping is within walking distance.

**World Heart Day (September 26<sup>th</sup>)** informs people about cardiovascular diseases – the biggest cause of death worldwide - and promotes preventative measures.

**World Tourism Day (September 27<sup>th</sup>)** aims to foster awareness among the international community of the importance of tourism and its social, cultural, political and economic values.

**World Rabies Day (September 28<sup>th</sup>)** highlights the impact of human and animal rabies and promotes how to prevent and stop the disease. Sponsors - the Alliance for Rabies Control and the United States Centers for Disease Control and Prevention - report that 55 000 people die every year from rabies, an average of one death every 10 minutes.

# American Holidays and Observances

## Month

- Baby Safety Month
- Better Breakfast Month
- Cable TV Month
- Childhood Cancer Awareness Month
- Children's Eye Health & Safety Month
- Classical Music Month
- Library Card Sign-Up Month
- National Chicken Month
- National Courtesy Month
- National Hispanic Heritage Month
- National Pediculosis Month
- National Piano Month
- National Rice Month
- National School Success Month
- National Sewing Month
- Women Of Achievement Month

## Weeks

- 1<sup>st</sup> Week – Child Injury Prevention Week
- 2<sup>nd</sup> Week – International Housekeeper's Week
- 3<sup>rd</sup> Week – National Child Care Week
- 3<sup>rd</sup> Week – National Flower Week
- September 17<sup>th</sup> – 23<sup>rd</sup>: Constitution Week
- 4<sup>th</sup> Week – Equal Parents Week
- 4<sup>th</sup> Week – National Roller Skating Week

## Days

- Sept. 6<sup>th</sup>: Labour Day
- Sept. 11<sup>th</sup>: Patriot Day
- Sept. 12<sup>th</sup>: Grandparent's Day
- Sept. 16<sup>th</sup>: Step-Family Day
- Sept. 17<sup>th</sup>: Citizenship Day
- Sept. 24<sup>th</sup>: Native American Day

## Wacky American Observances

- Sept. 1<sup>st</sup>: Emma M. Nutt Day
- Sept. 2<sup>nd</sup>: National Beheading Day
- Sept. 3<sup>rd</sup>: Uncle Sam's Birthday
- Sept. 4<sup>th</sup>: Newspaper Carrier Day
- Sept. 5<sup>th</sup>: National Cheese Pizza Day
- Sept. 6<sup>th</sup>: Read a Book Day
- Sept. 7<sup>th</sup>: Neither Snow nor Rain Day
- Sept. 8<sup>th</sup>: National Date Nut Bread Day
- Sept. 9<sup>th</sup>: Teddy Bear Day
- Sept. 10<sup>th</sup>: TV Dinner Day
- Sept. 11<sup>th</sup>: No News is Good News Day
- Sept. 12<sup>th</sup>: National Video Games Day
- Sept. 13<sup>th</sup>: Positive Thinking Day
- Sept. 14<sup>th</sup>: Clayton Moore's Birthday
- Sept. 15<sup>th</sup>: Make a Hat Day
- Sept. 16<sup>th</sup>: Collect Rocks Day
- Sept. 17<sup>th</sup>: POW/ MIA Day
- Sept. 18<sup>th</sup>: National Play-Doh Day
- Sept. 19<sup>th</sup>: National Women's Friendship Day
- Sept. 20<sup>th</sup>: National Punch Day
- Sept. 21<sup>st</sup>: Miniature Golf Day
- Sept. 22<sup>nd</sup>: Dear Diary Day
- Sept. 23<sup>rd</sup>: Dogs in Politics Day
- Sept. 24<sup>th</sup>: National Punctuation Day
- Sept. 25<sup>th</sup>: National Comic Book Day
- Sept. 26<sup>th</sup>: Johnny Appleseed's B-Day
- Sept. 27<sup>th</sup>: Crush a Can Day
- Sept. 28<sup>th</sup>: Ask a Stupid Question Day
- Sept. 29<sup>th</sup>: Telly Monster's Birthday
- Sept. 30<sup>th</sup>: National Mud Pack Day

## **September Birthstone: Sapphire**

Sapphire is a gemstone variety of the mineral corundum, an aluminum oxide. When the stone is red or pink, the gem is considered to be a Ruby. Trace amounts of other elements (iron, titanium, or chromium) can give gem a blue, yellow, pink, purple, orange, or greenish color. Sapphires are associated with the sky and the heavens and symbolize truth, honesty and faithfulness. According to folklore, medieval clergy wore sapphires to symbolize heaven.



# Quotes, Proverbs & Teachings

## Elders Meditation

"It was good for the skin to touch the earth and the old people liked to remove their moccasins and walk with bare feet on the sacred earth. The soil was soothing, strengthening, cleansing, and healing."

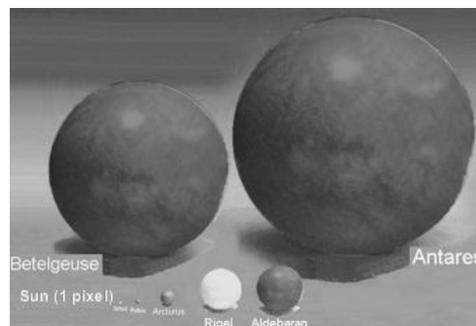
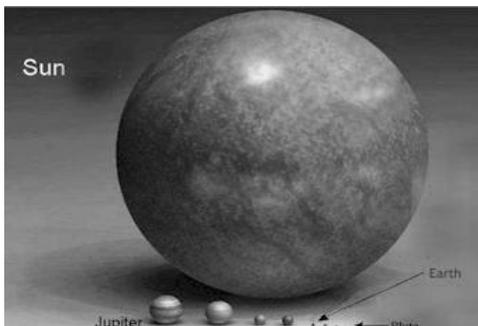
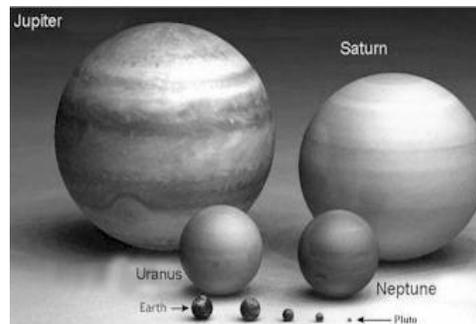
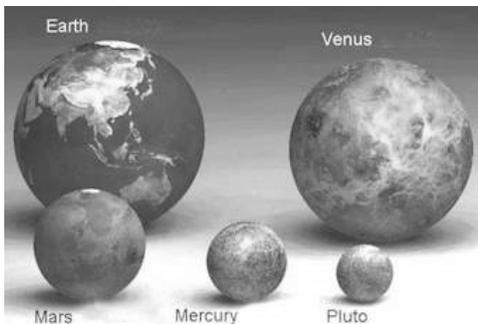
~ Chief Luther Standing Bear, Teton Sioux

Touching the earth – getting grounded, centered. There is magic in touching the earth and feeling her healing power. This is especially healthy to do during a troubling time when our minds are racing or can't stop thinking or are locked onto fear or resentment. When I need to feel free I can go to the Mother Earth. The Mother Earth is full of life and love. She always gives her powers to those who come to her. The Mother Earth is alive.

*Today, my Great Spirit, let me remember to touch the earth. Let me slow down and live for today. Let me be gentle, patient and kind.*

## Teaching: Putting It In Perspective

How big are the things that upset you today?



Antares is the 15th brightest star in the sky. It is more than 1000 light years from Earth. Now, how big are you? Humbling isn't it? Keep life in perspective - and don't sweat the small stuff!

Without winter,  
there can be no  
spring.

Without mistakes,  
there can be no  
learning.

Without doubts,  
there can be no  
faith.

Without fears, there  
can be no courage.

My mistakes, my  
fears and my doubts  
are my paths to  
wisdoms, faith and  
courage.

~ Author unknown

People love others  
not for who they  
are, but for how  
they make them  
feel.

~ Irwin Federman

There is only one  
way to happiness  
and that is to cease  
worrying about  
things which are  
beyond the power of  
our will.

~ Epictetus

Don't let someone  
else's opinion of you  
become your reality.  
~ Les Brown

Happiness is the  
meaning and  
purpose of life, the  
whole aim and end  
of existence.

~ Robert Heinlein

## Fun & Games

### *Missed Opportunity*

A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this in. At last she said, "I sure wish I'd gotten to know you sooner!"



### *Wrong Answer!*

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo while I asked, "No, how are we alike?" "You're both old," he replied.

### *Skill Set*

My granddaughter came to spend a few weeks with me, and I decided to teach her to sew. After I had gone through a lengthy explanation of how to thread the machine, she stepped back, put her hands on her hips, and said in disbelief, "You mean you can do all that, but you can't operate my Game Boy?"

### *Live-In Grandma*

My grandmother moved in with our family of five. As I was brushing my teeth one morning, she tapped on the door. "Is anyone in there?" she called. I mumbled an answer, to which she replied, "Is that a yes or a no?"

### *I Think He Meant Folgers...*

A little boy surprised his grandmother one morning with a cup of coffee. He made it himself and was so proud. The grandmother had never drank such a bad cup of coffee in her life. As finished the last sip, she noticed three little green army guys. She asked, "Honey, why are there army guys in the bottom of my cup?" Her grandson replied, "It's like on TV. The best part of waking up is soldiers in your cup."

### *Undecided*

Two little boys were visiting their grandfather and he took them to a restaurant for lunch. They couldn't make up their minds about what they wanted to eat. Finally the grandfather grinned at the server and said, "Just bring them bread and water." One of the little boys looked up and quavered, "Can I have ketchup on it?"

Grandchildren don't stay young forever, which is good because Pop-Pops have only so many horsey rides in them.

~ Gene Perret

What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humor, comfort, lessons in life. And, most importantly, cookies.

~ Rudolph Giuliani

Grandparents are a delightful blend of laughter, caring deeds, wonderful stories and love.

~ Author Unknown

It is as grandmothers that our mothers come into the fullness of their grace.

~ C. Morley

I don't care how poor a man is; if he has family, he's rich.

~ Col. Potter,  
M\*A\*S\*H

If nothing is going well, call your grandmother.

~ Italian Proverb

## Fun & Games Cont...

### *Grandparents*

Grandparents bestow upon their grandchildren  
The strength and wisdom that time  
And experience have given them.

Grandchildren bless their Grandparents  
With a youthful vitality and innocence  
That help them stay young at heart forever.

Together they create a chain of love  
Linking the past with the future.  
The chain may lengthen,  
But it will never part.  
~ Author Unknown



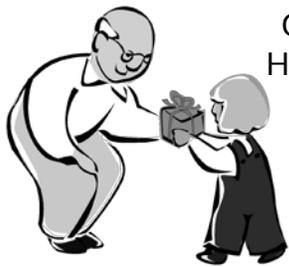
### *Grandpa's Tool Shed*

Grandpa's tool shed is a special place full of mystery and delight,  
Where little kids can come and watch while Grandpa builds a kite.

Each day before the sunset, Grandpa is always there.  
The sound of his saw and hammer, filling the evening air.

Grandpa can fix anything and make it look brand-new.  
He fixes toy cars and airplanes, trucks and trailers, too.

There are many happy moments, pleasant to recall.  
But Grandpa in his tool shed is the  
nicest one of all.  
~ By Marie Dostan



### *Grandma's Hugs Are Made Of Love*

Everything my grandma does is something special made with love.  
She takes time to add the extra touch that says, "I love you very  
much."

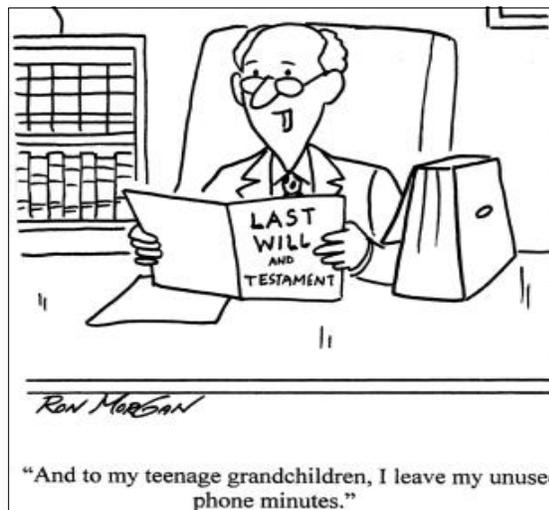
She fixes hurts with a kiss and smile and tell good stories grandma-  
style.

It's warm and cozy on her lap  
for secret telling or a nap.

And when I say my prayer at  
night, I ask God to bless and  
hold her tight.

Because when it comes to  
giving hugs, my grandma's  
arms are filled with love!

~ Author Unknown



"And to my teenage grandchildren, I leave my unused  
phone minutes."

Truth be told,  
there's nothing  
better than being a  
grandparent. All our  
elders know this  
and it is evidenced  
by that twinkle in  
their eyes. Of  
course, they know  
more than they let  
on—life's secrets  
have come to them  
through time,  
experience, and  
patience.

~ Author Unknown

A grandmother is a  
special person who  
causes a joyful  
happening in the  
heart of a child.

~ Author Unknown

Our grandchildren  
accept us for  
ourselves, without  
rebuke or effort to  
change us, as no  
one in our entire  
lives has ever done,  
not our parents,  
siblings, spouses,  
friends - and hardly  
ever our own grown  
children.

~ Ruth Goode

The idea that no  
one is perfect is a  
view most  
commonly held by  
people with no  
grandchildren.

~ Doug Larson

## Fun & Games Cont...



"Thanks to separations, divorces and remarriages, I've got 20 grandparents."

### *Grandma's Flowers*

Each time I go to Grandma's place to spend some summer hours, She lets me pick a big bouquet of pretty garden flowers.

I've learned the names of almost all the flowers Grandma grows: Carnation, iris, pansy, phlox, petunia, and rose.

The sweet pea is my favorite; it has a lovely smell.

The flower Grandma likes the best is Canterbury bell.

I think my Grandma's wonderful and hope that when I'm grown, I'll have a "green thumb" just like hers and flowers of my own.

~ By Pauline S. Walker

### *Not Funny!*

The boss wondered why one of his most valued employees hadn't phoned in sick one day. Having an urgent problem with one of the computers, he dialed the employee's home phone number and was greeted with a child's whisper.

"Hello. Is your daddy home?" he asked. "Yes," whispered the small voice. "May I talk with him?" The child whispered, "No." Surprised and wanting to talk with an adult, the boss asked, "Is your Mommy there?" "Yes." "May I talk with her?" Again the small voice whispered, "No." Hoping there was somebody with whom he could leave a message, the boss asked, "Is anybody else there?" "Yes," whispered the child, "a policeman."

Wondering what a cop would be doing at his employee's home, the boss asked, "May I speak with the policeman?" "No, he's busy", whispered the child. "Busy doing what?" "Talking to Daddy and Mommy and the Fireman", came the whispered answer.

Growing more worried as he heard what sounded like a helicopter through the ear piece, the boss asked, "What's that noise?" "A helicopter" answered the whispering voice. "What is going on there?" demanded the boss, now truly alarmed. Again, whispering, the child answered, "The search team just landed the helicopter." The boss asked, "What are they searching for?" Still whispering, the young voice replied with a muffled giggle: "ME."

Perfect love sometimes does not come until the first grandchild.

~ Welsh Proverb

To a small child, the perfect granddad is unafraid of big dogs and fierce storms but absolutely terrified of the word "boo."

~ Robert Brault

There are fathers who do not love their children; there is no grandfather who does not adore his grandson.

~ Victor Hugo

They say genes skip generations. Maybe that's why grandparents find their grandchildren so likeable.

~ Joan McIntosh

What a bargain grandchildren are! I give them my loose change and they give me a million dollars worth of pleasure.

~ Gene Perret

Grandma always made you feel she had been waiting to see just you all day and now the day was complete.

~ Marcy DeMaree

## Household Hints

**Bubble Gum in Hair** - simply spread peanut butter on the area and wash! It comes out like magic because of the oil!

**Candled Wax Removed From Carpet** - Remove as much of the wax as you can by hand after it has dried. Place a piece of brown paper bag over the wax in the area you want to clean and go over it with a warm iron. Keep the iron moving, and move the paper often. The heat from the iron melts the wax, and the brown paper wicks the wax out of the carpet. Repeat until done.

**Carpet Shocks** - To stop the static shock in rooms with wall to wall carpeting, fill a spray bottle with a mixture of one part liquid fabric softener and five parts water. Lightly mist the carpet.

**Clean A Vase** - To remove those tough stains from the bottom of a glass vase, just fill with water and add two Alka-Seltzer Tablets! This also works on clogged kitchen drains, drop two tablets down the drain followed by a cup of hot water.

**Coffee Pot Stains** - To clean a burnt coffee pot, put baking soda in the pot and put the pot back on the burner until the burnt coffee dissolves. Rinse with hot water.

**Flys, Gnats & Mosquitoes** - Fill a spray bottle with Listerine mouth wash and simply spray around the first sight of flies, gnats or mosquitoes. They hate the smell.

**Counter Top Stains** - Use 'Shout' fabric stain remover. The enzymes in the remover will lift up the counter top stains.

**Grout, Silisone Sealer, Mold and Mildew Remover** - Remove mold and mildew from around bathtub silicone sealer with "Shock It". Shock It is a powdered chlorine product that is used to control algae in swimming pools (you can buy it at Wal-Mart). Sprinkle a little on, let it set for 15 minutes and rinse off. The black is gone.

**Ink on Linoleum Floors** - Spray some hairspray on them.

**Pillow Refresher** - Place two featherpillows (in their cases) into the washer (warm water, gentle cycle). Flip the pillows halfway through the cycle. Run spin cycle twice to squeeze out all of the water. Toss into the dryer with a clean tennis shoe to prevent the feathers from bunching up.

## This Day in History:

### Sept. 1<sup>st</sup>, 1980:

Terry Fox was forced to halt his marathon in Thunder Bay, ON. After 135 days and over 5000 km's, cancer returned and spread to his lungs. He was hospitalized in Vancouver and died the following year.

### Sept. 10<sup>th</sup>, 1621:

King James I (Edinburgh, Scotland) grants all of Canada and Acadia to his secretary Sir William Alexander, who promises to set up the colony of Nova Scotia, or New Scotland.

### Sept. 12<sup>th</sup>, 1989:

Nisga'a Framework Agreement signed with the federal government.

### Sept. 21<sup>st</sup>, 1992:

Agreement establishing the BC Treaty Commission is signed by Brian Mulroney, Mike Harcourt, and First Nations Summit representatives.

### Sept. 28<sup>th</sup>, 1974:

Canadian-born North American Indians earn the right to pass freely over the United States – Canada border.

## Upcoming Events

<b>Aug. 16 - Sep. 16</b>	<b>Friendship Days, Food for Flowers</b> Celebrate your friends and support the Food Bank! In exchange for non-perishable food items, you receive six flowers to share with your friends. Drop off your donations at Grower Direct Flowers (4190 15th Ave) from 9 am to 5.30 pm.
<b>Sat. Sep. 4</b> 6 pm	<b>Hit To Pass</b> Hit to Pass Day 1 Special admission for this event. PGARA speedway.
<b>Sun. Sep. 5</b> 1 pm	<b>Hit To Pass</b> Hit to Pass Day 2 Special admission for this event. PGARA speedway.
<b>Sep. 5 – 6</b>	<b>Summer Harvest</b> Join us for the long weekend and our annual store sale. A special lunch menu, lots of fun for the kids, and heritage cooking demos will happen throughout the day. Produce from the Huble garden will be for sale! <a href="http://www.hublehomestead.ca">www.hublehomestead.ca</a>
<b>Wed. Sep. 8</b> 6 pm	<b>Books to Box Office: The Secret Life of Bees</b> Join us once a month on Wednesdays to watch movies based on popular novels. It's like a book club, but without the reading! Perfect for people with busy schedules. Details: Movie starts at 6 pm at the Bob Harkins Branch. Admission is free, no registration. Ages: adults.
<b>Thu. Sep. 9</b> 7 – 9 pm	<b>Weekly Tai Chi Practice/ Instruction</b> Beginners welcome! Learn warm-up exercises, Yang style 24 form, Yang style 108 form. Develop better balance, body awareness, feel more relaxed, sleep better. \$5 drop-in fee or \$10/month. Venue: Knox United Church Basement (1448 - 5th Ave.) Contact: Lister at 250-964-3849 or <a href="mailto:listerchen@shaw.ca">listerchen@shaw.ca</a> .
<b>Sep. 10 – 11</b> 9 am – 4 pm	<b>Flea Market</b> Something for everyone! Venue: Moose Hall (663 Douglas Street). Table rentals: \$15 per day. Concession on site. For tables call Elmer at 250.563.9504 or Dave at 250.612.5173
<b>Sep. 11 – 12</b> 8.30 am – 11 pm	<b>Reid Lake Fall Fair</b> Old Fashioned Country Fair includes: children's games, live entertainment, farmers market, exhibits, swine auction, and concession. Contact: Karen at 250.967.0230 or <a href="mailto:reidlake@hotmail.com">reidlake@hotmail.com</a> Venue: Reid Lake Community Hall.
<b>Sun. Sep. 12</b> 10 am	<b>Kidney Walk</b> For this walk we don't just want your pledges; we want your kidneys too. Not now! Later...when you don't need them anymore. Walkers are invited to join friends, family and neighbours in taking their first steps in becoming a kidney hero by participating in the walk and registering to be an organ donor. This fundraiser will also include entertainment and complimentary refreshments. Raise \$100 or more and receive a FREE t-shirt! Funds raised will support the work of The Kidney Foundation of Canada, BC Branch! Venue: Charles Jago Northern Sport Centre Contact: 604.736.9775 Ext. 229 or <a href="mailto:barbarav@kidney.bc.ca">barbarav@kidney.bc.ca</a>
<b>Sun. Sep. 12</b> 12 – 3 pm	<b>PG Metis Community Association Annual General Meeting</b> Venue: Bladerunner Building (1074 6 <sup>th</sup> Avenue)
<b>Sun. Sep. 12</b> 12 – 4 pm	<b>Paws for a Cause</b> Bring along your pooch and join us at beautiful Cottonwood Island Park for a day of family fun. By participating in Scotiabank and BC SPCA Paws for a Cause you're helping us continue to speak for those who can't speak for themselves. Contact:

	250.552.9252 or bogmundson@spca.bc.ca
<b>Sun. Sep. 12</b> 1 pm	<b>9th Annual Winners Walk of Hope</b> The Winners Walk of Hope is the single largest fundraiser in Canada that supports ovarian cancer awareness, education and research. Last year 11,000 participants raised more than \$2.3M. This year we have set our sights at raising a record-breaking \$2.5M. Venue: Masich Place Stadium
<b>Wed. Sep. 15</b> 10 am – 12 pm	<b>All Nations Elders: Cultural Crafts</b> Venue: PGNFC, Power of Friendship Room (1600 3 <sup>rd</sup> Avenue) Cost: FREE! All materials are provided. Notes: Craft session is followed by a free lunch & social put on by the PGNFC. Elders are welcome to attend both.
<b>Sat. Sep. 18</b> 12 pm	<b>Welcome Wagon Baby Showcase</b> Event There will be 20-30 local business booths introducing and promoting their goods and services to 100-120 new and expectant moms at the Ramada. There will be a fashion show and refreshments. The event is free to attend with door prizes to be won and gift bags for each mom. Register online at <a href="http://www.welcomewagon.ca">www.welcomewagon.ca</a> For more information please call 250-617-7812
<b>Sat. Sep. 18</b> 1 pm	<b>Golden Cinema Saturday!</b> We'll be showing "Gentlemen Prefer Blondes" at the Bob Harkins Branch, Prince George Public Library. It's time you spent an enjoyable afternoon watching some of Hollywood's best classic movies, absolutely free. For more information contact: 250-563-9251
<b>Sat. Sep. 18</b>	<b>Positive Living North's Scotiabank AIDS Walk For Life 2010</b> Contact: <a href="mailto:info@positivelivingnorth.ca">info@positivelivingnorth.ca</a> for more details.
<b>Sep. 18 – 19</b> 9 am – 3 pm	<b>Yard Sale Trail</b> Spanning Highway 16 from the Bon Voyage mall to the Petro Canada, multi-community yard sales in support of M.A.D.D. Contact: 778.416.7974 or email <a href="mailto:yardsaletrail@gmail.com">yardsaletrail@gmail.com</a>
<b>Sep. 24 – 25</b> 10 am – 4 pm	<b>Mennonite Fall Fair</b> a local fundraising effort featuring local and third world crafts, baking, used books and clothes and lunch all day. Free Admission. Money raised goes to relief projects around the world, and to local charities. Venue: Prince George Civic Centre
<b>Sun. Sep. 26</b>	<b>BC Rivers Day</b> generates public awareness about British Columbia's waterways. Recreational clubs, conservation organizations, community groups, schools, and local governments host BC Rivers Day events across the province. Join us in Fort George Park for the day!
<b>Sun. Sep. 26</b>	<b>Old Fashioned Community Picnic</b> Come join in a special community appreciation event at the Fort St James historic site for our community partners and friends in the surrounding region. Music, drama, demonstrations, and good times for folks of all ages.
<b>Sep. 27 – Oct. 1</b> 9 am – 5 pm	<b>Returning to Spirit - Aboriginal</b> This RTS workshop is unique and cutting edge in its approach to healing and reconciliation. The workshop is designed for Aboriginal people who continue to experience the legacy of residential school. The workshop benefits survivors, families of survivors, and anyone who wants to move beyond healing to reconciliation and discover the spirit of who they are. Please contact Jean Marie Lehtinen for more information 250-964-4475. Venue: Domano Renewal Centre (110 6500 Southridge Avenue)

## Ongoing Events

<b>MONDAYS</b>		September 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>
7 pm	<b>Northern Twister Square Dance Club</b> Venue: St. Michael's Church Hall Contact: Gys at 250.563.4848 or Reta at 250.962.2740	
12 – 2 pm & 7 – 9 pm	<b>Prince George Healing Room</b> Are you hurting? Do you have health issues? Confidential prayers. No appointments necessary. Location: PG Pentecostal Church (497 Ospika Blvd.) Contact: 250.617.9653	
<b>TUESDAYS</b>		September 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup>
12 – 1 pm	<b>Healthy Elders Yoga</b> - Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for more information about class times.	
6.30 pm	<b>Walk PG</b> - 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.	
<b>WEDNESDAYS</b>		September 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>
10 – 11.30 am	<b>Wellness Wednesdays</b> - PG Council of Seniors hosts free drop-in sessions for anybody 55+. Venue: 1055 - 5th Ave. Call: 250.564.5888.	
10 am – 2 pm	<b>Senior's Social at Pineview Hall</b> – Events held in the basement of Pineview Hall (wheelchair accessible). Contact: Syl at 250.963.7427	
12 – 2 pm	<b>PG Healing Room</b> Confidential prayers for health issues, walk-in. Location: All Nations Church (1395 5 <sup>th</sup> Ave.) Contact: 250.617.9653	
<b>THURSDAYS</b>		September 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup>
10 am – 9 pm	<b>FREE Thursdays at Two Rivers Gallery</b> – Open all day. Featuring work by local and emerging artists. Contact: 250.614.7800	
1 pm	<b>Walk PG</b> - 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	<b>Darts at PG Legion</b> – Adults (19+) welcome blind draw mixed doubles. Call Carol at 250.564.3148 or Joe/ Claudette at 250.963.9918.	
7 – 10 pm	<b>BC Old Time Fiddlers - Fiddle Jam Nights:</b> All ages welcome. Price: \$2. Location: Elder Citizen's Rec. Centre. Contact: 250.563.1025.	
<b>FRIDAYS</b>		September 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup>
5 – 6 pm	<b>Healthy Elders Tai Chi</b> - Contact Cheryl Webster at 250.612.9685 or cwebster@cstc.bc.ca for more information about class times.	
8 pm – 12 am	<b>PG Legion Dance</b> – Everyone welcome, live band and dance floor. Admission: \$5. Location: PG Legion (1335 7th Ave). Call: 250.562.1292	
<b>SATURDAYS</b>		September 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>
8.30 am – 2 pm	<b>Farmer's Market</b> – Location: Corner of 3 <sup>rd</sup> Ave. & George Street. Browse vendors with meats, veggies, crafts, baked goods, and much more.	
9 am – 5 pm (Sun. 9 – 3)	<b>Nechako Public Market</b> – Location: 5100 Nechako Rd. Arts & crafts, kids entertainment, imports, garage sale items, handmade items, food, antiques, and home based businesses concessions. Contact 250.962.1943	
10.30 am	<b>Walk PG</b> - 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.	
<b>SUNDAYS</b>		September 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>
7 pm	<b>All My Relations</b> - AA meetings followed with an after session smudge ceremony at the Alano Club – 766 Alward Street. Contact 250.563.9517.	