

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 2, Number 10

OCTOBER, 2010



ALL NATIONS ELDERS NEWSLETTER

Welcome

We are pleased to present the October 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 October Elders

Happy Birthday to the October babies! The October birth flower is the Calendula. The name Calendula stems from the Latin kalendae, meaning first day of the month. The common name marigold probably refers to the Virgin Mary.



Happy Halloween!

Hope you have a spooktacular day.

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October 1st: National Seniors Day

On June 17th, 2010, the House of Commons passed Bill C-40 *An Act to establish National Seniors Day*. We use this day to recognise the valuable difference senior Canadians continue to make in this country.

Happy Thanksgiving!

May your stuffing be tasty, may your turkey be plump. May your potatoes and gravy have nary a lump. May your yams be delicious and your pies take the prize and may your Thanksgiving dinner stay off of your thighs!

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

Agenda Items:

Special Guest: Service Canada

Two representatives from Service Canada, Marilyn Schmaus and Cheryl Saunderson, will attend the October All Nations Elders meeting. They will host a Q & A session on the Canada Pension Plan, Old Age Security, and other programs offered through Service Canada. They are very knowledgeable and capable of answering questions and clarifying issues the Elders might have.

Cultural Crafts for Elders: Wednesday October 20th

Please join us. Crafts take place at the PGNFC in the Power of Friendship room from 9:30 am to 12 pm. Materials are provided and it is free to attend. The crafts are followed by a free lunch and social put on by the PGNFC, Elders are encouraged to attend.

Upcoming Elders Camp

Will be discussed at meeting.

Diabetes Support Group Meeting

Connect with other adults with diabetes! Listen as other adults discuss or join in the discussion of how they handle the everyday tasks of blood glucose testing, dealing with medications timing, meal planning and the emotions involved in the daily management of their diabetes. Meetings are held at: The Prince George Council of Seniors Office (1055 5th Avenue). Time: Tuesdays at 7 pm. Contact: Larry at (250) 596-7004

'Hear Our Words' Aboriginal Youth Story Writing Competition

Have a story to tell? We'd like to hear it. This short story writing competition is open to ALL Aboriginal youth in Prince George (status, non-status, Métis, Inuit). Guidelines are: The stories have to be your own, unpublished, and not previously submitted. They can be based on real events or fictional. You are encouraged, and welcome, to submit stories that are reflective of Aboriginal people, culture, traditions, and history.

Your stories will be reviewed by our committee who will select one from each category to recognize at the 2010 Weaving Words Celebration at UNBC November 4th – 6th, 2010. If your story is chosen you will have the opportunity to share it during one of the festival events in front of an audience.

Submission Categories: Ages 6-9: 250 – 350 words handwritten or typed. Ages 10 – 13: 500 to 800 word story, typed. Ages 14-19: 900 – 1200 word story, typed.

Deadline: Noon on October 22nd. Stories can be sent by mail, in person, or email (attached as a word document). Include a separate paper with your full name, age, grade, school, address, phone number, along with a parent or guardian's name.

Send To:

Weaving Words Celebration Committee
UNBC First Nations Centre

Email: storyteller@unbc.ca

3333 University Way

Phone: (250) 960-5772

Prince George, BC V2N 4Z9

News & Community

Most Canadians Say Life Hasn't Improved for First Nations: Poll

By Giuseppe Valiante, Postmedia News, July 14, 2010

Twenty years after the 78-day standoff between the Mohawk nation of Kanesatake and the town of Oka over disputed land in Quebec, the majority of Canadians don't believe the quality of life for Aboriginals in Canada is getting better, according to a new poll.

The poll, conducted by Ipsos Reid on behalf of Canada.com, found that 43% of Canadians believe life has got better for Aboriginals in the past twenty years. 49% believe there has been no change and 8 % polled said life for Aboriginals has got worse.

During the summer of 1990, local Mohawks of Kanesatake erected road blocks and barricades, blocking access to sacred land. The city of Oka planned to use the same land, located about 70 kilometers north of Montreal, for the final nine holes of an 18-hole golf course. Luxury condominiums were also planned around the site.

The Quebec provincial police stormed the barricade and one officer, Marcel Lemay, was shot dead. Negotiations between the parties resulted in the standoff ending 78 days after it started, however, land and governance disputes continue to this day.

Among the 43% who believe the situation is improving, 56% credit Aboriginals and their leaders, 44% credit governments and politicians. Among those who say the situation is worse, 59% blame the government and 41% blame Aboriginals and their leadership.

John Wright, senior vice-president of Ipsos Reid, says the results of the survey show "a genuine frustration on behalf of Canadians on how to solve this issue." He said Canadian perceptions about Aboriginals are made on the basis of what is prominently brought to their attention. And while headlines vary by location, it's often negative news.

Overall, six in ten Canadians agree that "governments do enough to help the Aboriginal peoples of Canada." Four in ten disagree. Chris McCormick, deputy grand chief of the Association of Iroquois and Allied Indians, is one of the dissenters. He just finished taking part in negotiations between Ontario's First Nations, the province of Ontario and the federal government on maintaining the provincial-sales-tax exemption for goods purchased off-Reserve by status Indians after the HST implementation. He said First Nation communities had to threaten road blockades and barricades before the two governments sat down with them and negotiated. In the end, the sales-tax exemption was maintained.

"To be fair, it's good and it's bad," McCormick said about the Aboriginal quality of life since the so-called Oka Crisis. He said he's frustrated that Canada has still not signed on to the United Nations Declaration on Rights of Indigenous Peoples. Overall, he said, governments don't treat Aboriginals as equal partners. However, McCormick applauded the government over the creation of Nunavut. "That was a major milestone," he said.

Healthy Recipes of the Month

Thanksgiving Recipe: Pumpkin Soup

Ingredients:

4 lbs. pumpkin flesh, peeled, seeded, chopped
2 tbsp salt
2 tbsp unsalted butter
2 cups chopped yellow onions
3 bay leaves
½ tsp. freshly ground white pepper

2 tsp. sugar
8 cups chicken broth
2 tbsp. smooth peanut butter
¼ tsp. ground cinnamon
1/8 tsp. freshly grated nutmeg
1/8 tsp. ground allspice

Preparation:

1) Put the chopped pumpkin in a large saucepan, cover with water, and add 1 teaspoon of the salt. Bring to a boil and cook until fork-tender, about 15 minutes. 2) Drain, let cool, and mash. You should have about 4 cups. 3) In a large, heavy pot or Dutch oven, melt the butter over medium-high heat. Add the onions, bay leaves, the remaining salt, pepper and sugar. 4) Cook, stirring, until the onions are soft and lightly golden, about 10 minutes. 5) Add the chicken broth, pumpkin puree, and peanut butter (*Emeril's secret ingredient*). Stir to mix. Bring to a boil. 6) Reduce heat to medium and cook, uncovered, until it coats a spoon, about 1 hour and 15 minutes. 7) Stir in the cinnamon, nutmeg, and allspice. Remove and discard the bay leaves and serve hot soup in soup bowls.



Halloween Recipe: Gingerbread Ghosts

Ingredients:

½ cup sugar
½ cup butter or margarine, softened
1/3 cup molasses
2 ½ cups sifted all-purpose flour

2 tsp. ground ginger
¾ tsp. baking soda
½ tsp. ground cinnamon
pinch of salt

Preparation:

In a large bowl, blend together the sugar and butter. Add the molasses. Fold in the sifted flour, ginger, baking soda, cinnamon, and salt. Refrigerate for at least 2 hours. Preheat oven to 350 degrees. Lightly grease a large baking sheet. On a lightly floured board, roll out the dough until it is 1/8 inch thick. Cut out the cookie with a ghost-shaped cookie cutter and place on the baking sheet. Bake for 6 to 8 minutes, until lightly browned. Remove from the oven and let cool thoroughly on a wire rack before decorating with frosting.

Article: October Holidays and Observances

Canadian Holidays and Observances

Month

- Breast Cancer Awareness Month
- Celiac Awareness Month
- Community Living Month (BC Only)
- Denturist Awareness Month
- Eye Health Canada Month
- Learning Disabilities Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month
- Lupus Awareness Month
- National Occupational Therapy Month
- Psoriasis Awareness Month
- Stamp Collecting Month
- Women's History Month

Weeks

- Fire Prevention Week: October 3rd – 9th
- Mental Illness Awareness Week: October 3rd – 9th
- YWCA Week Without Violence: October 10th – 16th
- Sturge - Weber Syndrome Awareness Week: October 13th – 21st
- National Science and Technology Week: October 15th – 24th
- National Co-op Week: October 17th – 23rd
- National School Safety Week: October 17th – 23rd
- Small Business Week: October 17th – 23rd
- National Infection Control Week: October 18th – 22nd
- Citizenship Week: October 18th – 24th
- Waste Reduction Week in Canada: October 19th – 25th

Days

October 1st: National Seniors Day coincides with International Day of Older Persons. Recognizes the valuable difference senior Canadians continue to make in this country.

October 11th: Thanksgiving Day a harvest festival traditionally associated with giving thanks for the harvest and expressing gratitude.

October 17th: National Psoriasis Walk is an event that aims to increase public awareness of psoriasis and to raise funds for research on this disease.

October 18th: Persons Case Day commemorates the recognition of women as persons under Canadian law.

October 31st: Halloween is an annual holiday that has roots in the Celtic festival of Samhain and the Christian holiday All Saints' Day.

October 31st: National UNICEF Day honours the traditional Halloween fundraising campaign for UNICEF.



International Holidays and Observances

October 1st: International Day of Older Persons (UN) fosters international public awareness of the important social role of seniors in society and the benefits of intergenerational respect and support.

October 1st: World Vegetarian Day (IVU) brings awareness to the ethical, environmental, health and humanitarian benefits of a vegetarian lifestyle.

October 2nd: International Day of Non-Violence (UN) is observed on the birthday of Mahatma Gandhi.

October 4th: World Animal Day animal life in all its forms is celebrated, and special events are planned on locations all over the globe.

October 4th: World Habitat Day (UN) reflects on the state of our cities and towns and the basic human right to adequate shelter. It also aims to remind the world of its collective responsibility for the habitat of future generations.

October 4th – 10th: World Space Week (UN) celebrates the contribution of space science and technology to the betterment of the human condition.

October 5th: World Teachers Day (UNESCO) represents a significant token of the awareness, understanding and appreciation displayed for the vital contribution that teachers make to education and development.

October 6th: World Hospice and Palliative Care Day is a day of action to celebrate and support hospice and palliative care around the world.

October 8th: World Humanitarian Action Day (UN) brings attention to the plight of those requiring assistance as a consequence of conflict, natural, or man-made disaster.

October 9th: World Post Day (UPU) commemorates the founding of the Universal Postal Union in 1874. Postal services throughout the world use the celebrations to introduce new products and services and to organize philatelic exhibitions.

October 10th: World Day against Death Penalty (WCADP) aims to strengthen the international dimension of the struggle against capital punishment.

October 10th: World Mental Health Day (WHO) is a day for global mental health education, awareness and advocacy.

October 13th: International Day for Natural Disaster Reduction (UN) promotes a global culture of natural disaster reduction.

October 14th: World Sight Day (WHO) is an annual day of awareness to focus global attention on blindness, visual impairment and rehabilitation of the visually impaired.

October 14th: World Standards Day (ISO) aims to raise public awareness of the global importance of standardization activities and organizations.

October 15th: Global Handwashing Day motivates and mobilizes millions around the world to wash their hands with soap as a key approach to disease prevention

October 15th: International Day of Rural Women (UN) celebrates and honors the role of rural women, recognizing their importance in enhancing agricultural and rural development worldwide.

October 16th: World Food Day (UN) raises awareness of the issues behind poverty and hunger.

October 17th: International Day for the Eradication of Poverty (UN) commemorates the 1987 event in Paris, France, when 100,000 people gathered on the Human Rights and Liberties Plaza at the Trocadéro to honour victims of poverty, hunger, violence and fear. The purpose of the day is to make the voice of the poor heard.

October 20th: World Statistics Day (UN) acknowledges the service provided by the global statistical system at national and international level and helps to strengthen the awareness and trust of the public in official statistics

October 24th: World Development Information Day (UN) draws the attention of world public opinion to development problems and the necessity of strengthening international co-operation to solve them.

October 24th – 30th: Disarmament Week (UN) begins on the anniversary of the founding of the United Nations. It highlights the danger of the arms race, the need for its cessation and increases public understanding of the urgent tasks of disarmament.

October 27th: World Day for Audiovisual Heritage (UNESCO) raises awareness of the need for urgent measures to be taken and to acknowledge the importance of audiovisual documents as an integral part of national identity.

This Day in History

Oct. 11th, 1492: The Native people of North America meet Christopher Columbus on their shores.

Oct. 17th, 1763: Proclamation on Indian Rights, sometimes called the Indian Magna Carta. This is the first time a government recognizes that Aborigines have certain rights to the land because they were the first to live on it.

Oct. 18th, 1929: the British Privy Council decides that women are “persons” under the Canadian law.

Oct. 19th, 1971: a federal court decides that Indian women who marry non-Status Indians will no longer lose their status and rights as Indians.

Oct. 21st, 1844: Louis Riel, future Métis leader is born.

American Holidays and Observances

Month

- Arts & Humanities Month
- Breast Cancer Awareness Month
- Celiac Sprue Awareness Month
- Cyber Security Awareness Month
- Dental Hygiene Month
- Disability Awareness Month
- Domestic Violence Awareness Month
- Down Syndrome Awareness Month
- Filipino American History Month
- German American Heritage Month
- Health Literacy Month
- Healthy Lung Month
- Hispanic Heritage Month
- Infertility Awareness Month
- Italian American Heritage Month
- Lesbian Gay Bisexual Transgender History Month
- Lupus Awareness Month
- Physical Therapy Month
- Polish American Month
- Spina Bifida Awareness Month
- Rett Syndrome Awareness Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month

Days

- Leif Erikson Day: October 9th
- Columbus Day: October 11th
- Indigenous People's Day (California, celebrated in lieu of Columbus Day): Oct. 11th
- Native American Day (in South Dakota only): October 11th
- Thanksgiving Day: October 11th
- Sweetest Day (in Illinois, Michigan, Ohio and Wisconsin only): October 16th
- Alaska Day (in Alaska only): October 18th
- Nevada Day (in Nevada only): October 29th
- Devil's Night (Michigan only): October 30th
- Halloween: October 31st

Wacky American Observances

- Change A Light Day: October 2nd
- Alternative Fuel Day: October 3rd
- Improve Your Office Day: October 4th
- Mad Hatter Day: October 6th
- Smile Day: October 7th
- Cake Decorating Day: October 10th
- Free Thought Day: October 12th
- Face Your Fears Day: October 12th
- Grouch Day: October 15th
- Dictionary Day: October 16th
- Hogfish Day: October 20th
- Babbling Day: October 21st
- Nut Day: October 22nd
- iPod Day: October 23rd
- Mother-In-Law Day: October 24th
- Mule Day: October 26th
- Forgiveness Day: October 30th
- Checklist Day: October 30th

October Birthstone: Opal

October's birthstone is the opal. The opal is thought to have the power to predict illness. This is because the opal responds to heat. Sickness increases body temperature before signs of illness appear. The increased body heat causes the opal to lose its shine, leaving it dull and lacking color. It is also said that the opal will crack if it is worn by someone who was not born in October.

Quotes, Proverbs & Teachings

Elders Meditation

"Knowledge is a beautiful thing, but the use of knowledge in a good way is what makes for wisdom. A true Elder learns how to use knowledge in a sacred manner."

~ Sun Bear, Chippewa

We grow in wisdom by developing ourselves according to the four directions of the Medicine Wheel; emotionally, mentally, physically and spiritually. Say we started drinking as a teen. Our emotional development will stop, but we will grow older physically. We could develop into an immature adult. Once we stop drinking, our emotional development will begin again. We need to nurture ourselves in all four directions. That's the only way we become wise individuals and live our lives in harmony and in a sacred way.

Guide my thinking today. Let me walk in a sacred way on the Red Road. Let me learn lessons and give me your greatest gift, wisdom!

Teaching: Something to Think About

Imagine that you had won the following prize in a contest: each morning your bank would deposit \$86,400.00 into your private account for your use. This game has rules though: 1. Everything that you didn't spend during each day would be taken away. 2. You may not transfer money into some other account. 3. You may only spend it. 4. The bank can end the game without warning. It can close your account and you will not receive a new one.

Each morning, upon awakening, the bank opens your account with another \$86,400 for that day. What would you personally do? Would you buy anything and everything you wanted? Not only for yourself, but for all people you love? Even for people you don't know, because you couldn't possibly spend it all on yourself? Would you try to spend every cent, and use it all?

This game is reality! Each of us is in possession of such a magical bank, we just can't seem to see it. This magical bank is time. Each morning we awaken to receive 86,400 seconds as a gift of life. When we go to sleep at night, any remaining time is not credited.

Yesterday is forever gone. Each morning the account is refilled, but the bank can dissolve your account at any time, without warning. What will you do with your 86,400 seconds? Those seconds are worth so much more than the same amount in dollars. Enjoy every second of your life, because time races by faster than you think. Take care of yourself, be happy, love deeply and enjoy life!

Seeing much, suffering much, and studying much, are the three pillars of learning.

~ Benjamin Disraeli

Suppose that we are wise enough to learn and know – and yet not wise enough to control our learning and knowledge, so that we use it to destroy ourselves? Even if that is so, knowledge remains better than ignorance.

~ Isaac Asimov

It's not that I'm so smart, it's just that I stay with problems longer.

~ Albert Einstein

A little learning is a dangerous thing, but we must take that risk because a little is as much as our biggest heads can hold.

~ George B. Shaw

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

~ Henry Ford

The learning and knowledge that we have, is, at the most, but little compared with that of which we are ignorant.

~ Plato

I not only use all the brains that I have, but all that I can borrow.

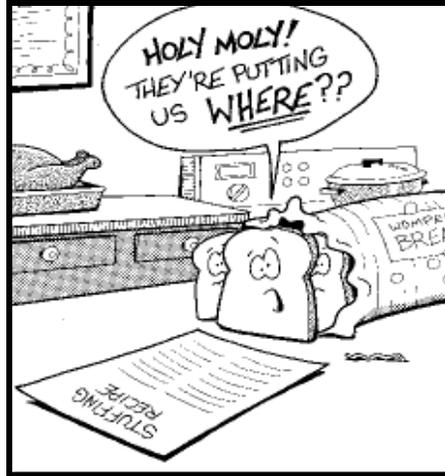
~ Woodrow Wilson

Fun & Games

Thanksgiving Divorce

A man in Phoenix calls his son in New York the day before Thanksgiving and says, "I hate to ruin your day, but your mom and I are divorcing; 45 years of misery is enough." "Pop, what are you talking about?" "We can't stand the sight of each other any longer! I'm sick of talking about it, call your sister in Chicago and tell her."

Frantic, the son calls his sister, "Like heck they're getting divorced, I'll take care of this!" She calls Phoenix immediately, and screams at her father, "You are NOT getting divorced! Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing!" and hangs up. The old man hangs up his phone and turns to his wife. "Okay," he says, "they're coming for Thanksgiving and paying their own way."



Pregnant Turkey

Last Thanksgiving we had dinner at my sister's house. Knowing how gullible she is, my mom decided to play a trick. She asked my sister to pick something up from the store. When she left, mom took the turkey out of the oven, removed the stuffing, stuffed a Cornish hen, inserted it into the turkey, and re-stuffed the turkey. She placed the bird back in the oven.

When it was time for dinner, my sister pulled the turkey out of the oven and proceeded to remove the stuffing. When her serving spoon hit something, she reached in and pulled out the little bird. With a look of total shock on her face, my mother exclaimed, "Patricia, you've cooked a pregnant bird!" At the reality of this horrifying news, my sister started to cry. It took the family two hours to convince her that turkeys lay eggs!

Grocery Shopping

A lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family. She asked the stock boy, "Do these turkeys get any bigger?" The stock boy answered, "No ma'am, they're dead."

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.
~ John F. Kennedy

Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude.
~ E.P. Powell

Thanksgiving is the holiday of peace, the celebration of work and the simple life... a true folk-festival that speaks the poetry of the turn of the seasons, the beauty of seedtime and harvest, the ripe product of the year.
~ R. S. Baker

Coexistence: what the farmer does with the turkey - until Thanksgiving.
~ Mike Connolly

He who thanks but with the lips thanks but in part; the full, the true Thanksgiving comes from the heart.
~ J. A. Shedd

The unthankful heart discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings!
~ Henry W. Beecher

Fun & Games Cont...



What kind of street does a ghost like best? A dead end.

What do you get when you cross a werewolf with a drip-dry suit? A wash-and-werewolf.

What did the papa ghost say to the baby ghost? Fasten your sheet belt.

What is a witch with poison ivy called? An itchy witchy.

Where do vampires live? In the Vampire State Building.

What do you call a dog owned by Dracula? A blood hound.

What did Dr. Frankenstein get when he put his goldfish's brain in the body of his dog? I don't know, but it is great at chasing submarines.

What's a cold, evil candle called? The wicked wick of the north.

What kind of hot dogs do werewolves like best? Hallowieners.

What does a goblin shop for? Grosseries.

How can you tell when windows are scared? They get shudders.

What do you call serious rocks? Grave stones.

Why did the witch stand up in front of the audience? She had to give a screech.

Why wasn't the vampire working? He was on his coffin break.

What's a ghouls favorite breakfast cereal? Rice Creepies.



Halloween

Halloween Quotes

From ghoulies and ghosties and long-leggedy beasties and things that go bump in the night. Good Lord, deliver us!
~ Scottish Saying

Hold on, man. We don't go anywhere with scary, spooky, haunted, or forbidden in the title.
~ Scooby-Doo

When witches go riding, and black cats are seen, the moon laughs and whispers, 'tis near Halloween.
~ Author Unknown

This Halloween the most popular mask is the Arnold Schwarzenegger mask. And the best part? With a mouth full of candy you will sound just like him.
~ Conan O'Brien

A Grandmother pretends she doesn't know who you are on Halloween.
~ Erma Bombeck

When black cats prowl and pumpkins gleam, may luck be yours on Halloween.
~ Author Unknown

'Tis now the very witching time of night, when churchyards yawn and hell itself breathes out contagion to this world.
~ Shakespeare

Fun & Games Cont...

What do you think about Halloween? Do you feel it is plain hogwash or do you think there is some truth about it? Or do you see it as pure fun?

Halloween, celebrated each year on October 31st, is a mix of ancient Celtic practices, Catholic and Roman religious rituals and European folk traditions that blended together over time to create the holiday we know today. Straddling the line between fall and winter, plenty and paucity and life and death, Halloween is a time of celebration and superstition. Halloween has long been thought of as a day when the dead can return to the earth, and ancient Celts would light bonfires and wear costumes to ward off these roaming ghosts. The Celtic holiday of Samhain, the Catholic Halloween period of All Saints' Day and All Souls' Day and the Roman festival of Feralia all influenced the modern holiday of Halloween. In the 19th century, Halloween began to lose its religious connotation, becoming a more secular community-based children's holiday. Although the superstitions and beliefs surrounding Halloween may have evolved over the years, as the days grow shorter and the nights get colder, people can still look forward to parades, costumes and sweet treats to usher in the winter season.

Tis the Night Before Thanksgiving

Tis the night before Thanksgiving and all through our house,
No turkey is baking; I feel like a louse,
For I am all nestled, so snug in my bed;
I'm not gettin' up and I'm not bakin' bread.
No pies in my oven, no cranberry sauce
Cuz I give the orders, and I am the boss.
When out in the kitchen, there arose such a clatter
I almost got up to see what was the matter.
As I drew in my head and was tossing around
To the bed came my husband, he grimaced, he frowned.
And laying his finger aside of his nose,
He scared me to death and I thought, "Here he goes!"
He spoke not a word as he threw back my quilt
And the look that he gave was intended to wilt.
So up to the ceiling my pillows he threw
I knew I had had it, his face had turned blue.
"You prancer, you dodger, you're lazy, you vixen
Out yonder in kitchen, Thanksgiving you're fixin."
But he heard me explain, with my face in a pout:
"I'm just plain too tired and we're eating out!"

Halloween Quotes

Ghosts, like ladies,
never speak till spoke
to.

~ Richard Harris

You wouldn't believe
On All Hallow Eve
what lots of fun we
can make, with apples
to bob, and nuts on
the hob, and a ring-
and-thimble cake.

~ Carolyn Wells

At first cock-crow the
ghosts must go back
to their quiet graves
below.

~ Theodosia Garrison

Nothing on Earth so
beautiful as the final
haul on Halloween
night.

~ Steve Almond

Halloween is huge in
my house and we
really get into the
"spirits" of things.

~ Dee Snider

As spirits roam the
neighborhoods at
night, let loose upon
the Earth till it be
light...

~ Nicholas Gordon

Eat, drink and be
scary.

~ Author Unknown

Pixie, kobold, elf, and
sprite,
All are on their rounds
tonight;

In the wan moon's
silver ray,
Thrives their helter-
skelter play.

~ Joel Benton

Household Hints

Subject: Fragrance To make a room smell nice, spray a fragrance that you like onto a light bulb. When you turn on the light bulb, the heat will release the smell.

Subject: Butter Dish. This is a tip to keep butter from sliding around on the butter dish. Heat the dish with hot tap water, dry off and put butter stick onto the dish and into the fridge. The heat will melt a little of the butter which will freeze in the fridge.

Subject: Stainless Steel Appliances The folks at the Sears store use baby oil to get the finger prints and marks off the doors. I was nervous to try it but it works like a charm. I used a small amount on a napkin and wiped the fingerprints away. It also took off the glue from the tape that was used in shipping.

Subject: Doggy Smells To get rid of dog odour, instead of using expensive dog shampoo, use a tomato puree. Your dog will love you for it. Some dogs roll in just about anything that smells different to itself. Getting rid of its natural smell will kill the urge to roll in anything. Your dog won't smell of tomatoes, it won't smell of anything. Note: if your dog has light hair you will end up with a pink dog. Fortunately the dog smell will still be gone.

Subject: Body Odor To remove body odor from the armpits shirts, pre-soak them the armpits in vinegar before washing normally. It doesn't seem to discolor them, and they smell much better!

Subject: Leftover Soap: Little pieces of soap that are always left over. Add a little glycerine and mash them up with a little warm water and you will have a liquid soap that is gentle and economical.

Subject: Sewing Tough Material Rub the material first with an old candle or cooking paraffin. Used this technique to sew carpeting.

Subject: Broken Glass Use bread to pick up fragments of broken glass.

Subject: Putting Curtains on a Curtain Rod When putting curtains on a metal rod, slip a plastic sandwich or freezer bag over the metal end first so that it doesn't snag the curtain and it will also go on much easier.

Small dents in furniture can be steamed out using a steam iron or a damped cloth. Be careful not to overdo it on delicate or very valuable items.

Upcoming Events

Wed. Oct. 6 2.30 – 4 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 so don't delay.
Wed. Oct. 6 5 – 7 pm	Dak'elh Elders Meeting Venue: Exploration Place
Wed. Oct. 6 6 pm	Books To Box Office: Watch "The Kite Runner" Love book clubs, but don't have the time to read? Join us at the library once a month to watch movies based on popular novels. Afterwards, we'll have interesting discussions on the movie, and the book, for those who have read it. It's a fun, fast way to keep up with today's bestsellers. "The Kite Runner" a controversial best-seller, won the South African Boeke prize. The movie won many awards and was nominated for an Oscar and a Golden Globe. Rated PG-13. Venue: Bob Harkins Branch Admission: FREE Contact: 250-563-9251
Wed. Oct. 6 7.30 pm	Johnny Reid Johnny Reid in concert at the CN Centre. Tickets available on Friday April 16th at all Ticket Master Outlets.
Thu. Oct. 7 10 am – 9 pm	FREE Thursdays at Two Rivers Gallery Featuring work by local and emerging artists. Contact 250.614.7800 for more information.
Thu. Oct. 7 1 pm	Walk PG - Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell. Call 250.561.9284.
Fri. Oct. 8 11.30 am – 1.30 pm	Is There an Alcoholic in Your Life? The Public Information Committee of Alcoholics Anonymous invites the community to a luncheon explaining "who we are, who we are not and how we can help." Guest Speakers include: Corporal Kent MacNeill (RCMP), Tony L. (Panel 59 Corrections Chair, BC/Yukon Area 79). Tickets: \$10.50. Venue: St Michael's Church Hall (1505 5 th Avenue). Contact: Dennis at 250.960.9530 or Christine at 250.612.0750
Fri. Oct. 8 5 pm	Thanksgiving Dinner for Elders and Youth Location: PGNFC Power of Friendship Hall RSVP: Roberta at (250) 564-3568 Ext. 224
Fri. Oct. 8 6 pm	Oktoberfest Partial proceeds support the Canadian Cancer Society and the Northern Cancer Lodge. German dinners will be offered, dancing, prizes for the best costumes, give-aways, sing-a-longs, and games. Music will be provided by The Lederhosers. CN Centre
Sat. Oct. 9 8.30 am – 2 pm	Farmer's Market Location: corner of 3 rd ave. and George St. Browse vendors with meats, veggies, crafts, baked goods, and much more.
Sat. Oct. 9 10.30 am	Walk PG Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell. Call 250.561.9284.
Sun. Oct. 10 7 pm	All My Relations AA meetings followed with an after session smudge ceremony at the Alano Club (766 Alward St.). Contact 250.563.9517.
Mon. Oct. 11	Old-Fashioned Thanksgiving Celebration features harvest activities like pumpkin carving, scarecrow making, apple bobbing, and arts and crafts. Keep warm with a special lunch and homemade apple cider! www.hublehomestead.ca

Wed. Oct. 13	Golden Age Social The PG Council of Seniors and the Phoenix House are hosting a Golden Age Social at the Civic Centre. All PG seniors are welcome to join in the fun! It starts out with an hour of lively entertainment and is followed with tea, coffee and goodies. Contact 250.564.5888 for more information.
Wed. Oct. 13 10 am – 2 pm	Senior's Social at Pineview Hall – Events held in the basement (wheelchair accessible). Contact: 250.963.7427 or 250.649.8281.
Wed. Oct. 13 2.30 – 4 pm	Adult Computer Classes: Internet & Email Explore the Internet and stay in touch with email. Price: free. Venue: Public Library Contact: 250-563-9251, Ext. 140 to register. Space is limited so don't delay.
Thu. Oct. 14 10 am – 9 pm	FREE Thursdays at Two Rivers Gallery Featuring work by local and emerging artists. Contact 250.614.7800 for more information.
Thu. Oct. 14 1 pm	Walk PG Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell. Call 250.561.9284.
Fri. Oct. 15 8 – 10 am	Pancake Breakfast Throughout the month of October communities across BC host festivities to celebrate the many gifts and talents people who have developmental disabilities bring to Canadian society. Venue: AimHi Gymnasium (950 Kerry Street) Cost: \$7 for community members, \$4 for self-advocates. Contact: Julie at (250) 964-1669
Fri. Oct. 15 10 am – 12 pm	Dak'elh Language Class at Hadih House
Sat. Oct. 16 8.30 am – 2 pm	Farmer's Market Location: corner of 3 rd ave. and George St. Browse vendors with meats, veggies, crafts, baked goods, and much more.
Sat. Oct. 16 9 am – 4 pm	Craft Fair Homemade crafts, knitting, baking, jewellery, concession with hot food. Venue: Hart Pioneer Centre (6986 Hart Hwy). Admission: Free. Contact: 250.962.6712
Sat. Oct. 16 10 am – 3 pm	St Mary's School Small Business Fair A great place to start your Christmas shopping. Over 30 different businesses all under one roof. Free admission. Venue: St Mary's School Gym (1088 Gillett St) Contact: Sandy at 250.562.5957
Sat. Oct. 16 10.30 am	Walk PG Make friends, lose weight, have fun. Meet in Fort George Park at the Band Shell. Call 250.561.9284.
Sat. Oct. 16 12 – 2 pm	Prince George Métis Elders Society AGM Location: PGNFC. Potluck at noon, AGM at 1 pm
Sat. Oct. 16 1 – 3 pm	Golden Cinema Saturdays: Rear Window Just in time for Halloween, the library continues its Golden Cinema series with an Alfred Hitchcock classic, <i>Rear Window</i> ! Seating is first-come, first-served, so come early for this free showing in the Keith Gordon Room of the Bob Harkins Branch. We can accommodate wheelchairs and mobility devices, and you're welcome to bring your own snacks.

Sun. Oct. 17 7 pm	All My Relations AA meetings followed with an after session smudge ceremony at the Alano Club (766 Alward St.). Contact 250.563.9517.
Mon. Oct. 18 7 pm	Are you an Aboriginal person interested in a career in medicine? Join us for an information session to discover more about the opportunities for Aboriginal people in the medical profession. Hear from James Andrew, the Aboriginal Programs Coordinator for the Medical Doctor Undergraduate Program at UBC. Find out how you can train to become a doctor at UNBC. Hear from Aboriginal General Surgeon, Dr. Nadine Caron. Have your questions about experiencing medical school answered by an Aboriginal medical student. Location: The Gathering Place (Room 5-123)) at UNBC Details: Coffee, tea and snacks will be served. Please RSVP by October 8th to rromain@interchange@ubc.ca
Tue. Oct. 19 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.
Tue. Oct. 19 7 – 8 pm	Return to Northern BC Frank Swannell was one of BC's most famous pioneer surveyors, and he left behind a detailed photo journal of his adventures. Join us as Jay Sherwood, historian and author, offers a fascinating lecture on Frank Swannell, along with a slideshow with some of Swannell's original photographs. Place: UNBC, Room 7-150 Cost: Free. Snacks provided. For more information, contact Northern BC Archives: 250-960-6602 or 250-960-6603 or archives@unbc.ca .
Tue. Oct. 19	Stuart McLean & The Vinyl Café Come listen to Stuart McLean as he reads some old favourites and new tales from the Vinyl Cafe. McLean will be accompanied by special musical guest Matt Andersen. Tickets available from Box Office Canada at 1-888-999-8980 or www.boxofficecanada.ca
Wed. Oct. 20 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.
Wed. Oct. 20 10 am – 2 pm	Senior's Social at Pineview Hall – Events held in the basement (wheelchair accessible). Contact: 250.963.7427 or 250.649.8281.
Wed. Oct. 20 2.30 – 4 pm	Adult Computer Classes: Basic Computers 2 Know a little and want to learn 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 so don't delay.
Thu. Oct. 21 10 am – 9 pm	FREE Thursdays at Two Rivers Gallery Featuring work by local and emerging artists. Contact 250.614.7800 for more information.
Thu. Oct. 21 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.
Fri. Oct. 22 10 am – 12 pm	Sewing Class at Hadih House
Sat. Oct. 23 8.30 am – 2 pm	Farmer's Market Location: corner of 3 rd ave. and George St. Browse vendors with meats, veggies, crafts, baked goods, and much more.
Sat. Oct. 23 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.
Sat. Oct. 23	Halloween Spooktacular The scariest Halloween location in town! Take our spooky haunted house tour, go trick or treating, carve a pumpkin and roast some marshmallows! Lots of activities for young and old; parental supervision is required for young children. Admission by donation, tours \$3 per person. www.hublehomestead.ca
Sat. Oct. 23 6 pm	Halloween Havoc Hit to Pass at PGARA Speedway.
Oct. 23 -24 10 am – 4 pm	Sacred Heart Catholic Women's League Country Bazaar Location: Sacred Heart Gym (off Patricia & Ingledew Street). Over 30 vendors with a great selection of products, crafts, gifts and food items! On site concession & frozen perogies will also be available.
Sun. Oct. 24 1 – 4 pm	Swap Your Stash Calling all crafters! Do you have supplies you no longer use? Bring your fabric, yarn, beads, patterns, etc. to the Public Library and swap them with other crafters. PLUS: bring your UFOs (unfinished objects) and work on them while you visit with like-minded people. How It Works: bring craft supplies – take craft supplies. Or, take craft supplies and make a donation to the Public Library. Leftover items will be donated to the Hospital Auxiliary.
Sun. Oct. 24 7 pm	All My Relations AA meetings followed with an after session smudge ceremony at the Alano Club (766 Alward St.). Contact 250.563.9517.
Tue. Oct. 25 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.
Wed. Oct. 27 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.
Wed. Oct. 27 10 am – 2 pm	Senior's Social at Pineview Hall – Events held in the basement (wheelchair accessible). Contact: 250.963.7427 or 250.649.8281.
Wed. Oct. 27 2.30 – 4 pm	Adult Computer Classes: Beyond Basics – Travel Planning Use the internet to plan your next vacation! The Public Library offers free computer classes for adults each month. Call 250-563-9251, Ext. 140 to register. Space is limited so don't delay.
Thu. Oct. 28 10 am – 9 pm	FREE Thursdays at Two Rivers Gallery Featuring work by local and emerging artists. Contact 250.614.7800 for more information.
Thu. Oct. 28 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.
Thu. Oct. 28 7 – 9.30 pm	Diabetes Self-Management Program Enhance daily activities. Learn to balance activity, nutrition and medication to better manage symptoms. Communicate effectively with your health care team. Take action and live a healthy life! Sessions are free for adults with diabetes, friends and family welcome. Space is limited, registration is required. Location: Kiwanis Resource Centre (490 Quebec Street) Dates: October 28 th to December 9 th , for six Thursdays Contact: (250) 561-9284 Toll Free: 1-866-902-3767 or www.coag.uvic.ca/cdsmp
Fri. Oct. 29	Dakelh Language Class at Hadih House

10 am – 12 pm	
Sat. Oct. 30 8.30 am – 2 pm	Farmer's Market Location: corner of 3 rd ave. and George St. Browse vendors with meats, veggies, crafts, baked goods, and much more.
Sat. Oct. 30 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.
Sun. Oct. 31 7 pm	All My Relations AA meetings followed with an after session smudge ceremony at the Alano Club (766 Alward St.). Contact 250.563.9517.
Mon. Nov. 1 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 so don't delay.
Wed. Nov. 3 6 pm	Books To Box Office: Watch "The Painted Veil" Love book clubs, but don't have the time to read? Join us at the library once a month to watch movies based on popular novels. Afterwards, we'll have interesting discussions on the movie, and the book, for those who have read it. It's a fun, fast way to keep up with today's bestsellers. Venue: Bob Harkins Branch Admission: FREE Contact: 250-563-9251
Thu. Nov. 4 7 – 9 pm	Diabetes Self-Management Program Free sessions for adults with diabetes and their families. Learn to balance activity, nutrition and medication to better manage symptoms. Location: Kiwanis Resource Centre (490 Quebec St.) Dates: Thursdays, Oct. 28 th – Dec. 9 th . Time: 7 pm – 9.30 pm Contact: (250) 561-9284 Registration is required.
Nov. 4 - 7	Studio Fair The annual Studio Fair is back for another season. Find great Christmas gifts for your friends and family. Location: Civic Centre
Nov. 10 5 – 7 pm	Dak'elh Elders Meeting Venue: Exploration Place



Talented Turkey

The pro football team had just finished their daily practice session when a large turkey came strutting onto the field. While the players gazed in amazement, the turkey walked up to the head coach and demanded a tryout. Everyone stared in silence as the turkey caught pass after pass and ran right through the defensive line.

When the turkey returned to the sidelines, the coach shouted, "You're terrific!!! Sign up for the season, and I'll see to it that you get a huge bonus."

"Forget the bonus," the turkey said, "All I want to know is, does the season go past Thanksgiving Day?"