

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 2, Number 11

NOVEMBER, 2010



ALL NATIONS ELDERS NEWSLETTER

Welcome

We are pleased to present the November 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 November Elders

Happy Birthday to the November babies! The November birth flower is the Chrysanthemum. Signifying optimism and happiness, it's said that a single petal placed at the bottom of a wine glass will encourage a long and healthy life.

Nov. 6th – 12th: National Senior's Safety Week in Canada. The purpose of the week is to raise awareness of the safety precautions that seniors can take to maintain their independence.

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Nov. 4th – 6th: 'Ut'loo Noye Khunni

UNBC's Weaving Words Celebration takes place from November 4th – 6th. Events include; author readings, writing and storytelling workshops, storytelling, a movie night, youth events and the All Nations Feast. Not to be confused with the All Nations Elders - the All Nations Feast is organized by the UNBC First Nations Centre and raises funds for the Aboriginal students. Seats are limited, call (250) 960-5596.

November 25th: Métis Day at UNBC
Check it out.

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

Agenda Items:

1. Mini Moccasins for Aboriginal Christmas Tree at Festival of Trees

If you haven't turned in your mini-moccasins yet, please do. This is the first ever Aboriginal themed tree in the festival, the money raised goes to a good cause.

2. December Meeting: Special Luncheon

The Elders Circle for December is going to be special. The luncheon will be in honour of the youth who have gone through the Bold Eagle Training Program.

3. December Meeting: Christmas Craft

Last year the Elders made Christmas wreaths, which was a lot of fun. Following in that tradition, we are going to make advent calendars.

4. Aboriginal Advisory Group

Dr. Tina Fraser from the Education Faculty at UNBC is setting up an advisory group and needs representation from the Elders. She is bringing two guests to the Elders meeting; Dr. Colin Chasteauneuf, Program Chair, Bachelor of Education and Dr. Peter MacMillan, Program Chair, Graduate & Education. See the letter below for more information.

5. UNBC Research Project

Are you a First Nations woman whose children will never have status if their father is not First Nations, Non-Status or not listed on their Birth Certificate?

My name is Jessie King and I am undertaking a research project for the completion of a Master of Arts degree in First Nations Studies regarding First Nations women and fading rights to legally defined 'Indian status'. As a First Nations woman my goal is to bring the topic of identity to a safe place and discuss implications of the Indian Act and its restrictions to obtaining and transmitting status to children.

Have you, or do you foresee the loss of legally defined 'Indian' status for your children or know someone who does? If so, and you would like to share your story, please contact: Jessie King at kingj@unbc.ca

6. 'Ut'loo Noye Khunni: Weaving Words Celebration

See the Upcoming Events (page 13 - 18) section for full details.

Thursday, November 4 th :	Friday, November 5 th :	Saturday, November 6 th :
Children's Storytelling Event 10 – 11 am	Allies & Activists 11 am – 12.30 pm	Author Reading 1 – 4 pm
Youth Writing Workshop 12 – 2 pm	Author Reading 1 – 2.30 pm	
Storytelling Workshop 12 – 3 pm	All Nations Feast 5 – 9 pm	Movie Night 6 pm
Author Reading & Storytelling 6 – 9 pm		

News & Community:

Kia Ora!

My name is Dr. Tina Ngāroimata Fraser. I am a Maori (Polynesian) from Aōtearoa also known as “The land of the long white cloud” in New Zealand. My tribal affiliation is to the Tūhoe Nation, the last to be colonized in New Zealand. We are the “Children of the Mist” or “Ngā Tamariki Ō Te Kohu.”

I am the Aboriginal Education Coordinator and an Assistant Professor in the School of Education at the University of Northern British Columbia (UNBC). I am also an Adjunct Professor in the School of Nursing and First Nations Studies. In my previous life, I played a role in establishing and coordinating the Prince George Aboriginal Head Start as well, the Power of Friendship Aboriginal Head Start programs. I was fortunate to have our Elders, parents and staff involved with the development and implementation of the curriculum, and the everyday decision-making. After many years of working with the children, families, communities, provincial and federal partners, I decided to redirect my work to UNBC. I got involved with health focusing on the ActNow BC Initiatives as a Research Manager for Aboriginal Health, and a Cultural Advisor to the National Collaborating Centre for Aboriginal Health, Centre of Excellence for Adolescence and Children with Special Needs, and the Network Environments for Aboriginal Research BC.

Recently, I applied for a tenure-track and became the successful candidate with the School of Education as the Aboriginal Education Coordinator. Like my experience with the Aboriginal Head Start programs, the vision is to increase our Aboriginal/Indigenous people, encouraging and supporting them to build on their existing knowledge. I am happy to report that the number of our Aboriginal students in Education has increased and we will continue to gain higher numbers.

I have met and worked with many Elders here and throughout the different nations in British Columbia. November 3rd, I would like to share with the All Nations Elder’s committee and to seek their advice and direction as to how we can indigenize the School of Education. I will also be introducing Dr. Colin Chasteauneuf (Bachelor’s of Education) Program Chair and Dr. Peter MacMillan (Graduate & Education) Program Chair. Both these professor’s have extensive backgrounds working with Aboriginal students, and are very much in support of creating space for Aboriginal education.

Musi Cho

Time to Start Thinking About Christmas

Even though the holiday season seems far away, Canada Post would like to remind everyone that it's time to think about planning international holiday mail. Listed below are the optimal times to send cards and parcels to ensure delivery in time for Christmas. Canada Post offers priority services for those who cannot meet these early-bird rates.

Holiday Cards		Holiday Packages			
Mailing To:	<i>I'm ready early...</i>	<i>I want the most economical service...</i>	<i>Took me longer than I thought...</i>		<i>I'm at the last minute...</i>
	Letter Post	Surface Parcel	Air Parcel	Xpresspost™	Priority™ Worldwide
Africa	Nov. 22	Oct. 12	Nov. 22	Dec. 1	Dec. 15
Asia	Nov. 29	Oct. 18	Nov. 29	Dec. 6	Dec. 17
Australia	Nov. 29	Oct. 18	-	Dec. 6	Dec. 16
Caribbean	Nov. 29	Oct. 25	Nov. 29	Dec. 6	Dec. 17
Central/ S. America	Nov. 29	Oct. 18	Nov. 22	Dec. 1	Dec. 17
Europe	Nov. 29	Oct. 25	Nov. 29	Dec. 6	Dec. 17
Middle East	Nov. 29	Oct. 12	Nov. 29	Dec. 6	Dec. 17
New Zealand	Nov. 29	Oct. 12	-	Dec. 6	Dec. 16
USA	Dec. 13	Dec. 8	-	Dec. 16	Dec. 20

In Canada, regular parcels going across the country need to be in the mail by Dec. 11th. Greeting cards going outside a province should be mailed by Dec. 16th; within a province by Dec. 17th; and local greetings should be in the mail by Dec. 20th. Even though there's still plenty of time to send mail within Canada, last year Canada Post delivered close to 800 million cards and packages during the holiday season. It's important to mail holiday items in time to avoid disappointment.

Prince George Named Canada's Worst Crime-Ridden City: Survey

Prince George has been ranked as Canada's number one crime city in a survey released by Maclean's magazine. Prince George, with a population of 77,000, easily topped the worst-city rankings, at 90 percent above the national crime average.

"Prince George is actually quite a safe community, despite what the rating says," said RCMP Const. Lesley Smith. "I know we have had an increase in crime. It's in direct relation to gang activity." Smith said police in Prince George are targeting the problem and will release figures next week on the amount of drugs and weapons taken off the street and the number of gang members charged this year.

Maclean's reporter Ken MacQueen said the rankings were measured on a range of crimes, and that Statistics Canada weighted them based on severity and jail time given. Prince George, earned its spot by "scoring poorly right across the board." The city's homicide rate was 121 per cent above the national average. Sexual assaults were 72 per cent higher, aggravated assaults were 63 per cent higher, break-and-enters 67 per cent higher and auto thefts 87 per cent higher.

Healthy Recipes of the Month

Lemon Poppy Seed Cake

Servings: 16 Slices

Ingredients

- 1 ½ cups whole-wheat pastry flour
- 1 cup all-purpose flour
- ¼ cup poppy seeds, toasted
- 1 ½ tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 cup buttermilk
- ¼ cup canola oil
- 1 tsp. vanilla extract
- 2 tbsp. freshly grated lemon zest
- 2 tbsp. lemon juice
- 2 large eggs, at room temperature
- 2 large egg whites, at room temperature
- 1 ¼ cups sugar

Lemon Glaze

- ¾ cup confectioners' sugar, plus more for dusting
- 3 tbsp. lemon juice
- 1 tbsp. water

Preparation

1. Preheat oven to 350°F. Coat a 12-cup Bundt pan, preferably non-stick, with cooking spray and dust with flour. 2. Whisk whole-wheat flour, all-purpose flour, poppy seeds, baking powder, baking soda and salt in a medium bowl. Combine buttermilk, oil, vanilla, lemon zest and lemon juice in a glass measuring cup. 3. Beat eggs, egg whites and sugar in a large bowl with an electric mixer on high speed until thickened and pale, about 5 minutes. 4. Fold the dry ingredients into the egg mixture with a rubber spatula, a third at a time, alternating with 2 additions of the buttermilk mixture. Scrape the batter into the prepared pan, spreading evenly. 5. Bake the cake until the top springs back when touched lightly and a toothpick inserted in the center comes out clean, 35 to 40 minutes. Let cool in the pan for 5 minutes, then turn out onto a wire rack. 6. To prepare glaze: Sift ¾ cup confectioners' sugar into a small bowl; mix with lemon juice and water to create a thin glaze. Poke 1-inch-deep holes all over the cake with a skewer. Coat the warm cake with the glaze using a pastry brush. Let cool completely. To serve, set the cake on a serving plate and dust with confectioners' sugar.

Nutrition Facts	
Amount Per Serving	
Calories:	215
Carbohydrates:	38 g
Total Fat:	6 g
Sat. Fat	1 g
Mono. Fat	2 g
Cholesterol:	27 mg
Protein:	5 g
Fiber:	2g
Sodium:	146 mg
Potassium:	70 mg
Exchanges:	2 ½ Carbohydrate



Article: Flu Season is Back

Is it a cold or the flu?

SYMPTOMS	COLD	FLU
Fever	Rare	Usually Present
Aches	Slight	Usual, often severe
Chills	Uncommon	Fairly common
Tiredness	Mild	Moderate to severe
Sudden Symptoms	Symptoms appear gradually	Symptoms can appear within 3-6 hours
Coughing	Hacking, productive cough	Dry, unproductive cough
Sneezing	Common	Uncommon
Stuffy nose	Common	Uncommon
Sore throat	Common	Uncommon
Chest Discomfort	Mild to moderate	Often severe
Headache	Uncommon	Common

About the Flu

Influenza (flu) season is usually from November to April.

Each year in BC, hundreds of people die from the flu or from flu complications, like pneumonia. For people 65 years and older, and in other high risk groups, the flu can lead to more serious health concerns.

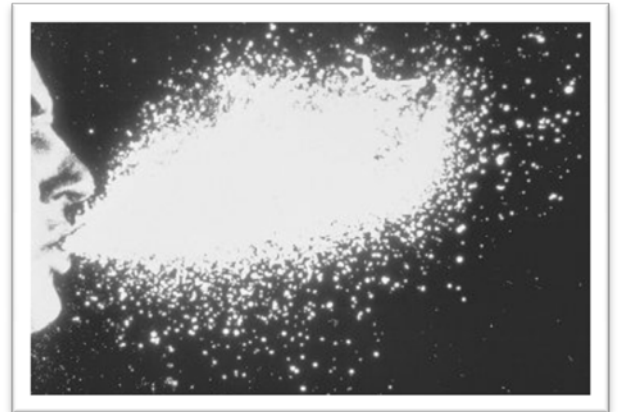
You can spread the flu virus to others before you show any symptoms. Symptoms include: headache, fever, muscle pain, extreme tiredness, sore throat, runny nose, and cough.

Symptoms can begin about 1-4 days, or an average of 2 days,

after a person is first exposed to the flu virus. Fever and other symptoms can usually last 7 to 10 days, with the cough and weakness lasting up to two more weeks.

Seniors and Influenza Vaccine

If you're 65 years or older, it is likely that your immune system is weaker than it used to be. Doctors consider seniors to be at "high-risk" for influenza, and advise that they should all receive annual vaccination. As well, people with chronic heart, lung or kidney disease, or suffering from diabetes, cancer or anemia are especially at risk. The flu vaccine is a simple precaution - and it could save your life.



Getting a flu vaccination is the single best guard against this serious disease, offering up to 60% protection in preventing pneumonia and hospitalization, and up to 85% in preventing death.

For people 65 and older, the protection from the vaccine lasts for about four months before it starts to wear off. That is why the vaccine should ideally be given in late October/early November. This gives your body enough time to build up immunity before the influenza season starts. Getting your vaccination early will also maintain your immunity through the peak of the influenza season from December to March.

If you're 65 years and older or living with a chronic disease or illness and being vaccinated to prevent the flu, you may also consider getting a vaccination against pneumococcal disease. It is safe to get both these vaccines at the same time. The vaccines are injected into separate sites using separate needles. Studies have shown that the number and severity of side effects does not increase when pneumococcal vaccine is given at the same time as influenza vaccine. For additional information, please contact your local public health nurse or your family doctor.

About the Vaccine

- The vaccine protects against viruses that cause influenza. It doesn't protect against other viruses or bacteria that may cause colds or stomach illnesses (the stomach 'flu').
- The virus changes (mutates) every year so that a new vaccine must be administered annually.
- You **cannot** get influenza from a flu shot.
- The best way to protect against influenza is to get *immunized every year*.

Who is Eligible to Receive a Free Influenza Shot?

- People 65 and older and their caregivers
- Children and adults with chronic health conditions and their household contacts
- Health care workers
- Emergency responders
- Healthy children aged 6-23 months
- Household contacts and caregivers of children aged 0-23 months
- Pregnant women who will be in their 3rd trimester during the influenza season
- Residents of nursing homes and other chronic care facilities
- Owners and operators of poultry farms
- Aboriginal peoples
- People who are very obese (those with a body mass index of 40 or greater)
- Corrections officers and inmates in provincial correctional institutions.
- Those who provide care or service in potential outbreak settings housing high risk persons (e.g. crew on ships)

Prince George Clinics

The influenza vaccine becomes available to BC residents mid October in preparation for the flu season. For more information, please call 8-1-1 or (250) 565-7488.

Clinic/ Address	Type	Date	Time
Northern Interior Health Unit 1444 Edmonton Street	Drop In	November 5, 12, 19, 26 December: 3, 10, 17	9 am – 3.30 pm
Hart Pioneer Centre 6986 Hart Hwy.	Drop In	November 3	9 am – 3 pm

More Information:

Immunize BC: <http://www.immunizebc.ca/ImmVacPrevDis/influenza/default.htm>

Northern Health: www.northernhealth.ca/YourHealth/PublicHealth/InfluenzaInformation.aspx

Quotes, Proverbs & Teachings

"The teachings are for all, not just for Indians. The White people never wanted to learn before. They thought we were savages. Now they have a different understanding and they do want to learn. We are all children of God. The tradition is open to anyone who wants to learn."

~ Don Jose Matusuwa, Huichol

In the summer of 1994, a white buffalo calf was born. This means that now is the time for all races to come together. The Elders say that at this time a voice from within will speak to everyone. It will say now is the time to forgive, now is the time to come together. Are we willing to do this? Are we willing to quit judging other people? The Elders say he will be talking through people of all races and gender. We need to open our hearts and welcome our brothers and sisters.

Great Spirit, let my ears be open as I walk the path You have chosen for me.

Teaching: Why We Tell Stories

There was once a disciple of a great teacher. Day after day the disciple would sit at the feet of his teacher listening to his instruction. Many people would come to visit and inevitably the teacher would engage them by telling a story.

One day the disciple asked; "Why do you engage people by means of stories? Why don't you just give them your teaching straight out?"

The teacher answered: "Bring me some water."

Now the disciple knew his teacher to be a very formal and disciplined man. He had never asked for water at this time of the day. Nevertheless, he went immediately to fetch it. Taking a clean brass water pot from the kitchen, the disciple went to the well, filled the pot with water and returned. He offered it to his teacher.

"Why have you brought me a pot when I asked only for water?"

The moral of this story... we share with others the lessons we have learned. We provide you with a banquet of various tastes and styles. It is up to you to choose that dish which you find most palatable.

Quotes about Learning

Be as smart as you can, but remember that it is always better to be wise than to be smart.
~ Alan Alda

The most useful piece of learning for the uses of life is to unlearn what is untrue.
~ Antisthenes

I don't love studying. I hate studying. I like learning. Learning is beautiful.
~ Natalie Portman

He who is taught only by himself has a fool for a master.
~ Ben Jonson

Education is learning what you didn't even know you didn't know.
~ Daniel J. Boorstin

Give a man a fish, and he will eat for today. Teach a man to fish, and he will eat for a lifetime. Teach a man to learn, and he will not always have to eat fish.
~ Author Unknown

A mind, once stretched by a new idea, never regains its original dimensions.
~ Oliver W. Holmes

Remembrance Day

For that Tomorrow

I stand here alone
with loved ones to hand;
my tributes to lay
on this salient land.
The voices within
as memories unfold
of a comrade at peace now
who shall grow not old.

A tree gives me shade
in gardens so fine;
a stone with inscription
that goes beyond time.
The headstones are neat
in rows marching past
and the names of the fallen,
forever will last.

A son kneels to touch
his father's cold stone;
a tear in his eye for
a friend long since gone.
A woman stands proud,
with medals on show,
for a husband who died that
his children might grow.

Recorded in stone
and gun metal grey,
those heroes in silence
look down as we pray.
The standard is dipped,
the flowers are laid
then the music is sounded
and homage is paid.

They left us a torch
to carry with pride
and hope for a future
where peace can abide.
I dream of a life,
that's lived without fear.
It is for that tomorrow,
our people lie here.

For The Fallen

With proud Thanksgiving, a mother for her children,
England mourns for her dead across the sea.
Flesh of her flesh they were, spirit of her spirit,
Fallen in the cause of the Free.

Solemn the drums thrill, death against and royal
Sings sorrow up into immortal spheres,
There is music in the midst of desolation
And glory that shines upon our tears.

They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds uncounted;
They fell with their faces to the foe.

They shall not grow old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

They mingle not with their laughing comrades again;
They sit no more at familiar tables of home;
They have no lot in labour of the day-time;
They sleep beyond England's foam.

But where our desires are and our hopes profound,
Felt as a well-spring that is hidden from sight;
To the innermost heart of their own land they are known
As the stars are known to the Night;

As the stars that shall be bright when we are dust,
Moving in marches upon the heavenly plains;
As the stars that are starry in the time of darkness,
To the end, to the end, they remain.

By Laurene Binyon



Remembrance Day

Remembrance Day

For our king and our country and the promise of glory
We came from Kingston and Brighton to fight on the front line

Just lads from the farms and boys from the cities
Not meant to be soldiers we lay in the trenches

We'd face the fighting with a smile - or so we said
If only we had known what danger lay ahead

The sky turned to grey as we went into battle
On the fields of Europe young men were fallin'

I'll be back for you someday - it won't be long
If I can just hold on 'til this bloody war is over

The guns will be silent on Remembrance Day
There'll be no more fighting on Remembrance Day

By October of 18 Cambrai had fallen
Soon the war would be over and we'd be returnin'

Don't forget me while I'm gone far away
Well it won't be long 'till I'm back there in your arms again

One day soon - I don't know when
You know we'll all be free and the bells of peace will ring again

The time will come for you and me
We'll be goin' home when this bloody war is ended

The guns will be silent on Remembrance Day
We'll all say a prayer on Remembrance Day

On Remembrance Day - say a little prayer
On Remembrance Day

Well the guns will be silent
There'll be no more fighting
Oh we'll lay down our weapons
On Remembrance Day
By Bryan Adams



Fun & Games

Cat Got Your Tongue?

I'm uncomfortable calling in sick to work, no matter how legitimate my excuse, I always feel that my boss thinks that I'm lying. On one recent occasion, I had a valid reason but lied anyway; the truth was just too humiliating. I said that I had sustained a head injury and hoped I would be in the next day. By then, I reasoned, I could think up something to explain the bandage. The accident occurred because I had given in to my wife's wishes to adopt a cute kitten.

I was taking a shower after breakfast one morning when I heard my wife call out to me from the kitchen, "Honey! The garbage disposal is dead again, please reset it." I protested, "You know where the button is, do it yourself." "But I'm scared! What if it starts going and sucks me in?" After a meaningful pause, "C'mon, it'll only take a second."

Out I came, dripping wet and butt naked, hoping that my silent outraged nudity would make a statement about how I perceived her behavior as extremely cowardly. Sighing loudly, I squatted down and stuck my head under the sink to find the button. It's the last action I remember performing.

It struck without warning! No, it wasn't the disposal, drawing me into its metal teeth. Our new kitten discovered the fascinating dangling objects between my legs. She stalked me as I reached under the sink. At the precise moment when I was most vulnerable, she leapt at the toys I unwittingly offered and snagged them with her needle-like claws. I lost all rational thought to control orderly bodily movements, blindly rising at a violent rate of speed, with the full weight of a kitten hanging from my masculine region. The sink and cabinet bluntly and forcefully impeded my ascent. The impact knocked me out cold. When I awoke, my wife and the paramedics stood over me.

There are not many things worse than finding oneself, butt naked, lying on the floor in front of a group of 'been-there, done-that' paramedics. Worse, having been fully briefed by my wife, the paramedics were all snorting loudly as they tried to conduct their work, all the while trying to suppress their hysterical laughter (and not succeeding).

Dumb Instructions

Not to be used as a personal flotation device. On a 6x10 inch inflatable picture frame.

Turn off motor before using this product. On the packaging for a chain saw file, used to sharpen the cutting teeth on the chain.

Do not put in mouth. On a box of bottle rockets.

Please remove before driving. On the back of a cardboard windshield (for keeping the car from getting too hot when parked).

"Remove plastic before eating."
-- On the wrapper of a Fruit Roll-Up snack.

Warning! This is not underwear! Do not attempt to put in pants. On the packaging for a wristwatch.

Warning: May contain nuts. On a package of peanuts.

Not dishwasher safe. On a remote control for a TV.

Somehow I lived through it all. Back at the office, colleagues tried to coax an explanation out of me about my head injury. I kept silent, claiming it was too painful to talk about. "What's the matter?" They all asked, "Cat got your tongue?" If they only knew!

Fishing

A man was stopped by a game warden with two buckets of fish leaving a lake. The warden asked, "Do you have a license to catch those fish?" The man replied, "No, sir. These are my pet fish."

"Pet fish?!" replied the warden. "Yes sir, pets. Every night I take these fish down to the lake and let them swim around for a while. I whistle and they jump back into their buckets, and I take them home."

"That's a bunch of hooey! Fish can't do that!" The man looked at the game warden for a moment, and then said, "Here, I'll show you. It really works." "Okay, I've GOT to see this!" The man poured the fish into the water and waited. After several minutes, the game warden turned to the man and said, "Well?"

"Well, what?" the man asked. "When are you going to call them back?" the game warden prompted. "Call who back?" the man asked. "The FISH!" "What fish?" the man asked.

Another Blonde Joke

I pulled into a crowded parking lot at the grocery store and rolled down the car windows to make sure that my Labrador retriever puppy had fresh air. She was stretched full-out on the back seat and I wanted to impress upon her that she must remain there. I walked to the curb backward, pointing my finger at the car and saying emphatically, "Now you stay. Do you hear me? Stay! Stay!"

The driver of a nearby car, a pretty blonde young lady, gave me a strange look and said, "Why don't you just put it in park?"

More Dumb Instructions

Do not eat. On a slip of paper in a stereo box, referring to the Styrofoam packing.

Access hole only, not intended for use in lifting box. On the sides of a shipping carton, just above cut-out openings which one would assume were handholds.

Warning: May cause drowsiness. On a bottle of Nytol sleeping pills.

"Warning: Misuse may cause injury or death." -- Stamped on the metal barrel of a .22 calibre rifle.

Do not use orally after using rectally. In the instructions for an electric thermometer.

For lifting purposes only. On the box for a car jack.

Do not put lit candles on phone. On the instructions for a cordless phone.

Do not recharge, put in backwards, or use. On a battery.

Household Hints: Bathroom Tips

Bathroom Tile: Rub ordinary car wax into your ceramic bathroom tiling to clean and refinish. Let it stand ten minutes and buff or polish.

Metal Shower Head: To clean mineral deposits from a clogged shower head, boil it with half a cup of white vinegar and one quart of vinegar.

Plastic Shower Head: Soak a plastic shower head in a hot vinegar and water mixture to unclog it.

Removing Mildew: Wash mildewed shower curtains in hot soapy water, rub with lemon juice, and let them dry in the sun.

Cleaning Fixtures: Dip a cloth in kerosene or rubbing alcohol to remove scum and spots from your bathroom fixtures.

Removing Film and Scum: Use a piece of very fine plain steel wool to remove film from the shower stall.

Porcelain Cleaners: Lighter fluid will remove most dark, stubborn stains from sink and bathtub.

Rust Stains: Spread a paste of hydrogen peroxide and cream of tartar over the rusted area, and add a few drops of ammonia. Let it stand for 2 or 3 hours.

Rusty Tile: Rust stains on tile can be removed with kerosene.

Shower Doors: Rub glass shower doors with a white vinegar dampened sponge to remove soap residue.

Bathtub Cleaner: Insert a sponge into the leg of an old nylon stocking and knot the end. Use it to scrub sinks, bathtub, tile, etc.

Preventing Steamy Bathrooms: If you run about an inch of cold water before adding hot water in the bath, there will be absolutely no steam in your bathroom.

Medicine Cabinet: It's a good idea to go through your medicine several times a year and throw away medicines that are old or outdated. They could be dangerous.

Easy Bathroom Cleaning: Clean your bathroom after a steamy bath or shower. The walls and fixtures will be easier to clean because the steam will have loosened the dirt.

Upcoming Events

Wed. Nov. 3 9 am – 3 pm	Drop-In Flu Shot Clinic Location: Hart Pioneer Centre (6986 Hart Hwy.)
Wed. Nov. 3 6 pm	Free Movie: The Painted Veil The Painted Veil tracks Kitty's growth from a shallow, superficial young bride to a mature woman who vows her daughter will grow up to be independent. Venue: Bob Harkins Branch Admission: Free! Contact: 250.563.9251
Wed. Nov. 3 7.30 – 9 pm	Memorial Service A memorial service, supporting anyone who has experienced pregnancy loss due to miscarriage, still birth, termination, adoption placement. Venue: Cemetery Chapel (2099 Ferry Avenue)
Thu. Nov. 4	Beyond Pickton: 30 Years of Lessons Learned in Forensic Anthropology presented by Dr. Richard Lazenby. This talk will consider the variety of typical cases that a forensic anthropologist working in BC might expect to encounter (e.g., non-human remains, heritage, deaths by misfortune, homicide, and cremations), and in so doing recount some of the challenges, mistakes made, and lessons learned. We will also reflect on atypical situations, in particular the missing women from Vancouver's DTES (Pickton). This presentation contains visual material that some may find disturbing. Register: (250) 960-5980.
Thu. Nov. 4 10 – 11 am	UNBC's Weaving Words Celebration: Children's Storytelling Workshop School District 57 children will spend the morning with celebrated author and storyteller Richard Van Camp in the UNBC Canfor Theatre. Registration is open to local schools a limited number of seats will be open to the public. Contact (250) 960-5596 for more info.
Thu. Nov. 4 10 am – 9 pm	FREE Thursdays at Two Rivers Gallery Open all day. Featuring local and emerging artists. Contact: 250.614.7800.
Thu. Nov. 4 12 – 2 pm	UNBC's Weaving Words Celebration: Youth Writing Workshop Registration is open to local schools with youth ages 13-19. A limited number of spaces are available. Contact (250) 960-5596 for more info.
Thu. Nov. 4 12 – 3 pm	UNBC's Weaving Words Celebration: Storytelling Workshop Join accomplished storytellers Tina Fraser and Paul Michel in an afternoon as they share their knowledge on the craft of storytelling. \$5 registration fee. Call (250) 960-5772 for more information and to register.
Thu. Nov. 4 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. Nov. 4 6 – 9 pm	UNBC's Weaving Words Celebration: Author Reading & Storytelling Featuring Richard Van Camp and local storytellers at the UNBC Gathering Place (room 5-123). Open to the public and no cost!
Thu. Nov. 4 7 pm	Chris Czajkowski: A Talk and Slide Show of her Experiences as a Wilderness Dweller She gives an illustrated lecture on her new book, A Wilderness Dweller's Cookbook. This book is a fascinating account of how a wilderness dweller (living 250 km from the nearest supermarket) feeds herself and the visitors that come to her small eco-tourism resort. Venue: UNBC Room 7-238. Admission: \$15. Contact: 250.962.7233.
Thu. Nov. 4 7 – 9 pm	Diabetes Self-Management Program Free workshop for people with diabetes, their family and friends. Info and strategies are provided to help take control, manage symptoms, and work more effectively with

	health care providers. Research shows significant outcomes-improved health, increased healthy behaviours, and greater confidence to take action and improve quality of life. Contact: (250) 561-9284.
Thu. Nov. 4 7 – 10 pm	BC Old Time Fiddlers Jam Nights All ages welcome. Admission: \$2. Location: Elder Citizen's Rec. Centre. Contact: 250.563.1025.
Fri. Nov. 5 9 am – 3.30 pm	Drop-In Flu Shot Clinic Location: Northern Interior Health Unit (1444 Edmonton Street
Fri. Nov. 5 10 am – 8 pm	Studio Fair The annual Studio Fair is back for another season. Find great Christmas gifts for your friends and family. Location: Civic Centre Adult: \$3 Student/Senior: \$2 Under 12: Free
Fri. Nov. 5 11 am – 2.30 pm	UNBC's Weaving Words Celebration: Allies & Activists Join accomplished authors from the area as they share their passions for storytelling and the written word in a reading on the 4 th floor of the UNBC Library.
Fri. Nov. 5 1 – 2.30 pm	UNBC's Weaving Words Celebration: Author Reading Hear selected readings from authors Marilyn Iwama, Chris Bose and others at the UNBC Gathering Place (room 5-123).
Fri. Nov. 5 5 – 9 pm	UNBC's Weaving Words Celebration: All Nations Feast A great opportunity to learn more about traditional feasts. Evening will include recognition of the Festival re-naming winner! Potluck dinner in the UNBC Gathering Place. All welcome – bring a dish to share in the potluck and your own dinnerware to eat with.
Fri. Nov. 5 7 pm	November Nonsense Presented by the ECRA Drama Club. Join us for laughs of a lifetime. Venue: Elder Citizens Recreation Association (1692 10 th Ave.) Price: Adults \$10, 12 and under \$5. Contact: 250.561.9381
Sat. Nov. 6 8.30 am – 2 pm	Farmer's Market Venue: 3 rd Ave. & George St. Browse vendors with meats, veggies, crafts, baked goods, and much more.
Sat. Nov. 6 10 am – 4 pm	Craft Fair Venue: Moose Hall.
Sat. Nov. 6 10 am – 4 pm	18th Annual St. Mary's Craft Fair Venue: St. Mary's Gymnasium (1088 Gillett St). 37 vendors: baking, jewellery, woodworking, bath products, sewing, knitting and full concession.
Sat. Nov. 6 10 am – 6 pm	Studio Fair The annual Studio Fair is back for another season. Find great Christmas gifts for your friends and family. Location: Civic Centre Adult: \$3 Student/Senior: \$2 Under 12: Free
Sat. Nov. 6 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. Nov. 6 11 am – 3 pm	Royal Purple Snowflake Bazaar Venue: Royal Canadian Legion (1335 7 th Avenue)
Sat. Nov. 6 1 – 4 pm	UNBC's Weaving Words Celebration: Author Reading Join authors Chris Bose, Jane Smith, Garry Gottfriedson & other authors at the Art Space (above Books & Co.). Open to the public and no cost!
Sat. Nov. 6 6 – 9 pm	UNBC's Weaving Words Celebration: Movie Night A screening of "Two Indians Talking" at the UNBC Gathering Place. The film is described as 'an open, intelligent and thought provoking discussion of the issues facing Canada's First Nations communities. Two Indians Talking is more than just a simple dialogue, it's the opening of a

	much longer – and very necessary – conversation’. Open to the public and no cost! Free popcorn! Concession available!
Sat. Nov. 6 7 pm	November Nonsense Presented by the ECRA Drama Club. Venue: Elder Citizens Recreation Association (1692 10 th Avenue) Admission: Adults \$10, 12 and under \$5. Contact: 250.561.9381
Nov. 6 - 7 8 am – 4 pm	Top Dog Agility Trial Top Dog Agility presents an AAC sanctioned agility trial at the exhibition grounds Agriplex. This is a great family-friendly event, so come watch the speedy dogs run obstacle courses! Admission is by donation to the SPCA. Contact: 250-563-0905
Sun. Nov. 7 10 am – 4 pm	Craft Fair Venue: Moose Hall.
Sun. Nov. 7 10 am – 4 pm	18th Annual St. Mary's Craft Fair Venue: St. Mary's Gymnasium (1088 Gillett St). 37 vendors, an amazing variety of items available; baking, jewellery, woodworking, bath products, sewing, knitting and more. Full concession of homemade cooking available.
Sun. Nov. 7 10 am – 4 pm	Studio Fair The annual Studio Fair is back for another season. Find great Christmas gifts for your friends and family. Location: Civic Centre Adult: \$3 Student/Senior: \$2 Under 12: Free
Sun. Nov. 7 11 am – 4 pm	Craft & Gift Multicultural Fair Location: Red Wood Square (1633 Victoria Street)
Sun. Nov. 7 7 pm	November Nonsense Presented by the ECRA Drama Club. Venue: Elder Citizens Recreation Association (1692 10 th Avenue) Admission: Adults \$10, 12 and under \$5. Contact: 250.561.9381
Sun. Nov. 7 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. Nov. 9 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. Nov. 10 10 – 11.30 am	Wellness Wednesdays PG Council of Seniors hosts free drop-in sessions for anybody 55+ Venue: 1055 5th Ave. Contact 250.564.5888.
Wed. Nov. 10 10 am – 2 pm	Senior's Social at Pineview Hall Events held in Pineview Hall basement (wheelchair accessible). Contact: Syl at 250.963.7427
Thu. Nov. 11 10 am – 9 pm	FREE Thursdays at Two Rivers Gallery Open all day. Featuring local and emerging artists. Contact: 250.614.7800.
Thu. Nov. 11 11 am	Remembrance Day A day of remembrance, a moment of silence for the men and women who have served and continue to serve our country during times of war, conflict and peace. Location: Civic Centre
Thu. Nov. 11 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. Nov. 12 9 am – 3.30 pm	Drop-In Flu Shot Clinic Location: Northern Interior Health Unit (1444 Edmonton Street)
Sat. Nov. 13 8.30 am – 2 pm	Farmer's Market Venue: 3 rd Ave. & George St. Browse vendors with meats, veggies, crafts, baked goods, and much more.
Sat. Nov. 13 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. Nov. 14 11 am – 4 pm	Craft & Gift Multicultural Fair Location: Red Wood Square (1633 Victoria Street)
Sun. Nov. 14	All My Relations AA meetings followed with an after session smudge

7 pm	ceremony at the Alano Club (766 Alward St.). Contact 250.563.9517.
Tue. Nov. 16 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. Nov. 17 10 – 11.30 am	Wellness Wednesdays PG Council of Seniors hosts free drop-in sessions for anybody 55+ Venue: 1055 5th Ave. Contact 250.564.5888.
Wed. Nov. 17 10 am – 2 pm	Senior's Social at Pineview Hall Events held in Pineview Hall basement (wheelchair accessible). Contact: Syl at 250.963.7427
Thu. Nov. 18 10 am – 9 pm	FREE Thursdays at Two Rivers Gallery Open all day. Featuring local and emerging artists. Contact: 250.614.7800.
Thu. Nov. 18 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. Nov. 18 7 – 9 pm	Diabetes Self-Management Program FREE workshop for people with diabetes, their family and friends. Info and strategies are provided to help take control, manage symptoms, and work more effectively with health care providers. Research shows significant outcomes-improved health, increased healthy behaviours, and greater confidence to take action and improve quality of life. Contact: (250) 561-9284.
Thu. Nov. 18 7 – 10 pm	BC Old Time Fiddlers Jam Nights All ages welcome. Admission: \$. Location: Elder Citizen's Rec. Centre. Contact: 250.563.1025.
Fri. Nov. 19 9 am – 3.30 pm	Drop-In Flu Shot Clinic Location: Northern Interior Health Unit (1444 Edmonton Street)
Nov. 19 – 28	17th Annual Festival of Trees Our more than 300 volunteers have been working very hard to bring you a Festival of Trees that will help you start your 2010 holiday season with a smile on your face. All of the proceeds generated are used to support and enhance healthcare in our communities and at UHNBC. Don't forget to check out the first ever Aboriginal tree. Contact: (250) 565-2515 or www.spiritofthenorth.bc.ca . Nov. 20: 10 am – 5 pm Nov. 21: 12 – 6 pm Nov. 22-24: 9 am – 9 pm Nov. 25: 9 am – 6 pm Nov. 26 – 27: 9 am – 5 pm Nov. 28: 11 am – 4.30 pm Adults: \$5, Week: \$8 - Family: \$10, Week: \$15 – Seniors/Students: \$3, Week: \$5
Sat. Nov. 20 8.30 am – 2 pm	Farmer's Market Venue: 3 rd Ave. & George St. Browse vendors with meats, veggies, crafts, baked goods, and much more.
Sat. Nov. 20 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. Nov. 21 11 am – 4 pm	Craft & Gift Multicultural Fair Location: Red Wood Square (1633 Victoria Street)
Sun. Nov. 21 12 pm	Nechako Métis Elders Potluck Location: Moose Hall (663 Douglas Street).
Sun. Nov. 21 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. Nov. 23 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. Nov. 24 10 – 11.30 am	Wellness Wednesdays PG Council of Seniors hosts free drop-in sessions for anybody 55+ Venue: 1055 5th Ave. Contact 250.564.5888.
Wed. Nov. 24 10 am – 2 pm	Senior's Social at Pineview Hall Events held in Pineview Hall

	basement (wheelchair accessible). Contact: Syl at 250.963.7427
Thu. Nov. 25 10 am – 9 pm	FREE Thursdays at Two Rivers Gallery Open all day. Featuring local and emerging artists. Contact: 250.614.7800.
Thu. Nov. 25 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. Nov. 25 7 – 9 pm	Diabetes Self-Management Program FREE workshop for people with diabetes, their family and friends. Info and strategies are provided to help take control, manage symptoms, and work more effectively with health care providers. Research shows significant outcomes-improved health, increased healthy behaviours, and greater confidence to take action and improve quality of life. Contact: (250) 561-9284.
Thu. Nov. 25 7 – 10 pm	BC Old Time Fiddlers Jam Nights All ages welcome. Admission: \$2. Location: Elder Citizen's Rec. Centre. Contact: 250.563.1025.
Nov. 25 - 26 1.30 – 3.30 pm	Festival of Trees Seniors Tea Join us and our community's seniors for tea, coffee, baked goods, and live entertainment. Admission: \$5. For tickets and information, call 250-565-2515
Fri. Nov. 26 9 am – 3.30 pm	Drop-In Flu Shot Clinic Location: Northern Interior Health Unit (1444 Edmonton Street)
Fri. Nov. 26 7 – 10 pm	Quantum Popcorn: Movies That Inspire! This month's powerful film, "Water: The Great Mystery" will shift your understanding of this fundamental building block of life itself. Venue: UNBC's Weldwood Theatre Admission: \$14 Contact: 250-562-4454 Free popcorn!
Sat. Nov. 27 8.30 am – 2 pm	Farmer's Market Venue: 3 rd Ave. & George St. Browse vendors with meats, veggies, crafts, baked goods, and much more.
Sat. Nov. 27 10 am – 12.30 pm	Good Grief for the Holidays Grief can be difficult at anytime, particularly at holidays. This workshop will discuss ways to help you cope with your grief. Fee: \$10 or by donation; materials included. Venue: Domano Renewal Centre (110 6500 Southridge Avenue)
Sat. Nov. 27 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.
Nov. 27 - 29	Psychic Fair Readings, Energy Healing Sessions, Traditional Tarot, Past Life, Numerology, Astrology, Tea Leaf Readings, Rune Stones, Reiki, Healing Touch, Chakra Balancing, Crystal Therapy and more. Venue: PJ's Rock & Gem Store (205 Brunswick St.). Contact: (250) 562-3331
Sun. Nov. 28 11 am – 4 pm	Craft & Gift Multicultural Fair Location: Red Wood Square (1633 Victoria Street)
Sun. Nov. 28 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. Nov. 30 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.
Thu. Dec. 2 7 – 9 pm	Diabetes Self-Management Program Free workshop for people with diabetes, their family and friends. Info and strategies are provided to help take control, manage symptoms, and work more effectively with health care providers. Contact: (250) 561-9284.
Fri. Dec. 3 9 am – 3.30 pm	Drop-In Flu Shot Clinic Location: Northern Interior Health Unit (1444 Edmonton Street)