

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 2, Number 12 DECEMBER, 2010

Welcome

We are pleased to present the December 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 December Elders

May the gifts of the season... peace, hope, love, health and happiness be yours throughout the New Year. Warmest thoughts and best wishes for a wonderful holiday and a very Happy New Year.



ALL NATIONS ELDERS NEWSLETTER

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Happy Birthday December Elders

Happy Birthday to the December babies! The December birth flower is the Poinsettia. The name "poinsettia" is after Joel Roberts Poinsett, the first US Minister to Mexico, who introduced the plant into the US in 1828. December's birthstone is the blue turquoise. It is rare and valuable in finer grades and has been prized as a gem and ornamental stone for thousands of years owing to its unique hue.

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

Agenda Items:

1. Special Christmas Craft

Enjoy a delicious cup of tea each day leading up to Christmas.

2. Tribute to Bold Eagle Youths

Congrats!

3. Elder Craft – Wednesday December 15th

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

3. Next Elder Meeting – Wednesday January 5th

The meeting will take place at the Moose Hall, from 10 am to 1 pm, including lunch. Please bring a tasty treat and your own plates and cutlery.



"You were so tired from wrapping presents last night, you accidentally put the diaper on the dog."

News & Community

Write to Santa

Canada Post volunteers help with the write to Santa program. Every year, over a million children from all around the world write to Santa and receive a reply. Letters are answered in the language in which the letter was written, including Braille. Canada Post asks parents to make sure letters to Santa do not include treats for Santa, like cookies. All mail should include a return address so Santa can answer, and must include the proper postage. Santa's mailing address is: Santa Claus, The North Pole, HOH OH0.

Aboriginal Christmas Tree

The Aboriginal Business and Community Development Centre participated in the festival of trees this year. The theme for their tree was "gathering of nations". The tree included a Métis sash, a button blanket tree skirt, painted eagle feathers, a dream catcher on top, mini moccasins made by the All Nations Elders and more. The tree sold for \$3,010 and the money was donated to the Spirit of the North Healthcare Foundation, to support and enhance healthcare in our communities and at UHNBC. We hope that you had a chance to see the tree in person.

Influenza and Seniors

What can you do to stay healthy this flu season?

1. Get your influenza vaccine every year!
2. Wash your hands frequently!
3. Cover your coughs and sneezes and encourage others to do the same.



Healthy Recipes of the Month

Ginger Cranberry Crinkles

Makes 42 cookies.

Ingredients:

¾ cup butter-flavour shortening
1 ½ cups sugar (half cup for rolling)
¼ cup molasses
1 large egg
2 cups all-purpose flour
¼ tsp. salt

2 tsp. baking soda
1 tsp. powdered ginger
1 tsp. cinnamon
½ tsp. powdered cloves
1 pinch cayenne pepper
¾ cup dried cranberries
½ cup chopped crystallized ginger

Preparation:

In large mixing bowl, on medium speed, cream together the first four ingredients until well combined, about 4-5 minutes. Stir in remaining ingredients until just barely combined. Cover and refrigerate dough for one hour or more. When ready to bake, preheat oven to 375 degrees F. Line baking sheets with parchment paper. Roll dough in balls, about the size of walnuts (1-1/4" diameter), and roll in sugar. Place on lined cookie sheets about 2-1/2" apart (cookies will spread) and bake for 8-10 minutes. For chewy cookies, slightly under bake; for a crispier cookie, bake longer. Remove from oven and cool on wire racks until completely cooled.

Leftover Turkey Ideas

Tired of turkey sandwiches and turkey soup? Here are some ideas for leftovers.

- **Turkey Pasta:** Mix diced turkey into a rich tomato sauce and serve over pasta.
- **Curried Turkey:** turkey makes a great curry. Serve with rice and naan bread.
- **Tarragon Turkey:** Add cubed turkey to a white sauce made with semi-skimmed milk. Flavour with tarragon, add sweet corn and mushrooms. Put in a pie dish, top with pastry and bake. For an even easier version, top with mashed potatoes and brown in the oven.
- **Leafy stir-fry:** Add shredded turkey to stir fries, made with shredded Chinese leaves, onions and other vegetables. Serve with noodles.
- **Turkey Hash:** This dish is a great standby. Sauté chopped onions and peppers, add diced turkey and cook through. Make hollows in mixture, break an egg into each one and cook under hot grill or bake in oven until set. Serve with crusty bread and a tomato salad.



Article: Winter Hints

Heart Health: Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other strenuous work in the cold. If you have to do heavy outdoor chores, dress warmly and work slowly.

Dog Tips: Never let your dog off the leash on snow or ice, especially during a snowstorm - dogs can lose their scent and easily become lost. More dogs are lost during the winter than any other season, so make sure yours always wears ID Tags. Thoroughly wipe off your dog's legs and stomach when he comes in out of the sleet, snow or ice. He can ingest salt, antifreeze or other potentially dangerous chemicals while licking his paws, also his paw pads may bleed from snow or encrusted ice.



Keep your headlights clear with car wax! Just wipe ordinary car wax on your headlights. It contains special water repellents that will prevent that messy mixture from accumulating on your lights - lasts six weeks.

Squeak-proof your wipers with rubbing alcohol! Wipe the wipers with a cloth saturated with rubbing alcohol or ammonia. This one trick can make badly streaking & squeaking wipers change to near perfect silence & clarity.

Ice-proof your windows with vinegar! Frost on its way? Just fill a spray bottle with three parts vinegar to one part water & spray it on all your windows at night. In the morning, they'll be clear of icy mess. Vinegar contains acetic acid, which raises the melting point of water, preventing water from freezing!

Prevent car doors from freezing shut with cooking spray! Spray cooking oil on the rubber seals around car doors & rub it in with a paper towel. The cooking spray prevents water from melting into the rubber

Fog-proof your windshield with shaving cream! Spray some shaving cream on the inside of your windshield & wipe it off with paper towels. Shaving cream has many of the same ingredients found in commercial defoggers.

De-ice your lock in seconds with hand sanitizer! Just put some hand sanitizer gel on the key & the lock & the problems solved!

Quotes, Proverbs & Teachings

Elders Meditation

"Look behind you. See your sons and your daughters. They are your future. Look farther and see your sons' and your daughters' children and their children's children even unto the Seventh Generation. That's the way we were taught. Think about it: you yourself are a Seventh Generation."

~ Leon Shenandoah, Onondaga

The Creator designed us with a free will. That means we function from choices and consequences. It is important that we practice thinking about consequences before we make decisions about choices. Every choice I make is like setting up dominos one after the other that produce consequences. Not just for me but also for my children and for the children that are unborn. My choices and decision today will have consequences for seven generations.

Great Spirit, grant that the choices and decisions that I make today will honor your laws and values. May I live in peace today that will ripple into the seventh generation.

Teaching: The Retiring Carpenter

An elderly carpenter was ready to retire. He told his employer of his plans to leave the house building business and live a more leisurely life with his wife enjoying his extended family. He would miss the paycheck, but he needed to retire. He would get by.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career.

When the carpenter finished his work, the employer inspected the house. He handed the front door key to the carpenter. "This is your house," he said, "my gift to you." The carpenter was shocked! What a shame! If he had only known he was building his own house, he would have done it so differently.

So it is with us. We build our lives a day at a time, often putting less than our best into the building. Then, with a shock, we realize we have to live in the house we have built. If we could do it over, we'd do it much differently. But we cannot go back. You are the carpenter. Each day you hammer a nail, place a board, erect a wall. Life is a do-it-yourself project. Your attitude and the choices you make today build the "house" you live in tomorrow. Build wisely!

Quotes: Choices & Consequences

Nobody ever did, or ever will, escape the consequences of his choices.

~ Alfred Montapert

While we are free to choose our actions, we are not free to choose the consequences.

~ Stephen R. Covey

When you have to make a choice and don't make it, that is in itself a choice.

~ William James

It's not hard to make decisions when you know your values.

~ Roy Disney

Life is the sum of all your choices.

~ Albert Camus

The hardest thing to learn in life is which bridge to cross and which to burn.

~ David Russell

Using the power of decision gives you the capacity to get past any excuse to change any and every part of your life in an instant.

~ Anthony Robbins

The doors we open and close each day decide the lives we live.

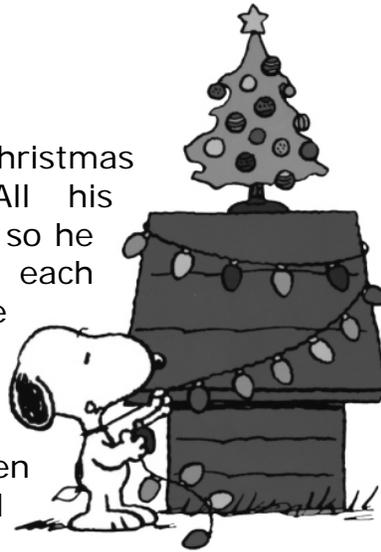
~ Flora Whittemore

Fun & Games

Grandpa's Christmas Story

Grandpa decided that shopping for Christmas presents had become too difficult. All his grandchildren had everything they needed, so he decided to send them each a cheque. On each card he wrote: Happy Christmas, Love Grandpa P.S. Buy your own present!

While Grandpa enjoyed the family festivities, he thought that his grandchildren were slightly distant. It preyed on his mind into the New Year. In February, he was sorting out his study and under a pile of magazines, he found a little pile of cheques for his grandchildren. He had completely forgotten to put them in with the Christmas cards.



Reindeer's Story at Christmas

According to the Alaska Department of Fish and Game, while both male and female reindeer grow antlers in the summer each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December.

Female reindeer retain their antlers till after they give birth in the spring. Therefore, according to EVERY historical rendition depicting Santa's reindeer, EVERY single one of them, from Rudolph to Blitzen, had to be a girl.

We should have known... ONLY women would be able to drag a fat man in a red velvet suit all around the world in one night and not get lost.

Christmas Spirit

It was just before Christmas and the magistrate was in a happy mood. He asked the prisoner who was in the dock, 'What are you charged with?' The prisoner replied, 'Doing my Christmas shopping too early.' 'That's no crime', said the magistrate. 'Just how early were you doing this shopping?' 'Before the shop opened', answered the prisoner.

How do you make an idiot laugh on boxing day? Tell him a joke on Christmas Eve!

A man went to his psychiatrist and said, what's wrong with me? I'm afraid of Santa. The psychiatrist said, "You must be Claustrofobic.

Christmas Quotes

Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmas-time.

~ L. Ingalls Wilder

Instead of being a time of unusual behavior, Christmas is perhaps the only time in the year when people can obey their natural impulses and express their true sentiments without feeling self-conscious and, perhaps, foolish. Christmas, in short, is about the only chance a man has to be himself.

~ Francis C. Farley

I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph.

~ Shirley Temple

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.

~ Norman V. Peale

Fun & Games Continued

1. Which ancient civilization was the first to celebrate the New Year?
 - a. Babylon
 - b. Rome
 - c. Israel
2. New Year is the oldest of all holidays. How long has it been observed?
 - a. 10,000 years
 - b. 4,000 years
 - c. 2,000 years
3. The ancients celebrated New Year during what time of year?
 - a. Summer
 - b. Winter
 - c. Spring
4. The official New Year's celebration for ancient Babylon lasted for how long?
 - a. Seven days
 - b. Eleven days
 - c. Twenty-eight days
5. Who is responsible for standardizing January 1st. as the beginning of the year?
 - a. Julius Caesar
 - b. Pope Gregory
 - c. Nero
6. The New Year's resolutions date back to early Babylon. What was a popular Babylonian resolution?
 - a. To quit smoking
 - b. To return borrowed farm equipment
 - c. To pray more
7. "Auld Lang Syne" is the song traditionally sung at the stroke of midnight on New Year's Eve. What does the title of the song mean?
 - a. Another Year is Over
 - b. Old Friends of Mind
 - c. Old Long Time
8. Which of the following foods has not been associated with bringing good luck in the New Year?
 - a. Cabbage
 - b. Cranberries
 - c. Black eyed peas

Answers on last page.

Christmas is a time when you get homesick - even when you're home.
~ Carol Nelson

He who has not Christmas in his heart will never find it under a tree.
~ Roy L. Smith

The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.
~ Burton Hillis

One of the most glorious messes in the world is the mess created in the living room on Christmas day. Don't clean it up too quickly.
~ Andy Rooney

Even as an adult I find it difficult to sleep on Christmas Eve. Yuletide excitement is a potent caffeine, no matter your age.
~ Carrie Latet

At Christmas, all roads lead home.
~ Marjorie Holmes

Love is what's in the room with you at Christmas if you stop opening presents and listen.
~ Author Unknown

Upcoming Events

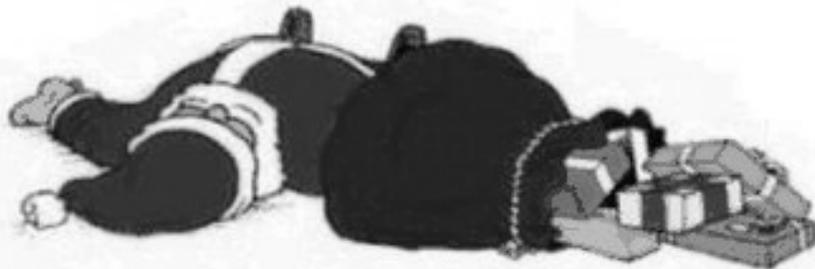
<p>Wed. Dec. 1 6 pm</p>	<p>Books to Box Office: Chocolat Love book clubs, but don't have the time to read? Join us at the library once a month to watch movies based on popular novels. It's a fun, fast way to keep up with today's bestsellers. Venue: Bob Harkins Branch Admission: Free.</p>
<p>Thu. Dec. 2 7 – 9 pm</p>	<p>Diabetes Self-Management Program FREE workshop for people with diabetes, their family and friends. Information 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. TO REGISTER: Call 250-561-9284 or email boyanneyoung@diabetes.ca. Provided by UVIC with resources from the BC Ministry of Health Services.</p>
<p>Fri. Dec. 3 7 – 8 pm</p>	<p>16th Santa Claus Debate There are many questions that academics try to answer, but at this time of the year, probably none is more pressing than "Is there a Santa Claus?" Two teams of scholars from various disciplines will take a look at the serious scholarly question of whether or not we should believe. Join in the fun and cast your vote for the existence of the man in red. Venue: UNBC Canfor Theatre</p>
<p>Dec. 4 – 5 10 am – 3 pm</p>	<p>Blackburn Craft Fair Crafts, photos with Santa & concession. Address: Blackburn Community Centre (2451 Blackburn Rd)</p>
<p>Mon. Dec. 6 7 – 8 pm</p>	<p>Christian Meditation Come and experience the ancient tradition of prayerful stillness. We begin by listening to a short audio tape by Abbot John Main, OSB. This is followed by thirty minutes of silent sitting. The group is open to both experienced mediators and those who would like to learn to practice Christian Meditation. Venue: Domano Renewal Centre (#111 6500 Southridge Avenue)</p>
<p>Wed. Dec. 8 7 – 9 pm</p>	<p>Creativity For the Soul This is a fun evening for anyone who has had cancer or is going through cancer, along with their family or friend. We will look at how creativity relieves stress and have fun putting this theory to work. Come enjoy a fun, social evening of crafts, food and friends. Venue: Library, Keith Gordon Room</p>
<p>Wed. Dec. 8 7.30 – 9 pm</p>	<p>Cafe Scientifique presents: "RNA World: Then and Now" Presented by Dr. Stephen Rader, Biochemistry and Molecular Biology, UNBC. RNA may be the most important biological molecule that you may never have heard of. This Café Scientifique will present a brief explanation of why several Nobel Prizes relating to RNA research have been awarded in the last ten years. It will relate these developments to my own studies of RNA at UNBC, as well as to the intriguing hypothesis that at one time RNA was the ONLY important biological molecule. Everyone is welcome and the discussion is open to anyone of any age! Venue: Café Voltaire at Books & Co. Admission: Free.</p>
<p>Thu. Dec. 9 7 – 9.30 pm</p>	<p>Diabetes Self-Management Program FREE workshop for people with diabetes, their family and friends. Information 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</p>

	confidence to take action and improve quality of life. TO REGISTER: Call 250-561-9284 or email boyanneyoung@diabetes.ca . Provided by UVIC with resources from the BC Ministry of Health Services.
Sat. Dec. 11 10 am – 1 pm	St. George's Ukrainian Christmas Bazaar Address: Corner of Vanier and Massey Drive
Sat. Dec. 11 1 pm	Family Movie Saturdays: The Spiderwick Chronicles Bring your kids to the Public Library and settle in for a free, family-friendly afternoon movie! Seating is first-come, first-served, so get there early, and don't forget to bring your own snacks! Admission: free.
Wed. Dec. 15 9.30 am – 12 pm	Cultural Craft at PGNFC The crafts will take place in the Power of Friendship room, followed by a free lunch and social. Materials are provided and it is free to attend, please join us.
Sat. Dec. 18 1 – 3 pm	Golden Cinema Saturdays: Miracle on 34th Street. Seating is first-come, first-serve, 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. Everyone welcome.
Dec. 17-18 2.30 – 4.30 pm	Hart Community Skates With Santa Come and celebrate Christmas with your neighbours! Santa will visit three ice rinks in the Hart: Ridgeview Park, Glenview Park & Austin Road School.
Sat. Jan. 15 1 – 3 pm	Golden Cinema Saturdays: Rebel Without a Cause. Seating is first-come, first-serve, 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. Everyone welcome.
Answers: 1. Babylon 2. 4000 years 3. Spring 4. 11 Days 5. Julius Caesar 6. To return borrowed farm equipment 7. Old Long Time 8. Cranberries	

Please Note:

CHISTMAS IS CANCELLED

**Apparently, YOU told Santa that
you have been GOOD this year ...**



He died laughing