

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 3, Number 1

JANUARY, 2011



ALL NATIONS ELDERS NEWSLETTER

Welcome

We are pleased to present the January 2011 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 January Elders

Happy Birthday to the January babies! The January birth flower is the Carnation. Representing pride, beauty, admiration and gratitude, the carnation's multilayered, feathery soft petals conceal a hardy core – an appropriate paradox for this first-month-of-the-year flower. Originally from Asia, where they've been cultivated for the last 2,000 years, today this winter birth flower is a richly colourful and fragrant gem.



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Happy New Year

Happy New Year! We hope that your Christmas holidays were wonderful and we wish you health and prosperity in 2011.

Check Out the Website

Elders Rock is on the web, check it out! It's a pretty neat page, you can access old newsletters and look at pictures of the camps, crafts, and activities!

<http://abdc.bc.ca/services/elders-rock>

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

Agenda Items:

Volunteers Required

Cedars Christian School, Fourth Grade Social Studies require a First Nations volunteer guest speaker. When: Between January and June 2011. Why: Their grade four social studies curriculum is almost entirely to do with the First Nations. Contact Joyce or Laura if you would like to volunteer.

News & Community

Habitat for Humanity

Habitat for Humanity is building again and are accepting applications for their 2011 build. Are you a low income working family that needs a safe and decent place to live? Are you willing to partner with Habitat? Come down to 2nd & Queensway, or call (250) 564-1188 for more information.

Come In From the Cold: Free Workshop Series

The Elders are invited to a series of workshops/concerts that are the result of a partnership between Coldsnap Winter Music Festival and a number of Prince George organizations. Acclaimed Coldsnap performers will be performing and sharing songs and stories; stories of being left out and stories of belonging; stories that help us understand the value our different cultures as well as stories of overcoming racist attitudes. Through music and other art forms, audience members will have the opportunity to reflect upon and explore multiculturalism, inclusion, diversity and racism in Prince George while thinking about what could make Prince George an even more inclusive city. All of the event details are in the "Upcoming Events" section of this newsletter (pages 8 -12).

1. January 22nd: Pillow Concert with the Sultans of String
2. January 22nd: Share The Beat Drum Circle
3. January 23rd: Open Minds with Open Mic
4. January 28th: Sharing Words
5. January 28th: Speak Up For Justice
6. January 28th: Warm Your Spirits with Street Spirits
7. January 29th: Come In From the Cold: Workshop Series Wrap-Up

All of the events are free. Food will be served at the events. Please contact Sarah Cunningham at (250) 962-6328 for more information or check out the Coldsnap website: <http://www.coldsnapfestival.com/festival/>



Healthy Recipe of the Month: Chocolate Chip Fudgy Cups

Chocolate Chip Dough:

1/3 cup stick butter, softened
1 egg
1 tsp vanilla
1/3 cup Equal® Spoonful*
1/3 cup firmly packed brown sugar
1 cup all-purpose flour
1/2 tsp baking soda
1/4 tsp salt
1/2 cup mini semi-sweet chocolate chips

Fudge Nut Filling:

1 cup Equal® Spoonful**
3/4 cup all-purpose flour
6 tbsp unsweetened cocoa
1/3 cup chopped nuts
1 tsp baking powder
1/4 tsp salt
1/2 cup unsweetened applesauce
6 tbsp stick butter, softened
2 eggs
1 tsp vanilla

Preparation:

For Chocolate Chip Dough, beat butter with electric mixer until fluffy. Beat in egg and vanilla until blended. Mix in Equal®* and brown sugar until combined. Combine flour, baking soda, and tsp salt. Mix into butter mixture. Stir in chocolate chips. Form dough into circle about 1/2 inch thick. Wrap tightly in plastic wrap and freeze while preparing Fudge Nut Filling.

For Fudge Nut Filling, combine Equal®**, flour, cocoa, nuts, baking powder and salt. Beat applesauce, butter, eggs and vanilla until blended. Stir in combined flour mixture until well blended. Remove Chocolate Chip Dough from freezer. Spread one tablespoon of dough in each of 24 mini-muffin pans. Fill each with Fudge Nut Filling to top of cup. Bake in preheated 350° F oven 15 to 18 minutes or until wooden pick inserted in center comes out clean. Let cool in muffin pans about five minutes. Remove from pans and cool completely on wire racks. Store in airtight containers at room temperature.

Nutrition Facts	
Amount Per Serving	
Calories:	138
Protein:	2 g
Sodium:	106 mg
Fat:	8 g
Cholesterol:	41 mg
Exchanges: 1 starch, 1 1/2 fat	
This cookie has something for everyone. The crust is chocolate chip cookie dough; the filling is a rich brownie. They are a little more involved to make, but well worth the effort.	
*May substitute 8 packets Equal sweetener	
** May substitute 24 packets Equal sweetener	



People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas.

~ Author Unknown

Quotes, Proverbs & Teachings

Elders Meditation

"Life, the circle, a measurement with no beginning and no end."

~ Phillip Deere, Muskogee-Creek



The circle teaches us how the Creator made things and how to live. It teaches us how we should look at creation. Life travels in a circle. In the East is the baby, to the South is the youth, in the West is the adult and in the North is the Elder. Then we return to the Earth Mother to start the cycle again. We observe what is 'around us' from the center of the circle. This develops our point of view. We must be careful not to become self-centered.

Great Spirit, let me observe life from the circle's point of view.

Quotes

There is such a concept of loss. Loss and how we react to loss. We think of things in a straight line: birth-life-death. That's not really how it works. You take those ends and you bend it into a circle so it's birth-life-death-REbirth. So you have to be prepared when you lose something – when you go through a divorce, when your mother dies, when you lose your house you have to understand that nature has it no other way. There is a rebirth. The death is painful. It doesn't change the pain of the death. But you gotta stay awake and stay focused for what's the rebirth that God is about to offer you.

~ Will Smith, on Oprah

It's the circle of life, and it moves us all, through despair and hope, through faith and love, 'till we find our place, on the path unwinding.

~ Elton John

There is a beginning, middle and end to every woman's life. But once a woman arrives at what she thinks might be her end, all she must do is reach deep down into her innermost depths and there she will find a new beginning. A woman is hardy as a perennial flower and deep as the sea.

~ Christine Lemmon

Teaching: Who's Your Hero

One of those strange newspaper stories told of a 19-year-old woman who had been charged in Los Angeles with two counts of trespassing, after sneaking into the home of actor Brad Pitt and trying on his clothes. I suppose we have different ways of adoring our heroes... But who are our real heroes? I was given a little quiz recently. See how well you do:

1. Name the five wealthiest people in the world.
2. Name five Olympic gold medalists.
3. Name the last five winners of your national beauty contest.
4. Name five people who have won the Nobel or Pulitzer Prize.
5. Name five Academy Award winners for best actor and actress.
6. Name the last decade's national or world champions in your favorite sport.

These people, of course, are the best in their fields. But fame is fleeting and outstanding performance is too soon forgotten. Now try another quiz:

1. Name a few teachers who aided your journey through school.
2. Name a few friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel special.
5. Think of five people you enjoy spending time with.
6. Name five heroes whose stories have inspired you.

If you found the second quiz easier, it may be because the people who make a difference in our lives are not the ones with the best degrees or pedigrees, nor are they the most honored. The people who make a difference are those who care. They may never have seen a battle; never scored a winning goal; never been featured in a magazine. But they've been busy helping you to be the best you can be.

Let's remember and thank our real heroes. And don't be surprised if someone thanks you.

A boy doesn't have to go to war to be a hero; he can say he doesn't like pie when he sees there isn't enough to go around.

~ Edgar W. Howe

A hero is a man who does what he can.

~ Romain Rolland

A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

~ Christopher Reeve

A hero is somebody who is selfless, who is generous in spirit, who just tries to give back as much as possible and help people. A hero to me is someone who saves people and who deeply cares.

~ Debi Mazar

The real hero is always a hero by mistake; he dreams of being an honest coward like everybody else.

~ Umberto Eco

And one silly quote...

My belt holds my pants up, but the belt loops hold my belt up. I don't really know what's happening down there. Who is the real hero?

~ Mitch Hedberg

Fun & Games

Locked Out

One rainy evening, my husband, John, and I emerged from a restaurant only to find that he had locked the keys in the car. He insisted he could open the door with a wire coat hanger, so we went back to the restaurant to get one. There were none to be found.

John then ran to a department store a quarter-mile away and returned with a hanger. After a few attempts, he got the door open and we climbed in. As we sat there, soaked and cold, he stuck the hanger under his seat. With a smug grin, he said, "Now if this ever happens again, I'll have one handy."

The Lion and the Mime

An out-of-work mime was visiting the zoo and attempted to earn some money as a street performer. As soon as he started to draw a crowd, the zookeeper grabbed him and dragged him into his office.

The zookeeper explained to the mime that the zoo's most popular attraction, a gorilla, died suddenly. The keeper feared that attendance at the zoo would fall off. He offered the mime a job to dress up as the gorilla until they can get another one.

The next morning, before the crowd arrived, the mime put on the gorilla suit and entered the cage. He discovered that it's a great job! He can sleep all he wants, play and make fun of people and he draws bigger crowds than he ever did as a mime. Eventually the crowds tire of him and he gets bored just swinging on tires. He begins to notice that the people are paying more attention to the lion in the cage next to his.

Not wanting to lose the attention of his audience, he climbs to the top of his cage, crawls across a partition, and dangles from the top to the lion's cage. Of course, this makes the lion furious, but the crowd loves it. At the end of the day the zookeeper comes and gives the mime a raise for being such a good attraction as a gorilla.

This goes on for some time. The mime keeps taunting the lion, the crowds grow larger and his salary keeps going up. One terrible day as he is dangling over the lion, he slips and falls. The mime is terrified! The lion prepares to pounce. The mime is so scared that he begins to run round and round the cage with the lion close behind. Finally, the mime starts screaming and yelling, "Help, Help me!", but the lion is quick and pounces. The mime soon finds himself flat on his back looking up at the angry lion and the lion says, "Shut up you idiot! Do you want to get us both fired?"

New Year's Quotes

One resolution I have made, and try always to keep, is this: to rise above the little things.

~ John Burroughs

May all your troubles last as long as your New Year's resolutions.

~ Joey Adams

Making resolutions is a cleansing ritual of self assessment and repentance that demands personal honesty and, ultimately, reinforces humility. Breaking them is part of the cycle.

~ Eric Zorn

Your Merry Christmas may depend on what others do for you. But your Happy New Year depends on what you do for others.

~ Unknown Author

Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better man.

~ Benjamin Franklin

An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves.

~ Bill Vaughan

Fun & Games Cont...

Dementia Test

Test for Dementia Below are four (4) questions and a bonus question. You have to answer them instantly. You can't take your time, answer all of them immediately. OK? Let's find out just how clever you really are.

First Question: You are participating in a race. You overtake the second person. What position are you in?

Answer: If you answered that you are first, then you are absolutely wrong! If you overtake the second person and you take his place, you are second! To answer the second question, don't take as much time as you took for the first question.

Second Question: If you overtake the last person, then you are...?

Answer: If you answered that you are second to last, then you are wrong again. Tell me, how can you overtake the LAST Person?

Third Question: Very tricky math! Note: This must be done in your head only. Do NOT use paper and pencil or a calculator. Try it. Take 1000 and add 40 to it. Now add another 1000. Now add 30. Add another 1000. Now add 20. Now add another 1000 Now add 10. What is the total?

Did you get 5000? The correct answer is actually 4100. Don't believe it? Check with your calculator!

Fourth Question: Mary's father has five daughters: Nana, Nene, Nini, Nono. What is the name of the fifth daughter?

Answer: Nunu? NO! Of course not. Her name is Mary. Read the question again...

Pull Over!

"Hey, you! Pull over!" shouted the traffic cop. The lady complied, and she was fined seventy-five dollars for not wearing a seatbelt.

She went home in great anxiety lest her husband, who always examined her checkbook, learn of the incident. Then inspiration struck and she marked the check stub, "One pullover: \$75."

Speeding Ticket

What am I supposed to do with this?" grumbled a motorist as the policeman handed him a speeding ticket. "Keep it," the cop said, "when you collect four of them you get a bicycle."

More New Year's Quotes

Cheers to a new year and another chance for us to get it right.

~ Oprah Winfrey

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.

~ Hal Borland

Never tell your resolution beforehand, or it's twice as onerous a duty.

~ John Selden

Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to.

~ Bill Vaughn

In the New Year, may your right hand always be stretched out in friendship, never in want.

~ Irish toast

Many people look forward to the New Year for a new start on old habits.

~ Author Unknown

A New Year's resolution is something that goes in one year and out the other.

~Author Unknown

Upcoming Events

<p>Ongoing</p>	<p>People in Motion - Walking Program Walk your way to better health! No admission fees make this an affordable opportunity to get and stay in shape. In both the Coliseum and CN Centre facilities, walking only is permitted. No running, roller blades, skateboards, etc.</p> <p>Coliseum Concourse: Monday - Friday: 9 am – 2 pm, closed Saturdays and Sundays. 5 laps = 1 km and 8 laps = 1 mile</p> <p>CN Centre Concourse: Monday - Sunday: 9 am – 5 pm, the building closes for walking at 11 am on Cougars game days. 3.5 laps = 1 km and 5.7 laps = 1 mile</p>
<p>Wed. Jan. 5 6 pm</p>	<p>Free Movie Night: Pride & Prejudice Relive Jane Austen's classic romance and enjoy a discussion on the book and movie, afterwards. Venue: Public Library. Price: FREE, drop-in. Contact: 250.563.9251</p>
<p>Sat. Jan. 8 1 pm</p>	<p>Family Movie Saturdays: Happy Feet Bring your kids to the Public Library and settle in for a free, family-friendly afternoon movie! We'll be playing a selection of childhood favourites and the latest family films on the second Saturday of each month. Seating is first-come, first-served, so get there early, and don't forget to bring your own snacks!</p>
<p>Mon. Jan. 10 2.30 – 4 pm</p>	<p>Adult Computer Classes: Basic Computers 1 No experience? We can get you started. Venue: PG Public Library, Bob Harkins Branch. Admission: FREE, must register. Contact: 250-563-9251, ext 140.</p>
<p>Tue. Jan. 11 7 – 8 pm</p>	<p>Grief is a Journey - Finding Life Again Grief is a natural and normal reaction to loss of any kind. The death of a loved one is perhaps the most devastating loss one may experience, yet grief occurs following any change in our lives. These sessions will assist those experiencing grief to understand what is happening within and to receive the support of others who share the journey. Venue: Domano Renewal Centre (109 Southridge Avenue) Contact: 250-964-4475 Registration required.</p>
<p>Tue. Jan. 11 7 – 9 pm</p>	<p>Toastmaster Demonstration Meeting Realize your 2011 goals by seeing how Toastmasters can help you boost your communication and leadership goals in a fun, supportive, and motivating way. Toastmasters develop professionally and personally by practicing for real life in a social environment. Everyone is welcome, no obligation to join or participate. Venue: PG Public Library, Keith Gordon Room.</p>
<p>Sat. Jan. 15 11 am – 4 pm</p>	<p>Golden Cinema Saturdays: Rebel Without a Cause Venue: Public Library, Keith Gordon Room. Wheelchair friendly. Admission: FREE! Drop-in & bring your own snacks. Ages: Everyone</p>
<p>Sun. Jan. 16 5 pm</p>	<p>Agility Trial One-day Jumpers Specialty Agility Trial, presented by Top Dog Agility. Venue: PG Exhibition Grounds, Indoor Horse Arena Admission is by donation to the S.P.C.A. This is a great family spectator event! Contact: David Greenberg 250-563-0905</p>
<p>Mon. Jan. 17 2.30 – 4 pm</p>	<p>Adult Computer Classes: Internet & Email Explore the internet and stay in touch with email. Venue: PG Public Library, Bob Harkins Branch.</p>

	Admission: FREE, must register. Contact: 250-563-9251, ext 140.
Tue. Jan. 18 7 – 8 pm	Grief is a Journey - Finding Life Again Grief is a natural and normal reaction to loss of any kind. The death of a loved one is perhaps the most devastating loss one may experience, yet grief occurs following any change in our lives. These sessions will assist those experiencing grief to understand what is happening within and to receive the support of others who share the journey. Venue: Domano Renewal Centre (109 Southridge Avenue) Contact: 250-964-4475 Registration required.
Tue. Jan. 18 7.30 – 9 pm	Prince George Genealogical Society Venue: St. Giles Presbyterian Church (1500 Edmonton Street)
Sat. Jan. 22 Time?	Robbie Burns Square Dance Venue: Anglican Church Contact: 250.964.4851 for more details.
Sat. Jan. 22 10.30 am – 12.30 pm	Share the Beat Drum Circle A cool event that includes Carrier, Celtic, African and Cuban drummers - everyone welcome! An important part of this event will be the stories the drummers will share about their culture and about their experiences of racism, belonging, and diversity. People are welcome to bring a drum and join the circle or just listen. The event will wrap up with pie and hot drinks including tea, coffee and hot chocolate. Venue: Fire Pit Cultural Drop-In Centre (1114 3 rd Avenue). Admission: FREE Contact: Sarah (250) 962-6328
Sat. Jan. 22 3 – 4.30 pm	Pillow Concert with the Sultans of String This fun concert is for families and children. Bring a pillow or sit on floor mats! Using instruments from around the world, you can be sure that they will encourage participation and movement by the younger audience members and that everyone will find something to connect to in their stories and music. This free 1.5 hour event will include a 45 minute concert, followed by a mural creation art activity and social time, where bannock, fruit and drinks will be provided (at no charge). Venue: Connaught Youth Centre (1491 – 17th Ave). Admission: FREE Contact: Sarah (250) 962-6328
Sun. Jan. 23 1 – 4 pm	Open Minds with Open Mic YAP Friends are hosting a youth-oriented open-mic event. Doors open at 12:30. Coldsnap performing artists: The Good Lovelies and April Verche will get the ball rolling with their songs. They will be joined by young local musicians who are invited to add songs or any musical performance that explore inclusion, multiculturalism, diversity or racism and, because WE value diversity and inclusion we invite and welcome song or music in any language and on any instrument! Free pizza and pop will be provided to everyone! Spots are still available for youth to sign up and perform and young Aboriginal performers would be very, very welcome! Venue: YAP (1160 7 th Ave). Price: FREE! Contact: Brian 565-6278 or brian@futurecents.ca .
Mon. Jan. 24 2.30 – 4 pm	Adult Computer Classes: Basic Computers 2 Know a little and want to learn more? Bring your questions! Venue: PG Public Library. Admission: FREE, must register. Contact: 250-563-9251, ext 140.
Fri. Jan. 28 10 am – 3 pm	Warm Your Spirits with Street Spirits The internationally-acclaimed Street Spirits Theatre Company actors, lead by Artistic Director Andrew Burton, will guide participants through a dynamic acting process where

	<p>topics such as racism, inclusion, multiculturalism and diversity will be tackled. This 5-hour workshop is open to everyone however people with an interest in acting may find it especially engaging although no acting experience is necessary! Normally provided at a cost of \$200 per participant, we are very pleased to provide the workshop (and hot lunch) at no cost. Only 25 spots are available and pre-registration is required. Contact Sarah Cunningham at sarahlcunningham@shaw.ca.</p>
<p>Fri. Jan. 28 1 – 4 pm</p>	<p>Speak Up For Justice YAP Friends are hosting Shad (Juno Award and Polaris prize nominated MC!) and Basia Bulat for this youth-oriented concert. These two internationally-known Canadian artists sing about experiences and themes that affect all of us; a Shad reviewer states “Sharper and wittier flows than Drake and nearly as much social consciousness and indie rock scene appeal as K’naan” and of Basia Bulat, “Forget genres and influences; the one overriding quality of Bulat’s music is her passion!” Free popcorn, and other snacks and drinks will be available. Admission: FREE Contact: Sarah (250) 962-6328.</p>
<p>Fri. Jan. 28 2.30 – 4.30 pm</p>	<p>Sharing Worlds Led by international performers, Donne Roberts and Tom Landa (of The Paperboys) as well as local musician Neda Jalali, stories and songs will be shared to stimulate conversation about inclusion, multiculturalism, diversity and racism. With microphones available to the audience, there will be space for those present to express their views as well. This event is open to all residents of Prince George. Venue: College of New Caledonia Atrium (3330 – 22nd Ave). Admission: FREE! Contact: Sarah (250) 962-6328.</p>
<p>Sat. Jan. 29 1 – 3 pm</p>	<p>Family Literacy Day Carnival The PG Public Library is celebrating Family Literacy Day with a carnival of fun! Carnival-themed activity stations throughout the library to celebrate reading, families, and kids of all ages. Contact: 250-563-9251 ext 108.</p>
<p>Sat. Jan. 29 1 – 4 pm</p>	<p>Come In From the Cold: Workshop Series Wrap-Up Featuring Leonard Ward, David Wilcox, Street Spirits & The Paperboys. We will recognize the events that brought us together over the past week as well reflect upon the impact diversity, inclusion and multiculturalism have on all of us. Venue: Art Space (1685 – 3rd Ave). Admission: FREE! Contact: Sarah (250) 962-6328.</p>
<p>Sun. Jan. 30 12.30 – 3 pm</p>	<p>Investors Group Walk for Memories: Alzheimer Society of BC Get Walking Prince George! 1 in 3 Canadians knows someone with Alzheimer's disease or a related dementia. Who do YOU know? Get Involved - Walk - Donate - Volunteer - Sponsor. Register online today at www.walkformemories.com or call 250-564-7533 or 1-800-667-3742. Venue: UNBC’s Northern Sports Centre (3333 University Way)</p>
<p>Mon. Jan. 31 2.30 – 4 pm</p>	<p>Adult Computer Classes: Beyond Basics - Online Genealogy Learn how to use computer programs and online tools to build your family tree. Venue: PG Public Library, Bob Harkins Branch. Admission: FREE, must register. Contact: 250-563-9251, ext 140.</p>
<p>Tue. Feb. 1 7 – 8.30 pm</p>	<p>Adult Computer Classes: Basic Computers 1 No experience? We can get you started. Venue: PG Public Library, Bob Harkins Branch. Admission: FREE, must register. Contact: 250-563-9251, ext 140.</p>

Wed. Feb. 2 6 pm	Free Movie Night: The Commitments Join us once a month on Wednesdays to watch movies based on popular novels. It's like a book club, but without the reading! Perfect for people with busy schedules. Details: Jimmy wants to bring soul music to Dublin. Venue: PG Public Library. Admission: FREE, drop-in. Contact: 250.563.9251
Tue. Feb. 8 7 – 8.30 pm	Adult Computer Classes: Internet & Email Explore the internet and stay in touch with email. Venue: PG Public Library, Bob Harkins Branch. Admission: FREE, must register. Contact: 250-563-9251, ext 140.
Wed. Feb. 9 2 – 4 pm	Golden Age Social Mark your calendar! The Prince George Council of Seniors welcome seniors back for another year of Golden Age Socials! All Prince George seniors are welcome to join in the fun! The Golden Age Social starts out with an hour of lively entertainment and is followed with tea, coffee and goodies. Venue: Civic Centre Admission: FREE! Contact: 250.564.5888
Feb. 14 – 18 9 am – 5 pm	Returning to Spirit – Aboriginal This RTS workshop is unique and cutting edge in its approach to healing and reconciliation. The workshop is designed for Aboriginal people who continue to experience the legacy of residential school. The workshop benefits survivors, families of survivors and anyone who wants to move beyond healing to reconciliation and discover the spirit of who they are. Venue: Domano Renewal Centre (6500 Southridge Ave). Contact: Jean Marie 964-4475.
Tue. Feb. 15 7 – 8.30 pm	Adult Computer Classes: Basic Computers 2 Know a little and want to learn more? Bring your questions! Venue: PG Public Library. Admission: FREE, must register. Contact: 250-563-9251, ext 140.
Sat. Feb. 19 11 am – 4 pm	Golden Cinema Saturdays: Roman Holiday Join us to watch the classic movie, Roman Holiday, Audrey Hepburn's first major role. Venue: Public Library, Keith Gordon Room. Admission: FREE! Drop-in, wheelchair friendly, bring your own snacks. Ages: Everyone
Tue. Feb. 22 7 – 8.30 pm	Adult Computer Classes: Beyond Basics – Love Your Laptop Learn how to use your laptop like a pro. Venue: PG Public Library. Admission: FREE, must register. Contact: 250-563-9251, ext 140.

Three Winter Energy Tips

1. Set back your thermostat when you're away from home or in bed, it makes a difference. A ten degree setback for an eight-hour period of time can reduce your heating expense 5% to 15%. Two eight-hour setbacks (one when you're at work and another when you're asleep) can save approximately 15% to 25%!
2. Keep the drapes and blinds open for your southern windows. The sun will help warm your home. Close them in the evening to help reduce heat loss.
3. Insulate your outlets & switches. Everyone knows that weather stripping and insulation saves money and prevents drafts in the winter. But who thinks about electric outlets? A lot of heat is lost from homes through the outlets located on exterior walls. Purchase electric outlet and switch gaskets at your local hardware store. Remove the outlet cover, fit the gasket over the outlet or switch, and replace the cover. In less than an hour, you can outfit your entire home, saving energy, and preventing drafts.

Ongoing Events

MONDAYS

7 pm	Northern Twister Square Dance Club Venue: St. Michael's Church Hall Contact: Gys at 250.563.4848 or Reta at 250.962.2740
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TUESDAYS

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.
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WEDNESDAYS

10 – 11.30 am	Wellness Wednesdays FREE drop-in sessions for people 55+, hosted by PG Council of Seniors. Location: 1055 - 5th Ave. Contact: 250.564.5888.
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10 am – 2 pm	Senior's Social at Pineview Hall Location: Pineview Hall Basement (wheelchair accessible). Contact: Syl 250.963.7427 or 250.649.8281.
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THURSDAYS

10 am – 9 pm	FREE Thursdays at Two Rivers Gallery Open all day. Featuring work by local and emerging artists. Contact: 250.614.7800.
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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.
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7 pm	Darts at PG Legion Everyone welcome blind draw mixed doubles. Age: 19+. Contact: Carol at 250.564.3148, Joe/ Claudette 250.963.9918.
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7 – 10 pm	BC Old Time Fiddlers - Fiddle Jam Nights All ages welcome. Price: \$2. Location: Elder Citizen's Recreation Centre. Contact: Beth 250.563.1025.
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FRIDAYS

8 pm – 12 am	PG Legion Dance Everyone welcome, live band & dance floor. Price: \$5. Location: PG Legion (1335 7th Ave.) Contact: 250.562.1292
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SATURDAYS

8.30 am – 2 pm	Farmer's Market Browse vendors with meats, veggies, crafts, baked goods, and much more. Location: corner of 3 rd Avenue and George Street
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9 am – 5 pm (Sun. 9 – 3)	Nechako Public Market Arts & crafts, inflatable entertainment, imports, garage sale items, handmade items, food, antiques, and more. Location: 5100 Nechako Road. Contact 250.962.1943
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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.
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SUNDAYS

11 am – 4 pm	Multicultural Sunday Bazaar Craft & gift extravaganza! Crafts, baking, jewellery, clothing, music, unique gifts and more! Location: Redwood Mall (1633 Victoria Street) Contact: 250.613.2011
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7 pm	All My Relations AA meetings followed with an after session smudge ceremony at the Alano Club (766 Alward Street). Contact 250.563.9517.
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