

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 3, Number 2 FEBRUARY, 2011



ALL NATIONS ELDERS NEWSLETTER

Welcome

We are pleased to present the February 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 February Elders

Happy Birthday to the February babies! The February birth flower is the violet, which symbolizes faithfulness, humility and chastity.

Happy Valentines Day

Happy Valentines Day! We hope you have a nice day and get spoiled with chocolates and flowers!



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Healthy Elders Program Calendar

Cheryl Webster's Healthy Elders Program Calendar is available. Check out the 'Upcoming Events' Page and the ANE Calendar for information about classes and times.

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

1. Elders Series at UNBC - Trish Cundy
2. UNBC Study – Jennifer Nguyen
3. Healthy Elders Program – Cheryl Webster
4. Elder's Program - Kathryn Kindle & Ivan Paquette
5. Elders Camp

News & Community

Dakelh (Carrier) Language Classes For Everyone

Program interest will determine if program will succeed. Snacks may be provided. Donations of snacks greatly appreciated.

Dates: February 4th, 11th, 18th, 25th

Time: 2.30 – 4.30 pm

Instructor: Helen Seymore (sponsored by CSTC)

Venue: Hadih House (2105 Pine Street)

Contact: (250) 563-7976

2011 Health & Wellness Conference

This conference is designed to include traditional, holistic approaches to health and well being. Topics will include men and women's health, HIV/AIDS, chronic disease management, trauma, grief, addictions, family violence and the role of the traditional family unit.

Date: February 14th – 16th

Venue: Prince George Civic Centre & Coast Inn

Indian Residential School Support Group & Information Sessions

Got a question or need someone to talk to? Visit us with the Indian Residential School Survivors Society (IRSSS). Coffee and tea provided.

Dates: Last Fridays of the month. February 25th, March 25th, April 29th, May 27th

Time: 12 – 2.30 pm

Venue: Hadih House (2105 Pine Street)

Contact: (250) 563-7973

Aboriginal Women's Health Knowledge

This study is being done for my Master's thesis in Community Health Science. My study will look at intergenerational traditional knowledge among Aboriginal women in Prince George using Urinary Tract Infections as a focus. I would like to interview female Elders on their thoughts of traditional medicine vs. western medicine knowledge.

If you are interested in participating, or would like more information, please contact Jennifer Nguyen by email (nguyenj@unbc.ca) or phone (250) 552-6655. * *Participants will receive an honorarium of a \$20 gift certificate to a local grocery store.*

Recipes of the Month

French Canadian Sugar Pie

Ingredients:

- 9 inches** deep dish uncooked pie shells
- 2 cups** brown sugar, packed
- 3 tbsp.** all-purpose flour
- 1 can (370 ml)** Carnation Evaporated Milk
- 2 eggs**, lightly beaten
- 1 tsp.** vanilla
- ¼ cup** butter, cold and diced into pea size pieces



Preparation:

Preheat oven to 350 degrees. In bowl, mix brown sugar and flour. In separate bowl, whisk together milk, eggs and vanilla. Gradually add to flour mixture mixing well. Place cookie sheet under pie crust. Fill pie crust with mixture. Drop cold butter cubes throughout mixture. Cook for 45 to 50 minutes, until outside edges are firm and center is slightly jelly like. Refrigerate completely. Serve with whipped cream or ice cream.

Southwestern Three-Bean & Barley Soup

Ingredients:

- 1 tbsp.** extra-virgin olive oil
- 1 large** onion, diced
- 1 large** stalk celery, diced
- 1 large** carrot, diced
- 9 cups** water
- 4 cups** reduced-sodium chicken broth
- ½ cup** pearl barley
- 1/3 cup** dried black beans
- 1/3 cup** dried great northern beans
- 1/3 cup** dried kidney beans
- 1 tbsp.** chili powder
- 1 tsp.** ground cumin
- ½ tsp.** dried oregano
- ¾ tsp.** salt

Nutrition Facts	
Amount Per Serving: 1 1/3 cups	
Calories:	205
Protein:	11 g
Fiber:	10 g
Sodium:	705 mg
Potassium:	601 mg
Fat:	3 g
Cholesterol:	0 mg
Carbohydrates:	35 g
Exchanges: 2 starch, 1 vegetable, 1 lean meat, ½ fat, 1 ½ carbohydrate serving	

Preparation: Heat oil in a Dutch oven over medium heat. Add onion, celery and carrot and cook until softened, about 5 minutes. Add water, broth, barley, black beans, great northern beans, kidney beans, chili powder, cumin and oregano. Bring to a simmer over high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, until the beans are tender, 1 ¾ to 2 ½ hours (adding more water, ½ cup at a time, if necessary or desired). Season with salt. **Slow-Cooker Variation:** Use 2 cups water (instead of 9 cups) and combine all ingredients in a 5- to 6-quart slow cooker. Cover and cook until the beans are tender, about 4 hours on high or 7-8 hours on low.

Slow Cooker Tips

A slow cooker is convenient, but if not used correctly there is the potential for food-safety hazards. Temperatures between 40° and 140°F fall into the so-called “Danger Zone” since bacteria thrive in these temperatures. When using a slow cooker be sure to take precautions that keep food from being in the Danger Zone for too long.



High Moisture Content

Choose dishes with high moisture contents, such as soups and stews. The moisture generates steam which facilitates cooking and helps raise the temperature above the danger zone quickly.

Frozen Ingredients

Don't put frozen ingredients in the slow cooker; defrost ingredients in the fridge first.

Refrigerate Prepped Ingredients

Refrigerate any prepped ingredients in separate storage containers prior to cooking. Don't refrigerate uncooked ingredients in the slow cooker insert because the cold insert will take too long to reach cooking temperature.

Meat and Poultry Tips

Cut meat and poultry into small pieces to ensure thorough cooking. Don't attempt to cook a whole chicken or large roast in a slow cooker, the cooker cannot heat the large piece of meat quickly enough to avoid a food-safety risk.

Avoid Overfilling

Don't overfill your slow cooker. Fill it no less than ½ full and no more than 2/3 full.

Proper Temperature

If you're cooking meat/poultry on low, start the dish on high for the first hour and switch to low for the remainder. If this isn't practical, bring liquids to a simmer before adding them to the slow cooker on low, thereby jump-starting the creation of heat.

Lifting the Lid

Avoid lifting the lid during cooking because it can cause the slow cooker to lose heat and will also affect cooking time. Do so only toward the end of cooking to check doneness.

Reheating

Don't reheat food in the slow-cooker, it takes too long to reach a safe temperature. Use the microwave to reheat. You can use a slow cooker to keep food hot before serving.

Food-Safety Tips

Follow everyday food-safety procedures. Start with clean equipment. Keep perishables refrigerated until preparation time. Place leftovers in shallow containers, so they will cool quickly, and then refrigerate within two hours.

Quotes, Proverbs & Teachings

Elders Meditation

"When we're through with this earth and all these problems, we don't have to come back. But as long as we're here we have a job to do and a purpose to fulfill, and that means dealing with the circumstances around us."

~ Rolling Thunder, Cherokee

We are put on the earth to participate in life. We have a beautiful mind, we have the ability to pray, we have the ability to change, we have the ability to accept, and we have choices. Things are constantly changing; this constant change causes our circumstances to change. Sometimes we say life is difficult. During these times we need to use our tools: the tools of prayer, and the tools of meditation. We are designed to change and live joyfully on this earth. The only requirement for living joyfully is to live according to the laws, principles, and values given to us by the Creator.

Great Spirit, give me your courage today, and guide my footsteps.

Teaching

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight, with his hair combed perfectly (even though he is legally blind) moved to a nursing home. His wife of 70 years passed away, making the move necessary. After hours of waiting patiently in the lobby, he smiled sweetly when told his room was ready. As he maneuvered his walker to the elevator, I provided a visual description of his room. "I love it," he stated. "Mr. Jones, you haven't seen the room; just wait."

"That doesn't have anything to do with it," he replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged, it's how I arrange my mind. I already decided to love it."

"It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away."

Old age is like a bank account. You withdraw from what you've put in. Remember the five simple rules to be happy: free your heart from hatred, free your mind from worries, live simply, give more, expect less.

A fulfilling life is different to each person. You have to acknowledge your dreams, and not just wait for life to happen, and opportunities to come knocking at your door.

~ Joan Lunden

When you fashion a life where the decisions you make and the actions you take are considered, deliberate, and in harmony with what's important to you, you are living an authentic life.

~ Dr. Suzanne Zoglio

Joy, rather than happiness, is the goal of life, for joy is the emotion which accompanies our fulfilling our natures as human beings. It is based on the experience of one's identity as a being of worth and dignity.

~ Rollo May

All successful men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.

~ Brian Tracy

Fun & Games

When Love Fades

Last night I was sitting on the sofa watching TV when I heard my wife's voice from the kitchen. "What would you like for dinner my love? Chicken, beef or fish?" I said, "Thank you, I'll have chicken." She replied "You're having soup! I was talking to the cat."



Double-Negative

On hearing one of his students use the expression, "I don't know nothing about it", a teacher took the opportunity to explain about double negatives and correct grammar to the class. He explained, "In the English language a double negative makes the statement positive, so your assertion that you 'don't know nothing about it' is actually an admission that you do know something about it."

Encouraged by the interest in this revelation, the teacher went on to demonstrate more of his knowledge of world languages, "Not all languages operate according to the same grammatical rules. In Russian, a double negative remains negative. Surprisingly, there is not a single language anywhere in the world in which a double positive makes a negative." At which a voice from the back of the classroom called out ironically "Yeah, right."



Go Pick On...

My son is starting school soon and thinks the other children will pick on him because of his name. I said, "Don't be silly, Someoneyourownsie, why would anyone pick on you?"

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Fun & Games Cont...

Good Milk

There once was a 94 year old nun back in the 1890s whose worn out body began to surrender. Her doctor prescribed for her a shot of whiskey three times a day, to relax her. However, not to be lured into worldly pleasures, she huffily declined.

But her mother superior knew the elderly sister loved milk. So she instructed the kitchen to spike the milk three times a day. Eventually, the elderly pious one approached her final hour. As several sisters gathered around her at bedside, the mother superior asked if she wanted to leave them any words of wisdom. "Oh, yes," she replied. "Never sell that cow!"



Doctor?

An acquaintance of mine who is a physician told this story about her then-four-year-old daughter. On the way to preschool, the doctor had left her stethoscope on the car seat, and her little girl picked it up and began playing with it.

"Be still, my heart," thought my friend, "my daughter wants to follow in my footsteps!" Then the child spoke into the instrument, "Welcome to McDonald's. May I take your order?"



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Upcoming Events

Ongoing	<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>
Wed. Feb. 2 6 pm	<p>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</p>
Fri. Feb. 4 11 am	<p>Dakelh Elder Meeting Location: CSTC</p>
Fri. Feb. 4 12 – 1 pm	<p>Healthy Elders Program: Gym Location: South Fort George Family Resource Centre (1200 LaSalle) Contact: Cheryl Webster</p>
Fri. Feb. 4 1 – 3 pm	<p>Healthy Elders Program: Kitchen Location: South Fort George Family Resource Centre (1200 LaSalle) Contact: Cheryl Webster</p>
Fri. Feb. 4 2.30 – 4.30 pm	<p>Dakelh Language Class Location: Hadih House</p>
Mon. Feb. 7 12 – 1 pm	<p>Healthy Elders Program: Tai Chi Location: South Fort George Family Resource Centre (1200 LaSalle) Contact: Cheryl Webster</p>
Tue. Feb. 8 10 – 11 am	<p>Healthy Elders Program: Toastmasters Location: PGNFC Contact: Cheryl Webster</p>
Tue. Feb. 8 7 – 8.30 pm	<p>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.</p>
Wed. Feb. 9 2 – 4 pm	<p>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</p>
Thu. Feb. 10 12 – 1 pm	<p>Healthy Elders Program: Tai Chi Location: South Fort George Family Resource Centre (1200 LaSalle) Contact: Cheryl Webster</p>
Thu. Feb. 10 1 – 3 pm	<p>Healthy Elders Program: Kitchen Location: South Fort George Family Resource Centre (1200 LaSalle) Contact: Cheryl Webster</p>
Fri. Feb. 11 11 am – 1 pm	<p>Elder Craft Location: CSTC Contact: Cheryl Webster</p>

Fri. Feb. 11 2.30 – 4.30 pm	Dakelh Language Class Location: Hadih House Contact: Cheryl Webster
Sun. Feb. 13 10 am – 6 pm	Old Fashioned Fair Day Presented by Women of the Moose. Old Fashioned food for sale: fudge, cookies, breads and more. Chicken lunch served, \$8 per person. Venue: Moose Hall (633 Douglas Street). Contact: Linda 250.963.9507, Maureen 250.563.9504
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 12 – 1 pm	Healthy Elders Program: Gym Location: South Fort George Family Resource Centre (1200 LaSalle) Contact: Cheryl Webster
Tue. Feb. 15 1 – 3 pm	Healthy Elders Program: Kitchen Location: South Fort George Family Resource Centre (1200 LaSalle) Contact: Cheryl Webster
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.
Thu. Feb. 17 1 – 2.30 pm	Planning Meeting Carrier Culture Workshop Location: CSTC. Contact: Cheryl Webster
Fri. Feb. 18 1 – 2.30 pm	Dakelh Language Class Location: Hadih House. Contact: Cheryl Webster
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
Sat. Feb. 19 2 pm	Parks Talks: Amazing Paleo-Finds from Canada's National Parks Learn about the amazing discoveries of ancient life found in the highest of places. How ancient ocean bottoms were preserved to show us a glimpse of what life was like 500 million years ago, and the creatures that lived at the time. Several interesting "new" discoveries are discussed from Banff, Yoho, Kootenay and Grasslands National Parks. Venue: Exploration Place. Contact: 250.996.7191 or 250.562.1612
Sun. Feb. 20 10 am – 4 pm	Seniors Fun Day Presented by Esther's Inn. Lots of games and entertainment. Join us for a day of fun! No admission fee! Rides are available from all Seniors Centre's courtesy of Northern Interior Heath. Sign up at your closest Seniors Centre if you need a ride. Location: Hart Pioneer Centre Contact: 250.564.3737.
Mon. Feb. 21 12 – 1 pm	Healthy Elders Program: Tai Chi Location: South Fort George Family Resource Centre (1200 LaSalle) Contact: Cheryl Webster
Mon. Feb. 21 1 – 3 pm	Healthy Elders Program: Kitchen Location: South Fort George Family Resource Centre (1200 LaSalle) Contact: Cheryl Webster
Tue. Feb. 22 10 – 11 am	Healthy Elders Program: Toastmaster Location: PGNFC Contact: Cheryl Webster
Tue. Feb. 22	Adult Computer Classes: Beyond Basics – Love Your Laptop Learn

7 – 8.30 pm	how to use your laptop like a pro. Venue: PG Public Library. Admission: FREE, must register. Contact: 250-563-9251, ext 140.
Wed. Feb. 23 9.30 am	Elders Cultural Crafts Location: PGNFC Contact: 250.562.6325
Wed. Feb. 23 12 pm	Elders Luncheon & Bingo Location: PGNFC
Wed. Feb. 23 5.30 – 7.30 pm	PALS Location: PGNFC
Thu. Feb. 24 12 – 1 pm	Healthy Elders Program: Gym Location: South Fort George Family Resource Centre (1200 LaSalle) Contact: Cheryl Webster
Fri. Feb. 25 12 – 1 pm	Elder Craft Location: CSTC Contact: Cheryl Webster
Fri. Feb. 25 2.30 – 4.30 pm	Dakelh Language Class Location: Hadih House. Contact: Cheryl Webster
Sat. Feb. 26 7 – 8.30 pm	Seedy Saturday Seedy Saturday is a heritage week event organized by Community Gardens Prince George and hosted by Exploration Place. Join us in the Canfor Atrium at the Exploration Place for this free event which features: <ul style="list-style-type: none"> • Information and displays of local garden clubs and environmental groups • Organic and heritage seed sales • Free presentations and workshops in the learning centre • Displays about xeriscaping, naturescaping & beneficial insects. • Master Gardeners to answer your questions. <p>The public is encouraged to bring their saved seeds to donate or trade. Seeds must be cleaned and labeled. Contact: jovanka@netbistro.com</p>
Feb. 26 - 27 7 – 8.30 pm	Antique Appraisals Celebrate Heritage Week by finding out more about your family treasures and antiques. Appraiser Ted Pappas is back in town conducting appraisals of your heirlooms for this two day event. Learn what your object is, what its worth at auction, and more about its general history. A perfect opportunity to find out what you need on your insurance policy! Even if you don't have anything to appraise, come by to watch others and enjoy a treat from the concession. Appraisals \$10 each, no limit. All proceeds stay with the Huble Homestead/Giscome Portage Heritage Society and go back into the Huble Homestead Historic Site. Special thanks to Ted Pappas and Books & Co. Venue: Art Space (1685 3rd Ave, above Books & Co)

Handy Tip: Meatloaf

Make your favourite recipe but cook the meatloaf in muffin tin. Garnish the bottom of the muffin pan with a thinly sliced onion ring and one teaspoon ketchup and then fill with meatloaf. Bake for 35 minutes at 375°F. When done invert pan on a cooling rack with a pan underneath it to catch any fat. You have it already portioned out for you and with less fat.

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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Mother's Day Contest

We would like to see YOU as a baby!



Rules:

- FREE to enter.
- Bring in your baby picture (to the ABDC office OR give it to Laura or Joyce at one of the ANE meetings).
- Don't let anyone see it!
- It will be put on a board and numbered.
- You will fill out a form matching the numbers to the pictures.
- The person that correctly guesses the most babies will win a prize!
- Contest held Wed. May 4th 2011 @ Moose Hall