

# ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 3, Number 4

APRIL, 2011



ALL NATIONS ELDERS NEWSLETTER

## Welcome

We are pleased to present the April 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.

## Elders Camp

The Elders Camp went well. The Elders participated in fascinating presentations on the topic of "self-esteem", had a fabulous spa night, enjoyed a fun craft and just had a great time visiting and sharing.

## Happy Birthday April Elders

Happy Birthday to the April babies! The April birth flower is the daisy, symbolizing innocence.

## Mother's Day Contest

We'd like to see you as a baby! Bring your baby picture to the May Elders meeting and don't let anybody see it! The person who matches the most babies to Elders correctly wins a prize!

## Happy Easter

Wishing you a Happy Easter filled with all the things that make a happy heart!

Friendship improves happiness and abates misery by the doubling of our joy and the dividing of our grief.

~ Marcus Cicero

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

## Agenda, News & Community

### **Mother's Day Contest – we would like to see you as a baby!**

How it works:

- FREE to enter.
  - Bring your baby picture to the ABDC office (3845 15<sup>th</sup> Avenue) or give it to Joyce or Laura at the circle meeting.
  - Don't let anybody 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 Wednesday May 4<sup>th</sup> at the Moose Hall.

### **Craving Some *Creative* Stress Relief?**

Check out this cool Book Binding workshop! These beautiful and handmade books will be gifted to authors, Elders and others at the 2011 *'Ut'loo Noye Khunni ~ Weaving Words Celebration* at UNBC in the fall. Date: Monday, April 11<sup>th</sup> Time: 11.30 am – 4 pm drop in!!! Venue: The Gathering Place at UNBC (5-123) EVERYONE IS WELCOME!

### **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: April 29<sup>th</sup> and May 27<sup>th</sup>.

Time: 12 – 2.30 pm

Venue: Hadih House (2105 Pine Street)

Contact: (250) 563-7973

### **Free Burn It Smart! Workshop**

Date: Saturday April 16<sup>th</sup>

Venue: Regional District of Fraser Fort George (155 George Street)

Time: 1 – 3 pm

Learn about: novices and seasoned veterans can learn about best firewood storage practices and how to have cleaner, safer, more efficient fires that reduce wood smoke containing fine particulates and other substances that impact air quality and human health. It's free to attend and you can win \$1000 towards a new certified wood stove.

### **Low-Income Senior's Tax Clinics**

Each spring, the PGCOS hosts volunteer Income Tax preparers trained by Revenue Canada to assist low-income seniors with their basic Income Tax returns. These trained volunteers are available at their office *by appointment* during March and April. Contact 250.564.5888 for more information.

## **Letter to the Editor: Respect Your Elders**

Prince George Citizen, March 30, 2011

I just wanted to bring to mind an issue that needs to be dealt with and it is especially imperative now as our baby boomers all head into retirement age.

Our senior citizens now make up more of the population than ever before, certainly in Canada and without a doubt more locally in Prince George as well.

As the younger generations of X and Y, it is our job and our honour to look after our aging parents and grandparents and to listen to them as they have the benefit of all those years of living and learning themselves.

Disrespect is never acceptable. This means we need to look after our elderly parents, neighbours and friends.

Things such as turning off outside lights that shine into other people's houses and getting motion sensors instead, not playing blaringly loud music and driving down residential streets with consideration are just a few very little things that make a huge difference in the quality of someone's life.

Something to keep in mind as one day we will all be there and we should treat others as we would like to be treated.

Robyn Dyck, Salmon Valley

***Are the Elders interested in having another health fair, that includes a free kidney screening? Or just a free kidney screening, skip the fair? We will set up a free screening if enough Elders show interest.***

### **Targeted Screening for Kidney Health**

In BC it is estimated that one in twenty-five people has kidney disease – and most of them do not even know it. If we can identify earlier those people with compromised kidney function, much of the impact of kidney disease can be prevented or minimized through simple changes in diet and lifestyle, or through management and medication.

An estimated 200,000 British Columbians are at risk of developing kidney disease. Over 90 percent of these individuals at risk have no symptoms! Patients can be ill for years, with their kidneys gradually deteriorating, yet they often show no symptoms until the disease is quite advanced. So when a person's kidneys fail, it seems to happen suddenly and without warning. Some people will not discover their disease until their only options for survival are dialysis or a kidney transplant; the survival rate for people on dialysis is five years.

For British Columbians who live with kidney failure, the emotional, social and economic tolls are significant. For the healthcare system as a whole, the costs represent a huge and growing challenge. Yet, we know that kidney failure could have been prevented or

delayed in nearly half of all patients currently being treated with dialysis or kidney transplantation.

This innovative targeted screening program stands to save future pain, complications and illness for British Columbians who are at risk of developing kidney disease. There is clear evidence that early diagnosis and treatment, along with changes to diet and lifestyle, may slow or even stop the progress of kidney disease. Without interventions, many of these individuals may develop end-stage renal disease requiring long term dialysis or kidney transplant.

The Kidney Foundation of Canada, BC Branch is offering a free screening opportunity for those who are at risk for Kidney Disease. This includes all those of Asian, Aboriginal, African, and South Asian descent or those with high blood pressure, diabetes, cardiovascular disease or a family history of kidney disease or those aged 55 and older.

Most of the symptoms of early kidney disease are silent so many people have depressed kidney function and don't know it. Our aim is to assist those in risk categories for kidney disease to know as soon as possible their kidney function level. This way, steps can be taken to stop or slow down the progression of the disease.

At this targeted screening, health care professionals will perform all of the tests. Each screening session will last about 15 minutes and will include blood pressure, waist circumference, body mass index, blood glucose level, creatinine, eGFR and urinalysis for blood and/or protein.

Glucometers are used for blood glucose results and a handheld medical device called a StatSensor is used for creatinine and eGFR – the two tests that indicate level of kidney functioning. Both of these tests can be done with a single finger prick and results are forthcoming within 30 seconds.

The StatSensor provides results indicating if the person has kidney function within the normal range (over 60 ml/min) or, if the kidney function is compromised at all, a number representing percentage of kidney function remaining is shown. A lowered percentage of kidney function result is only considered accurate if that function remains depressed over a three month period. Participants with those results will be encouraged to see their family doctor and have the eGFR test done again within 3 months at a BC Lab.

Nurses are available to not only counsel the employees about their medical health but also to follow-up with their family doctors if requested by the participant.

All test results will remain confidential. Statistics will be gathered based upon the entire test group. Each participant will receive a survey and consent form. These will describe the program and offer a statement regarding confidentiality.

# BC Air Quality: What Individuals Can Do

Individual action in our own community, region and province is key to reducing air quality problems — from neighbourhood smoke to global atmospheric degradation. Each one of us plays a part in polluting the air. Equally, there's so much we can do to become part of the environmental solution. Here are some suggestions:

## Getting Around

- Break the auto addiction! Use public transit, join a carpool, ride your bike or walk. If each of us leaves our car at home just once a week, the reduction in emissions will be substantial.
- Combine errands to save gas and reduce exhaust. Parking and walking is easier on the air than idling at drive-through restaurants and banks.
- Don't idle. If all Canadians avoided idling for just five minutes every day, we could prevent more than two million tonnes of carbon dioxide from entering the atmosphere. That's like taking 380,000 cars off the road!
- Idling is not an effective way to warm up a vehicle. The best way to do this is to drive the vehicle slowly for the first five kilometers or so.
- Switch to cleaner fuels. Cleaner fuels (alternative fuels) are low-polluting fuels that can be used in motor vehicles instead of gasoline or diesel. Examples include ethanol, methanol, natural gas and electricity.
- Slow down when you drive. You'll use less gas and thereby produce less pollution.
- Drive slowly on unpaved roads and other dirt surfaces so that your vehicle doesn't kick up dust.
- Prevent gas leaks and evaporation by resisting the temptation to overfill your gas tank. Gas emits VOCs, one of the major building blocks of smog.
- Keep your vehicle engine in top condition with a regular tune-up and an annual emissions check.
- Use radial tires to cut down on tire drag. You can save up to 10% on fuel consumption by inflating your tires to the manufacturer's recommended pressure.
- Looking for a new vehicle? Go for a smaller, fuel-efficient model with low emissions.
- If you have an older, polluting car that you'd like to get rid of, look into the BC Scrap-It Program, which provides strong incentives to take old vehicles off the road.

## Home Sweet Home

Conserve energy. Some sources indicate that Canadians use more energy, per capita, than any other people in the world. A family of four is responsible for releasing 20 tonnes of greenhouse gases into the atmosphere, each year.

Most of our energy comes from the burning of fossil fuels (oil, gas and coal). The emissions from these fuels are the primary source of carbon dioxide, the major greenhouse gas. Fossil fuel use also releases particulate matter and smog-forming pollutants.

The home is the third biggest energy hog in the country, after industry and transportation. Most of our household energy is used for space heating, but a lot is wasted because of inefficient house construction and poor heating methods. The average Canadian home loses about a quarter of its heat through air leaks.

It doesn't have to be this way. An energy-efficient house that traps passive solar energy and retains it by minimizing air leaks can reduce annual energy consumption by over half that of a conventional home. This can create substantial benefits for both the atmosphere and our energy bills.

- Set your thermostat no higher than 20°C during the day, and turn it down when you're out or asleep.
- Have your furnace serviced regularly to ensure efficient operation.
- Keep your water heater at 50°C, and use cold water whenever possible.
- To keep your home warm in winter and cool in summer, follow these tips:
  - Insulate your home effectively and install a vapour barrier.
  - Caulk or weather strip cracks and holes, as well as windows and doors.
  - Install windows that are efficient at preventing heat loss. Plastic insulating sheets that can be attached to window frames are also effective heat savers.
  - Close heating vents and doors to rooms you aren't using.
  - Plant a deciduous tree beside your home to keep out the sun in summer and let in the warmth during winter.
  - Convert to cleaner, more efficient fuels. Natural gas is an interim solution. Though it's more efficient than oil and creates fewer emissions, gas is still a fossil fuel and releases large quantities of carbon dioxide and other pollutants.

- Hydroelectricity is preferable to both natural gas and oil for heating, although it has environmental repercussions, too. Solar energy is another viable option.

### **More Hints for a Green Lifestyle**

- Avoid garden tools that run on gasoline. The engine in a gas-powered lawn mower produces eight times the pollution that a car engine does. Use human energy instead: push a hand mower, use a rake instead of a leaf blower. Your neighbors will appreciate the peace and quiet, and your body will get a free workout!
- Paint with water-based (latex) paint rather than the oil-based variety. Oil-based paint contains 3-5 times more toxic solvents than latex. Close paint cans tightly. An open can of paint emits up to a kg of VOCs by the time the paint has dried up.
- Steer clear of aerosol cans containing products such as paint, deodorant and hair spray. The gases that make the product shoot out contribute to smog.
- Buy products with less packaging. It takes a lot of energy to make packaging, and VOCs are generated during the printing process. More packaging also means more solid waste, putting an extra strain on our landfills.
- Large amounts of ozone-depleting substances (CFCs) are used as the coolant in refrigerators, freezers and air conditioners. If your appliance is leaking its coolant (or isn't working well), get it repaired as soon as possible to avoid further ozone depletion. Make sure your service technician is properly certified and recovers the CFC safely. This is required under B.C.'s Ozone Depleting Substances and Other Halocarbons Regulation.
- Turn off the lights when you don't need them. You'll reduce your electricity consumption, and have lower bills, too!
- Use energy-efficient light bulbs. If every BC household replaced two regular bulbs with compact fluorescent bulbs, the energy saved could power 30,000 homes.
- Conserve water: a leaky tap can waste up to 13,000 litres of water a year!
- Hang clothes out to dry instead of using a dryer, when you can. Wash your clothes in cold water. When you're buying a new washer/dryer, consider low-energy ones.
- Turn off your computer and your TV when they're not in use. Program your computer to power down into sleep mode when you're not on it.
- Plant a tree or garden at home or school. Trees and plants absorb carbon dioxide, a powerful greenhouse gas, and convert it to oxygen, which we need to breathe. They are also natural air filters, breaking down pollutants and reducing dust. In

addition, trees are energy-free providers of shade in summer, and a windbreak in winter.

- Be an environmentally friendly shopper by buying local products. The average meal travels 2,500 km to our plate. To get there, the elements of the meal likely traveled by fossil-fuel-based transportation (motor vehicles, planes, trains and marine vessels). When we buy local products, we cut down the travel time of that product, which helps to decrease air pollution.

## **Where There's Fire, There's Smoke**

Wood smoke is much like cigarette smoke, containing a mixture of tiny particles (called particulate matter, or PM) and gases. The smaller particulate matter, PM<sub>2.5</sub> can be breathed into the deepest reaches of our lungs. They are associated with serious (sometimes fatal) breathing and heart disorders. Particulate matter also tends to pick up other hazardous pollutants, giving them a free ride into the lungs.

Besides, the stuff we frequently toss into the fire shouldn't be wasted! Leaves, clippings and branches can be reused — to make compost or wood chips (mulch), for example. Here are some smart-burning tips:

- Instead of burning your garden leftovers, start a backyard compost.
- Don't burn your garbage or building materials (e.g. plastics, tires, garbage, painted wood, paper and cardboard). These can release very toxic substances when they are burned. Reduce your waste by avoiding over-packaging. And recycle everything you can.
- When you burn wood, make sure the combustion is efficient, releasing the least possible amount of smoke:
  - Wet or green wood produces a lot of smoke. Wood should be properly seasoned in a dry place for at least six months.
  - Avoid wood that is treated, painted, or laden with salt from exposure to sea water.
  - Buy an efficient, certified wood stove that's just the right size for your home. Install and operate it correctly. Overloading your stove or starving the fire of air are both harmful.
- Think of your neighbors' health, not to mention your own — don't burn when the smoke won't dissipate from the area, such as on cold, clear and calm nights. Be aware of the "no-burn" periods in your community, and don't bend the rules!

# Recipes of the Month

## Breakfast Parfait

A little low fat dairy and some vitamin-rich fruit and you've just started your day right, nutritionally speaking.



Nutrition Facts	
Amount Per Serving: 1 cup	
<b>Calories:</b>	248
<b>Protein:</b>	23 g
<b>Fiber:</b>	3 g
<b>Sodium:</b>	24 mg
<b>Potassium:</b>	414 mg
<b>Fat:</b>	2 g
<b>Cholesterol:</b>	7 mg
<b>Carbohydrates:</b>	35 g
<b>Exchanges:</b> 2 fruit, 3 very lean meat 2 carbohydrate serving	

### Ingredients:

- ¾ cup** low-fat cottage cheese or plain yogurt
- 1 cup** pineapple chunks or peaches
- 2 tbsp.** toasted wheat germ.

**Preparation:** Place cottage cheese (or yogurt) in a small bowl. Top with fruit and sprinkle with wheat germ.

## Ambrosia Angel Food Cake

This easy cake is made with an angel food cake, sour cream, pineapple, coconut, and mandarin orange slices.

### Ingredients:

- 1 10 inch** sponge or angel cake
- 2 cups** sour cream
- 1 (20 ounce)** can crushed pineapple, drained
- 1 ¼ cups** flaked coconut
- ¼ cup light** brown sugar, packed
- 1 (11 ounce)** can mandarin orange sections, drained

### Preparation:

Cut cake horizontally into 3 even layers. Combine sour cream, crushed pineapple, coconut, and brown sugar. Place bottom layer of cake on serving plate; top with one-third of the pineapple mixture. Add second layer of cake; top with another one-third of pineapple mixture. Top with final cake layer and spread with remaining pineapple mixture. Arrange mandarin orange sections around the top and chill thoroughly. Keep this ambrosia cake refrigerated.

# Quotes, Proverbs & Teachings

## Elders Meditation

"Laughter is a necessity in life that does not cost much, and the Old Ones say that one of the greatest healing powers in our life is the ability to laugh."

~ Larry P. Aitken, Chippewa

Laughter is a good stress eliminator. Laughter causes healing powers to be distributed through our bodies. Laughter helps heal relationships that are having problems. Laughter can change other people. Laughter can heal the sick. Laughter is spiritual. One of the greatest gifts among Indian people has been our ability to laugh. Humor is natural to Indian people. Sometimes the only thing left to do is laugh.

*Great Spirit, allow me to laugh when times get tough.*



Everything is funny as long as it is happening to somebody else.

- Will Rogers

### *Harpo Marx*

On a visit to New York, Harpo Marx was bombarded by requests from various charities to appear at their benefits. After one particularly persistent woman had called him a dozen times in two days, Harpo reluctantly agreed to appear for her cause.

Thus appeased, she offered to personally escort him to the venue. As they were leaving Harpo's hotel room, the telephone began to ring. "Don't you want to go back and answer it?" she asked.

"Why bother?" Harpo replied wearily. "It's undoubtedly you again."

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## Fun & Games

### *This Doesn't Taste Right...*

Two lions broke loose in the zoo and were eating a clown. One lion said to the other, "does this taste funny to you?"

### *Children Are Quick*

TEACHER: Maria, go to the map and find North America.

MARIA: Here it is.

TEACHER: Correct. Now class, who discovered America?

CLASS: Maria.

TEACHER: Heather, name one important thing we have today that we didn't have ten years ago.

HEATHER: Me!

TEACHER: Chris, how do you spell 'crocodile?'

CHRIS: K-R-O-K-O-D-I-A-L

TEACHER: No, that's wrong.

CHRIS: Maybe it is wrong, but you asked me how I spell it.

TEACHER: Jen, give me a sentence starting with 'I'.

JEN: I is...

TEACHER: No, Jen... Always say, 'I am.'

JEN: All right... 'I am the ninth letter of the alphabet'.

TEACHER: Jeff, what is the chemical formula for water?

JEFF: H I J K L M N O

TEACHER: What are you talking about?

JEFF: Yesterday you said it's H to O.

TEACHER: Jess, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?

JESS: No, sir. It's the same dog.

TEACHER: Mike, why do you always get so dirty?

MIKE: Well, I'm a lot closer to the ground than you are.

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted it. Now, Ava, do you know why his father didn't punish him?

AVA: Because George still had the axe in his hand.

TEACHER: Jake, what do you call a person who keeps on talking when people are no longer interested?

JAKE: A teacher.

## Things You Should Know But Probably Don't

Most lipstick contains fish scales.

Donald Duck comics were banned from Finland because he doesn't wear pants.

Because metal was scarce, the Oscars given out during World War II were made of wood.

There are no clocks in Las Vegas gambling casinos.

There are no words in the dictionary that rhyme with: orange, purple, and silver!

Leonardo Da Vinci invented scissors. Also, it took him ten years to paint Mona Lisa's lips.

A tiny amount of liquor on a scorpion will make it instantly go mad and sting itself to death.

Chewing gum while peeling onions will keep you from crying!

Guinness Book of Records holds the record for being the book most often stolen from Public Libraries.

# Latest Oxford English Dictionary Updates

The latest update of the *OED Online*, published on March 24<sup>th</sup>, 2011 had more than 1900 entries, including a lot of initialisms.

Initialisms added to the dictionary:

- BFF: best friends forever.
- FYI: for your information.
- IMHO: in my humble opinion.
- LOL: laughing out loud
- OMG: Oh my God (or sometimes gosh/ goodness).
- TMI: too much information.
- WAG: wives and girlfriends

Many people would consider these recent coinages, from the last 10 or 20 years, and associate them with a younger generation conversant with all forms of digital communications. As is often the case, *OED's* research has revealed some unexpected historical perspectives: our first quotation for *OMG* is from a personal letter from 1917; the letters *LOL* had a previous life, starting in 1960, denoting an elderly woman (or 'little old lady'); and the entry for *FYI* [*FYI phr., adj., and n.*], for example, shows it originated in the language of memoranda in 1941.

Other interesting words recently added to the dictionary:

- ♥ or <3: To heart; this originated as a humorous reference to logos featuring a picture of a heart as a symbol for the verb *love*, like that of the famous 'I ♥ NY' tourism campaign. From these beginnings, heart v. has gone on to live an existence in more traditional genres of literature as a colloquial synonym for 'to love'.
- Dot Bomb: a failed internet company.
- La-la Land: Los Angeles or Hollywood, especially with regard to the film and television industry. A fanciful state or dreamworld.
- Muffin Top: denoting in its first sense the top portion of such a muffin, or sometimes a muffin cooked in a special shallow tin so that it consists exclusively of this top part, without the soggy bottom whose relative undesirability once inspired an episode of *Seinfeld*. The second sense is figurative, referring to a protuberance of flesh above the waistband of a tight pair of trousers (cf. *spare tyre n., love handle n.*), which may sometimes be attributed to an excessive appreciation for muffin tops in the literal sense.

## More Words Recently Added to *OED Online*

### **Babycino:**

A drink of hot milk that has been frothed up with pressurized steam, intended for children.

### **Couch Surfing:**

The practice of spending the night on other people's couches in lieu of permanent housing.

### **Ego-Surfing:**

Search the Internet for instances of one's own name or links to one's own website.

### **Nom Nom:**

(also om nom nom)  
Used to express pleasure at eating, or at the prospect of eating, delicious food.

### **Smack Talk:**

Boastful or insulting banter.

### **Taquito:**

A crisp fried Tex-Mex snack.

### **Ten-Second Rule:**

Allows for the eating of a delicious morsel that has fallen to the floor, provided that it is retrieved within the specified period of time.

## Happy Earth Day

More than 6 million Canadians join 1 billion people in over 170 countries in staging events and projects to address local environmental issues. Nearly every school child in Canada takes part in an Earth Day activity. Environmental challenges abound as our daily actions pollute and degrade the fragile environment that humans and wildlife depend on to survive.

Earth Day provides the opportunity for positive actions and results. First launched as an environmental awareness event in the United States in 1970, Earth Day (April 22) is celebrated as the birth of the environmental movement.

Earth Day is a powerful catalyst for change. The first Earth Day, spearheaded by Wisconsin Governor Gaylord Nelson and Harvard University student Denis Hayes, involved 20 million participants in teach-ins that addressed decades of environmental pollution. The event inspired the US Congress to pass clean air and water acts, and establish the Environmental Protection Agency to research and monitor environmental issues and enforce environmental laws.

In 1990, two million Canadians joined 200 million people in 141 nations in celebrating the first International Earth Day. In many countries, the global event brought pressure on heads of state to take part in the UN Earth Summit in Rio de Janeiro to address issues such as climate change and the world wide loss of species.

In Canada, Earth Day has grown into Earth Week and even Earth Month to accommodate the profusion of events and projects. They range from large public events, such as Victoria's Earth Walk (5,000 participants), Edmonton's Earth Day Festival at Hawrelak Park (30,000 participants), and Oakville, Ontario's Waterways Clean-up (2,000 participants) to the thousands of small, private events staged by schools, employee groups and community groups.

## Happy Arbor Day

Arbor Day is a day of planting trees. It began in 1855 in Nebraska. Julius Sterling Morton, the father of Arbor Day, was born April 22<sup>nd</sup>. He was the editor of the "Nebraska News" newspaper at the time. He felt the prairie needed more trees for the following reasons; as windbreakers, to hold moisture in the soil and as lumber for homes and buildings.

Julius began planting trees and urged others to do so through his newspaper. On April 10<sup>th</sup>, 1872, 1,000,000 trees were planted in Nebraska. Over the next 16 years over 350,000,000 trees were planted.

## Happy Easter

Easter is a time for family, traditions and the celebration of a fresh start for all of us.

At this joyful time of year family, friends and loved ones are thought of dearly. We wish you all the joy and happiness that Easter time brings.

Easter spells out beauty, the rare beauty of new life.  
~ S.D. Gordon

For I remember it is  
Easter morn,  
And life and love  
and peace are all  
new born.  
~ Alice Freeman  
Palmer

Here comes Peter  
Cottontail right  
down the bunny  
trail...  
~ Beatrice Potter

Easter is the only  
time it's safe to put  
all your eggs in one  
basket!

All I really need is  
love, but a little  
chocolate now and  
then doesn't hurt!  
~ Lucy Van Pelt in  
Peanuts by Charles  
M. Schulz

## Upcoming Events

<p><b>Ongoing</b></p>	<p><b>People in Motion - Walking Program</b> 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><b>Coliseum Concourse:</b> Monday - Friday: 9 am – 2 pm, closed Saturdays and Sundays. 5 laps = 1 km and 8 laps = 1 mile</p> <p><b>CN Centre Concourse:</b> 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><b>Wed. Apr. 6</b> 6 pm</p>	<p><b>Books To Box Office: The Lovely Bones</b> A young girl who has been murdered watches over her family and her murderer. Will she choose vengeance or healing? Starring Mark Wahlberg, Rachel Weisz, and Susan Sarandon, this movie won 7 awards and was nominated for an Oscar and a Golden Globe. Cost: FREE. Venue: PG Library, Bob Harkins Branch</p>
<p><b>Sat. Apr. 9</b> 1 pm</p>	<p><b>Family Movie Saturdays: Stuart Little</b> Bring your kids and grandkids to the Public Library and settle in for a free, family-friendly afternoon movie! We'll be playing a selection of childhood favorites 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><b>April 9: Stuart Little</b> Mr. &amp; Mrs. Little have adopted Stuart, a mouse!</p>
<p><b>Sat. Apr. 9</b> 6 pm</p>	<p><b>Annual BC Book Prizes Tour</b> Books &amp; Co. has a book tour which will bring three fantastic authors who are geared up to do some readings for you! We will have Gina McMurchy-Barber (Sheila Egoff Children's Literature Prize Finalist) with <i>Free as a Bird</i>, Gary Kent (Bookseller's Choice Award Finalist) with <i>Fishing with Gubby</i>, and Stephen Collis (Dorothy Livesay Poetry Prize) with <i>On the Material</i>. This is going to be a very cool event, folks!</p>
<p><b>Sat. Apr. 9</b> 2 pm</p>	<p><b>Let's Talk About Music: Fiddle Talk</b> Join us at the Prince George Chateau for a fun filled presentation from the Prince George Symphony Orchestra! Revisit the violin in its transfiguration as the Fiddle that is so much a part of Canadian history. Listen to some Canadian fiddle repertoire and try your hand at fiddling! Is there a fiddle in your past? Or future? This event is FREE to attend and anyone is welcome to join us. Venue: Prince George Chateau (4377 Hill Ave). Contact: Lisa 250-564-0202 or <a href="mailto:lisa.cassidy@holidaytouch.com">lisa.cassidy@holidaytouch.com</a></p>
<p><b>Sat. Apr. 9</b> 7.30 pm</p>	<p><b>Lapp It Up</b> After an amazing performance at the Vancouver Olympics, fiddler Daniel Lapp returns home to Prince George to celebrate with the PGSO 'Fiddleharmonic' orchestra. Daniel is not only considered an icon</p>

	<p>here in BC, he has toured extensively with an array of collaborators including Rickie Lee Jones, and the Canadian super-group Bowfire. His trio, with English accordionist Martin Green and Canadian guitarist Adam Dobres, has become a regular fixture at Glasgow's Celtic Connections Festival and Cape Breton's Celtic Colors. Venue: Vanier Hall (PGSS, 2901 Griffiths Avenue). Admission: Adults \$29, Seniors \$25, Under 25 \$15. Tickets Available At: Studio 2880 For more information please contact: PGSO 250-562-0800</p>
<p><b>Sun. Apr. 10</b> 7 pm</p>	<p><b>Tommy Hunter Last Cross Canada Tour</b> Canada's Country Gentleman is stopping in PG during his final cross Canada tour. Tommy Hunter spent 36 consecutive years on national television and over 65 years in the entertainment business. Don't miss this last chance to again see, hear, and bid farewell to a Canadian icon that for many has been a part of their lives since childhood. No doubt there will be laughter, music, enjoyment, excitement, and probably a few tears... but definitely a night to remember! Tickets on sale at Ticketmaster.</p>
<p><b>Tue. Apr. 12</b> 2.30 – 4 pm</p>	<p><b>Adult Computer Classes: Internet &amp; Email</b> Learn how to explore the Internet and stay in touch with email. All classes take place at the Bob Harkins Branch. Classes are free, but you need to register by calling 250-563-9251 ext 140.</p>
<p><b>Wed. Apr. 13</b> 7.30 – 9 pm</p>	<p><b>Cafe Scientifique Presents: Birds versus Blades</b> With an increased emphasis being placed on renewable energy and with some of that energy being supplied from wind turbines, it is natural to consider the implications of spinning turbine blades for birds and bats. This Cafe Scientifique will explore the interaction of birds with blades based upon research that has been done in northern British Columbia. By exploring patterns of bird migration in B.C.'s Rocky Mountains, we will discuss the implications for the placement of wind turbines in migratory routes. Venue: Cafe Voltaire at Books &amp; Company (1685 3rd Avenue). Admission: FREE. Contact: 250.960.6678</p>
<p><b>Sat. Apr. 16</b> 1 pm</p>	<p><b>Golden Cinema Saturday presents Top Hat</b> Come to the Public Library and watch the 1935 musical classic starring Fred Astaire and Ginger Rogers. FREE. All adults welcome!</p>
<p><b>Tue. Apr. 19</b> 2.30 – 4 pm</p>	<p><b>Adult Computer Classes: Basic Computers 2</b> Know a little and want to learn more? This is the class for you! All classes take place at the Bob Harkins Branch. Classes are free, but you need to register by calling 250-563-9251 ext 140.</p>
<p><b>Tue. Apr. 26</b> 2.30 – 4 pm</p>	<p><b>Adult Computer Classes: Maps &amp; Real Estate</b> Did you know that you can do your house-hunting online and look up locations on Internet maps? Find out how in this class! All classes take place at the Bob Harkins Branch. Classes are free, but you need to register by calling 250-563-9251 ext 140.</p>
<p><b>Apr. 29-May 1</b></p>	<p><b>Canadian Home Builder's Home Show</b> Spend the weekend learning about home improvement products at the annual Canadian Home Builders Home Show. Guest Speaker is Jim Caruk, host of HGTV's Real Renos. Location: Prince George KIN Centres. Contact Information: 250.563.3306, homeshow@shawcable.com or www.chbanorthernbc.ca</p>

	Times: Friday 3 – 9, Saturday 9 – 8, and Sunday 10 – 4
<b>Tue. Apr. 19</b> 2.30 – 4 pm	<b>Adult Computer Classes: Basic Computers 2</b> Know a little and want to learn more? This is the class for you! All classes take place at the Bob Harkins Branch. Classes are free, but you need to register by calling 250-563-9251 ext 140.
<b>Wed. May 4</b> 6 pm	<b>Books to Box Office: P.S. I Love You</b> 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. A young widow discovers that her dying husband has left her 10 messages that will help her move on. Starring Gerard Butler and Hilary Swank. Based on the best-selling novel by Cecilia Ahern. Place: Bob Harkins Branch Cost: Free! Just drop in.
<b>Wed. May 4</b> 7 pm	<b>Adult Computer Classes: Basic Computers</b> No experience? We can get you started! All classes take place at the Bob Harkins Branch. Classes are free. Register: 250-563-9251 ext 140.

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

~ Winston Churchill