

# ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 3, Number 5

MAY, 2011



ALL NATIONS ELDERS NEWSLETTER

## Welcome

We are pleased to present the May 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 May Elders

Happy Birthday to the May babies! The May birth flower is the lily of the valley. The lily of the valley symbolizes humility, chastity, sweetness and purity.

## Syrup Factory: THURSDAY & FRIDAY

Cheryl Webster has organized a syrup factory. It will be set up at Hadih House (2103 Pine Street) in their garage. The Elders can come and go as they please throughout the day. This process takes some time but it will be worth it.

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

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## Treasure Sale & Clothing Swap

The All Nations Elders are hosting a Treasure Sale and Clothing Swap.

Date: TBA

Venue: Connaught Youth Centre

Address: 1491 17<sup>th</sup> Avenue

Sign up for a FREE table!

## Mother's Day Contest

Hope you remembered to bring your baby picture, the Elders sure were cute.

# Agenda, News & Community

## 1. Women's Shelter Presentation

## 2. Presentation – Jump Stretch Canada Fitness Centre

## 3. Introductions: Tina Gillanders & Brendon Grant

Tina is an Aboriginal and Rural Student Recruitment Officer for the Student Recruitment and Advising Centre at UNBC. Phone: (250) 960-6732. Brendon is a Student Orientation Coordinator for the Northern Advancement Program at UNBC. Phone: (250) 960-5772 c/o Kathy Shaw.

Both Tina and Brendon will be coordinating the orientation of new students coming to UNBC on August 31<sup>st</sup> to September 2<sup>nd</sup>, at which we hope some of the Elders will be involved in hosting students from BC, Yukon & Northwest Territories, & other provinces.

## Bookbinding at UNBC



A big thank you goes out to everybody who helped out with the hand bound books. Everyone did a wonderful job! We beat our goal of twenty books and finished thirty books for the Weaving Words Festival! The various visitors to First Nations Centre surveyed your creative handiwork and were impressed.

## Treasure Sale & Clothing Swap: Saturday, May 7<sup>th</sup>

The All Nations Elders are hosting a Treasure Sale and Clothing Swap at the [venue] on Saturday May 7<sup>th</sup> from 9 am to 3 pm. It is not too late to sign up for a FREE table!

## Elders Needed for Focus Group: Monday May 9<sup>th</sup>

The Ministry of Health is hosting a focus group at the PGNFC, Power of Friendship Room. The meeting takes place Monday May 9<sup>th</sup> at 1 pm. They need feedback from Elders about health resources.

## Indian Residential School Support Group & Information Sessions: May 27<sup>th</sup>

Got a question or need someone to talk to? Visit the Indian Residential School Survivors Society (IRSSS) on Friday May 27<sup>th</sup>. Venue: Hadih House (2105 Pine Street). Time: 12 – 2.30 pm. Contact: (250) 563-7973 Coffee and tea provided.

## Blueprint for the Future

Presented by the National Aboriginal Achievement Foundation, Blueprint for the Future (BFF) is designed to attract First Nation, Métis and Inuit high school students to the wide array of potential careers available in all employment sectors. This event will take place in Halifax, Nova Scotia on May 3rd, 2011. For more information check out: <http://www.naaf.ca/>

# WANTED: DEAD OR ALIVE YOUR OLD DISHES



The All Nations Elders have been trying to “go green”. At the Elders Day Camp in 2010, dishes were given out as gifts so that we could cut back on the amount of disposable dishes we use. Unfortunately, most of us forget to bring those dishes to meetings. We’re all guilty of it!

Let’s simply take trying to remember your dishes out of the equation. With your help, we will be able to bring real dishes to each circle meeting for you. No forgetting, no guilt. We could use donations of:

- Plates
- Bowls
- Mugs
- Cups
- Cutlery
- Volunteer dishwashers

## Sorry No Reward

# Healthy Recipes of the Month

## Healthy, Creamy Hungarian Mushroom Soup

### Ingredients:

- 1 **tblsp.** extra-virgin olive oil
- 1 **½ lbs.** mushrooms, thinly sliced
- 1 **med.** onion, diced
- 3 **tblsp.** all-purpose flour
- 2 **tblsp.** paprika
- 2 **tblsp.** dried dill
- 4 **cups** mushroom broth
- 2 **cups** low-fat milk
- 1 **½ lbs.** russet potatoes (cut into ½" pieces)
- ½ **cup** reduced-fat sour cream
- ¾ **tsp.** salt

| Nutrition Facts  |        |
|--|--------|
| Six Servings. Serving Size: 1 ½ cups                     |        |
| <b>Calories:</b>   | 232    |
| <b>Protein:</b>  | 10 g   |
| <b>Fiber:</b>  | 4 g    |
| <b>Sodium:</b>   | 703 mg |
| <b>Potassium:</b>  | 971 mg |
| <b>Fat:</b>  | 6 g    |
| <b>Cholesterol:</b>                                      | 37 mg  |
| <b>Carbohydrates:</b>                                    | 37 g   |
| <b>Exchanges:</b>  |        |
| 2 ½ carbohydrate serving, 1 ½ starch, 1 vegetable, 1 fat |        |

**Preparation:** Heat oil in a Dutch oven over medium-high heat. Add mushrooms & onion. Cook, stirring occasionally, until most of the liquid evaporates, 10-15 minutes. Reduce heat to medium. Cook, stirring frequently, until the mushrooms are soft, about 3 minutes. Add flour, paprika & dill. Cook, stirring, for 15 seconds. Add broth, milk and potatoes; cover and bring to a simmer. Reduce heat, cook uncovered until the potatoes are tender, about 5 minutes. Remove from heat and stir in sour cream and salt.

## Loaded Spinach Salad

### Ingredients:

- 8 **large** eggs
- 6 **cups** baby spinach
- 4 **tblsp.** Creamy Blue Cheese Dressing,
- 1 **8 oz. can** beets, rinsed and sliced
- 1 **cup** carrots, shredded
- 2 **tblsp.** chopped pecans, toasted

| Nutrition Facts   |        |
|---|--------|
| 2 Servings. Serving Size: 4 cups                          |        |
| <b>Calories:</b>  | 300    |
| <b>Protein:</b>   | 22 g   |
| <b>Fiber:</b>   | 8 g    |
| <b>Sodium:</b>  | 823 mg |
| <b>Potassium:</b>   | 592 mg |
| <b>Fat:</b>   | 13 g   |
| <b>Cholesterol:</b>                                       | 216 mg |
| <b>Carbohydrates:</b>                                     | 26 g   |
| <b>Exchanges:</b>   |        |
| 1 carbohydrate serving, 4 vegetable, 2 lean meat, 1 ½ fat |        |

**Preparation:** Boil eggs. Pour off the hot water and run cold water over the eggs until they are completely cooled. Peel the eggs, discard six of the yolks, chop the remaining yolks and whites. Toss spinach and two tablespoons dressing in a large bowl. Divide between two plates. Top with chopped eggs, beets, carrots and pecans. Drizzle with the remaining dressing.

## Quotes, Proverbs & Teachings

### Elders Meditation

"The Old Ones have always said that no matter who despises or ignores you, no matter who keeps you from entering their circles, it is right to pray for them because they are like us, too."

~ Larry P. Aitken, Chippewa

You don't know how an apple tastes until you taste it. You don't know what a fish tastes like until you eat it. You don't know how it is to be a woman unless you are one. You don't know what it means to have a baby until you have one. So it is with the natural laws. An example: the natural law of forgiveness says, if you hate someone, pray for the person to be blessed with happiness, joy and all the blessings of the Great Spirit. You will not know about this law unless you do it. The natural law says love others as you love yourself. If you hate yourself or feel guilt in some area of yourself, you will tend to judge and condemn your neighbor. You cannot give away what you don't have. You teach your children by your example, not by your words. The natural laws are written in our hearts.

*Great Spirit, teach me how to look into my heart.*

### Mother's Day Quotes

Mothers hold their children's hands for a short while, but their hearts forever.

~ Author Unknown

Insanity is hereditary; you get it from your children.

~ Sam Levenson

Now that my kids are grown, I understand how much work and love it takes to raise and to keep a family together. The example of your strength, devotion, and patience is now rippling through the generations. Thank you!

~ F. Houtenschil

Becoming a mother makes you the mother of all children. From now on each wounded, abandoned, frightened child is yours. You live in the suffering mothers of every race and creed and weep with them. You long to comfort all who are desolate.

~ Charlotte Gray

The one thing children wear out faster than shoes is parents.

~ John J. Plomp

When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.

~ Sophia Loren

A mother understands what a child does not say.

~ Author Unknown

***You know you've turned into a Mom when...***

You automatically double-knot everything you tie.

You hear a baby cry in the grocery store, and you start to gently sway back and forth. However, your children are at school!

You actually like the smell of strained carrots mixed with applesauce.

You weep through the scene in Dumbo when his mom is taken away. Not to mention what Bambi does to you.

You are out for a romantic meal with your husband, enjoying adult conversation, when suddenly you realize that you've reached over and started to cut up his steak!

# Fun & Games

Dear Son,



I'm writing this slow 'cause I know you can't read fast. We don't live where we did when you left. Your dad read in the paper that most accidents happen within twenty miles of home, so we moved.

Won't be able to send you the address as the last family that lived here took the numbers with 'em for their house, so they wouldn't have to change their address.



This place has a washing machine. The first day I put four shirts in it, pulled the chain and haven't seen 'em since.

It only rained twice this week, three days the first time and four days the second time.

The coat you wanted me to send to you, Aunt Sue said it would be a little too heavy to send in the mail with them heavy buttons, so we cut them off and put them in the pockets.

We got a bill from the funeral home, and it said if we didn't make the final payment on Grandma's funeral bill, up she comes.

About your sister, she had a baby this morning. I haven't found out whether if it is a boy or a girl so I don't know if you are an Aunt or Uncle.



Your Uncle John fell in the whiskey vat. Some men tried to get him out, but he fought them off playfully, so he drowned. We cremated him, and he burned for three days.

Three of your friends went off the bridge in a pickup. One was driving and the other two were in the back. The driver got out. He rolled down the window and swam to safety. The other two drowned. They couldn't get the tail gate down.



Not much more news this time. Nothing much happened. If you don't get this letter, please let me know and I will send another one.

Love, Mom

P.S. I was going to send you some money, but the envelope was already sealed.

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## Fun & Games Cont...

### *Why You Shouldn't Mess With Seniors*

We went to breakfast at a restaurant where the senior's special was two eggs, bacon, hash browns and toast for \$2.99. "Sounds good," my wife said, "but I don't want the eggs."

"Then, I'll have to charge you \$3.49 because you're ordering a la carte." the waitress warned her.

"You mean I'd have to pay for not taking the eggs?" my wife asked incredulously.

"Yes." stated the waitress.

"I'll take the special then."

"How do you want your eggs?" the waitress asked.

"Raw and in the shell." my wife replied. She took the two eggs home and baked a cake.

### *Temperature*

A CEO-type was in the hospital, being treated for a minor deal. For a week he'd made a complete nuisance of himself, irritating all the staff, shouting orders and demanding attention, complaining about the food, the bed, the temperature, the weather. Typical big shot.

One morning a nurse's helper entered the room, saying, "Time to take your temperature, sir." After growling that she was disturbing his nap, the guy finally opened his mouth for the thermometer.

"Sorry, sir," said the nurse, "but for this test we need your temperature from the other end." After complaining about the embarrassment and inconvenience, the guy finally rolled over and bared his butt. After the nurse finished, she said, "Stay exactly like that and don't move. I'll be back in five minutes to check up on you."

The nurse left, leaving the door ajar. The guy's back is to the door, and for over an hour, he hears people wandering up and down the hall, laughing. At length the guy's doctor entered the room, saw the guy with his bare butt in the air and gawked. Finally, he asks, "What's going on here?"

The guy barks, "Haven't you ever seen someone having their temperature taken?" "Not with a daffodil!"

### *Banking Error...*

A man, wanting to rob a Bank of America, walked into the branch & wrote "this iz a stikkup. Put all your munny in this bag."

While standing in line, waiting to give his note to the teller, he began to worry that someone had seen him write the note and might call the police before he reached the teller's window. So he left the Bank of America and crossed the street to Wells Fargo.

After waiting a few minutes in line, he handed his note to the Wells Fargo teller. She read it and surmising from his spelling errors that he wasn't the brightest light in the harbor, told him that she could not accept his stickup note because it was written on a Bank of America deposit slip and that he would either have to fill out a Wells Fargo deposit slip or go back to Bank of America.

Looking defeated, the man left. He was arrested a few minutes later, waiting in line back at Bank of America.

## Upcoming Events

|  |  |
|--|--|
| <p><b>Ongoing</b></p>                    | <p><b>People in Motion - Walking Program</b><br/>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><br/>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><br/>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. May 4</b><br/>6 pm</p>        | <p><b>Free Movie Night: P.S. I Love You</b> A young widow discovers that her dying husband has left her ten messages that will help her move on. Starring Gerard Butler and Hilary Swank. Based on the best-selling novel by Cecilia Ahern. Venue: Bob Harkins Branch Cost: Free! Just drop in and enjoy. Contact: 250-563-9251</p>  |
| <p><b>Wed. May 4</b><br/>7.30 – 8 pm</p> | <p><b>Booklaunch: Wonder by Robert J. Sawyer</b> Join Rob as he celebrates the launch of WONDER, the final book in the WWW trilogy about the World Wide Web gaining consciousness. Rob will be reading from Wonder. The first two books, WAKE and WATCH, will be available as premium-sized mass-market paperbacks. Remember that autographed books make great gifts! Invite people you know to come out! Venue: Books &amp; Company (1685 3rd Ave) Contact: 250-563-6637</p>  |
| <p><b>Thu. May 5</b><br/>2 – 3 pm</p>    | <p><b>Backyard Composting: The Source of Garden Sustainability</b><br/>There are billions and billions of beneficial microscopic soil critters in a teaspoon of health compost. The "Soil Foodweb" is the name given to this interactive group of essential soil microbiology whose purpose is the management of soil and plant health. Grow healthy plants by making and using your own backyard compost AND reduce your waste going to the landfill at the same time. THIS IS THE ULTIMATE SUSTAINABLE ACTION THAT ANYONE WITH OUTDOOR SPACE CAN DO FOR THE FUTURE = MAKE COMPOST! Venue: REAPS Compost Demonstration Garden (1950 Gorse Street) Admission: \$0.00 Contact: 250-561-7327 or <a href="mailto:events@reaps.org">events@reaps.org</a></p> |
| <p><b>Fri. May 6</b><br/>7 pm</p>        | <p><b>Buddhist nun Gen Kelsang Delek visits Artspace!</b> Esteemed Western Buddhist nun Gen Kelsang Delek, resident teacher of Tilopa Centre in Vancouver BC returns to Artspace for a discussion of the material of author Geshe Kelsang Gyatso and a meditation session. This event is absolutely free of charge! Venue: Artspace (1685 3rd Ave - above Books &amp; Co.) Contact: (250) 563-6637 or <a href="mailto:orderbooks@shaw.ca">orderbooks@shaw.ca</a></p>   |
| <p><b>Sat. May 7</b><br/>3 – 5 pm</p>    | <p><b>Meet Author Michael C. Burzek at Books &amp; Co.</b> Michael will talk about his new release Blood On My Shirt: Memoirs of a BC Paramedic!</p>   |
| <p><b>Sat. May 14</b></p>                | <p><b>Free Afternoon Movie: Far From Home</b> It's Family Movie Saturday!</p>  |



|                                    |  |
|------------------------------------|--|
| 1 pm                               | Come to the Public Library and watch <i>Far From Home: The Adventures Of Yellow Dog</i> . After Angus adopts Yellow, a stray dog, they're stranded in the BC wilderness. Together, they must figure out how to survive. Everyone welcome. FREE. Contact: 250-563-9251  |
| <b>Sat. May 14</b><br>1 – 4 pm     | <b>Authors, John Schreiber &amp; Janet Romain</b> Meet authors John Schreiber and Janet Romain at Books & Co. Schreiber's <i>Old Lives</i> and Romain's <i>Grandpere</i> , both promise to be big in Canadian Literature.  |
| <b>Sat. May 21</b><br>1 pm         | <b>Golden Cinema Saturdays</b> Relive the age of golden cinema and join us once a month on Saturdays to watch classic movies at the Public Library. Bring your friends, bring your own snacks, and settle down to enjoy some of Hollywood's greatest films! Wheelchairs and mobility devices can be easily accommodated.<br><br>It's Audrey Hepburn in her classic role as Eliza Doolittle! Professor Henry Higgins bets his friend that he can take a girl from the gutter and transform her into a perfect lady. He wins the bet... but loses his heart to young Eliza. One of Hollywood's most "lovely" musicals. Everyone welcome. FREE. Contact: 250-563-9251 |
| <b>Wed. May 25</b><br>7 – 8.30 pm  | <b>Free Adult Computer Class: Beyond Basics - Word Processing</b> Learn how to jazz up your plain text documents with fonts, photos, and more. Venue: Bob Harkins Branch. FREE. Register by calling 250-563-9251 ext 140.  |
| <b>Sat. May 28</b><br>10 am – 2 pm | <b>REAPS Annual Plant Sale</b> Featuring perennials, annual, veggies, hanging baskets and herbs. Accepting donations of plants and garden tools. Will dig and pick up. Venue: REAPS Compost Demonstration Garden (1950 Gorse Street) Admission: \$0.00 Contact: 250-561-7327 or <a href="mailto:events@reaps.org">events@reaps.org</a>   |

May Day is the first day in May, regardless of what day of the week it falls on. But unlike April 1<sup>st</sup>, which has to do with tricks, May 1<sup>st</sup> has to do with the celebration of spring time. It is an ancient pagan holiday going back to the time of the Celts. May Day's origin is purely pagan. The Celts observed a festival called "Beltane" by lighting of bonfires to honor their sun god and welcome spring again.

But, the Celts weren't the only ones who were glad winter was over, the Romans celebrated "Floralia" (Festival of Flowers) for six days at the end of April and beginning of May.

Many of the customs today, originate from the Roman Celebrations and Greek – such as gathering flowers and weaving them into wreaths or head garlands.

Many European communities started celebrating Spring by decorating their homes with the first blooming flowers and selecting a Queen of the May and then dancing around what is known today as the May Pole.