

# ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 3, Number 6 JUNE, 2011



ALL NATIONS ELDERS NEWSLETTER

## Welcome

We are pleased to present the June 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 June Elders

The June birth flower is the rose. Long a symbol of love and passion, the rose is rich with history and meaning. Each color offers a distinct meaning. A list of color meanings can be found in the fun and games.



## Happy National Aboriginal Day

National Aboriginal Day is a time for all Canadians to recognize the diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples.

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## Happy Father's Day

A father is a guy who has snapshots in his wallet where his money used to be. Happy Father's day to all of the dad's, grandpa's and uncle's out there.

## Saturday June 4: Elders Treasure Sale

Join us at the Connaught Youth Centre (1491 17<sup>th</sup> Ave.) 9 am – 3 pm. FREE table!

## World Elder Abuse Awareness Day

June 15<sup>th</sup> is World Elder Abuse Awareness Day. Wear purple to raise awareness and demonstrate that we are united in the belief that Elder abuse can't be tolerated.

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

## **Agenda, News & Community**

### **Presentation: Centre for Learning Alternatives and Youth Containment Centre**

Shari Wallace is an Aboriginal Education Worker for the Centre for Learning Alternatives and Youth Containment Centre. She is looking for volunteers to assist her at the Youth Containment Centre.

### **Presentation: Kidney Foundation**

Dianne Duperron has information for the Elders about the kidney foundation.

### **Presentation: Business Learning Presentation**

Haley George has a business-learning presentation.

### **Discussion: Women's Recovery Centre**

The Elders have had a chance to meet again with Marshall to discuss their questions/concerns.

### **Please Vote: Public Art Project**

We would like your help to put public art around Veterans' Plaza in downtown PG. The Keg Steakhouse is celebrating their 40<sup>th</sup> anniversary and are giving gifts to the communities that they have served.

We would like you to help by voting for this project on-line. You can vote once a day (and we encourage you to vote every day) until June 14<sup>th</sup>. If you know of anyone that might want to support this please forward them this message and the link below.

<http://www.thekegthanksamillion.com/en/phase2/projects/show/r/6>

The project will be created by local Lheidli T'enneh artists Robert Frederick and Jennifer Pighin. PG is the intersection of two major highways, two major railways and two major rivers. The confluence of the rivers has been and is the traditional "village" for the Lheidli T'enneh. An important mode of transportation for this gateway to the community was the canoe. The artist team will create a traditional dugout canoe with mosaic to exemplify the importance of river transportation and the significance of the salmon to the history of the region.

The canoe will then be carved with traditional images of a Lheidli T'enneh legend about the salmon which is integral to Lheidli T'enneh culture and survival. The legend illustrates the important values and survival skills that were passed on from generation to generation in their oral tradition. This oral history, portrayed in carvings, will help preserve some of the spirit of the First nation's traditions. A concrete ledge will be covered with a tile mosaic continuing the legend and creating an underwater image. The artist team plans to invite the community and band members to physically assist in the hollowing of the canoe. The artist team will also use the carving of the legend as an opportunity to teach and pass on the traditions of wood carving. Once the canoe is complete, it will be cast in concrete and installed in the Plaza and the mosaic set.

## **Agenda, News & Community...**

### **Stanley Cup Finals on the Big Screen**

The CN Centre Hockey House is thrilled to show the Stanley Cup Finals on the big screen, full arena sound! Doors will open one hour prior to each Stanley Cup Final game starting. Admission is free. Donations can be made to the Canadian Red Cross Society who will be on site.

### **Steering Seniors to Social Life**

May 10, 2011

Christine Skorepa, Citizen Staff

Practice makes perfect and that goes for seniors who are feeling a little out of the loop when it comes to getting out and about. Now there's an easier way to get out and about every Tuesday and Wednesday thanks to the Wheels to Meals program.

The new program sees a volunteer driver and co-ordinator organize a trip out for lunch, to the mall, bowling or any other place seniors would like to go - and the best part is it's a door-to-door service.

"We really like to see seniors getting out and being socially interactive so we decided to try Wheels to Meals," said Judy Close, program co-ordinator with the Prince George Council of Seniors. "So there's a social outreach piece to this as well and it's really taking off."

Close said it becomes a habit to stay home when seniors are reluctant to drive - especially in the winter. "You can imagine you're stuck at home and can't get out and it really does affect a person's health," said Close. "To us social contact and outreach is huge and this will make it easier for seniors to get out."

Close understands how seniors feel when friends have moved away or someone close has passed away, that's why the group has implemented this initiative. "We've been working on getting it out on the road driving the seniors around because there is such a need for transportation in the city," said Close.

There's Handy Dart, she added, but they can't keep up with the demand. "Not everybody can afford cabs and the buses might not be ideal for some seniors."

Norgate Autobody donated the van a few years ago through a program where they find vehicles that have been written off by ICBC but require repair that does not compromise the safety of the vehicle. Volunteers do what it takes to make the vehicle roadworthy and donate it to a non-profit organization in need.

There is a suggested donation of \$2 for each outing to help cover costs. For more information about the Wheels to Meals program call (250) 564-5888.

## Elders Success Stories

### All Nations Elders: Continuing to Learn and Grow Through Connecting with Youth

The All Nations Elders, in partnership with the Aboriginal Business Development Association, allows for the Elders from different nations to unite and come together in a positive and cohesive manner in order to provide mentorship to youth. It provides an open and welcoming environment where Elders have the opportunity to learn about each other's cultures and to grow from new experiences.

The Elders participate in monthly sharing circles and activities, as well as seasonal camps, which contribute to their healing and personal development so that they are better prepared to work with youth and the community. The latest camp has focused on building the Elders' self-esteem and confidence in order for them to enter into the classrooms and the community where they will be interacting with youth on a variety of levels. "I am not nearly as shy as I was before, I'm a lot more outgoing and my daughter says I'm a much different person," noted Ella. Many of the Elders are recognizing that they are becoming stronger individuals and more self-aware of their capabilities.

*"I trust in my ability to be able to do things for myself a lot more. I discovered my physical ability through one of the travels, I couldn't believe my capacity. I learnt new ways to expand my spiritual interaction with my creator and that there is a place for me" - Lorrie*

The talking circles provide the Elders with a wealth of knowledge and resources. As Sue stated, "We have the opportunity to learn about many things that we might not have had access to otherwise. Everybody brings their knowledge and ideas; we build upon them and grow personally. Amazing things come of it." Guest speakers also come to present during the sharing circles on issues requested by the Elders, such as health and finances. "The speakers who present for us, speak about issues that are affecting our lives and of things that are of interest to us," said Lorrie, "we discuss topics that will be useful in our day to day life." The topics discussed not only provide the Elders with the opportunity to learn, but to also receive advice and comfort on issues that are worrying them. "It's comforting to know that other people are going through the same things as me," added Lorrie.

*The goals is for the Elders to share their knowledge, traditions and cultures with each other, the community and especially with youth in a meaningful way"*

As result of the personal development through the All Nations Elders programming, the Elders are gaining the skills necessary to go out into the community and schools to mentor youth. A number of organizations throughout the community have reached out to the Elders for assistance and to provide mentoring to youth, including the youth correctional facility, the University of Northern British Columbia, and the Aboriginal Choice School. The Elders strongly believe that education is the foundation for

community success and healing. Through their mentoring to youth in the community, the All Nations Elders are providing support to the PGUAS goal of increasing the number of students enrolled in school and academic upgrading by 5 percent.

Jim, a Métis Elder, has been actively engaged in mentoring youth in the community through teaching about the construction of jiggy dolls. He has also been heavily involved with mentoring youth at the correctional facility through the construction of a Red River Cart. The All Nations Elders note the tremendous importance of providing support and guidance to the Aboriginal youth in the correctional facilities to help guide them onto the right path in life and show them that they are promising individuals.

Through their mentoring, the Elders are helping to guide youth in a positive direction, preventing them from falling in with the wrong crowd, and encouraging them to stay in school. During the last unity camp the Elders were able to provide guidance and support to two youth who were at risk of falling between the cracks and getting lost in negative lifestyles. "I've always wanted to be there for a young person," said Lorrie. "To see them afterwards changing their lives, it makes you feel better about yourself. It's like a light switch went off in their head and you had something to do with it," she added. Many of the Elders also noted that it was comforting to know that their grandchildren, and other younger generations, will have someone to turn to. They themselves may not be the youth's first choice to go to for advice, but to know that there will be someone for them to go to is important.

In addition to developing their self-confidence and mentoring youth, the All Nations Elders group provides the Elders with a warm and welcoming community. The group has created a support network for the Elders and close relationships have developed. Many of the Elders agree that the group consists of more than just meetings; it contributes to and changes their lives, as well as the community.

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*Congrats to Shirley, who won last month's Mother's Day Contest. A big thank you to goes out to all of the Elders who brought in their adorable baby pictures.*

## Six of the World's Healthiest Spices

Some people swear by home remedies. Can you really fight aches and pains naturally instead of popping a pill? Medications serve a purpose but some foods may give you an edge.

- 1. Sage:** may preserve memory, soothe sore throats and can help with upset stomachs.
- 2. Rosemary:** Rosemary is often used in marinades for meats and poultry, and there's scientific wisdom behind that tradition. Rosmarinic acid and other antioxidant compounds in the herb fight bacteria and prevent meat from spoiling.
- 3. Turmeric:** Turmeric paste is applied to wounds to speed healing. People sip turmeric tea to relieve colds and respiratory problems. Modern medicine confirms some solid-gold health benefits as well; most are associated with curcumin, a compound in turmeric that has potent antioxidant and anti-inflammatory properties.
- 4. Chilli Pepper:** Studies show that capsaicin—a pungent compound in hot chilli's—revs up the body's metabolism and may boost fat burning.
- 5. Ginger:** Traditionally used to relieve colds and stomach troubles - ginger extracts can reduce nausea caused by morning sickness or following surgery/ chemotherapy. It's less effective for motion sickness. Ginger is rich in inflammation-fighting compounds, such as gingerols, which some experts believe may hold promise in fighting some cancers and reducing arthritis pain.
- 6. Cinnamon:** Cinnamon is used to boost appetite and relieve indigestion.

### Ginger Broccoli

Broccoli gets a Southeast Asian treatment in this quick sauté with fresh ginger, mellow rice vinegar and rich, salty fish sauce. Serve alongside any Asian noodle or fried rice dish.

#### Ingredients:

- 1 tbsp.** canola oil
- 2 tbsp.** minced garlic
- 4 tsp.** minced fresh ginger
- 1 lb.** broccoli crowns, trimmed and chopped
- 3 tbsp.** water
- 1 tbsp.** fish sauce, (see Note)
- 1 tbsp.** rice vinegar

Nutrition Facts	
Serving Size: 1 cup	
Calories:	74
Protein:	4 g
Fiber:	3 g
Sodium:	328 mg
Potassium:	372 mg
Fat:	4 g
Carbohydrates:	8 g
<b>Exchanges:</b> ½ carbohydrate, 1 ½ vegetable, 1 fat	

**Preparation:** Heat oil in a large skillet over medium-high heat. Add garlic and ginger and cook until fragrant but not browned, thirty seconds to one minute. Add broccoli and cook, stirring, until the broccoli is bright green, two minutes. Drizzle water and fish sauce over the broccoli; reduce heat to medium, cover and cook until the broccoli is just tender, about three minutes. Stir in vinegar just before serving. Serves four.

## Healthy Recipes of the Month

### Hawaiian Ginger-Chicken Stew

This chicken stew has a bold ginger-flavoured broth and provides a whole serving of dark leafy greens in each bowl. Serve with brown rice.

#### Ingredients:

- 1 tbsp.** sesame oil, or canola oil
- 1 lb.** chicken tenders, cut into 1-inch pieces
- 1 2-inch piece** fresh ginger, peeled and minced
- 4 cloves** garlic, thinly sliced
- ½ cup** dry sherry
- 14 oz.** reduced-sodium chicken broth
- 1 ½ cups** water
- 2 tbsp.** reduced-sodium soy sauce
- 1 tsp.** Asian red chilli sauce
- 2 cups** frozen chopped mustard greens

**Preparation:** Heat oil in a Dutch oven over medium-high heat. Add chicken and cook, stirring occasionally for about six minutes. Transfer to a plate with tongs. Add ginger and garlic to the pot and cook until fragrant, about ten seconds. Add sherry and cook until mostly evaporated, two to three minutes. Add broth and water, increase heat to high and bring to a boil. Boil for five minutes. Add soy sauce, chilli sauce and mustard greens (or chard) and cook until the greens are tender, about three minutes. Return the chicken and any juices to the pot and cook until heated through.

### Citrus Berry Smoothie

This meal-in-a-glass smoothie is bursting with berries and orange juice, healthful sources of carbohydrate and powerful antioxidants. Getting plenty of antioxidant-rich foods makes sense for active people, since free radicals are produced any time the body's cells process oxygen.

#### Ingredients:

- 1 ¼ cups** fresh berries
- ¾ cup** low-fat plain yogurt
- ½ cup** orange juice
- 2 tbsp.** non-fat dry milk
- 1 tbsp.** toasted wheat germ
- 1 tbsp.** honey
- ½ tsp.** vanilla extract

**Preparation:** Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth. Tip: boost the nutritional value by adding a couple of tablespoons of flax seed.

Nutrition Facts	
4 Servings	
Calories:	201
Protein:	31 g
Fiber:	3 g
Sodium:	346 mg
Potassium:	369 mg
Fat:	4 g
Cholesterol:	69 mg
Carbohydrates:	7 g
<b>Exchanges:</b>	
1 vegetable, 3 ½ lean meat, ½ carbohydrate	

Nutrition Facts	
Serving Size: 2 cups	
Calories:	432
Protein:	20 g
Fiber:	7 g
Sodium:	250 mg
Potassium:	617 mg
Fat:	3 g
Cholesterol:	15 mg
Carbohydrates:	77 g
<b>Exchanges:</b>	
4 ½ carbohydrate serving, 3 fruit, 2 low-fat milk	

# Quotes, Proverbs & Teachings

## Elders Meditation

"Everybody should pray together, cheer along, root along. That brings the circle together. Everything is together."

~ Wallace Black Elk, Lakota

Life on the Earth can sometimes be very complicated. Sometimes we think we are alone in our problems. Sometime we even withdraw. Then the problems become even more difficult. We need to watch out for one another, to care for one another, to pray together, to encourage one another; and we need to support one another. Behaving in this manner will bring the circle together.

*Great Spirit, let me support my brothers and sisters. .*

## Belive in Yourself

There may be days when you get up in the morning and things aren't the way you had hoped they would be.

That's when you have to tell yourself that things will get better.

There are times when people disappoint you and let you down.

But those are the times when you must remind yourself to trust your own judgments and opinions, to keep your life focused on believing in yourself.

There will be challenges to face and changes to make in your life, and it is up to you to accept them.

Constantly keep yourself headed in the right direction for you. It may not be easy at times, but in those times of struggle you will find a stronger sense of who you are.

So when the days come that are filled with frustration and unexpected responsibilities, remember to believe in yourself and all you want your life to be.

Because the challenges and changes will only help you to find the goals that you know are meant to come true for you.

Keep Believing in Yourself

## Quotes on Teachers

I like a teacher who gives you something to take home to think about besides homework.

~ Lily Tomlin

The dream begins with a teacher who believes in you, who tugs and pushes and leads you to the next plateau, sometimes poking you with a sharp stick called "truth."

~ Dan Rather

In teaching you cannot see the fruit of a day's work. It is invisible and remains so, maybe for twenty years.

~ Jacques Barzun

A teacher is one who makes himself progressively unnecessary.

~ Thomas Caruthers

Good teaching is one-fourth preparation and three-fourths theater.

~ Gail Godwin

A teacher affects eternity; he can never tell where his influence stops.

~ H. Brooks Adams

A teacher who is attempting to teach without inspiring the pupil with a desire to learn is hammering on cold iron.

~ Horace Mann



## Fun & Games

### ***Wisdom from George Carlin***

"Don't make the same mistake twice" seems to indicate three mistakes, doesn't it?

First you make the mistake. Then you make the same mistake. Then you make the same mistake twice.

If you simply say, 'Don't make the same mistake,' you'll avoid the first mistake, won't you?"

### ***The Right Choice***

My 16-year-old brother, Ryan, was out late with friends one night. Suddenly he realized it was Father's Day and he had neglected to buy a card for our dad. After much searching, Ryan located an open store, but was disappointed to find only two cards left on a picked-over rack. Selecting one, he brought it home and, somewhat sheepishly, presented it to our father.

Upon opening it, Dad read this message: "You've been like a father to me." He looked at Ryan, puzzled.

"Well, Dad," Ryan tried to explain, "it was either that or the card that said, Now that I'm a father too!"

### ***What a Card!***

Father's Day was near when I brought my three-year-old son, Tyler, to the card store. Inside, I showed him the cards for dads and told him to pick one.

When I looked back, Tyler was picking up one card after another, opening them up and quickly shoving them back into slots, every which way. "Tyler, what are you doing?" I asked. "Haven't you found a nice card for Daddy yet?"

"No," he replied. "I'm looking for one with money in it."

### ***No. 1 on Our List***

My father was completely lost in the kitchen and never ate unless someone prepared a meal for him. When Mother was ill, however, he volunteered to go to the supermarket for her. She sent him off with a carefully numbered list of seven items.

Dad returned shortly, very proud of himself, and proceeded to unpack the grocery bags. He had one bag of sugar, two dozen eggs, three hams, four boxes of detergent, five boxes of crackers, six eggplants, and seven green peppers.

## *Rose Color Meanings*

Red Roses:  
Love.

Pink Roses:  
Platonic love.

Pale Pink Roses:  
Symbolize gratitude,  
grace, and  
gentleness.

Light Pink Roses:  
Indicate happiness  
and fun. They mean  
that the recipient is a  
joy to behold,  
someone who is fun  
to be around.

Deep Pink Roses:  
Expressions of  
gratitude.

Lavender/Lilac Roses:  
Love at first sight

White:  
Innocence, purity &  
truth.

Coral or Orange:  
Desire/ passion.

Peach:  
Two meanings;  
gratitude or sympathy.

Yellow:  
Platonic love. In  
German-speaking  
countries, yellow can  
mean jealousy and  
infidelity.

Burgundy:  
Beauty

Blue:  
Mystery

Yellow w/ Red Tips:  
Falling in love.

Green:  
Calm.

# Happy Father's Day

## *Father's Day Poem*

Over the years  
As we grow old,  
We remember our father  
So brave and bold.

In the garden,  
Leaning on the plow,  
He would listen to me;  
I see him now.

He would give advice  
and understand.  
He was always there  
to lend a hand.

God made fathers  
Strong and firm.  
For he knew our lives  
would have great  
concerns.

So he gave us fathers  
to teach us to pray,  
guide our lives  
and show us the way.

So on his day  
Let's take the time  
To say "Thanks, dad.  
I'm glad you're mine."



It was exactly what Luke and Leia were looking for...

## *Father's Day Poem*

On this day of the year  
Which world-wide all Fathers share  
I want you to know how I feel  
Because my Dad is oh so real  
You've picked me up when I've been sad  
You've laughed with me when I've been glad  
You've stood by me when all around  
Everyone else seemed to let me down  
No-one could have done more  
Than my dear Father who I adore  
Happy Father's Day, Dad

**Thanks for the Soda, Pop!** Before I went to college, my father loaded the trunk with soft-drink bottles filled with oil, coolant and transmission fluid. Sure enough, my car overheated. Scolding myself for not listening to my father's instructions, I looked at the engine and saw how well he knew me. The oil cap was labeled Dr. Pepper, the transmission stick, Coke, and the empty coolant container, Pepsi. I finished the trip safely.

**Pop Vs. Pup** While flying, my mother was sitting across the aisle from a woman and her 8-year-old son. Mom couldn't help laughing as they neared their destination and she heard the mother say to the boy, "Now remember, run to Dad first, then the dog."

**Paternal Payback** On the day I received my learner's permit, my father agreed to take me out for a driving lesson. With a big grin, he hopped in behind the driver's seat. "Why aren't you sitting up front on the passenger's side?" I asked. "Kirsten, I've been waiting for this ever since you were a little girl," Dad replied. "Now it's my turn to sit back here and kick the seat."

## Upcoming Events

<p><b>Jun. 3 – 4</b> 10 am – 3 pm</p>	<p><b>Library Book Sale</b> Head downtown to pick up some used books at great prices! The Public Library's book sale will take place in the Keith Gordon Room at the Bob Harkins Branch. All books are sold by donation (cash and cheques accepted) and all proceeds benefit The Prince George Public Library.</p>
<p><b>Sun. Jun. 5</b></p>	<p><b>Huble Homestead: Seniors Day</b> Seniors are invited to pre-register for a relaxing day trip to Huble Homestead Historic Site. For just \$10, transportation will be provided from multiple points throughout the city and participants will arrive at the site for a hot lunch, entertainment, tours, and more! Reserve your seat: (250) 564-7033.</p>
<p><b>Sun. Jun. 5</b> 1 – 4 pm</p>	<p><b>Art in the Parks</b> Celebrate the 100th Anniversary of BC Parks! Join the PGSO as we present: In THE MOOD, Big Band Entertainment. Location: West Lake Provincial Park.</p>
<p><b>Sat. Jun. 11</b> 10 am – 4 pm</p>	<p><b>Annual Spring Arts Bazaar at Studio 2880</b> Location: Studio 2880, 15<sup>th</sup> Avenue. Arts bazaar, chilli cook-off, children's activities, entertainment and a silent auction. Contact: Wendy (250) 561-3366</p>
<p><b>Sun. Jun. 12</b></p>	<p><b>Huble Homestead: Family History Day</b> Learn how to investigate your family history, and explore how history is passed down through the generations through stories, songs, photos, and dance. Get tips on how to care for the heirlooms that you've inherited and acquired, and learn more about the Huble family too! Contact: (250) 564-7033</p>
<p><b>Tue. Jun. 21</b> 10 am – 5 pm</p>	<p><b>National Aboriginal Day in the Park</b> Enjoy games, music, drummers, dancers, singers, face painting and arts &amp; crafts! Opening Prayer and official welcoming at 11 am, tea and bannock served at noon. Venue: Fort George Park.</p>
<p><b>Jun. 19 – 25</b> 9 am – 5 pm</p>	<p><b>Aboriginal Week at Fort St James National Historic Site</b> A weeklong series of school-age programs and activities for kids of all ages to bring early Aboriginal ways to life. Hosted at the Fort St James National Historic Site. Admission: \$7.80 Contact: (250) 996-7191</p>
<p><b>Sun. Jun. 19</b></p>	<p><b>Father's Day Celebration</b> Join the Railway &amp; Forestry Museum for Father's Day. Spend part of your day with Dad riding the mini rail and exploring the museum. Contact: (250) 563-7351.</p>
<p><b>Tue. Jun. 21</b> 10 am – 5 pm</p>	<p><b>National Aboriginal Day</b> Come down to Fort George Park to celebrate National Aboriginal Day! Enjoy games, music, drummers, dancers, singers, face painting and arts &amp; crafts! Opening Prayer and official welcoming at 11 am, tea and bannock served at noon.</p>
<p><b>Sat. Jun. 25</b> 11 am – 2 pm</p>	<p><b>BC Hydro's 50th Anniversary Community Event</b> In celebration of its 50th Anniversary, BC Hydro will be hosting a Community Open House. The venue is the BC Hydro District Office at 3333-22nd Avenue, (across from CNC). Come and enjoy bucket truck rides, free food, bouncy castles, interactive &amp; educational activities, a draw box and an opportunity to speak with BC Hydro Experts about various projects.</p>

<p><b>Mon. Jun. 27</b> 7 pm</p>	<p><b>Free Public Screening &amp; Art Exhibit</b> Knowledge Network presents select films from the Fifty – a collection of short films on leading artists, performers and designers living and working in BC. These include; Sarah McLachlan, Douglas Coupland, Dan Mangan, Fred Herzog, Ian Tracey, Alex Cuba, Shane Koyczan, Carl Newman and more. The Prince George and District Community Arts Council will be showcasing the works of local artists. Contact: Aaron Alexander, (604) 431-3243 or <a href="mailto:aarona@knowledge.ca">aarona@knowledge.ca</a>. Venue: Prince George Playhouse</p>
<p><b>Wed. Jul. 6</b> 2.30 – 4 pm</p>	<p><b>Adult Computer Class: Basic Computers 1</b> No experience? We can get you started. The class is free but you need to register. Venue: Bob Harkins Branch Contact: (250) 563-9251 ext. 140.</p>
<p><b>Wed. Jul. 13</b> 2.30 – 4 pm</p>	<p><b>Adult Computer Class: Internet and Email</b> Learn how to explore the internet and stay in touch with email. The class is free but you need to register. Venue: Bob Harkins Branch Contact: (250) 563-9251 ext. 140.</p>
<p><b>Wed. Jul. 13</b> Time?</p>	<p><b>Portraits of Honour</b> The City of Prince George will be hosting an event to honour the people in the Armed Forces who put their lives on the line every day, and who have made the ultimate sacrifice in Afghanistan. Kin Canada is organizing a national tour of the “Portraits of Honour” where Canadians will be able to see a large mural which includes a portrait of every fallen soldier (<a href="http://www.portraitsofhonour.ca">www.portraitsofhonour.ca</a>). This event is being hosted by the Military Families Support Group of Prince George and the Kinsmen.</p> <p>The mural will be on display in the proximity of the Royal Canadian Legion Branch No. 43 and will be open to the public. In addition we are planning a “Highway of Heroes/Honour Flags” to recognize each of the fallen soldiers, and a community barbecue to run throughout the day. Each of the 155 Canadian Flags will identify each of the fallen soldiers.</p>
<p><b>Wed. Jul. 20</b> 2.30 – 4 pm</p>	<p><b>Adult Computer Class: Basic Computers 2</b> Know a little and want to learn more? This is the class for you! The class is free but you need to register. Venue: Bob Harkins Branch Contact: (250) 563-9251 ext. 140.</p>
<p><b>Wed. Jul. 27</b> 2.30 – 4 pm</p>	<p><b>Adult Computer Class: Beyond Basics - Digital Photography</b> So you have a digital camera now. How do you get the photos off your camera? What are all those buttons and dials for? Find out in this introductory session. The class is free but you need to register. Venue: Bob Harkins Branch Contact: (250) 563-9251 ext. 140.</p>