

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 3, Number 7

JULY, 2011



ALL NATIONS ELDERS NEWSLETTER

Welcome

We are pleased to present the July 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 July Elders

Happy Birthday to the Elders born in July! The July birth flower is larkspur, which stands for joyfulness and laughter. The juice of the Larkspur seed can be harvested into a blue ink. In Transylvania this ink was used on the stables to ward off vampires.



Happy Canada Day

Happy Canada Day, eh? We hope that you had a chance to enjoy the festivities at the park!



IN THIS ISSUE:

Welcome/ About 1

Agenda, News & Community 2

Article: Composting 7

Healthy Recipes of the Month 9

Quotes, Proverbs & Teachings 10

Fun & Games 11

Article: Baby's Gender 14

Ongoing & Upcoming Events 15

Elders in the Community

We have been keeping track of volunteer hours that the Elders have put in. We have recorded – from April 1st until July 1st 2011 – 326.35 hours! You Elders rock!

URGENT: Donations Needed

See page 2.

"Shared laughter creates a bond of friendship. When people laugh together, they cease to be young and old, teacher and pupils, worker and boss. They become a single group of human beings."

~ W. Lee Grant

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

Agenda, News & Community

Marcel Gagnon & Bill Pavich: Discuss Elder involvement at Kenneth Creek.

Kathleen Paulson: Discuss Elder involvement at PGSS in the fall.

Kathy Shaw and Marianne Sprague: Discuss Elder involvement at UNBC's Weaving Words Festival

Sherry Law: Discuss Elder involvement at JobWave.

Kidney Foundation: The Kidney Foundation will be in Prince George on November 2nd. They are pre-registering participants for a free kidney screening. Pre-registration begins in September.

Looking For Life Jackets

We are looking for life jackets, to keep or borrow, for the Lake Day for Family Celebration on Monday July 11th, 2011. We are a Northern Health and MCFD team that supports families affected by FASD, and encourage healthy activities and healthy relationships. Contact: Elizabeth (250) 561-5645 elizabeth.hamilton@northernhealth.ca.

Looking for Donations after House Fire

A young family lost all of their belongings in a house fire on Monday July 4th. Amie Layton, daughter of Milton and Marie Layton, and her spouse Barry. Amie and Barry had just moved and got settled into their home. They require gently used or new clothing for their six little angels (five boys and one girl). They are also in need of household items (gently used or new).

Boys Clothing: Sizes 3X, 4, 6, 7, and 8

Boys Shoes: 2 boys need size 9, 1 boy needs size 1 and 2 boys need size 2

Girls Clothing: Size 2

Ladies Clothing: Medium tops/jackets, size 12 pants, shoe size 9

Men's Clothing: Large shirts/T-Shirts/Jacket, size 36 pants – 32 inseam, shoe size 10

You may drop these items off at PGNAETA, 198 Kingston Street, Prince George BC. We thank you so much if you decide you can help this young family as it is such a traumatic experience to endure. If you can help out in any way, please do not hesitate to contact Shirley Layton, Executive Assistant at (250) 561-1199.

Elders in the News

A lot of Elders have been featured in the news a lot lately. Below are some stories.



Potluck Brings Flavour to Traditional Meeting

By Christine Hinzmann-Skorepa

Published July 5th, 2011

For the last three years, as many as fifty people have gathered every month for the All Nations Elders Meeting and Potluck Lunch held at the Moose Hall.

This Wednesday from 10 a.m. to 1 p.m., special guest speakers from the University of Northern B.C. will talk about Weaving Words, a festival created to provide a more prominent space and place for Aboriginal orality and literary efforts. Organizers of this September event are seeking input from the Elders.



During the potluck, Marcel Gagnon and Bill Pavich will discuss renaming Kenneth Creek to an Aboriginal name, said Joyce Roberts, coordinator for the All Nations Elders, a non-profit association. "They want to rename Kenneth Creek and they want to do a celebration feast this fall," added Roberts.

Elders have been going into the schools in School District 57, sharing their crafts and knowledge in order to pass down and teach traditional ways, Roberts said. Kathleen Paulson, a teacher in SD57, will provide an update on how this has been received by teachers and students alike.

Roberts said all ages and creed attend the potluck, including babies, young children, university and college students, middle-aged people and, of course, Elders.

The potluck event honours its tradition by asking everyone who attends to bring their favourite dish. "If we have a shortage of food, it comes out of the All Nations funds, through the Urban Aboriginal Strategy and that provides our funding for this event," said Roberts.

The All Nations Elders also hold a craft day once a month, where people gather together to create ornaments for the tree the All Nations Elders will contribute to the Festival of Trees fundraiser for the Spirit of the North Healthcare Foundation this November.

Elders also donate squares for a quilt, with the fibre art hanging in the Aboriginal Choice School, CNC and UNBC. "The Elders really enjoyed making the squares so we have lots of leftovers so there will be one quilt made for a needy student," Roberts said. The recipient of the donated quilt will be determined by community members.

The All Nations Elders Meeting and Potluck Lunch is a free event and it's held at 663 Douglas Street. For more information call (250) 562-6325 or email jroberts@abdc.bc.ca.

Local Elders Group Hard at Work

Health Care and Increasing Costs Main Concern for Seniors

By Teresa MALLAM/Free Press

Published: June 24, 2011

Money can only be stretched so far. Nobody understands that more than local seniors on a fixed income.

"Many of us are trying to live on our old-age pensions," said 72-year-old Irene Caplette. "Health and money are our two main concerns."

Caplette is secretary treasurer for the Prince George Metis Elders Society (PGMES).

The non-profit group is dedicated to improving the quality of life for Metis Elders in our northern communities.

Increased health-care costs and limited government funding to cover their health-care needs has led to PGMES working to develop and Elders Health Foundation. The foundation will

help to assist in providing services to all Elders within the Prince George region.

"We ask for financial help (from government) and we don't get it," said Caplette.

"I need repairs to my house but there's no money for that."

Programs sound good, she said, however they usually have many restrictions.

"We can get funding to fix u our society's building – but not our own homes."

The challenges faced by today's Metis Elders in Prince George are the same as those being experienced by other aging populations in all ethnic groups all over Canada. PGMES director Shirley Gervais agrees that health and money probably top the list of biggest concerns among Metis Elders. That's why the support of the local group is so important, she said.

"We depend on each other health-wise and take each other to the doctor or to other appointments. Looking after our health is always a big challenge."

Diabetes ranks as a top concern for Metis people, she said. Both Caplette and Gervais have been diagnosed with the disease and must watch their diet.



"I have diabetes, so there are added medical costs like for needles," said Caplette.

"We need money to buy healthy food," added Gervais.

Once a month the society offers a food bank where needy Elders from the community can come for food hampers.

"We do get funding for that. But at home you're on your own."

PGMES offers health and wellness and traditional crafts workshops, lending library of historical and cultural books, Cree language videos and CDs, as well as seniors' financial information.

The group organizes summer road trips and bus outings, coffee and crafting sessions, transportation to events, fresh produce from their community garden and companionship and support.

It all takes money.

"We're always on the go looking for money and funding," said Gervais. "We do lots of fundraising during the year with bake sales and other events. But we could do a lot more in the community if we didn't have to spend so much of our time trying to raise money."

The Prince George Metis Elders Society is dedicated to improving the quality of life for Elders and also educating the community on what it means to be Metis. Members must be of Metis ancestry, 50 years of age or older and live in Prince George. For more information about PGMES visit www.pgmetiselders.com or phone (250) 562-2771.

Beads Make Art

By Teresa MALLAM/Free Press

Published: June 23, 2011

Nancy Anderson, 68, gently ties an infant's first pair of moose skin baby booties. She smiles.

Size one. Perfect fit.

"They are washable too," Anderson tells the woman who has just made the purchase for her baby.

The local artisan was at her booth during Aboriginal Days celebrations on Tuesday at Fort George Park displaying the beautifully handcrafted items she's become known for: beaded moccasins, moose, elk or deer hide vests and skirts, beaded necklaces and baby shoes.

She began making traditional First Nations artifacts as a way to use her creative talents and preserve her heritage.

"I think it's very important to keep up with the old Native traditions, so that they don't die out," she said. "Many of our young people today don't know how to do this kind of work, they buy things. So I talked with the (Prince George) Metis Elders Society about this and now they have crafting classes teaching things like hand beading and making moccasins."

Anderson has been doing hand-beading work for 25 years. She got better as she went along, learning from her mistakes.

"I am self-taught," she said. "My mother did beautiful hand beading work but she died in 1979 before I had a chance to really learn from her."

For larger projects, she often works with (pre-stretched and tanned) commercial hides. The sheer bulkiness of the hides can add to the time to complete a garment.

She pulls a fringed vest from the pile. "This vest (beaded front and back) took me almost three years to make, working on it off and on. You have to roll it up and fold it to get to the part you are working on each time you pick it up."

Her favorite vest – and the one she wore on Tuesday – was a labour of love, made from moose hide by her mother for Anderson's sister.

"It was a gift for my sister Lillian when she graduated as a teacher from university in Vancouver. I know all the hand beading took her a very long time."



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Article: Composting

What is Composting?

Composting is a natural process that occurs when plant material dies. Bacteria, fungi, worms and other organisms living in the soil and air transform dead plants, leaves, etc. into a rich dark material called humus or compost.

Why Compost?

Composting is a wonderful way to recycle your garden debris back into the soil. There is nothing better you can do for your garden. Compost contains beneficial bacteria necessary for plant growth, improves soil texture and provides necessary nutrients for a healthy garden.

Composting also relieves pressure on public landfills by reducing the amount of garbage. Compostable materials, such as yard and kitchen wastes make up more than 30% of household waste. Gardeners, homeowners, schools and businesses are all turning to composting. You just might be surprised at what you can compost.

Backyard Composting

Anything that was once a living plant can be composted, but to make your compost work well you need a balance of nitrogen and carbon rich materials. Green materials are high in nitrogen whereas brown materials are high in carbon. As a rule of thumb, use four parts of green to every one part of brown materials. The materials can be layered or mixed together. Mixing will start the compost working more quickly.

Four Essential Ingredients for Good Composting

- Nitrogen
- Carbon
- Water
- Oxygen

Balancing the supply of water and oxygen is essential for good composting. The decomposers need moisture to do their work. If the pile is too dry, nothing much will happen. If the pile is too wet, it will smell. The pile should be as moist as a wrung-out sponge. Too wet a pile eliminates the essential oxygen that the decomposers need. Even with the right amount of moisture the pile tends to pack down and squeeze out the oxygen. To avoid this, aerate your pile at least once a week. A compost turner, shovel, garden fork, potato hoe or stirrup hoe, can be used to turn your pile. Use a tool that is easy on your back and that you are comfortable using. A lid can be helpful for retaining or repelling water.

Building the Pile

Whether using a purchased or hand-built container, always start with a layer of twigs or coarse material such as straw to allow for good air circulation. Materials can then be added in layers no more than 10cm thick. Alternate the kinds of material used or mix them together. The smaller the materials are chopped or shredded, the faster the composting process will work.

What Compost Materials to Use

Brown Materials (Carbon):

- Branches and twigs, chop finely for quicker decomposition
- Brown cardboard (toilet paper holders, egg cartons)
- Dead, dried up weeds
- Dead flowers
- Dead leaves
- Hair trimmings, yes human hair
- Low-quality paper (napkins, tissues, paper towels, shredded up black and white newspaper, no colored paper or inks).
- Sawdust
- Shells from clams, oysters, etc. Rinse and finely crush first, has lots of calcium.
- Straw or hay
- Wood/fireplace ash - lots of potash, alkaline pH
- Wood shavings

Green Materials (Nitrogen):

- Coffee grounds (it's okay to toss in the paper filter)
- Egg shells (lots of calcium)
- Grass clippings, very high in nitrogen
- Fruit scraps
- Vegetable scraps
- Manures (not pet or human)
- Seaweed (wash off salt, if taken from the ocean)
- Weeds, recently pulled and still green

What Not to Compost:

- Avoid weeds with lots of seeds
- Bones, unless finely crushed first.
- Dairy products
- Dead animals
- Fish
- Meats
- Paper towels that were used to wipe up chemicals, grease.
- Poisonous plants like Poison Ivy, Poison Oak, or Poison Sumac.
- Treated wood, contains toxins you do not want in you vegetable garden.
- Walnut trees, any parts of this tree. It contains "jugoline", toxic to plants.

Compost FAQs:

- *Compost has unpleasant smell.* Too wet, add dry material and aerate.
- *Compost smells of ammonia.* Too much nitrogen: add carbon material and mix.
- *Compost not working.* Too dry: add water or Not enough nitrogen: add nitrogen rich material and mix.
- *Too many flies.* Kitchen waste exposed: cover with dirt, leaves, etc.
- *Ants in the pile building a nest.* Too dry: add water and mix.
- *Pale green mold in pile.* Too wet: add dry material



Healthy Recipes of the Month

Quick Breakfast Taco

A smaller cousin of the breakfast burrito, the breakfast taco made with reduced-fat Cheddar and egg substitute is a satisfying and healthy breakfast option

Preparation Time: 15 minutes

Ingredients:

- 2 corn tortillas
- 1 **tbsp.** salsa
- 2 **tbsp.** shredded reduced-fat Cheddar cheese
- ½ **cup** liquid egg substitute, such as Egg Beaters

Nutrition Facts	
1 serving	
Calories:	153
Protein:	17 g
Fiber:	0 g
Sodium:	453 mg
Potassium:	207 ,g
Fat:	2 g
Cholesterol:	3 mg
Carbohydrates:	15 g
Exchanges:	
1 starch, 2 very lean meat.	

Preparation: Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds. Meanwhile coat a small non-stick skillet cooking spray. Heat over medium heat, add egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

Cheddar Apple Melt

It's hard to go wrong with the classic combination of Cheddar cheese and apples. Try this once and you may be addicted.

Ingredients:

- 1 whole-wheat English muffin, toasted
- 2 **tsp.** jam, or chutney
- 4 thin apple slices
- 2 **slices** reduced-fat Cheddar cheese

Preparation Time: 15 minutes

Nutrition Facts	
1 serving	
Calories:	253
Protein:	20 g
Fiber:	5 g
Sodium:	769 mg
Potassium:	215 mg
Fat:	5 g
Cholesterol:	12 mg
Carbohydrates:	33 g
Exchanges:	
2 carbohydrate serving, 2 starch, 2 lean meat	

Preparation: Top English muffin with jam (or chutney), apple and cheese. Toast in a toaster oven or under the broiler until the cheese is melted.

Big Kitty

A Scotsman was visiting a museum of natural history in Canada when he came upon a huge stuffed bull moose with enormous antlers. Surprised, he exclaimed in his Scottish burr, "Woots that!?" When told by the curator that it was a moose, he replied, "If that's a moose, I'd hate to see your caats!"

Quotes, Proverbs & Teachings

Elders Meditation

"As Elders, it is our place to show respect to our young people in order to gain respect."
Grace Azak, Nisga'a

The attitude of our leaders will be the attitude of the people. The attitude of the parents will be the attitude of the children. If respect is shown from above, respect will be developed below. If the Elders show respect, the younger people will be respectful. As above, so below. This happens because of interconnectedness. The heart of the Elders is connected to the heart of the youth.

Great Spirit, in the fall season let me respect both the Elders and the youth.

Poem: I Promise Myself

By Christian D. Larson

I Promise Myself

To be so strong that nothing can disturb my peace of mind.

To talk health, happiness, and prosperity to every person I meet.

To make all my friends feel that there is something worthwhile in them.

To look at the sunny side of everything and make my optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as I am about my own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful expression at all times and give a smile to every living creature I meet.

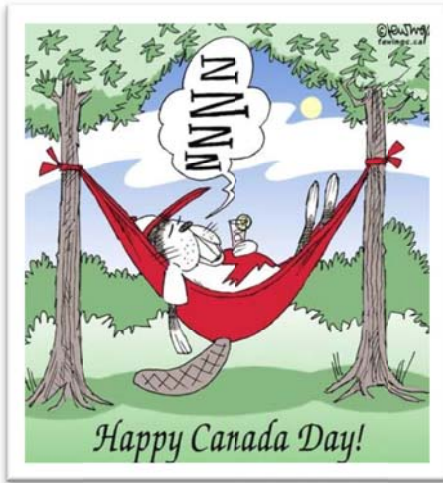
To give so much time to improving myself that I have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

To think well of myself and to proclaim this fact to the world, not in loud words, but in great deeds.

To live in the faith that the whole world is on my side, so long as I am true to the best that is in me.

Fun & Games



50°F: New Yorkers try to turn on the heat. Canadians plant gardens.

40°F: Californians shiver uncontrollably. Canadians sunbathe.

35°F: Italian cars won't start. Canadians drive with the windows down.

32°F: Distilled water freezes. Canadian water gets thicker.

20°F: Floridians wear coats, gloves & wool hats. Canadians throw on a t-shirt.

15°F: Californians begin to evacuate the state. Canadians go swimming.

0°F: New York landlords finally turn up the heat. Canadians have the last cook-out before it gets cold.

-10°F: People in Miami cease to exist. Canadians lick flag poles to see if their tongue will stick.

-20°F: Californians fly to Mexico. Canadians throw on a light jacket.

-40°F: Hollywood disintegrates. Canadians rent some videos.

-60°F: Mt. St. Helens freezes. Canadian Girl Guides begin selling cookies door to door.

-80°F: Polar bears begin to evacuate Antarctica. Canadian Boy Scouts postpone "Winter Survival" classes until it gets cold enough.

-100°F: Santa Claus abandons the North Pole. Canadians pull down their ear flaps.

-173°F: Ethyl alcohol freezes. Canadians get frustrated when they can't thaw the keg.

-297°F: Microbial life survives on dairy products. Canadian cows complain of farmers with cold hands.

-460°F: ALL atomic motion stops. Canadians start saying "Cold 'nuff for ya?"

-500°F: Hell freezes over. The Canucks win the Stanley Cup.

Fun & Games Cont...

George Carlin's Views on Aging

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than ten years old, you're so excited about aging that you think in fractions. "How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five!

That's the key. You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. "How old are you?" "I'm gonna be sixteen!" You could be thirteen, but hey, you're gonna be sixteen! And then the greatest day of your life...you become twenty-one. Even the words sound like a ceremony... YOU BECOME twenty-one. YESSSS!!!

But then you turn thirty. Oooohh, what happened there? Makes you sound like bad milk. He TURNED thirty! We had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40.

Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50...and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime.

And it doesn't end there. Into the 90s, you start going backwards; "I was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!

Funny Quotes

A conclusion is the place where you got tired of thinking.

~ Arthur M. Bloch

A gentleman is a man who can play the accordion but doesn't.

~ Author Unknown

If you teach your children nothing else, teach the golden rule and "righty-tighty, lefty-loosey."

~ Robert Brault

I have six locks on my door all in a row.

When I go out, I lock every other one. I figure no matter how long somebody stands there picking the locks, they are always locking three.

~ Elaine Boosler

It's always darkest before the dawn. So if you're going to steal your neighbor's newspaper, that's the time to do it.

~ Author Unknown

He's turned his life around. He used to be depressed and miserable. Now he's miserable and depressed.

~ Harry Kalas

There's no such thing as fun for the whole family.

~ Jerry Seinfeld

I plan on living forever. So far, so good.

~ Author Unknown

Fun & Games Cont...

Did you Know?

Over 2/3 of people who've ever lived to age 65 are alive today.

If you are right handed, you will tend to chew your food on the right side of your mouth. If you are left handed, you will tend to chew your food on the left side of your mouth.

To make half a kilo of honey, bees must collect nectar from over two million individual flowers

Heroin is the brand name of morphine once marketed by 'Bayer'.

Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!

People in nudist colonies play volleyball more than any other sport.

Albert Einstein was offered the presidency of Israel in 1952, but he declined.

Astronauts can't belch - there is no gravity to separate liquid from gas in their stomachs.

Ancient Roman, Chinese and German societies often used urine as mouthwash.

The Mona Lisa has no eyebrows. In the Renaissance era, it was fashion to shave them off!

Because of the speed at which Earth moves around the Sun, it is impossible for a solar eclipse to last more than 7 minutes and 58 seconds.

There are over 25 million bubbles waiting to burst out of each bottle of Champagne

Google is actually the common name for a number with a million zeros.

Do you know the names of the three wise monkeys? They are Mizaru (see no evil), Mikazaru (hear no evil) and Mazaru (speak no evil).

Warner Communications paid \$28 million for the copyright to the song Happy Birthday.

Fun Facts

It takes glass one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Zero is the only number that cannot be represented by Roman numerals

Kites were used in the American Civil War to deliver letters and newspapers.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Nine out of every ten living things live in the ocean

He, She Or It? Family Keeps Baby's Gender A Secret



By Rachel Elbaum

The first question people ask after hearing of a new arrival is usually, "Boy or girl?" Friends and family of one Canadian couple are getting no answer to this simple inquiry. Kathy Witterick and her husband David Stocker have decided to keep baby Storm's sex a secret.

"We've decided not to share Storm's sex for now — a tribute to freedom and choice in place of limitation, a stand up to what the world could become in Storm's lifetime (a more progressive place?)," the couple wrote

in an email to friends and family after Storm's birth, according to the Toronto Star.

Other than Storm's parents, the only other people to know Storm's sex are the couple's two sons, Jazz, 5, and Kio, 2, the midwives who delivered the baby and a close family friend. They got the idea to raise a genderless child from a book they found in the library, and told the paper the secrecy is about giving their children freedom.

"What we noticed is that parents make so many choices for their children. It's obnoxious," Stocker told the paper. He and his wife allow Jazz and Kio to choose their clothing from both the boys' and girls' departments — including pink dresses — and how they want to wear their hair.

Although many parents rebel against traditional pink and blue clothing for their babies, and give dolls to their boys and trucks to their girls, Storm's parents' decision seems to have touched a nerve, sparking discussion on news outlets and blogs around the world. Comments on the original story accuse the parents of being "irresponsible," confusing their children, and setting up Storm for "future damage."

"Reading the story I thought about Storm's brothers," writes Lisa Belkin in the New York Times blog Motherlode. "What message is being sent to them, telling them that their sibling's sex is an unspillable secret. Doesn't that in itself give gender the all-defining importance that these parents are trying to avoid?"

This isn't the first time a family has decided to raise a genderless child. A couple in Sweden kept the sex of their 2-year-old child, named Pop, a secret, saying they want "Pop to grow up more freely and avoid being forced into a specific gender-mold from the outset." The latest stories about Pop date back to last summer. Wonder how that's working out? What do you think of this couple's decision to keep Storm's sex a secret?

Ongoing Events

Tue., Thur., & Sat. 10.30 am	Walk PG Come walk with us. Get active, have fun and meet friends. All Welcome. Location: Fort George Park. Contact: (250) 561-9284
Thursdays 8 am – 8 pm	FREE Thursdays at Two Rivers Gallery Two Rivers Gallery has new exhibitions arriving each month. The Rustad Galleria features work by local and emerging artists and groups within the region. Drop in to see if you can spot the next Picasso! Contact: (250) 614-7800.
Thursdays 10.30 – 11 am	Storytime in the Park Bring your kids/grandkids and join us for stories, songs and rhymes. Price: FREE! Contact: (250) 563-9251. Thursday July 7 th – Fort George Park Thursday July 14 th – Rainbow Park (Ospika) Thursday July 21 st – Snowdrop Park (Hart Highlands) Thursday July 28 th – Clapperton Park (Van Bien) Thursday August 4 th – Latrobe Park (College Heights) Thursday August 11 th – Eaglenest Park (Heritage)

Upcoming Events

Wed. July 6 2.30 – 4 pm	Adult Computer Course - Basic Computers 1: No experience? We can get you started. Price: FREE! Venue: Bob Harkins Branch. Register: (250) 563-9251 ext. 140
Thu. July 7 3 – 4 pm	I Used To Be A Library Book This is for teens 12-18. Do you have a bored teen at home? Learn how to repurpose an ordinary looking library book into a top secret hidey-hole. Because who would open a boring copy of "War & Peace" looking for your diary keys, huh? No one, that's who. Oh, and we'll also be turning books into cool tote bags. Cost: FREE! Venue: Bob Harkins Branch Contact: (250) 563-9251
Thu. July 7 6 – 9 pm	Prism North Film Festival The North's only Gay, Lesbian, Bisexual, Queer and Transgendered Film Festival. This year's line-up has been chosen from a selection of over 120 films to bring the best films to PG. This event is open to the entire community, but the feature film does contain mature content. Venue: UNBC Weldwood Theatre
July 7 - 9	BC Provincial Square Dance Festival Venue: Columbus Hall & Roll-A-Dome. Register: www.northerntwisters.ca or Gys at (250) 964-4851.
Fri. July 8 1 – 2.30 pm	Games Galore Kids of all ages are invited to drop into the Bob Harkins Branch for free fun and games! We're pulling out everything in our games closet for your entertainment. From classic board games to your favourite video games, we'll have the children's area set up with lots of options. Bring your grandkids and have fun!
July 8 - 9 10 am – 3 pm	BMO KidzArt Dayz Venue: Two Rivers Art Gallery (725 Civic Plaza). Price: FREE! Contact: (250) 614-7800 or www.tworiversgallery.com
July 8 - 19	World Baseball Challenge The World Baseball Challenge returns and this time it will be bigger than before! Venue: Citizen Field. Information: http://worldbaseball.ca/ .

Sun. July 10	Huble Homestead Dog Expo Our annual event for dog lovers is back. Bring your four-legged friend out socialize with other dogs, and sign them up for the Parade of Breeds. This event will feature business and community booths, demonstrations and vendors. Prizes will be awarded to the largest and smallest dogs, as well as those with the best trick and best costume. Your pooch will love it! Details: (250) 564-7033.
Mon. July 11 1 – 3 pm	Look Good Feel Better Workshop A free national program that helps women living with cancer learn beauty techniques to camouflage their appearance related side effects caused by cancer and/or its treatment. Venue: University Hospital of Northern BC
Wed. July 13 12 pm	Fallen Soldiers – Portraits of Honour Tour Honour our fallen soldiers; see a large mural which includes a portrait of every fallen soldier. In addition, there will be a "Highway of Heroes Honour Flags". The "Portraits of Honour" is being hosted by the Prince George Military Families Support Group, Royal Canadian Legion Branch No 43 and the Kinsmen Club. Venue: Civic Plaza. Contact: (250) 563-7351.
Wed. July 13 2.30 – 4 pm	Adult Computer Course - Internet & Email: Learn how to explore the Internet and stay in touch with email. Price: FREE! Venue: Bob Harkins Branch. Register: (250) 563-9251 ext. 140
Thu. July 14 10.30 – 11.30 am	eBooks for Everyone Do you have an eBook reader and having trouble with it? Looking at purchasing an eReader and want to know what's involved? Come out for one of our free seminars! Bring your questions and Jeff will demonstrate how to use the free Library to Go eBook download service. There is no registration for these sessions, but please be sure to arrive at the beginning of the seminar. Venue: Library, Nechako Branch
July 15 - 17	Friends of Thomas Days Bring the grandkids out for some Thomas the Tank Engine excitement! Ride the mini-rail, get your picture taken with Thomas himself. Fun for the whole family. Contact: (250) 563-7351 or www.railandforestmuseum.com
Jul. 15 – Oct. 9 9 am – 5 pm	Two Rivers Art Gallery – Frozen and Cold War Artifacts Two Rivers Art Gallery presents "Frozen" an exhibition of pieces by three photographers from western Canada. This exhibition plays with the idea of photographs being moments frozen in time. The second exhibition is "Cold War Artefacts: Logroad: The Baldy Hughes Project". Exhibition will display a site-specific installation based on the geodesic domes used at the site.
Sat. July 16 9 am – 5 pm	Parks Day – Arts in the Park The Nechako Community Arts Council is proud to celebrate BC Parks 100 th Anniversary at Beaumont Provincial Park. Supported by BC Parks, Assembly of BC Arts Councils, District of Vanderhoof and Village of Fraser Lake. This event will showcase the work of emerging and professional artists of the communities of: Stellat'en First Nation, Fraser Lake, Nadleh Whut'en First Nation, Fort Fraser, Saik'uz First Nation and Vanderhoof. Location: Beaumont Provincial Park. Contact: Pedra Stephen (250) 964-3489 or northquartz@aol.com .

<p>Sat. July 16 9 am – 5 pm</p>	<p>Salmon Day at Fort St James National Historic Site Return of the Iron Chef "Best Salmon in New Caledonia" competition! Judging by the first 100 visitors to the historic site today. Enjoy educational programs and special activities that highlight the importance of salmon to early Fort St James. Contact: (250) 966-7191.</p>
<p>Sat. July 16 1 – 4 pm</p>	<p>Foraging Identification Workshop Join us for a local walk on one of the many trails in the community to see what is available in our area. Torey Lee is a Chartered Herbalist graduate of the Dominion Herbal College, and she will lead us on a walk where we will discover together what kinds of medicinal and edible plants exist in our area.</p> <p>After the walk, we will meet back in the store classroom for refreshments, questions, and of course, some local sampling of commercially prepared local treats. Participants should be dressed for any kind of weather, be prepared to walk for a couple of hours, and have water and camera and notebook ready to go.</p> <p>We will meet at the store at 533 Dominion St., Prince George to arrange to get to the trail head, and the return to the store for the question and answer time. This is not likely to be repeated. Limited spots, so get yours today. Admission: \$45 + tax. Contact: (250) 277-1771. Pre-registration only.</p>
<p>Sat. July 16 2 – 3 pm</p>	<p>eBooks for Everyone Do you have an eBook reader and having trouble with it? Looking at purchasing an eReader and want to know what's involved? Come out for one of our free seminars! Bring your questions and Jeff will demonstrate how to use the free Library to Go eBook download service. There is no registration for these sessions, but please be sure to arrive at the beginning of the seminar. Venue: Library, Bob Harkins Branch</p>
<p>Sun. July 17</p>	<p>Huble Homestead Kidz Carnival Bring the kiddies out for an event planned with them in mind! There's something fun for everyone; old-fashioned carnival games, music, face painting, contests & prizes, pioneer games and ice cream making. Contact: (250) 564-7033.</p>
<p>Sun. July 17 11 am – 4 pm</p>	<p>9th Annual Artists In The Garden Tour The Two Rivers Gallery is hosting a self-guided tour. It's an exploration of creativity in nature; a look into some of Prince George's most beautiful gardens where stationed artists share their talented work and capture their inspired surroundings. The unique outdoor environments will be celebrated with live music, art installations, special refreshments and creative activities for the family. Price: \$30 each, 2 for \$50, ages 5-12 \$12. Contact: Dominique (250) 614-7800 or dominique@tworiversartgallery.com</p>
<p>Wed. July 20 2.30 – 4 pm</p>	<p>Adult Computer Course – Basic Computers 2: Know a little and want to learn more? This is the class for you! Price: FREE! Venue: Bob Harkins Branch. Register: (250) 563-9251 ext. 140</p>

<p>Tue. July 26 2 – 3 pm</p>	<p>eBooks for Everyone Do you have an eBook reader and having trouble with it? Looking at purchasing an eReader and want to know what's involved? Come out for one of our free seminars! Bring your questions and Jeff will demonstrate how to use the free Library to Go eBook download service. There is no registration for these sessions, but please be sure to arrive at the beginning of the seminar. Venue: Library, Bob Harkins Branch</p>
<p>Wed. July 27 10 am – 2 pm</p>	<p>Wednesday is Senior's day at Pineview Hall Join us in shovelboard, pool or cards. Location: Pineview Hall basement (wheelchair accessible). Contact: Syl (250) 963-7427 or (250) 649-8281.</p>
<p>Wed. July 20 2.30 – 4 pm</p>	<p>Adult Computer Course – Downloading Audiobooks: The library offers free audiobooks that you can download to your computer, iPod, and mp3 player. Learn how to do it like a pro. Price: FREE! Venue: Bob Harkins Branch. Register: (250) 563-9251 ext. 140</p>
<p>Thu. July 28 3 pm</p>	<p>From Glass To Greenery Learn how to turn some boring old glass into something green and living: a miniature terrarium! It's a little ecosystem that fits in the palm of your hand. Venue: Bob Harkins Branch. Cost: FREE! Open to teens aged 12 – 18.</p>
<p>Fri. July 29</p>	<p>Arts Wells Festival Performers in Barkerville 8th Annual Arts Wells Festival. Call Island Mountain Arts at 1-800-442-2787 for more information or www.artswells.com.</p>
<p>July 30 – 31</p>	<p>Heritage Days at Fort St James National Historic Site Enjoy two days of unique interpretive programs highlighting Aboriginal life, settlement history, and more at the Fort. Check out the hunting skills demonstrations, craft fair, and market. Contact: (250) 966-7191.</p>
<p>Sun. July 31 11 am – 3 pm</p>	<p>Eco Park Grand Opening This is the official unveiling of the new, award-winning, Eco-Park. Enjoy free BBQ, music in the park, fun stuff for kids, free giveaways and more. Location: McBride, along Hwy 16 and Raven Rd. Contact: (250) 569-7556 or edo@mcbride.ca.</p>
<p>Jul. 31 – Aug. 1 10 am – 4 pm</p>	<p>Homestead Days Step back into history at Huble's premier pioneer event! It's a weekend full of fun ranging from heritage demonstrations, old fashioned games and contests, entertainment, and more. The whole family will learn about the life of pioneers at this fun and educational annual event. You don't want to miss it! Venue: Huble Homestead Historic Site, 40km north of Prince George, just off Highway 97 on Mitchell Road. Admission: by donation. Your donations are put towards programming, collections, and site maintenance Suggested donation: Adults \$5, Children & Seniors \$3, Family \$10.</p>

George Carlin said it best about Martha Stewart

Boy, I feel a lot safer now that she's behind bars. OJ Simpson and Kobe Bryant are still walking around; Osama Bin Laden too, but they take the ONE WOMAN in America willing to cook, clean, and work in the yard, and they haul her butt off to jail.