

# ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 3, Number 8 AUGUST, 2011



ALL NATIONS ELDERS NEWSLETTER

## Welcome

We are pleased to present the August 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 August Elders

The August birth flower is the Gladiola. It represents strength/moral integrity, not surprising when you consider that its name comes from the Latin word for sword.

## Elders Table at the PGX

We are looking for volunteers to represent the All Nations Elders at the PGX.

"If you can't be in awe of Mother Nature, there's something wrong with you."

~ Alex Trebek

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Last month was the second coldest July on record in Prince George. Jim Steele with Environment Canada says the mean temperature of 13.6 degrees tied with July 1947. "Not your typical July, no question about that. It was a total bust if you're looking for sunny and warm conditions for a holiday." New daily rainfall records of 23.8 and 13 mms were set on July 8<sup>th</sup> and 30<sup>th</sup>. Total rainfall for the month measured in at 112.3 millimetres compared to the average of 63.5. More seasonal temperatures are expected in August.

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

# Agenda, News & Community

## **The Big Idea 3**

The Dreamcatcher Foundation along with CANDO is looking for the most innovative and creative inventions/ideas geared toward the Aboriginal Community. Now in its third year, The BIG Idea has given away thousands of dollars in prizes and this year we are teaming up with MNP (one of the largest chartered accountancy and business advisory firms in Canada) to help you become a winner!

Remember this is your chance to bring your idea to a panel of judges and win thousands of dollars in cash prizes to make your dreams come true! Sign up at [www.dcfund.ca](http://www.dcfund.ca) to audition to showcase your great idea.

Eligible applicants will pitch their idea to a panel of judges at the regional auditions (PGNFC, September 15<sup>th</sup>). The selected candidates will compete on the national level, pitching his/her idea to a panel of celebrity judges for the opportunity to win national prizes, including possible financing.

All regional auditions will be completed by October 1, 2011. Regional winners will then be notified of the process and rules for the 2011 Big Idea 3 National finals upon completion of the regional auditions.

## **Common Experience Payment**

The deadline for applying for the Common Experience Payment ("CEP") is September 19, 2011. If you have already applied for the CEP, there is no need to submit a new Common Experience Payment application.

If you know someone who attended an Indian Residential School, but has not yet applied for the CEP, please let them know of the deadline. Application forms or information can be found by contacting 1-866-879-4913 or on Service Canada's website.

If your address has changed since you applied for the CEP and you have not received correspondence since submitting your application, it is important that you advise the CEP Response Centre of this change by calling 1-866-565-4526. With your permission, they will also ensure the change is noted at Service Canada.

Applicants can call 1-866-565-4526 for updates on their applications or visit the website for more information regarding the CEP process. The hours of operation for the help desk are Monday to Friday 8:00 am to 9:00 pm Eastern Standard Time.

### **Canadian Diabetes Association: Picnic in the Park**

The Canadian Diabetes Association is holding our second Picnic in the Park (PIP) fundraiser in Prince George. The PIP is a fun event that will serve a few different purposes. The first is to raise awareness amongst the Prince George community about diabetes and healthy lifestyles. Second, this event is important as a way to raise funds to continue the research and outreach in our communities in the North. The PIP will be held on August 19th, 2011 from 5:00pm-8:00pm in Fort George Park and will include a sizzling BBQ, live and local entertainment, children's activities including face painting, and a silent auction displayed throughout the event.

The success of the event is largely credited to sponsors, donors and volunteers who lend their names and financial support to this community initiative. One of the most important components of the fundraiser is the picnic which will draw people to the event. Our question for you is: would you be willing to donate a silent auction item for the event? The item should be new or not ever used. Alternately perhaps you would consider making a monetary donation to help us achieve our fundraising goals?

With 20 people being diagnosed with diabetes every hour and 9 million individuals with diabetes or pre-diabetes in Canada your contribution is greatly appreciated and much needed. Thank you in advance for your willingness to support the efforts of the Canadian Diabetes Association and making a difference in our community.

For further inquiries about this event, don't hesitate to contact us at (250) 561-9284, (250) 961-4070, or by email at [melanie.bodhi@diabetes.ca](mailto:melanie.bodhi@diabetes.ca). We are located at our office at #103 - 490 Quebec St in Prince George.

### **Do You Have Bored Grandkids at Home? FREE CAMP!**

The Salvation Army is offering a free bible camp, Camp Mountainview, for kids aged 7-12. Camp runs from August 8th - 12th and there are seats left. Transportation is provided. Contact Julia ASAP at (250) 564-4000 for further details.

### **Do You Have Bored Grandkids at Home? Kids Bowl Free Program**

Sign up to get two free games per day for the summer! Register at [www.kidsbowlfree.com/blackdiamond](http://www.kidsbowlfree.com/blackdiamond) and receive the FREE bowling passes every week by email. Black Diamond Lanes, 1241-5th Avenue, (250) 564-2695.

## Article: Credit Card Fraud Alert

I came across a credit card fraud scheme. This one is pretty slick since they provide YOU with all the information, except the one piece they want.

The scam works like this:

A person calling says "Hello, this is (name), and I'm calling from the Security and Fraud Department at (VISA/ MasterCard/ Capital One/ etc.). My Badge number is 12460, your card has been flagged for an unusual purchase pattern, and I'm calling to verify. This would be on your (VISA/ MC/ Capital One, etc) card which was issued by (name of bank). Did you purchase an Anti-Telemarketing Device for \$497.99 from a marketing company based in Arizona?"

When you say "no", the caller continues with, "Then we will be issuing a credit to your account. This is a company we have been watching and the charges range from \$297 to \$497, just under the \$500 purchase pattern that flags most cards. Before your next statement, the credit will be sent to (gives you your address), is that correct?" You say "yes" of course, because they just rattled off your address correctly.

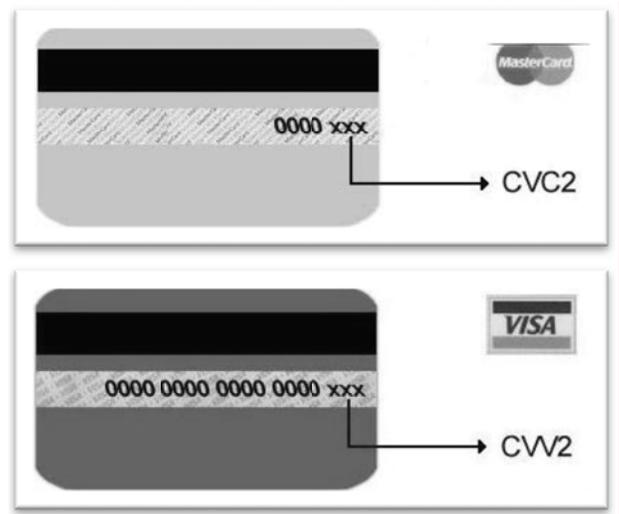
The caller continues, "I will be starting a fraud investigation. If you have any questions, you should call the 1-800 number listed on the back of your card and ask for security. You will need to refer to this control number. The caller then gives you a six digit number. "Do you need me to read it again?"

Here's the IMPORTANT part on how the scam works! The caller then says, "I need to verify you are in possession of your card." They'll ask you to "turn your card over and look for some numbers." The last three numbers are the security numbers that verify you are the possessor of the card. These are the numbers you sometimes use to make internet purchases to prove you have the card. The caller will ask you to read the last three numbers. After you tell the caller the three numbers, they'll say,

"that is correct, I just needed to verify that the card has not been lost or stolen, and that you still have your card. Do you have any other questions?" After you say no, the caller thanks you and states, "Don't hesitate to call back if you do", and hangs up. You actually say very little, and they never ask for or tell you the card number.

**The scammers want the 3-digit PIN number on the back of the card! Don't give it to them. Instead, tell them you'll call your credit card company directly for verification of their conversation.**

Your credit card company will never ask for anything on the card! They already know the information since they issued the card. If you give the scammers your 3-digit PIN, you



will see charges on your statement for purchases that you didn't make. By then it's almost too late and/or more difficult to actually file a fraud report.

**1. Is this possible?**

Yes! It's possible for scammers to get a hold of your card number and address and use the above technique in order to scam you out of your 3-digit PIN.

**2. Is this plausible?**

The scam is not difficult or expensive to pull off; all it requires is access to a phone and the establishment of a merchant account for processing credit card transactions. It also assumes that the scammer already has the names, addresses, phone numbers and credit card numbers (plus expiration dates) of their victims. This information may be obtained in a variety of ways (such as breaking into and stealing customer data from a website, or digging through your trash for your monthly credit card statement).

**3. Are there known instances of this occurring?**

Yes. The scam does occur and it isn't new. It's been going on since 1997, when the credit card companies started using the 3-digit PIN.

**4. Is this something that might affect the average person?**

Yes. Anyone who holds a credit card is a potential victim of this type of fraud.

The best protection against these types of telephone schemes for obtaining sensitive credit card information is to always verify the identities of the people with whom you speak. If you have security questions or concerns about your card, call the financial institution who issued your card directly. If someone contacts you by phone about your credit card, ask the caller to provide their name, department and extension. Then hang up and call them back through the phone number listed on the back of your card or on your billing statement.

# Healthy Recipes of the Month

## Breakfast Mini Pizzas



Pizza's not just for dinner! Here we combine two kid favourites, mini pizzas and scrambled eggs, for a breakfast treat adults and kids will both love.

### Ingredients:

- 1 large egg, beaten
- 2 **tbsp.** prepared marinara sauce
- 1 whole-wheat English muffin, split and toasted
- 2 **tbsp.** shredded Italian cheese blend
- 2 **slices** pepperoni (optional)

**Preparation:** Preheat oven or toaster oven broiler. Coat a non-stick skillet with cooking spray and heat over medium-high heat. Add egg and cook, stirring often, until set into soft curds, 1 to 2 minutes. Spread marinara sauce on English muffin halves. Top with egg, cheese and pepperoni (if using). Broil until the cheese is melted, 1 to 3 minutes.

## Pineapple-Raspberry Parfaits



You won't mind serving dessert on a busy weeknight after assembling these quick parfaits.

Prep time: 5 minutes.

### Ingredients:

- 2 **cups** non-fat peach yogurt
- 1 **¼ cups** fresh raspberries
- 1 **½ cups** pineapple chunks

**Preparation:** Divide and layer non-fat peach yogurt, raspberries and pineapple into four glasses.

Nutrition Facts	
1 serving	
<b>Calories:</b>	265
<b>Protein:</b>	16 g
<b>Fiber:</b>	5 g
<b>Sodium:</b>	598 mg
<b>Potassium:</b>	308 mg
<b>Fat:</b>	10 g
<b>Cholesterol:</b>	223 mg
<b>Carbohydrates:</b>	30 g
<b>Added Sugars:</b>	4 g
<b>Exchanges:</b> 1 ½ starch, 1 high fat meat.	
<b>Nutrition: (Daily Value)</b> 28% dv Calcium, 16% dv Iron, 15% dv Magnesium	

Nutrition Facts	
Serving Size: 1 cup	
<b>Calories:</b>	109
<b>Protein:</b>	5 g
<b>Fiber:</b>	3 g
<b>Sodium:</b>	58 mg
<b>Potassium:</b>	113 mg
<b>Fat:</b>	0 g
<b>Cholesterol:</b>	2 mg
<b>Carbohydrates:</b>	23 g
<b>Exchanges:</b> 4 ½ carbohydrate serving, 3 fruit, 2 low-fat milk	
<b>Nutrition Bonus: (Daily Value)</b> 60% dv Vitamin C, 15% dv Calcium	

# Article: Identifying and Correcting Plant Problems

## Plant Problem: Seed Germination

Successful seed starting begins by knowing the ideal germination conditions for the specific seed you are trying to sprout. Each seed has an ideal soil temperature, moisture requirements and planting depth. Some common seed germination problems:

**Seeds are planted too deep** - many seeds end up too deep in the soil and never see the light of day. Check the seed packet before planting and plant the seed no deeper than the depth indicated. For tiny or fine seeds, it may be better to sow them on top of the soil, and water them in. This is especially important in loose soils.

**Seed Viability** Old or improperly stored seed may no longer be good. This is a common problem if you harvest and save your own seeds. It can occur if you save seeds in poor storage conditions. How do you know if the seed is viable? Do a seed germination test by sprouting some seeds indoors on a wet paper towel inside of a baggie.

**Heavy, compacted soil** makes it difficult for young seedlings to emerge into the spring air. If you have clay or other heavy soils, use a light soil or seed starting mix to cover your seeds.

**Temperature** is an important trigger to seeds. Nature causes each type of seed to awaken at a certain temperature, below which they will not sprout. As spring progresses towards summer, the soil warms. Cool weather crops emerge first, loving plants emerge later. Raising the soil temperature will increase seed germination rates and decrease germination times.

**Moisture.** A seed needs moisture to sprout. A lot of water, especially for prolonged periods, causes seeds to rot in the soil. Increase drainage by elevating the soil, or using raised beds. This is especially useful in rainy, spring weather. Soil imbalance is usually associated with poorly growing crops. A soil with extremely high or low pH is detrimental to the growth of a new seedling. We recommend a soil test prior to planting each year.

## Tips for Improving Seed Germination:

**Pre-soaking** seeds prior to planting helps hard to sprout seeds. This works well for bigger seeds, and hard shelled seeds. It softens the seed coat, and helps moisture to reach the "nut" inside.

**Nicking seeds** is a common practice for peas and hard shelled seeds. It helps moisture to reach the "nut" inside.

**Plastic mulch** aids in raising the soil temperature to speed germination outdoors. Black plastic works best, but must be removed before the seeds sprout.

**Germination mats** raise the soil temperature in your seed trays. They are the perfect indoor solution to improving seed germination. It can have amazing results.

## Quotes, Proverbs & Teachings

### Elders Meditation

"The faces of our future generations are looking up to us from the earth and we step with great care not to disturb our grandchildren."

~ Traditional Circle of Elders

The leaves, when they are finished with their life on the trees, will return to the Earth. The leaves that return to the Earth are the future trees. So inside the Mother Earth are the future forests. The human, when finished with its life on the Earth, will return to the Earth. So in the Earth are our future grandchildren. Knowing this, we should be respectful of the place where our future generations live. Only take from the Earth what you need. Every time you pick a plant or Medicine, leave an offering and leave a prayer. Be respectful and walk in a sacred way.

*Great Spirit, teach me to respect the place of future generations.*

### Teaching: The Twenty Dollar Bill

A well-known speaker started off his seminar by holding up a \$20 bill. In the room of 200, he asked. "Who would like this \$20 bill?"

Hands started going up. He said, "I am going to give this money to one of you, but first, let me do this."

He proceeded to crumple the money up. He then asked. "Who still wants it?" Still the hands were up in the air.

"Well," he replied, "what if I do this?" He dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. "Now, who still wants it?"

Still the hands went into the air. "My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless; but no matter what happened or what will happen, you will never lose your value.

Dirty or clean, crumpled or finely creased, you are still priceless to those who love you. The worth of our lives comes, not in what we do or who we know, but by who we are."

You are special, don't ever forget it.

### Quotes: Happiness

Happiness makes up in height for what it lacks in length.

~ Robert Frost

The grass isn't greener on the 'other side'. The grass isn't greener on your side. It's *greener* where you water it.

Remember, happiness doesn't depend upon who you are or what you have, it depends upon what you think.

~ Abraham Lincoln

Happiness consists of three things: a clear conscience, work to do, someone to love.

Many people think that if they were only in some other place, or had some other job, they would be happy. Well, that is doubtful. Get as much happiness out of what you are doing as you can and don't put off being happy until some future date.

~ Dale Carnegie

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened.

Happiness never decreases by being shared.

~ Buddha

The time to be happy is now. The place to be happy is here. The way to be happy is to make others so.

## Fun & Games

### *Grandma's Letter*

I got a letter from Grandma the other day. She writes: The other day, I went up to a local Christian bookstore and saw a "Honk if you love Jesus" bumper sticker. I was feeling particularly sassy that day, because I had just come from a thrilling choir performance, followed by a thunderous prayer meeting; so I bought the sticker and put it on my bumper.

Boy, I'm glad I did! What an uplifting experience followed! I was stopped at a red light at a busy intersection, just lost in thought and I didn't notice that the light had changed. It is a good thing someone else loves Jesus because if he hadn't honked, I'd never have noticed! I found that LOTS of people love Jesus!

While I was sitting there, the guy behind me started honking like crazy, and then he leaned out of his window and screamed, "For the love of GOD! GO! Jesus Christ, GO!" What an exuberant cheerleader he was for Jesus! Everyone started honking! I leaned out of my window and started waving and smiling at all these loving people. I even honked my horn a few times to share in the love!

I saw a man waving in a funny way with only his middle finger stuck up in the air. I asked my teenage grandson, in the back seat, what that meant. He said that it was probably a Hawaiian good luck sign or something. I've never met anyone from Hawaii, so I leaned out the window and gave him the good luck sign back. My grandson burst out laughing; even he was enjoying this religious experience!

A couple of the people were so caught up in the joy of the moment that they got out of their cars and started walking towards me. I bet they wanted to pray or ask what church I attended, but this is when I noticed the light had changed. I waved to all my sisters and brothers, grinning, and drove on through the intersection. I noticed I was the only car that got through the intersection before the light changed again, and I felt kind of sad that I had to leave them after all the love we had shared; so I slowed the car down, honked, leaned out of the window, and gave them all the Hawaiian good luck sign one last time as I drove away. Praise the Lord for such wonderful folks!

## Fun Facts

Chocolate affects a dog's heart and nervous system; a few ounces will kill a small sized dog.

Leonardo Da Vinci could write with one hand and draw with the other at the same time hence, multitasking was invented.

By raising your legs slowly and lying on your back, you can't sink in quicksand.

Astronauts are not allowed to eat beans before they go into space because passing wind in a space suit damages it.

For every extra kg carried on a space flight, 530 kg of excess fuel are needed at lift-off.

The letter J does not appear anywhere on the periodic table of the elements.

Men's shirts have the buttons on the right, but women's shirts have the buttons on the left.

The Shell Oil Company originally began as a novelty shop in London that sold seashells.

## Fun & Games Cont...

### **Price of Gas Vs. Printer Ink**

Think that a gallon of gas is expensive? This will put it in perspective...

- 16 oz. Diet Snapple (\$1.29) is \$10.32 per gallon.
- 16 oz. Lipton Ice Tea (\$1.19) is 9.52 per gallon.
- 20 oz. Gatorade (\$1.59) is \$10.17 per gallon.
- 16 oz. Ocean Spray (\$1.25) is \$10.00 per gallon
- 12 oz. Brake Fluid (\$3.15) is \$33.60 per gallon.
- 6 oz. Vick's Nyquil (\$8.35) is \$178.13 per gallon.
- 4 oz. Pepto Bismol (\$3.85) is \$123.20 per gallon.
- 7 oz. Whiteout (\$1.39) is \$25.42 per gallon.
- 1.5 oz. Scope (\$0.99) is 84.48 per gallon.
- 9 oz. Evian Water (\$1.49) is \$21.19 per gallon!

The shocker...

Ever wonder why printers are so cheap? So they have you hooked for the ink. Someone calculated the cost of the ink at \$5,200 per gallon! Next time you're at the pump, be glad your car doesn't run on water, Scope, Whiteout, Pepto Bismol, Nyquil or printer ink!

### **600 Storey Hotel**

Tom, Dick and Harry went to a party. After the party they returned to the hotel. The hotel was 600 stories high.

Unfortunately for them, the elevator was not working. They made a plan for the first 200 stories, Tom will crack jokes.

The second 200 stories Dick will tell a happy story and lastly Harry will tell a sad story. They then started up the steps.

After 2 hours it was Harry's turn. He turned to the other two and said "Ok guys, here's my sad story. I forgot the keys downstairs.

### **Executions**

A priest, a lawyer and an engineer are about to be guillotined. The priest puts his head on the block, they pull the rope and nothing happens. He declares that he's been saved by divine intervention, so he's let go.

The lawyer is put on the block, and again the rope doesn't release the blade, he claims he can't be executed twice for the same crime and he is set free too. They grab the engineer and shove his head into the guillotine, he looks up at the release mechanism and says, "Wait a minute, I see your problem..."

## More Fun Facts

The painting that won second place in a competition held by the US National Academy of Design was hanging upside down when it was judged.

The University of Alaska spans four time zones.

The tooth is the only part of the human body that cannot heal itself.

In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

Drinking water after eating reduces the acid in your mouth by 61 percent.

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450°F.

Airports at higher altitudes require a longer airstrip due to lower air density.

Fish and Chip selling officially remained an offensive trade until 1940 due to the smell it produces.

A comet's tail always points away from the sun.

## True Story: One Golden Nail

"As a child, I was good at making things. I used to make tissue-covered airplanes with a rubber band inside. I would wind up the propeller and let the plane fly from the living room into the kitchen. Most of the time, it would land on the kitchen table. But one day when I was four, my mother was out in the back, and the door was open, changing the direction of the draft. The plane turned and landed on top of the stove.

Because my mother wasn't there, I foolishly took a three-legged stool, climbed up on it and reached across to retrieve my plane. I fell and a stew cooking on top of the stove fell on me. I was scalded badly. There were burns on the back of my head, both arms and about sixty percent of my back.

I was confined to bed for nearly eight months. My father was at my side every night. As my scars healed and my body started to become very itchy, I remember him scratching my back very softly and reading me stories every evening. He read a range of things, including articles from *Popular Mechanics*, which he loved, and adventure stories such as *Mutiny on the Bounty*.

Because of the burns on my back, I used to be on my stomach all the time. With pillows, my father arranged my bed so that I could peek over the window ledge and keep in touch with the outside world. There was construction going on across the street, and I watched the men dig and pour concrete. I thought they were building a palace - but it was actually a small addition on the side of the building.

Every once in a while, a young, good-looking man appeared on the scene, smoking a pipe, with a roll of drawings under his arm. Whenever he said anything, everybody agreed. I said to my father, "I want to be him. Who is he?" My father found out. He said, "He's called an architect." So I said, "Well, I'm going to be an architect."

Years later at my high-school graduation, my father quietly handed me an envelope. For a moment I thought, maybe he's giving me a cheque! My father apologized that he could not give me anything like other classmates were getting – such as tuition for university. It was after the war and we were poor. We had lost our store after my father was sent to a prisoner-of-war camp here in Canada simply because we were Japanese Canadian.

Inside the envelope was a very short poem written in his beautiful handwriting. My father had made it up. The poem read: "Into God's temple of eternity drive a nail of gold." What it meant was to work with integrity and honesty, and strive for the very best that you could contribute to your fellow man.

That poem has guided my life ever since. My father did not ask me to build God's house or even, as an architect, to design it. He only asked me to drive one nail – but to make it gold. My father was an inspirational friend and, to me, a hero."

*Raymond Moriyama is one of Canada's most respected architects and the principle designer of the Canadian War Museum in Ottawa.*

## Upcoming Events

<b>Tue. – Sat.</b> 2 – 8 pm	<b>Ester's Inn Waterslides Now Open</b> Waterslides are open to the public. Cost is \$6.72/person.
<b>Mon. Aug. 8</b> 7 – 8.30 pm	<b>Adult Computer Classes: Basic Computers 1</b> No experience? We can get you started. Cost: FREE. Register: (250) 563-9251 ext. 140. Venue: Library, Bob Harkins Branch.
<b>Sat. Aug. 6</b> 11 am – 4 pm	<b>Mid-Summer Sandcastle Building Contest at Bear Lake</b> The park hosts its Summer Sandcastle Building Contest on the beach. Sand/beach area close to the water will be sectioned off. Buckets and shovels are supplied. Families and multiple age groups are encouraged, as well as mergers between new friends. All castle building teams will sign up at the beach; come with your team name and begin. There are prizes for the largest castle, best team work; most original; greatest creation and others. Contact: Pedra Stephen @ 250-964-3489 or northquartz@aol.com for more information.
<b>Tue. Aug. 9</b> 7.30 – 10 pm	<b>Prince George Idol – Finals</b> The Prince George Idol competition is by audience vote. Finals will be held in the Arts Space of Books & Co. Admission: \$10. Details: <a href="http://www.dawnboudreau.com">http://www.dawnboudreau.com</a> . Contact (250) 301-0506 or <a href="mailto:info@dawnboudreau.com">info@dawnboudreau.com</a>
<b>Aug. 10 – 14</b>	<b>99th Annual PG-X</b> Five full days of fair fun! Rides, animals, fireman competitions, something for everyone! Venue: PG Exhibition Grounds <a href="http://www.pg-x.com">www.pg-x.com</a>
<b>Wed. Aug. 10</b>	<b>PGX: Trooper</b> On the indoor full production stage in Kin 1 the 2011 edition of the PGX kicks off with a concert headlined by the Canadian rockers "Trooper". Tickets are \$20 and are available online.
<b>Thu. Aug. 11</b>	<b>PGX: The Timebenders</b> The Timebenders will take us through the musical hits of the 50s, 60s, 70s and 80s. Tickets: \$35 includes gate admission. Seating for this event is limited and it always sells out.
<b>Thu. Aug. 11</b> 10.30 – 11.30 am	<b>eBooks for Everyone</b> 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! Jeff will demonstrate how to use the free Library to Go eBook download service. Cost: FREE. Venue: Library, Nechako Branch
<b>Thu. Aug. 11</b> 7 – 9 pm	<b>Celebration of Children Exhibition</b> Presented by PG Community Arts Council. Venue: 2880-15th Ave. Details: <a href="http://www.studio2880.com">www.studio2880.com</a>
<b>Fri. Aug. 12</b> 9 – 11 pm	<b>PGX: Krome</b> Concert features Krome, doors open with local band, Lost Cause. This all ages show is included with paid gate admission to the PGX.
<b>Aug. 12 – 14</b>	<b>Annual Salmon Valley Woman's Festival</b> Venue: Rockin's River Resort. Details: <a href="http://www.svwfest.com">www.svwfest.com</a>
<b>Sat. Aug. 13</b> 8 pm	<b>PGX: Bull Riders Ball</b> Head over to the Bull Rider's Ball where Rick Stavely will rock Kin I. Advance Tickets: \$25 at Spruce Capital Feeds. Tickets include gate admission. You don't have to ride bulls to attend.
<b>Mon. Aug. 15</b> 7 – 8.30 pm	<b>Adult Computer Classes: Internet &amp; Email</b> Learn how to explore the Internet and stay in touch with email. Cost: FREE. Register: (250) 563-9251 ext. 140. Venue: Library, Bob Harkins Branch.

<b>Sat. Aug. 20</b> 2 – 3 pm	<b>eBooks for Everyone</b> 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! Jeff will demonstrate how to use the free Library to Go eBook download service. Cost: FREE. Venue: Library, Bob Harkins Branch
<b>Sat. Aug. 20</b>	<b>Mid Autumn Festival</b> Traditional Chinese celebration honouring Barkerville's Chinese heritage; activities all day with lantern parade through Barkerville at dusk. Bring your own lantern or make one at our lantern-making workshop.
<b>Mon. Aug. 22</b> 7 – 8.30 pm	<b>Adult Computer Classes: Basic Computers 2</b> Know a little and want to learn more? This is the class for you! Cost: FREE. Register: (250) 563-9251 ext. 140. Venue: Library, Bob Harkins Branch.
<b>Wed. Aug. 24</b> 2 – 3 pm	<b>eBooks for Everyone</b> 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! Jeff will demonstrate how to use the free Library to Go eBook download service. Cost: FREE. Venue: Library, Bob Harkins Branch
<b>Sat. Aug. 27</b> 9 am – 5 pm	<b>Métis Day at Fort St. James National Historic Site</b> Celebrate Métis culture and tradition in a fun and lively way. Metis played a critical role in the early Fur Trade of New Caledonia. Come and explore the colourful traditions of the past! Admission: \$7.80 Contact: Kevin Gedling at (250) 996-7191 or <a href="mailto:stjames@pc.gc.ca">stjames@pc.gc.ca</a>
<b>Sat. Aug. 27</b>	<b>Family Fun Day</b> Visit the Railway & Forestry Museum for Family Fun Day! Enjoy the summer weather and let the kids explore the museum. Contact: (250) 563-7351 or <a href="http://www.railandforestmuseum.com">www.railandforestmuseum.com</a>
<b>Sun. Aug. 28</b> 3 – 5 pm	<b>Nitty Gritty Non-Fiction Book Club</b> Books & Company is launching a non-fiction book club. The study will be sometimes controversial and always interesting. The first book of the study will be Jonathan Safran Foer's "Eating Animals". Venue: Cafe Voltaire Contact: (250) 563-6637.
<b>Mon. Aug. 29</b> 7 – 8.30 pm	<b>Adult Computer Classes: Beyond Basics – Love Your Laptop</b> It's time you learned to use your laptop to the fullest potential. If you think you love it now, wait until you've finished this class! FREE! Register: (250) 563-9251 ext. 140. Venue: Library, Bob Harkins Branch.
<b>Sept. 4 – 5</b> 10 am – 4 pm	<b>Harvesting the Homestead</b> Purchase vegetables grown in the Huble garden and see heritage demonstrations including canning and baking. It's the perfect time to start your Christmas shopping and enjoy the last weekend before school! Venue: Huble Homestead Historic Site (40 km north of PG, off Highway 97 on Mitchell Road). Contact: Krystal at (250) 564-7033 or <a href="mailto:admin@hublehomestead.ca">admin@hublehomestead.ca</a> .
<b>Sat. Sept. 17</b> 9 am – 5 pm	<b>Annual Harvest the Garden Day</b> Venue: Fort St. James National Historic Park. Veggies and produce are ready to be had, plenty of opportunity to help with the garden pulling. Admission: \$7.80 Contact: Kevin Gedling at (250) 996-7191 or <a href="mailto:stjames@pc.gc.ca">stjames@pc.gc.ca</a>

***When I Am Old I Shall Wear Purple***

When I am an old woman I shall wear purple  
With a red hat which doesn't go, and doesn't suit me.  
And I shall spend my pension on brandy and summer gloves  
And satin sandals, and say we've no money for butter.  
I shall sit down on the pavement when I'm tired  
And gobble up samples in shops and press alarm bells  
And run my stick along the public railings  
And make up for the sobriety of my youth.  
I shall go out in my slippers in the rain  
And pick the flowers in other people's gardens  
And learn to spit  
You can wear terrible shirts and grow more fat  
And eat three pounds of sausages at a go  
Or only bread and pickle for a week  
And hoard pens and pencils and beermats and things in boxes  
But now we must have clothes that keep us dry  
And pay our rent and not swear in the street  
And set a good example for the children.  
We must have friends to dinner and read the papers.  
But maybe I ought to practice a little now?  
So people who know me are not too shocked and surprised  
When suddenly I am old, and start to wear purple.

Taken from the book  
When I Am An Old Woman I Shall Wear Purple  
Edited by Sandra Martz