

# ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 3, Number 9 SEPTEMBER, 2011



ALL NATIONS ELDERS NEWSLETTER

## Welcome

We are pleased to present the September 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.

## Congratulations Gloria!

Gloria George has won the 2011 Advancement of Information Literacy Award. The Award committee chose her because of her continued support and understanding of higher education and the benefits library involvement brings to enhancing student's educational experience. Great work Gloria!

## Congratulations Ruthie!

Ruthie is being honoured at the Prince George Hospital on September 23<sup>rd</sup> for 50 years of being diabetic. Way to go!

## IN THIS ISSUE:

Welcome/ About 1

Agenda, News & Community 2

Healthy Recipes of the Month 8

Quotes, Proverbs & Teachings 9

Fun & Games 10

Development & Indigenous Rights 12

Upcoming Events 14

Local Coupons 20

## Upcoming Events

September is an exciting month, there's a lot to look forward to! There are two upcoming Bookbinding Workshops at UNBC, the Kenneth Creek Grand Opening, an Elders Camp at Vivian Lake, a Grand Opening at Eskers Park, 'Ut'loo Noye Khunni: Weaving Words Festival and more! The All Nations Feast will be in October and Metis Day at UNBC will be in November. *Check out the 'Upcoming Events' for details.*

## "Sharing Our Stories"

We are expanding the booklet and we want to hear your stories!

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

# Agenda, News & Community

## **New Horizons for Seniors Proposal**

The All Nations Elders are submitting a proposal to the New Horizons for Seniors Program in order to support All Nations Elders activities. We will keep you updated. Proposed activities include; two health fairs, a "Sharing Our Stories" booklet, additional social meetings and the creation of an 18-month calendar featuring Elders.

## **"Sharing Our Stories" Booklet**

Everybody enjoys the "Sharing Our Stories" booklet and we want to get serious about it! We would like to hear your stories. We will give story templates out to get the juices flowing but you don't have to stick to that format. Story ideas include:

- Who Are You?
- Me Right Now
- My Favourite Things
- Your Top Ten (things that make you smile, things you like about yourself, etc).
- Five Interesting Things That You Would Never Guess from Looking at Me
- How Did You Get Where You Are Today?
- Babyhood (my first memory)
- Childhood (chores I had, games I played, what school was like, how I got in trouble, etc.)
- Memories of Family (Grandparents, Parents, Siblings, etc.)
- Letters to my Younger Self (what advice would you give to yourself at age 5, age 16, age 21, etc.)
- Parenting (my first child, my second child, differences in parenting styles then and now, lessons I learned, etc.)
- Love (the love of my life, lessons on love, advice).
- Refresh (my hobbies, relaxation, my daydreams)
- Then & Now (how we entertained, camping, how we spent our Sundays, fashion, etc)
- Holiday Traditions & Stories (Halloween, Thanksgiving, Christmas)
- Difficulties That I Have Faced (and advice to youth facing similar situations).
- My first job/ the worst job I ever had!
- Cultural stories (making syrup, plant knowledge, etc.)
- The Best Holiday I Ever Had
- The Best/Worst Day of My Life
- The Bad Old Days (I had to walk 50 miles uphill in the snow to school...)
- The Good Old Days (life was simpler back in the day because...)
- Difference in fashion, then and now (hair styles, shoes, etc.)
- My favourite music growing up.
- Money (rent & food prices back in the day, how I spent my first paycheque, etc.).
- Poems, Songs and Pictures.
- Essays on history (Metis history, First Nations history)

The stories can be inspirational, happy, sad, funny, silly, educational.

## **Possible Group Collaboration**

### Art Project

#### **Fundraiser for Reena Thomas: September 10th, 2011**

Reena Thomas (Saik'uz) is a former CNC student who was employed at the Riverstone Bar & Grill on 15th Avenue after she completed the Professional Cook program. Her employer, Chef Christian, is very pleased with Reena's skills and commitment to work. Reena was recently diagnosed with cancer, requiring lengthy treatment and will be unable to work for an extended period. Chef Christian is spearheading this fundraiser for Reena with a dinner and silent auction at the Riverstone. Tickets are \$20, limited seating and only a few tickets left. They're also seeking donations for the silent auction, or cash.

Contact Annette Stevens to donate, she can pick up items after work/during her lunch hour. Email: [stevensan@cnc.bc.ca](mailto:stevensan@cnc.bc.ca) Phone: (250) 562-2131 ext. 5313. Contact Jessica Erickson at (250) 562-2131 ext. 5488 for more information. Any contribution will be gratefully accepted by Reena and her family.

#### **Elders Camp: Vivian Lake – September 16<sup>th</sup> to 18<sup>th</sup>**

Limited Registration – only 20 Elders can participate (4 – 5 per group). Cheryl will have registration forms at the Sharing Circle. Price: \$5.00 if you go for the day.

#### **Elders Advisory Council Meeting: September 21<sup>st</sup>**

The proposed meeting time for the Elders Advisory Council for the Aboriginal Choice School is on September 21<sup>st</sup> at 1.30 pm.

#### **Kenneth Creek Grand Opening: September 22<sup>nd</sup>, 2011**

You are cordially invited to attend the grand opening ceremony of Kenneth Creek Camp hosted by Prince George Activators Society. It is with great anticipation that we invite you to the official opening of Kenneth Creek Camp. While our doors have been open for many years, we will unveil our new buildings and share with you our new name and vision. We look forward to assisting Aboriginal Offenders to embrace their culture and spirituality while gaining the skills necessary for social and financial independence.

Light refreshments will be served upon your arrival and a traditional feast will be shared by all at 1.30 pm. Entertainment will be provided as well as an opportunity to mix and mingle with the Camp Residents, Special Guests, Correctional Service of Canada Staff and the local Aboriginal Community and Organizations.

Date & Time: September 22<sup>nd</sup>, 2011 11 am to 3 pm

Place: Kenneth Creek Camp, Prince George, BC (transportation available)

Note: Optional sweat for women at 5 pm and men at 7 pm. Please RSVP for this.

Please RSVP to Juanita Shields at [activatorsjs@shaw.ca](mailto:activatorsjs@shaw.ca) on or before September 9<sup>th</sup>, 2011 or call (250) 563-5019.

#### **Grand Opening for Eskers Park – September 24<sup>th</sup>**

Organized by the Dak'elh Elders. Begins at 10 am, lunch is provided.

## 2011 Ultimate Dream Job Contest – Aug. 29<sup>th</sup> to Oct. 17<sup>th</sup>, 2011

*Please send this to all ninth graders that you know.* A national online photo contest designed to get teens thinking about their futures. The Ultimate Dream Job Contest is delivered by The Learning Partnership and Scotiabank. Grade nines have a chance to; win one of 18 weekly prizes (3 winners each week), help their schools win \$1,000 courtesy of Scotiabank, win a Grand Prize trip to Ottawa.

The grand prize is a return trip to Ottawa with their parent/guardian to meet the Honourable Andrew Scheer, Speaker of the House of Commons on The Learning Partnership's 2011 Take Our Kids to Work day (Wednesday, November 2). The winner will also tour some national attractions in the capital. This great Grand Prize trip has an approximate retail value of \$2,450 CDN! The Grand Prize winner will be announced on October 24<sup>th</sup>, 2011. Encourage grade nines to put on their thinking caps, grab their digital cameras and enter the contest today! For complete details about the contest, check out: <http://dreamjobcontest.ca/>.

## All Nations Feast – October 20<sup>th</sup>, 2011

Setup at 3 pm, takedown before 9 pm. UNBC is a Green University - everyone needs to bring personal eating utensils: cup, plate, napkin, spoon, fork, knife, left-over containers, & serving dishes. Compost buckets, recycling bins, tin and paper containers available. Venue: UNBC Gathering Place 5-123 & 5-121 classroom.

## UNBC Rattle Making Class – October 28<sup>th</sup>

UNBC, 10 am to 2 pm

## Baking Exchange – Deadline October 31<sup>st</sup>

Ruthie is organizing a homemade baking exchange for Christmas. If interested, let her know no later than the end of October. Contact Ruthie at [ruthie68@hotmail.com](mailto:ruthie68@hotmail.com).



## **First Nations Tax Immunity Reaffirmed In Two Supreme Court of Canada Cases**

Toronto, ON — The Supreme Court of Canada released their decisions today on long awaited cases — Bastien v. Canada and Dubé v. Canada — both cases involved First Nations citizens — Rolland Bastien and Alexandre Dubé — who had deposited money in Casse Populaire bank branches on the Wendake and Mashteuiatsh Reserves respectively and had earned interest which Revenue Canada assessed as taxable income.

Bastien and Dubé used on-Reserve banking institutions, the Canada Revenue Agency attempted to tax income generated from their personal investments arguing that it was generated from off-Reserve investment markets – in the “commercial mainstream”. The Tax Court and Federal Court of Appeal ruled in favour of the CRA in both cases. The Supreme Court of Canada ruled in favour of Bastien and Dubé that their investment activities are exempt from taxes in accordance with section 87 of the Indian Act.

The Chiefs of Ontario (COO) obtained intervener status for both cases. For many years, COO has been critical of the CRA’s attempts to undermine First Nations tax immunity flowing from treaties and the nation to nation relationship. CRA’s assimilationist approach promotes the idea that First Nations that participate in the “mainstream economy” lose their entitlements as “Indians” and that the right to tax exemption is limited to the “Indian way of life”. Regional Chief Toulouse said: “we rejected this approach in our fight against HST and we reject it with regard to other forms of tax. This concept is not only a violation of First Nation rights and sovereignty in its assumption that by engaging in “mainstream” commercial activity a First Nation citizen loses their First Nation status and rights. Such a conception is offensive and attempts to exclude First Nation citizens as regional, national and international economic developers, partners and job creators.”

Toulouse stated: “As an intervener in these cases, the Chiefs of Ontario, on behalf of First Nations in Ontario, are pleased with the ruling. The maintenance of the principle that First Nations lands and property should not be subject to the tax jurisdiction of other governments is an important victory for First Nations peoples and their governments. Canada’s political leaders must reject Revenue Canada’s bureaucratic approaches to aggressively collect tax revenue without regard to First Nations rights and the agreements between First Nations peoples and the Crown about respecting each other’s sovereignty. Tax jurisdiction and revenue is a significant economic tool that can support First Nations economic growth and self-sufficiency. Reconciling First Nations’ and Canada’s tax jurisdiction is consistent with the direction from the Supreme Court of Canada on other cases and should be a priority for resolution.”

Coming on the heels of their recent victory over HST, Toulouse said these Supreme Court victories will open up more opportunities for First Nation citizens to be able to enhance their own economic development and become economic partners and job creators within the economy. The Supreme Court of Canada has acknowledged that reconciliation will not come through assimilationist policies, but through affirming the right of First Nation peoples to evolve commercially and economically and not be expected to develop only by means of maintaining their traditional way of life.

## **GLGI, Eagle Learning and Glooscap Heritage Society initiative**

One of the many important challenges facing Canada's Aboriginal communities is to not be left behind in the digital technology revolution. The digital divide is most obvious in First Nations communities where computer illiteracy is higher than the national average.

The Global Learning Group Inc. (GLGI), together with its charity, the Glooscap Heritage Society (GHS) at the Millbrook First Nations in NS, are pleased to launch Eagle Learning, free online education targeted at closing the digital divide in Aboriginal communities.

Eagle Learning was introduced last month at the Assembly of First Nations' 32<sup>nd</sup> AGM and Circle of Trade Conference in Moncton, NB. More than 400 participants and attendees registered with Eagle Learning to each receive more than \$7,500 worth of donated computer courseware, which includes Microsoft Office, Word, Excel, PowerPoint, Access and Outlook for PCs, MACs and the Leopard X Operating System.

"All too often education is only accessible to those who can afford it, or to those who must leave their communities to pursue it," says Jennifer Klein of Eagle Learning. "A goal of Eagle Learning is to offer online education targeted at Aboriginal people, free of charge, thereby removing the educational barriers that limit opportunity."

In the past two years GHS's Online Learning Centre has distributed online courseware to more than 2,000 individuals in Atlantic Canada. With the Eagle Learning initiative, the courseware will reach Aboriginal individuals and communities across Canada.

"Whether it's learning new skills that are in high demand by employers or studying a new subject for personal growth," says Joyce Mingo, Executive Director of GHS, "Eagle Learning will help put Aboriginal people on a path to a better quality of life."

GHS's Online Learning Centre and Eagle Learning use an online database of donated courses that teach students how to use programs and applications that are in demand and desired by potential employers. The course library includes Accounting/Finance, Sales/Customer Service, General Business, Management/Leadership, Human Resources, Personal Development/Life Skills courses and basic computer courses.

Students take part in independent study that can be done at any location that has access to an Internet connection and computer. When students complete their courses they will receive a certificate of completion.

In the coming months, Eagle Learning will be actively promoting its free online course offerings across Canada to help increase the computer literacy and decrease the digital divide within Aboriginal communities.

Donations to the GLGI program enable its charities to provide Canadians access to computer-based education and globally recognized certification. For more information about Eagle Learning, visit [www.eaglelearning.org](http://www.eaglelearning.org), email [info@eaglelearning.org](mailto:info@eaglelearning.org) or call toll-free 1-855-EAGLE12 (1-855-324-5312). To learn more about the Glooscap Heritage Society and its programs, visit [www.glooscapheritagecentre.com](http://www.glooscapheritagecentre.com) or call (902) 843-3493.

## **Indigenous Young Women: Speaking Our Truths, Building Our Strengths**

Please send this invitation to all of the young Indigenous women you know! Want to speak your truth and build on your strengths? Whether you are already involved in your community or are just starting to learn about your Indigenous culture, the Native Youth Sexual Health Network and Girls Action Foundation invite you to join other young Indigenous women from across Canada to learn, share and have fun together!

This project offers opportunities to come together as sisters, with the inclusion of Elders and other traditional leaders in the spirit of unity to discuss what is happening, and act upon our vision of what needs to change in our communities. This is the time to be yourself, all of yourself and celebrate it!

This project is for and by self-identified young Indigenous women between the ages of 16-25, including First Nations, Metis, and Inuit, status or non-status, beneficiary or non-beneficiary. Those who identify as women, trans, two-spirit, or gender non-conforming are welcome.

A 4-day gathering in Saskatoon, SK will explore key areas such as:

- Stopping racism and violence
- Reclaiming knowledge and teachings from Elders and moving into new traditions
- Healthy sexuality
- Pride in cultural diversity and difference
- Leadership in all its forms
- Arts for social change
- Practical skills (how to start a youth council, grant writing, political leadership, becoming your own advocate)
- Get to know your rights!
- Skill-sharing
- Self-care and burnout prevention
- Plan community actions
- Create resources
- Keeping in touch after the gathering

Activities: workshops, concerts, talk show, fashion show, film night, giveaways, feasts, hip hop and more. Come ready to share and exchange your skills, talent or knowledge. There are NO fees to participate. If you are selected, we will cover your air travel and accommodation costs.

**Registration Deadline:** September 9<sup>th</sup>, 2011.

**Contact:** Natasha at [natasha@girlsactionfoundation.ca](mailto:natasha@girlsactionfoundation.ca) or 1-888-948-1112

**Web:** <http://www.girlsactionfoundation.ca/en/registration-form-i-indigenous-young-women-speaking-our-truths-building-our-strength>

## Healthy Recipes of the Month

### Chicken and Fruit Salad

#### Ingredients

**¼ cup** reduced-fat sour cream  
**3 tbsp.** fruit-flavoured vinegar  
**4 tsp.** sugar  
**1 ½ tsp.** poppy seeds  
**¼ tsp.** salt  
**8 cups** mixed salad greens  
**2 cups** sliced cooked chicken breast  
**2 cups** chopped melon  
**¼ cup** chopped walnuts  
**¼ cup** crumbled feta cheese  
 Freshly ground pepper, to taste

This recipe is \$3 or less per serving.

**Preparation:** Whisk sour cream, vinegar, sugar, poppy seeds, salt and pepper in a bowl until smooth. Add the mixed greens to the large bowl and toss to coat. Divide among four plates and top with chicken, melon, walnuts and feta.

### Creamy Hamburger Noodle Casserole

#### Ingredients:

**2** bunches scallions, trimmed  
**8 oz.** 90%-lean ground beef  
**1 ½ tsp.** canola oil  
**½ cup** bulgur, (see Ingredient Note)  
**2 cloves** garlic, minced  
**2 8-oz.** cans tomato sauce  
**½ cup** water  
**¼ tsp.** salt, divided  
**6 oz.** no-yolk whole-wheat egg noodles  
**1 cup** low-fat cottage cheese  
**1 cup** reduced-fat sour cream  
**¼ cup** shredded extra-sharp Cheddar cheese  
 Freshly ground pepper, to taste

**Preparation:** Preheat oven to 350°F. Boil large pot of water. Separate white and green parts of scallions; thinly slice, reserve separately. Cook beef in large skillet over med-high heat, until no longer pink, 3-5 minutes. Transfer to plate lined with paper towels. Wipe out pan, add oil, reduce heat to med-low. Add bulgur, garlic and scallion whites. Cook, stirring 5-7 minutes. Add tomato sauce, water and beef; bring to a simmer. Cover and simmer gently, 15-20 minutes. Season with salt and pepper. Meanwhile, cook noodles until just tender, 6 to 8 minutes or according to package directions. Drain and rinse under cold water. Puree cottage cheese in a food processor until smooth. Transfer to a medium bowl; fold in sour cream and scallion greens. Season with salt and pepper. Spread half the noodles in pan. Top with half the cottage cheese mix and half the meat sauce. Repeat. Sprinkle cheddar over the top. Bake casserole 30-40 minutes.

Nutrition Facts	
4 servings	
<b>Calories:</b>	248
<b>Protein:</b>	21 g
<b>Fiber:</b>	4 g
<b>Sodium:</b>	346 mg
<b>Potassium:</b>	371 mg
<b>Fat:</b>	11 g
<b>Cholesterol:</b>	55 mg
<b>Carbohydrates:</b>	18 g
<b>Exchanges:</b> 1 fruit, 1 veg. 2 lean meat, 2 fat	

Nutrition Facts	
6 servings	
<b>Calories:</b>	377
<b>Protein:</b>	22 g
<b>Fiber:</b>	5 g
<b>Sodium:</b>	757 mg
<b>Potassium:</b>	631 mg
<b>Fat:</b>	14 g
<b>Cholesterol:</b>	52 mg
<b>Carbohydrates:</b>	41 g
<b>Exchanges:</b> 2 starch, 1 veg. ½ lean meat, 1 ½ medium-fat meat, 1 fat	



## Quotes, Proverbs & Teachings

### Elders Meditation

"Let us put our minds together as one."

~ Irving Powless Sr., Onondaga

If we sat in a circle with an object in the center and described what we saw, everyone would see different points of view. Some would even see opposites! You don't have to see what I see for you to be right. In fact, everyone in the circle is right based on their point of view. If we are willing to listen to everyone's point of view, then we can get a more accurate description of the object. This is one way to put our minds together.

*Grandfathers, guide me today with your wisdom from the east, from the south, from the west and from the north.*

### Teaching: The Traveling Angels

Two traveling angels stopped to spend the night in the home of a wealthy family. The family was rude and refused to let the angels stay in the guest room. Instead, they were given a small space in the cold basement. As they made their bed on the hard floor, the older angel saw a hole in the wall and repaired it.

The next night the pair came to rest at the house of a very poor but hospitable farmer and his wife. After sharing what little food they had, the couple let the angels sleep in their bed. When the sun came up the next morning the angels found the farmer and his wife in tears. Their only cow, whose milk had been their sole income, lay dead in the field.

The younger angel was infuriated and asked the older angel, "How could you let this happen? The first man had everything, yet you helped him! The second family had little but was willing to share everything, and you let the cow die!"

"Things aren't always what they seem," the older angel replied. "When we stayed in the basement of the mansion, I noticed there was gold stored in that hole in the wall. Since the owner was so greedy and unwilling to share his good fortune, I sealed the wall so he wouldn't find it. Last night as we slept in the farmer's bed, the angel of death came for his wife. I gave him the cow instead. Things aren't always what they seem."

Sometimes things don't turn out the way they should. You might not know that the outcome is to your advantage until sometime later.

## Happiness Quotes

Not what you have,  
but what you see.  
Not what you see,  
but what you  
choose. Not what  
seems fair, but what  
is true. Not what  
you dream, but  
what you do. Not  
what you take, but  
what you give. Not  
as you pray, but as  
you live. These are  
the things that mar  
or bless the sum of  
human happiness.  
~ Unknown Source

True happiness  
consists not in the  
multitude of friends,  
but in the worth and  
choice.  
~ Ben Jonson

Some cause  
happiness wherever  
they go; others  
whenever they go.  
~ Oscar Wilde

Happiness is when  
what you think,  
what you say, and  
what you do are in  
harmony.  
~ Mahatma Gandhi

A person will be just  
about as happy as  
they make up their  
minds to be.  
~ Dale Carnegie

Happiness will never  
come to those who  
fail to appreciate  
what they already  
have.  
~ Unknown Author

## Fun & Games

Today at the drugstore, the clerk was a gent.  
From my purchase this chap took off ten percent.  
I asked for the cause of a lesser amount;  
and he answered, "Because of the seniors discount."

I went to McDonald's for a burger and fries;  
and there, once again, got quite a surprise.  
The clerk poured some coffee which he handed to me.  
He said, "For you seniors, the coffee is free."

Understand, I'm not old, I'm merely mature;  
But some things are changing, temporarily, I'm sure.  
The newspaper print gets smaller each day.  
And people speak softer, I can't hear what they say.

My teeth are my own (I have the receipt.),  
and my glasses identify people I meet.  
Oh, I've slowed down a bit... not a lot, I am sure.  
You see, I'm not old... I'm only mature.

The gold in my hair has been bleached by the sun.  
You should see all the damage that chlorine has done.  
Washing my hair has turned it all white,  
But don't call it gray... saying "blond" is just right.

My car is all paid for... not a nickel is owed.  
Yet a kid yells, "Old duffer... get off of the road!"  
My car has no scratches... not even a dent.  
Still I get all that guff from a punk who's "Hell bent."

My friends all get older... much faster than me.  
They seem much more wrinkled, from what I can see.  
I've got "character lines," not wrinkles... for sure,  
But don't call me old... just call me mature.

The steps in the houses they're building today  
Are so high that they take... your breath all away;  
And the streets are much steeper than ten years ago.  
That should explain why my walking is slow.

But I'm keeping up on what's hip and what's new,  
I think I can still dance a mean boogaloo.  
I'm still in the running, in this I'm secure.  
I'm not really old, I'm only mature.

I ran into a store  
leaving my elderly  
mother in the car. I  
was surprised when  
at the cashier I saw  
my mother there.  
"What are you doing  
here?" I asked. "I  
left the car  
running." "Don't  
worry," she said "I  
locked the doors!"

A man took his  
elderly father to a  
nursing home to  
check it out. He sat  
his father down on a  
sofa in the main  
aisle way and went  
to talk with the  
administrators.  
The old man started  
to tilt slowly toward  
the left. A doctor  
came by, said "let  
me help you" and  
piled several pillows  
on the left side of  
the man so he's  
stay upright.  
The man started to  
tilt slowly to the  
right. An orderly  
noticed and put  
several more pillows  
on his right side.  
The man started to  
lean forward when a  
nurse came by and  
piled several pillows  
in front of him.  
About this time, the  
son returned. "Well,  
Dad, isn't this a nice  
place?" The old man  
replied, "I guess it's  
ok, but they won't  
let me fart."

## Fun & Games Cont...

### *Did You Know?*

The full moon on September 12<sup>th</sup> is the traditional "Harvest Moon". A harvest moon is the full moon closest to the autumnal equinox. About once every four years it occurs in October (in the northern hemisphere), depending on the cycles of the moon. Currently, the latest the harvest moon can occur is on October 7<sup>th</sup>.

All full moons rise around the time of sunset. Normally, the moon rises about 50 minutes later each day. As it moves in orbit around Earth, the Harvest Moon is special because the time difference between moonrise on successive evenings is shorter than usual. This means that the moon rises approximately 30 minutes later from one night to the next, as seen from about 40 degrees N. or S. latitude. Thus, there is no long period of darkness between sunset and moonrise around the time following these full moons. In times past this feature of these autumn moons was said to help farmers working to bring in their crops. They could continue being productive by moonlight even after the sun had set. Hence the name Harvest Moon.

The reason for the shorter-than-usual rising time between successive moonrises around the time of the Harvest Moon is that the ecliptic – the plane of Earth's orbit around the sun – makes a narrow angle with respect to the horizon in the evening in autumn.

### *Did You Know?*

Caffeine increases the power of aspirin and other painkillers. This is why it is found in some medicines.

The military salute is a motion that evolved from medieval times, when knights in armour raised their visors to reveal their identity.

If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.

In ancient times strangers shook hands to show that they were unarmed.



# Article: Development Must Not Trump Indigenous Rights

5 August 2011

Amnesty International today urged governments in the Americas to stop prioritizing development projects at the expense of Indigenous Peoples' rights.

The call came ahead of the International Day of the World's Indigenous People on 9 August.

"The ongoing human rights violations against tens of millions of indigenous people across the Americas are alarming", said Susan Lee, Americas Director at Amnesty International.

"After centuries of abuse and discrimination, their cultural and physical survival is at stake because there is insufficient political will to acknowledge, respect and protect Indigenous Peoples' rights when these rights are seen as obstacles to economic growth."

The expansion of agricultural and extractive industries and major development projects such as dams and roads into traditional indigenous lands are a significant and growing threat to Indigenous Peoples.

Across the Americas, Indigenous Peoples are seen as standing in the way of commercial interests, and are threatened, harassed, forcibly evicted, displaced and killed in the drive to exploit natural resources in the areas where they live.

In Brazil, for example, the construction of the Belo Monte dam on the Xingu river in the Amazon basin is going ahead despite an order from the Inter-American Human Rights Commission to halt the project to fully assess its impact on the local indigenous communities.

Countries across the region – including Argentina, Brazil, Canada, Colombia, Ecuador, Guatemala, Mexico, Panama and Peru – have failed to consult Indigenous Peoples before passing laws that would threaten their livelihoods. They also carried out development projects in Indigenous Peoples' ancestral lands without respecting their right to give free, prior and informed consent.

In countries such as Chile, Ecuador, Peru and Mexico, indigenous leaders and community members regularly face criminal prosecution under charges that seem to be disproportionate and politically motivated.

"Economic development doesn't have to be a zero-sum game in which Indigenous Peoples' rights are sacrificed," said Susan Lee.

"All of the countries in the Americas have endorsed the UN Declaration on the Rights of Indigenous Peoples – but states must abide by it in order to move beyond the centuries of marginalization and discrimination."

## Campbell's: Labels for Education

Campbell's Labels for Education is a school support program with a focus on instilling healthy eating and living habits in children. Eligible schools can collect labels from participating Campbell products and redeem them for educational resources ranging from sports equipment, musical instruments, to health and wellness videos/books. Drop your labels off to Joyce or Laura twice per month (at the Sharing Circle and the Cultural craft session). We are saving labels to donate to the Aboriginal Choice School.

### *Eligible Products Include:*

<b>Product</b>	<b>Size</b>	<b>Save</b>
Campbell's Condensed Soup	284 mL, 796 mL	Full Label (UPC & front panel)
Habitant Soup	227 mL, 398 mL, 796 mL	Full Label (UPC & front panel)
Campbell's Chunky Soup or Chili	284 mL, 425 g, 540 mL	Full Label (UPC & front panel)
Campbell's Chunky Bowls	420 mL	Lid
Campbell's Ready To Serve Soup	19 oz / 540 mL	Full Label (UPC & front panel)
Campbell's Healthy Request Bowls	398 mL, 420 mL	Lid
Campbell's Soup At Hand	284 mL	Lid
Campbell's Hearty Noodles	55 g	Paper Lid
Campbell's Gardennay	500 mL	UPC
V8 Soup	500 mL	UPC
Campbell's Créations Soup	500 mL	UPC
Campbell's Easy Cooking Sauce	500 mL	UPC
Campbell's Ready to Use Broth	900 mL	UPC
Prego Pasta Sauce	375 mL, 645 mL, 1.75 L	Lid
Pace Salsa	428 mL, 642 mL	Lid
Goldfish Crackers	28 g, 168 g, 180 g, 190 g, 200 g, 1.36 kg	UPC
V8 Vegetable Cocktail	156 mL, 250 mL, 340 mL, 354 mL, 950 mL, 1.36 L, 1.89 L	Cans: crushed can Bottles: label Boxes: UPC
V8 V-Fusion Beverage	354 mL, 1.36 L	Cap
V8 Splash Beverage	473 mL, 1.89 L	Cap

## Upcoming Events

<b>Tue, Thu &amp; Sat</b> 10.30 am	<b>Walk PG</b> Come walk with us! Get active, have fun and meet friends. Fort George Park, all are welcome. Contact: (250) 561-9284.
<b>Fridays</b> 10 am	<b>Handy Circle Resource Society: Information Sessions</b> Presentations on how to apply for the BC bus pass. BC Freshwater Fishing licenses discounted for PWD & Seniors. Access to Entertainment card for the movies. Fuel Tax rebates and other discounts available for persons with disabilities. Required forms and assistance to fill available after the presentations and there is no cost to attend for persons with a disability. Location: Kiwanis Centre (490 Quebec Street). Contact: <a href="mailto:handycircle@telus.net">handycircle@telus.net</a> or (250) 563-1852.
<b>Fri. Sep. 9</b> 9 am – 1 pm	<b>International FASD Awareness Day</b> (Fetal Alcohol Spectrum Disorder) At 9 am at the City Hall there will be a Mayor Proclamation and Pregnancy Pause. At 12 pm at the Family Resource Centre (1200 LaSalle Ave.) there will be family events and free lunch until 1 pm. Contact: (250) 561-5645.
<b>Sat. Sep. 10</b> 7.30 am – 6 pm	<b>Hike Raven Lake</b> The Caledonia Ramblers Hiking Club is hosting a hike to Raven Lake in Sugarbowl-Grizzly Den Park. The event is being held in conjunction with BC Parks in celebration of the 100 year celebration of the BC Park system. Free bus service is being provided from the Duchess Park School parking lot which we encourage everyone to use. Be at Duchess Park at 7:30 am. The bus will return to PG about 5:30-6:00 pm. If you wish to drive to the trail head, go east on H 16, 88 km from the Yellowhead Bridge over the Fraser (about 28 km past the Purden Lake café) then turn right onto the Hungary Creek Forest Road where there will be signs. Drive 14 km to the Raven lake Trail head. The Hungary Creek Road is a bit rough but alright for two wheel drive. If needed a shuttle service up the Hungary Creek Road will be provided. Contact: Dave at (250) 564-8887.
<b>Sat. Sep. 10</b> 10 am – 2 pm	<b>Large Garage Sale</b> The Canadian Diabetes Association is holding a garage sale to raise funds for the association. Support them by either attending the event or donating items for sale. Items can be dropped off at the office until Friday September 9 <sup>th</sup> at 4.30 pm. Items of clothing must be cleaned and folded. Baked items will also be accepted. 9 million Canadians have diabetes or pre-diabetes. Many more are at risk. You can make a difference. Venue: Canadian Diabetes Association Office (103-490 Quebec Street). Contact: Boyanne Young at (250) 561-9284 or <a href="mailto:boyanne.young@diabetes.ca">boyanne.young@diabetes.ca</a>
<b>Sat. Sept. 10</b> 12 & 2 pm	<b>UNBC Soccer: Langara Vs. UNBC</b> FREE! Bring the whole family. Women, 12 pm at PG Women's Field Men: 2 pm at NCCSL Field
<b>Sat. Sep. 10</b> 2 pm	<b>Author Charles Scheideman to Visit Books &amp; Co.!</b> Retired Royal Canadian Mounted Police Sergeant Charles Scheideman is proud to announce the printing of a sequel to his wildly popular "Policing the Fringe: The Curious Life of a Small-Town Mountie"! His new book "Tragedy on Jackass Mountain: More Stories from a Small-Town Mountie" is chalk full of the same wry humour and irresistible small-

	town-Canada stories you loved in "Policing the Fringe"! Better yet – Scheideman is visiting Books & Co to chat with you, swap shop talk, read from his new book and sign your dog-eared copies of his books! See you there! Contact: (250) 563-6637 or <a href="mailto:orderbooks@shaw.ca">orderbooks@shaw.ca</a>
<b>Sat. Sep. 10</b> 2 pm	<b>Fundraiser for Reena Thomas</b> Fundraiser for Reena Thomas, a youth who was recently diagnosed with cancer, requiring a lengthy treatment. Donations of silent auction items also accepted. Any contribution will be gratefully accepted by Reena and her family. Venue: Riverstone Grill Price: \$20 each Contact: Annette Stevens <a href="mailto:stevensan@cnc.bc.ca">stevensan@cnc.bc.ca</a> , (250) 562-2131 ext. 5313 or Jessica Erickson (250) 562-2131 ext. 5488
<b>Sat. Sep. 10</b> 3 – 6.30 pm	<b>Interfaith Symposium: Life After Death – Myth or Reality</b> Chair & Moderator: Councillor & Deputy Mayor: Surnderpal Rathor, Hindu Perspective: Dr. Prenesh Kumar, Aboriginal Perspective: Gloria George, Islamic Perspective: Muhammad Afzal Mirza, Christianity Perspective: Dr. Chris Montoya, Sikh Perspective: Avtar Singh Grewal FREE admission! FREE refreshments! Venue: Gibraltar Auditorium, Cariboo Recreation Center Complex, Williams Lake
<b>Sat. Sep. 10</b> 8 pm	<b>"Keeping Secrets"</b> – presented by the Crisis Prevention, Intervention & Information Centre, Future Cents, Street Spirits Theatre & Crisis Centre Teen Line. Free show at 8 pm on world Suicide Prevention Day. Contact: (250) 564-TEEN
<b>Sept. 10 -11</b>	<b>Active Living Market</b> Bring the family to Pine Centre mall where over 40 active living groups will be showcasing what programs, events, activities and classes they will be offering this fall and winter. Sign up to learn something new, do something fun, meet new people and be active in our city! Contact: (250) 561-7600 or <a href="http://www.princegeorge.ca">www.princegeorge.ca</a>
<b>Sun. Sep. 11</b>	<b>Pops In The Park</b> Come and enjoy this free concert from the Prince George Symphony Orchestra in Fort George Park
<b>Sun. Sept. 11</b> 12 & 2 pm	<b>UNBC Soccer: Quest Vs. UNBC</b> FREE! Bring the whole family. Women, 12 pm at PG Women's Field Men: 2 pm at NCSL Field
<b>Sun. Sept. 11</b> 3 – 6.30 pm	<b>Interfaith Symposium: The Role of Women in Building a Healthy Society</b> The conference is organized by several groups: Ahmadiyya Muslim (BC branch), Gateway Ministries, Sikh Temple, Hindu Faith Group, & First Nation, UNBC. The intent is to promote understanding between people of different religions/beliefs. Chair & Moderator: Councillor Garth Frizzel, Hindu Perspective: Dr. Prenesh Kumar, Aboriginal Perspective: Gloria George, Islamic Perspective: Muhammad Afzal Mirza, Christianity Perspective: Rev. Jordan Gadsby, Sikh Perspective: Avtar Singh Grewal FREE admission! FREE refreshments. Venue: UNBC, Canfor Theatre.
<b>Mon. Sep. 12</b> 10 am – 12 pm	<b>Alzheimer Society of BC: Understanding Dementia</b> Video conference, space is limited. Email <a href="mailto:ljones@alzheimerbc.org">ljones@alzheimerbc.org</a> Leanne (250) 564-7533
<b>Mon. Sep. 12</b> 10.30 am – 12	<b>FREE Adult Computer Classes: Basic Computers 1</b> No experience? We can get you started. Class is free, but you need to register by

pm	calling (250) 563-9251 ext. 140. You can register for all three classes at once if you wish. Venue: PG Public Library
<b>Mon. Sep. 12</b> 12 pm	<b>14<sup>th</sup> Annual Interior Drive For Life</b> Canadian Blood Services launches its Interior Drive for Life Challenge with a special focus this year – new blood donors. Venue: Prince George Blood Donor Clinic (2277 Westwood Drive).
<b>Mon. Sep. 12</b> 1 – 3 pm	<b>Look Good Feel Better Workshop</b> 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. Location: University Hospital of Northern BC (1475 Edmonton, Chronic Disease)
<b>Mon. Sep. 12</b> 3 – 5 pm	<b>Tea Time for the Soul</b> Come, listen, and share while enjoying a cup of tea. No cost! Enjoy tea time for the soul with someone who will listen at the Forest Expo House, located at 1506 Ferry Avenue. Call Jesse or Catherine at (250) 563-2551 for more information.
<b>Tue. Sep. 13</b> 1.30 – 7 pm	<b>Bookbinding Workshop</b> The hand-bound books are gifts for the Weaving Words celebration on September 28 <sup>th</sup> – October 1 <sup>st</sup> and for special guests at the All Nations Feast in October and other events. Before the summer, we selected some nice fabric cover paper. Venue: Gathering Place at UNBC (room 5-123). From 1.30 to 3.30 pm, students will also be crafting, so the Elders may be able to assist students in their creativity.
<b>Sept. 14 – 16</b> 9 am – 5.30 pm	<b>Friendship Days: Food For Flowers</b> Grower Direct Flowers and the Salvation Army Food Bank are featuring Friendship Days: Food for Flowers. Celebrate your friends and support the Food Bank! In exchange for non-perishable food items, receive beautiful flowers to share with your friends. Drop off your food items at Grower Direct Flowers (4190 15th Avenue)
<b>Thu. Sep. 15</b> 11 – 11.30 am	<b>Parent &amp; Child Yoga</b> Promote concentration, motor skill development and self-confidence for you and your child with songs, stories and games! Please dress your child(ren) and yourself in comfortable play clothes and if you choose, feel free to bring a blanket or mat to share together. Venue: Bob Harkins Branch. Price: FREE! Age: Young children with grownups. No registration, drop in. Other dates: Oct. 13, Nov. 10, Dec. 8.
<b>Thu. Sep. 15</b> 1 pm	<b>Golden Cinema: The Wizard of Oz</b> Relive the age of golden cinema and join us once a month on Thursdays to watch classic movies at the Public Library. Bring your friends, bring your own snacks, and settle down to enjoy some of Hollywood's greatest films! Wheelchairs and mobility devices can be easily accommodated. FREE! Judy Garland stars in this beloved musical fantasy as Dorothy, a precocious young girl who gets swept away by a tornado and wakes up in a magical land of evil witches, talking lions, and friendly scarecrows.
<b>Thu. Sep. 15</b>	<b>The Big Idea 3 Auditions</b> Regional auditions held at the PGNFC. Pitch your big idea, cash prizes! Details: <a href="http://www.dcfund.ca">www.dcfund.ca</a>
<b>Thu. Sep. 15</b> 6.30 – 7.30 pm	<b>Talespinners</b> Hands on fun with literacy and numeracy based activities! Venue: Library. Price: FREE! Ages: 6-9. Register at the



	Children's Information Desk. Other dates: Oct. 13, Nov. 10.
<b>Thu. Sep. 15</b>	<b>Eating Out for Youth Education</b> The following restaurants are donating 10% of their revenue to the Northern HIV & Health Education Society: A & A Burger Bar, Amigo's Taco Shop, Cafe Voltaire, Cazba Mediterranean Café, College Heights 2 for 1 Pizza, Hummus Brothers Tapas Bar, Margo's Café, Mario's 2 for 1 Pizza, Spicy Green, Taco Del Mar, Extreme Pita and Twisted Cork. Contact: Mary Jackson at (250) 964-8558, <a href="mailto:jacksonmk@shaw.ca">jacksonmk@shaw.ca</a>
<b>Fri. Sep. 16</b> 7 pm	<b>Take Back the Night</b> This year's march will begin and end on the lawn at City Hall (1100 Patricia Blvd.). The 20th annual "Take Back the Night" march raises awareness about violence against women. This year's theme is "Women Unite! Take Back the Night! 20 Years of Unity" Women and children are encouraged to participate! Reception after will be hosted by Warriors Against Family Violence and everyone is welcome. Donations of cash, clothes, and non-perishable food items are welcome. For more information: Contact Jillien at Surpassing Our Survival (SOS) Society (250) 564-8302 or email: <a href="mailto:jillienh@telus.net">jillienh@telus.net</a>
<b>Sep. 16 - 18</b>	<b>Elders Camp: Vivian Lake Limited Registration – only 20 Elders can participate (4 – 5 per group). Cheryl will have registration forms at the Sharing Circle. Price: \$5.00 if you go for the day.</b>
<b>Sat. Sep. 17</b> 10 am	<b>Reid Lake Fall Fair</b> Live music from local talent, farm animals, home art and garden exhibits, kids games, farmers market, senior activities, pancake breakfast, steak dinner, dance and a live sheep auction. Contact: Nancy (250) 613-2270 <a href="mailto:reidlake@hotmail.com">reidlake@hotmail.com</a>
<b>Sat. Sep. 17</b> 9 am – 5 pm	<b>Harvest the Garden Day - Fort St. James National Historic Site</b> Annual harvest of our historic site garden. Veggies and produce are ready to be had, plenty of opportunity to help. Admission: \$7.80 Contact: Kevin at (250) 996-7191 or <a href="mailto:stjames@pc.gc.ca">stjames@pc.gc.ca</a> .
<b>Sat. Sep. 17</b> 1 pm	<b>Family Movie Saturdays: Diary of a Wimpy Kid</b> Bring your kids to the Public Library and settle in for a free, family-friendly afternoon movie! The hysterically funny, best-selling book comes to life in this smash-hit family comedy! Greg Heffley is headed for big things, but first he has to survive the scariest, most humiliating experience of any kid's life... middle school!
<b>Sept. 17 – 18</b> 9 am – 5 pm	<b>Book Sale</b> Kiwanis Club of Prince George is having a Book Sale at Save On Foods College Heights. Donation of books may be dropped off any any of the four Save On Food locations in Prince George prior to the sale. Contact: Glenn at (250) 564-7138.
<b>Sun. Sep. 18</b> 9 am – 1 pm	<b>Terry Fox Run</b> Registration: 9 am. Run: 10 am – 1 pm. Location: Community Foundation Park (7th & Dominion). It's a 5 km course open for walking, running, and wheeling. Bring your friends, family and colleagues and support Terry and Betty's dream of finding a cure for cancer! Interested in volunteering or have any questions? Contact Liza Arnold at (250) 964-7326. No registration fee – donations and pledge forms accepted on site – everyone welcome!
<b>Mon. Sep. 19</b> 10 am – 12 pm	<b>Alzheimer Society of BC: Understanding Communication</b> Video conference, space is limited. Email <a href="mailto:ljones@alzheimerbc.org">ljones@alzheimerbc.org</a> Leanne

	(250) 564-7533
<b>Mon. Sep. 19</b> 10.30 am – 12 pm	<b>FREE Adult Computer Classes: Internet &amp; Email</b> Learn how to explore the Internet and stay in touch with email. Class is free, register by calling (250) 563-9251 ext. 140. Venue: PG Public Library
<b>Mon. Sep. 19</b> 12 pm	<b>14<sup>th</sup> Annual Interior Drive For Life</b> Canadian Blood Services launches its Interior Drive for Life Challenge with a special focus this year – new blood donors. Venue: Prince George Blood Donor Clinic (2277 Westwood Drive).
<b>Tue. Sep. 20</b> 1.30 – 7 pm	<b>Bookbinding Workshop</b> The hand-bound books are gifts for the Weaving Words celebration on September 28 <sup>th</sup> – October 1 <sup>st</sup> and for special guests at the All Nations Feast in October and other events. Before the summer, we selected some nice fabric cover paper. Venue: Gathering Place at UNBC (room 5-123). From 1.30 to 3.30 pm, students will also be crafting, so the Elders may be able to assist students in their creativity.  Potluck: Also, on Sept 20/11, Tues, is the 1 <sup>st</sup> potluck at noon in the Gathering Place, so bring some munchies in serving containers to share with students, guests, & Elders. Please remember that UNBC is a green campus; bring your own plates, bowls, cups, utensils, embroidered napkin with an Indigenous motif, and your humour! We will finish the hand-bound books after you are well fed.
<b>Wed. Sep. 21</b> 9.30 am – 12 pm	<b>All Nations Elders: Cultural Craft Session</b> Held on the third Wednesday of each month at Prince George Native Friendship Centre, Power of Friendship Hall. Craft supplies are supplied, free of charge. The craft session is followed by a free luncheon and social for Elders, organized by the PGNFC Elders. Elders are welcome to stay and participate. Contact: (250) 562-6325
<b>Thu. Sept. 22</b> 11 am – 3 pm  <i>RSVP by Sept. 9</i>	<b>Kenneth Creek Grand Opening Ceremony</b> Snacks & a traditional feast at 1.30. Entertainment provided. Optional sweat for women (5 pm) and men (7 pm). Transportation available to and from PG. Venue: Kenneth Creek Camp RSVP to Juanita Shields at <a href="mailto:activatorsjs@shaw.ca">activatorsjs@shaw.ca</a> or (250) 563-5019.
<b>Sat. Sep. 24</b> 10 am	<b>Grand Opening for Eskers Park</b> Lunch is provided.
<b>Sat. Sep. 24</b> 10 am	<b>Scotiabank AIDS Walk for Life</b> Located at the Rotary Park with Registration @ 10am. National awareness and fundraising event that takes place every year in communities all across Canada. Funds raised support direct programs and services for people living with HIV.
<b>Sat. Sept. 24</b> 12 & 2 pm	<b>UNBC Soccer: VIU Vs. UNBC</b> FREE! Bring the whole family. Women, 12 pm at PG Women's Field Men: 2 pm at NCSSL Field
<b>Sat. Sept. 24</b> 12 & 2 pm	<b>UNBC Soccer: Capilano Vs. UNBC</b> FREE! Bring the whole family. Women, 12 pm at PG Women's Field Men: 2 pm at NCSSL Field
<b>Sun. Sep. 25</b> 2 pm	<b>Kidney Walk</b> Be a Kidney Hero. Help Close the Gap. Venue: Northern Sports Centre. Contact <a href="http://www.princegeorgekidneywalk.ca">www.princegeorgekidneywalk.ca</a> to register.

<b>Sun. Sep. 25</b> 9 am – 5 pm	<b>Old Fashioned Picnic</b> Free beef dips and fun, old fashioned activities all day at the Fort St James National Historic Site. Admission is free! Contact: (250) 966-7191
<b>Mon. Sep. 26</b> 10 am – 12 pm	<b>Alzheimer Society of BC: Understanding Behaviour</b> Video conference, space is limited. Email ljones@alzheimerbc.org Leanne (250) 564-7533
<b>Mon. Sep. 26</b> 10.30 am – 12 pm	<b>FREE Adult Computer Classes: Basic Computers 2</b> Know a little and want to learn more? This is the class for you! Class is free, but you need to register by calling (250) 563-9251 ext. 140. You can register for all three classes at once if you wish. Venue: PG Public Library
<b>Mon. Sep. 26</b> 12 pm	<b>14<sup>th</sup> Annual Interior Drive For Life</b> Canadian Blood Services launches its Interior Drive for Life Challenge with a special focus this year – new blood donors. Venue: Prince George Blood Donor Clinic
<b>Mon. Sep. 26</b> 3 – 5 pm	<b>Tea Time for the Soul</b> Come, listen, and share while enjoying a cup of tea. No cost! Enjoy tea time for the soul with someone who will listen at the Forest Expo House, located at 1506 Ferry Avenue. Call Jesse or Catherine at (250) 563-2551 for more information.
<b>Sat. Oct. 1</b> 10 am	<b>Mennonite Fall Fair</b> Annual Fair will be held at the Prince George Civic Centre. As usual there will be great crafts, used items and food and produce to take home. Lunch will be served all day – don't miss out on your annual borscht and farmer sausage! Money raised goes to Food and Clean Water projects in Third World countries and local charities. For more information, contact Wendy at (250) 963-9276
<b>Sun. Oct. 2</b>	<b>Canadian Breast Cancer Foundation: Run for the Cure</b> Volunteers needed for various roles on run day at the Civic Centre. Sign up online at <a href="http://www.runforthe cure.com">www.runforthe cure.com</a> and select Prince George as your run location or call (250) 649-1100
<b>Mon. Oct. 3</b> 10 am – 12 pm	<b>Alzheimer Society of BC: Self-Care</b> Video conference, space is limited. Email ljones@alzheimerbc.org Leanne (250) 564-7533
<b>Wed. Oct. 5</b> 10 am – 1 pm	<b>All Nations Elders: Sharing Circle &amp; Potluck</b> Venue: Moose Hall (663 Douglas Street) Meeting is potluck style, feel free to bring a dish. Contact: (250) 562-6325.
<b>Mon. Oct. 10</b> 10 am – 4 pm	<b>Thanksgiving Celebration</b> Families looking for activities on the holiday Monday are invited to visit the homestead to enjoy the autumn leaves. A special Thanksgiving menu will be offered, and activities including pumpkin carving, apple bobbing, and scarecrow making will be available for the kids to do, and everyone can enjoy the heritage demonstrations and learning about how pioneers prepared for winter. Venue: Huble Homestead Historic Site (40km north of Prince George, just off Highway 97 on Mitchell Road).
<b>Wed. Oct. 19</b> 9.30 am – 12 pm	<b>All Nations Elders: Cultural Craft Session</b> Held on the third Wednesday of each month at Prince George Native Friendship Centre, Power of Friendship Hall. Craft supplies are supplied, free of charge. The craft session is followed by a free luncheon and social for Elders, organized by the PGNFC Elders. Elders are welcome to stay and participate. Contact: (250) 562-6325

<b>Thu. Oct. 20</b> 3 – 9 pm	<b>All Nations Feast</b> Setup at 3 pm, takedown before 9 pm. UNBC is a Green University - everyone needs to bring personal eating utensils: cup, plate, napkin, spoon, fork, knife, left-over containers, & serving dishes. Compost buckets, recycling bins, tin and paper containers available. Venue: UNBC Gathering Place 5-123 & 5-121 classroom.
<b>Oct. 28</b>	<b>Rattle Making Workshop</b> Venue: UNBC
<b>Oct. 31</b>	<b>Baking Exchange Deadline</b> Ruthie is organizing a homemade baking exchange for Christmas. If interested, let her know no later than the end of October. Contact Ruthie at <a href="mailto:ruthie68@hotmail.com">ruthie68@hotmail.com</a> .
<b>Wed. Nov. 2</b> 10 am – 1 pm	<b>All Nations Elders: Sharing Circle &amp; Potluck</b> Venue: Moose Hall (663 Douglas Street) Meeting is potluck style, feel free to bring a dish. Contact: (250) 562-6325.
<b>Wed. Nov. 9</b> 10 am – 3 pm	<b>Metis Day at UNBC</b> Venue: Bentley Centre 7-170/172 & hallway

## Local Coupons Online

We have discovered some great coupon sites! You have to have access to a computer, an email address and a printer (to print coupons) to take advantage of the deals. Some of the coupons must be purchased with a credit card or PayPal account (ex. \$20 certificate for \$10).

**ScripMonster** - <http://princegeorge.scripmonster.com/>

ScripMonster emails local coupons for 50-90% off.

**DealMate** - <http://www.dealmate.ca/deal/prince-george>

DealMate emails a weekly coupon or deal into your inbox for 50-90% off.

**HQ Prince George Big Deals** - [http://hqprincegeorge.com/big\\_deals/](http://hqprincegeorge.com/big_deals/)

Launching soon. 24 hour deals for 50-80% off local businesses.

**The Little Spender** - <http://thelittlespender.com/>

Launching soon. Monthly coupons from local businesses, coupon codes and flyers.

**Facebook Page: Crazy for Coupons Prince George**

<http://www.facebook.com/pages/Crazy-for-Coupons-Prince-George/150265805051706>

Information about local sales and deals.

**FlyerLand** - <http://princegeorge.flyerland.ca/>

This website has online flyers and coupon codes.

**Michaels** - <http://weeklyad.michaels.com/>

Michaels, the craft store, puts out a weekly 40% off coupon.