

ELDERS ROCK

Reviving Our Cultural Knowledge



Volume 3, Number 10 OCTOBER, 2011

ALL NATIONS ELDERS NEWSLETTER

Welcome

We are pleased to present the October 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.

Upcoming Elders Camp

The Elders have funding for another day camp. Discussion to be held about dates.

Fish & Moose List

We occasionally have access to fish and moose for Elders. Please let us know if you would your name to be on the moose/ fish list and we will call you if we have some.

New Horizons for Seniors Project 2010

Last year's New Horizons for Seniors project was considered so successful that they are presenting it to the staff involved with New Horizons for Seniors program!

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

IN THIS ISSUE:

Welcome/ About 1

Agenda, News & Community 2

Risk Factors & Reduction Strategies 6

Healthy Recipes of the Month 9

Quotes, Proverbs & Teachings 10

Fun & Games 11

Events & Volunteer Opportunities 13

All Nations Feast at UNBC: Oct. 20th

The All Nations Feast at UNBC will be held at the Gathering Place. Classrooms 5-123 & 5-121

FREE Kidney Screening Event: Nov. 2

Limited to 48 participants, please sign-up.

Metis Day at UNBC: Nov. 9th

Metis Day, UNBC, 10 am – 3 pm. It will be held in the hallway and the Bentley Centre 7-170/172.

Nothing in life is to be feared. It is only to be understood. *Marie Curie*

New Horizons for Seniors
Prince George Urban Aboriginal Strategy

Agenda, News & Community

Elders ROCK

The Elders webpage has been updated and new photos have been added. Check it out!

Upcoming Elders Camp

The All Nations Elders have received funding from the Prince George Urban Aboriginal Strategy to host a fourth Elders Camp. *Discussion on dates & topics.*

“Sharing Our Stories” Booklet

We are handing out templates for the updated booklet, “Sharing Our Stories”. Last month’s templates included; ‘Who Are You’, ‘Me Right Now’ and ‘Your Top Ten’. We would like to hear your stories, on any topic!

Get a Game Plan

The Canadian Cancer Society is encouraging men and women to be proactive about cancer prevention. That means educating yourself on some cancers that could affect you, specifically, learning the warning signs, being aware of what is normal for you and talking to your doctor about screening. Check it out, tell your friends, tell youth! It’s important to talk about this. Website: www.cancergameplan.ca.

12th Annual Fruit Exchange Program

If you have too much fruit and you’d like to share it or if you’d like to receive fruit, please contact the Northern Bear Awareness Society and we’ll match people. Send us an email or give us a call. Contact: Rachel (250) 564-7033 or nbasociety@gmail.com. Include the following information:

1. Whether you WANT or HAVE fruit
2. What fruit it is you want or have (apples, crab apples, etc.)
3. Your name
4. Your phone number
5. Your location in town (e.g., College Heights, the Bowl, etc.).

Community Cookbook Calls for Submissions – Deadline October 31st

In celebration of the 100th anniversary of the Huble House in 2012, they’re seeking recipes (and stories/traditions that go with them). Contact: www.hublehomestead.ca or call (250) 564-7033 for an entry form.

2012 BC Community Achievement Awards Information

British Columbia's communities are shaped by the people who live in them, and especially by contributions of extraordinary individuals. The British Columbia Community Achievement Awards celebrate British Columbian's who go above and beyond in their dedication and service to others and who devote time and energy to making their communities more caring, dynamic, beautiful, healthy, and unique. They inspire by their example. This award is a way to provincially acknowledge a community member who has contributed significantly to his or her community. The deadline to nominate somebody is November 15th. For further information, please contact: British Columbia Achievement Foundation www.bcachievement.com or info@bcachievement.com.

SeeKD Targeted Screening for Kidney Health

In BC, it is estimated that 1/25 people has kidney disease and most of them don't know it. If we can identify earlier those people with compromised kidney function, much of the impact of kidney disease can be prevented or minimized through simple changes in diet and lifestyle, or through management and medication.

An estimated 200,000 British Columbians are at risk of developing kidney disease. Over 90% of these individuals at risk have no symptoms! Patients can be ill for years, with their kidneys gradually deteriorating, yet they often show no symptoms until the disease is quite advanced. So when a person's kidneys fail, it seems to happen suddenly and without warning. Some people will not discover their disease until their only options for survival are dialysis or a kidney transplant; the survival rate for people on dialysis is five years, less than all cancers except lung cancer!

For British Columbians who live with kidney failure, the emotional, social and economic tolls are significant. For the healthcare system as a whole, the costs represent a huge and growing challenge. Yet, we know that kidney failure could have been prevented or delayed in nearly half of all patients currently being treated with dialysis or kidney transplantation.

This innovative targeted screening program stands to save future pain, complications and illness for at risk individuals. There is clear evidence that early diagnosis and treatment, along with changes to diet and lifestyle, may slow or even stop the progress of kidney disease. Without interventions, many of these individuals may develop end-stage renal disease requiring long term dialysis or kidney transplant.

The Kidney Foundation of Canada, BC Branch is offering a free screening opportunity for those who are at risk for Kidney Disease. This includes all those of Asian, South Asian, Aboriginal, African, and Hispanic descent or those with diabetes, high blood pressure, cardio vascular disease or a family history of kidney disease or those aged 55 and older.

At this targeted screening, health care professionals will perform all of the tests. Each session will last 15 minutes and will include blood pressure, waist circumference, body mass index, blood glucose level, creatinine, eGFR and urinalysis for blood and/or protein.

Glucometers are used for blood glucose results and a handheld medical device called a StatSensor is used for creatinine and eGFR – the two tests that indicate level of kidney functioning. Both of these tests can be done with a single finger prick and results are forthcoming within 30 seconds.

The StatSensor provides results indicating if the person has kidney function within the normal range (over 60 ml/min) or, if the kidney function is compromised at all, a number representing percentage of kidney function remaining is shown. A lowered percentage of kidney function result is only considered accurate if that function remains depressed over a three month period. Participants with those results will be encouraged

to see their family doctor and have the eGFR test done again within 3 months at a BC Lab.

Nurses are available to counsel the participant about their medical health. All test results will remain confidential.

Statistics will be gathered based upon the entire test group. Each participant will receive a survey and consent form. These will describe the program and offer a statement regarding confidentiality.

Date: Wednesday, November 2nd
Time: 9.30 am – 4.15 pm
Place: Moose Hall (663 Douglas Street)

There is only enough time and resources to screen 48 people. Please sign up with Joyce or Laura to participate.



Gathering Our Voices – BCAAFC Annual Aboriginal Youth Conference

Pass this on to any youth who you think would be interested. The BC Association of Aboriginal Friendship Centres and Tillicum Lelum Aboriginal Friendship Centre are proud to host: Gathering Our Voices 2012 from March 20th to 23rd, 2012. The 10th Annual Aboriginal Youth Conference will be held in Nanaimo, BC at the Vancouver Island and Convention Centre, The Coast Bastion Hotel and The Port Theatre! This year's theme is "A Generation on the Move".

Aboriginal Youth aged 14 – 24 are invited to take part in a dynamic conference that will focus on many important issues including Health, Language, Culture, the Environment, Employment, Education, Sports and Recreation. Many workshops, cultural activities, an interactive Career and Education fair, evening entertainment and afternoon sport and recreation activities will be offered. For more information, check out: <http://www.bcaafc.com/newsandevents/gathering-our-voices>

Aboriginal Sixties Scoop Class Action Lawsuit

A class action lawsuit has been filed against the Government of Canada. The lawsuit alleges that between 1962 and 1996, Canada negligently delegated Indian child welfare services to the Province of British Columbia. Ignoring its obligations to Aboriginal children, Canada took no steps to prevent them from losing their Aboriginal identity and the opportunity to exercise their Aboriginal and treaty rights when they were placed in foster homes and adopted by non-Aboriginals.

The plaintiff, a status Indian, was taken from her parents and placed in foster care when she was a young girl. She is bringing this lawsuit on her own behalf and on behalf of status Indians who were living in BC and placed in foster care or adopted between 1962 and 1996. For more information about the class action lawsuit, contact Deborah Wong at (604) 874-7171, 1-800-468-4466 or dwong@kleinlyons.com. www.kleinlyons.com/class

More FYI

Sharon Russell filed the lawsuit. She said that social workers "wiped out my family" by snatching her and her siblings away from their parents and splitting them up into different foster homes. "My brother Billy died in foster care, lost and alone without knowing he was a Gitksan hereditary chief," said Russell, 54, a Fireweed Clan member of the Gitksan Nation. "I held him once when he was a baby, with my siblings there and a foster mom willing to take us all, but Billy was taken away and we never saw him again."

Russell said her grandparents could have stepped in as caregivers when her parents had difficulty with alcohol. Instead, she was taken away at the age of seven to a non-Native Richmond, BC, home "where there was no love... I had my face slapped for crying for my mother and was told she was just a drunk."

In 1996, First Nations were given more jurisdiction, although not as much funding, over their own child and family welfare placements. More than half of the 9,500 children in provincial care today are First Nations, although First Nations form less than four per cent of BC's population.

Risk Factors & Risk Reduction Strategies

This article was taken from the Canadian Cancer Society's Cancer Encyclopaedia.

Source: <http://info.cancer.ca/cce-ecc/default.aspx?lf=carcinogen&cceid=28>

Over the years, researchers have made progress in understanding how cancers develop and grow. Any substance or condition that increases the risk of developing cancer is called a risk factor. Most individual cases of cancer are related to a complex mix of several risk factors, which may play different roles in starting cancer and encouraging it to grow.

- Cancer usually develops as a result of exposure to many risk factors over time. Seldom does cancer develop as a result of exposure to a single risk factor.
- Even a person at low risk may get cancer, just as a person at high risk may not. Low risk does not mean that a person will not get cancer – it means that the chances of getting it are small. High risk means that the chances of getting cancer may be higher, but it does not mean that cancer will develop.

There are many known risk factors for cancer. It has been estimated that smoking is responsible for 30% of all cancer deaths and that one-third of cancers can be linked to diet, obesity and lack of exercise.

A person's risk of developing cancer can be increased or decreased by a combination of:

- Healthy living – certain choices they make and the kind of environment they live and work in.
- Policies that protect Canadians and help them make healthy choices.

Risk Reduction Strategies

Risk reduction is taking action to lower one's risk of developing cancer. Risk can be increased or decreased by lifestyle choices and the kind of environment a person lives and works in.

About half of all cancers can be prevented through healthy living and policies that protect the public. To help reduce the risk of developing cancer, follow these general steps:

Live well. Make healthy choices.

- Be a non-smoker and avoid second-hand smoke.
- Keep a healthy body weight. Be active and eat well.
- Know the risks of alcohol. The less you drink, the more you reduce your risk.
- Protect your skin. Be safe in the sun and don't use tanning beds.
- Get enough vitamin D from the sun, supplements and your diet.

Be aware. Look after yourself.

- Know your body and watch for signs of cancer.
- Report any changes in your health to your doctor.
- Get screened and help find cancer early.
- Check your family's cancer history.
- Understand how hormones and infections affect your cancer risk.
- Get rid of harmful substances at work and at home.

Get involved. Help reduce risks for everyone.

- Raise awareness about cancer prevention in your community.
- Reduce cancer risks for the next generation.
- Fight for public policy to make healthy living easier for everyone.
- Find out how you can help the Canadian Cancer Society fight for change right now.

Diet

Researchers believe that the foods people eat over their lifetime can increase or decrease their risk of developing some types of cancer. It is estimated that as many as one-third of all cancers may be related to what we eat and drink, our body weight and the amount of physical activity we do.

The relationship between diet and cancer needs more study, there is scientific evidence to link some food groups, individual foods and specific food components to cancer risk.

Vegetables and Fruit

Vegetables and fruit play a key role in a healthy diet. They are excellent sources of vitamins and minerals and are high in fibre and low in fat and calories. Vegetables and fruit may help protect against certain types of cancer.

Dietary Fat

A diet high in fat increases the likelihood of gaining weight. Being overweight/obese increases the risk of cancer.

Fibre

Vegetables, fruit, whole grain foods and legumes are high in fibre. Fibre helps keep the digestive system healthy and the bowels regular. Eating foods that contain fibre decreases the risk of colorectal cancer.

Meat Intake

Diets high in red meat or processed meat increase the risk of colorectal cancer. Studies have linked cured or smoked meat and eating large amounts of foods preserved by salting and pickling to an increased risk of stomach cancer.

Food Issues

Methods of cooking, preparing and storing food have been associated with cancer. Some cancer-causing chemicals are created when meats are cooked at high temperatures and

increase the risk of some types of cancer such as colorectal cancer. Some harmful substances can also be found in mouldy foods. Aflatoxin is a toxin produced by moulds and fungi that can grow on nuts and cereal grains. It is considered a carcinogen and is linked to an increased risk of liver cancer. Aflatoxin contamination of nuts and cereal grains however is not a problem in Canada. It can be a problem in countries with hot, damp climates and poor storage facilities.

Artificial Sweeteners

Research shows that the artificial sweetener aspartame is not associated with an increased risk of cancer. The amounts found in artificially sweetened foods and beverages are very small. Cyclamates and saccharin in high doses have caused cancer in laboratory rats, but there is no proven link between these and cancer risk in humans.

Food Additives

Food additives are used in small amounts to increase shelf life and enhance the quality and safety of the food supply. If the safety of an additive is in question, it's removed from the market. There's no link between the use of food additives and the risk of developing cancer.

Reducing Your Risk

Research shows that up to 35% of all cancers may be prevented by eating well, being active and staying at a healthy weight. Making simple changes to the way you eat and becoming more active are good defences against many types of cancer.

Eat a variety of foods from the four food groups described in Canada's Food Guide to help you make healthy choices (vegetables and fruit, grain products, milk products and meat and meat alternatives). With healthy choices, you will be less likely to eat too much fat and salt and too little fibre. And eating different foods makes it easier to get all the nutrients you need for good health. Balance the food you eat with regular physical activity to help achieve and maintain a healthy body weight.

Drinking water and other fluids is important for your body to work properly. To stay healthy, drink a variety of caffeine-free fluids every day. When physically active or when it is hot outside, drink more and choose water over pop and sugary drinks.

For more information on how to eat well or if you have questions about healthy eating, go to the Canadian Cancer Society website.

You ask and we listen! Articles in the upcoming months will expand on this article. You can look forward to information about cancer reduction strategies in terms of diet (fruits and veggies, dietary fats, fibre, meat intake, food issues, food additives, and artificial sweeteners), body weight, physical activity and alcohol. We will also feature cancer preventative recipes from the Canadian Cancer Society in the "healthy recipes of the month".

Next month's issue will be about cancer reduction strategies and fruits & vegetables, antioxidants and phytochemicals.

Healthy Recipes of the Month

Broccoli with Pine Nuts and Parmesan

Ingredients:

2 lbs broccoli, tough ends trimmed, stems peeled

3 tbsp. olive oil

2 cloves garlic, finely chopped

¼ cup chicken broth

½ tsp. salt

¼ cup pine nuts, toasted

Shaved Parmesan cheese for garnish

Nutritional Information per Serving	
6 servings	
Calories:	138
Protein:	5 g
Sodium:	263 mg
Fat:	11 g
Carbohydrates:	9 g
Exchanges: ½ low fat milk, 1 fat, 1 vegetable	

Directions: Cut broccoli stems into coins; cut heads into flowerets. Heat oil in a large skillet over medium-high heat. Add garlic; cook, stirring constantly, 45 seconds. Add broccoli; cook, stirring constantly, until broccoli is bright green, 2 to 3 minutes. Add broth; cover and cook until broccoli is crisp-tender, about 3 minutes. Sprinkle with salt and toss. If serving warm, add pine nuts; toss and serve. If serving cold, cool slightly, place in a tightly sealed container and refrigerate. Just before serving, add pine nuts and toss. Garnish with thin shavings of Parmesan cheese.

Beet and Apple Salad

Apples are a good source of soluble and insoluble fibre. Soluble fibre helps lower blood cholesterol levels, reducing the risk of heart disease. Insoluble fibre helps prevent constipation and promotes bowel health.

Ingredients:

1 small head romaine lettuce

1 green-skinned apple

1 cup cooked beets

Dressing:

¼ cup olive oil

2 tbsp. lemon juice

2 tbsp. chopped fresh dill or 2 tsp. dried dill

1 tsp. Dijon mustard

¼ tsp. salt

¼ tsp. pepper

Directions: Cut off beet greens, leaving 1 inch (2.5 cm) of stem. Place beets in a large pot of water. Boil gently, uncovered, until tender, about 30 to 45 minutes. Drain. Rinse with cold water and peel. Tear lettuce into bite-size pieces. Leave skin on apple. Remove core. Dice apple into small pieces. Dice beets into small pieces. Whisk together oil, lemon juice, dill, Dijon mustard, salt and pepper. Toss lettuce with half of the dressing. Toss apple with 1 tbsp. of the dressing. Scatter apple over lettuce. Toss beets with the rest of the dressing. Spoon into the centre of the salad.

Quotes, Proverbs & Teachings

Elders Meditation

"Everyone has a song. That's how we know who we are, our song tells us who we are." ~ Charlie Knight, Ute

As we develop ourselves as Warriors, a song will come to us. This song is given to each of us from the Great Spirit. Whenever we sing this song, we will receive courage and strength. If we sing this song for others, it will also help them. The song will give us power and make us feel good. The song will make us see life in a sacred way. If you don't have your song yet, pray for one. With the song comes a responsibility – the responsibility to act and conduct oneself as a Warrior according to your song.

Let me live my song. Let my song honor Your way of life. Let me sing my song each day. At the end of today, let my song tell people who I am. I am a beautiful child of the Creator.

Teaching: Ways to Stay Stay Young

Throw out non-essential numbers; this includes age, weight and height. Remember the important ones: birthdays and anniversaries.

Keep only cheerful friends, the grouches pull you down.

Keep learning. Learn about the computer, gardening, crafts, whatever interests you. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.

Enjoy the simple things.

Laugh often, long and loud. Laugh until you gasp for breath.

Tears happen. Endure, grieve, and move on. The only person who is with you your entire life is yourself. Be alive when you're alive.

Surround yourself with what you love, whatever it is. Family, pets, keepsakes, music, hobbies, etc. Your home is your refuge.

Cherish your health. If it's good, preserve it. If it's unstable, improve it. If it's beyond what you can improve, get help.

Don't take guilt trips.

Tell the people that you love that you love them at every opportunity.

Quotes

My age should not matter, but my maturity should.
Anonymous

Communication is not about the number of things we say; it's about the number of things that are understood.
David Brinkley

Collect friends, not things.
Yuri Yubinsky

He who laughs, lasts.
Anonymous

Be flexible in mind and body. Learn to adapt to losses and let go of behaviours no longer appropriate for your age.
Dr. Andrew Weill

Don't simply retire from something; have something to retire into.
Harry Emerson Fosdick

Never resist a generous impulse.
Jeffrey Bernhard

No act of kindness; no matter how small, is ever wasted.
Aesop, The Lion and the Mouse

Every day is a great day; if you don't believe it... try missing one!
Anonymous

Fun & Games

The Best Day of Fishing Ever

I've heard of fish jumping into boats but never deer! Four juvenile Sitka black-tailed deer swam directly towards Tom Satre's 62-foot charter vessel in Stephens Passage, Alaska. Once the deer reached the boat, they began to circle the boat, looking directly at the humans on board. Clearly, the bucks were distressed. With help, the typically skittish and absolutely wild animals came willingly onto the boat. Once onboard, they collapsed with exhaustion, shivering. All four deer were transported to Taku Harbour. Once the group reached the dock, the first buck that had been pulled from the water hopped onto the dock, looked back, then leapt into the harbour, swam to shore and disappeared into the forest. After a bit of prodding and assistance from the humans, two others followed suit, but one deer needed more help.

Tom, Anna and Tim Satre help the last deer to its feet. They did not know how long the deer had been in the icy waters or if there had been others who did not survive. The Good Samaritans (humans) describe their experience as "one of those defining moments in life." I'm sure it was for the deer as well.



Fun & Games Cont...

Lonely Lunch

The teacher of the earth science class was lecturing on map reading. After explaining about latitude, longitude, degrees and minutes the teacher asked, "Suppose I asked you to meet me for lunch at 23 degrees, 4 minutes north latitude and 45 degrees, 15 minutes east longitude?" After a confused silence, a voice volunteered, "I guess you'd be eating alone."

In A Rush

A man in a hurry taking his eight-year-old son to school made a turn at a red light where it was prohibited. "Uh-oh, I think I just made an illegal turn!" the man said. "It's okay, Dad," the boy said, "The police car right behind us did the same thing."

Math Class

Teacher: If I give you two rabbits and two rabbits and another two rabbits, how many rabbits have you got? Patty: Seven!

Teacher: No, listen carefully again. If I give you two rabbits and two rabbits and another two rabbits, how many rabbits have you got? Patty: Seven!

Teacher: Let's try this way. If I give you two apples and two apples and another two apples, how many apples have you got? Patty: Six.

Teacher: Good. Now if I give you two rabbits and two rabbits and another two rabbits, how many rabbits have you got? Patty: Seven!

Teacher: How on earth do you work out that three lots of two rabbits is seven? Patty: I've already got one rabbit at home now!



Ongoing Events

Mondays 3 – 5 pm	Tea Time for the Soul 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 (1506 Ferry Avenue). Call Jesse or Catherine at (250) 563-2551 for more information.
Tuesdays 10.30 am	Walk PG Come walk with us! Get active, have fun and meet friends. Fort George Park, all are welcome. Info: (250) 561-9284.
Tuesdays 11 am – 3 pm	University Farmer's Market Support 18-20 local food producers and artisans at UNBC.
Tuesdays 1.30 – 4 pm	The Creative Fire Creative and artistic expression for stress reduction and promotion of whole body health and wellness. Everyone welcome. Create, listen to music and relax! This is a good time to visit, hang-out and to chat informally to students and the FNC Counsellor. You do not need to come every week in order to enjoy this great opportunity. Just drop-in when you can any time between 1.30 and 4 and enjoy. They'll be making medicine pouches, book binding, art journals, crafts, painting, vision boards and more...
Wednesdays 12 – 2 pm	Wednesday is Senior's Day at Pineview Hall Come and join us in shovelboard, pool and cards. The events are held in the basement of the Pineview Hall (6470 Bendixon). Wheelchair accessible. For more information, contact Syl Meise (250) 963-7427 or (250) 649-8281
Wednesdays 6 – 8 pm	Crafts With Angela at the PGFNC.
Thursdays all day	Free Thursdays at the Art Gallery! 7th Avenue & Quebec Street, Civic Centre Plaza. Two Rivers Gallery has three exhibition spaces with 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 am	Walk PG Come walk with us! Get active, have fun and meet friends. Fort George Park, all are welcome. Info: (250) 561-9284.
Thursdays 7 – 9 pm	Prince George Tai Chi Club Improve your balance, flexibility and strength. \$5 drop-in or \$10/month. Venue: Knox United Church Basement (1448 5 th Ave). Wear loose clothing and non-marking shoes. Contact: Lister Chen, (250) 964-3849 or listerchen@shaw.ca
Saturdays 8.30 am – 2 pm	Farmer's Market Every Saturday at the Courthouse, corner of 3 rd Avenue and George Street. Browse vendors with meats, veggies, crafts, baked goods, and more. http://www.farmersmarketpg.ca/web/
Saturdays 10.30 am	Walk PG Come walk with us! Get active, have fun and meet friends. Fort George Park, all are welcome. Info: (250) 561-9284.
Sat & Sun 9 am – 4 pm	Butler's Market Located at 1156 4 th Avenue. A donation of \$0.50 to the Prince George Hospice Society will get you through the doors to enjoy the different collectibles and antiques. There will also be a concession and bistro tables for market goers can enjoy a cup of coffee or a cold drink. Contact: (250) 961-1954.
Sat & Sun 9 am – 4 pm	Nechako Public Market Venue: Old Nechako School (5100 North Nechako Road). Contact: Ed (250) 963-9590 or edmarleau@telus.net .

Upcoming Events

Sat. Oct. 8 2 – 3 pm	Music @ Your Library The PGSO is coming to the Public Library to perform free, casual Saturday afternoon concerts. Bring your family to enjoy the music and meet the musicians!
Mon. Oct. 10 10 am – 4 pm	Thanksgiving Celebration 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).
Tue. Oct. 11	Feast Training @ UNBC Room 5-122
Tue. Oct. 11 2.30 – 4 pm	Adult Computer Classes: Internet & Email Learn how to explore the Internet and stay in touch with email. Venue: Bob Harkins Branch. FREE! Register by calling (250) 563-9251 ext. 140.
Tue. Oct. 11	Dakelh Elder Meeting
Wed. Oct. 12 6 – 8 pm	Books to Box Office: The Illusionist Join us once a month on Wednesdays to watch movies based on popular novels. It's like a book club, but without the reading! Perfect for people with busy schedules. Price: FREE. Venue: Bob Harkins Branch, Library. Drop-in.
Thu. Oct. 14	Open House Dakelh Elders
Oct. 14 – 16	Friends of the Library Book Sale Donate your books, records, DVDs, or movies at either branch! Browse through the books and purchase by donation. Fri. Oct. 14: 4 – 7 pm for friends, members and library staff. Sat. Oct. 15: 9 am – 4 pm. Sun. Oct. 16: 9 am – 3 pm. Location: Columbus Community Centre
Sat. Oct. 15 10 am – 2 pm	Kids Good As New Sale Venue: Diocese Office (6500 Southridge Ave., across from Wal-Mart). Quality “pre-owned” children’s items including: clothing; newborn to size 12, books, Halloween costumes, games, strollers, indoor & outdoor toys, sports equipment, cribs, maternity clothes and much more. Don't forget your laundry basket to put your goodies in! Do you have items you want to sell? Contact Taryn @ (250) 906-3277 or sellerkgns@yahoo.ca
Sat. Oct. 15 1 – 3 pm	Family Movie Saturday: Wallace and Gromit Bring your kids to the Public Library and settle in for a free, family-friendly afternoon movie! Seating is first-come, first-served, so get there early, and don't forget to bring your own snacks! The classic British series comes to the big screen as Wallace and his loyal dog, Gromit, set out to discover the mystery behind the garden sabotage that plagues their village and threatens the annual giant vegetable growing contest.
Sat. Oct. 15 1.30 – 4 pm	Buy Local PG: the unTradeshow This unTradeshow, brought to you by Community Futures, includes a pop-up store, buy-local map and prizes. Join in to learn how easy it can be to shift just 10 percent of your spending to buying local and just how big of an impact this can have on your community. Venue: various locations around town.

Sat. Oct. 15 6 – 10 pm	Bowl for the Goal: A Ghoulish Night of Bowling Terror Join the Native Courtworker & Counselling Association of BC as they raise funds for a program in support of our youth in the community who are a high risk or at risk of becoming involved in gang life. Venue: Black Diamond Lanes (1241 5 th Ave). Price: \$20 in advance, \$25 at the door (includes 3 games, shoe rental and snacks). 50/50 draw and prizes to be won!
Oct. 15 – 16 11.45 am (Sat) – 3.30 pm (Sun)	Cluculz Bluegrass & Country Jamboree 14th Anniversary Two days of acoustic bluegrass & Old Country music performed by local & regional groups. The kitchen is open all day for light meals & snacks, dinner is available at 5 pm on Saturday. Venue: Cluculz Lake Community Hall - 40 miles West from PG or 29 miles East from Vanderhoof on Hwy 16. Turn on to Lund Road for ¼ mile. There is plenty of room for parking & lots of space for RV's. There is no charge to park your RV. Admission: \$20. Tickets available at the door. Contact: George Garbutt at (250) 441-3365 or gwg222@gmail.com
Sun. Oct. 16 2 pm	Stan Chung - Reading and Signing Global Citizen Stan Chung's Global Citizen asks hard questions about what it actually means to be a global citizen and how individual decisions made here in Canada affect the rest of the world. How do we make a difference to people who are uneducated, malnourished, victimized by patriarch and colonization, made destitute by desertification, without becoming seduced by colonizing tendencies? Will our individual actions make a difference? Or is the concept of individual action just another way in which true power and authority divert us from the truth? Come out for a night of provocative questions and thoughtful answers about our individual places in the world! Venue: Cafe Voltaire at Books & Company (1685 3 rd Avenue). Admission: \$0.00 Contact: (250) 563-6637 or booksandcompanyevents@gmail.com
Mon. Oct. 17	Elder Tea at Heather Park and Nukko Lake. Sign up with Cheryl.
Tue. Oct. 18	Feast Training @ UNBC Room 5-122
Tue. Oct. 18 2.30 – 4 pm	Adult Computer Classes: Basic Computers 2 Know a little and want to learn more? This is the class for you! Venue: Bob Harkins Branch. FREE! Register by calling (250) 563-9251 ext. 140.
Wed. Oct. 19 9.30 am – 12 pm	All Nations Elders: Cultural Craft Session 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
Thu. Oct. 20	Lheidli T'enneh Elder Meeting
Thu. Oct. 20 3 – 9 pm	All Nations Feast Venue: UNBC Gathering Place 5-123 & 5-121 classroom
Sat. Oct. 22	Halloween Spooktacular Huble Homesteads Annual Spooktacular is back to send shivers down your spine! There's fun for the little ones and a scary side for the brave at heart with entertainment, trick or treating, pumpkin carving, and of course, the House of Horrors! Family admission is just \$10, with house tours at \$3/person. Remember your

	flashlights, warm clothes and waterproof shoes. Contact: (250) 564-7033
Sun. Oct. 23 5 pm	Elder Citizens Recreation Association: Authentic Italian Dinner Cocktails from 5 – 6 pm, dinner at 6. Served by charming Italian waiters. Admission: \$20. All tickets pre-sold. Reserve your table now at ECRA office (1692 10 th Ave). Contact: (250) 561-9381 or eldercitizens@shaw.ca .
Mon. Oct. 24 7 pm	Safe Water Panel Join members of the Prince George Safe Water Coalition for a discussion of water safety in PG and the surrounding area. Venue: Cafe Voltaire at Books & Company (1685 3 rd Ave). Admission: \$0 Contact: (250) 563-6637 or booksandcompanyevents@gmail.com
Tue. Oct. 25 2.30 – 4 pm	Adult Computer Classes: Love Your Laptop It's time you learned to use your laptop to the fullest potential. If you think you love it now, just wait until you've finished this class! Venue: Bob Harkins Branch. FREE! Register by calling (250) 563-9251 ext. 140.
Fri. Oct. 28 10 am – 2 pm	Rattle Making Workshop @ UNBC First Nations Students with assistance from the Elders.
Sat. Oct. 29	Halloween Spooktacular Be prepared to be Spooked! Discover the hidden goblins and ghosts at every turn! Wear your costume to the Railway & Forestry Museum to get into the Halloween spirit! Contact: (250) 563-7351 or www.railandforestmuseum.com
Sat. Oct. 29 7 pm	Improv Ad Nauseum's Curse of Halloween Show Improv is back with a Halloween themed show. In addition to the improvised theatre comedy show we will have prizes for the best and worst costume, best couples costume, grossest and least expensive. Venue: The Twisted Cork (1157 5th Ave). Admission: \$12.50. Tickets at door.
Mon. Oct. 31	Ghostly Hallowe'en Town Tour Dare to explore spooky main street and the haunted house; refreshments, activities and fireworks to follow.
Mon. Oct. 31	Baking Exchange Deadline 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 .
Wed. Nov. 2 10 am – 1 pm	All Nations Elders: Sharing Circle & Potluck Venue: Moose Hall (663 Douglas Street) Meeting is potluck style, feel free to bring a dish. Contact: (250) 562-6325.
Wed. Nov. 9 10 am – 3 pm	Metis Day at UNBC Venue: Bentley Centre 7-170/172 & hallway
Wed. Nov. 16 9.30 am – 12 pm	All Nations Elders: Cultural Craft Session 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

Volunteer Opportunities

CNIB Looking for volunteers for occasional social visits with local clients, help with shopping or getting to appointments, organizing in the home and reading. Orientation provided, criminal record check & references required. Prefer one year commitment. Contact: anne.mcnicol@cnib.ca or (250) 563-1702.

Huble Homestead Historic Site Volunteers for the annual Halloween Spooktacular needed! Jobs include theatrical positions in the house of horrors and outside, craft leaders, kitchen helpers, and extra hands for set up and take down. Oct. 21, 22, and/or 23. Contact: admin@hublehomestead.ca or (250) 564-7033.

Northern Family Health Society Childminding volunteers needed on Mon 1-2.30 pm, Thurs from 11-1 pm and on Fri 10-1 pm these are weekly needs the volunteer(s) would have to do a criminal record check. Also for the odd Wed in a month. Contact: Kristina at (250) 561-2689 ext. 33 or reception@nfhs-pg.org

PG Cougars Hockey Club We are in need of a few billet families for our players this season. If anyone is interested in becoming part of the Cougars family please contact the Cougars office at (250) 561-0783 for more information or stop by our office in the CN Centre to pick up an information package.

PG Cougars Hockey Club Guest Services Volunteers: scan tickets, attend to doors, help direct fans and ensure fans a safe, enjoyable experience at our games. Promotions & Marketing Intern Volunteers assist with planning promotions, group ticket sales and game night activities. They gain experience in sports marketing and event planning. Contact Brandi (250) 561-0783.

PG Public Library Home Service Program is urgently seeking volunteers to deliver library materials to the home-bound in care homes, houses and apartments. The volunteers work in pairs on Thursday morning, mid-September to mid- June; a car is a must. Some lifting is required. We currently have a urgent need for volunteers willing to work on either a regular weekly or on-call basis when our regular volunteers are unavailable. Contact Gina at (250) 563-9251 ext. 123.

Positive Living North Fire Pit Cultural Drop-In Centre is looking for donations of working sewing machines to be used by our patrons to make quilts and blankets for the winter. Also looking for knitting, crochet, and rug hooking or related supplies. Feel free to drop by at 1120-3rd Ave to visit or volunteer. Contact Cori or Robert (250) 563-6113.

Positive Living North Looking for anyone with Hair Stylist skills to volunteer to cut hair for our Patrons who want to put their best foot forward in search for employment, housing and just feeling their best. Contact Cori or Robert (250) 563-6113.

Positive Living North Volunteers needed at the Fire Pit, 1120-3rd Ave to help prepare meals, serve lunch, assist with arts & crafts & more. Contact Cori at (250) 563-6113.

University Hospital of Northern BC Looking for a volunteer 2hrs/week from September to May to support a young woman with Down's Syndrome to continue in the Junior Volunteer Program. She has already worked 2 years with us, but her helpers have gone on to work and university. Someone reliable who understands a bit about Down's Syndrome would be helpful. Police record check req'd. Contact Lauren (250) 565-2525.

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:

Product	Size	Save
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

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.

Sophia Loren