

# ELDERS ROCK



## Reviving Our Cultural Knowledge

Volume 3, Number 11 NOVEMBER, 2011

ALL NATIONS ELDERS NEWSLETTER

### Welcome

We are pleased to present the November 2011 edition of the All Nations Elders newsletter, Elders Rock. We hope that this monthly newsletter will help to keep you informed about upcoming events and opportunities for the Elders. If you have any comments on how we can improve the newsletter or news that you would like us to include in the next issue, please contact Laura or Joyce.

### About the All Nations Elders

The All Nations Elders is a group that is open and inclusive to all Elders, regardless of ethnicity and age. Youth are encouraged to participate.

### Happy Birthday November Elders

Happy Birthday to the Elders born in November! The November birth flower is the Chrysanthemum, which represents cheerfulness.

### Remembrance Day

They shall grow not old, as we that are left grow old:

Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning. We will remember them.

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### Metis Day at UNBC: Nov. 10<sup>th</sup>

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

### Flu Shot Clinics

Don't forget to get your flu shots!

I do not think the measure of a civilization is how tall its buildings of concrete are, but rather how well its people have learned to relate to their environment and fellow man.

*Sun Bear of the Chippewa Tribe*

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

## **Agenda, News & Community**

### **“Sharing Our Stories” Booklet**

We are handing out templates for the updated booklet, “Sharing Our Stories”. Last month’s templates included; ‘Family Heritage’, ‘Then and Now’, ‘Special Holiday Memories: Halloween’ and ‘Special Holiday Memories: Thanksgiving’. We would like to hear your stories, poems, letters, recipes, essays, on any topic!

### **PGSS Aboriginal Enhancement Schools Network (AESN) Committee**

Seeking Storytelling History and/or Lahal instructors for the following dates: November 9<sup>th</sup>, November 23<sup>rd</sup> and December 7<sup>th</sup>. Seeking Drumming and Singing Instructors for the following dates: March 7<sup>th</sup>, March 14<sup>th</sup> and March 29<sup>th</sup>.

Please contact Ms. Jennifer Pighin at (250) 562-6441 ext. 640 if you are interested and available for one of these dates.

### **BCAA Dry Grad Video Challenge!**

*Share this with any youth that you know.* If you’re a grade 12 student in BC or the Yukon during the 2011/2012 school year, the \$4,000 BCAA Dry Grad Video Challenge is an opportunity for you to create a video message that speaks to other students about the dangers of driving under the influence of alcohol or drugs, inspire them to make responsible choices and not drive while impaired.

Then submit your video for the chance to win up to \$4,000 for your school’s dry grad celebrations! One video entry per person or group/team. All entries must be received by 5 pm (PST), November 14, 2011

### **Gateway's Great Toy Giveaway: Saturday December 17<sup>th</sup>**

*Share this information with any low-income families you might know.* Last Christmas our church was able to bless hundreds of children in our city through our Great Toy Giveaway; and this year we are doing it again. There are often children, right in Prince George who go without Christmas gifts. We want to offer hope and dignity to families that may be experiencing a current or ongoing financial crisis in their lives. We will be hosting the Great Toy Giveaway with a Winter Wonderland theme at Gateway Christian Ministries.

The event will run twice. We are inviting any of the children and their families in Prince George to attend that would be considered to come from low income and needy homes. The event will include games, carnival style booths, snacks, prizes and other exciting activities. At the end of the party, we will be giving each child a Christmas gift valued between \$25 and \$40.

For more information on how to register for this event or how to contribute towards this event please visit our website below. Free of charge but must pre-register beginning November 1<sup>st</sup> by calling (250) 563-1003. Please note, registration is available on a first come first serve basis. Contact: [kkostamo@gatewaycm.ca](mailto:kkostamo@gatewaycm.ca) Website: <http://www.gatewaychristianministries.com/>

## Flu Shot Clinics

Public Health Clinics are being held in communities across the North. The seasonal influenza vaccine is free and recommended for the following groups of people:

- Persons 65 and older
- Residents of long-term care homes
- Persons with chronic diseases/health conditions:
  - Cardiac or pulmonary disorders
  - Diabetes and other metabolic diseases
  - Cancer; immunodeficiency; immunosuppression
  - Chronic kidney disease and liver disease
  - Anemia and hemoglobinopathy
  - Respiratory conditions
- Healthy children aged 6 to 23 months
- People (6 months – 18 years) who are treated with ASA for their conditions
- Household and regular child care contacts of children aged 0 to 23 months
- Household contacts of someone who is at high risk.
- Pregnant women who will be in their 3<sup>rd</sup> trimester during flu season (Nov. to Apr.)
- Aboriginal peoples (on and off Reserve) for the 2011-2012 influenza season
- People who are very obese (those with a body mass index of 40 or greater)
- Inmates of provincial correctional institutions
- People working directly with live poultry
- Health care workers or people with contact with people in a high risk group
- First responders (police officers, fire-fighters and ambulance crews)
- Corrections Officers
- People who provide care/service in potential outbreak settings housing high risk persons (e.g., crew on ships)

For more information, please call 8-1-1 or 1-877-804-7754.

**Pneumococcal vaccine** is also available to high-risk individuals to prevent influenza-related pneumonia. Ask your health care provider if you also need this vaccine.

### **DROP IN DATES/TIMES**

November 4, 18, 25, December 2, 9, 16, 23, 30 and January 6, 13, 20, 27  
Northern Interior Health Unit (1444 Edmonton St.), 9 am to 4 pm

Nov. 5: Pine Center Mall (Massey Dr.), 10 am to 4 pm

Nov. 7: Hart Pioneer (6986 Hart Hwy.), 9 am to 3 pm

Nov. 10: Seniors Activity Center (435 Brunswick St.), 9 am to 3 pm

## **Aboriginal 'Crisis' Must Be Stopped**

By Kristy Nease, Ottawa Citizen September 25, 2011

Many First Nations communities in northern Ontario are facing a "crisis situation" that is quickly deteriorating and will continue to do so if Canadians don't take notice and help, says James Bartleman.

During a Saturday night talk at Parkdale United Church, Ontario's former Lieutenant-Governor pleaded with the audience of about fifty to attempt "to understand what's below the surface" when they see homeless or struggling First Nations people, or hear their stories.

Cycles of abuse which began with the first generation of Residential School students continue even now, decades after their closing and have to be addressed if rampant youth suicide rates are ever going to be curbed.

And the lackluster education system in most Reserves isn't helping the situation, either.

Bartleman said Canada can't continue to call itself a moral or just nation while its Aboriginal children are afforded only 80 percent of the educational resources of White children living off Reserves. He believes literacy can go a long way to help solve the problems facing First Nations children, especially in northern communities where suicide is rampant and the issues are largely overlooked by the majority of Canadians.

Too many communities don't have drinking water. Half of their homes are growing mould. Tuberculosis is coming back, and obesity rates are about triple the rate of off-Reserve communities, he said.

"And I say that they (First Nations peoples) are invisible because every day, or almost, a major story appears in the media about Native living conditions, and nothing is done about it," he said. "The Canadian auditor general has sent more than two dozen reports to the House of Commons, calling for action on a whole range of issues, but these reports have been ignored."

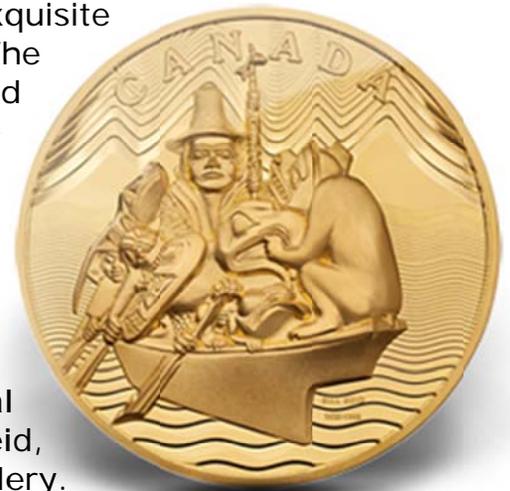
His latest book, "As Long as the Rivers Flow", focuses on the lasting impact of the Residential School system in Canada and the alarmingly high rates of youth suicide in Ontario.

Bartleman recalled being invited to northern communities where he sometimes heard that as many as three young people had killed themselves in quick succession. When he asked why he was often told, "Because they had no hope."

During question period, Algonquin Elder Annie Smith St. Georges walked up to the podium. "I was very moved," she said to Bartleman, then paused. Her eldest of four sons committed suicide years ago, she shared with the audience. "I lost generations and generations of my people," she said. "He has taken with him generations of my people away."

## **Royal Canadian Mint issues shining tribute to Bill Reid with a ten-kilo 99.999% pure gold coin featuring The Spirit of Haida Gwaii**

The Royal Canadian Mint is proud to announce it has crafted the world's first 10-kilo 99.999% pure gold coin and that this exquisite numismatic creation has been dedicated to Bill Reid's *The Spirit of Haida Gwaii*; one of the most celebrated masterpieces of Canadian art. The bold contours of the sculpture commissioned in 1985 for the Canadian Embassy in Washington, D.C., are precisely captured in an ultra-high relief engraving, unique in the world of numismatic art for its sculptural quality. This first-ever Canadian coin to bear a \$100,000 face value was unveiled at the Bill Reid Gallery for Northwest Coast Art in Vancouver, BC by Mr. James B. Love, Chair of the Royal Canadian Mint's Board of Directors and Dr. Martine Reid, Ph.D., Director of Research and Content at the Bill Reid Gallery.



"For more than 20 years, Bill Reid's *The Spirit of Haida Gwaii* has epitomized Canadian First Nations art and the Royal Canadian Mint is proud to have chosen this icon of Canadian culture as the subject of its first 10-kilo pure gold collector coin," said Ian E. Bennett, President and CEO of the Royal Canadian Mint. "As the Mint continues to elevate the art and science of coin manufacturing, it will continue to engineer and handcraft coins which set new benchmarks for our industry while celebrating the best of Canadian culture, heritage, and values."



"Of all the materials Bill Reid worked with, red cedar and gold were his favorite and he particularly loved to work with 22-karat gold for its properties: color, malleability, softness, warmth and luster," said Dr. Martine Reid, Ph.D., Director of Research and Content at the Bill Reid Gallery of Northwest Coast Art. "All those who knew and worked with him think he would have been delighted by the Royal Canadian Mint's bold tribute to *The Spirit of Haida Gwaii* on a stunning 10-kilogram coin made of the purest gold in the world."

The powerful image of *The Spirit of Haida Gwaii* was captured on the Mint's first 10-kilo gold coin by now retired Mint Master Engraver Cosme Saffioti. Inspired by the imposing scale of Bill Reid's masterpiece, he manually engraved a faithful recreation, using traditional techniques, to an ultra-high relief rarely achieved in the world of coin making. The result is a meticulously detailed sculpture of 99.999% pure gold, honouring the original in a spectacular new form. This extraordinary coin was struck at the Mint's Ottawa facility, using the same 2,500 tonne press from which the Vancouver 2010 Winter Games athlete medals were produced.

No more than 15 of these exclusive coins will be crafted for collectors of both fine art and of the finest gold in the world. Its price is a combination of the gold market rate at the time of purchase, plus a premium for its manufacturing and very limited mintage.

The engraving of Bill Reid's masterpiece appearing on the reverse of this coin is beautifully highlighted in a proof finish, contrasting the sculpture's image in a satin finish set against a brilliant, mirror-like background. The obverse of the coin, also finished in proof quality, features the effigy of Her Majesty Queen Elizabeth II created by portrait artist Susanna Blunt in 2003.

In 1985, Vancouver architect Arthur Erickson commissioned Bill Reid to produce a sculpture for the new Canadian Embassy in Washington, D.C. The result was The Spirit of Haida Gwaii: The Black Canoe, which is cast in bronze and represents Reid's largest and most complex sculpture standing almost four metres in height and weighing 4,900 kilos. A second casting, named The Jade Canoe, graces the terminal of the Vancouver International Airport, while the original plaster pattern of the monument is displayed at the Canadian Museum of Civilization in Gatineau, Quebec.

The Spirit of Haida Gwaii 10-kilo pure gold collector coin is available directly from the Mint at 1-800-267-1871 in Canada or at 1-800-268-6468 in the US. Interested buyers may also inquire about this coin at the Royal Canadian Mint's boutiques in Ottawa, Winnipeg and Vancouver. More information is available at [www.mint.ca/10kilo](http://www.mint.ca/10kilo).

### ***SPECIAL FEATURES***

- No more than 15 of these exclusive coins will be crafted for collectors of both fine art and of the finest gold in the world. Its price is a combination of the gold market rate at the time of purchase, plus a premium for its manufacturing and very limited mintage.
- The world's first 10-kg gold coin at 99.999% purity
- The world's highest denomination 10-kg gold coin (\$100,000 face value)
- The Royal Canadian Mint's highest denomination non-circulation coin
- The Royal Canadian Mint's second highest denomination coin after the \$1,000,000 gold bullion coin produced in 2007
- Hand-polished to perfection
- No more than 15 of these exclusive coins will be crafted for collectors of both fine art and of the finest gold in the world. Its price is a combination of the gold market rate at the time of purchase, plus a premium for its manufacturing and very limited mintage.
- Proudly Canadian: the design and the production of this coin, the elegant collector's box made of Canadian walnut wood, the hardcover book accompanying the coin were all developed and made in Canada

## Indian Baby Picked as World's 'Seven Billionth' Person

31 October 2011

BBC News



A baby born in India has been declared the world's seven billionth person by child rights group Plan International.

Baby Nargis was born at 07:25 local time in Mall village in India's Uttar Pradesh state.

Plan International says Nargis has been chosen symbolically as it is not possible to know where exactly the seven billionth baby is born.

The United Nations estimated that on Monday 31 October, the world's population would reach seven billion.

However, the UN itself has decided not to identify a specific child as the seven billionth person.

The UN Secretary General, Ban Ki-moon, told a news conference marking the occasion that the milestone was not about one newborn baby but about the entire "human family".

He warned of rising public anger in the world's population and a loss of faith in governments and public institutions to do the right thing.

"Our world is one of terrible contradictions," he said. "Plenty of food but one billion people go hungry. Lavish lifestyles for a few but poverty for too many others."

He said he would take a message to the leaders of the G20 leading economies who are due to meet in Cannes later this week. "Think about our children, think about the future with vision and foresight."

He said he would call for the world's poor not to be forgotten in a time of economic austerity and for women and young people to be given a proper voice in their future.

In addition to baby Nargis in India, Bangladesh, the Philippines and Cambodia have all identified seven billionth babies.

### Good Luck

Every minute, 51 babies are born in India, 11 of them in the most populous state, Uttar Pradesh.

Nargis was born to Vinita and Ajay Kumar on Monday morning in a small government-run hospital in Mall village, nearly 50km (31 miles) from the state capital, Lucknow, a Plan International official told the BBC.

The daughter of a poor farmer, Nargis was chosen as the seventh billionth baby to focus attention on the ills of female foeticide and India's skewed sex ratio, the organisation said.

Hundreds of thousands of female foetuses are aborted in India every year, even though sex-selective terminations and the use of ultrasound technology for foetal sex-determination are illegal there.

Photos of baby Nargis were shown at a function attended by nearly 250 villagers at the hospital, the BBC's Ram Dutt Tripathi reports from Mall.

Health officials presented the birth certificate to her father at the event.

"We were praying all along for a daughter," Ajay Kumar said. "She is Lakshmi [Hindu goddess of wealth], she will bring us good luck," he said.

A street play staged at the event on the importance of the girl child saw many moist eyes among the audiences, our correspondent says.

The person chosen by the UN as the world's symbolic six billionth person, Adnan Mevic, is now 12 years old.

He was photographed in hospital in 1999 with the then UN Secretary General Kofi Annan.

His family are living in relatively poor conditions in the Bosnian capital, Sarajevo, and have expressed disappointment that since they were visited by Mr Annan, they have heard nothing more from the UN.

It is thought that this could be one reason why the UN has decided not to name a seven billionth child.

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### **Interesting Links:**

Photo-essay, "what do seven billion people look like?"

[http://photoblog.msnbc.msn.com/\\_news/2011/10/24/8401161-what-do-7-billion-people-look-like?email=html](http://photoblog.msnbc.msn.com/_news/2011/10/24/8401161-what-do-7-billion-people-look-like?email=html)

Where you rank in the world's birth order:

<http://www.bbc.co.uk/news/world-15391515>

"7 Billion and Me", an interactive page that allows you to relate how the world's population reaching 7 billion affects you.

<http://www.7billionandme.org/>

## Blueberry River First Nations Goes To Court to Protect Hunting Rights

Blueberry River First Nations has been forced to bring legal action to protect their rights to their guide outfitting territory, which covers an area surrounding Pink Mountain.

Blueberry paid close to \$1 million for their guiding certificate in 1999. In 2006, Blueberry retained hunting guide Dustin Roe to hold the guiding certificate on the First Nation's behalf. Blueberry's business relationship with Dustin Roe and his family's guiding company, MVP Outfitters, has come to an end, but Roe has refused to relinquish the guiding certificate. The Provincial Ministry of the Environment has refused to transfer the certificate for the guide outfitting territory back into Blueberry's control without Mr. Roe's consent.

"We are frustrated that outsiders are challenging our community's right to an important economic development initiative in our territory" said Blueberry River First Nations Chief Joseph Apsassin. "We purchased the guiding certificate with the understanding that it would benefit our people. We won't let Mr. Roe and MVP Outfitters deprive our people, or use our territory without our permission and over our objections. We have brought a claim in the Supreme Court of British Columbia to enforce our legal rights."

Non-residents hunting big game in BC must be accompanied by a licensed guide outfitter, or resident hunter who holds a special license. A guide outfitting certificate gives its holder exclusive control over guide outfitting in the associated territory.

Blueberry is concerned that any hunters booking hunts within Blueberry's territory through MVP should know that any such bookings are happening over Blueberry's objections and are conditional upon a guiding certificate that is the subject matter of a legal proceeding.



# Risk Factor & 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=141&toc=1>

## Vegetables and Fruit

Vegetables and fruit are an important part of healthy eating. Vegetables and fruit are:

- An excellent source of vitamins and minerals
- High in fibre
  - Fibre helps keep the digestive system healthy. It increases the bulk of stools and speeds up the movement of food through the colon, possibly reducing the absorption of potential [carcinogens](#) by the lining of the colon.
- Low in fat and calories
  - A diet that includes vegetables and fruit instead of higher fat, higher calorie foods can help you get to and stay at a healthy weight, which reduces the risk of a number of cancers.
- Sources of antioxidants, phytochemicals and other compounds that may help protect against cancer and other diseases.

Eating vegetables and fruit may offer some protection against certain types of cancer and against other chronic diseases. It is a combination of factors that may make vegetables and fruits protective against cancer. More studies are needed to clearly show the extent of the protective effect of eating more vegetables and fruit.

Research shows that a diet high in non-starchy vegetables may reduce the risk of some cancers, such as stomach (gastric), mouth (oral), pharyngeal, laryngeal and esophageal cancer. Non-starchy vegetables are generally lower in carbohydrates and calories than starchy vegetables (such as potatoes). Examples of non-starchy vegetables include:

- |               |            |                 |
|---------------|------------|-----------------|
| • artichokes  | • lettuce  | • peppers       |
| • asparagus   | • okra     | • rutabaga      |
| • bok choy    | • cabbage  | • spinach       |
| • broccoli    | • carrots  | • summer squash |
| • cauliflower | • eggplant | • tomatoes      |
| • cucumber    | • zucchini | • turnip        |

Other non-starchy vegetables, such as garlic, onions and leeks (Allium vegetables), may also reduce the risk of stomach cancer. Garlic may protect against colorectal cancer.

Research shows that a diet high in fruit may reduce the risk of some cancers, such as stomach (gastric), mouth (oral), pharyngeal, laryngeal, esophageal and lung cancer.

Many Canadians do not eat enough vegetables and fruit. Vegetables and fruit along with other foods give your body a balance of vitamins and minerals. The best way to get the

nutrition and health benefits of vegetables and fruit is through food, not vitamin pills. Vitamin and mineral pills cannot take the place of a healthy diet that includes a variety of vegetables and fruit.

**Reducing Your Risk**

Eating a variety of vegetables and fruit each day is one key step to healthy eating. If fresh vegetables and fruit are not in season or cost too much, choose frozen, canned or dried. They can be just as healthy.

One serving of vegetables or fruit	What the serving size looks like
a medium-sized vegetable or piece of fruit	a tennis ball
1/2 cup chopped vegetables or fruit	a computer mouse
1 cup salad greens	a fist
1/4 cup dried fruit	a golf ball
1/2 cup vegetable or fruit juice	a small juice glass (3 shot glasses)

Fruit and vegetable drinks, cocktails, beverages and punches do not count as real juice because they contain only a small amount of real fruit or vegetable juice along with sugar and other liquids. Check the label.

The recommended number of servings per day may differ depending on age, sex and activity level. Adults aged 51+ need about 7 fruits and vegetables per day.

	Children			Teens		Adults			
	2-3	4-8	9-13	14-18 Years		19-50 Years		51+ Years	
	Girls and Boys			Female	Male	Female	Male	Female	Male
<b>Vegetables and Fruit</b>	4	5	6	7	8	7-8	8-10	7	7
<b>Grain Products</b>	3	4	6	6	7	6-7	8	6	7
<b>Milk and Alternatives</b>	2	2	3-4	3-4	3-4	2	2	3	3
<b>Meat and Alternatives</b>	1	1	1-2	2	3	2	3	2	3

## Antioxidants

Antioxidants are chemical substances in many foods. Antioxidants protect the body's cells and tissues from free radicals, which are made when our bodies use oxygen. Free radicals can damage cells, which may lead to cancer. Antioxidants are thought to help protect cells by removing free radicals before they cause damage.

Certain vitamins and minerals found in many foods, especially vegetables and fruit, act as antioxidants. Vitamin C, vitamin E, beta carotene and selenium are antioxidants. It is best to choose foods with these vitamins and minerals, rather than take vitamin and mineral supplements (pills). Researchers say that it may not be only the vitamins and minerals that help protect against cancer but the special forms of these vitamins or minerals in foods or their combination with other substances in foods.

### *Sources of Common Antioxidants*

<b>Antioxidants</b>	<b>Food source</b>
Beta Carotene *	Orange-coloured foods such as sweet potatoes, carrots, squash, pumpkin, peaches and mangoes. Some green leafy vegetables like spinach and kale.
Vitamin A	Liver, egg yolks and milk.
Vitamin C	Many vegetables and citrus fruits such as broccoli, tomatoes, oranges and grapefruit.
Vitamin E	Nuts and seeds. Many oils such as safflower, corn and soybean. Mangoes, Swiss chard and sweet potatoes.
Lutein *	Green leafy vegetables like collard greens, spinach and kale.
Lycopene *	Tomatoes and tomato products (such as tomato juice and tomato sauce), watermelon, guava, papaya, apricots, pink grapefruit.
Selenium	Rice and grain products such as wheat germ and wheat bran. Brazil nuts, chicken and fish.

\*Beta carotene, lutein and lycopene are carotenoids. Carotenoids are compounds that also have antioxidant benefits.

### **Tea**

Black and green teas are also rich in antioxidants. Some research suggests that tea may help protect against cancer because of these antioxidants, however the research comes mainly from animal studies. The same activity has not been consistently observed in human studies, so more research is needed to study the cancer preventative effects in humans.

Since tea has less caffeine than coffee, you can enjoy tea more often. Herbal teas are made up of flowers, herbs or spices. Some herbal teas can be enjoyed as a caffeine-free drink, but they do not offer the same antioxidant benefits as green or black tea.

It is a good idea to eat a variety of foods that contain antioxidants. Make sure to eat a variety of vegetables and fruit daily to get the best mix of antioxidants.

## Phytochemicals

Phytochemicals are natural compounds found in plants. All vegetables and fruit and many grains contain phytochemicals. They give vegetables and fruit their colour. Some phytochemicals act like antioxidants. Some types of phytochemicals are:

- carotenoids (beta carotene, lycopene and lutein)
- flavonoids
- indoles
- isoflavones

Phytochemicals may help reduce the risk of cancer, but there is still a lot that is not known about the activity of phytochemicals and their protective effects.

The best way to benefit from the different phytochemicals is to eat a variety of vegetables, fruit and grains each day. Dark green and orange vegetables and orange fruit are rich in phytochemicals.

Some examples of foods containing high amounts of phytochemicals are:

- Vegetables such as broccoli, cabbage and cauliflower.
- Dark green vegetables such as spinach.
- Orange and yellow vegetables and fruit.
  - Sweet potatoes, squash and peppers.
  - Cantaloupe, mango and pumpkin.
- Citrus fruits
  - Oranges
  - Grapefruit
- Berries
- Tomatoes
- Grains such as oats, barley, flax and rye
- Soy-based foods such as tofu, soy milk, soybeans and soy nuts
  - Soy contains weak estrogen-like phytochemicals called phytoestrogens. Women who have certain types of cancer that are influenced by estrogen, such as breast cancer, should talk to their healthcare team if they have questions and are unsure about using soy products. It is not certain what effect phytoestrogens have on women with breast cancer.

Next month's article will be about cancer reduction strategies and dietary fat.

## Healthy Recipes of the Month:

### Broccoli Buffet Salad

Serve this colorful any-time-of-year salad as a first course, or as a main course with an omelet, soup or grilled meat or chicken. Use mild red onion or a sweet white onion.

#### Ingredients:

- 1 large** bunch broccoli (1½ lb/ 750 g)
- 1½ cups** thickly sliced small mushrooms
- 1 cup** crumbled feta cheese
- ½ cup** thinly sliced onion, separated in rings
- 2 tbsp.** toasted sliced almonds
- 3 tbsp.** water
- 2 tbsp.** olive oil
- 2 tbsp.** lemon juice
- 1 clove** garlic, minced
- ½ tsp.** crumbled dried oregano leaves
- ¼ tsp.** each salt and pepper

Nutrition Facts	
8 servings, 1 cup each	
Calories:	108
Protein:	5 g
Dietary Fibre:	2 g
Sodium:	263 mg
Potassium:	
Total Fat:	8 g
Saturated Fat:	3 g
Cholesterol:	14 mg
Carbohydrates:	6 g

**Salad:** Trim ends of broccoli. Cut into florets. Peel stalks and cut into inch long strips about ¼" wide to make 6 cups. In a large pot of rapidly boiling water, cook broccoli for 2 minutes; drain and rinse under cold running water. Dry with paper towels. Place in a salad bowl and toss with mushrooms, cheese and onion.

**Dressing:** Combine water, oil, lemon juice, garlic and oregano, mixing well; pour over vegetables and toss to mix. Season with salt and pepper; toss again. Sprinkle with almonds over top. Salad and dressing can be made ahead of time and refrigerated, pour dressing over salad before serving (or broccoli will lose its color).

### Old Fashioned Indian Pudding

#### Ingredients:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><b>6 cups</b> water</li> <li><b>1 tsp.</b> salt</li> <li><b>1 cup</b> cornmeal</li> <li>Butter, to taste</li> <li>Molasses, to taste</li> <li>Milk, enough to thin</li> </ul> | <p>This recipe is simple but it tastes great and is a wonderful addition to anyone's recipe file. If you end up with extra mush, simply scoop it into a loaf pan, and put it into the refrigerator. The next morning, cut the loaf into slices, and fry it with butter. Serve like pancakes or French toast with syrup or even ketchup. Cornmeal mush is also great fried in bacon grease or served with gravy.</p> |
|--|---|

**Preparation:** In a saucepan, bring water to a boil over high heat. Add salt. Slowly sprinkle in the cornmeal, stirring the entire time. Allow the cornmeal mush to bubble softly for about thirty minutes. The mush will be hard to stir by the time it is done. If it's too dry, add a little more water to the mix. Serve with a dollop of butter, another dollop of molasses (or your favourite sweetener) and a little milk.

## Quotes, Proverbs & Teachings

### Elders Meditation

"But we have to stick by the wisdom of our ancestors." Paula Weasel Head

A long time ago the Elders and our ancestors learned to walk on the Earth and to live in harmony. They were taught the laws which govern everything, and they were taught traditional values. This wisdom should be made available to the younger generations. We need to speak to the Elders and learn from them. We need to do this so we can pass the knowledge on to our children.

*My Creator, help me learn the wisdom of my ancestors.*

### Teaching: Circle

You have noticed that everything an Indian does in a circle and that is because the Power of the World always works in circles and everything and everything tries to be round.

In the old days all our power came to us from the sacred hoop of the nation and so long as the hoop was unbroken the people flourished. The flowering tree was the living center of the hoop, and the circle of the four quarters nourished it. The east gave peace and light, the south gave warmth, the west gave rain and the north with its cold and mighty wind gave strength and endurance. This knowledge came to us from the outer world with our religion.

Everything the power of the world does is done in a circle. The sky is round and I have heard that the earth is round like a ball and so are all the stars. The wind, in its greatest power, whirls. Birds make their nests in circles, for theirs is the same religion as ours.

The sun comes forth and goes down again in a circle. The moon does the same and both are round. Even the seasons form a great circle in their changing and always come back again to where they were.

The life of a man is a circle from childhood to childhood, and so it is in everything where power moves. Our teepees were round like the nests of birds, and these were always set in a circle, the nation's hoop, nest of many nests, where the Great Spirit meant for us to hatch our children.

Black Elk, Holy Man of the Oglala Sioux 1863-1950

## Quotes

You are more important than your problems.

*Jose Ferrer*

The very best thing you can do for the whole world is to make the most of yourself.

*Wallace Wattles*

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.

*Albert Einstein*

Find something you're passionate about and keep tremendously interested in it.

*Julia Child*

The game of life is not so much in holding a good hand as playing a poor hand well.

*H.T. Leslie*

You don't need anybody to tell you who you are or what you are. You are what you are!

*John Lennon*

Nobody will think your somebody if you don't think so yourself.

*African-American Proverb*

# Aboriginals and the Canadian Military

CBC News

Canada's Aboriginal people have been fighting for this country on the front line of every major battle, going as far back as 1812.

Then, the great warrior Tecumseh led the Six Nations in alliance with the Canadians and the British against the Americans in the War of 1812.

But it was during the South African War in 1899, or the Boer War, that First Nations people enlisted as private soldiers in the military forces of Canada for the first time. They fought as Canadian soldiers, shoulder to shoulder with Britain and its allies.

This tradition of military service continued into the 20th century. Although figures are hard to pinpoint, it is estimated that more than 7,000 First Nations people served in the First and Second World Wars and the Korean War and an unknown number of Inuit, Métis and other native peoples also participated.

## First World War

In the First World War, Canadian Aboriginal soldiers earned many medals and participated in every major land battle. The total number of native volunteers is unknown, as Inuit and Métis military volunteers weren't always counted in the records, but it is estimated more than 4,000 Aboriginal people in Canada left their homes and their families to fight in the First World War.

That figure accounts for one in three able-bodied First Nations men, according to Veterans Affairs Canada. The number carries even more weight, as Native peoples were exempt from conscription at that time. During that war alone, at least 50 medals were awarded to Aboriginal people in Canada for their bravery and heroism. The Department of Indian Affairs received scores of letters from the front commending Native marksmen and scouts. Aboriginal Canadians contributed in monetary ways too, donating at least \$44,000 toward war relief. Although many Aboriginal people supported military involvement, it was not fully accepted. For example, some band councils refused to help the Allied war effort unless Great Britain acknowledged their bands as independent nations. That recognition was not granted.

Still, the Native community's enthusiasm for volunteering in the Canadian military was obvious across the nation. Some Reserves were nearly depleted of young men. For example, during the First World War, about half of the eligible Mi'kmaq and Maliseet men of New Brunswick and Nova Scotia signed up. And, although small, Saskatchewan's File Hills community offered most of its eligible men. In British Columbia, the Lake Band saw every single man between the ages of 20 and 35 volunteer. Native women also helped with the First World War effort, contributing their skills as nurses.

This is impressive, considering news of the war didn't reach some Canadian Native communities easily. Reserves in the Yukon and Northwest Territories and in northern sections of the provinces had few transportation and communication links with the rest of Canada. Native peoples living in these areas were often unaware of the war or were

unable to enlist without great effort. But they did. For example, at least 15 Inuit, or people having some Inuit ancestry, from Labrador joined the 1st Newfoundland Regiment. As well, about 100 Ojibwa from isolated areas north of Thunder Bay, Ont., made their way to the nearest recruiting centre. Many of them served in the 52<sup>nd</sup> Canadian Light Infantry Battalion — and at least six were awarded medals for bravery.

But, their successes were not without sacrifices. In the First World War, at least 300 Native soldiers lost their lives, either to warfare or to illnesses, such as tuberculosis.

## **Second World War**

In the Second World War, Canada's Aboriginal communities again joined in the war effort. Compulsory service for home defence began in 1940, and most Aboriginal people were no longer exempt from conscription. By 1942, compulsory overseas service was implemented, and in 1943, the government declared that as British subjects, all able Native men of military age could be called up for training and service in Canada or overseas. Only the Inuit were exempt.

Many Native bands responded with protest marches and petitions delivered to Ottawa. The issue was raised in the House of Commons several times, and in 1944, the war cabinet committee decided to exempt Aboriginal people who had been assured during treaty negotiations that they wouldn't be involved in British battles.

Still, many Native people volunteered to serve in the Second World War - more than 3,000 enlisted. And, at home, Aboriginal peoples were helping out monetarily. When the war ended, the Indian Affairs Branch noted the donation of more than \$23,000 from Canadian Native bands plus additional, unknown amounts sent directly to the Red Cross, the British War Victims Fund, the Salvation Army and similar charities, along with gifts of clothing and other items.

More than 200 Native soldiers were killed or died as a result of the Second World War. They earned at least 18 decorations for bravery in action. They were a part of every major battle and campaign, from the Dieppe landings to the Normandy invasion. They also served in Hong Kong where just fewer than 2,000 members of the Winnipeg Grenadiers and the Royal Rifles of Canada became prisoners of war of the Japanese. At least 16 in that group were Native peoples.

## **The Korean War**

Many veterans of World War Two, and some new recruits, served in the Korean War. While some served in infantry, many joined the Canadian Army Special Force for Korean service. It was a brigade group, raised by voluntary enlistment and specially trained as part of the regular army. It is estimated that several hundred brigade members were Native peoples. It is unknown exactly how many of them were killed or died in Korea, but about 500 Canadians lost their lives in the war, according to Veterans Affairs Canada.

## **A Family Tradition**

It's not clear why Canada's Aboriginal peoples responded to each war effort with such fervor. Many Native veterans volunteered for the same reasons other Canadians did,

because their friends and relatives did, for patriotism, for the chance of adventure or simply to earn a guaranteed wage. But, serving in the military became somewhat of a family tradition for some First Nations people.

The legacy of Joseph Brant, the legendary Mohawk warrior who fought alongside the British during the Seven Years War with France and the American Revolutionary War, is a case in point. His youngest son, John, followed in his footsteps as captain of the Northern Confederate Indians, fighting against the Americans in the War of 1812. Later, Joseph Brant's great-great grandson, Cameron, commanded a platoon of the 4th Canadian Infantry Battalion. He was killed in 1915 in Belgium, while leading a counter-attack on enemy trenches, at age 28.

Whatever the reason, Canada's Aboriginals made a significant contribution to the war effort.

### **Honouring the Past**

On June 21, 2001 — National Aboriginal Day — Gov. Gen. Adrienne Clarkson unveiled the National Aboriginal Veterans War Monument in Ottawa. Clarkson described the history of Aboriginal veterans as a glorious tradition, if much ignored.

"The thousands of miles that Aboriginal soldiers travelled over the course of more than two centuries to help defend this country make up a thousand memories, so many of which have been ignored or lost," she said. "Yet these are the details of our history which we must remember, which we must commemorate," she said.

Clarkson said the monument commemorates the specific battles and campaigns of the past, but also honours the spiritual elements essential to the culture of Aboriginal peoples. "This spirit of service and sacrifice continues internationally to this day, with Aboriginal soldiers deployed in peacekeeping missions around world."

That legacy lives on today. As of 2000, First Nations, Inuit and Métis made up 1.4 per cent, or 1,275 members, of the current Canadian Forces, according to the Department of National Defence. And, recruitment is continuing through the Canadian Forces Aboriginal Entry Program, which offers Aboriginal candidates the opportunity to explore military life to make an informed decision about joining.

*Canadian Aboriginal men and women enlisted and fought alongside their non-Native countrymen. While they fought for freedom for others, ironically the Aboriginal soldiers were not allowed equality in their own country. As a reward for fighting, the Canadian Soldier Veteran's Settlement Act allowed returning soldiers to buy land at a cheap price. However, many of the Aboriginal soldiers were never offered nor told about the land entitlement. Some returned home to find the government had seized parts of their own Reserve land to compensate non-Native war veterans. Whole First Nations communities still mourn the loss of the thousands of acres of prime land they were forced to surrender.*

# Marine Creates Native American Powwow to Honor Veterans

By Rudi Williams  
American Forces Press Service

*Decked out in colorful outfit with feather bustles, a performer does an elaborate, fast-paced dance during the National Native American Veterans Powwow in Upper Marlboro, Md.*

"I come to a powwow to be an Indian, to get a sense of myself. This is part of Indian spirituality, to help each other and to celebrate with each other. When I come to powwows, I gain strength to carry on with my life." Rachel Snow, Assiniboin Tribe.

UPPER MARLBORO, Md. Representatives of nearly 100 tribes from more than 30 states and Canada gathered to pay tribute to military veterans during the second annual National Native American Veterans Powwow.

"We hold the powwow to pay tribute to Native Americans who put their lives at risk to ensure the survival of future generations," said Marine Corps Gunnery Sgt. Shawn Arnold, co-founder of the year-old Native American Veteran's Powwow Committee, sponsor of the event.

Arnold, a Navajo Indian, said that upon arriving at Quantico Marine Base, in 1996, he found little information about Native American activities in the national capital region. That prompted him and his wife, Shana, along with Sam Windy Boy, a native of the Chippewa and Creek Rocky Boys Indian Reservation in Montana, to establish the Native American Veteran's Powwow Committee to honor active duty Native Americans and veterans.

"There are a lot of powwows that claim to honor veterans, but their appearance is kept to a minimum," Arnold said. "We wanted to honor veterans during November to coincide with DoD's American Indian and Alaska Native Heritage Month and Veterans Day activities on the mall in Washington."

Arnold also pointed out the significance of the powwow heritage and the connection between those ceremonies and traditional Veterans Day observances.

"A long time ago," Arnold explained, 'powwows were spiritual gatherings to celebrate certain community events or to honor somebody who had come back from war. Tribes



would hold a dance and people would sing songs that reflected deeds done in a battle or songs carried down from their ancestors when they were fighting, such as in the American Indian wars.”

“People came here at their own expense because they want to honor their veterans, just as Indians have honored their warriors throughout history,” said Arnold, noncommissioned officer in charge of operations at the Officers Basic Course, Marine Corps Base, Quantico, Va.

Representatives from the military services, the House and Senate and several veterans' organizations participated in the powwow. Representing the Department of Defense, Navy Lt. Cmdr. Rod Hill told the gathering that DoD' observance of Native American Heritage Month reaffirms the country and armed forces' “commitment to acknowledging Native American contributions and honoring the unique heritage of this continent's first inhabitants.”

“There's no question that many of you here today, as well as your forefathers, helped build today's unparalleled military force,” said Hill, commander of the Navy element at the Defense Information School, Fort Meade, Md. “You have served with honor and distinction in every major conflict throughout our history.”

The services have recognized Native American heroism in the past. According to Hill, the War Department awarded two Medals of Honor, 51 Silver Stars, 34 Distinguished Flying Crosses, 47 Bronze Stars and 71 Air Medals to Native Americans during World War II.

Hill also said that the heritage month observance provides the military the opportunity to remind service members about such heroes as Billy Walkabout -- the most decorated American Indian soldier of the Vietnam War -- who earned the Distinguished Service Cross, five Silver Stars and five Bronze Stars.

Historically, Native Americans have the highest record of military service per capita when compared to other ethnic groups. Today, there are nearly 190,000 American Indians and Alaska Natives military veterans, according to DoD statistics.

Citing that statistic, Hill noted that Native Americans today represent one-percent of the Navy's total strength, which equals about 4,700 men and women serving on active duty and in the Reserves.

Speaking on the second day of the powwow and providing an additional historical perspective, Marine Corps Col. John D. LeHockey said, “During the American Revolution, the Oneida and Tuscaroa nations, and members of the Six Nations Confederacy, sided with the colonists. During the Civil War, Indians fought on both sides, and, in 1898, they joined Teddy Roosevelt's Rough Riders in the charge on San Juan Hill. In World War I, 12,000 Indian men and women served, and that number more than doubled in World War II to more than 44,000.”

More than ten-percent of the Native American population, or one-third of all able-bodied Indian men from 18 to 50 years of age saw service during World War II, said LeHockey, commander of the Officer Candidates School at Marine Corps Base Quantico, Va.

"In some tribes, the percentage of men in the military reached nearly seventy-percent," he said. "Several hundred Indian women also served with the Women's Army Corps, the Navy's Women Accepted for Volunteer Emergency Service and Army Nurse Corps. Indian participation in World War II was so extensive that it later became part of American folklore and popular culture."

It also became part of Marine Corps legend, particularly the Navajo code talkers, LeHockey said. For Marines, he said, the battle for Iwo Jima was the "code talkers" finest performance. The entire invasion was directed by orders communicated in the Navajo code. During the first 48 hours, while American forces were landing and consolidating their shore positions, six code-talker networks operated around the clock, sending and receiving more than 800 critical messages without error.



*Korean War Army veteran Ted Wood, 68, an Abenaki Indian, stands in front of a group of veterans he led during grand entry ceremonies at the National Native American Veterans Powwow in Upper Marlboro, Md.*

"The communications officer for the Fifth Marine Division said, 'without the Navajos, the Marines never would have taken Iwo Jima,'" LeHockey said. "He could have just as easily said, 'without Native American Indians, World War II might not have been won ...,' because not incidentally, one of those flag raisers at Iwo was a Pima Indian named Ira Hamilton Hayes."

It took more than thirty years for the Navajo code talkers to be recognized for their contributions to victory during World War II. It also took more than thirty years for Native Americans to be honored with a national memorial, LeHockey noted.

On Nov. 1<sup>st</sup>, 1986, "the first national memorial honoring Native American veterans was dedicated at Arlington National Cemetery near the grave of Ira Hayes," the colonel noted. "At the base of the memorial, a cottonwood tree was planted as a living memorial to those who served. A bronze plaque reads, "Dedicated to our Indian warriors and their brothers who have served us so well... the Vietnam Era Veterans... we are honored to remember you..."

Arnold also noted that powwows are social gatherings where Native Americans come together to renew old friendships and begin new ones. "It's a time for people to move backwards and forward in time as old ways are melded with new ways," he said. "It's a time for people to build upon their rich heritage."

## Fun & Games

### *Was the first computer 'bug' a real insect?*

The story goes that one of the early electromechanical computers suffered a failure because an insect had crawled into the machine and been squashed between the moving parts of a relay switch, thereby jamming it. The incident was written up in the logbook and spread from there throughout the whole of the infant computer industry. However, although the account seems to be genuine, the word is older: the event was recorded as an amusement for posterity precisely because the term 'bug' was already in use.

The term in fact originates not with computer pioneers, but with engineers of a much earlier generation. The first example cited in the 20-volume historical Oxford English Dictionary is from the Pall Mall Gazette of 11 March 1889:

Mr. Edison, I was informed, had been up the two previous nights discovering 'a bug' in his phonograph - an expression for solving a difficulty, and implying that some imaginary insect has secreted itself inside and is causing all the trouble.

It seems clear from this that the original 'bug', though it was indeed an insect, was in fact imaginary.

### *Old Friends*

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day, they were playing cards when one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is." Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

### *Somebody Broke Into My Car!*

An elderly Floridian called 911 on her cell phone to report that her car has been broken into. She is hysterical as she explains her situation to the dispatcher, "They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!"

The dispatcher said, "Stay calm, Ma'am, an officer is on the way." A few minutes later, the officer radios in. "Disregard," he says, "she got in the back-seat by mistake."

Being classy is NOT about being stuck up, but more so about having a simply unique style that will never be forgotten. To be classy is to have respect; respect for others, respect for Elders and most of all respect for yourself.

### *Ready Wednesday*

While cleaning the attic, Joan and Harry found an old stub for some shoes they left at the repair shop 10 years ago. They thought it would be funny to go to the shop and see if the shoes were still there. So they did. They handed the stub to the repair man who took it and looked in the back. He came out again and said, "They'll be ready on Wednesday."

### *Amish Humor*

Sign behind an Amish carriage: "Energy efficient vehicle. Runs on grass and oats. CAUTION: Avoid exhaust!"

## Fun & Games Cont...

### *Canadian Man Friended by Thousands From Messages in a Bottle*

A Canadian man has tossed more than 4,800 messages in a bottle into the Atlantic Ocean in the past 15 years — and received more than 3,100 replies.

Harold Hackett, who lives in Tignish, Prince Edward Island, told his story to the BBC.

He uses discarded juice containers to hold his letters, dates each one and asks the finder of the bottle to respond.

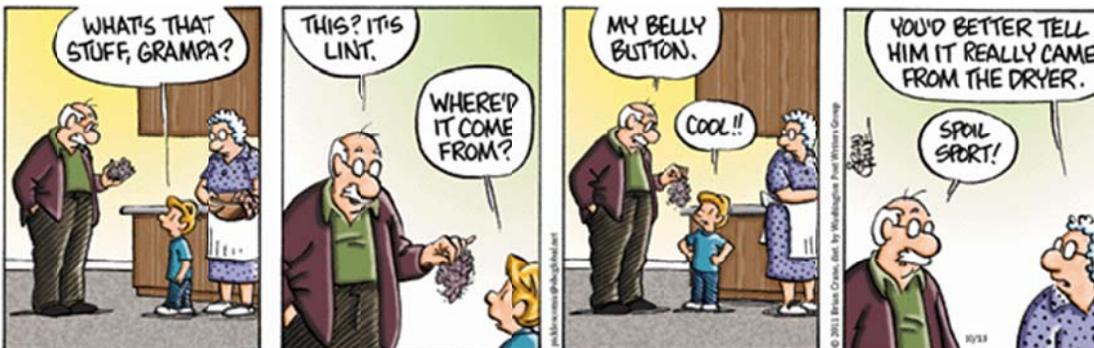
And they have, in droves, in what the BBC describes as the “oldest form of social networking.”

He started the hobby in May 1996 and since has received responses from Russia, Iceland, Holland, the U.K., Florida and even Africa and the Bahamas, wherever the wind and tide go.

“I never dreamt I'd get that many back that quick,” Hackett said, emphasizing that the responders have become more than one-time pen pals. “I usually get about a 150 Christmas cards, Christmas gifts, souvenirs,” Hackett said in a video posted on the BBC website. “I just love doing it the old way. The reason I won't put my phone number on my letters is they'd all call me back, and I wouldn't get any letters.”

“Harold the bottle man” has become somewhat of a living legend, according to *The Guardian*, a Prince Edward Island newspaper. The 58-year-old has a display of some of the letters he's received at the Ripley's Believe It or Not! museum in the nearby tourist town of Cavendish.

Hackett said he sends as many as 200 bottles off every week. He doesn't think he'll ever stop.



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## Upcoming Events

<b>Today – Nov. 15</b>	<b>Homemade Frozen Cookie/Pastry Dough Sale</b> Fundraiser for ECRA, deadline Nov. 15 <sup>th</sup> . Make Christmas baking easy, seven varieties of cookies to choose from: 3 lbs. cookie dough for \$10, 1 lb. frozen pastry dough for \$2.50. Contact: (250) 561-9381 or (250) 964-1118.
<b>Wed. Nov. 2</b> 2 – 3 pm	<b>Ebooks For Everyone</b> Got an eBook reader? Drop-in to a free information session to learn how you can download thousands of free library eBooks. Bring your questions for our eBook expert, Jeff! Venue: Bob Harkins Branch, drop-in. Contact: (250) 563-9251
<b>Wed. Nov. 2</b> 3.30 – 5.30 pm	<b>For Youth! Come Play!</b> Youth (15 – 25 years) vs. Service Providers indoor floor hockey. Snacks and refreshments, no cost. Just show up. Come play just for fun, to get out and to get some exercise. Venue: Connaught Youth Centre Gym (17 <sup>th</sup> Ave & Victoria Street). Date: first Wednesday of each month. Contact: (250) 563-2222.
<b>Thu. Nov. 3</b> 4.30 – 7.30 pm	<b>Family Unity</b> Family Unity Program provides you with the skills to cook nutritious meals, learn to keep your family safe and teaches you how to have a voice to advocate for yourself, your children and your family. Dinner included. Children are always welcome. Venue: Hadih House (2105 Pine Street). Contact: (250) 563-2222. Price: FREE!
<b>Fri. Nov. 4</b> 9 am – 4 pm	<b>Drop-In Flu Shot Clinic at Northern Interior Health Unit</b> Influenza vaccine is available free of charge for people at highest risk of influenza and its complications. Venue: 1444 Edmonton Street. For more information, please call 8-1-1 or (250) 622-6305.
<b>Fri. Nov. 4</b> 10 am – 8 pm	<b>Studio Fair</b> Studio Fair has a reputation for uniqueness, originality and quality. Visitors come from all over the province for a one-of-a-kind shopping experience. Location: Civic Centre. Phone: (250) 563-2880
<b>Fri. Nov. 4</b> 7 pm	<b>ECRA Fabulous Fall Follies</b> Just another great show to keep seniors (and everyone else) laughing! Cost: \$10 per person. Venue: 1692 10 <sup>th</sup> Avenue. Contact: Rolanda (250) 561-9381 or nadalin@telus.net
<b>Fri. Nov. 4</b> 1 & 2.30 pm	<b>Celebration of Animation</b> National Film Board & Cinema CNC present a selection of animated films. Family screening in English at 1 pm, French at 2.30 pm. FREE tickets, limited supply. Tickets available at CNC Bookstore, Books & Co. and Le Cercle de Canadiens Français. Animation Workshop for kids 10-15 held at 1 & 2.30 pm on same day. Location: CNC Room 1-306. Contact: (250) 562-2131
<b>Sat. Nov. 5</b> 10 am	<b>Herbal Medicines with Torey Lee</b> Save the date. Chartered Herbalist Torey Lee is back with a class to teach use of herbs and the making of herbal medicines properly. This class will be all day, includes a lunch, and will be around \$100. Venue: 533 Dominion St. Information: <a href="http://www.echoesatdawn.com">http://www.echoesatdawn.com</a>
<b>Sat. Nov. 5</b> 10 am – 4 pm	<b>Drop-In Flu Shot Clinic at Pine Centre Mall</b> Influenza vaccine is available free of charge for people at highest risk of influenza and its complications. Contact: 8-1-1 or (250) 622-6305.
<b>Sat. Nov. 5</b> 10 am – 4 pm	<b>St. Mary's Craft Fair</b> Venue: St. Mary's Church (1088 Gillet Street). Contact: Jeannine (250) 564-4097
<b>Sat. Nov. 5</b> 10 am – 6 pm	<b>Studio Fair</b> Studio Fair has a reputation for uniqueness, originality and quality. Visitors come from all over the province for a one-of-a-kind

	shopping experience. Location: Civic Centre. Phone: (250) 563-2880
<b>Sat. Nov. 5</b> 2 pm	<b>ECRA Fabulous Fall Follies</b> Just another great show to keep seniors (and everyone else) laughing! Cost: \$10 per person. Venue: 1692 10 <sup>th</sup> Avenue. Contact: Rolanda (250) 561-9381 or nadalin@telus.net
<b>Sun. Nov. 6</b> 9 – 11 am	<b>Pancake Breakfast Buffet</b> All you can eat pancakes, eggs, bacon & sausage. Venue: Pioneer Centre (6986 Hart Hwy). Contact: (250) 962-6712
<b>Sun. Nov. 6</b> 10 am – 4 pm	<b>St. Mary's Craft Fair</b> Venue: St. Mary's Church (1088 Gillet Street). Contact: Jeannine (250) 564-4097
<b>Sun. Nov. 6</b> 10 am – 4 pm	<b>Studio Fair</b> Studio Fair has a reputation for uniqueness, originality and quality. Visitors come from all over the province for a one-of-a-kind shopping experience. Location: Civic Centre. Phone: (250) 563-2880
<b>Sun. Nov. 6</b> 2 pm	<b>ECRA Fabulous Fall Follies</b> Just another great show to keep seniors (and everyone else) laughing! Cost: \$10 per person. Venue: 1692 10 <sup>th</sup> Avenue. Contact: Rolanda (250) 561-9381 or nadalin@telus.net
<b>Mon. Nov. 7</b> 9 am – 3 pm	<b>Drop-In Flu Shot Clinic at Hart Pioneer</b> Flu vaccine is available free of charge for people at highest risk of influenza and its complications. Venue: 6986 Hart Hwy. Contact: 8-1-1 or (250) 622-6305.
<b>Tue. Nov. 8</b> 1.30 – 4 pm	<b>The Creative Fire</b> 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...
<b>Tue. Nov. 8</b> 6 – 9 pm	<b>Municipal All Candidates Forum</b> Meet the candidates running for the municipal election and take advantage of this opportunity to ask your questions directly to those seeking your vote. Venue: CNC Atrium (3330 22 <sup>nd</sup> Ave.)
<b>Wed. Nov. 9</b> Time?	<b>Golden Age Social</b> Venue: PG Civic Centre
<b>Wed. Nov. 9</b> 10 am – 3 pm	<b>Metis Day at UNBC</b> Venue: Bentley Centre 7-170/172 & hallway
<b>Wed. Nov. 9</b> 6 – 8 pm	<b>Free Movie Night: Atonement</b> Join us to watch movies based on popular novels. It's like a book club without the reading, perfect for people with busy schedules. Briony is a typical pesky little sister: she snoops, creates drama and loves to be the center of attention. When she accuses her older sister's lover of a heinous crime, she irrevocably impacts two lives forever. This period drama stars Keira Knightley and James McAvoy. Venue: Bob Harkins Branch. FREE! Drop-in.
<b>Thu. Nov. 10</b> 9 am – 3 pm	<b>Drop-In Flu Shot Clinic at Seniors Activity Centre</b> Influenza vaccine is available free of charge for people at highest risk of influenza and its complications. Venue: 435 Brunswick Street. Contact: 8-1-1 or (250) 622-6305.
<b>Thu. Nov. 10</b> 10.30 – 11.30	<b>eBooks For Everyone @ Nechako Branch</b> Do you have an eBook reader and having trouble with it? Looking at purchasing an eReader

am	and want to know what's involved? Come out for one of our free seminars! Bring your questions and Jeff will demonstrate how to use the free Library to Go eBook download service. There is no registration for these sessions, but please be sure to arrive at the beginning of the seminar.
<b>Thu. Nov. 10</b> 4 – 5 pm	<b>Seniors Tea and Tell</b> The Exploration Place is a hosting a Senior's Tea and Tell. Seniors and their families are welcome to join us for an informal gathering of tea, treats and exploration of our exhibits. Sit and visit with our archival and curatorial staff, discuss the exhibits on display and remember and share your own stories. Location: Exploration Place (333 Becott Pl).
<b>Fri. Nov. 11</b> Time?	<b>Remembrance Day Ceremony</b> Venue: PG Civic Centre
<b>Fri. Nov. 11</b> 7.30 – 9.30 pm	<b>Company Jump - Andrews Sisters Act</b> A hop, skip and a jump down memory lane, Company Jump brings the swinging sounds and on stage antics of the Andrews Sisters to life. Lose yourself in the music that defined a generation and leave your worries behind as the girls sing their way through some of the best-loved popular tunes of yesteryear in this comedic musical theatre production. The show is suitable for audiences of all ages and will authentically entertain just as the sisters did during WWII with their comedy, catchy tunes, 1940's style and big band sound. Everyone is encouraged to be as raucous as G.I's serving overseas during World War II would have been! Venue: Playhouse (1100 Patricia Blvd.). Price: \$30. Tickets at Studio 2880 and the door.
<b>Sat. Nov. 12</b> 9 am – 3 pm	<b>Craft &amp; Bake Sale</b> Venue: Hart Pioneer Centre (6986 Hart Hwy.) Lunch being served. Contact: (250) 962-6712.
<b>Sat. Nov. 12</b> 10 am – 4 pm	<b>D. P. Todd Craft Fair</b> Concession and free draws. Location: 4444 Hill Avenue. Phone: Cindy at (250) 649-0078
<b>Nov. 12 - 13</b>	<b>Crib Tournament</b> Community fundraising tournament for Loyal Order of Moose. Everyone welcome. Entry fee \$20. Sign-up by Nov. 10 <sup>th</sup> . Contact: Darrel (250) 963-7637 or Maureen (250) 563-9504.
<b>Sun. Nov. 13</b> 10 am – 4 pm	<b>D. P. Todd Craft Fair</b> Concession and free draws. Location: 4444 Hill Avenue. Phone: Cindy at (250) 649-0078
<b>Tue. Nov. 15</b> 1.30 – 4 pm	<b>The Creative Fire</b> 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...
<b>Wed. Nov. 16</b> 9 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>Wed. Nov. 16</b> 2 – 3 pm	<b>Ebooks For Everyone: Free Class</b> Got an ebook reader? Drop in to one of our free information sessions to learn how you can download thousands of FREE library eBooks to your new techno-toy. Bring your questions for our eBook expert, Jeff! Venue: Bob Harkins Branch, drop-in. Contact: (250) 563-9251
<b>Wed. Nov. 16</b> 7 pm	<b>Arab Spring: A Talk About the Middle East Protests</b> Dr. Gwynne Dyer, author and lecturer on international affairs, will be giving a talk on the recent protests and demonstrations in the Middle East. With more than 20 years experience as a journalist and with a PhD in Middle Eastern history, Dr. Dyer is uniquely qualified to speak about the revolutionary wave of uprisings known as the Arab Spring. Location: UNBC Canfor Theatre. Admission: \$15 at door. Contact: (250) 563-9251. One night only! All proceeds support the Public Library.
<b>Thu. Nov. 17</b> 1 – 3 pm	<b>Golden Cinema: Young Lions</b> a wartime classic that follows the destinies of three young men during World War II: Marlon Brando, Dean Martin, and Montgomery Clift. In the guise of their characters, these talented actors seem to transform the war's impact from an international level to a personal level that affects their destinies. A great show for the month of Remembrance Day. 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. Price: FREE! Drop-in.
<b>Thu. Nov. 17</b> 4.30 – 7.30 pm	<b>Family Unity</b> Family Unity Program provides you with the skills to cook nutritious meals, learn to keep your family safe and teaches you how to have a voice to advocate for yourself, your children and your family. Dinner included. Children are always welcome. Venue: Hadih House (2105 Pine Street). Contact: (250) 563-2222. Price: FREE!
<b>Thu. Nov. 17</b> 7 pm	<b>Wolves Of The Yukon</b> Bob Hayes has been Yukon's wolf biologist for twenty years. He's been up close and personal with hundreds of wolves, fitting them with radio collars so he could research how they kill moose and Dall's sheep. Join us as Hayes talks about his newest book, written from the perspective of one of the North's most beautiful predators. Venue: Library, Bob Harkins Branch. Admission: FREE! Everyone welcome. Contact: (250)-563-9251
<b>Fri. Nov. 18</b> 9 am – 4 pm	<b>Drop-In Flu Shot Clinic at Northern Interior Health Unit</b> Influenza vaccine is available free of charge for people at highest risk of influenza and its complications. Venue: 1444 Edmonton Street. For more information, please call 8-1-1 or (250) 622-6305.
<b>Sat. Nov. 19</b> 10 am – 2 pm	<b>Elder Citizens Recreation Association Craft Fair</b> Bake Sale and Concession plus much more! Do your Christmas shopping early. Lots of free parking. Location: Elder Citizens Recreation Center (1692 10 <sup>th</sup> Ave). Admission: FREE. Contact: (250) 561-9381 or nadalin@telus.net
<b>Sat. Nov. 19</b> 11 am – 3 pm	<b>Royal Purple Snowflake Bazaar</b> Everyone welcome. Venue: Royal Canadian Legion Auditorium (1335 7th Ave). Mystery bag table, craft table, luncheon (at 11:30) and more. Contact Dianne (250) 596-0125.
<b>Sat. Nov. 19</b> 11.30 am – 3 pm	<b>National Child's Day</b> Come to the family YMCA and celebrate our nation's most precious resource - our children. Participate in fun and engaging hands-on activities crafts and more, for children and families,

	cost is free.
<b>Sat. Nov. 19</b> 1 pm	<b>Family Movie Saturday: "Inside Hana's Suitcase"</b> Inside Hana's Suitcase is a children's docudrama that gently reminds us of the impact of Holocaust from a young brother's point of view. Free! For families and kids of all ages. Just drop in and enjoy the movie. Venue: Bob Harkins Branch. Admission: FREE! Contact: (250) 563-9251
<b>Sat. Nov. 19</b>	<b>Old Time Fiddlers' Dance</b> Everyone is welcome to come out and dance to live fiddle music! Venue: Pineview Recreation Centre (6470 Bendixon Road). Admission \$10 includes lunch.
<b>Sun. Nov. 20</b> 10 am – 2 pm	<b>Elder Citizens Recreation Association Craft Fair</b> Bake Sale and Concession plus much more! Do your Christmas shopping early. Lots of free parking. Location: Elder Citizens Recreation Center (1692 10 <sup>th</sup> Ave). Admission: FREE. Contact: (250) 561-9381 or nadalin@telus.net
<b>Tue. Nov. 22</b> 1.30 – 4 pm	<b>The Creative Fire</b> 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...
<b>Wed. Nov. 23</b> 8 pm	<b>Gordon Lightfoot Concert</b> Beloved singer-songwriter, Gordon Lightfoot is coming to the CN Centre for a magical evening of songs and stories. After five decades of touring, Lightfoot shows no signs of slowing down. He is widely considered to be a modern day troubadour, whose time-defying style and legendary hits have made him one of Canada's most anticipated live performers. Mr. Lightfoot has won 15 Juno Awards and been nominated for 5 Grammy Awards. He was inducted into the Canadian Music Hall of Fame in 1986 and the Canadian Country Music Hall Of Fame in 2001. In May 2003 was made a Companion of the Order of Canada and is also a member of the Order of Ontario, and in 2004 was inducted into the Canadian Songwriters Hall of Fame.
<b>Fri. Nov. 25</b> 9 am – 4 pm	<b>Drop-In Flu Shot Clinic at Northern Interior Health Unit</b> Influenza vaccine is available free of charge for people at highest risk of influenza and its complications. Venue: 1444 Edmonton Street. For more information, please call 8-1-1 or (250) 622-6305.
<b>Fri. Nov. 25</b> 10 am	<b>Herbal Medicines with Torey Lee</b> Chartered Herbalist Torey Lee will teach the use of herbs and the making of herbal medicines properly. This class will be all day, includes a lunch, and will be around \$100. Venue: 533 Dominion St. Information: <a href="http://www.echoesatdawn.com">http://www.echoesatdawn.com</a>
<b>Sat. Nov. 26</b> 10 am – 12.30 pm	<b>Good Grief for the Holidays</b> Grief can be difficult at anytime, particularly at holidays. This workshop will provide an opportunity to discuss ways to help you cope with your grief. Fee: \$10 or by donation; materials included. Facilitator: Beverly Bobola. Contact: (250) 964-4475. Venue: Domano Renewal Centre (112 6500 Southridge Avenue)
<b>Nov. 26 – 27</b>	<b>Kelly Road Craft Fair</b> Location: Kelly Road Secondary School (4540

10 am – 4 pm	Handlen Rd) Phone: (250) 962-6887
<b>Tue. Nov. 29</b> 1.30 – 4 pm	<b>The Creative Fire</b> 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...
<b>Wed. Nov. 30</b> 7 pm	<b>Archaeology: It's Not Dead</b> Archaeology isn't dead. The field is alive, pulsing with jealousies, stolen digs, and professionals taking advantage of amateurs with brilliant finds. In her newest book Sidetracked, Vivien Loughheed writes about the find of one of BC's most important fossils - and along the way, she exposes what it's like to work with professional archaeologists. Forget about absent-minded scientists and start thinking about turf wars, because when archaeologists are racing against time, erosion, and theft, the competition gets fierce. Meet Vivien Loughheed for an evening of excerpts from her new book, photos, discussion, and more. Venue: Bob Harkins Branch, Keith Gordon Room. Admission: FREE! Contact: (250)-563-9251
<b>Thu. Dec. 1</b> 4.30 – 7.30 pm	<b>Family Unity</b> Family Unity Program provides you with the skills to cook nutritious meals, learn to keep your family safe and teaches you how to have a voice to advocate for yourself, your children and your family. Dinner included. Children are always welcome. Venue: Hadih House (2105 Pine Street). Contact: (250) 563-2222. Price: FREE!
<b>Sat. Dec. 3</b> 10 am – 3 pm	<b>Blackburn Craft Fair</b> Items include; baking, knitting, weaving, woodwork, artistry, beauty products, more. Location: Blackburn Community Centre (2451 Blackburn Rd) Phone: (250) 963-3292
<b>Sat. Dec. 3</b> 2 pm	<b>Songs &amp; Stories: Free PGSO Concert</b> Join the PGSO at the Public Library for an informal woodwind performance. Adults are welcome to relax, sit back, and enjoy the music while kids will be entertained with pictures and stories from "Brontorina". Venue: Bob Harkins Branch. Admission: FREE! Everyone welcome. Contact: (250) 563-9251
<b>Sun. Dec. 4</b> 10 am – 3 pm	<b>Blackburn Craft Fair</b> Items include; baking, knitting, weaving, woodwork, artistry, beauty products, more. Location: Blackburn Community Centre (2451 Blackburn Rd) Phone: (250) 963-3292
<b>Tue. Dec. 6</b> 1.30 – 4 pm	<b>The Creative Fire</b> 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...
<b>Wed. Dec. 7</b> 3.30 – 5.30 pm	<b>For Youth! Come Play!</b> Youth (15 – 25 years) vs. Service Providers indoor floor hockey. Snacks and refreshments, no cost. Just show up. Come play just for fun, to get out and to get some exercise. Venue: Connaught Youth Centre Gym (17 <sup>th</sup> Ave & Victoria Street). Date: first

	Wednesday of each month. Contact: (250) 563-2222.
<b>Upcoming</b>	<b>Drop-In Flu Shot Clinic at Northern Interior Health Unit</b> Influenza vaccine is available free of charge for people at highest risk of influenza and its complications. Venue: 1444 Edmonton Street. For more information, please call 8-1-1 or (250) 622-6305. <b>Upcoming Dates:</b> Dec. 2, 9, 16, 23 & 30. Jan. 6, 13, 20 & 27. 9 am – 4 pm.

## Volunteer Opportunities

<b>Airport Ambassadors</b>	Volunteers are needed for the info. desk, flexible hours. Contact: Bea (250) 564-4534.
<b>Canadian Cancer Society</b>	Christmas Wrap Campaign: Runs from late November to mid-December. Need volunteer organizer and gift wrappers.  Data Entry Lead: Use your valuable computer and organizational skills to train and direct other volunteers in supporting our signature fundraising event, Relay For Life. Training for this role begins February, and the position continues through to June.  Front Desk Receptionist: Create a welcoming atmosphere for phone and walk in clients and provide administrative support for the office. Call Nancy at (250) 564-0885.
<b>Girl Guides of Canada</b>	What are you doing Monday nights? Would you like to make a difference in the lives of girls? Seeking Brownie Guiders for our Monday meetings at the Girl Guide Hall (777 Kinsmen Place). Contact Tamara at (250) 613-3065 or <a href="mailto:sweett@unbc.ca">sweett@unbc.ca</a> . Contact Christy at (250) 614-0304 or <a href="mailto:cupcakechris@shaw.ca">cupcakechris@shaw.ca</a> .
<b>Hart Community Association</b>	Volunteer(s) needed to help with Family Fun Night. Volunteers needed to maintain outdoor skating rinks in the Hart area. Contact: <a href="mailto:info@hartcommunity.ca">Kristi info@hartcommunity.ca</a> or (250) 970-0240.
<b>Northern Family Health Society</b>	Childminding volunteers needed on Mondays (1 – 2.30 pm), Wednesdays (11 am – 2 pm), Thursdays (11 am – 1 pm) and Fridays (10 am – 1 pm). Weekly needs. Volunteer(s) must do a criminal record check. Contact: <a href="mailto:reception@nfhs-pg.org">reception@nfhs-pg.org</a> or Kristina at (250) 561-2689.
<b>Operation Red Nose</b>	Volunteers are needed for phones and drivers. Dates: Nov 25 & 26, Dec 2,3,9,10,16,17,30,31. Volunteer Application forms/Criminal Record Check Consents can be picked up at the community policing office at 575 Brunswick Street, or at T&S Communications. Contact: Karen (250) 961-6465 or (250) 564-3640.
<b>Positive Living North</b>	Looking for donations of new or gently used men's and women's winter coats & winter boots to be given to people in need. Donations can be dropped off at #1 – 1563 – 2nd Ave. Contact: Steve (250) 562-1172.
<b>PG Brain Injured Group</b>	Looking for a wood-carver to volunteer a few hours a month to work with a client who used to do a lot of carving many years ago, and is very anxious to begin working on his craft again. Call Linda (250) 564-2447.
<b>Theatre North West</b>	Looking for billets for actors, directors from across Canada for the 2011-2012 season. About five weeks per production. No rides or meals required. PG Bowl area preferred. Contact: Denise (250) 563-6969.