

ELDERS ROCK

Reviving Our Cultural Knowledge

Volume 4, Number 1 JANUARY, 2012

Welcome

We are pleased to present the January 2012 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 New Year!

We hope that you had an enjoyable Christmas break and a peaceful New Year.

Elders Camp: February 17th – 19th

The Elders will be hosting an indoor camp this February at the Moose Hall. There will be interesting workshops, cultural activities, delicious food and a lot of fun activities.

Look for your invitation in the mail.



ALL NATIONS ELDERS NEWSLETTER

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Happy Birthday to the January Babies!

The January birth flower is the carnation. Message here.

Aboriginal Art Program

Clayton has an Aboriginal art program for the alternate students at John McInnis. He's got 19 kids signed up, more coming, ages 13 - 18. He is looking for storytellers and crafters. Kids will be working on carving.

Cheers to a New Year and another chance to get it right.

Oprah Winfrey

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

Agenda, News & Community

Respiratory Health Project

My name is Kimberly McLeod and I am the Community Outreach Coordinator and Liaison for a pilot project Prince George Métis Community Association is doing with the Asthma Society of Canada, which is a program related to education about respiratory illness and risk factors that lead to respiratory illness.

Part of our project is to create two 'digital stories' about respiratory illness from the Métis Community in Prince George and I am interested in talking with people who would like to share their stories. If you have a respiratory illness, are close to someone who does or are simply interested in respiratory health and would like to share your story, please contact me.

Please spread this far and wide to anyone you think may be interested and thank you very much,

Kimberly McLeod
Community Outreach Coordinator and Liaison
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How to Practice Safe Stress

A FREE seminar based on Dr. John Gray's book "Why Mars and Venus Collide..."

This is a fun, entertaining and informative look at stress, including:

- How to avoid stress taking a toll on your personal and professional relationships
- Why men and women respond to stress differently
- The long term effects of stress on men and women
- Practical ideas that can help men and women reduce stress for each other and themselves

Great for individuals or couples.

Venue: Prince George Civic Centre

Date: January 17th, 2012

Time: 8 – 9.30 pm

RSVP: (250) 613-1155

Canada's Most Dangerous City: Prince George

Gang wars, drug abuse and a serial killer guaranteed Prince George, B.C., the top spot
by Ken MacQueen and Patricia Treble on Thursday, December 15, 2011

Most days, after Doug Leslie is back from work at the molybdenum mine in tiny Fraser Lake, B.C., he sits at his computer and writes a chatty little note to his 15-year-old daughter Loren. It's a catch-up on the day, and maybe a bleat about those times he pulls the night shift, or about the cold of a northern B.C. winter, or about how quickly days fly by now that he shoulders the destiny Loren has inspired. "Loren, can you do anything about this weather?" he asked her recently. "It's snowing and I hate winter, it's cold and damp, and you are not here to warm up the room." Invariably, he tells Loren how much he misses her, before signing off, "Love Dad."

The notes grew increasingly plaintive as Nov. 27 approached. The pills weren't helping him sleep and the gulf separating father from daughter seemed impossibly wide, although he'd like to believe she reads every one of his messages. "That has been my sanity," he says of his missives to a daughter who will forever be 15. Nov. 27 was the first anniversary of her murder.

Her alleged killer, 21-year-old Cody Alan Legebokoff, is in custody in nearby Prince George. He faces charges for the first-degree murders of Loren and three other women: Jill Stuchenko and Cynthia Maas, both 35, and Natasha Montgomery, 23.

The murders capped a grim 2010 for Prince George. For the second year in a row, it has the highest score in Maclean's fourth annual national crime rankings, 114% above the national average. The result is no surprise to RCMP Supt. Eric Stubbs, who heads the detachment there. The year was marked by outbreaks of gang and drug-related crime. Added to that was an uncharacteristic string of nine murders in and around the community of just 74,000 people. Three homicides are alleged to have been committed by Legebokoff that year. Most of the rest are accounted for by organized crime and the drug trade, says Stubbs.

The rankings are based on our analysis of Statistics Canada's Crime Severity Index (CSI), commissioned by Maclean's to measure criminal activity in Canada's 100 largest cities and police districts. Overall, the news is good. Canada's crime score has fallen almost 23 per cent since 2000. Even Prince George, after a murderous year, recorded a crime score 11 per cent lower than a decade ago. The severity index is a relatively new tool StatsCan has created. It uses police reports of a broad spectrum of offences to rank their relative seriousness. More weight is allotted to the worst offences, such as murders, robberies and serious assaults, based on the length of the sentences served. Using StatsCan's tally of seven murders in 2010, Prince George had the highest per-capita murder rate in Canada—486 per cent above the national average. It also tops the overall, violent and non-violent crime score rankings, among the 100 cities.

Maclean's also tracked crime trends by commissioning a run of six indicator offences: homicide, sexual assault, aggravated assault, robbery, breaking and entering and auto theft. It shows Prince George residents endured far more than their share. The rate of breaking and entering was 89 per cent above the national average, the second highest

in Canada. Vehicle theft was 104% above the national average, eighth highest. Robbery: 57 per cent above average, 14th highest. Sexual assault: 84% above average, fourth highest. Only the rate of aggravated assault was below the national average.

Turf wars over the drug trade, and related addiction issues, account for a significant share of the crime, says Stubbs. Prince George draws a large transient population. As well, gangs have shifted some operations to the B.C. Interior after a concerted effort by police in the Lower Mainland to disrupt the organized drug trade. Still, Stubbs says anti-gang initiatives have had a significant impact, and the work of a new Downtown Enforcement Unit has made the central core safer and more welcoming. "It's an excellent community and a safe community to live in, if you're not in that world of drugs, alcohol and violence," Stubbs says.

But it is the four murders allegedly committed over 13 months by Legebokoff that many find inexplicable. The burly, good-looking son of a prosperous, respected family grew up in Fort St. James, outside Prince George. By most accounts, he had an unremarkable upbringing, playing hockey, snowboarding and hunting. Yet, if police allegations are proven in court, he began a killing spree at age 19 with the murder of Stuchenko in October 2009. Three other murders followed the next year. He was arrested the night of Loren's murder after an alert RCMP member stopped his pickup as he pulled out of a logging road in a remote area northwest of Prince George. Loren's body was found that night in the woods. Legebokoff was charged with the other three murders after a 10-month RCMP investigation.

Prince George and area has endured much sorrow and crime. It sits on Highway 16, better known as the Highway of Tears. It's a long stretch of road cutting through resource towns and wilderness between Alberta and Prince Rupert, BC, on the Pacific coast. Eighteen women, most of them hitchhikers, vanished or were murdered between 1969 and 2006. (Forensics and his age eliminated Legebokoff as a suspect in any of those unsolved cases.)

Sharon Hurd, who works at the Phoenix Transition Society, says the city remains a dangerous place, especially for vulnerable women. "The viciousness of the retaliation by the gangs up here has everybody absolutely terrified," she says. "I'm not the least bit relieved, I'm just wondering how quickly they're going to get the next [killer]."

Loren's parents draw some comfort from the belief that her murder was the "catalyst," as Doug puts it, leading to her alleged killer's arrest, and perhaps saving other lives. He has launched the Loren Donn Leslie Foundation to raise awareness about Internet predation (Loren may have met Legebokoff online) and other risks facing young people. The foundation, he says, is his destiny. A vigil and fundraiser was held on the anniversary of her death. "[E]veryone was awesome and things went really well," he wrote Loren on the foundation website. "You would have loved it."

Prince George, too, is moving on. For whatever reason—vigilant policing, circumstance, and, Stubbs concedes, some luck—at this time the city hasn't recorded a single murder in 2011. "I'm knocking on all the wood I can find," Stubbs said.

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>

Dietary Fibre

Vegetables and fruit, whole grain foods and legumes (beans, peas and lentils – including dried forms) are high in fibre. Fibre has several effects on the gastrointestinal tract that help keep the digestive system healthy and the bowels regular. Fibre increases the bulk of stools and speeds up the movement of food through the colon. This can reduce the absorption of possible carcinogens by the lining of the colon. High fibre foods are also low in fat and high in vitamins, minerals, antioxidants and phytochemicals. There is convincing evidence that eating foods that contain fibre protects against colorectal cancer, but the reasons for its protective role are still not clearly understood.

Nutrition labels show how much fibre is in a food. Foods considered to be high in fibre have more than 5 grams of fibre per serving. It is generally recommended that adults aim for about 21 to 38 grams of fibre each day. Not all foods with fibre (such as fresh produce) have nutrition labels.

Reducing Your Risk

Gradually add foods that are high in fibre to your diet. Also, drink extra fluids when adding more fibre to your diet. Fibre and fluids work together to help maintain a healthy colon. Choose a variety of high-fibre foods.

Vegetables and Fruit

- Eat a variety of vegetables and fruit each day.
- Many vegetables and fruit are good sources of fibre.

Grain Products

- Eat 6 to 8 servings of grain products each day.
- Choose foods with whole grains. A serving of a grain product with whole grain is:
 - 1 slice whole wheat or multigrain bread
 - 1/2 whole wheat or multigrain bagel or pita
 - 125 mL (1/2 cup) cooked brown rice or whole wheat pasta
 - 125 mL (1/2 cup) bran or whole grain cereal
 - 4 to 6 whole wheat crackers

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

Legumes

Eat more legumes – beans, peas and lentils (dried or canned).

Legumes, nuts and seeds are high in fibre and are also a good source of protein.

Next month's article will be about cancer reduction strategies and meat intake.

Healthy Recipes of the Month: Fibre

Legumes: Black Bean Dip

Preparation Time: 5 minutes

Servings: 24 appetizers

Ingredients:

1 15 oz. can black beans, undrained

Pinch chili powder

Pinch each salt, black pepper and ground cumin

2 drops hot pepper sauce

1/8 cup minced white onion

1 clove garlic

1 4 oz. can chopped green chilies, drained

Nutrition Facts	
Per serving	
Calories:	18
Protein:	2 g
Sodium:	134 mg
Fat:	< 1g
Cholesterol:	4 g
Exchanges: ½ starch	

Preparation: Drain beans, reserving two tablespoons liquid. Combine beans, reserved liquid, chili powder, salt, black pepper, cumin and hot pepper sauce in blender; process until smooth. Combine onion and garlic in non-stick skillet; cover and cook over low heat until onion is soft. Uncover and cook until slightly browned. Add chilies; cook 3 minutes more. Add bean mixture; mix well. Serve hot or cold with melba toasts or jicama; garnish with pepper strips, if desired.

Veggies & Fruit

Preparation Time: 5 minutes

Serving Size: 2 cups

This meal-in-a-glass smoothie is bursting with berries and orange juice, healthful sources of carbohydrate and powerful antioxidants. Getting plenty of antioxidant-rich foods makes sense for active people, since free radicals are produced any time the body's cells process oxygen.

Ingredients:

1 ¼ cups fresh berries

¾ cup low-fat plain yogurt

½ cup orange juice

2 tbsp. non-fat dry milk

1 tbsp. toasted wheat germ

1 tbsp. honey

½ tsp. vanilla extract

Nutrition Facts	
Per serving	
Calories:	432
Protein:	20 g
Fiber:	7 g
Sodium:	250 mg
Potassium:	617 mg
Fat:	3 g
Cholesterol:	15 mg
Carbohydrates:	77 g
Exchanges: 4 ½ carbohydrate serving, 3 fruit, 2 low-fat milk	

Preparation: Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth. Tip: boost the nutritional value by adding a couple of tablespoons of flax seed.

Quotes, Proverbs & Teachings

Elders Meditation

"It does not require many words to speak the truth." Chief Joseph, NEZ PERCE

The truth shall set you free. This is the truth. When we speak the Truth, we do not need to be defensive. Truth needs no defense. When we speak the Truth, we do not need to attack because Truth cannot be attacked. It is so easy to want to manipulate or to be deceitful or dishonest. My head tells me I can get away with doing these things, after all everybody does it.

My Creator, today let me know truth. Let me live truth. Let me risk the truth. Let me make the truth sweet. Help me to make my word good. Let your spirit and intent be added to by words. Let my thoughts be truth.

Teaching

In January, 2007 at a Washington DC Metro Station, a man with a violin played six Bach pieces for about forty-five minutes. During that time, approximately 2000 people went through the station, most of them on their way to work.

After about four minutes, a middle-aged man noticed that there was a musician playing. He slowed his pace and stopped for a few seconds, and then he hurried on to meet his schedule.

About four minutes later, the violinist received his first dollar. A woman threw money in the hat and without stopping, continued to walk.

At six minutes, a young man leaned against the wall to listen to him, then looked at his watch and started to walk again.

At ten minutes, a three-year old boy stopped but his mother tugged him along hurriedly. The kid stopped to look at the violinist again but the mother pushed hard and the child continued to walk, turning his head the whole time. This action was repeated by several other children, but every parent - without exception - forced their children to move on quickly.

At forty-five minutes: the musician had played continuously. Only six people stopped and listened for a short while. About twenty gave money but continued to walk at their normal pace. The man collected a total of \$32.

Inspirational Quotes

We spend January first walking through our lives, room by room, drawing up a list of works to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives not looking for flaws but for potential.
Ellen Goodman

Its choice, not chance that determines your destiny.
Jean Nidetch

Learning is the beginning of wealth. Learning is the beginning of health. Learning is the beginning of spirituality. Searching and learning is when the miracle process all begins.
Jim Rohn

Look within. Within is the fountain of good, and it will ever bubble up, if thou wilt ever dig.
Marcus Aurelius

If I had my life to live over, I'd dare to make more mistakes next time.
Nadine Stair

After one hour: he finished playing and silence took over. No one noticed and no one applauded. There was no recognition at all.

No one knew this, but the violinist was Joshua Bell, one of the greatest musicians in the world. He played one of the most intricate pieces ever written, with a violin worth \$3.5 million dollars. Two days before, Joshua Bell sold-out a theater in Boston where the seats averaged \$100 each to sit and listen to him play the same music.

This is a true story. Joshua Bell, playing incognito in the D.C. Metro Station, was organized by the Washington Post as part of a social experiment about perception, taste and people's priorities.

This experiment raised several questions:

In a common-place environment, at an inappropriate hour, do we perceive beauty?

If so, do we stop to appreciate it?

Do we recognize talent in an unexpected context?

One possible conclusion reached from this experiment could be this: If we don't have a moment to stop and listen to one of the best musicians in the world, playing some of the finest music ever written, with one of the most beautiful instruments ever made... How many other things are we missing as we rush through life?

Video: <http://www.youtube.com/watch?v=myq8upzJDJc>

There is always going to be bad stuff out there. But here's the amazing thing, light trumps darkness, every time. You stick a candle into the dark, but you can't stick the dark into the light.

Jodi Picoult

If you love life, don't waste time, for time is what life is made up of.

Bruce Lee

Apply yourself both now and in the next life. Without effort, you cannot be prosperous. Though the land be good, you cannot have an abundant crop without cultivation.

Plato

Agree to these ground rules: be curious, conversational and real. Don't persuade or interrupt. Listen, listen, listen.

Elizabeth Lesser

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

African- American Proverb

Low Fat Ideas for Using Turkey Leftovers

1. Soups Add two cups of chopped leftover turkey, 2 chopped carrots, 1 chopped onion, 2 chopped celery sticks, 2 minced garlic cloves and 1 cup of uncooked rice or noodles to 3 cans fat-free, low sodium chicken broth.

2. Salads Add leftover turkey to a mix of arugula and spinach, sliced mushrooms, cranberries, shredded carrots, sliced red onions and walnuts. Toss with dressing or vinaigrette.

3. Wraps Make a turkey-salad filling with celery, cranberries and apple. Use plain low fat yogurt for the dressing or try adding curry powder to fat free mayo. Stuff into a whole wheat pita or spoon into the center of a whole wheat tortilla wrap and roll up.

4. Pizza Toppings Top a prepared whole wheat crust with ½ cup of tomato or barbecue sauce, 1 cup of chopped turkey and ½ cup reduced fat cheese. Bake for ten minutes at 450 degrees.

5. Quesadillas Combine shredded turkey with cumin. Spoon onto a low fat corn tortilla. Sprinkle with cheese. Fold tortilla in half and cook in a non-stick skillet for five minutes, turning once.

6. Burritos, Enchiladas, Fajitas, and Tacos Add shredded turkey to salsa, black beans, low fat sour cream and cheese; or combine with sautéed onions and sweet peppers; with shredded lettuce and chopped tomatoes; or mix with mild green chiles, seasonings, scallions and a can of enchilada sauce. Use low fat flour or corn wraps with these fillings.

7. Pot Pies Add turkey, mushrooms, green beans and carrots to condensed chicken or mushroom soup. Top with a biscuit topping or phyllo pastry sheets.

8. Casseroles Combine 2 cups turkey with 2 cups cooked whole grain rice, a can fat-free, low sodium broth or chopped tomatoes, and a selection of chopped vegetables in a 2-quart casserole. Cover and bake at 325° for 30-40 minutes, until vegetables are tender.

9. Skillets Add 1 ½ cups of chopped leftover turkey to sautéed onion, mushrooms, broccoli and rice cooked in fat-free broth. Sprinkle some parmesan before serving.

10. Pasta Dishes Add turkey to your any number of pasta dishes. Use shredded turkey instead of ground beef in your favorite lasagna recipe. Be sure to use reduced fat cheeses.

11. Soup Stock Finally, don't forget the carcass: put it in a big pot of water along with some onion, carrots, celery, peppercorns and herbs; bring it to a boil, then simmer. After a couple of hours, you'll have a rich stock, which you can de-fat and use for low fat soups, stews and gravies throughout the holiday season.

Chunky Turkey and Rice Soup

Preparation Time: 30 minutes

Cook Time: 30 minutes

Servings: 6 – 8

My favorite way to enjoy leftover turkey is to use it in soup. I make all kinds of soup, but this is one of my favorites. It's pretty much a meal in itself. Of course, this soup works equally well with leftover roast chicken.

Ingredients:

2 tsp. olive oil

1 large onion finely chopped

1 large stalk celery, sliced

2 medium carrots, sliced

2 tsp. salt-free poultry seasoning

4 cups fat-free, low-sodium chicken broth

1 14.5 oz. can crushed tomatoes

½ cup uncooked long grain rice

2 cups turkey, torn into chunks

Preparation:

Heat oil on medium heat in a Dutch oven or soup pot. Add onions, celery, and carrots and sauté until onions are softened. Stir in seasoning and cook for one minute until fragrant. Add broth and crushed tomatoes, followed by rice. Bring to a boil, then reduce heat to low and simmer for 20 to 25 minutes, or until rice is tender. Stir in turkey and cook for two minutes more, until turkey is hot.

Cobb Style Turkey Salad

Preparation Time: 30 minutes

Servings: 2

Ingredients:

1/3 cup light cream cheese, softened

¼ cup shredded old cheddar cheese

1 carrot, shredded

¼ tsp. pepper

1 whole wheat pita bread

¼ large cucumber, sliced

½ cup alfalfa, radish or onion sprouts

Preparation:

In small bowl, mash together cream and Cheddar cheeses, shredded carrot and pepper until blended. Cut top quarter of each pita and tuck inside bottom of pita. Spread half of the cheese mixture inside each; fill with cucumber and sprouts. Add ½ cup shredded, leftover turkey.

Nutrition Facts	
Per serving	
Calories:	141
Protein:	16.6 g
Sodium:	517 mg
Carbohydrate:	11.1 mg
Fat:	3.3 g
Fiber:	2.8 g
Cholesterol:	32 mg

Nutrition Facts	
Per serving	
Calories:	355
Protein:	14 g
Sodium:	617 mg
Carbohydrate:	42 g
Fat:	15 g
Fiber:	6 g
Cholesterol:	46 mg

Fun & Games

It Can Be Hard Keeping a Straight Face As a Court Reporter

These are from a book called "Disorder in the American Courts" and are things people actually said in court, word for word, taken down and published by court reporters that had the torment of staying calm while the exchanges were taking place.

ATTORNEY: What was the first thing your husband said to you?

WITNESS: He said, "Where am I, Cathy?"

ATTORNEY: And why did that upset you?

WITNESS: My name is Susan!

ATTORNEY: What gear were you in at the moment of the impact?

WITNESS: Gucci sweats and Reeboks.

ATTORNEY: Are you qualified to give a urine sample?

WITNESS: Are you qualified to ask that question?

ATTORNEY: Are you sexually active?

WITNESS: No, I just lie there.

ATTORNEY: What is your date of birth?

WITNESS: July 18th.

ATTORNEY: What year?

WITNESS: Every year.

ATTORNEY: How old is your son, the one living with you?

WITNESS: Thirty-eight or thirty-five, I can't remember which.

ATTORNEY: How long has he lived with you?

WITNESS: Forty-five years.

ATTORNEY: This myasthenia gravis, does it affect your memory?

WITNESS: Yes.

ATTORNEY: And in what ways does it affect your memory?

WITNESS: I forget...

ATTORNEY: Can you give us an example of something you forgot?

ATTORNEY: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

WITNESS: Did you actually pass the bar exam?

ATTORNEY: The youngest son, the 20-year-old, how old is he?

WITNESS: He's 20, much like your IQ.

ATTORNEY: Were you present when your picture was taken?

WITNESS: Are you shitting me?

Last Will

A very rich man died and his friends and family gathered to hear a lawyer read out his will.

"To you, my loving wife Rose, who stood by me in hard times as well as good, I leave the house and two million dollars."

The lawyer continued, "To my daughter Jessica, who looked after me in sickness and kept the business going, I leave the business and one million dollars."

The lawyer concluded, "To my cousin Dan, who hated me, argued with me, and thought that I would never mention him in my will. You are wrong. Hi, Dan."

Fun & Games Cont...

ATTORNEY: So the date of conception (of the baby) was August 8th?

WITNESS: Yes

ATTORNEY: What were you doing at that time?

WITNESS: Getting laid

ATTORNEY: She had three children, right?

WITNESS: Yes.

ATTORNEY: How many were boys?

WITNESS: None.

ATTORNEY: Were there any girls?

WITNESS: Your Honour, I think I need a different attorney. Can I get a new attorney?

ATTORNEY: Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?

WITNESS: No, this is how I dress when I go to work.

ATTORNEY: ALL your responses MUST be oral, okay? What school did you go to?

WITNESS: Oral...

ATTORNEY: Do you recall the time that you examined the body?

WITNESS: The autopsy started around 8:30 PM

ATTORNEY: And Mr. Denton was dead at the time?

WITNESS: If not, he was by the time I finished.

ATTORNEY: what is your marital status?

WITNESS: Right now it's not too good.

ATTORNEY: Doctor, before you performed the autopsy, did you check for a pulse?

WITNESS: No.

ATTORNEY: Did you check for blood pressure?

WITNESS: No.

ATTORNEY: Did you check for breathing?

WITNESS: No.

ATTORNEY: So, then it is possible that the patient was alive when you began the autopsy?

WITNESS: No.

ATTORNEY: How can you be so sure?

WITNESS: Because his brain was sitting on my desk in a jar.

ATTORNEY: I see, but could the patient have still been alive, nevertheless?

WITNESS: Yes, it is possible that he could have been alive and practicing law.

A: Do you know if your daughter has ever been involved in voodoo or the occult?

W: We both do.

A: Voodoo?

W: We do.

A: You do?

W: Yes, voodoo.

A: Can you describe the individual?

W: He was about medium height and had a beard.

A: Was this a male or a female?

W: Unless the Circus was in town, I'm going with male.

A: Doctor, how many of your autopsies have you performed on dead people?

W: All of them. The live ones put up too much of a fight.

A: How was your first marriage terminated?

W: By death.

A: And by whose death was it terminated?

W: Take a guess.

Upcoming Events

Dec. 9 – Jan. 15 10 am – 5 pm	Across Canada Exhibit This exhibit features work from Kathryn Rohl and Lorraine Young. Thursday opening until 9:00pm. Sunday opening from noon to 5:00pm. Location: Two Rivers Gallery (725 Civic Plaza). Phone: (250) 614-7800 Email: info@tourismpg.com
Thu. Jan. 5 2 – 3 pm	eBooks for Everyone Do you have an eBook reader and having trouble with it? Looking at purchasing an eReader and want to know what's involved? Come out for one of our free seminars! Bring your questions and Jeff will demonstrate how to use the free Library to Go eBook download service. There is no registration for these sessions, but please be sure to arrive at the beginning of the seminar. Venue: Bob Harkins Branch. Price: FREE! Age: Adults
Fri. Jan. 6 9 am – 4 pm	Drop-In Flu Shot Clinic at Northern Interior Health Unit 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.
Mon. Jan. 9 10.30 am – 12 pm	Adult Computer Classes: Basic Computers 1 No experience? We can get you started. Venue: Bob Harkins Branch. Price: FREE! Register: (250) 563-9251 ext. 140.
Jan. 11 – 12	Natural Resource Forum Location: Civic Centre (808 Civic Plaza) Website: http://www.bcnaturalresourceforum.com/
Thu. Jan. 12 4.30 – 7.30 pm	Family Unity 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!
Jan. 7 – Mar. 31	Weight Loss Challenge Starts Jan. 7 th at the aquatic center. 12 week programme. Biggest Loser's win cash prizes. Standings are based on % of body weight lost. FUN-PRIZES-WEEKLY HEALTH AND NUTRITION EDUCATION. Price: \$39. Contact: Barbara healthyyoubh@gmail.com
Fri. Jan. 13 9 am – 4 pm	Drop-In Flu Shot Clinic at Northern Interior Health Unit 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.
Jan. 13 – 29	Variety's Got Talent Are you BC's next singing sensation? Submit your audition video at varietysgottalent.ca between Jan.13-29. The top 10 finalists will perform in front of a panel of celebrity judges at the River Rock Show Theater on Feb. 3 rd . The winner will appear on the Variety Show of Hearts Telethon on Feb. 11 th on Global BC and receive a Tom Lee rising star package.
Sat. Jan. 14 1 – 3 pm	Family Movie Saturday: Legend of the Guardians Bring your kids to the Public Library and settle in for a free, family-friendly afternoon movie! We'll be playing a selection of childhood favourites at 1 pm on the third Saturday of each month. Seating is on a first-come, first-served basis so arrive early and don't forget to bring your own snacks!
Sat. Jan. 14 7.30 – 10 pm	The Russell Jackson Band Hear this great bass virtuoso with his band. Tickets are \$20 for members and \$25 for non-members, on sale

	at Books and Company. Location: Kinsmen Community Complex (777 Kinsmen Pl). Phone: (250) 563-6637
Sat. Jan. 14 8 pm	Improv Ad Nauseum What better way to start the new year than laughing till your sides ache. Or better why not get friends to go with you. Tickets on sale now for Prince George's premiere improv troupe's first show of the 2012 season. Venue: The Twisted Cork (1157 5 th Ave). Admission: \$12.50. Contact: serious@pgonline.com
Sun. Jan. 15 2 – 4 pm	Doc Cinema Is being hit by lightning an outrageous bit of bad luck, a classic case of wrong place, wrong time or is there something more to it? The Canadian documentary Act of God explores this interesting topic. Join us for the first movie in our new documentary film series - held once a month on Sunday afternoons. Venue: Bob Harkins Branch Price: FREE! Age: Adults
Sun. Jan. 15 5 pm	WWE SMACKDOWN WORLD TOUR The WWE is coming back to Prince George for the first time in fifteen years. It's the Smackdown World Tour, featuring Randy Orton, Mark Henry, Sheamus, the BIG Show and many more of your favorite WWE Superstars. Tickets are available at the CN Centre Box Office or by calling (250) 614-9100.
Mon. Jan. 16 10.30 am – 12 pm	Adult Computer Classes: Internet & Email Learn how to explore the Internet and stay in touch with email. Venue: Bob Harkins Branch. Price: FREE! Register: (250) 563-9251 ext. 140.
Tue. Jan. 17 7.30 – 8.30 pm	Registered Disability Savings Plan (RDSP) Information Sessions Are you a person living with a disability (under the age of 60) or a caregiver to someone with a disability (e.g. mental or a physical disability, autism, FASD, diabetes, visually impaired, or hard of hearing)? If so, you may be eligible to receive a grant and/or a bond from the Government of Canada through RDSP. The Northern BC Children & Families Hearing Society is hosting an information session facilitated by COMPAS Inc. Open to the public, no cost. SEATING IS LIMITED. Please RSVP to 1-877-488-2559 Ext. 27 or email taylorq@compas.ca Venue: 5 th Floor Board Room - Native Friendship Centre (507 1600 3 rd Ave).
Wed. Jan. 18 7 pm	Book Launch: Take Charge and Change Your Life Today! Trevor Bolin, Chairman and CEO of Bolin & Co. International Training, has been leading the Real Estate industry for over a decade. Using advanced selling skills, out of the box marketing techniques and the BCI fundamentals through the "Secret" to sales Trevor continues to have his best years no matter what the market conditions may be. Take Charge and Change Your Life Today gives insight into Trevor's techniques and skills and will help you reach the top 1% of your industry, no matter what industry you're in. Take Charge and Change Your Life Today has just been awarded the Editor's Choice in September and the prestigious Rising Star award in October. Venue: Books & Co (1685 3 rd Ave.) Admission: FREE! Contact: (250) 563-6637 booksandcompanyevents@gmail.com
Thu. Jan. 19 7 pm	Mel McConaghy: My Life Through a Broken Windshield My Life Through A Broken Windshield is a collection of truck driving tales from

	Canada's wild and rugged British Columbia. If you've ever been a truck driver, or are thinking of making truck driving your profession, this book is a must read! Venue: Books & Co. (1685 3 rd Ave). Admission: FREE! Contact: (250) 563-6637 booksandcompanyevents@gmail.com
Fri. Jan. 20 9 am – 4 pm	Drop-In Flu Shot Clinic at Northern Interior Health Unit 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.
Fri. Jan. 20 8 – 10 pm	Kickoff Celtic Kitchen Party: Coldsnap Music Festival Kickoff the festival with a Celtic kitchen party with Vancouver duo FiddleStix, playing just about every genre of music. Plus the group Searson, three multi-talented sisters playing country-blues. Tickets: \$30 available at Studio 2880 and Books & Co. Location: Ramada Hotel (444 George St). Email: info@coldsnapfestival.com
Jan. 20 – 22 9 am – 10 pm	BC Pond Hockey Series 2012 The BC Pond Hockey series is all about having fun! Contact: (250) 362-7599.
Jan. 20 – 22 9 am – 4 pm	Gold Rush Sled Dog Trail (Quesnel) You are invited to join us for the 20 th running of the Annual Gold Rush Trail Dog Sled Mail Run. This event marks one of the few remaining opportunities in the country to arrange to have an envelope carried by dog team and delivered through the regular Canada Post system. The trail starts just north of Quesnel, runs by Cottonwood House, Troll Ski Resort (Pinegrove House), trails in Wells and ends in a mad dash from Wells to Barkerville Historic Town. Contact: (250) 983-9799 www.dogsledmailrun.ca
Sat. Jan. 21 7 – 9 pm	Snowed In Comedy Tour Endeavor Snowboards presents this great tour starring ARJ Barker, Pete Johansson, Craig Campbell and Dan Quinn. Location: Prince George Playhouse (2833 Recreation Pl). Contact: 1-888-222-6608 www.snowedincomedytour.com
Sat. Jan. 21 8 – 10 pm	Girls Night Out: Coldsnap Music Festival Tonight we have a multi-talented line up with Linda McRae, Ana BonBon and the winner of Prince George 2011 idol Sheena Burgess. Tickets: \$30 available at Studio 2880 and Books and Company. Location: ArtSpace at Books and Company (1685 3rd Ave). Email: info@coldsnapfestival.com
Sun. Jan. 22 8 – 10 pm	Watch Out for Frostbite: Coldsnap Music Festival Whitehorse is not only a place but also a group with Mellissa McClelland and Luke Doucet. The duo opened up for Sarah McLachlan at her recent concert in PG. Tickets: \$30 at Studio 2880 and Books & Co. Location: PG Playhouse (2833 Recreation Pl). Email: info@coldsnapfestival.com
Mon. Jan. 23 10.30 am – 12 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. Price: FREE! Register: (250) 563-9251 ext. 140.
Wed. Jan. 25 8 – 10 pm	FolkFest Reunion: Coldsnap Music Festival Gordie Tentrees and John Wort Hannam return to Prince George, the site of FolkFest, where they played some years ago. Tickets: \$30 each at Studio 2880 and Books and Company. Location: ArtSpace at Books & Co. (1685 3rd Ave) Email: info@coldsnapfestival.com
Thu. Jan. 26	Poets and Tunesmiths: Coldsnap Music Festival Current Swell and

8 – 10 pm	C.R. Avery take to the stage with their wide variety of music. Tickets: \$30 at Studio 2880 and Books & Co. Location: Ramada Hotel (444 George St). Email: info@coldsnapfestival.com
Fri. Jan. 27 9 am – 4 pm	Drop-In Flu Shot Clinic at Northern Interior Health Unit 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.
Fri. Jan. 27 10 am – 4 pm	Pro-d Day Fun for Kids LA Promotions and Prince George Roll-a-Dome are teaming up for an afternoon of fun! Rollerskating: 11:30–1:30, 2:00-4:00 \$2.50/session Inflatable Bouncers: 10:00-4:00, \$7.50/all day Laser Tag: \$2.50/session Hot Dog, Pop and Chips: \$2.50
Fri. Jan. 27 8 – 10 pm	Past, Present and Future: Coldsnap Music Festival Singer-songwriter Nathan Rogers will be great with his musical history. In contrast, we have the up-and-coming Newfoundland group Sherman Downey and The Silver Lining. These guys have a great sound with their energetic pop and folk music. Tickets: \$30 at Studio 2880 and Books & Co. Location: Prince George Playhouse (2833 Recreation Pl). Email: info@coldsnapfestival.com
Sat. Jan. 28 5.30 – 10.30 pm	Chinese New Year: Year of the Dragon Join us for our annual Chinese New Year Gala Fundraiser! Tickets are just \$65/person or buy a table of 8 for you and your friends or colleagues for \$500. Venue: The Exploration Place (333 Becott Place). Contact: (250) 562-1612 or admin@theexplorationplace.com
Sat. Jan. 28 8 – 10 pm	Tribute to Mississippi Sheiks: Coldsnap Music Festival Hear the legends, Jim Byrnes, Del Ray, Steve Dawson and his band. A fun night of music to close out another great Coldsnap Music Festival. Tickets: \$30 at Studio 2880 and Books & Co. Location: PG Playhouse (2833 Recreation Pl). Email: info@coldsnapfestival.com
Sun. Jan. 29 12.30 pm	Investors Group Walk for Memories in Support of the Alzheimer Society of BC One in three Canadians knows someone with Alzheimer's disease – who do you know who's been affected? Show them your support by registering today for the Walk for Memories. It's easy to register! Contact: www.walkformemories.com or (250) 564-7533 Venue: Wolf Pack Room, Northern Sport Centre at UNBC
Mon. Jan. 30 10.30 am – 12 pm	Adult Computer Classes: Beyond Basics – 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. Price: FREE! Register: (250) 563-9251 ext. 140.
Tue. Jan. 31 7 – 9 pm	Forks Over Knives What's on your plate is killing you but don't take our word for it. Check out this food for thought documentary, a special presentation by Enhance PG and the Prince George Public Library. Venue: PG Public Library Admission: FREE! Age: Adults
Fri. Feb. 3 7 pm	Mardi Gras Snow Days presents Mr. Prince George Pageant Venue: Ramada Hotel Tickets: \$30 Contact: www.snowdaze.ca