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Walk-N-Roll

Around Prince George



City Works

In Prince George, there are an estimated 3500 Power Mobility Devices (Electric Mobility Scooters and Power Wheelchairs) among the citizens of the city. More and more of these convenient and reliable vehicles can be spotted amongst our roads as the community ages. It is possible to share the walkways and roadways if everyone follows the standards set up by the Insurance Corporation of British Columbia (ICBC).

Simply, ICBC insists that you follow all the pedestrian "rules of the road". Stay on the sidewalk where possible, giving right of way to foot traffic. When forced onto the road surface due to inaccessible sidewalks, keep to the extreme left facing traffic. Give bikes lots of room on your right; they will be coming towards you. Obey all road signs and lights. Signal turns. Use lights and / or reflective devices on the front, rear and sides. A flag raises your visibility tenfold. Give traffic the right of way; ensure your own safety before proceeding across or around conventional vehicles. Keep yourself visible and always be aware of everything happening around you. Stop to answer if your cell phone rings!

The RCMP is concerned with your safety and has been active in ticketing mobility riders since April 2010 for not following the rules of the road. Many accidents that result in damage to property and personal injury can be prevented by following the rules. The police do have other things to do when they stop you; your safety comes first. They are tired of picking mobility riders off of the road when accidents happen. Ride safe, do not give them a reason to stop you and they can get to the jobs that you feel they are there for.



Coffee Chuckle's on a serious Note

The Wooden Bowl

I guarantee you will remember the tale of the Wooden Bowl tomorrow, a week from now, a month from now, a year from now. A frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth. The son and daughter-in-law became irritated with the mess. 'We must do something about father,' said the son. 'I've had enough of his spilled milk, noisy eating, and food on the floor.'

So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl. When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, 'What are you making?' Just as sweetly, the boy responded, 'Oh, I am making a little bowl for you and Mama to eat your food in when I grow up. The four-year-old smiled and went back to work.

The words so struck the parents so that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

PG-intheknow

Alexander Mackenzie and Simon Fraser

Present-day Prince George evolved from a small trading post to the largest city in northern British Columbia. Alexander Mackenzie was the first explorer to travel through the area in 1793, but it was American explorer Simon Fraser who established the original fort in 1807, named Fort George for King George III. The Northwest Company operated Fort George and later merged with the Hudson's Bay trading company.



Events to Watch For

Reid Lake Fall Fair

Sep 11 to Sep 12
A real country fair - home arts competition & exhibition, pancake breakfast, pony rides, music & entertainment, Sunday BBQ, children's activities.
9am to evening. ☎ 1 250 967-4119

Today's Woman Show

In October, Special Events Creators produces the annual Today's Woman Show. This event consists of the Northern British Columbia Today's Woman's Awards, the Today's Woman Leadership Conference and a biennial Trade Show that is geared towards women of all walks of life, ages, lifestyles and varied interests. It provides an opportunity to learn what's new in business, careers, investment opportunities, fashion, health & wellness, cooking, recreation and so much more. Each show just gets better and better!!

Loonie Auction

Handy Circle Resource Centre Loonie Auction in November. To Donate items please contact 250-563-1852. Tax receipts will be issued.



Prince George CN Centre

Prince George, BC
Sept 10th 07:00 PM
Prince George Cougars vs. Edmonton Oil Kings

Prince George Accessibility Advisory Committee Prince George Accessibility Advisory Committee urges you to be aware of accessibility in your environment 365 days of the year. If you notice anything that impedes public access to persons with a disability, please let the city know about it. City Hall is located at 1100 Patricia Blvd, right next to the Coliseum, open 8:30am to 5pm Mon -> Fri. Contact the Service center via phone at 250-561-7600 or E-mail: servicecentre@city.pg.bc.ca

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Community Events and Abroad

Lets Make a Difference

"Prince George volunteers are needed to help us at special events! For more information, visit www.volunteerpg.org"
Fun for everyone!

Big Brothers Big Sisters of Prince George

is excited to announce that we are growing our programming this September. Our agency will be opening an After School Care Program this September. "This is an exciting time for our agency" says Tim Bennett, Community Development Coordinator. "Our agency is the leader in providing quality mentoring programs to children and youth in our community and After School Programming will be a great addition to our programming." This fee for service program will provide flexible child care options for families who are struggling to find child care to fit their needs. "We conducted a needs assessment survey in May and learned that the greatest need is affordable, flexible child care. We are committed to working with each family to ensure that their needs are met whether it is full time after school care, part time or even just casual care." In addition to your standard after school programming our agency will be enhancing our program by providing additional opportunities for the children.



	3		2		9		5	
2	8			5			4	6
			6		8			
3		2				9		5
	4							
8		7				1		4
			4		1			
4	1			6			8	2

Sudoku, The numbers 1 through 9 must be in each 3x3 grid.

Check answers Online
www.pgwalknroll.ca



Recipe Box

It has been a while since I wrote anything. I have been busy taking online courses to become an office administrator's assistant. It is a lot of fun, hard work and determination to keep up with the demands of my other life, like cooking and finding recipes. I did, however, develop a website geared to those on a budget. Check it out here: <http://thesimplelife.herobo.com/> I will work on it and update it more when I find more information. In my travels for this website, I found a site on what to do with leftover foods. Now, we all have leftover dinners, lunches, and yes-even breakfasts but we have no idea what to do with them. Check it out here: <http://www.lovefoodhatewaste.com/> and find some really great ideas. My mother-in-law can take leftovers and make a completely new meal out of them. I do not know how she does it, but it never tastes like leftovers. There is my inspiration. One day, I hope to cook as well as she does. So what are you having for dinner tonight? Leftovers or a completely new meal? Why not use up your leftover mashed potatoes, hamburger, and vegetables and make a shepherd's pie? That's a favorite around here. Here is the recipe as I make it: **Shepherd's Pie:** 1 lb ground beef; 1-2 cups vegetables; about 5 potatoes; ½ cup chopped onion, ½ cup beef broth; 1-2 tbsp Worcestershire sauce; 1 can mushroom soup and 1 can of chopped mushrooms. Preheat oven to 400 F. Cook the potatoes till tender, then mash with butter and milk. I put some grated cheese for added flavor too. While the potatoes are cooking, cook the hamburger with the onion until browned. Add the Worcestershire sauce, soup, and mushrooms to the sauce as well as the beef broth. You may want to add more broth to keep it moist while it cooks for about 10 minutes. When the sauce is cooked, pour it into a large casserole dish. Next, layer with the vegetable, any kind will do, but I think peas and carrots are probably the best. On top of that layer, smooth the potatoes over it. You can make little peaks in the potatoes so they can brown nicely in the oven. Place in oven, uncovered, for about 30 minutes or until golden brown. You may want to broil it for a few minutes to brown the top. I would recommend for it to stand for 5 minutes before eating. Enjoy, I know we do!

D	A	Y	W	N	G	Y	A	B	Y
A	R	I	E	S	T	T	E	F	K
D	L	O	V	E	V	E	Y	R	D
R	O	D	E	A	C	E	I	O	E
O	U	R	N	I	C	E	T	D	Y
L	S	U	T	E	R	K	M	M	Y
D	Y	N	S	D	X	A	C	E	J
U	K	E	T	M	N	O	D	T	D

SEEK A WORD Aries, Events, Ace, Rod, Love, Run, Nlce, No, Old, Our, Day.

Horoscopes

- **Aries** Get back to the basics of family this week. Have your mother feed, bathe, and change you.
- **Taurus** You will realize you've become part of the problem when you board a train that leaves Philadelphia at noon traveling 45 miles an hour.
- **Gemini** It may seem like it's all wrapped up neatly, but admit it: You still have no idea who killed the chauffeur.
- **Cancer** Thursday will usher in a new era of love and prosperity for Cancer, which is only fair considering what happens Friday.
- **Leo** Some things just go together perfectly, but no one would've believed it was true about cocaine and rhinos until you came along.
- **Virgo** Your plan to commit the perfect crime is flawed in one important aspect: Sitting on the couch watching football all weekend is not illegal.
- **Libra** Though Boyle's Third Law is certainly important, you don't need to apply it to every situation you encounter.
- **Scorpio** You've always been a lightning rod for controversy, but it gets worse when you become an actual lightning rod.
- **Sagittarius** The stars know this relationship isn't always easy, baby, but give it a chance. They promise you won't regret it.
- **Capricorn** Unfortunately, your grandmother isn't smiling down on you from her new home in heaven. She is, however, shrieking up at you from where she is.
- **Aquarius** If you use the phrase "proactive revenue streaming" one more time, the stars will see to it that you never meet any handsome dark strangers again.
- **Pisces** Your desiccated remains will be found on a desert island along with an empty water bottle, three emergency ration packages, and the exact right CD for the occasion.

PG Walk-N-Roll Publications

Printed On the 1st and 15th

Advertising/Events/Free Email Subscription And Webpage Designs

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sales@pgwalknroll.com

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I told my wife that a husband is like a fine wine; he gets better with age. The next day, she locked me in the cellar.

Girls are like phones. We love to be held, talked too but if you press the wrong button you'll be disconnected!

The average woman would rather have beauty than brains, because the average man can see better than he can think.

It's true that we don't know what we've got until we lose it, but it's also true that we don't know what we've been missing until it arrives.

Never take life seriously. Nobody gets out alive anyway.

Behind every successful man is a surprised woman.

Whatever it is -- I didn't do it!

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