

0:01

Welcome to Senior Moments on 93.1 CFIS FM.

Hi everybody, it's Sharon sitting in for Dawn Hemingway and I have our two guests from Central Interior and Native Health Society which has changed its name.

0:18

I was at the the name changing ceremony, which was quite lovely with the singing and the people talking and the the history.

And so we have Shoba here and she is the her last name is Sharma, which is pretty name.

0:42

And the elder Lucy Duncan is here and we want to learn the new name and we want to hear the history.

So it was September 23rd that we had the name changing ceremony and I would like Lucy to teach us how to say it.

1:03

Good afternoon, Sydney's Hunzu.

Yeah, it was a senior moment then.

Yes, yes, we have them.

So the new name is SU na Tsune Sunat Zune, meaning let us all get well.

1:24

There.

Was a number of elders from the community that came together at Central Interior Native Health and we we and Edie Frederick was one of them with her sister Kathy.

1:41

And we had mystery buddies, Daniels from Benche, Rose Thomas from originally from Nakasli, Nellie Prince from Prince George.

We were, we came together at Central Interior Native Health.

1:59

We had about 3 meetings there and Edie and her sister went outside for a bit because we were just brainstorming a lot.

And she came back in and we sat back at the tables and she said soon at uni meeting let's us all get well.

2:20

So that's how we got the name, and it's a good memorial for our delayed Edie Frederick Gazdani.

Thank you.

And in which language?

It's the Nakasli dialect.

Nakasli dialect and played lead NA.

2:39

Yeah, because it's really interesting because when I was in Austria, they had, it's a little country now, but they have all these different dialect and, and I, I was surprised, you know, because I know that we have that in our indigenous groups of people.

2:57

And I think there's so many similarities in the world if we if we can look at the bigger picture.

And but I, I love the musical sound of that and I love what it stands for.

And I think, I think that the elders did a really good job of.

3:16

Yeah.

And and she probably went out and opened her mind up to receive some kind of guidance from, you know, a power greater than herself to get that, which is her intuition.

But nevertheless, thank you.

And Shoba this the center opened in what, 1991?

3:38

Absolutely.

We, we were incorporated in 1991 by Indigenous elders and leaders.

Actually in the basement of Prince George Native Friendship Center is where they say art.

We were, we were given birth, we were conceptualized.

3:54

And so in 1993 we started delivering services.

That's when we really became a clinic downtown and serving Indigenous clients are our goal and our vision, our values were to reflect Indigenous ways of being so we could actually look at working through trauma and impacts of colonization, which was not being looked at in a primary care setting at that time.

4:18

And arguably, you know, there's not a lot of places that do it even now, even though, you know, we're in the week of truth and reconciliation.

We're all in great reflection of all of the harm that's been done.

And so there's so much work to now be to be done, and changing the name was a huge part and it was the board of directors really giving me the push to say time to reclaim our language.

4:39

It's.

Time to revitalize culture and we need to go to our knowledge holders and our elders to do that really good work.

And so we're so lucky to have Lucy who guides us on a regular basis on how to provide cultural and trauma and violence responsive care and and supports.

4:58

Yeah, I was thinking about when I I worked at in Litton at the hospital in the 80s and that that high school had the language, the culture, the whole thing in their high school in the 80s.

5:19

So they were teaching the language, teaching the culture.

It had the elders in there.

And I just thought that was something that was happening all over.

And and you know how long it took for that.

But I mean, Litton and Liluette and Spencer's Bridge and and Ashcroft are all Thompson and, and so it's sort of like they that's all mostly the people who live there.

5:48

And so they more or less had to do it.

But it's so important not to lose, not to have your culture taken away, not to have another belief system put on you.

6:03

And I mean, I did that as a kid at home.

Like I wanted to have my own himself, not what everybody else was telling me to do.

And and so I kind of got into a lot of trouble with that.

6:19

It was called oppositional defiance.

Well, all I was trying to do was be my own person and and it's a struggle.

And so the thing who was the first director, executive director, it wasn't Murray, was it it?

6:35

Wasn't Murray.

You asked me a hard question.

Do you remember who it was, Lucy?

No, I don't.

I I just know Murray after Murray went through about 33 directors after that.

But no, I have no recollection of that.

6:50

Yeah.

I think they served for a couple years, like in that period of time as we were kind of getting situated and funding was starting to flow to us, we did have someone in place for one to two years I believe.

You know, the thing about trauma is unless someone helps you, it becomes your identity and that you're not worthwhile.

7:12

And I'm a survivor myself.

And so I knew, I knew what trauma was, and I knew that that wasn't who I was.

But I'm I really had to do a lot of work to get that off of me.

And my trauma wasn't from my family.

And so it wasn't my identity, wasn't trauma.

7:35

They were very helpful and supportive of for me.

But it is where you need to work with the person, where they are and if they believe that they're worthless, the the whole idea is to help them to change the way they see themselves.

7:57

Yes.

Yeah, that's one of the, one of the main things that I do at Central soon at Zune is to educate the the providers there in regards to what happened to Indigenous people, especially the darkest people there.

8:17

What being term I inform and just being decolonized, decolonizing the the whole policies and how to integrate to I'd seen in that.

8:34

And so one of the things that that I do, I do a lot of cultural orientation with new with new members, with residents, students had come through.

So it's a an hour, I spent an hour with them just on cultural orientation, orientating them about where we're at and the darkest people and that were living on the traditional territory of the Kate Lead NA.

9:06

Yeah, yeah.

And, and it's a hard job, isn't it?

It is difficult and you know, it's the other thing too is it's basically helping them to take a really good look at their own selves to their own biases.

9:22

I call it the inter intergenerational racism that we deal with today.

Yes.

Taught thing.

And I mean, the ways of the indigenous people before colonization was about caring for the earth and gratitude for everything.

9:47

Even before they would go hunting, they would thank the animal that was going to give its life up so that they could live.

And I mean, how many people even think about how how much has to die so we can live?

And but that was already a part of a culture.

10:05

And, and I spent some time with a medicine man, a healer, you know, and learned from him and I, because I already had been raised to appreciate the earth and to know that without the trees there would be no oxygen, you know, like and take only what you need.

10:32

And about offering tobacco, I don't think people understand the gratitude that is offered in that culture for everything that lives.

Yes, it's a lot of learnings that we we learned from our grandparents just how to do things properly.

10:59

And one of our teachers was always a great woman from around here, from psychos was medicine woman Sophie Thomas.

Yes, she was a great teacher.

Yes, Laura.

11:16

And now her children are are doing it.

Oh.

Wonderful.

Children Minnie, I think.

Yeah, yeah, yeah, yes.

I went to her her educational or teachings and and I have her book.

11:32

I meant to bring it with me today and because I don't want people to forget that there is a book written by Sophie Thomas about there Aren't weeds.

Weeds are are something that makes money for people who say we got to kill these weeds.

11:53

Everything has a value.

Everything has a reason for being.

And you think about the weed thing, it's just about making money for people who sell weed killer.

I think something I think we're learning so much from especially our indigenous team members, indigenous leaders in the organization.

12:16

We've been harvesting and foraging for clients and with clients.

We have our Net Suisse, which means let's rest and put a place of rest and let us rest.

And it's a place in which our clients are able to access cultural approaches to health and Wellness.

12:38

And so Indigenous team members are leading that work.

And part of that work has been bringing back food and bringing back medicines.

And so and the intersection with even just how food serves to build connection and to build community.

12:54

Lucy was just telling us that she had brought soap berries came in late this year and they were the same time the salmon were were jumping and Lucy had said, like, when did they stay?

When the soap berries come, so do the salmon.

You know what?

It's just these reminders of connecting to nature because nature teaches us so much.

13:11

And then also remembering to use the medicine that's right in front of us.

And so for a long time, we've been using devil's club for a chronic pain, arthritis and, and now you know, Caroline, who will, one of our, our knowledge holders and one of our cultural leaders in the organization is helping to make salves and to make ointments and to make cough medicine so that we can share with clients and, and bring in elders to teach us these pieces so we can continue to respect that and the act of it and the bringing the people together to, to, to do, to, to create.

13:43

It helps to bring that connection, that community, which is a huge part of the culture that I've been learning about is, is that's how you connect with different generations.

That's how you you feel purpose.

I remember somebody asking me if I could get cut some pussy Willow branches, Hart said.

14:03

Are you nuts?

And it was just a reaction.

I'm not cutting any branches so people can stick them in a pot.

You know, I want them where they are.

And I have all kinds of devils club around me too.

14:21

It's and so your Primary Health care is for indigenous people and you have professional people working there as well.

And I think that the cultural thing, but I was reading about the different events that you have and, and you also do prenatal work and it's one of the busiest places I've ever been in, actually.

14:49

It's constant.

And how many staff are there?

Oh.

Something like about maybe 40?

Wow.

Yeah.

With contractors, yeah.

Well, you have a lot of people to serve though.

So I think one of the things that we've been known for is our team based care model.

15:07

You know, we've been practicing team based care since our inception because right away these are the stories that I get to hear.

As you know, the nurses and the doc were like, we can't support these clients to the best of our ability when there's issues with food security, when there's issues with housing, when there's trauma and there's mental health issues.

15:26

So we were able to right away understand that we needed to develop a team that was addressing social determinants of health.

And so looking at the whole person, you're looking at their mental, their physical, their emotional and their spiritual well-being.

And so that's where we, when we say we have a team of professionals that's inclusive of our elders and our knowledge holders, our drivers, our docs, our nurse practitioners, our RN, the list goes on, right, Physiotherapy and nurses and medical offices.

15:56

We've got this incredible team that has their own specialty and niche work.

And collectively, we're serving these clients and identifying that in order for them to choose a health path that works for them, they need to be able to remove obstacles and barriers.

16:12

And so we try to provide as low barrier as we can so that we can meet clients where they're at.

And we, we primarily serve Indigenous clients.

We, we came into being to do just that.

Our care model is, is great.

It's an equity oriented healthcare model.

16:28

So it could serve anyone in such a good way.

But right now, and if you are looking for health services, we serve Indigenous, anyone that self identifies as Indigenous and a mums and, and babes that are looking for care, Indigenous youth at risk.

And it's Indigenous moms and babes and anyone living with or at risk of HIV, HCV.

16:49

And so we do serve a lot of clients that are living on or close to the street and, and a lot that are really struggling with drug toxicity.

There's obviously a huge correlation between mental health and trauma.

And we see that everyday.

We see the lack of resources and we see what it looks like when people are are not in the best way that they would like to be.

17:12

And so our team based care models to try to support those folks.

You know, I, I worked at Phoenix House for about 25 years, I guess, and maybe a little more.

I, I don't think there's one woman that came in there that wasn't a trauma survivor.

17:29

And I went to the Justice Institute to take trauma in foreign practice training because it wasn't offered.

And it's because I'm a survivor myself that I kind of knew.

And when I saw that available, I went to take.

17:48

It's about being sensitive and, and, but also not enabling.

We have to take a break.

So we'll take a break right now and just be short one and we'll be back.

Are you a fan of obscure classics?

18:03

Well, CFIS has got you covered with Beneath the Grooves.

Accompanied by Jenny Walker and BC Kid, join the spooky duo as they dive below the surface of the music scene of the 70s and 80s.

Discover hidden gems, experimental sounds, and maybe even find something you love that's from beneath the groove.

18:27

I'm BC Kidd Saturdays 6:00 PM with Jenny.

Walker on GFI F 93.1 on the FM dial.

Speech Language pathologist from Northern Health, an occupational and physiotherapist from the Child Development Center will be at the Nachaco branch of your Prince George Public Library on October 7th.

18:44

If you have questions relating to issues with your child up to five years old, this is a great time to get them answered.

It's an hour for you to drop in and chat with the experts.

Milestone morning, Tuesday, October 7th from 10:30 to 11:30 at the Nachaco branch of your Prince George Public Library in the Heart Center Mall.

19:02

Wood burning calms the soul and provides a great opportunity to explore your creative side with other like minded people.

Register for Wood Burning with Hayley Smith and discover the therapeutic practice of pyrography conducted over six Tuesday evenings starting November 4th.

19:19

During this class, you'll be able to complete your own personalized calendar or a unique Christmas gift for a loved one.

Registration and full details are available through Two Rivers Gallery.

Wood Burning with Haley Smith starting November 4th at Two Rivers Gallery.

19:35

Forecast from Environment Canada for today.

A mix of sun and cloud winds the southwest AT20K, guesting to 40 starting this afternoon.

A high 15 tonight.

Partly cloudy.

A 30% chance of showers this evening, with the risk of a thunderstorm.

A low of five on Friday.

19:51

Showers ending late in the afternoon, then cloud 20 went from the West to 20, gusting to 50 and a high of 11.

This is senior Moments on 93.1 CFIS FM.

We're back.

With.

20:06

Lucy and Shoba from Sunat Suna and we were talking about trauma informed practice and we were also talking about cultural healing and and Sophie Thomas and I just wanted to add that I have a new Doctor who, who is a young graduate.

20:29

He's from here.

He's went through our training and and then I think he had to do some other training and other maybe in another province or another hospital.

But anyway, I, when I I said to him, do you know anything about Indigenous healing?

20:52

And, and I said, you know, there's things that the indigenous people have used for years to help their healing.

And he told, I said, Sophie Thomas, do you know anything about her?

They read her book here in that training, which made me feel so good because it was University of British Columbia that took that and but their training.

21:21

So when I had to have a little surgery and it wasn't healing properly and I went in to see him, I said, well, I don't know if you're going to be happy with me or not, but that wasn't healing properly.

So I put some manuka honey on it and he said honey's good.

21:39

Honey is good for Healy, but you know, you're going back going back into the Egyptian times.

So you it says I love this from prenatal to end of life and so that someone can be a client for the forever until they pass.

22:01

Absolutely.

And, and I saw Donna Flood at the naming and I thought there's a connection there that you've made.

And, and I think that's great too, because maybe there has to be a another way of people crossing over.

22:22

Well, you've got Lucy here who actually has been doing that work for us, some palliative work with our our elders.

I'll pass it over to Lucy, who's really been leading that.

Yeah.

Yeah, I've always, I've always understood the teachings, the teachings of our, of our elders in regards to people passing over, going to the spirit world.

22:51

And it was, it would be a long process, say how, how when a person dies and then the family's there and they have a week, four days to have a week, like about 5 days.

And then they have ceremonies, potlatches and that and then the impact of residential school had taken that away.

23:17

So it was the impact of trauma and the teachings that they were taught in residential school, They were, we were taught about heaven and hell and a lot of times our elders when they're passing, they were they, they were very fearful.

23:34

And I understood about the about the moments you're going to grieve because I, I met, I was with elders in the hospital when they pass.

And one of the elders, I remember she was waving her arms around and hitting like she was hitting a bug or something.

23:52

And I came into the room and I asked her what's the matter?

And she said, there's this black, black thing that's tormenting me.

And I said, OK.

And I said, we'll pray.

We started, I started praying with her and I prayed for peace over her and grace to be able to to be able to go over and I told her about our creator, how our creator would not throw us away.

24:22

He didn't created us to throw us away.

He created us to for for the to live on earth and to learn to learn about life and to learn about overcoming challenges.

And the next day I went back to see her and she was just so peaceful and she passed away in a really peaceful way.

24:45

So that part I do with them, that spiritual growth that you know, from the teachings of what they receive in residential school to the teaching of and we just go back to the spirit world.

25:02

So the other thing about the prenatal, that's where Maria Brau was one of our head of nurse at to do pre perinatal.

25:21

Bright.

Yeah, and she, she Harmony House was conceived at Sunat, Sunay when she was there.

And one of her goals when she left, she said she wanted a house for mothers and newborn babies or pregnant mothers to come in so we can keep the family together.

25:46

Like.

And she's starting to see the the trauma of separation was really big.

Yeah, that Harmony House was part of Phoenix.

And the first part of that was nurses on the obstetric floor of the hospital coming to a group of us saying they're taking the babies away, we can't stand it.

26:16

And and that was so long ago.

It took so long.

And then when that little bungalow came up for sale, I asked the board of directors, can we buy this?

And we bought the two bungalows, and one was Harmony.

26:33

And Harmony was one of the women who put that judge in prison and Saline House is for federal women and she was a witness to put that judge in prison.

And and I actually hired Maria myself.

26:52

So I know Maria very well and and her daughter and and it's about providing something that wasn't there.

I mean, and Maria or one of the staff would go and make sure when that woman was giving birth that they were present so that that baby would be kept with the mother.

27:14

And then the mother could have the choice.

And, and the program is, do you want to, are you wanting to be a mom?

And then this is what you have to do to learn because how do you learn to be a mother but from your mother?

27:31

And if your mother's a trauma survivor, you know, and, and Maria certainly was, she was in the Second World War and in Holland and, and, and saw all of that trauma.

And so it's a wonderful program to keep the mum and child together.

27:52

We have to take a short break and then we only have a couple of minutes.

So let's take a break and then we'll just do a short little thing about the programs.

Stop by the Senior Activity Center on Brunswick at 4th for a delicious, well balanced breakfast between 8:30 and 11:00 Monday through Friday.

28:11

They have a great selection such as eggs, pancakes, bacon, ham, toast, hash Browns, omelets and even breakfast sandwiches.

You can dine in or take out and everyone is welcome.

An affordable way to start your day with a quality meal.

The Senior Activity Center Breakfast, 8:30 to 11:00 Monday through Friday on Brunswick at 4th Downtown, closed on holiday.

28:35

PFLY Canada is there when it seems no one else is.

Are you struggling with an LGBT issue?

Maybe you're a parent, a family member, employer, A coworker, an educator, a healthcare provider?

PFLAG is.

Canada's only national organization that helps all Canadians who are struggling with issues of sexual orientation and gender identity.

28:56

PFLY Canada supports, educates and provides resources 24/7.

Visit pflycanada.ca.

The Prince George Old Time Fiddlers are back for the fall with their family friendly dances.

Just \$10 at the door gets you in for a great evening of old time dancing to live fiddle music.

29:13

Children accompanied by a parent get in for free.

The night includes ice cream bars and prizes, with snacks available by a donation.

The next fall dance from your Prince George Old Time Fiddlers is Saturday, October 25th from 7:00 to 11:00 at the Senior Activity Center on Brunswick at 4th downtown.

29:31

Center is always in need of volunteers.

A number of committees are available for you to contribute your knowledge and expertise, fundraising and grant writing, communications and outreach, finance, volunteer coordinating, curatorial facility upkeep, and more.

They're always looking for individuals interested in serving on their board of directors.

29:50

To bring your abilities to the table, fill out the volunteering application available under Get Involved at [Almanica artscenter.com](http://Almanicaartscenter.com).

You're listening to senior moments on 93.1 CFIS FM I want to thank.

You so much Lucy for coming and giving your time, your precious time and same Shoba.

30:14

I really appreciate what you're doing, all of you, and I'm grateful, so grateful that it's moved to this opening now that we can talk and and offer help and support.

And so if anybody would like to know more about Sunet Sona, go to the website and it's under that name now, 'cause I checked.

30:41

Yeah, yeah.

Sunat Sunay.

So www.sunatsune.org.

S double ONATS, Sunats double OEAE h.org.

Health Society.

30:58

Yeah, Sunat Sunay.

Yes.

And so how do we say thank you?

Snatchalia.

That's a big word, person.

Thank you.

Or you can say to be Massey.

31:14

Yeah.

Oh, that's almost French.

Yeah, Massey came from the word mercy.

Yeah.

Yeah.

So it's part French.

Yeah.

So thank you both for coming and giving us this time and educating us a little bit.

And next time I'm sitting in here, I'll be bringing you back.

31:34

I'll come back and teach you the language.

Yeah, that's what I do.

I teach the DACAT.

Language.

Oh, wonderful.

Yeah, so all the staff introduce themselves in the DACAT language.

Wonderful.

Yeah, Thank you.

And so we'll take a break.

Well, our next guest I need to get.

31:52

Yeah.

And and then we'll come right back.

So thank you, ladies, women, thank you.

I said ladies ruin women.

To be my seat.

Your Prince George Council of Seniors Community Connector is a person centered, community based program aimed at improving health by combating social isolation.

32:12

This program explores the non medical aspects of health and helps make a Wellness plan to improve both social and emotional health.

The Community Connector can offer help with low cost counseling, referrals, transportation applications, health benefit applications and more.

Contact the Community Connector at the Prince George Council of Seniors Resource Center, 13 35th Ave.

32:33

Stay active at the Elder Citizens Recreation Association Center, located on 10th between Vancouver and Winnipeg streets.

The ECRA has a variety of activities throughout the week including yoga, cribbage, floor curling and more.

32:50

Stop by the office to pick up a September schedule as activities ramp up for the fall.

Open Monday through Friday from 9:00 to 3:00, The Elder Citizens Recreation Association on 10th between Vancouver and Winnipeg St.

There's a zombie outbreak coming to your Prince George Public Library.

33:10

Help put an end to it or join the Undying Horse.

Zombie Nerf takes over the library on October 10th for zombies and Zombie hunters ages 8 to 12.

Nerf guns will be provided and liability waivers will need to be sized.

33:25

Zombie Nerf Friday, October 10th from 6 to 8 at the Bob Harkins branch of your Prince George Public Library downtown.

Forecast from Environment Canada for today.

A mix of sun and cloud.

Wind to southwest 20K gusting to 40A High of 15 tonight.

33:43

Partly cloudy.

A 30% chance of showers this evening, with the risk of a thunderstorm.

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Wind the West to 20, gusting to 50 with a high of 11.

You're listening to senior moments on 93.1 CFIS FM.

34:02

Well, we have ran over time.

Sorry about that folks.

And now, so I'm going to introduce Jason Cook and Jason is from YFC.

Tell me what that stands for, Jason.

34:18

Hey, thanks for having me.

Oh, you're welcome.

So YFC stands for Youth for Christ, and we are a kind of a worldwide Christian movement.

It's youth Christian ministry, and we've been serving in Prince George since 1981.

Really.

34:34

Why did I just find out about you the other day?

Depends what circles you're in, I guess.

We work in the schools, yeah.

We work in the community across many different programs and services and so we have different missionaries doing different things in the city.

34:51

We also have smaller satellite chapters in McBride and Mackenzie as well that that we work with.

Right, yeah.

And so the purpose is to support youth, to teach youth about Christ.

Do you have to be a Christian to come to your venue?

35:12

Not at all.

So the mission that Youth for Christ is to see every young person living fully in Christ.

But our service and our missionary work is to serve and see the young people of our community flourish.

And so we offer many different programs and a lot of our programs we call what are come and see.

35:33

So just come and experience our service.

I just finished serving lunch at E Free Church for the DP Todd students.

So they come over for lunch and have homemade soup and a homemade bun and a pot for a dollar.

Yeah.

And they come in and they sit down and they have conversation.

35:48

And our goal is to serve and to show the heart of God through that service in caring for others.

And so it's more in action.

Yeah, I mean, evangelism has many faces, right?

Yes.

So we also serve breakfast at Dutchess Park just up the road here.

36:04

Yeah.

We serve about 250 youth Tuesdays and Thursdays before school.

And again, we when we're in the schools, our goal is to, to serve and to, to, you know, nourish, you know, physically and mentally and spiritually as it, as it comes up.

36:21

But, you know, our goal isn't to, you know, necessarily stand on the corner on a on a soapbox screaming about the Bible.

Yeah, We can show the heart of God and and how much he cares for everybody.

We are all created in his image.

36:38

Yeah.

And so for us to be able to work in the schools and and just be that friendly face that, you know, serves breakfast, asks you how you're doing, offers you, you know, a short conversation and how's school, how's your family?

Just showing that God loves them and then God is for them and we can do that through our actions.

36:55

Yes, yeah, I believe in actions.

And I had shared a bit with you that I grew up in an agnostic family, which made me very curious.

And and so my father was kind enough to drop me off at any church.

37:12

And I went to every church that was in our area.

And I went to summer school and I went to they had a Friday drop in at the Baptist Church and it didn't do me any harm.

37:30

It made me curious.

It made me read Bible.

It made me find out about other religions and, and, and they took, I mean, is there no prayer in in school anymore?

37:45

Is that seen as colonization or or whatever you want to brainwashing or?

Yeah, so they removed prayer from schools quite a while ago.

Yeah, in the late 70s, early 80s, depending on where you were.

I still see you're you're wearing a Trinity Western.

38:01

Yeah, I, I took training there, yeah.

Excellent.

Yeah.

And.

And so the schools have become highly secularized, but they also recognize when good people are trying to serve.

Yes.

That's our opportunity to go in.

Yes.

Build relationship.

You know, I see youth ministry as the foundation of youth ministry is relationship.

38:23

Yeah.

Trust and mentorship and showing people, the young people that we care.

And, you know, down the road, once you build that trust in relationship, if they're having a difficult time, you know, we'll have that conversation with them.

Say, you know, what I do when I'm, when I'm scared or when I'm hurt is, is I pray.

38:40

Yeah.

You know, and then we can ask, hey, can we pray for you?

Yeah.

You know, and just the, the powerful stuff that comes through relationship, you know, in the Bible, Christ talks about, you know, planting seeds, being a good sower.

Yeah.

And I feel like a lot of times in our youth ministry, if, if you've grown up in a home that doesn't know God or talk about God and you've experienced a lot of trauma, it can be a lot of us is just pulling rocks from the soil.

39:07

You're just preparing the soil for a seed down the road.

And you know, our goal is to is to care and nurture and to to help them flourish.

And so, yeah.

And, and, you know, I think we've lost something.

I was talking to, it was Shirley Bond.

39:25

I ran into her the other day and we were talking about the world.

And I said, why did they take religion out of school?

Why don't they put every religion in school?

Why don't they let people learn about every religion and see the commonality there?

39:44

And and, and she agreed with me totally.

Instead of taking it out, put it all in there.

And.

But I don't think anybody's ready for that.

Kind of.

Yeah, it's.

40:00

Difficult conversations can be right?

Yeah.

And yeah, there's, they've certainly wrestled with it.

You I see a lot more anti Christian stuff in schools than say anti Muslim or anti Buddha or and so you know, you can proclaim, you can talk about other religions.

40:23

I see a lot of pushback when you start talking about Jesus Christ.

Yeah, So yeah.

And to learn about doing good and helping others.

It's, it's lost like that's what you're doing, but it's been lost somehow or other.

40:47

I mean, we, I know that I went to Girl Guides.

No, I went to Canadian girls and training.

That's what I went to.

We wore tops that were like sailor sailors tops.

And it was all about helping people.

41:02

And we did it in high school and we went to other schools and we gathered clothes and food and stuff.

And as high schools together had a giveaway for people who were poor in Toronto.

41:17

And it, it didn't hurt us and it made us think about other than ourselves.

And and it, I just feel that it's lost, like there's so much has lost.

Very much so.

We, you know, many of our programs work hard to empower the youth to give, to give back, to, to serve, right.

41:39

Yes.

When Christ came.

I mean, you think about the manifestation of God in human form.

And yet he was born in a Manger.

Yeah.

You know, he, the skies didn't tear and he came riding down on his horse.

Yeah.

He was born in a lowly position in the dirt in a Manger.

41:58

Yeah.

You know, they talk about the how the heavens move, the stars aligned themselves, the universe formed itself around his birth and then this is a man that lived in, you know, the 1st 30 years of his life and and relative quietness.

42:14

Carpenter.

Right lived a simple life even when he started his ministry, he, you know, he washed the feet of his of his friends and disciples.

This is this is God himself washing the feet of of people saying I'm your servant, I'm here to serve you.

42:29

And then I mean, had the ultimate service to get on the cross for us to redeem us to the Father, right and restore us.

Yeah.

You know, when when God himself has a deep servant heart and his great commandment for us is to love the Lord our God with all our heart, mind, body, soul and strength and to love our neighbor like ourselves.

42:48

Yes, that's really what he wants us to do.

He wants to love him and love others.

Yeah.

And you know, if we have a deep love for Christ and a deep love for those around us, those acts of service that caring for others come a lot more natural than thinking about having to do it because you're supposed to.

43:05

It comes out of a out of a love and a care.

And so the word love means something different to many people.

And I worked in the shelter movement and, and I worked in helping women and children who were being abused and domestic violence and women who had been in prison and women who were addicted.

43:30

And, and, and I worked with men, I worked with anger management and with sex offenders.

The word love means sex to a lot of people.

And so I prefer the word compassion because I think it means the same thing.

43:49

And, and I think that when you use that word, it's really important to to say what it means in, in that way, because it's taken as sex, the sex act.

And I think that's one of the great lies of the world because, you know, they scriptures make it clear that God is love.

44:11

And so, you know, the devil is really good at taking what Scripture says and then twisting it just enough.

And so when he starts to make the word love, who, you know, God is love twisted into this worldly pleasure, it does get misguided.

44:27

It does get lost.

And, and you know, if you don't follow the truth, if you don't follow Christ's word in the scriptures, it can easily be twisted.

And, and I and I agree, you know, compassion, I think is, is an action word of love.

It's, it's how we can love others where they're at, you know, and love unconditionally because God loves us.

44:50

We are to love others, right?

And it's, it's you think of the microcosm of all of those little things, right?

Like I love God, I love my neighbor, and because I show my neighbor love, they feel loved, and they might show their neighbor love, and they're pushing at work.

And that microcosm works its way out into society, into humanity, right?

45:09

Mm hmm.

Yeah.

And when I'm when I'm we're talking, I think about what I worked in and and you're intervening hopefully into youth taking a road that would be destruct self-destructive and and I think that's kind of missing in the world right now too.

45:37

I will say that there, there is a revival in young people.

There's a, there's a hunger and a thirst for the truth.

And we're seeing youth groups and young families and, and teenagers and young adults pouring into church pews, hungry to learn who Jesus Christ was, hungry for the truth.

45:56

And you know, that that's the Holy Spirit working through right now to show people that there there is a universal truth, that it is the word of God.

And yeah, it's, it's something that it, it can be very misleading.

46:12

Yeah.

If you only walk in the ways of the world.

And when you look at young people, yeah.

I mean, we offer a lot of time, space and energy into offering safe spaces, productive spaces where youth can learn more about who they are and their identity in Christ.

46:34

And, you know, we, we offer programs, like you said, that are, that are simple breakfast programs.

Yes.

That just shows God's servant heart that, hey, we care about you.

Yeah, we're for you.

You, no matter where you're at in life right now, there is someone out there that cares about you.

Yeah.

But, and we also have very intentional spaces, like very small discipleship Bible study groups for those youth that are looking to really pour into scriptures and have a really deep understanding because they want to serve more and they want to proclaim the gospel and the excellencies of him.

47:04

And so we help equip that as well because, you know, the Great Commission is to go and make disciples of all nations, teaching them in the ways I've taught you, right?

And so for us, teaching the next generation what the Scriptures mean, the interpretation of it, who their identity, how their relationship is with Christ, and then sending them out, Yeah, to to their friend groups and to their schools and to all of that, again, that that creates that that outward expansion.

47:31

You know, we were talking last night about like, hey, we're, we're in Prince George.

Like, think about how many missionaries it took to get the gospel from Jerusalem.

Yeah.

You know, in the 1st century.

Yeah.

To Prince George, where we have like 45 or more churches in the community like that.

47:48

That's a lot of horses and donkeys and wagons and boats and.

Foot bikes right and.

Think about how many missionaries went we got to go there and they need to learn about who Jesus is.

Yeah.

And and so, you know as community missionaries, we work and live in the community, but we're on mission.

48:08

Our goal is to bring the gospel into into the minds and people and young people that may not have ever heard about who Jesus Christ is and what he's done for us and learning who he is.

Can just We see hearts change so quickly when the Spirit grabs a hold of you, right?

48:28

Yeah, we got to take a break.

Omanika Art Center is calling on you to support local artists.

You can do this in two ways.

Either donate through their Go Fund Me page or when you return your bottles to Nanchaco Bottle Depot, use number 683 and the refund will go directly to Omanika Arts Reduce, reuse and reinvest in art while skipping the lineup.

48:51

Arts and culture are so important to every community, so support Omanika Arts Center.

Visit omanikaartscenter.com For more information.

We're standing proud together.

For.

49:06

Canada, I'm Colin Mockery.

I'm Deb McGrath and we're making serious changes to the way we shop.

Like this tube of toothpaste made in Canada.

Yeah, made in Canada, but it's not toothpaste really.

It's cheese spread in a tube.

Oh, I'll take 2 then.

Let's protect Canadian jobs and Canadian business.

49:24

Shop as if your country depends on it.

Keep your money in Canada for.

Canada.

There's always something happening in Prince George.

View a complete list and contact info for all recreation organizations and clubs in Prince George through the Community Association Recreation Guide.

49:41

The Parks and Recreation E newsletters are released quarterly for nonprofits to promote their programs.

To get your program promoted, e-mail Parks and Rec at princegeorge.ca.

For more information and to sign up for the E newsletter, visit the Parks and Recreation page at princegeorge.ca.

49:59

The City of Prince George fall Recreation Guide is now available.

The guide features a wide variety of recreational opportunities from local community associations for residents of all ages.

Find affordable sport and activity options for children and for adults.

There's a great variety of health and fitness classes, Coed sports and more.

50:18

Registration is open with many programs continuing through winter.

Access the Fall Recreation Guide for full details through the Parks and Recreation page@princegeorge.ca.

You're listening to senior moments on 93.1, CFIS FM and.

50:36

We're back with Jason Cook from Youth Christ, Youth for Christ.

And you have many different opportunities for youth to, to participate.

50:56

And I was looking at the how this all came about.

And each of your YFC is kind of like separate, like you're part of a, an organization, but you have your own board of directors, you have your own status as, as a nonprofit and so that you're able to make decisions for your community and where you live.

51:31

Yeah, that's very well put.

So, so Youth for Christ, like I said, is is a, is an international Christian movement.

We're in over 100 countries of missionaries in Canada.

We have 37 chapters and about 900 missionary staff.

Wow.

And each chapter is its own local charity.

51:48

Yeah.

So Youth for Christ, Prince George is Youth for Christ Prince George is his own registered charity.

And so all of the all of the money, like as missionaries, we live on the support of others.

That's right.

So our salaries are, are, are funded by churches and businesses and friends and family and people in the community that believe in our mission, that believe in our, in our path and our, the work we do with the youth.

52:12

And so do all of our programs.

They rely on others to say hey, we see what you're doing, we support you, we love you, we send you and.

Yeah.

So.

So Youth for Christ there.

I like the model a lot because there's there's a lot of upward accountability.

Yes.

To make sure that we're not off mission or off task.

52:31

Yeah.

You know, so why YFC Prince George is an affiliate of YFC Canada, right.

Right.

And we work closely with all of the national team, all of the executive directors across the nation get to know each other and work together.

It's a big support system.

Yeah.

But YFC empowers us to find the need in our community because what we, how we serve here might not be what downtown Vancouver needs.

52:58

And so it allows us to like take a look at our community and through prayer, let the spirit lead and to lead us into where our missions were called to.

And so we get to be creative and, and a little more specific in how we address the needs of the youth in our community.

53:18

And yeah, so, you know, it's, it's, it's a giant family, but it's decentralized in its operations.

So you can be individuals.

Yeah, and we are, and we're empowered to, right?

Yeah.

Like I said, there's somewhere close to 900 missionaries in the country, and I don't think anybody has the same exact mission.

53:41

Yeah, right.

Everybody's got a little bit different stuff.

Like there's this awesome program in Calgary.

They own a an automotive shop and they buy a junker off of a scrap lot and they tear it down to the frame.

And this, this group led by their leaders, put it all back together, fix it all and then sell it.

54:00

And then the money goes back into the program.

And, you know, they'll spend up to a year restoring these things.

And, you know, the conversations that happen during that allow you to build a relationship.

Yeah.

And talk about who Christ was.

54:16

Yeah.

And, you know, sometimes those conversations are nuanced.

And we give time and space for the youth to to build trust with us in mentorship.

And, you know, I, I see youth ministry as we use a term called parallel faith.

54:31

So we'll just we walk with you.

Yeah.

You know, we don't necessarily jump up and down to say, hey, you need this in your life.

Yeah.

We show through our actions and through through our care that God loves you.

And and we will take every opportunity to talk about it.

54:48

Like I said, you know, we'll have kids that come through.

So our youth centers upstairs at Fort Church Baptist just up the road on 15th and the upper Room.

And so we have a drop in after school, drop in Tuesdays and Thursdays, and we'll have kids come through that have never darkened the door of a church.

55:04

Yeah, right.

And they walk in and they're kind of uneasy and you say, hey, yeah, yeah, come on in.

It's good to see you.

And they go, I've never been in a church before.

Yeah.

And they, they kind of jokingly say, look, I didn't catch on fire, you know?

And a common response we have is, no, of course not.

55:20

God loves you.

Yeah.

And they go, what do you mean?

Well, you were created in his image.

Like God loves all of his creation.

Yeah.

And we'll just leave it at that.

Yeah.

You know, and let them kind of wrestle with that.

And if they have questions about it, then we'll continue to talk about it.

55:35

Right.

And and so our spaces, one thing we, we try really hard not to do is bait and switch.

Yes, to say, oh, we're gonna do this, come by for pizza.

But before pizza, all of a sudden we're doing a Bible study.

Yeah, right.

We, we, we have, you know, services.

55:51

We have meal critical meal programs.

When we're at those, our job is service to help nourish and see the young people be fed and cared for and flourish.

When we go to a Bible study, when you, when you walk through the doors of, of the Bible study, we're clear that we're going to be pouring through the Holy Scriptures.

56:09

And so we work hard at, at providing different spaces for different youth and different walks in their faith.

And you know, our our goal is to see every young person living fully in Christ, but our goal each day is to serve and care.

Yeah.

56:25

And I think that's a role model that, you know, can really rub off and people want to be that way. They don't.

And I was thinking while we were talking about how the price of everything is so high right now that most families have two parents working.

56:47

And, and it's not the parents fault that they both have to work.

It's the, the greed and the, the, I mean, what's happening right now in our world is just shocking to me because I grew up during the Second World War and everybody shared everything.

57:12

And, and I think one of the most important things I don't want to forget this is to make sure that this the the kids, I realized that not everybody thinks like them.

That was one of my big stumbling blocks in my because I had such a big extended family and everything belonged to everybody and we shared.

57:34

And I mean, I wasn't, I was happy to get the hand me downs from my cousins.

And, and so the the idea of, of nurturing and safety and choice that they're getting is really important.

57:52

Yeah, community and connection are huge parts of that, too.

Yeah, right.

Like Youth for Christ actually started in 1944.

Yeah, the first, actually the first fully paid missionary was Billy Graham.

Really.

Yeah, Yeah, we've only got minute.

58:09

OK, So, yeah, and, and, and So what happened in 1944 was the end of the Second World War was wrapping up and they started to realize how many fatherless homes there were, how many separated parents there were.

And so that's why a lot of these services started to help feed, help nurture, build community, build trust, build mentorship.

58:28

And that's been, you know, we've seen that play out over the last 80 years as well.

And like you said, it's no fault to the parents.

It's just the machine of of this current world we've developed and we're just stuck in it right now and I know a lot of people are wanting to get off the ride.

Yeah, they are.

I want to thank you for coming in and sharing with some of us who didn't know about you.

58:51

And you can get a hold of at 562-7110.

And you can also go online and just look for the website for YFC if you want to support them, if you want to let your kids know about it.

59:08

And it's a safe place for kids if you're you're still at work when they get home from school.

Yeah, after that and all of our programs are free, free of charge, so.