



Seniors Today



Springtime



Volume 20 Spring 2007

Dates to Remember:

See page 3

Inside this issue:

From the Public Relations Committee Message from the Executive Director	2-3
Dates to remember	3
Seniors Speak	4-5
Health Information	6-7
Recording Your Family History	8
A Gift-Sandra Taylor	9
Looking back... Marnie Morrison	10
Looking back... From Mabel Collinson's Autograph Book	11- 12
Income Splitting for Seniors-Dave Wind	13
Laughter, Smiles	14- 15

From the Public Relations Committee

We enjoy doing *Seniors Today*, however, we would like to know if you enjoy it and would you like some changes. We'd appreciate any suggestions, ideas, articles. Our Public Relations committee wants to know if you enjoy a *look back* in the newsletter; do you like the *humor section*?... do you like *seniors speak*? Please feel free to make any suggestions to Mabel Collinson, June Balsillie or Marg Green. Thank you.

A Message from the Executive Director



Did you know?

Got ants?

(1) Sprinkle baby powder in and around their visible entry points and along doorways and windowsills.

(2) Spray vinegar around doors and areas where ants are a problem.

To each Member, thank you for being a part of our Society....we value your membership and support and all your “tons” of hours of volunteer work.

As we march toward spring our celebrations of two Anniversaries will take place during Seniors Week June 10 to 16, 2007. Our YK Seniors' Society has been a registered society for 15 years; we have had the privilege of operating the society out of our Beautiful Baker Community Centre for the last 10 years.

Experience today something exciting when you check out all our programs that we offer on our website at: www.yksenior.ca. there is information on the following: Learn About the Society/Activities/Calendar/Information/Photo Gallery/Contact Us .The tools I am sure are many that Bob Carr uses to keep our website current, thank you Bob for your commitment to this project.

This year my hearts passion is to record all of your experiences on digital tape and have them stored in the archives of the museum. The museum has so graciously accommodated me with a loan of a digital recorder that can fit in my pocket it is so small. Now I can attempt this mission with the help of the seniors to assemble via recording the knowledge and wisdom from each precious senior that will be enjoyed forever. Have you ever been having a cup of tea and heard some wonderful experience from a senior as they shared something from their past years. The history of Yellowknife just unfolds right before you. You start to see how they learned that working together then was a vital link in those early years of forming this community and gave them a bright future to look forward to. Our seniors now look back and see how that those learning experiences paid off. This is what I desire to capture on tape, please give me a call at: (867) 873-9475 to arrange a time that is most suitable for you to record all those memories of your Great North Experience.



Continued...

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We are launching out with our first **Seniors High Tea** to be held on Sunday, March 25 from 2:00 to 4:00 pm. Remember the dainties at tea times in the past, they will be here for all to enjoy. We have had several donations of fine china for our cabinet, which is on display in our main hall at the Fabulous Baker Community Centre. Carol Morin, CBC Northbeat, will host this celebration for seniors. Our very own Members of City Council and Legislative Assembly will be our tea pourers. Our local business "**Inspired**" has so kindly donated all our tea for this event. The dress code for this Seniors High Tea will be hat/gloves/dresses for the ladies and black tie for the gentlemen. I will have gloves in the office on loan for that day. Plan to attend and enjoy the truly remarkable fellowship that will bring back many memories.

Each one of your contributions that varies in so many ways makes a real difference in the life of each senior who is a member of the YK Seniors' Society.

Vivian Squires

Did you know?

Want a picket-fence on your wooden planter? Glue paint stirrers (free from paint stores) vertically to box. The paint it all white.

Dates to remember:

1. Annual General Meeting Friday, Mar. 16 @ 6:00 pm
2. St. Patrick's Day Sat. Mar. 17/07
3. School Break March 18 to 31/07
4. Caribou Carnival Starts Fri Mar 23, Sat. Mar 24 and Sun. Mar 25/07
5. Palm Sunday and April Fools Day Sunday April 1/07
6. Good Friday, April 6/07
7. Easter Sunday April 8/07
8. Easter Monday April 9/07
- 8A National Volunteer Week April 15 - 21/07
9. YK Seniors Bingo Tuesday, April 24/07
10. Yellowknife Trade Show Sat. May 12 and Sun. May 13/07
11. Aboriginal Awareness Week May 20 - 26/07
12. Victoria Day May 21/07
13. Disability Awareness Week May 27 to June 2/07
14. Bird Walk Friday, June 1/07
15. Seniors Week June 10 to 16/07
16. Aboriginal Day Thursday, June 21/07
17. Fathers Day Sun. June 17/07



Seniors Speak

A look back... This year we celebrate several landmark anniversaries. These are YACCS, which involves Aven Manor and Aven Court and YK Seniorsø Society which includes Baker Centre.

The questions for seniors dealt with our Society and Baker Centre. Questions were:

1. How did you become aware of the Society?
2. When did you join?
3. What is your favorite activity at Baker Centre?
4. What do you enjoy most about our Centre?
5. Do you have suggestions for changes or improvement with the Society or Centre?
6. Is there any program you would like to add to the Seniorsø activities?

Did you know?

When bathroom grout is looking dingy, apply coke to the areas with a toothbrush. Allow to sit for 10 minutes. The phosphoric acid in the coke, fizzes and seeps into the mortar, dissolving stains. Wipe away with a soapy cloth.

Pat Neary:

I have belonged to YKSS for one year at the end of February. I heard about it from Barb Bromley who encouraged me to join. It has been great for getting me out and meeting people. Lunch for a Bunch is one of my favorite times at Baker Centre and I really enjoy carpet bowling.

Agnes Williams:

I joined the YKSS about 14 years ago. It was my husband who had heard about the organization from someone. The best part is meeting new people and visiting old friends, especially at Lunch for a Bunch. It was through YKSS that I learned of the Aquafit program which I enjoy. I have just joined the computer class. I wish that the exercise program that was active a few years ago could be revived.

Joan Findlay:

I joined YKSS just over 14 years ago. It was Mary Hamilton who made me aware of it. I enjoy the friendships made and enjoyed. I also like many of the activities...Friday lunches, yoga, and washing the tea towels! (She's serious, she really does like doing the laundry!) I would like to see the offer of a crafts program, at least near Christmas.



Continued...

Seniors Speak

...continued

Bill Reid:

I'm just into my second year in YKSS. I learned about it after I moved into Aven Court. I was pleased to discover a group of friendly people at morning coffee time. This has proven to be my favorite activity. YKSS has also offered me a place to apply my creative interests, such as painting and photography. I would like to see the YKSS do a modified Antiques Road Show.

Wayne Sweeney:

Wayne and his wife joined the Seniors Society four years ago. His wife had heard about it at work. Wayne enjoys most the fact that Baker Centre activities get him out to be with people. He enjoys Lunch for a Bunch and appreciates the computer courses.

Bishop John Sperry:

Bishop Sperry was a member of YKSS from the beginning. It was one of the famous three (Esther Braden, Barb Bromley and Jan Stirling) who told him about it. He likes the fellowship he finds with the group. Lunch for a Bunch is a favorite time. He finds the after-lunch speakers have new things to offer. His favorite activity is the Diabetic Group meetings. Bishop Sperry would like to see more parties.

Lena Pedersen:

Lena joined YKSS in 2002. She learned about our society through a bridge member. Lena enjoys meeting different people. Her favorite activity is bridge. Lena would like to see a bridge competition.

Did you know?

Want to salvage bitter tasting coffee? Add a pinch of salt to your filled mug. Salt balances the acidity.



Health Information

H₂O: KNOW YOUR LIMIT!

At the 22-mile mark of the 2002 Boston Marathon, a 28-year-old female runner, believing she was dehydrated, chugged 500 milliliters of liquid. She quickly dropped to the ground and was diagnosed with severe *hyponatremia*, or *water intoxications*. She later died.

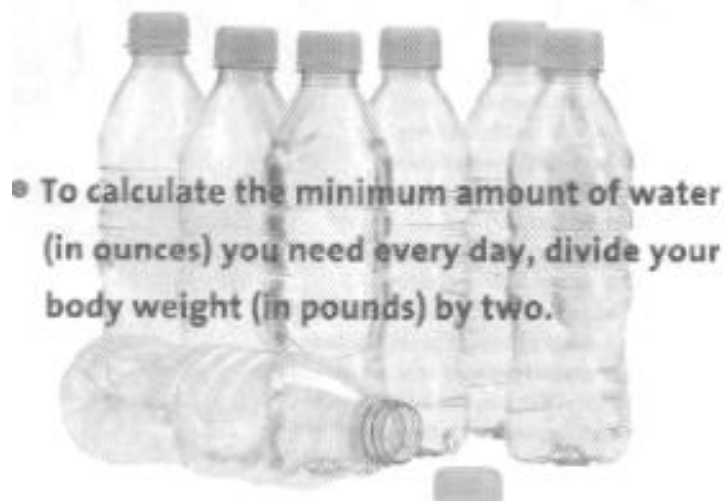
For years we've been told to drink, especially when it's hot and humid or when we're exercising hard. But a *New England Journal of Medicine* study suggests you can get too much of a good thing. The study, which followed 488 runners through the 2002 Boston Marathon, found that 13 percent drank so much water that they dangerously diluted the sodium levels in their blood.

Experts in extreme fitness activities, such as running marathons or competing in triathlons, stress the importance of hydration. "Hydration is critical," says Dru Marshall, associate dean of the faculty of physical education and recreation at the University of Alberta in Edmonton. "You can have severe problems if you don't hydrate correctly," adds Marshall. "But you can overdo it. You must maintain your fluid levels without diluting your body's normal sodium content or over taxing your kidneys. Ask yourself if you really need a full bottle of water every time you feel thirsty."

Symptoms of over hydration, such as dizziness, confusion, nausea and apathy, mimic the symptoms of dehydration...so always keep track of exactly how much water you're drinking.

Did you know?

**No toothpicks?
Test cake for
doneness with
a dry spaghetti
strand.**



• To calculate the minimum amount of water (in ounces) you need every day, divide your body weight (in pounds) by two.

Health Information

Go Easy on the Sea Salt

Many home cooks are switching to sea salt made popular by celebrity chefs. They have the mistaken idea that it is healthier than regular salt reports a British survey. Dash for dash, sea salt and table salt have about the same amount of sodium. Sodium in excess is known to raise the risk of high blood pressure in those who are sensitive. So use either with equal restraint.

Whirlpool Baths Warning

This bathroom luxury in homes and hotels is brimming with disease-causing bacteria finds a Texas study.

Testing of 43 water samples from around the country showed:

95% harbored fecal bacteria

81% had fungi

34% contained potentially lethal Staphylococcus bacteria.

All showed microbial growth.

The germs grow in interior pipes which aren't filtered or chemically treated and then are blown into the bath each time the tub is turned on. Note to ladies - this is sometimes the cause of repetitive urinary tract infections.

Recommendation (Rita Moyes, PhD)

After a bath, dump in 1/2 gallon of vinegar (it's an antimicrobial) per 50 gallons of water...enough to fill the average tub...and let the jets circulate it for a few minutes.



All health information submitted by Mabel Collinson

Did you know?

**Simple Juicer—
Insert fork tines
into cut lemon or
lime and twist.**



Get started turning your life experience into your legacy

One of the best gifts you can give your children, grandchildren, great-grandchildren and your friends is the gift of your life story.

It will provide context for their lives and be a source of joy and practical information.

Here's how to get started writing your life story:

- Remember...details and information are more important than your writing style. Describe the personalities of the important people in your life.
- Describe all the smells, sights, sounds and tastes you can recall. Use plain language.
- Use photos to trigger memories. Talk with family members and friends to help you remember significant events.
- Use index cards to organize memories. Write each memory on its own card.
- Arrange the cards in chronological order and refer to them as you write.

William Fletcher, author of *Recording Your Family History*, suggests organizing your autobiography by decades or groupings of years (kindergarten, elementary school, high school, college, early adulthood, middle adulthood, and retirement).

Don't spend a lot of time describing world events or popular culture.

Those are easy to research elsewhere. Instead, describe your reactions to those events.

Try to capture the relationships you have with family members, friends, neighbors, teachers, and mentors.

How did these relationships influence your life?

Cover these in your life story:

- Major life events...joyous and sad...including responses to those events.
- Date and place of your birth and basic information about your parents and siblings.
- Describe the houses, neighborhoods, towns/cities where you lived.
- What your parents did. What were their feelings about their work? Describe your feelings about your work, too.
- Where you went to school. Describe classmates and teachers. What were your parents' attitudes about school?
- Churches you attended. Was religion or faith important to your family?
- Write about your childhood friends and activities. Sports? Music? Hobbies? What did your family do for fun?
- Describe the first time you saw your spouse. What attracted you? What was it like the first time you met each other's families?
- Describe beginning your family and raising your children. What were the joys and hardships of family life?
- Describe your relationships with your children.

Source: www.therecoveringsite.org.



Did you know?

If you cut fat from chicken by skinning it before oven-frying it, coat the pieces with mayonnaise before rolling it in crumbs.

Chicken will be crispy.

Submitted by Marg Green

A Gift

The other day a young person asked me how I felt about being old. I was taken aback, for I do not think of myself as old. Upon seeing my reaction, she was immediately embarrassed, but I explained that it was an interesting question, and I would ponder it, and let her know.

Old age, I decided, is a gift.

I am now probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body...the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror, but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio. I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 a.m., and sleep until noon?

I will dance with myself to those wonderful tunes of the 60s and if I, at the same time wish to weep over a lost love...I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten, and I eventually remember the important things.

Sure, over the years my heart has been broken, How can your heart not break when you lose a loved one, or when a child suffers, or even when a beloved pet gets hit by a car? But broken hearts are what gives us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. I can say "no" and mean it. I can "yes" and mean it.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I still eat dessert every single day.

Did you know?

To remove labels: a blast of hot air from your hair-dryer will melt the glue. Aim it at label for a few minutes then peel it off.



Submitted by Sandra Taylor

A Look back...

Looking back over the years, I've made a discovery - how lucky I am to have friends from my school days. My friend Hilda and I go all the way back to grade school. We were in Guides, Rangers, and the Hillhurst United Church's Young Peoples Group. In those days we were all working part time and going to Banff for a weekend was a real treat and lots of fun.

Hilda and I married Air Force fellows as did a number of our friends. We were kept quite busy going to all the bridal showers and weddings.

Then one by one our husbands were transferred to different bases, so off we went and of course, they were never posted to the same town or city. However, we did manage to stay in touch with each other.

When our husbands retired, Hilda and her husband went to Victoria and my husband Bob and I went to Calgary. We visited each other as much as possible with our husbands and children.

Thru the years we had many visits to each other's homes and I was fortunate to visit Hilda this past summer (2006). We had a great time catching up and enjoying each other's company.

Submitted by Marnie Morrison

I always knew *looking back* on my tears would bring me laughter, but I never knew *looking back* on my laughter would make me cry.

Quote by Cat Stevens

Volunteers are the only human beings on the face of the earth who reflect compassion, unselfish caring, patience, and just plain love for one another.

--Erma Bombeck

Did you know?

Too much soap suds? Shake salt over growing mound of suds. The salt cuts through the oils in soap to dissolve bubbles on contact.

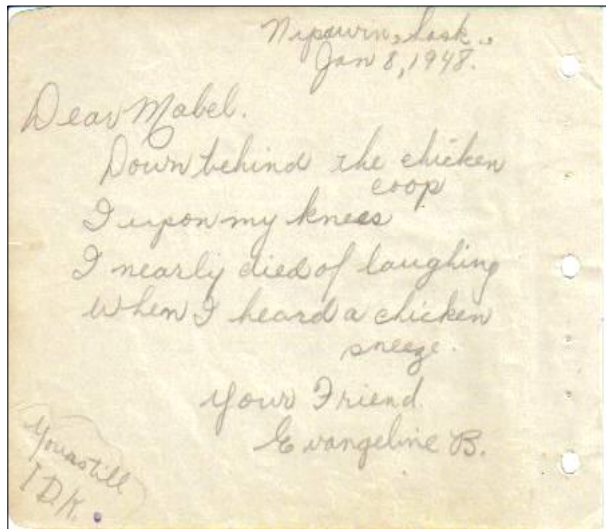


A Look Back...

Remember when every girl owned an autograph book? Few boys owned one; I seem to recall they regarded them as ôsissyö.

Recall, too, that you had to have memorized a great many verses for you didn't want to repeat from book to book.

These are from Mabel's autograph book of the 1940s. Enjoy



Nipawin, Sask
Jan 8, 1948

Dear Mabel,

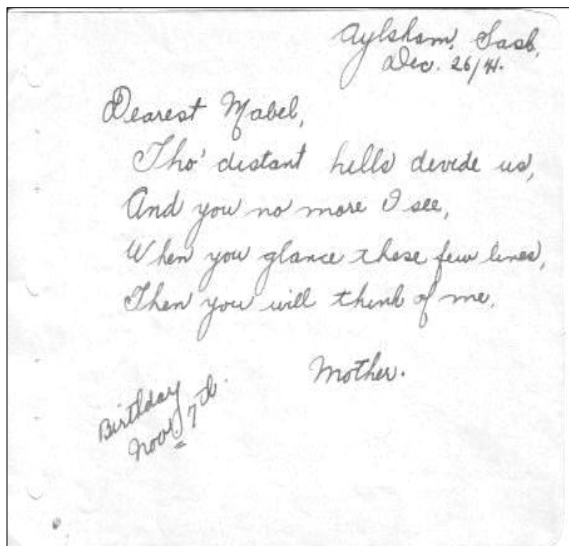
Down behind the chicken
coop
I upon my knees
I nearly died of laughing
When I heard a chicken
sneeze

Your Friend,
Evangeline B.

Yours till
I.D.K.

Did you know?

**Are you eggs
fresh? Stir 2
tsps. salt into a
cup of cold
water. Drop in
eggs one at a
time. If fresh, it
will sink...
spoiled will
float.**



Aylsham, Sask.
Dec. 26/44.

Dearest Mabel,

Tho' distant hills divide us,
And you no more I see
When you glance these few lines,
Then you will think of me.

Mother

Birthday
Nov. 7th



Continued...

Income Splitting for Seniors

On October 31, last year (Halloweæn) the new Conservative government announced they were going to have to something they had promised Canadians during the federal election campaign that they would not do. Because a number of large corporations were planning to re-invent themselves as income trusts in order to avoid paying income taxes, it had become necessary to remove the preferential tax treatment income trusts currently received.

The government knew that this would seriously affect the value of investments in income trusts held by Canadians. Retired seniors would be particularly hard hit because they had come to rely on their investments in income trusts to provide a steady flow of dividend income. To offset the anticipated negative effects on seniors' retirement of the income trust changes, the Conservatives also announced that, beginning in 2007, couples would be able split pension income between spouses.

So what exactly is income splitting and how can it be of benefit to seniors? Unfortunately, the government has released very few details so we have to rely on a little bit of intelligent guesswork to answer that question.

We know that the income taxes a person has to pay each year is graduated and is counted as having been received on an individual basis. The first few thousand dollars of income for each person is tax exempt and is not taxed at all, The next few thousand is taxed at the lowest rate, approximately 15.5 percent. The next few thousand at a somewhat higher rate until we get to what we refer to as the highest tax bracket which is the rate at which all the remaining income is taxed. In Principle, income splitting between spouses has an advantage when most of the combined income of spouses is deemed to have been received by one of the spouses. A large portion of the income earned by that spouse would be subject to the higher tax rates while limited amounts of additional income, received by the other spouse, would be subject to tax at the lower rates. Income splitting provides that, for tax purposes, some of the income can be deemed to have been received by the spouse with lower actual received income. In effect transferring some of the income which would be taxed at a higher rate so that it is taxed at a lower rate available to the other spouse.

The government's proposal to allow income splitting has been targeted at seniors who are reliant on their retirement income. They will now be permitted to transfer some or all of their pension income between spouses to reduce the total combined income tax for them both. Several newspapers have calculated that, for a senior couple, where one of the spouses receives a pension income of \$30,000 per year, the tax savings for the combined income would be \$1,100.

Submitted by Dave Wind

Did you know?

Drinking more than one 12-ounce cola a day significantly lowers bone density, particularly in teen-agers. The phosphoric acid blocks calcium absorption.



Laughter, Smiles (cry...)

When a man opens the door to his car for his wife, you can be sure of one thing: the car is new or his wife is new.

Why do female black widow spiders kill the males after mating? To stop the snoring before it starts.

The most effective way to remember your wife's birthday is to forget it once.

What's the difference between a new husband and a new dog? After a year the dog is still excited to see you.

A mother wakes her son for school and he says, "I don't want to go. All the kids hate me, and I hate the school." The mother says, "You have to go to school, and I'll give you two good reasons. You're 52, and you're the Principal."

Two friends were walking home from school and one was complaining about his teacher. "What gets me," he said, "is how come, if she knows so much, she's only teaching the third grade?"

Overheard in a rest home as two old codgers settled down for a game of chess: "If they'd had electric blankets and sliced bread when I was a kid I would have never gotten married."

A backwoods mountaineer one day found a mirror a tourist had lost. "Well, if it ain't my old man," he said as he looked in the mirror. He took the mirror home and hid it in the cellar. But his actions did not escape his suspicious wife. That night while he slept, she slipped down to the cellar and found the mirror. "So," she said, looking into it, "That's the old hag he's been chasing."

Did you know?

Another soap-scum remover: Use a cloth dipped in 1 cup of fabric softener mixed with 4 cups of hot water will remove scum from shower doors and tile.

**Kugluktukô Raven talk**

Kugluktuk, Kugluktuk
He's the bird from Coppermine
He's blacker than the Ace of Spades
As he sits there on the line
He watches all the little white birds
Ptarmigan they're called
He plikes to ptease the ptarmigan
Psixteen at a ptime

Kugluktuk, Kugluktuk
He's the bird from Coppermine
He's blacker than the Ace of Spades
As he sits there on the line

He lands to watch them scatter
Away from his garbage cans
He can't have little white brainless birds
Encroaching on his lands
He decides to make them targets
And rouse them from their beds
So he swoops and drops old beer cans
Down on their silly heads

Kugluktukí .chorus

A hunter looking for targets
Decides to try his luck
At a big black fearsome feathered thing
Flying over Tuk
Tail feathers go suddenly AWOL
And the Raven goes into spin
And hits the Arctic Ocean hard
Wondering - why him

Kugluktuk...chorus

After a while in Yellowknife
To let his damage heal
The Raven sat on the power line
And made himself a deal
-I won't drop pcans on the ptarmigan
Or ptarget white birds again
Because black is a better target
Despite a bigger brainø

Kugluktuk...chorus



Bill Reid
Copyright, January 2007

Laughter, Smiles (cry...)

SENIORS ARE A TREASURE

Remember, old folks are worth a fortune,
With silver in their hair, gold in their teeth,
Stones in their kidneys, lead in their feet,
And gas in their stomachs.

Senior Life On The Highway

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on 280. Please be careful."

"Heck" said Herman, "It's not just one car. It's hundreds of them!"

An elderly couple was watching television one evening. The wife said, "I am going to get a dish of ice cream now." Kindly, the husband offered to get the ice cream for his wife. "I'll write it down so you don't forget," she said.

"I won't forget," the old gent said. "But, I want chocolate syrup and nuts on it. So, I'll write it down," she replied.

"I will get you the ice cream. Don't you worry," replied the gentleman.

A few minutes later, the old man returned with bacon and eggs. His wife said, "See, I should have written it down because you forgot the toast."

What is Love?

When my grandmother got arthritis, she couldn't bend over and cut her toenails anymore.

So my grandfather does it for her all the time, even when his hands got arthritis too.

That's love.

Rebecca 8 years old

Did you know?

Pure maple syrup may be as sweet as sugar but it is better for you. It is a good source of zinc. Also, it contains iron, calcium, potassium, magnesium, and polyphenolic acids which have key antioxidant properties





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Board of Directors 2006-2007

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Meetings at the Baker Centre



YK Seniors' Society
Meetings second Tuesday of each month



Canadian Hard of Hearing Association-Yellowknife Branch
Meetings when notified



Seniors' Diabetic Support Group
Meets 2nd Friday of each month at 1 p.m.



Yellowknife Alzheimer's Chapter
Meets 3rd Tuesday of each month at 7 p.m.