



Seniors Today



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Seniors Today Christmas 2007

Dates to Remember:

See page 13

Inside this issue:

From the Public Relations Committee Message from the Executive Director	2-3
Seniors Speak Grade 1's proverbs	4-6 6
Health Information	7
Looking back... Ed Baker	8-9
Manners	10
Seniors and Food Safety	11
Finances...what to keep, what to toss	12
Dates to remember	13
Quiz	14
Laughter, Smiles Quiz Answers	15

**Thanks to
Mary Hamilton
for red hats and
scarves**



From the Public Relations Committee

We would like to wish all seniors a great festive season with lots of time spent with family and friends. May you enjoy the familiar activities and foods of the season. We wish for it to be a restful time, then you'll be ready to face a busy and fun-filled 2008 at Baker Community Centre.

Editorial request:

In this edition, did you notice how the stories from seniors add more interest? We would like to keep that interest going by asking for a contribution for our next newsletter.

Do you remember the many ways in which we knew that winter was coming to an end? One was your mother's famous words, "Well, I think it's time for spring-cleaning." Scary words for us kids, right?

We would appreciate your stories or poems about that major household event when you were young. Please hand your piece in by the end of the first week in February. Give your article to Marg, Mabel or June. Note: Don't worry about spelling, grammar, etc. We'll look after that part if you wish.

Did you know?

Get that zipper working...apply lip balm to the base and run tube up and down evenly.

A Message from the Executive Director

MERRY CHRISTMAS 2007
YK SENIORS' SOCIETY - EXECUTIVE DIRECTOR



Christmas Season 2007 with countless decorated Christmas Trees, and Christmas songs that people hold so dear to their hearts, break us gently into another season to celebrate!!!

This Christmas Season brings so much sizzling, exciting things to see and do. A special responsibility becomes ours as we gather around with family and friends, as we make this Christmas Season one in which, we are helping others.



Brief History of the Christmas tree

In 16th-century Germany fir trees were decorated both indoors and out, with apples, roses, gilded candies, and colored paper. In the Middle Ages, a popular religious play depicted the story of Adam and Eve's expulsion from the Garden of Eden.

A fir tree hung with apples was used to symbolize the Garden of Eden or the Paradise Tree. The play ended with the prophecy of a Saviour coming, and so was often performed during the Advent season.

It is recorded that Protestant reformer Martin Luther was first to adorn trees with light. While coming home one December evening, the beauty of the stars shining through the branches of a fir inspired him to recreate the effect by placing candles on the branches of a small fir tree inside his home.

Queen Victoria's husband, Prince Albert from his native Germany, brought the Christmas tree to England. The famous illustrated News etching in 1848, featuring the Royal Family of Victoria, Albert and their children gathered around a Christmas tree in Windsor Castle, popularized the tree throughout Victorian England. Brought to America by the Pennsylvania Germans, the Christmas tree became popularized by the late 19th century.

To all the Directors and Members who ensure the continuity of the Programs offered at the Baker Community Centre, my heartfelt thanks. Thank you for all your hard work, seniors, throughout the year and your personal support of various endeavors which made this year 2007 very successful.

Christmas at the Legislative Assembly 2006



Jan Stirling and Barb Bromley with young friends

Did you know?

Get that ring off...apply lip balm around its edges and below your knuckle then it will slide off.



Seniors Speak

We asked seniors to describe for us the worst or best Christmas present they had ever received. We asked also, for a little bit of background. We were so pleased with the results. Thank you to those who participated.

Gladys Eggenberger:

Gladys, no doubt, in her lifetime has received many fantastic gifts of jewelry, appliances, and clothes. However she received her best gift as a child living on a farm in Alberta.

The gift Gladys received was a hair ribbon! Remember those? It was a plaid design full of many bright and pleasing colors. This beautiful present so impressed six-year-old Gladys that she considers it her all-time favorite!

Marg Green:

Besides being Marg's favorite, this gift was also a total surprise. Marg was eleven years old living in Campbellton, NB. The present she will never forget was given to her by a family boarder. It was a pair of white figure skates, and to add to her delight, with it came a pink angora set of a hat, scarf, and mitts. So excited was Marg that she joined the figure skating club.

Greg Debogorski:

When Greg was living in Northern Alberta in 1968, he got a fire truck from his aunt. It was the best gift ever!

Such was not the case when he was five years old and was given a box of Black Magic chocolates. So far so good. Unfortunately, Greg ate the entire box at one sitting so the remainder of his holiday was spent in the well-known bathroom discomfort.

Blake Lyons:

In 1949, while living in Trail, BC, Blake received the worst present ever. While attending UBC a girl friend gave Blake a hockey sweater, which sounds good, right? However, it was an orange and black sweater, the orange color being of almost psychedelic intensity.

When Blake wore the sweater to a game its status rapidly changed from OK to terrible when his hockey buddies saw it. They teased him unmercifully and suggested it would make a great distress signal if Blake was ever adrift at sea.

Did you know?

A medium sweet potato is an excellent source of beta-carotene which the body converts to Vitamin A. The sweet potato gives you 100% of the body's daily need for this vitamin.



continued

Seniors Speak

...continued

Sharon Veitch:

The best present Sharon ever received was one given to her on the evening of December 24, 1960 when she was living in Richmond, BC.

Sharon's boy friend Doug gave her an orchid to wear on Christmas Day for a visit to her in-laws-to be.

Sharon was delighted to receive such an exquisite flower. She went to place it in the refrigerator to keep it fresh.

Doug's face betrayed some worry and agitation. He begged her to look at it more closely.

To which Sharon responded, "Oh, it's just beautiful, honey. I love it" and started to close the door.

"Look at it again!" loudly demanded a now frantic and stressed Doug.

Then Sharon looked more closely at the orchid and when she focused on its centre saw her engagement ring wired to it!

Consequently, the orchid didn't stand a chance of serving any purpose, for Sharon completely destroyed it in her hurry to get at her engagement ring.

Chris Bergman:

Sometimes we wonder if Christmas hampers are appreciated. Chris's story leaves no doubt.

When Chris was six years old, he with his mom, dad, and five siblings left Holland to settle in Canada at Calgary in Alberta.

The family was not poverty-stricken but obviously struggling. So the Bergman family name was put on the Calgary Fire Department's Christmas hamper list.

When the hamper was delivered, out of it came a fire truck for Chris.

The fact that it had been used didn't matter to Chris. What was impressive was that in their new country someone cared enough to remember Chris and his family at Christmas.

Continued...

Did you know?

Where to put 'take-out' menus? Glue a large envelope to inside cover of telephone book.



Seniors Speak

Hilya Hall:

Hilya's account of a very unusual gift experience took place in Yellowknife. Hilya was in her early working days as housekeeper for the YWCA.

At the time of this event, a lady by the name of Kay Cormack prepared Christmas Day dinner for everyone. The meal was all ready when Hilya arrived.

As the guests started to take their places, Hilya noticed an extra setting at the table and asked Kay about it. Kay told her it was a custom in her native Scotland which she continued in Canada. The custom came about in case someone unexpected arrived at meal-time.

Hilya had hardly received the explanation when there was a flurry and commotion at the door.

Guess what? A lady from Snowdrift had mushed her dog-team into town for supplies. She stopped to visit at the ðYö and of course was asked to be the ðuninvited guestö to fill the empty chair. A true proof of Christmas spirit!

Did you know?

That the skin at its thickest (on the soles of your feet) is only 1/8".

From Grade 1 students...Their versions of proverbs:

1. Don't bite the handí ..that looks dirty.
2. It's always darkest beforeí ..daylight saving time.
3. Strike while the bugí ..is close.
4. You can lead a horse to water butí ..how?
5. No news isí ..impossible.
6. A miss is as good as a í ..a mister.
7. You can't teach an old dog newí ..math.
8. If you lie down with dogs, you'llí ..stink in the morning.
9. Love all, trustí ..me.
10. The pen is mightier than the í ..pigs.
11. An idle mind isí ..the best way to relax.
12. Where there's smoke there'sí ..pollution.
13. Happy is the bride whoí .. gets all the presents.
14. Two's company, three'sí ..the Musketeers.
15. Don't put off till tomorrow whatí ..you put on to go to bed.
16. Laugh and the whole world laughs with you, cry and...you have to blow your nose.
17. There are none so blind así ..Stevie Wonder.
18. Children should be seen and notí ..spanked or grounded.
19. If at first you don't succeedí ..get new batteries.
20. A penny saved isí ..not much.
21. When the blind lead the blindí ..get out of the way
22. Better late thaní ..pregnant



Health Information

I have osteoarthritis. In my early 40s I was experiencing stiffness and joint pain. I made an appointment to see my doctor and she ordered x-rays. The x-rays revealed that I had osteoarthritis and an anti-inflammatory was prescribed. I took the prescribed medication for many months but, unfortunately, nothing helped the pain. After some time my doctor took me off the medication because of the possible side effects and possible damage to my stomach. I then went on Tylenol extra strength. And again these were of no use for the pain.

Then in my early 50s I started to limp and favored my right side. My doctor referred me to the orthopedic surgeon at the Stanton Hospital. He ordered x-rays and said that I needed a hip replacement. The surgery was done and provided a great deal of relief. After six weeks of physiotherapy I was able to walk with a cane.

Two years ago my left hip started bothering me and I recognized the symptoms. Once again I saw the orthopedic surgeon and he recommended a hip replacement. The surgery did not go so well. After returning home from the hospital my hip dislocated and I had to go to hospital by ambulance. The doctor put my hip in place and I was able to walk around for a month then my hip dislocated again. The doctor operated on my hip and again I was able to get around with the help of a walker. However, my hip dislocated two more times and back I went to the hospital by ambulance. The only alternative to fixing my left hip was to do more surgery and replace the hip with a more expensive captured hip. This was done and I have had no trouble with that left hip since then. I still walk with a cane.

A year ago December my right hip started to bother me and a visit to the orthopedic surgeon and more x-rays revealed the prosthesis was faulty and a hip revision has to be done. The only draw back is that I may have to go to Edmonton to have surgery. I am waiting for an appointment with the local doctors to see what they have to say.

So that is where things are at the moment. I am waiting for an appointment to see the doctor to see what he recommends.

Submitted by June Balsillie

This is a quote from a worker at a Alzheimer's facility:

*"It's not they who live where we work.
It's we who work where they live."*

Did you know?

Used your hand sanitizer lotion? Now use it to remove permanent marker stains from hard items. (not paper!).



Looking back...

A Dream Come True

The "Dream" was Ed Baker's. He wanted to help create a facility which would provide activities and social structure for Yellowknife seniors.

Relatives of Ed Baker are going to be in Yellowknife in January. It is our pleasure to present a brief article on the man and his dream. There will be detailed information presented when Ed's relatives are honored at the Baker Community Centre.

Ed Baker was born on a farm at Dean Lake, Ontario in 1907. When he grew up he began work as a miner. He inherited the family farm, but in order to make it pay he had to continue mining.

Did you know?

That the record for the most frequent flyer miles wracked up by a single person was 25 million!

When war broke out, Ed was quick to join up, because as he said, "I got up from underground and into the fresh air."

After his discharge, he worked at various mine and surveying jobs, finally ending up at Con Mine in Yellowknife in 1946. Ed worked at Con Mine for twenty-seven years, mostly as a shift boss.

When visiting in Quebec, Ed met his soon-to-be wife, Margaret. Unfortunately, the marriage was not lengthy, for Margaret suffered ill health and died of cancer in 1967.

Ed retired from the Cominco Company in 1972. He was asked back to work part-time during the construction of Robertson shaft from 1976-1979. On his last day, Ed threw his shovel up against the wall and said, "That's it! I don't have to pick up another thing."

Ed was the first to take up residence in Northern United Place. The top corner apartment looked over towards Con. That was Ed's choice to which Rev. Ormiston responded, "You want that one Ed, you got it."

While living in Northern United Place, Ed established a seniors' workshop in its basement. Ed's generosity was such that he donated all the machines, paid rent on the rooms, even got jobs for some of the woodworkers. Rent is paid up until December, 2027.

In June of 1990, Ed moved into Aven Manor. Cathy Praamsa was director of the facility at the time. Her name will forever be linked with Ed Baker's in the story of how our community centre came into being. Cathy purchased braces for Ed for which he jokingly paid with 100,000 dollar cheque. Naturally, he explained his real wish.

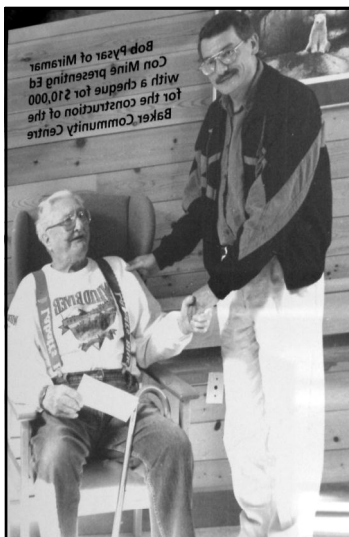


Continued

Ed Baker's donation launched a fund-raising drive, under YACCS direction, which resulted in 650,000 dollars being collected. Of note, both the City of Yellowknife and Elks Lodge #314 matched Ed Baker's donation.

It was only natural, that upon the completion of the seniors' centre that it should be named *The Baker Community Centre*.

All of us seniors, who enjoy the various offerings of the Centre, are very thankful to Ed Baker, his dream, and his part in its reality.



Did you know?

**Shortcut
marinade...freeze
meat and liquid
marinade
together in food
container. The
meat will
marinade as it
defrosts.**



We had requests to reprint an article on Manners from 'Seniors Today', Volume 11, Fall, 2003.

Since the requests, our executive director, went over some items from Little Things Mean a Lot on November 2, 2007.

Can we as members do more to help in the activities and fellowship at Baker Community Centre?

Consider the following:

Welcome guests...if you're not a chatty person, a smile says a lot.

Welcome new members...introduce your self. Discuss our activities and encourage joining one. Tell or show them where things are.

Newsletter...please contribute. Your articles and stories add interest.

Lunch with a Bunch...if early, help prepare tables; at end help clear tables and wash them.

Vivian has covered our speaker's manners. Just to repeat...give speakers and entertainers your attention. Vivian's oral request is still not enough to stop all conversations. We're not being mannerly if we still have to hear the clang of the cow bell before stopping the chatting.

Participation...join in activities and support special events. You started the year in fine fashion with good attendance at the Dinner and a Movie night and in costuming for Halloween.

Executive Director...please show respect for our executive director's time and work-load.

Think First

A well-known, much appreciated E.D. from the Knife
 Finds her work day usually lacking in strife.
 If you interrupt her, when she's obviously busy
 She might find herself getting into a tizzy!
 So check before walking in and invading her space
 Waiting your turn, will keep that smile on her face!

Submitted by Mabel Collinson

Did you know?

The oldest newspaper in Canada is the Halifax Gazette, first issue March 23, 1752.



Seniors and Food Safety: preventing food borne illness.

Let's face it. Sometimes it's just easier and more enjoyable to let someone else do the cooking. And for today's seniors there are many eating options. All of these options, however, do have food safety implications that you need to be aware of.

Complete Meals to Go and Home Delivered Meals.

When you want to eat at home but don't feel like cooking or aren't able to, where do you turn?

- Many convenience foods, including complete meals to go, are experiencing runaway popularity.
- Purchased from grocery stores, delis, or restaurants, some meals are hot and some are cold.
- Ordering delivered meals from restaurants or restaurant-delivered services is an option many consumers like to take advantage of.
- And of course, for those who qualify, there are programs like Meals on Wheels that provide a ready-prepared meal each day.

The 2-Hour Rule

Harmful bacteria can grow rapidly in the "danger zone" (Between 40 and 140 degrees). Discard any perishable foods left at room temperature longer than 2 hours. When you purchase hot cooked food, keep it hot. Eat and enjoy your food with 2 hours to prevent harmful bacteria from multiplying. If you are not eating within 2 hours, keep your food in the oven set at a high enough temperature to keep the food at or above 140 degrees. Stuffing and side dishes must also stay hot. Covering food with foil will help keep it moist.

Rather than keeping cooked food warming in an oven for an extended period of time, cooked foods will taste better if you refrigerate them and then re-heat when you are ready to eat.

- Divide meat or poultry into small portions to refrigerate or freeze.
- Refrigerate or freeze gravy, potatoes, and other vegetables in shallow containers.
- Remove stuffing from whole cooked poultry and refrigerate.

Cold food should be eaten within 2 hours or refrigerated or frozen for eating another time.

Reheating?

- Heat thoroughly to 165 degrees F until hot and steaming.
- Bring gravy to a rolling boil.
- If heating in a microwave oven, cover food and rotate dish so it heats evenly. Inadequate heating in the microwave can contribute to illnesses. Consult your owner's manual for complete instructions

Did you know?

The best way to get your Vitamin E...eat a few almonds each day.





Finances

What to keep and what to toss

Save for *one month*:

- Receipts for purchases, except tax-deductible ones
- Monthly bills like phone and cable
- ATM receipts and deposit slips

Save for *one year*:

- Pay stubs for the prior year
- Credit card statements
- Cancelled checks, unless tax-related
- Annual investment account statements

Save for *three years*:

- Expired insurance policies in case a claim should arise
- Records from paid-off loans

Save for *seven years*:

- Tax returns and all tax paperwork
- Bank statements
- Old bills for existing loans and mortgages

Save *forever*:

- Legal papers, like birth and death certificates, wills, passports, marriage licenses, etc.
- Real estate records that relate to the purchase and sale of property

Did you know?

The largest carnivore in the world is the polar bear.



Dates to remember for 2008:

1. Annual General Meeting Friday, Mar. 28 at 6:00 pm
2. St. Patrick's Day Mon. Mar. 17
3. School Break Friday March 7 to Tuesday March 25
4. Caribou Carnival Starts Fri Mar 28, Sat. Mar 29 and Sun. Mar 30
5. Palm Sunday and April Fools Day Tuesday, April 1
6. Good Friday, March 21
7. Easter Sunday March 23
8. Easter Monday March 24
9. A National Volunteer Week April 27 to May 3
- 10 Yellowknife Trade Show Sat. May 10 and Sun. May 11
- 11 Mother's Day May 11
12. Aboriginal Awareness Week May 18 to 24
13. Victoria Day May 19
14. Disability Awareness Week June 1 to 7
- 15 Bird Walk Friday, June 6
16. Seniors Week June 15 to 21
17. Aboriginal Day Thursday, June 21
18. Father's Day Sun. June 15

Arctic Winter Games
Baker Community Centre
is being used
Friday March 7 to Friday March 14

Did you know?

Have to open a sealed envelope? Forget steam...pop it into the freezer for an hour or two and 'Presto', opens easily.



Did you know?

Quick devilled eggs...put yolks into a zip-lock bag. Seal, squish till broken up. Add other ingredients, reseal, keep mixing. Snip off corner of baggie, squeeze mixture into egg white halves. Just throw away baggie. No clean-up!

Quiz

Please change the underlined words to different words to create a proverb.

Example: Clobber me with your finest blast.

Answer: Hit me with your best shot.

1. Liquid below the trestle.

Ans: _____

2. Soar off the shaft.

Ans: _____

3. Pitch warning to the gale.

Ans: _____

4. Fall of a bonnet.

Ans: _____

5. Viewed improved (72 hours).

Ans: _____

Answers on bottom of page 15.

Another use for fruitcake

Turn the fruitcake into another dessert: Do not serve the fruitcake as is. Slice it very thin, tear the pieces apart, and use them in an English trifle, a dessert made with alternating layers of cake (nee fruitcake), custard, whipped cream, and sometimes, fresh fruit. Serve in a deep glass bowl (often called a trifle bowl).



Laughter, Smiles (cry...)

“Why didn’t we have a drug problem when you and I were growing up?”

I replied, ðI had a drug problem when I was young:

I was drug to church on Sunday morning. I was drug to church for weddings and funerals.

I was drug to family reunions and community socials no matter the weather.

I was drug by my ears when I was disrespectful to adults.

I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the preacher, or if I didn’t put forth my best effort in everything that was asked of me.

I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profanity.

I was drug out to pull weeds in mom’s garden and flower beds and cockleburs out of dad’s fields.

I was drug to the homes of family, friends, and neighbors to help out some poor soul who had no one to mow the yard, repair the clothesline, or chop some firewood, and, if mother had ever known that I took a single dime as a tip for this kindness, she would have drug me back to the woodshed.

Those drugs are still in my veins and they affect my behavior in everything I do, say, or think. They are stronger than cocaine, crack, or heroin, and, if today’s children had this kind of drug problem, Canada would be a better place.

God bless the parents who drugged us.ö

Submitted by Esther Braden

Did you know?

Can’t find a ruler? Use a crisp \$5, \$10, or \$20 bill to measure, for each bill is 6 inches long.



Answers to Quiz 1. Water under the bridge. 2. Fly off the handle. 3. Throw caution to the wind. 4. Drop of a hat. 5. Seen better days.
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Board of Directors 2006-2007

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Past President.....Sandra Taylor

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.