



***“Keeping Us Informed”***

2000 FALL ISSUE



### From the Executive Director:

There's a cold chill in the air but here at the Baker Centre we're all warm and busy as we begin another season of activities and companionship. All our "old" programs are up and running – Friday exercise, bridge, painting, line dancing, tai chi etc. It's great to see so many people coming out to the Baker Centre for more than our Friday lunches.

The coffee time drop-in on Monday and Thursday is a great idea. Whether you are out walking, returning home from shopping or sitting at home alone, we welcome you to drop into our Lounge for a hot drink and always some delicious goodies. It's the place to debate the latest issues or learn a new crochet stitch. It's a great place to come and work on your donation to our Christmas Bazaar on November 25<sup>th</sup>. That's 2 PM every Monday and Thursday. On Thursday, we hope that there'll be some cribbage players busy adding up their fifteen-twos and fifteen-fours.

I want to say a special thank-you to those volunteers who come on short notice to help out with catering functions and special events at the Baker Centre. Our biggest source of revenue for the Yellowknife Seniors' Society is the rental of the Baker Centre for workshops and meetings and to cater snacks and lunches to those in attendance. The Baker Centre is for the use of all seniors, but it seems that the majority of work falls on the shoulders of a few. If you have any spare time to help out at the Baker Centre, whether it be baking cookies, making soup or sandwiches for renters or helping with the newsletter, just let me know and I will be contacting you as necessary.

You now have a new employee, Dragica Stelkic. She is working 15 hours a week in the Co-ordinator's position, which means that she's my right hand woman. Starting October 1, I will be working ¾ time – working only Tuesday to Friday. There will be no one in the office on Monday mornings, but Dragica will be at work in the afternoons. She will also be working 15 hours a week in the evenings and Sunday afternoon as our Caretaker. Please drop by some afternoon and introduce yourselves to her. Welcome aboard Dragica!

If you have ideas for new programs, please drop by the office and discuss them with us. We are willing to try new activities as long as we have some one volunteer to organize them.

So get out and enjoy the autumn weather before the snow arrives to stay. Don't forget about "spikeys" to keep you safer on those icy city streets. We have medium and large in stock and x-large are on order.

See you at the Baker Centre!

*Martha*

**NWT SENIORS SOCIETY REPORT – September 6, 7, 8, /2000**

by Don Hunter

*As representative of the Yellowknife Seniors Society, I attended the NWT Seniors Society Meeting of the Board of Directors and Annual General Meeting September 6-8, 2000 at Fort Smith, NWT.*

*Those elected to the new executive are:*

<i>President</i>	<i>Bea Campbell, Fort Smith</i>
<i>1<sup>st</sup> Vice Pres.</i>	<i>Laura Lennie, Tuleta</i>
<i>2<sup>nd</sup> Vice Pres.</i>	<i>Lloyd Bruner, Hay River</i>
<i>Sec/Treasurer</i>	<i>Robert Spence, Yellowknife</i>
<i>Past President</i>	<i>Ester Braden, Yellowknife</i>

*Representatives on the Board of Directors are:*

*Helen Gruben, Tuktoyaktuk  
Bertha Allen, Inuvik  
Bill Lafferty, Fort Simpson  
Don Hunter, Yellowknife*

*Barbara Hod, Executive Director of the NWT Seniors Society arranged the meetings and agenda and served as recording secretary to all proceedings.*

*Prior to the Annual General Meeting, there was a panel discussion on Senior Housing, Public Housing Rents and Fuel Subsidy Program followed by a presentation on Extended Health Benefits and Medical Travel. Michael Miltenberger, MLA Tebacha spoke to the gathering before the panel and presentation. There was good interest in the panel facilitated by Leon Peterson, Director, Fort Smith Senior Citizens Society, Fort Smith. Speakers were:*

*Tom Beaulieu, President, NWT Housing Corporation  
Allan Heron, President, Fort Smith Housing Authority  
Bruce Evelyn, Income Support Division, ECE.*

*Dianne Mercredi, Long Term Care Co-ordinator and Angus MacKay, Department of Health and Social Services, presented material on Extended Health Benefits and Medical Travel. Both the Panel and Presentation were well received with approximately fifty people in attendance who asked many questions in these areas of their interests and concerns.*

*There are several additional concerns that the NWT Seniors Society are currently addressing.*

- 1. **Elder Abuse:** A committee was formed in the spring including Ester Braden, Don Hunter, June Vandine-Arden and Barb Hood. A proposal was presented at the meeting requesting funding from Health and Social Services to continue to provide education, development of resources and a response team as a pilot in a community close to Yellowknife.*
- 2. **NWT-wide Disability Conference, January 2001:** The Executive Director is a member of the Planning Committee for this conference. This has come out of the NWT Disabled Persons Needs Assessment study and is intended to be a forum for disabled people to take action on some of their concerns.*
- 3. **Power of Attorney Legislation and Living Wills:** The Power of Attorney Legislation is going to proceed into consultation phase within the next month or so. There is no priority within the government to address the Personal Directives legislation. There was much discussion about how*

to appropriately provide information on this topic. Dusty Miller and Barb Hood are working with the Yellowknife Seniors Society to provide a workshop on the topic sometime in the near future.

- 4. Canadian Association of Gerontology Conference, Edmonton, AB, Oct.27-29, 2000.** Bea Campbell, President and Barb Hood, Executive Director will be attending this conference. Ester Braden will be in Edmonton at that time and will also attend. Lloyd Bruner will be a participant as the NWT representative on the National Advisory Council on Aging and his expenses will be paid by them.

It was agreed that the Forth Smith Senior Society did an excellent job in providing suitable meeting facilities. All activities were well organized and attended. The food and hospitality was just great and left little to be desired. Next year's AGM will be hosted by Hay River and they will have a tough act to follow.

Copies of the 1999-2000 Annual Report are available through the NWT Seniors Society offices at 5710 – 50 Ave. Baker Community Centre.

Copies of the Elder Abuse proposals are also available. If you have inquiries or questions on any aspect of the NWT Seniors Activities and concerns you may reach the office by calling 920-7444.

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## COMING EVENTS

2000 SPRING ISSUE

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### OCTOBERFEST DINNER AND DANCE – Friday, October 20

Event starts at 7pm – until Midnight at the Baker Community Center

Join your friends in the Beer Garden or Small Pub for quiet conversation, or Dance your heart out in the Hall to Music provided by Robert Powless. Beer and Wine Cash Bar provided. Dinner will be served at 10:30. Admission: \$15 per person. For more information call: 873-9475 or 873-2613

### CRAFT CLASSES

Craft Classes by Karen Sunderland are being offered to anyone interested on the afternoons of October 13, 20 and 27. Take advantage of this opportunity to make gifts for Christmas.

### CHRISTMAS BAZAAR AND SILENT AUCTION – Saturday, November 25<sup>th</sup>

Looking for a special gift for someone who's hard to buy for this Christmas. Or do you want to stock up on some baking for the Holidays? Make sure you arrive early to have first chance at the many gift items that will be displayed.

If you are at all "Crafty" or like to "Bake" for a bunch and would like to make a few dollars on the side, put your name in for a table to display your wares or share your space with a friend. To reserve your space, call 873-9475.

Bazaar and Auction begins and 1:00p.m. and finishes at 4:00 p.m.

## AN INTERVIEW WITH JAN STERLING, RECIPIENT OF THE CARING CANADIAN AWARD

Interviewed by David Wind

- David: Jan Sterling recently received the Caring Canadian Award which was presented to her by the Governor General this summer. Can you tell us a little bit about this Award and what it is given for?
- Jan: - The award is given by the Federal Government to people that they feel are caring and helpful to others. It hasn't been around that long, but it's one that the Governor General does present to people who have been nominated for this award. Although I received it, there are many, many people who do lots of things for people in the community and I don't feel that I am any more worthy of this award than others who have worked so hard in the community.
- David: How did you get nominated for this Award?
- Jan: A number of people worked together to put the nomination in for this Award and it was that information which made my nomination successful.
- David: So, they would have drawn on information about your volunteerism in the Community. Could you talk a little bit about that.
- Jan: I'm like many other people. I have always been a caring person. I have helped immigrants by sponsoring them and helping them to get their citizenship papers. I'm a long time member of the United Church and serve on the Ministry Personnel Committee and am active in the UCW. Over the years I have been involved in Mental Health and Planned Parenthood. I served on the Canadian Public Health Executive for 12 years and am a member of the Nurses Association. Right now, I'm involved with the Senior's Society as I am a Senior myself.
- David: That's very impressive. It certainly gives the rest of us something to aim for when it comes to volunteering. I understand that the Governor General presented the Award. What was it like to meet the Governor General? Did you spend any time with her?
- Jan: It was very nice. First of all, I was invited to the Official Dinner with some of my family members that was put on in the Governor General's honor. It was during the afternoon ceremonies that I was presented with the Caring Canadian Award. She was very warm and made everyone feel at ease. Her husband also accompanied her on this trip and he, too, was very kind. I don't know where she heard of my nickname, "Grandma Jam" which many children and immigrants have called me over the years: or, just "Jam" for short. So she made a little joke about that too.
- David: What sort of advice do you have to those who are considering volunteering for an organization?
- Jan: I have always volunteered, even years ago when my 4 children were very young. Being a volunteer is wonderful and there are many Yellowknifers' who volunteer a lot. Sometimes, you can become over involved, but I love volunteering and I like being friendly with people. Sometimes there are days when I'll have 3 or 4 things on the go

and wish I was less rushed and had more time for each of them. If you don't take on too much, you can probably do a better job.

David: But basically, GO FOR IT, right Jan?

Jan: Yes, GO FOR IT! It's great to volunteer.

David: Once again, I want to Congratulate you on your Award and thank you for this interview.

Jan: Thank you Dave.

**VOLUNTEERISM** is the backbone of all organizations that provide caring support to all people in our community. Albert Einstein said: "Man is here for the sake of other men only". He realized that the measure of a person is clearly demonstrated by his continual efforts to help others, using his skills and abilities to make a difference in the world as a whole.

### **VOLUNTEERS WANTED!!!**

#### **Yellowknife Seniors – Publicity**

A Volunteer to write small articles about Seniors Activities and Interests for the Newspaper on a bi-weekly basis and a Volunteer to assist in writing articles of interest in the Seniors' Newsletter which is published twice a year.

Representatives from each Group Activity who will provide a Report on their activities twice a year to be submitted no later than September and April to appear in the Newsletter.

Please call: Maureen Pirker at 873-2613

#### **Do You Have a Talent or Skill that you would like to Share with Others?**

Remember that all the Activities that members enjoy are organized by Volunteers. Participate by making your time and talents available to make our Seniors Society even more successful.

**VOLUNTEERS** are always needed to help with Lunch for the Bunch, Monday and Thursday Coffee Times, Dances, Special Events, Bazaars, Bingo, etc. This is your chance to put your name in and volunteer in a small way.

Call David Wind at 873-6524 or Martha at 873-9475

#### **Volunteers Wanted**

**The Junior Side Door**, an after school drop-in centre, for Elementary School age children, is developing a program that will offer variety of activities, including arts, cooking, sports, tutoring etc. In order to do this we are looking to the seniors community for help. We will need volunteers who are willing to share their skills, hobbies, talents and love. We are open from 3:30 - 6 p.m., Monday to Friday. If you have an hour to give or can volunteer on a regular basis I'd love to hear from you. If you have any questions, please call Heather at 873- 4841



**JULY 1<sup>ST</sup> PARADE FLOAT**

by Bev Loutitt

**WE WON...BEST COMMUNITY FLOAT!** What a great feeling when they hand you the Award!!! It was a Great Team Effort by all those who participated in the construction of our float. Those involved were: Chris Williams, who gave us Spirit and Hope; Maureen Pirker, whose great design ideas took us over the top; Jim and Marion Wylie, who pitched in when they were needed and Great Big Kisses and Hugs to my Husband, Sandy Loutitt, who did all those behind the sense stuff to make us safe, and who took a day and cut our foam maple leaves for us. Donations were received from Johnson's Building Supplies and Good Old Ray. We can't forget Scouter, Eric Brown and his Girl Scouts. They provided the Trailer, and had it all painted for us so that we could get right to business when we started to decorate.

We originally planned to do the Float in the Aven's Manor yard so that tenants could help or even come and watch and support us. But power was not available and we had to keep running off to get screws, tools and whatever. As no-one had come out of their homes the first night, we made the decision to make it easier on ourselves and moved it down to our place. That did make the going much easier and convenient.

Our riders on the float were George Bruce, Jan Sterling, Agnes Cassaway, Bill Choma, and Prakash Chugh. They had a Ball, as did all of us, and our Float received lots of compliments, one of them being that we were the most Colorful. We were certainly patriotic with all our Flags and Red Maple Leafs. If you missed the Parade, look for the photographs of our Float and the Plaque we won which is on display at the Baker Center.

Now, WHO'S GOING TO DO THE CHRISTMAS FLOAT and show this Town what us Seniors are Made Of?

**YOUR NEW HEARING AID**

It is amazing how many people think that, since you wear a hearing aid (or two), you now can hear perfectly. Nothing could be further from the truth.

In fact, hearing aids are designed to enhance the hearing that we still have. The hearing aid dispenser works with your audiogram, and you, to determine the best fit and option for you. There is a lot of trial and error, and it requires a great deal of patience by both the consumer and the dispenser.

It is especially difficult to adjust to a hearing aid, the older a person is when first being fitted. The longer one waits before being fitted, the more difficult it is, as certain sounds become forgotten over the years since hearing loss first began, and we must learn to recognize them again.

Sound quality is not the same for everyone. We all hear sounds differently from another person. That makes it harder to get used to hearing sounds again, especially those sounds we have forgotten, as our hearing loss increased over time.

If you hear clearly in the quietness of your dispenser's office, you should be able to hear in the world outside. However, the overall sound you hear, once outside, can be overwhelming. Don't panic! Remember that the most important things are Time and Patience. If you are uncomfortable with your new hearing aid(s), talk to your dispenser again; be frank and open, you can work together to overcome the new challenge you face with being able to hear better again.

Also, talk to others who wear hearing aids. Ask them about the problems they encountered at first, and how they adjusted to cope with their new hearing aid(s). You can learn a lot from them.

You can also contact the Yellowknife Hard of Hearing Support Group, after all, they are here to help you. Call **873-8230**.

## **DIABETES AND AGING**

Excerpts from a Pamphlet produced by the Canadian Diabetes Association

About 5% of all Canadians have diabetes. Diabetes is a disorder in which the body cannot use food properly to produce energy. This results from a lack of insulin or the body's inability to use insulin, which it produces, properly. Non-insulin-dependent diabetes usually occurs in adults over the age of 40. During aging, there is a tendency to reduce physical activity without reducing food intake, which results in an increase in body weight. Obesity is a serious risk factor in the development of diabetes as are Heredity, Age (may develop delayed secretion of insulin or increase in insulin resistance), and Stress (both physical and emotional).

### **DIET:**

Because there is no cure for diabetes; the goal of diabetes management is control by keeping blood sugar levels in the body as close to normal as possible. Control or prevention of diabetes begins by becoming very aware of your eating habits and committing yourself to eating healthy, portioned meals three times a day and snacking on low-calorie foods such as unbuttered popcorn, sugar-free pop and raw vegetables.

### **EXERCISE:**

Activity or exercise is an important part of good diabetes control. It will promote weight loss, reduce blood sugar levels, improve circulation and make you feel better.

### **MEDICATION:**

Not all people require medication to control Type II diabetes. Some can control it by following a meal plan and by doing regular exercise. Others require insulin injections and/or pills to control it. It is important to advise your doctor or pharmacist about any other medications you are taking to avoid harmful interactions.

### **MONITORING DIABETES:**

There are two testing methods that can be used to monitor diabetes. **Urine testing** does not accurately reflect blood glucose levels because of the variances. The preferred method of testing is **Blood Sugar testing** which involves pricking the finger to obtain a drop of blood. The blood is then placed on a test strip for a specified time. Results are obtained by comparing the test strip with a coded chart or inserting it into a meter.



### DEALING WITH STRESS:

Stress is a common part of our lives. In later years, stress may be caused by retirement, loneliness or death of a spouse or friend. Stress can cause blood sugar levels to rise. Overindulging in food or alcohol is common but unhealthy. Alleviate stress by relaxing to the sound of soft music, playing with children or grandchildren, becoming involved in an interesting activity or hobby or simply hugging or stroking your house pet. Take time to talk to a friend, family member or counselor. Maybe take a small holiday to help you find time to get things into perspective.

### AWARENESS AND PREVENTION OF COMPLICATIONS:

A recent research study indicates two major complications feared by seniors concern the feet and eyes. Make sure that your feet are kept clean and free from sores at all time. Should problems arise with your feet, contact your doctor **immediately**.

Visit your eye doctor at least once a year and consult him **immediately** if you notice any vision changes.

#### CAUSES OF HIGH BLOOD SUGAR

Too much food  
Missed Medication  
Not enough medication  
Illness (cold, flu, etc.)  
Increased Stress

#### SYMPTOMS OF HIGH BLOOD SUGAR

Frequent urination  
Tiredness  
Poor Appetite  
Blurred Vision  
Sick Feeling

### WHAT TO DO:

- If high blood sugar is caused by not following your diabetes regimen: Return to your regular routine at once!
- If high blood sugar is caused by illness, follow these guidelines:
- Continue to take your medication and follow your meal plan.
- Drink extra fluids such as water.
- Monitor your diabetes more frequently and check for urine ketones. (Ketones are wastes that build up when fat rather than sugar is being used for energy.)
- Call your doctor about your symptoms and urine or blood sugar test results.
- Call your doctor immediately if vomiting or diarrhea occurs.

#### CAUSES OF LOW BLOOD SUGAR

Too little food (skipped or delayed meals or snacks).  
Too much insulin.  
Extra exercise without extra food.

#### SYMPTOMS OF LOW BLOOD SUGAR

Sweating      Headache  
Trembling      Mood Change  
Palpitations      Numbness  
Fatigue      Convulsions  
Dizziness      Loss of

### WHAT TO DO:

- Stop all activity.
- Monitor your diabetes by a blood sugar test if possible.
- Take a quick-acting sugar **immediately** like ½ cup fruit juice or 4 lifesavers
- **Call your doctor** if you continue to experience these symptoms.

### COMPUTER CLUB

written by David Wind

With substantial financial assistance from the Yellowknife Elks Club, your Yellowknife Seniors' Society has set up a computer room for use by members of the Society. The computer room is equipped with four IBM PC Compatible computers that have been connected into a small Local Area Network (LAN). The computers run Windows 98 and the Microsoft Office 97 Office Suite which includes Word, Excel and Power Point. In addition the computers all have access to the Internet through a shared dial-up communications line. Sympatico Internet services are being donated by NorthwesTel on an on-going basis. One computer is equipped with a color inkjet printer that is shared by all computers on the LAN. That computer is also equipped with a flatbed color scanner.

The Senior's Society organized a computer club to encourage use of the computer lab. The club met regularly all of last year but suspended its meetings for the summer. Now that fall is here we are making plans to re-activate the club.

Assistance for seniors wishing to use the computers has been provided by a number of volunteers including Bob Carr, George Gibson, Wayne Sampson and David Wind. If anyone is interested in joining the computer club or as a volunteer, please contact Martha McLelland or David Wind.

Remember the computers are there for your use so please take advantage.

### BAKER CENTRE ART CLUB

written by Maureen Pirker

The Baker Center Art Club ran throughout the Summer months. During the month of August, members took part in an Art Display at the Prince of Wales Museum. We have just recently received a demonstration on how to create Stained Glass items using a special acrylic paints. This type of project will interest individuals who want to create pictures on windows, mirrors, glasses, etc. which can be easily removed later on.

Maureen Pirker, who has acted as the art instructor for the group for the past two years has stepped down as their teacher but continues to paint with them each week as a group member. The purpose for her decision was to ensure that members of the group work on projects of special interest to them while receiving support and help from the group as a whole.

Each week, members put a \$2 dollars in the kitty and this money goes toward the purchase of supplies for special projects for Christmas etc. We have brushes, paints and paper for those who would like to join our Art Group but don't want to go to the expense of buying a lot of materials until they are sure that it's something they will enjoy.

Classes are held at the Baker Centre every Tuesday between 2 and 4. If you would like more information, please call Maureen Pirker at 873-2613 or, stop in and have a tea with us.

## **YK SENIOR'S INVESTMENT CLUB NEWS**

by David Wind

Our Investment Club was launched very successfully in June. The club holds regular meetings monthly to discuss and share information about investing and personal finances. Each member also contributes monthly to the club's investment fund and shares in any profits (or losses) from the investments the club makes. We are learning the differences between investment types and how to access and assess information concerning various investment opportunities.

We plan to make a great deal of use of the Internet to learn about investing, to research investment possibilities, and to actually make the club's investments. Periodically we will invite knowledgeable investment professionals to speak to us at brown bag lunches.

Currently the membership in our club is fully subscribed at twenty members but we have established a waiting list for people who would be interested in joining if an opening should become available.

### **LUNCH FOR THE BUNCH**

Lunch for the Bunch is off to another great start thanks to all the volunteers who work so hard to make it a success. The price has increased this year from two to three dollars to cover the costs of the food but it doesn't appear to have dampened the enthusiasm for the lunch which provides an opportunity for everyone to have a good visit.

### **COFFEE HOUR**

by Gladys Eggenberger

On Monday and Thursday, coffee times are becoming popular. Thanks to all who have been host for the past month. We meet every Monday and Thursday afternoon in Smitty's Lounge for coffee, tea and conversation at 2:00 p.m. The crib boards are always available as well. The snacks are delicious, I might add.

### **BOWLING CLUB**

by Gladys Eggenberger

We have been bowling all summer. Sometimes we were very few, but those of us that were in town kept up our skills; but, when you see our scores, you wonder if maybe a holiday would have done us more good. But they say "Practice makes Perfect" so we will keep at it. Now that fall is here, more bowlers are coming out. It is lots more fun with more people, so come out to the Bowling Alley on Wednesday afternoons at 2:00 p.m.

### **BAKER CENTER BRIDGE CLUB**

The bridge club continues to play every Tuesday evening at 7:30 p.m. There are 16 – 24 players out each night but we still have room for more. Lately, the Ju-Jubes have been a real hit, however, some mystery individual in the group is known for his finesse at inconspicuously latching onto the black ones. If you are interested in joining our group, please call June Van Dine Arden at 920-4915 who has done an excellent job of organizing this successful group. If you are interested in learning to play bridge, contact Albert Eggenberger at 873-2067.

**BAKER CENTER BUDDY PROGRAM** by Albert Eggenberger

On September 22, the seniors were asked if they would like to be buddies to some grade five French immersion students for the winter. Eleven seniors volunteered and picked their buddy. Some of us were lucky and got two buddies. The project for the winter is as follows:

Bird Watching on September 26. This was led by Mike Fournier from RWED. We left the Center at 9:00 a.m. and walked to Niven Lake with cameras and binoculars in hand. We spotted eleven species of birds: Bufflehead, Canvasback, Mallard, American Coot, Lesser Scaup, Northern Shrike, American Robin, Pine Grosbeak, Tree Sparrow, Ravens, and a Dark-eyed Junco. It was a very cold windy day and most of the students forgot to wear warm clothes. We were sure ready for the hot chocolate when we arrived back at the Baker Center.

The students have to write a report on the birds and show the seniors how to research this on the computer.

When the reports are written and we know their nesting habits, we will be building nesting platforms for those that use them. The nest building will be directed by Wayne Sampson. We will be working on these throughout the winter. Next spring, we will put the nests out. When the birds come back, we will go for another bird walk.

**TAI CHI : every Saturday at 11:00am**

**EXERCISES: every Friday at 10:00am**

**LINE DANCING: every Wednesday at 7:00pm**

### ATTITUDE

by Charles Swindoll

"The longer I live, the more I realize the impact of Attitude on Life.

ATTITUDE, to me, is more important than Facts. It is more important than the Past, than Education, than Money, than Circumstances, than Failures, than Successes, than what other people Think or Say or Do. It is more important than Appearance, Giftedness, or Skill. It will Make or Break a Company.....a Church.....a Home.

The Remarkable thing is: We have a Choice Every Day regarding the ATTITUDE we will Embrace for that Day.

We cannot change our past....We cannot change the inevitable. The only thing We Can Do is play on the One String we have, and that is OUR ATTITUDE.

I am convinced that: LIFE is 10% what happens to me and 90% how I react to it. And so it is with you.....

**WE ARE IN CHARGE OF OUR ATTITUDES.**

### A SENIORS PLEA

author unknown

*Lord, thou knowest that I am growing older.*

*Keep me from becoming too talkative, and particularly*

*Keep me from falling into the tiresome habit of expressing an opinion on every subject.*

*Release me from the craving to straighten out everybody's affairs.*

*Keep my mind free from the recital of endless tails.*

*Give me wings to get to the point.*

*Give me grace, dear Lord, to listen to others describe their aches and pains.*

*Help me to endure the boredom with patience and to keep my lips sealed.*

*For my own aches and pains are increasing in number and intensity*

*And the pleasure of discussing them is becoming sweeter as the years go by.*

*Keep me reasonably sweet; I do not wish to be a saint (saints are so hard to live with),*

*But a sour old woman is the crowning work of the devil.*

*Make me thoughtful, but not moody; helpful but not pushy; independent,*

*Yet able to accept with graciousness favors that others wish to borrow on me.*

*Free me from the notion that because I have lived a long time*

*I am wiser than those who have not lived so long.*

*If I do not approve of some of the changes that have taken place*

*In recent years, give me the wisdom to keep my mouth shut.*

*Lord knows that when the end comes, I would like to have*

*A friend or two left.*

## WORDS TO LIVE BY

(Edmonton Sun)

I read of a man who stood to speak at the funeral of a friend.  
He referred to dates on her tombstone: From Beginning... to End.  
He noted that first came her date of birth and spoke the following date with tears.  
But he said what mattered most of all was the DASH between those years.  
For that dash represents all the time that she spent alive on earth....  
And now only those who loved her know what that little line is worth.  
For it matters not how much we own; the cars, the house, the cash,  
What matters is how we live and love and how we spend our DASH.

So think about this long and hard... Are there things you'd like to change?  
For you never know how much time is left that can still be rearranged.  
If we could just slow down enough to consider what's true and real,  
And always try to understand the way other people feel  
And be less quick to anger and show appreciation more  
And love the people in our lives like we've never loved before.  
If we treat each other with respect, and more often wear a smile  
Remembering that this special DASH might only last a while.

So, when your eulogy's being read with your life's actions to rehash  
Would you be proud of the things they say about how you spent you DASH?

### REMEMBERING REMEMBRANCE DAY – NOVEMBER 11

This Poem appeared in the September 1999 Issue of the Yukon Seniors' Newsletter:

#### LEST WE FORGET

He was getting old and paunchy and his hair was falling fast  
And he sat around the Legion telling stories of the past.  
Of a war that he fought in and the deeds that he had done  
In his exploits with his buddies; they were heroes, everyone.

And tho' sometimes to his neighbors, his tales became a joke,  
All his Legion buddies listened, for they knew whereof he spoke.  
But we'll hear his tales no longer, for old Bill has passed away  
And the world's a little poorer, for a soldier died today.

He will not be mourned by many, just his children and his wife,  
For he lived an ordinary quiet and uneventful life,  
Held a job and raised a family, quietly going his own way;  
And the world won't note his passing, 'tho a soldier died today.

When politicians leave this earth, their bodies lie in state,  
While thousands note their passing and proclaim that they were great,  
Papers tell their life stories from the time that they were young,  
But the passing of a soldier goes unnoticed and unsung.



In the greatest contribution to the welfare of our land  
A guy who breaks his promises and cons his fellow man?  
Or the ordinary fellow who in times of war and strife  
Goes off to serve his country and offers up his life?

A politician's stipend and the style in which he lives  
Are sometimes disproportionate to the service that he gives,  
While the ordinary soldier, who offers up his all,  
Is paid off with a medal, and perhaps a pension small.

It's so easy to forget them, for it was so long ago  
That the "Old Bills" of our country went to battle, but we know  
It was not the politicians, with their compromise and ploys,  
Who won for us the freedom that our country now enjoys.

Should you find yourself in danger with your enemies at hand,  
Would you want a politician with his ever-shifting stand?  
Or would you prefer a soldier who has sworn to defend  
His home, his kin and country and would fight until the end?

He was just a common soldier and his ranks are growing thin  
But his presence should remind us we may need his like again.  
For when countries are in conflict then we find the soldier's part  
Is to clean up all the troubles that the politicians start.

If we cannot do him honor while he's here to hear the praise  
Then at least let's give him homage at the ending of his days.  
Perhaps just a simple headline in a paper that would say:  
OUR COUNTRY IS IN MOURNING, FOR A SOLDIER DIED TODAY.

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## A LITTLE HUMOR

2000 FALL ISSUE

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### IN THE GARDEN

One day in the Garden of Eden, Eve called out to God, "Lord, I have a problem."

"What's the problem, Eve?"

"Lord, I know you created me and provided this beautiful garden and all of these wonderful animals and that hilarious comedic snake, but I'm just not happy."

"Why is that, Eve?" came the reply from above.

"Lord, I am lonely, and I'm sick to death of apples."

"Well Eve, in that case, I have a solution. I shall create a man for you."

"What's a man, Lord?"

"This man will be a flawed creature, with many bad traits. He'll lie, cheat, and be vainglorious. All in all, he'll give you a hard time. But, he'll be bigger, faster, and will like to hunt and kill things.

He will look silly when he's aroused, but since you've been complaining, I'll create him in such a way that he will satisfy your physical needs.

He will be witless and will revel in childish things like fighting and kicking a ball about.

He won't be too smart, so he'll also need your advice to think properly and make the right decisions."

"Sounds great." says Eve, with a raised eyebrow. "What's the catch, Lord?"

"Well... you can have him on one condition."

"What's that, Lord?"

"As I said, he'll be proud, arrogant, and self admiring... So you'll have to let him believe that I made him first."

Eve agreed.

God warned, "Just remember, it's our little secret ...you know ... Woman to Woman."

**"Plans are only good intentions unless they immediately degenerate into Hard Work."**

**Mahatma Gandhi**, as you know, walked barefoot most of the time, which produced an impressive set of calluses on his feet. He also ate very little, which made him rather frail and, with his odd diet, he sometimes suffered from bad breath.

**This made him a super-callused fragile mystic plagued with halitosis!**

#### **Subject: Virus Warning for the Computer Novice**

You have just received the "**Polish Virus.**" Since we don't have any programming experience, this virus works on the honor system.

Please manually forward this virus to everyone on your mailing list. Then delete all the files on your hard drive. Thanks for your co-operation.

#### **It All Adds Up**

A lawyer died and arrived at the pearly gates. To his dismay, there were thousands of people ahead of him in line to see St. Peter. To his surprise, St. Peter left his desk at the gate and came down the long line to where the lawyer was, and greeted him warmly. Then St. Peter and one of his assistants took the lawyer by the hands and guided him up to the front of the line, and into a comfortable chair by his desk. The lawyer said, "I don't mind all this attention, but what makes me so special?"

St. Peter replied, "Well, I've added up all the hours for which you billed your clients, and by my calculation you must be at least 193 years old!"

### **IT MAY WORK SOMETIMES, BUT NOT EVERY TIME!**

A woman was in bed with her lover when she heard her husband opening the front door.

"Hurry!" she said. "Stand in the corner." She quickly rubbed baby oil all over him and then she dusted him with talcum powder. "Don't move until I tell you to," she whispered. "Just pretend you're a Statue."

"What's this honey?" the husband inquired as he entered the room.

"Oh, it's just a statue," she replied nonchalantly. "The Martin's bought one for their bedroom. I liked it so much, I got one for us, too."

No more was said about the statue -- not even later that night when they went to sleep.

Around two in the morning the husband got out of bed, went to the kitchen and returned a while later with a sandwich and a glass of milk.

"Here," he said to the 'Statue'. "Eat something. I stood like an idiot at the Martin's for three days and nobody offered me so much as a glass of water."

### **FAIRY TALE REVISITED**

Snow White and the Seven Dwarfs are roaming in the forest when they come across a lake. The water was enticing and Snow White decides to take a bath so she tells the Dwarfs to turn around while she is taking her bath in the lake.

The Dwarfs protest vehemently because they want to take a bath too.

Snow White relents and says, "When I get into the water and you hear the Splash, you can turn around."

Snow White undresses and just as she is about to jump into the water, a big fat frog jumped off a log and landed "Splash" in the water.

The moment the Dwarfs heard the splash, they turned round to see Snow White standing there Naked.

Now given that this incident is an idea for a TV ad, what produce is being advertised?..... Oh, come on now, this should be easy for a person of your mental competence!

.....how about "SEVEN UP"

### **WHEN GOD CREATED MOTHERS**

When the Lord was creating mothers, He was into His sixth day of "overtime" when the angel appeared, and said, "You're doing a lot of fiddling around on this one."

And the Lord said, "Have you seen the specs on this order? She has to be completely washable, but not plastic; have 180 moveable parts...all replaceable; run on black coffee and leftovers; have a lap that disappears when she stands up; a kiss that can cure anything from a broken leg to a disappointed love affair; and six pairs of hands."

The angel shook her head slowly and said, " Six Pairs of Hands?... No Way!

"Its not the hands that are causing me problems," said the Lord. "It's those three pairs of eyes that Mothers have."

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