



Seniors Today

Volume 26,
Spring /Summer
2010



Tribute to our Volunteers

www.yksseniors.ca

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Editors:
Bob Carr
Marg Green

Cover by Bob Carr



In this issue, we acknowledge *some* of our present volunteers. We certainly thank all past volunteers and hopefully we will have future volunteers to acknowledge.

We thank our contributors to this newsletter. Without them we could not have a newsletter.
Marg Green,
Bob Carr,
Mabel Collinson,
Prakash Chugh,
Margaret Beckwith,
Marjorie Sandercock,
James Clark,
David Wind,
and Don Hunter



A Members Point of View

You may have noticed a recent newsletter from the Yellowknife Co-op that featured Food Rescue and Laurin Trudel on its front cover. Food Rescue is the brainchild of Laurin's wife, Ruby, who saw food being thrown out and decided to do something about it. She put together a group that now collects food at stores across the city that would have been thrown out and moves it to schools and groups that can use it quickly. When Laurin retired, he used his new-found time to fully support Ruby's idea. Numerous others became involved such as Lorne Scholar, Grant Pryznyk and so on.

Seniors volunteer elsewhere also. If you look at Laurin's picture, you'll see that he's wearing an Arctic Winter Games volunteer's jacket and a Rock and Ice Ultra volunteer's tuque. Seniors like this are contributing greatly to the social and economic life of Yellowknife.

We often hear that economists are worried the rising number of seniors in our population will be a problem because they need to be supported by a reduced number of taxpayers. That's a very simplistic view of the future. Besides being actual taxpayers themselves, seniors are adding to the economy in many hidden ways. Seniors are helping others, building their community's tourist industry and saving tax dollars by working for **free**.

It's about time the economists and governments started looking seriously at the benefits of the seniors economy.



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Dates to Remember:

May 8: Fundraising Committee Bingo at the Tree of Peace

June 13-19: Seniors' Week

June 15 – World Elder Abuse Awareness Day

June 25: Seniors' Society Fish Fry at the Elks Hall

July 1: Canada Day BBQ at the Baker Community Centre

Aug 23-28: Canada 55+ national games in Brockville, Ontario

Sept 15: Fundraising Committee Bingo at the Elks Hall

Lady of the Cash Box



We all know her, our Lady of the Cash Box, Prakash Chugh. She has been a member of the YK Seniors Society for many years, and is a great supporter of the Baker Centre. Prakash came to North America as a tourist in 1987, when she visited the Kennedy Space Centre. On a visit to Canada in 1988, she moved in with her son and daughter in Winnipeg. They moved to Churchill for a year, then back to Winnipeg. In the meantime, her daughter moved to Yellowknife and on visiting her several times over the years (once for six months), Prakash decided to stay. She, her son and his family moved to Yellowknife in 1998. A visitor to her home told her about the Baker Centre, and she went the next day. She remembers that Martha McClelland welcomed her with a big hug, and she's been coming to the Centre ever since. She took part in the Art Group for many years and is a fine artist. She also enjoys yoga and is a fierce competitor in carpet bowling. She attended the Seniors Games in Whitehorse in 2004. She has volunteered at many of the Centre's activities over the years, selling raffle tickets, working at the trade shows and bazaars, and taking over her lunch-with-a-bunch duties at the cash box on Fridays from Linda (Wylie). She's never missed an annual general meeting, or any meetings to do with the running of the Centre. She is ninety years old. "Taking the money makes me happy," she says with a laugh.

Vitamin D has been a mainstay in the news recently, with stories claiming it protects against everything from high blood pressure to cancer. Though its ability to prevent these conditions remains unproven, vitamin D is essential for bone health, immune system functioning, and overall health. People living in northern latitudes are unlikely to obtain adequate vitamin D from sunlight.



The true winners of most volunteering are the volunteers themselves

My story refers to whom you think really is the winner when it comes to volunteering activities.

Well, let me tell you, not too long ago I was what they call in the Yellowknife Rotary Club, a reading buddy. This involved volunteering to go to a local school and read once a week with one or two grade one pupils. Like a good volunteer should do I showed up at the school every Thursday at 11 a.m. and read to my buddies, whoever they were. I had one buddy to whom I read for pretty well the whole year. I felt so good that I could be of some assistance to these young students even if it was only by reading grade one books to them once a week. I got to know the buddies pretty well, and every time I came to their home room looking for them so we could go to the library to read, they would get excited and actually run out of the classroom, grab my hand and start walking to the library. Of course it was a good feeling by all involved; even the teacher grinned and smiled at all the action going on at the time. This one young lad who we will call Liam was always there waiting, wanting, hoping to go and read every Thursday just like clockwork, so we became good friends. I told Liam he could call me JD because that's what all my close friends called me in my younger days and I said to him we are friends, right, and he said, the best. So without realizing it here I was thinking that my

volunteering was just to help these young folks get going in life a little better.

Well, let me tell you, I really found out who benefitted from all this volunteering and it all happened on October 31, 2003. As you can tell by the date it was Halloween day and like always I was nominated in the usual way. At our house I give out the candy. I don't mind because I always play jokes and games with the little munchkins who knock on our door screaming trick or treat. I try to scare them, but usually I'm the one getting scared with the outfits they have today. Some of them look real. Anyway, back to my story of who really is the winner when it comes to volunteering. I get this knock on the door. I open the door up and there standing in front of me is a pirate, a cowboy, and some kind of a scary guy, I still don't know what it was, all screaming trick or treat – smell my feet. So I said okay. Who wants it first? Open up your bag. So the cowboy opened his bag and I threw in some candy, then the pirate opened up his bag and again I threw in some candy. Then I turned to the little scary monster standing in front of me with his bag spread wide looking to be filled to the top. Guess what happened? Out came this little voice saying, "Hi, JD", and right then I stopped, looked at the monster, and said "What did you say?" and he said it again, "Hi, JD." Of course I said, "Who are you?" and he said, "It's me, Liam. Your reading buddy."

Well, let me tell you, this was three years later and this little guy still remembered me. I couldn't talk. I was never so rich in my life than that moment because as he ran off to the next house of candies, I heard him say to the pirate and the cowboy, "He was my reading buddy when I was in grade one and we are friends."

Health Canada says Canadians should take from 200 to 600 International Units of vitamin D a day for good bone health. A cup of fortified milk contains about 100 I.U., while a typical multivitamin has 400. the current tolerable upper intake level for those over the age of one is 2,000 IU from all sources.



Continued...

To this day I cherish that moment and this philosophy, that the true winners of most volunteering are the volunteers themselves. Many times when I'm down and out, whining and complaining about whatever, I stop. I think of that moment in time when a nine year old boy made me a winner. You know reader, I do feel better instantly because I may not be wealthy but I sure am rich with having a friend like "Liam".

JD (a.k.a. James Clark)

Executive Directors' Message – Spring 2010 Newsletter

Welcome to the Spring edition of the Seniors Today! April 18-24 is **National Volunteer Week** and we are using this newsletter to highlight some of our many volunteers who contribute in so many ways to make our organization happen! I would like to send special thanks to those who worked so hard to put this newsletter together –Marg Green, Bob Carr and Mabel Collinson.

We are always seeking more volunteers! If you feel you have some time to contribute, please contact the office or one of our board directors.

We had a successful **AGM** on 18 March. Sandra Taylor is your new president, acclaimed for a 2 year term. Other returning board members completing their 2 year terms are Merlyn Williams, James Clark and Gary Black. Newly elected members who have just begun their new 2 year terms are Margaret Beckwith, Chris Bergmann, Cito Domingo, Ron Maclean, and Dave McCann. Susanne Impett and Brad Whitehead were re-elected for 1 year terms, to complete vacated directorships.

Special thanks to **The Yellowknife Community Foundation** who have very generously donated \$5000 to support our Lunch With A Bunch program. In turn, we will be using these funds, not only for our lunch expenses, but to assist groups of young people who are fundraising for special activities such as sport and cultural trips.

Don't forget to visit our website at www.yksenior.ca to stay up to date on what's happening and to see the latest photos – special thanks to our volunteer webmaster Bob Carr!

I'm looking forward to seeing all of you at the Baker Community Centre!

Marjorie Sandercock, Executive Director

1816

A year
without
summer.

In Quebec,
New York, and
all of New
England, snow
fell in June,
July and
August.
Farmers wore
winter
clothing. Some
froze to death
and crops
could not grow.
Wood cut for
winter heating
was used up by
November.



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Yellowknife Seniors' Society Volunteers



Out Going Board Members: Blake Lyons, Floyd Adlem, Chris Williams, Albert Eggenberger, Susanne Impett, David Wind. Returning Board Members: Gary Black, James Clark and Merlyn Williams

"Long flight"

For two solid hours, the lady sitting next to a man on an airplane had told him about her grandchildren. She had even produced a plastic-foldout photo album of all nine of the children.

She finally realized that she had dominated the entire conversation.

"Oh, I've done all the talking, and I'm so sorry. I know you certainly have something to say. Please, tell me... what do you think of my grandchildren?"



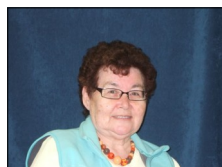
Prakash Chugh- sells tickets for Lunch With A Bunch every Friday.



Bev Black – empties the recycling box at the centre every week.



Loreen Lambert- looks after all the decorations at the centre; organizes the Art Group



Lena Pederson- assists Loreen with the decorating.



Helena Haener- organizes and leads carpet bowling



Rona Williams- teaches seniors Tai Chi



Albert and Gladys Eggenberger- always ready to organize special events and cook for Lunch With A Bunch



Joan Findley- washes linens (tea towels etc) every week





Cappy and Larry Elkin- organize and lead seniors curling



Joan Hirons – co-leads Canada 55+ Games group



Esther Braden- plays piano at Lunch With A Bunch



Ajjie Shaw...selling memberships to YKSS



Fred Koe- leads fundraising activities of Canada 55+ Games group



Barb McDonald– co-leads Canada 55+ Games group



Bob Carr – webmaster and newsletter volunteer; Investment Club treasurer



Marg Green – newsletter editor



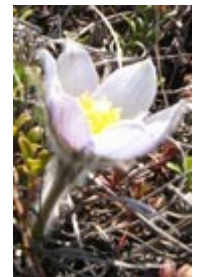
David Wind- our rep to GNWT Consultation process on Supplementary Health Benefits



Fundraising Committee-David Wind, Albert Eggenberger, James Clark, Bill Aho, Liz Wyman, John Coumont, Doug Witty

You're middle-aged if you can remember when radios plugged in, and toothbrushes didn't.

Watch for the Northern Crocus in Edzo area in May



Give in to spring fever. It only hits once a year!



Grandmothers (On Mothers Day)

Grandmothers are mothers
 who are grand,
 Restoring the sense that our
 most precious things
 Are those that do not change
 much over time.
 No love of childhood is more
 sublime,
 Demanding little, giving
 much on demand,
 More inclined than most to
 grant the wings
 On which we fly off to
 enchanted lands.
 Though grandmothers must
 sometimes serve as
 mothers,
 Helping out, or maybe taking
 over,
 Each has all the patience
 wisdom brings,
 Remembering our passions
 more than others,
 Singing childish songs we
 long remember.



Line Dancing- Coordinated and lead by Tina Rivera (center) & Evelyn Antonio (Right of Tina) With instructors Raymond Borero, Apple Constantino, and Raquel Borero.



Joyce and Merlyn Williams– Joyce helps with photography and Merlyn is our master electronics technician and is often seen cooking in the kitchen.



Healing Touch –coordinated and lead by Cathy Landry and her team, Liane & Laura Lynn Orhling, Joanne McGrath, Monica Pandke.



Joe Walsh- He does the Canada Day BBQ each year, looks after the woodwork shop and does many “handyman” type chores around the centre, including building book shelves for the coffee room etc.

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The Yellowknife Seniors' Society would like to send a special thank you to all of our generous community supporters through-out the past year, including:

Yellowknife Community Foundation

- Expedite North
- Rotary Club of Yellowknife
- Elks Club and Ladies of the Royal Purple
- Weaver and Devore
- BHP
- Rio Tinto Diavik
- Yellowknife Health and Social Services
- Matonabee Petroleum
- Isabell and Heather McDorman (Ed Baker's family in Toronto)
- Bromley and Son Ltd
- Roy's Audiotronics
- First Air
- Eggenberger Group
- Quality Furniture
- Home Life Real Estate
- Scotia Bank
- Tim Horton's
- Home Building Supplies
- Chugh family
- George Gibson
- Fred Ramsay
- Tundra Transfer
- Le Frolic/ Chef Pierre
- Food Rescue

My Dad is cleaning out his grandmother's house (she died recently) and he brought me an old Royal Crown Cola bottle. In the bottle top was a stopper with a bunch of holes in it.. My daughter had no idea what it was for. She thought of a salt shaker. I knew it as the bottle that sat on the end of the ironing board to 'sprinkle' clothes with because we didn't have steam irons nor even electric!.

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

Sudoku results on page 14

Fraud Still Big Business in Canada

Canada's Commissioner of Competition, Melanie Aitken, is warning us all that the Internet, the modern wild west of the marketplace is also a "fertile breeding ground" for con artists. Compare it more to a landfill site, a garbage dump of dishonesty.

Too many people still scoff at the possibility of being conned. They can't believe anybody could fall for some of the routines. But the cons are being delivered by pros. They do this for a living. They are smart and very good at what they do.

June
National Seniors' Month



Volunteers and Scouting by Marg Beckwith



In 1976 I joined the scouting movement in Pine Point, NT. Pine Point was a mining town on the south side of Great Slave Lake. In September 1976, along with excellent help, I introduced the Beaver program to Pine Point. There was also a cub pack and a scout troop at that time.

Memories

From the 1961 NWT

Telephone

Directory...

Haener - Anderson
Ltd.

Cement Contracting

- Concrete Block
- Carpenter Shop
- Lino-laying

Phone 115

Yellowknife, N.W.T.

I could not believe how many little boys there were in a town with a population of approximately 2000. Our first colony had thirty five to forty young boys. When the time came for our Beavers to go to Cubs we would add a lightening bolt to the tails that are worn on the hats. The leaders designed these and spent many hours cutting out tails of different colours and lightening bolts.

Several years later I started attending the AGM for scout council and an awards dinner for scouters. These events were held in Yellowknife. On one of my early trips to Yellowknife I met Barb Bromley. In the last thirty years I have come to know her as a source of support and as a friend. You will understand how pleased I was when Eric Brown invited me to a special scouting meeting. Barb was the guest of honor.



Barb receives her gift of recognition presented by Eric Brown



Pat Balsillie accompanied Barb to this meeting. Barb was with the first scout troop in Yellowknife and Pat was one of her first scouts. Barb and Pat still attend meetings of Beavers, Cubs, and Scouts.

Marg Beckwith,
Barb Bromley, and
Pat Balsillie.



Pat's uniform displayed with
pride...after all these years

An 80 year old woman in Yellowknife was arrested for shop lifting. When she went before the judge, he asked her, "What did you steal?"

She replied, "A can of peaches."

The judge then asked her why she had stolen the can of peaches and she replied that she was hungry.

The judge then asked her how many peaches were in the can. She replied 6.

The judge then said, "I will then give you 6 days in jail."

Before the judge could actually pronounce the punishment, the woman's husband spoke up and asked the judge if he could say something.

The judge said, "What is it?"

The husband said, "She also stole a can of peas."

Top Ten Reasons to Volunteer

- 1. When you stay home you get too many telemarketing calls.**
- 2. Your spouse could use a break from you.**
- 3. You might need help yourself some day.**
- 4. It's hard to win a game of solitaire.**
- 5. Soap operas all sound alike.**
- 6. If you don't go out each day, you get old.**
- 7. You might find a friend.**
- 8. The car needs a workout.**
- 9. Your mom would be proud of you.**
- 10. Who cares about money?**



Did You Know?

1. Q. Who can become a member of the Yellowknife Seniors' Society?

A. Anyone who is age 50 or older can become a member. Associate memberships are available for those persons under the age of 50. Membership fees are nominal.

2. Q. How is the Society formed?

A. The Society is a charitable organization registered with the Canada Revenue Agency and also under the Northwest Territories Societies Act. Its operations are guided by by-laws approved by the general membership.

3. Q. How are the directors elected?

A. Elections take place each year at the annual general meeting which is open to all members. Each year five of the ten directors positions come up for election for a two year term. This process provides continuity in that the remaining five directors have already been on the board for one year. The President is elected for a two year term by a vote of the general membership. No director or president can hold office for more than two consecutive two year terms.

4. Q. What are the benefits of belonging to the Yellowknife Seniors' Society?

A. The Society provides a forum for dealing with senior's issues, it Sponsors activities to enhance senior's lifestyles as well as life skills and encourages them to remain active in the community. It provides support for all seniors in the community.

5. Q. What programs are offered by the Society?

(continued next page)

From Church Bulletins!

The sermon this morning: 'Jesus Walks on the Water.'

The sermon tonight: 'Searching for Jesus.'

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.



A. The Society offers programs in fitness such yoga, curling and tai chi along with social programs and lifestyle programs such as computer courses. For a complete description of programs offered please contact the Executive Director at the Baker Community Centre.

6. Q. **Who owns the Baker Community Centre?**

A. The Baker Community Centre is owned by the Yellowknife Association of Concerned Citizens for Seniors (YACCS) and leased to the Yellowknife Seniors' Society.

7. Q. **What is the difference between the Yellowknife Seniors' Society and the Northwest Territories Senior Society?**

A. The Northwest Territories Senior Society represents all seniors in the Northwest Territories whereas the Yellowknife Seniors' Society represents only those seniors from the area around Yellowknife.

8. Q. **Where does the Yellowknife Seniors' Society get its operating funds.**

A. Core funding for the operation of the Society and the Baker Community Centre is presently provided by the City of Yellowknife however there is a continuing need to apply for grants from other agencies and for fundraising activities in order to sustain the Societies operations.

9. Q. **Who sponsors the 55+ games, who is eligible to compete and where do I get more information on how to participate.**

A. The 55+ games are held every two years and registration is restricted to society members. Please contact the Executive Director of the Yellowknife Seniors' Society at our office in the Baker Community Centre.

1899

Treaty 8

Was signed by

Drygeese,

Waymiah

(Beniah) and

Crapwatee

**The Canadian Hard of Hearing Association-Yellowknife Branch
will be hosting the following:**

**Drums of Hearing, North of 60
2011 CHHA National Conference
Yellowknife, Northwest Territories
June 16 to 18, 2011**



Yellowknife Seniors' Society – Position on Extended Health Benefits

Caribou in Decline!

In the late 1800's and early 1900's it was believed that the population of northern caribou were on the verge of extinction. In the 1920's, the problem was so bad that the Canadian Government decided to import a large herd of reindeer.

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



The Department of Health and Social Services has commenced a round of public consultations regarding their latest proposal to combine the three Extended Health Benefits Programs for non-aboriginal Northerners into a single Supplementary Health Benefits Program. The categories and limits of benefits in the new program are identical to those of the current Extended Health Benefits Program for Seniors with access extended to all non-aboriginal Northerners regardless of age or medical condition. The big drawback is that residents will be required to pay a portion of the costs of the supplementary health services they receive. This is called a co-payment. The actual amount of the co-payment is determined from the number of dependent children in your household and the net combined family income taken from line 236 of your Income Tax Returns.

The Yellowknife Seniors' Society is not opposed to the expansion of access to supplementary health benefits. That provision would bring access into line with what is available under the Extended Health Benefits Program for indigenous Metis. However, co-payments will seriously diminish the value of the benefits already being received by those of us who are over 60 and those of us who are suffering from chronic diseases. They have the potential for very serious financial impacts on those most vulnerable in our society.

The Society understands that expanded access may cost the government a little more although specific figures have not been made available. Reducing the value of benefits through co-payments to offset those unspecified costs, amounts to the imposition of a tax on the non-aboriginal Sick and Elderly. It is **not**, as has been advanced in some circles, a requirement to have residents with high incomes pay for a portion of the cost of supplementary health benefits. You must first be sick and/or elderly to receive the benefits in the first place; so it is the Sick and the Elderly who are being taxed through the co-payments.

The Society notes that healthcare in the NWT for non-aboriginals and indigenous Metis has always been funded primarily through the income tax: some federally by way of transfers and some territorially. This spreads the burden equitably among all the members of society, those who are healthy and those who are not. The Society feels that the income tax should continue to be used to fund the expanded supplementary health benefits for non-aboriginal Northerners. Any incremental cost increases for expanding access are expected to be small and easily funded through re-allocation of financial resources within government.

This would have the effect of fairly apportioning the costs of supplemental health benefits, simplifying the administrative complexity of the program and reducing the implementation administration costs, bringing benefits for non-aboriginal Northerners into line with the benefits available to indigenous Metis (both programs are funded by the GNWT), avoiding the ethnic wedge that is being created by the new proposal, and best of all, avoiding an income tested **tax on the Sick and the Elderly**.

Word Search

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

Did You Know?

February 15, 1954
 U.S. President Eisenhower signed legislation allowing for the construction of the Distant Early Warning Line (DEW Line).
 * *

1959
 Bombardier's Ski-Doo, the first mass-produced lightweight snow machine, went on sale.
 * *

1924
 The Royal Canadian Corps of Signals established, at Fort Simpson its first Northwest Territories' radiotelegraph station.

Brad Whitehead

Margaret Beckwith

Chris Bergman

Merlyn Williams

Cito Domingo

Ron McLean

Dave McCann

Seniors Society

Directors

Susanne Impett

Gary Black

Yellowknife

James Clark

www.yksenior.ca





#2 5710 50th Ave.
Yellowknife, NT
X1A 1G1

Tel: (867)873-9475

Fax: (867)873-4318

E-mail:
ykseniorsociety@theedge.ca

Web site:
www.yksenior.ca

Lounge Tel: 766-3250

A full colour version of this
publication is available from our
web site.

Board of Directors 2010-2011

President.....	Sandra Taylor
1st Vice-President.....	Merlyn Williams
2nd Vice-President.....	Dave McCann
Secretary.....	Gary Black
Treasurer.....	Brad Whitehead
Community Oriented Activities Committee: Margaret Beckwith	
Social Committee.....	Susanne Impett
Advocacy and Health Committee.....	Ron McLean
Communications/Public Relations/ Membership Committee Chair.....	Chris Bergman
Co Chair.....	Cito Domingo
Fundraising Committee Chair.....	James Clark
Active Living Committee.....	Dave McCann
Past President.....	Floyd Adlem

Meetings at the Baker Centre



YK Seniors' Society Board
Meetings second Tuesday of each month



Canadian Hard of Hearing Association-Yellowknife Branch
Meetings when notified