



Seniors Today

Volume 34
Summer 2014



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CHHA YK

Cover by
Bob Carr

EXECUTIVE DIRECTOR'S REPORT YELLOWKNIFE SENIORS' SOCIETY

As we continue to develop in every area and aspect of our society, my goal is that we foster relationships with seniors and community partners in order to promote our activities as a way of a healthy life for all seniors.

This past year has been interesting and challenging. Demands on the Society continue to increase, I am extremely thankful to all who continually volunteer and thank you so much for the professionalism and joy that you bring each day to the Yellowknife Seniors' Society. Through the ideas and efforts of each of you, our services continue to reflect the strengths in delivering programs, fun, laughter and all the great things accomplished through an army of volunteers, who never give up, who are here come rain, snow, blistering cold or sunshine.

Now as we look at 2014 through a wide-spectrum seniors' lens, we can make a difference and we will make a difference. The choice of how we do this is up to us, if you have not had the experience of volunteering at the Yellowknife Seniors' Society, I invite you to consider becoming a part of one of the amazing volunteering teams. You will be welcomed warmly.

The Arctic Ambassador program is now part of the YK Seniors Society as of October 2013. Many of our seniors are a vital part of the "Arctic Ambassadors" under the super organized leadership of Yvonne Quick, reaching out to volunteer in the community at many events. It's so wonderful to see our seniors' volunteering through many organizations within our community, wherever I go in the community for meetings, always someone will mention how thankful they are for seniors who volunteer. All contributions, both large and small, are very valuable to the health and vibrancy of this organization.

Our priority as always is to provide quality recreational, social and educational programs. Since Yellowknife is a small City we are fortunate to have other facilities close by to offer our programs. With the support of the Curling Rink staff, we were able to offer seniors curling on Monday afternoons. Lawn Bowling at the Fieldhouse on Tuesday afternoons is very popular now. Bowling is still happening on Wednesday afternoons at the Kingpin Bowling Centre. Our morning walk exercise program at the Baker Community Centre meet Monday to Friday at 7:20am.

Monday evening the Scottish Country Dancers have a great time. Our Investment Club meets on the third Monday of the month, they are always looking for new seniors' interested in investing. Yoga classes, that are very well attended on Monday and Wednesday, Bridge Club meets every Tuesday evening, they gather and play bridge 52 weeks out of the year. The 2nd Saturday and the last Thursday of the month, Healing Touch under the direction of Cathy Landry, Registered Nurse. Our Line Dancers meet every Friday night and have now expanded their vision beyond the Friday nights at the Baker Community Centre and go to the Aven Manor, to dance for the seniors, they call this time ("seniors' dancing for seniors").

Our Morning Coffee group meets on Monday to Friday at 8:00am is well attended. Monday and Wednesday at 1:30pm our Coffee Break time is enjoyed by many, often, seniors arrive for coffee to find an overflowing crowd. Friday "Lunch with a Bunch" is our most popular program with many people attending for the fellowship over a meal. We had amazing support from the business community and service organizations. We THANK THEM GREATLY for their support of the lunch and all senior programs. Seniors' Tai Chi on Saturday mornings is so rewarding for the seniors' who faithfully attend.

We have a rental contract with Yellowknife Health & Social Services Authority for use of the facility Monday afternoons for post-natal or well baby clinics. Our Boardroom has become a popular rental area for several organizations in our community for day and evening meetings. This rental income is necessary for the operation of the Baker Community Centre and I appreciate your understanding when the Baker Community Centre is full of people and you find it difficult to get a parking spot.

Many of the seniors are “getting ready” for The Canada 55+ games in Strathcona, Alberta in August this year. I have every confidence that we will increase our medal count - positive thinking has sure worked in the past years, so “GO SENIORS GO”!!

Thank you to my volunteer core group that is always ready “to roll up their sleeves and pitch in”. Without each one of you, many of our programs would not be operating as smoothly as they do, your behind the scenes work never goes unnoticed by me.

Thank you for giving me the opportunity to serve as your Executive Director.

Kimberly Doyle

As I sit relaxing in my living room, on the wall next to me is a framed photograph of the Yellowknife Con Mine Head shaft, probably taken in 1967 after the completion of their new head frame. On a table nearby is a little four by three inch clear plastic plaque inscribed:

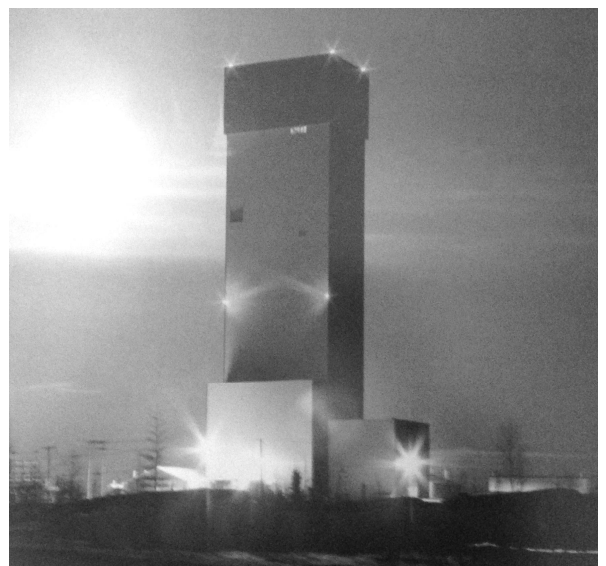


**E. A. BAKER
SUPERVISION OF 10,000
ACCIDENT FREE SHIFTS AT
CON MINE YELLOWKNIFE
PRESENTED 1967**

Also on the plaque are a small silver coloured elephant and two little pieces of ore, one quartz, the other a bronze nugget.

Uncle Ed had been called out of retirement to supervise the safety of the workers digging the shaft. I believe the job took two years, and when he re-retired he was presented with the photo and the plaque by the company. In the retirement home, the photograph was in his room where he could see it from bed and from his favourite chair. On each of my visits in his last few months, he would remind me to take care of the picture and plaque-and I still am! Mining was a profession chosen by three Baker brothers, my father and two uncles. Our home was full of workplace reminiscences and souvenirs.

Isabell McDorman



Is there really a Newfie Language?

Vivian Squires has discovered that there is a Newfie language on the island (it's for real), "they look at me like I have two heads when I say, 'pardon me' so here are some examples":



Questions/Sayings:

How is the weather?.....in Newfoundland they say 'Ask me b'y'
Who's your mother/parents?....in Newfoundland they say 'Who knit ya?'
You're driving me crazy....in Newfoundland they say 'Oh me nerves, ye got me drove!'
Put it down on the step outside...in Newfoundland they say 'Lodge it on da bridge'.
You're joking, right?.....in Newfoundland they say 'G'wan!'
I'll visit sometime.....in Newfoundland they say 'I'll drop over 'round by and by'.

From the Kitchen of Hilya Hall

This spring, at a Lunch With a Bunch, Hilya Hall served a desert that many enjoyed. She was asked by many for the recipe. She is allowing us to publish it although she says it is from the Manitoba Centennial Cook Book, with "modifications" of course.

Rhubarb Crunch served with cream

A.. .1 cup brown sugar;
 1 cup flour;
 3/4 cup rolled oats
 1/2 cup melted butter;
 1 tsp cinnamon;
 1/4 tsp salt
 B... 4 cups diced rhubarb
 4 cups sliced strawberries
 C... 1 cup sugar;
 2 Tbs corn starch;
 1 cup water
 1 tsp vanilla (could be replaced by dark rum)

Mix (A) ingredients and press half of mixture into a greased 9 x 9 inch pan. Cover with (B) mixture. Combine sugar and cornstarch "C" and stir in water. Boil until clear and thick. Add vanilla and stir, then pour over the fruit. Top with the remaining (A) mixture. Bake 1 hour at 350. Serve with cream (vanilla ice cream or whipped topping)

Option: Other fruit combinations can be used. How about Saskatoons & Blueberries or Rhubarb and Raspberries.

Winter and Snow Is St. John's, NL

Yikes the winter storms to smack St. John's, Newfoundland hit us hard with each storm bringing over 40+cm of those soft, white, fluffy snowflakes, my question is 'I wonder how many snowflakes would be in that 40+cm of snow?'

On a regular basis this past winter this is what we would hear:

'The storm is rapidly intensifying, it will hit St. John's, Newfoundland and it will bring 20 - 40+ cm of snow. It will bring whiteout conditions, visibility will be zero and the winds will gust over 100 KPH. The storm surge on the southeast coast of Newfoundland and the waves will be big. People in St. John's be prepared, have your winter boots, winter jackets ready and don't walk on the streets during the blizzard, because it will be too dangerous. People in St. John's be prepared, have your i-pad charged, i-pod charged, your cell phones charged and have your mobile internet ready. Order your pizzas and Chinese food and don't wait until the last minute, do it right now! Have your extra batteries, flashlights, crank up radio and a lantern ready. The winds will be so strong, and the power may go out in St. John's during the storm. Do your shopping before the big storm hits St. John's. Have your shovels ready and your snow blowers. Be safe and be very careful and don't drive your car in the big snowstorm or your car can get stuck or you could have an accident.'

Seniors' are telling me they can't remember a winter like this for many a year but they can sure tell you the stories of how it was in St. John's, NL when they were growing up.

The winter weather in St. John's is mild over all, lots of times the winds have picked up such speed by the time it comes off the North Atlantic Ocean, hold on, or else you're going to get scooted a few steps where you don't want to go. The winds remind me so much of living above the tree line in Hall Beach, NU. You would use a rope to hold on to and guide you, and at times, make a human line to go from place to place.

If the forest in Newfoundland could talk, the trees would be saying:

**Bending, bending, bending
Our fir branches are bending
Are we getting more snow
Spring come quickly!!!!**

It's so wonderful to see such great talent in what people write in the snow or on a variety of surfaces, from mailboxes to garbage can lids, to lawns. Lots of snow angels and snow people of all sizes



Am enjoying the Rock that I
have always called

'Dennis' Island!!

Vivian

Do your family a favour before you leave them.



When we are young, we are not likely going to ask our parents questions about their childhood, where they went to school, how they met, where they got married and how they raised their children. Where did dad or mom work? Where they enlisted in the military and where were they assigned? Are you lucky enough to still have living parents or grandparents that you can ask questions? Are there family photos? Photo albums? Do you own documents such as birth certificates, marriage certificates, death certificates or obituaries. Land deeds?

After a person dies, this is not the time for family to discover all these family history items unless they are all properly identified. There is usually someone in each family that will become interested and want to do your family history. Therefore it is important for you the holder of this info, to get it sorted and identified, NOW.

One prime example are the many family pictures accumulated over the years. It is not likely that very many pictures will be available of people before 1900 when a family did not likely own a camera. In those days, families would go to a professional photographer. By 1915, some families had cameras and by the 1930's photo albums were common as Kodak produced portable cameras. Can you imagine the problem children born today will have going through our hundreds or thousands of digital pictures? Anyway, what NOW needs to be done is to go through these photo albums or digital files and identify who these people are. Pull the photo from the albums and write the names on the back. For digital photos, "rename" them if not already done. Put the year they were taken and the event if you have any idea. All this will take time so make it a winter project. It may also help to throw out some duplicates or unwanted photos. If you still have 35mm slides or older ones, it is getting difficult to get them copied. Ask your family what to do with them. The best idea would be to find a photo shop that can transfer them to a digital format, e.g. on a CD, DVD, or maybe better yet, on a USB drive. Do you have family videos of 8mm film, super 8 film, BETA tapes, VHS tapes, Video 8 tapes? It might be difficult to get them copied to a digital format. For a price, there are companies who can do it. What is the best digital method of storage today? What will it be in 10-20 years from now? Just look at how the "home use" computer evolved since 1975. Remember those big 5 inch floppies, then 3 1/2 inch, then CD's? Well the floppy drives are gone today and CD's will be next. Today, the USB drive or external hard drive is the best bet (for now).

Maybe you have audio recordings of family on a cassette or a mini cassette. They should be copied to digital too. If you don't have audio recordings, it might be a good idea to get some made. Better late than never! Record a 30 minute interview of the life of a family member. Get children's voices, have grandma tell about her childhood memories or a world event. These voices will be great reminders of family after they grow up or have passed away. Sit down and write your own memoirs in a few pages. These stories will be enjoyed by family in years to come. Don't put it off, do it now!

Bob Carr



What Year & Event?



Who & Where?



Old Tin Type Photo pre 1900. Who are they?



School class photo. Where? What grade? Who are they?



Fire: where, when, why it's important?

UNITED SENIORS WORKSHOP



Before



Now

Some years ago Mr. Ed Baker felt a need to outfit an empty space located in the parkade of the Northern United Place, where a group of senior citizens could gather to work on various projects important to them. The space was developed and furnished with power tools such as table saw, band saw, wood lathe, etc. As well Mr. Baker paid the rent forward to 2030 a most generous gift to the seniors of Yellowknife.

Over the years the space was used but with little or no upkeep and it began to look run down and in bad need of some TLC.

Last fall my wife Alida and I with the help of a number of members took on the task of cleaning and painting the workshop. This was made possible by generous donations from Aurora Decorating and Igloo Building Supplies. The end result is evident in the before and after pictures.

In addition to a facelift we have received a quantity of good quality power tools from Mr. Lew Voytilla when he upgraded his shop.

Most notable: A Dewalt planer, A General jointer, A heavy duty Shaper, A Wood lathe, and an 18" Band saw.

All the power tools are now portable as they have a frame with wheels, making it much easier to move them around where needed.

All these improvements were intended to improve the appearance as well as the functionality of the wood shop. We believe this has been accomplished.

We are open for suggestions on how to improve even more, and encourage all members who are interested in having a visit and/or getting at that project you want to do to contact Kim in the Baker Centre office or give Joe Walsh a call at 867-873-3023 or cell 445-2997

I am in the shop most days from 8:00 AM til Noon. Come on down and have a look.



Before



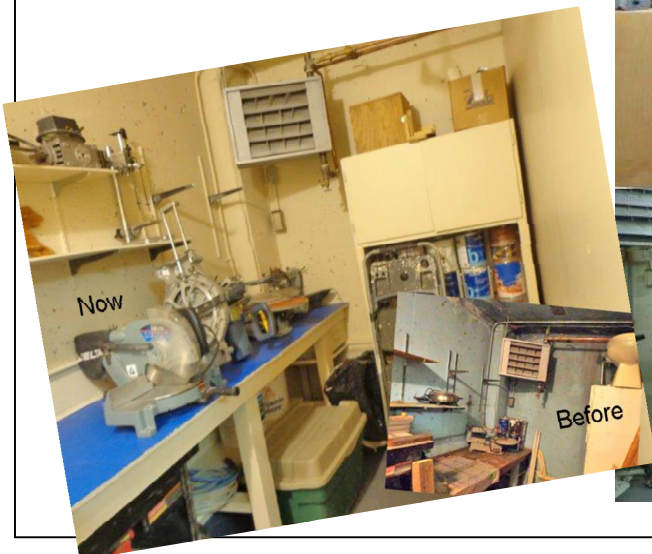
Now



Before



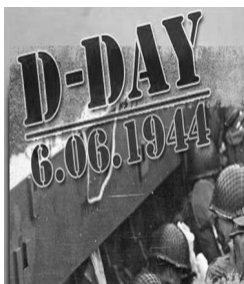
After



Now

Before





70 Years Ago

On D-Day, June 6, 1944, "Operation Overlord", the long-awaited invasion of Nazi-occupied Europe, began with Allied armies from the U.S., Britain and Canada landing on the coast of Normandy.

Fourteen thousand young Canadians stormed Juno Beach on D-Day.

Their courage, determination and self-sacrifice were the immediate reasons for the success in those critical hours. The fighting they endured was fierce and frightening. The price they paid was high. The battles for the beachhead cost 340 Canadian lives and another 574 wounded



Hoarding of TP

With the new bridge across the Mackenzie river I miss the ferry and ice crossing. I looked forward to them when driving the road. I know this may sound a little odd but I also miss the twice a year road shut downs.

They were a quiet peaceful time in town and they helped to create a feeling of isolation and that we were all in this together. So they did, in a way, generate a feeling of camaraderie and community. Also the reopening of the road gave people something to look forward to. It meant people could drive in or out again and fresh produce would soon be arriving. It was a twice a year event.

Now in the early days before they started flying food in, when the road went out, what you saw on the store shelves is what you had a chance to purchase for the next month or two. So when word spread that the road was out some people would rush to the stores to stock up on essential items. Or at least what they considered essential.

Some years, the store shelves would start to get pretty bare before the road opened again. One year I remember a fellow coming into the Miners Mess and asking, "Anyone have any baking powder to spare, my wife wants to do some baking". People lending and borrowing stuff back and forth also contributed to the sense of community.

Now one year back in the 80s the town was approaching a state of anarchy because the stores ran out of toilet paper. People were actually sneaking into government offices and stealing the stuff which shows the state of impending doom because the government tended to use the really cheap stuff.

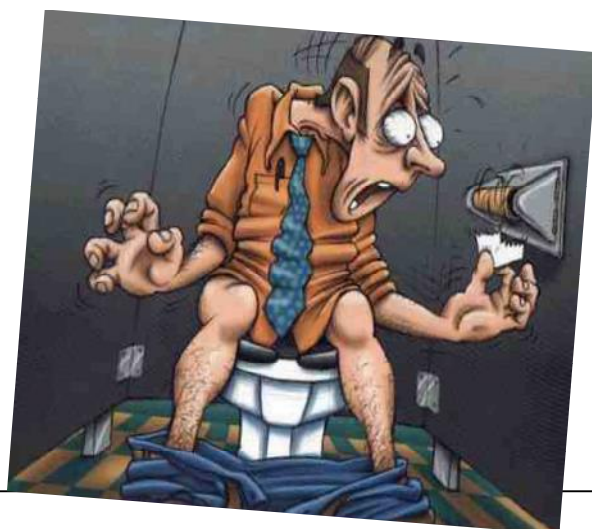
I was down at the docks helping to unload a plane that was returning from a bush camp that was shutting down. Normally the food and supplies that were left over would be divided up among the crew. A car stopped and a fellow came rushing over "Do you have any toilet paper left over...I'll buy it." Money for beer or toilet paper, that was the dilemma they faced. Not a tough decision for bush workers returning to town after a couple months in the bush.

People who were returning to the north by plane were asked to bring up toilet paper in their luggage. I am sure the folks at the Edmonton airport got a kick of seeing northerners returning home with a package of toilet paper stuck under their arms as carry on luggage. . It was the great toilet paper shortage of the 1980's. It taught everyone in town to stock up on TP when the road went out.

With the bridge across the river, we theoretically wont face those problems again but while we have gained year round road access we have also lost something.

Its a little odd, when you think about it, but shared experiences do build a sense of community. So while the bridge has added convenience it has also taken away something.

Walt Humphries



What??

Are you hard of hearing?

The definition of loss of hearing is the inability to hear normally. Hearing loss is classified in different categories. It is known as the invisible disability. There are no outward physical signs. One in ten Canadians have some degree of hearing loss - mild, moderate, severe or profound.

1. Mild hearing loss: people have some difficulty keeping up with conversations, especially in noisy surroundings.
2. Moderate loss: people have difficulty keeping up with conversations when not using a hearing aid.
3. Severe loss: people who will benefit from powerful hearing aids, but often they rely heavily on lip-reading even when they are using hearing aids.
4. Profound hearing loss: people who suffer from profound hearing loss are very hard of hearing and rely mostly on lip reading, and/or sign language.

Causes - there are many causes for hearing loss. Aging, presbycusis (age related hearing loss with the cumulative effects of aging on hearing), exposure to loud noise, disease or illness, infection or use of drugs, hereditary, or injury to the ear or head.

Untreated hearing loss may lead to numerous social and psychological problems. Some common social problems with hearing loss include:

Isolation and withdrawal

Short attention span

Bluffing

Distraction / lack of concentration

Problems at work - May have to give up working or retire

Problems participating in social environments and reduced social activity

Problems communicating with spouse, friends or relatives

Problems communicating with children and grandchildren

For more information,

contact The Canadian Hard of Hearing Association Yellowknife Branch

873-5446 or Toll Free: 877-752-3125

Our Members Out and About

A couple of days in Malacca by Joan Hirons

Last December, while I was visiting my son and his family in Singapore, he suggested we take my grandchildren to Malacca for a couple of nights. Their Mom was going to be in Hong Kong, visiting friends and doing some Christmas-shopping. It would only take us a couple of hours to drive there, he said. What an optimist he was - it took us two hours just to cross the border into Malaysia, then encountered heavy traffic on the way into Malacca City, making it a journey of almost 5 hours. Malacca is one of the 3 smallest Malaysian states, and it is situated on the SW coast of the Malaysian Peninsula. It has a colourful history, having been conquered by the Portuguese in 1511 at which time its monarchy was abolished. The Dutch took it in 1641, but they were not interested in developing it, so it was eventually swapped with the British for a territory on Sumatra. Malacca became a Crown Colony, part of the Straits Settlements, then eventually part of Malaysia. The capital is Malacca City which has been listed as a UNESCO World Heritage Site in 2008.

After checking into the modernized Equatorial Hotel close to the bustling downtown core, we enjoyed a welcome drink and snacks in the Club room. The evening was spent exploring the river-front area of the city, an incredibly busy street market and finding a place for dinner. After dark, a most striking attraction was the extravagantly decorated and brilliantly lit pedi cabs, with their boom boxes blasting out popular music. These created a great party atmosphere in the City.

Next morning, after enjoying an extensive buffet breakfast, we needed to be waiting outside the hotel at 8:30 for pick-up to go on our 3-hour bicycle tour in the countryside. The experienced guide fitted each of us with bikes, safety equipment and a very large bottle of water, and the entire group of 12 or so set off on our journey. The bikes were not new, but they were very well maintained.

We passed through rubber and palm oil plantations, rode down narrow streets, past cattle sheds etc. There were frequent stops when the guide talked about the large cash crops, small-holdings, the climate etc. He showed us and gave samples of local fruits, and explained the difference between lemon grass and lemon oil plants. This part of Malaysia enjoys an ideal climate for growing crops, and has no extremes of weather, as experienced in the Philippines, for example. It was a wonderful opportunity for us to get off the beaten path, and to have an introduction to rural Malaysian life. At one point, the guide pulled a string of rubber off a tree, and showed us how to make it into a ball. This was an example of what kids used to do to make their own toys.

Towards the end of the tour, my granddaughter and I were running out of steam, but the guide had planned a pit stop at a rustic café where he treated us to a drink of our choice. This gave us the energy to push through the last few kilometres. We had no idea beforehand that the tour would be 20 kilometres, and that those large bottles of water would make perfect sense in the humid climate.



That afternoon we relaxed in the hotel pool before setting out on a river cruise. This journey took us under some neat bridges and past an interesting variety of architecture which reflected the city’s history. At one point, we came across a monorail system which, although it was operating, appeared to be a work in progress. It made a stark contrast with the lovely older buildings in the area. Although we rounded off our day with dinner at the Hard Rock Café, I had been impressed with the enthusiasm with which my grandchildren had previously experimented with Malaysian cuisine.

On our last morning we visited Muzium Budaya, which is the cultural museum housed in a replica of a traditional Malay palace.

Afterwards we climbed the hill to see the ruined St Paul’s Church which houses many Dutch tombs and that of St. Francis Xavier who founded the Jesuit Order in the 16th Century. Of course there was some Christmas shopping to be done as well. After a tasty lunch at the hotel’s outdoor café, we reluctantly left Malacca for our 3-hour drive back to Singapore. In the two days, we only managed to scratch the surface of this interesting city which well deserves a return visit one day.



Family



Alzheimer's Poem

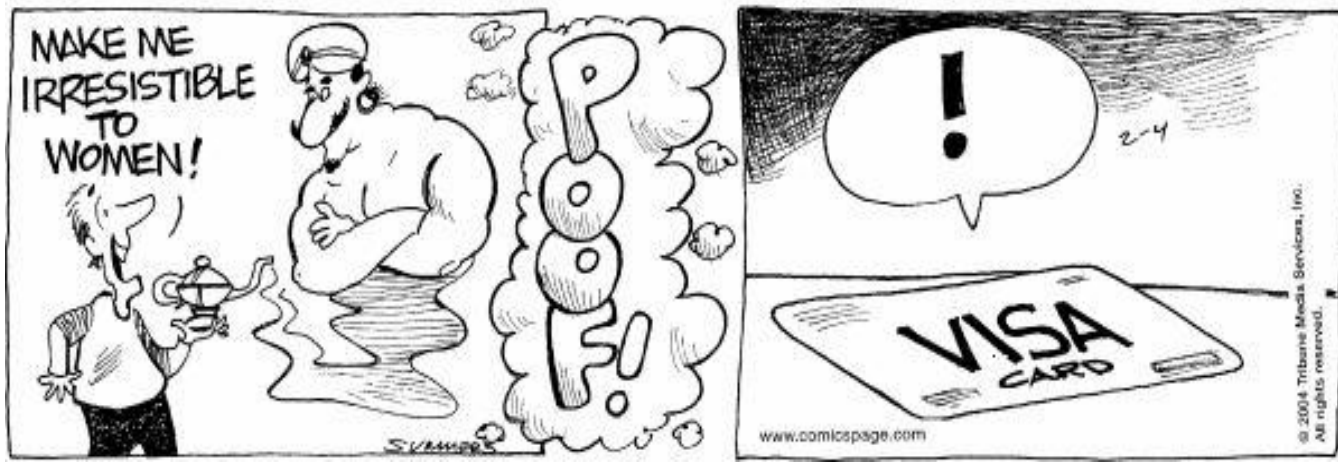
Do not ask me to remember.
 Don't try to make me understand.
 Let me rest and know you're with me.
 Kiss my cheek and hold my hand.
 I'm confused beyond your concept.
 I am sad and sick and lost.
 All I know is that I need you to be
 With me at all cost.
 Do not lose your patience with me.
 Do not scold or curse or cry.
 I can't help the way I'm acting,
 Can't be different though I try.
 Just remember that I need you,
 That the best of me is gone.
 Please don't fail to stand beside me.

Old Age

An Old man went to the doctor complaining of a terrible pain in his leg. "I am afraid it's just old age", replied the doctor, "there is nothing we can do about it." "That can't be" fumed the old man, "you don't know what you are doing." "How can you possibly know I am wrong?" countered the doctor. "Well it's quite obvious," the old man replied, "my other leg is fine, and it's the exact same age!"

I thought a thought.
 But the thought I thought wasn't the thought I thought I thought.
 If the thought I thought I thought had been the thought I thought, I wouldn't have thought so much.

Today a man knocked on my door and asked for a small donation towards the local swimming pool.
 I gave him a glass of water.





Word Search Northern Mines

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

Cantung

Diavik

Ekati

Hackett River

Meadowbank

NICO

Selwyn

Courageous

Doris North

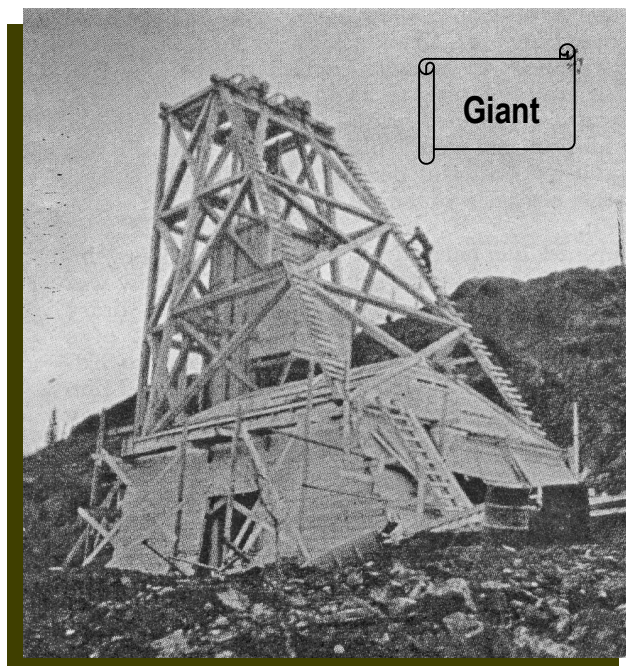
Gahcho Kue

Mary River

Nechalacho

Prairie Creek

Snap Lake



Poutine a la Quebec by Bob Carr

Poutine was invented in Quebec 6 decades ago. To start with, almost every town since the 1960's had a small French Fried potato stand where one could purchase "home made" French Fries", bag of popcorn, hot dogs, and hamburgers, and cheese curds (Curd cheese or fromage en grain as it is known in Quebec). Poutine simply is not poutine unless cheese curds are used. Poutine has recently become very popular across Canada, but most sold outside of Quebec is made from frozen fries and mozzarella cheese...Yuk!



The Cheese Curds originated from the Province of Québec in 1960s. This cheese is a result of milk surplus from the local dairy farms. The 1960s milk surplus led to great advances in terms of cheese and this is one of the reasons why the province of Québec is so ahead in terms of cheese in Canada today. All cheese is made from milk that curdles, but this one is simply best when fresh or melted! Small local factories start with fresh dairy milk in the morning where it is processed all day until it cures later in the day. The difference between cheese curds and the blocks of cheddar you know, is the aging and the whey. After making the chunks of cheese and adding salt to it, the salt becomes the preservative that enables the small factories to sell the cheese at room temperature for the first twenty four hours after it is cured. This is when it is best (warm and squeaky). The cheese is cut into narrow blocks and passed through a machine that cuts it up into finger size strips or "curds". It is then bagged for sale to be eaten fresh as is or distributed to grocery outlets, or food vendors for poutine.



Poutine: to serve 4:

- 1 quart vegetable oil (for frying)
- 1 (10 1/4 ounce) can chicken or beef gravy
- 5 medium potatoes, cut into fries
- 2 cups real cheese curds (often sold as Squeaky Cheese)

Directions:

- 1 Heat oil in a deep fryer or deep heavy skillet to 365° F (185° C).
- 2 Warm gravy in saucepan or microwave.
- 3 Place the fries into the hot oil, and cook until light brown, about 5 minutes.
- 4 Remove to a paper towel lined plate to drain.



Reine de la Patate
Depuis 1969

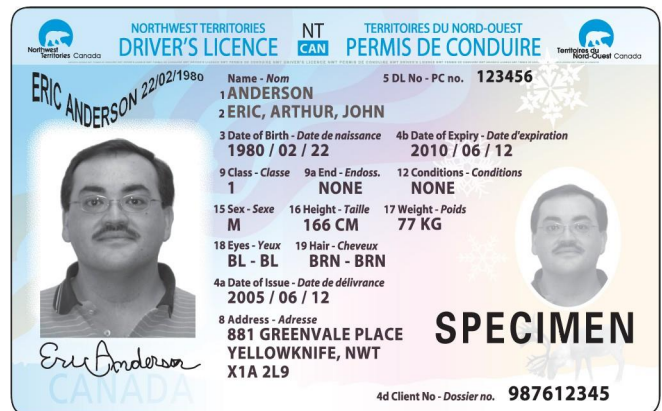


A French Fried Potato stand selling Poutine in Quebec's Eastern Townships

The General Identification Card

Recently a senior was unable to fly to Edmonton for a medical appointment because this person did not have a proper id accepted by the airline.

If you do not have a passport, a valid driver's licence, or general identification card, you cannot board an airline.



If you recently lost your driving privileges because of age or a medical condition, you will be required to get a General Identification Card. Go to a NWT Driver and Vehicle Licensing Issuing Office and apply for the General Identification Card (remember that it takes time to get it so don't wait). You will be required to fill out an NWT application for a General Identification Form, prior to it being issued. They do not supply a temporary general id card and there is a waiting period of 2 to 4 weeks before you will get it in the mail.

Requirements:

- Proof of legal name and date of birth (birth certificate)
- Proof of residence (copy of a utility bill)
- Photo ID

The 2014 cost of the General id Card is \$19.00 for seniors

http://www.dot.gov.nt.ca/_live/pages/wpPages/newDLandGIC.aspx



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

**A
V
E
N
S**

All Residents,
 Resident Families,
 Employees, Visitors,
 Volunteers and
 Stakeholders:

Be advised that:
Change is in the Air!
AVENS – A Community for
 Seniors would like to advise
 that our community is now
 officially smoke-free,
 effective April 1, 2014.
 Including the
 Baker Community Center

Board of Directors 2014-2015	
President.....	Sandra Taylor
1st Vice-President.....	Hal Logsdon
2nd Vice-President.....	John Soderberg
Secretary.....	Kathryn Youngblut
Treasurer.....	Ramon Masongsong
Social Committee.....	Wally Larocque
Advocacy Committee.....	Hal Logsdon
Co-chair.....	Carole Robinson
Communications/Public Relations.....	Lynda Comerford
Membership Committee	June Van Dine Arden
Fundraising Committee	Barb McDonald
Directors (unassigned).....	Melody McLeod
Past President.....	Murray Jones

 **YK Seniors' Society Board Meetings**
 On the second Tuesday of each month

Welcome to visiting Seniors.
 Come and join us for
Lunch With A Bunch on Fridays at 12 noon,
 at the Baker Community Centre, 5710 50th Ave.