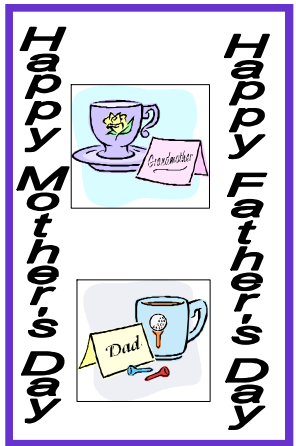




Seniors Today



*Happy 75th Birthday Yellowknife
From
Yellowknife Seniors' Society*

**Volume 24
Spring 2009**

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WWW.YKSENIOR.CA

During the summer of 1999, the Yellowknife Seniors' Society acquired computer equipment for use by seniors. With help from the Yellowknife Elks, the society was able to buy four computers, a printer and a scanner. The equipment was installed in a room at the Baker Community Centre that soon became known as "the computer room". NorthwesTel donated Internet access and related services. About four or five YKSS members took training on how to program a web site. A local company called "Outcrop" was hired to design a basic web site to which our trained staff could contribute material. Over the years, most of the web volunteers dropped out, leaving Bob Carr with the task of taking pictures at YKSS, events, and after editing the photos, putting them on the web's photo page. Well over a hundred photos have been posted in the past few years and Marg Green has volunteered to help out. Both Marg and Bob can work at home and post items to the web using their own computers. As both volunteers learn more about the design of web pages, more categories will be added or improved.

The "**HOME**" page is kept simple, with links to other pages or web sites. There is always a monthly picture on the home page of our metal sculptured seniors sitting on a bench in front of some local scene. Bob photographs a local scene, then inserts the metal sculptured seniors, before posting it to the web home page. There are many nice views around Yellowknife that make it easy to get a good photo. There is, of course, a link to **Yellowknife Weather** as this is always a topic of discussion for Yellowknifers any day of the week.

The site includes a **Calendar** of events for each month. As soon as it is prepared by Marjorie, our Executive Director, she e-mails the events to Bob, who enters the info into the web's calendar.

There is a page devoted to **Seniors' Discounts** provided by local businesses. The business basically has to advise YKSS of a discount in order to get on the list. We require the discount amount and what age qualifies for the discount.

An **Activities** link shows many of the recurring activities at the Baker Community Centre, including bowling, bridge, lunch with a bunch, yoga, and coffee break.

Looking for **Information** on government and other programs for Seniors? Well, we have a link to many seniors' services and programs, along with Canada Revenue Agency.

The "**Contact Us**" page introduces viewers to our Board Of Directors and how to contact the YK Seniors' Society.

Continued...

Did you know?

January 5, 1970

The NWT Polar

Bear license

plate went on

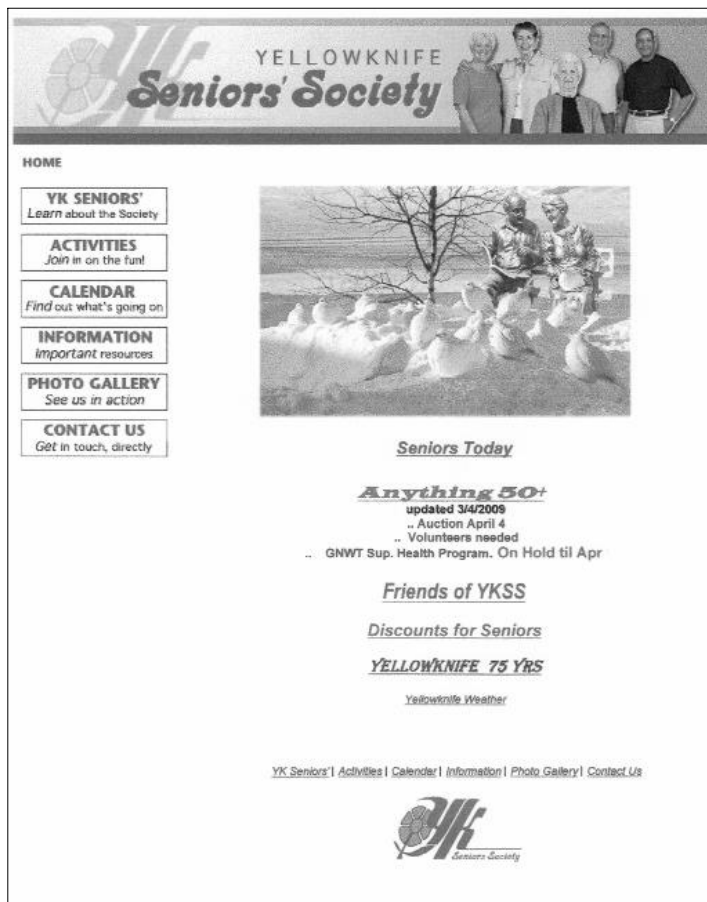
sale?



Continued...

New to the web sites are links to "**Anything 50+**" and "**Friends of YKSS**". The "Anything 50+" keeps our seniors informed as events transpire, for example, the Seniors' Health Care issue. This page is an attempt to provide *fairly* up-to-date "happenings" involving Yellowknife seniors, including possible part-time employment. The Friends of YKSS page will inform Yellowknifers of those organizations and businesses who make donations to the YK Seniors' Society and keep the Baker Community Centre operating.

Lastly, the most popular is the "**Photo Page**" where pictures taken of members attending our events are published. We tend not to publish last names, but family members and friends around the world access these pages to see up-to-date pictures. Those seniors who have chosen to live here in Yellowknife, often are too far away or too expensive to visit. Bob and Marg are the photographers for these events. After a year has passed, older photos are removed, but are archived for future references.



Did you know?
January 11, 1973:
The first Anik
communications
satellite provided
“live” television
and radio signals
across the north.



Submitted by Bob Carr

Executive Directors' Message – Spring 2009 Newsletter

Welcome to the spring edition of *Seniors' Today!* I would like to thank all of our 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 had a successful **AGM** on 6 March. Blake Lyons is completing his final year in office as your president. Other returning board members completing their 2 year terms are Chris Williams (1st VP), Floyd Adlem (2nd VP), Albert Eggenberger (Treasurer and Community-Oriented Events chair), David Wind (Fundraising Chair) and Sandra Taylor (Past-President). Newly elected members who have just begun their new 2 year terms are Gary Black (re-elected, Active Living chair), James Clark (Communications, Public Relations and Membership chair), Wilma Degrow (Membership co-chair), George Gibson, and Merlyn Williams (Social chair). Harry Golding (Secretary) was re-elected for 1 year, to complete a vacated directorship.

Special thanks to **The Yellowknife Community Foundation** who have very generously donated \$5000 to support our Lunch With a Bunch program. In turn, we have used these funds, not only for our lunch expenses, but to assist youth groups. Six youth groups have shopped, cooked and served lunch and cleaned up, in exchange for some of the Community Foundation dollars toward their ventures. We have enjoyed lunches by Side Door, Sir John Franklin School Band, Minor Hockey, and the Lady Bolts Basketball team. Ecole Alain St. Cyr and the Baha'i youth will help us in May.

Watch for details on the **Yellowknife 75th Anniversary Homecoming** events, June 19-July 4...it's sure to be a fun and exciting time!

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 webmaster Bob Carr!

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

Marjorie Sandercock
Executive Director



DATES TO REMEMBER

May 5 - SEAS unit workshop...please pre-register at the YKSS office.
 May 9 & 10 - Spring Trade Show at the Multiplex
 May 18 - Victoria Day Holiday – Baker Community Centre Closed
 June 19- July 4 – Yellowknife 75th Anniversary Home Coming... Registration centre at the Baker Community Centre boardroom...Coffee House in the main hall.
 June 21 - Aboriginal Day
 June 24- St. Jean Baptiste Day
 June 27 - Multicultural Day
 July 1 - Canada Day
 August 3 - Civic holiday
 Sept 7 - Labour Day
 Sept 20-26 -NWT Seniors' Week

**Did you know?
 If you rub your
 knife with salad
 oil, chopping of
 dried fruit, dates,
 or other sticky
 foods is a breeze.**

Seniors Speak:

This is the year of Yellowknife's seventy-fifth anniversary. We chatted to several seniors about their memories of Yellowknife, in particular, the fiftieth celebration in 1984.

Jean Piro came to Yellowknife in May, 1948 and had a job waitressing. She was only going to stay for two or three months but plans changed (including marriage) so she's still here! Jean remembers that at the 50th, Yellowknife Inn, Bromleys', and the Yellowknife Hardware sponsored events and that the Edmonton Journal put on a dinner for the Chamber of Commerce. For the 75th anniversary, Jean would like to see more participation by the City of Yellowknife.

Kay Naidoo, with her husband and family, came to Yellowknife in 1973. Her husband, MS, was a teacher and Kay soon got a nursing job. Kay remembers that in 1984, there was a great number of guests in town (lots of old-timers and out-of-town families). Kay also remembers the Ward-Air hanger was used as a meeting place.

George Gibson came to the North from Chilliwack, BC. He was hired by the government as the doctor in Fort Rae. There was no doctor to give anesthetic so George replaced the Inuvik doctor, and from there to Yellowknife in 1971. George remembers at the 50th anniversary the 3-day rain that fell causing activities to be moved indoors. This was disappointing to the many people from far and near who had come to experience the long days and short nights of the celebrations.

Joan Findlay came with her husband Bob and family from Edmonton in 1970. Bob was hired by Manpower to have a chiropractic practice. A vivid memory of Joan's is her family of six living in the brown shack by the Salvation Army. Of the 50th anniversary, Joan remembers old friends returning from the South and hopes they'll do the same for the 75th anniversary.

Cappy and Larry Elkin came north in 1965 and lived in a variety of communities before coming from Inuvik to Yellowknife in 1972. Larry was employed by the Territorial Government and eventually Cappy became a guidance counselor in the public school system. They remember the endless rain and the Yellowknife-born actress, Margot Kidder, leading the parade for homecoming. Cappy and Larry would like to see Open House at the Baker Community Centre for the homecoming.

Continued...

Did you know?
The best cure for a hangover is to drink less the night before !!



Continued...

Joyce and Merlyn Williams came from Wales to Yellowknife in 1967. These two helped establish Yellowknifers' interest in drama and music. During the 50th anniversary celebrations Joyce and Merlyn had visitors from Germany, England, and Alberta. The men had worked at Con in the 50's. A large percentage of those visitors hope to come back for the 75th anniversary of Yellowknife. The Williams hope they do.

Submitted by Mabel Collinson

Did you know?

April 23, 1971:

The first issue of Native Press was published by the Native Communications Society.



**Yellowknife Community Foundation supports
Yellowknife Seniors and Youth
Lunch with a Bunch
December 16, 2008**

The Yellowknife Community Foundation was pleased to award the [Yellowknife Seniors Society](#) with a grant of \$5,000 to assist with their 2009 Lunch with a Bunch Program and to support local youth groups.

Foundation President Daryl Dolynny said "We are pleased to be supporting the Seniors and a wide range of Yellowknife Youth Groups who will be recruited to assist with serving the lunches". The Lunch with a Bunch Program provides a hot and nutritious meal to approximately 80 Yellowknife seniors on a weekly basis. The Yellowknife Seniors recruit local youth groups to assist with the lunch in exchange for a \$500 grant to assist with their activities. "This is a great opportunity to bring seniors and youth together" said Dolynny. "It helps both achieve a number of goals.

Pictured below are members of a local female hockey team who helped with Lunch with the Bunch.



If only we protected our ears like we do our eyes!

Prevention is the key and research encouragingly proves that hearing loss is the world's most preventable disability. We live in an extremely noisy world, full of sound levels that threaten our hearing over long periods of time. Even seemingly harmless things like children's toys, household, yard tools, workplace environment, etc can cause significant damage. The Canadian Hard of Hearing Association, Yellowknife Branch is the place to learn about hearing loss and how to cope and manage. Visit the **CHHA** office in the Baker Community Centre or phone 873-4735 or 765-0418



RECOGNIZING A STROKE

Remember the '3' steps - **S T R**

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke .

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S - Ask the individual to SMILE.

T - Ask the person to TALK and SPEAK A SIMPLE SENTENCE - (Coherently)
(i.e. It is sunny out today).

R - Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call 873-2222 immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke - **STICK OUT YOUR TONGUE**

Another 'sign' of a stroke is this: Ask the person to 'stick' out his/her tongue.. If the tongue is 'crooked' or if it goes to one side or the other,that is also an indication of a stroke.

Self CPR

How to Survive a Heart Attack When You Are Alone

Since many people are alone when they suffer a heart attack, this article seemed to be in order.

Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating.

The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Did you know?
May 10, 1938
The Prospector
published its
first issue in
Yellowknife?



A Brief History of the Yellowknife Post Office

By Kevin O'Reilly

On July 31, 1936 Major Burwash wrote to the Postmaster General requesting a post office at his mine, on the other side of Yellowknife Bay from our present community. Nine men applied for the position of postmaster including Otto Joseph Thibert, who eventually received the appointment after much lobbying and debate.

Yellowknife's first post office opened in Thibert's general store, Yellowknife Supplies, on September 27, 1937 in what is now known as Yellowknife's Old Town. His store is shown as the large white building on the left hand side of the post card in Figure 1.

Canadian Airways initially carried the mails into Yellowknife from Fort Resolution, once a week for 15 cents a pound. This arrangement was put in place even before the post office opened due to the large volume on incoming and outgoing mail via Fort McMurray. By 1943 there were three mail flights into Yellowknife each week and daily service was established in 1949.

Arthur Alexander Umbach became the postmaster on December 1, 1942 and remained in this position until December 6, 1963. The post office continued to operate out of the Yellowknife Supplies store until September 3, 1945 when it was moved into another building that had been used during the construction of the Alaska Highway (East Half of Lot 2, Block 2, 3504 Ingraham Drive). The building was moved up to Yellowknife from Dawson Creek. This building was moved again and reopened closer to the waterfront in the Old Town on July 17, 1946 at 3506 Wiley Street (see Figure 2).

In 1947 a new townsite was surveyed and a lot was reserved for a new federal building to include a post office. Yellowknife had outgrown the Old Town and there was a need for improved sanitation with piped water and sewers. After much lobbying, a letter box was placed at the Ingraham Hotel (now known as the Yellowknife Inn) in June 1948 to allow residents of the New Town to mail items.

The post office was finally moved from the Old Town up to the new townsite on August 3, 1953 to be located in a building owned by J.I. Glick (Second Street East, near or in the Veterans Hotel rebuilt as the Gold Range Hotel, 5010 50th St.). The post office moved to the new federal building on April 30, 1956 (see Figure 3), where it continues to reside at 4902 50th Street, New Town.

A modern mail processing plant opened near the Yellowknife airport in 1987 to help relieve congestion at the downtown main post office. There is some uncertainty as to the future of the old federal building and Canada Post's continued tenure at this site is in doubt. Although Yellowknife has had several other post offices, that is beyond the scope of this article, but readers are free to contact the author for further information on this or any other matter concerning Yellowknife's postal history at kor@theedge.ca.

Did you know?
Use your egg
slicer to slice
mushrooms or
beets.





Figure 1. Yellowknife's First Post Office. A post card published by Sutherland's Photos showing Yellowknife c. 1938. The large white building at centre left is the Yellowknife Supplies general store that contained the post office.



Figure 2. Yellowknife Post Office c. 1948. Courtesy of the NWT Archives. Busse Collection. N79-052-4747.



Figure 3. Yellowknife Federal Building c. 1956. Courtesy of the NWT Archives. Busse Collection. N-1979-052-4067.

Did you know?
To chop onions finely, run over slices with a pizza cutter.



Looking Back- Seniors Today

Jim Wylie was President of YKSS in the year that the Baker Community Centre was built (1995-96). He later became "fund campaigner par excellence".

As far as we can determine, the original Seniors Today was published in the **April 11, 1997** *Yellowknifer*, with part 2 on April 16, written by Gerry MacLean and Esther Braden. It was titled "Spring's Upon Us"... *Yellowknife* is described as a "winter city" for at least six months. It's been a very cold winter, but that hasn't stopped folks from coming to the Baker Community Centre and enjoying activities and fellowship". "We remember with affection Smokey Heal and Al Wilson. Smokey for his love and support of hockey and his contribution to the development of the city, his home for 50 years. Al will be remembered for his dedicated work with alcohol and drug programs for all of the NWT".

Did you know?

August 2, 1820:

Akaitcho and other

Yellowknives accompanied

Sir John

Franklin up the Yellowknife

River to

Coppermine.

In the spring issue of 2000, a computer club was formed with David Wind, Bob Carr, George Gibson, and Wayne Sampson available to assist seniors on the use of computers. That same year, the YKSS hosted two tours to Yellowknife of "Elderhostel".

In late December 2000, our book "The Yellowknife Tales" was launched, thanks to a Committee that included Esther Braden, Barb Bromley, Jan Stirling, and Mike Piro, with help from Erica Tesar, Ronnie Heming, Terry Foster, Wendy Stephenson, and Mike Vaydik.



In our Winter 2002 issue we published a copy of a letter dated December 16, 2002 from Michael Mitenberger, Minister Responsible for Seniors, Minister of Health & Social Services. "As you know this year has been an active one for everyone! The Yellowknife Seniors' Society celebrated it's 10th anniversary and the Government of the Northwest Territories released the Seniors' Action Plan 2002-3. I'm pleased to report that many initiatives identified in the plan are well underway and **I look forward to keeping NWT seniors informed** of this work in the coming year".

(Remember our seniors' health plan in 2009?)



Continued...

Continued...

September 2003, several seniors chartered a three day motor coach trip to Hay River. Cito Domingo reported that several bison waved at the bus as it passed by them feeding along the roadside. Lunch was had at the Snowshoe Inn, arriving in Hay River around 6 PM. Next day was a trip to NTCL docks for a tour in the AM followed by bowling with a group of Hay River Seniors. Next morning the bus driver was asked to stop for eggs at the Hay River egg farm, then on to Paradise Gardens for veggies. Alexandra and Louise Falls rounded out the tour south of the lake.

Christmas Issue 2004: Mary Adderly wrote about her "First Christmas in Yellowknife". Back in 1959, her Christmas was far from perfect. Getting a tree in Nova Scotia was easy, but not in Yellowknife. Mary, Jack, Jackie, and Susan went out where the golf course is now and struggled through waist deep snow to find a reasonable tree. The day before Christmas, the needles all turned brown and dropped to the floor. She swept up the needles and tossed out what was left. I think a lot of us have experienced this story.



April 1979, Senior citizens awarded certificates:

Ed Baker accepts a Certificate of Achievement from Don Mayne of National Health and Welfare, Edmonton, on behalf of United Senior Services. Left to right: Bill Rossing, Larry Babiuk, Don Mayne, Ed Baker, Curtis Clark, Gordon Greenaway, Henry Glucing.

Did you know?
September 6,
1984: Pope
John Paul II was
diverted to
Yellowknife
when fog
prevented his
landing in Fort
Simpson.



Submitted by Bob Carr

Starting Your Genealogy: Some Tips

Brian Latham, March 25, 2009

One of my volunteer projects is to help out at the Family History Centre at the Church of Latter Day Saints (the Mormons), although I'm not a Mormon. We see a number of people looking for help.

Anyone can go to the Family History Centres - no one will bother you about religion and the places are free except for ordering new films, making copies, etc. The Yellowknife Family History Centre is a room in the basement of the church, located down the laneway behind the Northwestel Tower. It is open 6:30-9 pm on Wednesday evenings.

First thing to know is that genealogy or family history takes time. You can't just plug your name in somewhere on the Internet and get a genealogy. You can do the work yourself or hire someone. Either way, it takes time, lots of it.

I am big on proof of relationships because you want to be sure of things before you move on. Otherwise you can waste a lot time in blind alleys.

Here's a few basic ideas:

1) You will be working backwards in time. And you need to be sure of your information in each generation before you go back to the next. It's important to be patient. Don't skip generations because what you think happened may not be what actually happened. Guessing only wastes your time in the long run.

When you start, information is hard to get, then it gets easy and then the further back you go, the harder it gets to find and check it.

2) Start with yourself, get everything on you, then go to your parents, etc.

3) Interview the oldest people in your family, collect what information they have. Everyone says "Oh, I wish I had talked to Aunt so-and-so before she died". See the women first because a) they live longer b) they are the keepers of family history. There are some good voice recorders on the market for under \$100.

4) Censuses and obituaries, etc. are okay but they can have errors. Actually, many times men do these and they're never as interested in family details as much as the women. Females are hard because the maiden names get lost.

5) What you want to see are the REGISTRATIONS of births, marriages, deaths. Registrations and certificates are not the same thing. A registration is the form that was filled out at the government office and it has everything that was recorded officially about the birth, marriage, death. Certificates are legal documents and may not have all the information on them.

6) I recommend that everyone get the registrations for their own events and those of their children and parents. This can take a lot of time, so you should order them right away and order all of them at once. You must prove who you are and how you're directly related to the person you're asking about.



Did you know?

December 31, 1947: The Yellowknife Telephone Company began service at midnight with 102 phones.



Continued....

Continued...

7) After a number of years (~100 for a birth, fewer for marriages and deaths), the registration books are made public. You can see microfilms of these at the Family History Centres, the public library or the provincial archives. The important thing is an index so you can find the registration you want. The best and easiest way to get an index and the registrations is to join ancestry.ca and you can search from your home computer. You can go back to 1859 with these if the event was recorded.

8) Church records are often available through their own archives and I've found them very good.

Roman Catholics and Anglicans are great, the others not so good, especially Methodists and Presbyterians and they were pretty bad record keepers.

9) After awhile, you will need a computer program to keep track of all the info, but at first it's not necessary.

Here are a few websites that can be helpful

www.familysearch.org - this is the one for the Family History Centres. They have data (mostly American, but lots of Canadian too), software, and how-to instructions on getting into genealogy. The Family History Library Catalog is a database of all of the Church's holdings in Salt Lake City. The church volunteers are working on digitizing all of their millions of microfilms, believe it or not.

www.automatedgenealogy.com - this has the 1911 and 1901 censuses indexed and you can see the images. Free.

www.ancestry.ca - all kinds of good stuff from everywhere. The Ontario Archives are here. It costs money but often has free trials.

www.scotlandspeople.gov.uk - if you have Scottish relatives, this is for you. Full records, both civil and parish. It costs money but well-worth it. There is no comparable website for England or Ireland, who are less well-organized.

Finally, in doing family history, you will need help and there are many friends ready to assist you. I recommend that you join the history or genealogy group for the area where your ancestors are from. Send them a donation, too. These volunteer groups run courses, answer questions, search cemeteries, etc.

And that's my usual advice in one package. Get your information together now. You can do your research later. Remember, genealogy is YOUR story and it's worth telling.

Thank you with cookies!

If you have been approached by Albert Eggenberger with the question, "Have you been cookieed yet?", we're glad you did not panic. Albert and his helpers created bags (made by Gladys) of cookies and gave them to people or groups who have helped the YKSS.

Thank You Everyone

**Did you know?
October, 1979:
Chriss Briggs' book "Plant Magic for Northern Gardens" was published. She had one of Yellowknife's most beautifully landscaped and decorated homes.**

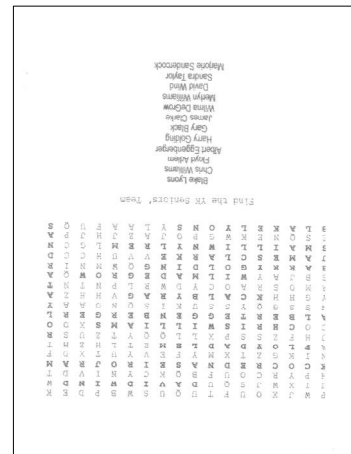


Word Find

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

Find the YKSS Board of Directors and Executive Director

- Blake Lyons
- Chris Williams
- Floyd Adlem
- Albert Eggenberger
- Harry Golding
- Gary Black
- James Clarke
- Wilma DeGrow
- Merlyn Williams
- David Wind
- Sandra Taylor
- Marjorie Sandercock



Humour

You can't beat kids

TEACHER: Maria, go to the map and find North America ..

MARIA: Here it is.

TEACHER: Correct. Now class, who discovered America ?

CLASS: Maria!

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

TEACHER: Glenn, how do you spell 'crocodile?'

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it.

(I Love this kid)

TEACHER: Donald , what is the chemical formula for water?

DONALD: H I J K L M N O..

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: Winnie, name one important thing we have today that we didn't have ten years ago.

WINNIE: Me!

During a visit to the mental asylum, I asked the director how do you determine whether or not a patient should be institutionalized..

"Well," said the director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," I said. "A normal person would use the bucket because it's bigger than the spoon or the teacup.."

"No." said the director, "A normal person would pull the plug. Do you want a bed near the window?"





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Executive Director:
Marjorie SandercocK

Board of Directors 2009-2010

President.....	Blake Lyons
1st Vice-President.....	Chris Williams
2nd Vice-President.....	Floyd Adlem
Secretary.....	Harry Golding
Treasurer.....	Albert Eggenberger
Active Living Committee Chair.....	Gary Black
Communications/Public Relations/ Membership.....	James Clarke
Fundraising Committee Chair.....	David Wind
Membership Co-chair	Wilma DeGrow
Director.....	George Gibson
Social Committee chair	Merlyn Williams
Past President.....	Sandra Taylor

Meetings at the Baker Community Centre



YK Seniors' Society
Meetings second Tuesday of each month at noon



Canadian Hard of Hearing Association-Yellowknife
Meetings when notified



Seniors' Diabetic Support Group
First Thursday of each month at 1 p.m.



Yellowknife Alzheimer's Chapter
First Wednesday of month drop-in 1:00-3:00 pm
Support Group Meeting
Last Tuesday of month 7:00-8:30 pm