



# LUMPIA FOR SALE!

**Filipino-style fried egg rolls to be sold at Abe Miller Building during 2019 YK Farmers Market season June 4 Sept. 17**

by YKACL staff

**PHILIPPINE CUISINE** goes on sale in front of the Abe Miller Building (4912 53rd St.) during the upcoming 2019 Farmers Market season (Tuesdays from June 4 to Sept. 17).

Skills Training Facilitator Lian Vilan will lead YKACL clients through the steps to create Lumpia and Pansit (Filipino-style fried egg rolls and fried noodles with veggies). The dishes will be available for \$10 a plate on market days from 5pm-7pm (or while supplies last).

Lumpia with pork, chicken or beans and vegetables will be available for \$1 each. Special orders will be accepted one week ahead for 5pm Tuesday pickup.

Proceeds from the food sales will be paid as wages to clients who help prepare the food.



**LIAN VILAN**



**LIAN VILAN, SKILLS TRAINING FACILITATOR,** will work with clients to create Lumpia (above) and Pansit (right), popular dishes in the city of Alaminos in Pangasinan province in the Philippines, where she grew up.



**HELP WANTED**

make a difference in your community!

**YKACL IS HIRING:**

- **SUMMER STUDENTS:**

Looking for summer students to work with individuals with intellectual and other disabilities – late May to August for Supported Living evening and weekend work and some Job Coach hours.

- **SUPPORTED LIVING WORKERS (casual)**

- **EMPLOYMENT SUPPORT WORKERS (casual)**

Please apply with resume and cover letter ASAP this month to [ed@ykacl.ca](mailto:ed@ykacl.ca). Email us for complete job descriptions.

## YKACL Parent Night!

**Drop in for casual conversation with other family members**

**7pm Wednesday, May 22nd @ Abe Miller Bldg.**

**Respite care on site (...but please RSVP!)**



# MY ICE FISHING STORY

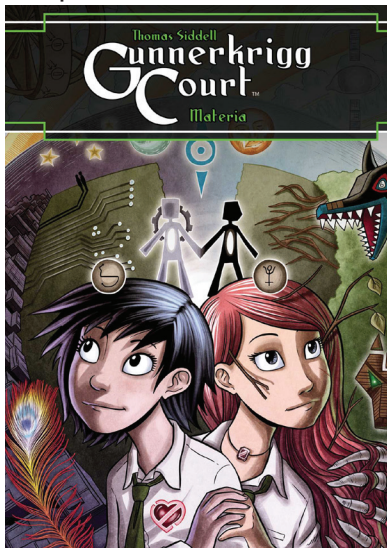
*Emma Moorhouse shares about her experience ice fishing alongside classmates at the Literacy Outreach Centre (LOC)*

ON APRIL 3rd, my LOC group, which consisted of me, Thomas, Julie, Riel, Chris, and Jerry, went ice fishing. After arriving at LOC, we went in two different cars driven by two YKACL employees. We got driven to where the ice road just starts. Then we boarded a Bombardier which took us off the road and into the snow and ice area. We got off the Bombardier once it stopped at our destination to start the ice fishing process.



*by Emma Moorhouse*

The way that ice fishing works is that a hole is first made with a bladed stick then the fresh ice is shoveled and tossed onto the ground. After that, a stone gets tied to some rope to estimate and guess how deep the stone goes down in the hole. After that something that is called a jigger gets put into the hole. It has to go in a specific direction under water and wherever it stops is where the next ice hole will be located.



**EMMA READ** a few pages of the Gunnerkrigg Court graphic novel series during the fishing trip.

After both spots are created the jigger gets removed from the second spot. And a net is put in shortly after the jigger gets taken out.

Anyways, while we were out there I started getting a little bit cold so at first some of us tried a tiny cabin. Then the entire group went to a slightly bigger cabin. The cabin had



**THE AUTHOR EXAMINES A NET** alongside classmate Chris Strus during an LOC outing on the ice on April 3.

enough room for my group including our ice fishing teacher who was named Shawn and his son. After we had been in there for a while having tea and smoked fish, we headed back outside where the holes had to be de iced again so that the net could be brought out.

Jerry started pulling on the net and then I think Riel started helping. Then I was doing some of the pulling. After all that was done we headed back to the Bombardier and then took the cars to YKACL for our jobs. I had lunch with my group although we brought snacks with us for the fishing trip. I also had one of my books with me called Gunnerkrigg Court, which I briefly read a couple of times and I also had my warm winter gear with me.



# GUMBOOT RALLY 2019

by YKACL staff

**THE STAR WARS**-themed May 4th Gumboot Rally was a fun success!

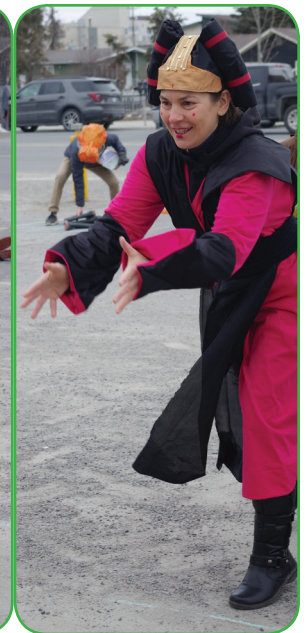
Thirteen teams competed in gumboot games of skill while raising more than \$18,600 for YKACL.

For another consecutive year, Beyond a Reasonable Gumboot raised the highest team total.

All teams came dressed in creative costumes and brought plenty of enthusiasm to the event, making this year's Rally one to remember! Thank you!



**WHOSE YOUR DADDY?** raised the second-highest team total.



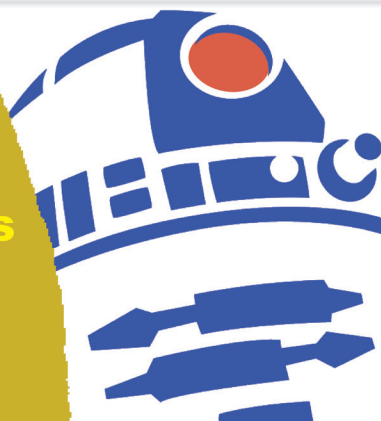
**THE EJHS TEAM** (Queen Amidala & the Sissos Sisters) took home one of the best team costume prizes.

## TOGETHER WE RAISED \$18,600!

Yo Da Bomb! (ESJS)	CBC-3POs (CBC North)	Bob Mcleod MLA-YK South	Rhys Robertson	Catherine Fairbairn	Birchwood Dental
Queen Amidala & the Sissos Sisters (EJHS)	Scruffy- Looking Moose Herders (Moose FM)	Julie Green MLA-YK Centre	Kathy Lovatt	Carla Maxwell	Yellowknife Education District No. 1
May the Luck of the Irish Be With You (ESPHS)	Beyond a Reasonable Gumboot (Justice Dept)	Kevin O'Reilly MLA-Frame Lake	Pooja Chugh	Tyrone Igboji	Yellowknife Catholic Schools
Dagoba Swampers (MVEIRB)	Who's Your Daddy? (Education Dept)	Anita Griffore	Bill Graham	Taylor Maxwell	NWT Literacy Council
Cosenzo Family (YK RCMP)	Super Stars	Brad Hall	Gabrielle Gillard	Dawn Lacey	
Tai Chi Tigers	Ollie Williams	Ben Elkin	Quinn Gillard	Steve Lacey	
The Ewoks	Tony Florio	Nigel Moorhouse	Emily Richardson	Moir Cameron	
Gumboot Jedis	Gena Florio	Larry Elkin	Pam Coulter	Michael Nabert	<b>TOP FUNDRAISER</b> Denise Anderson
	Evan Power	Ben Russo	Kelly Janes	Crowe MacKay	<b>2ND PLACE FUNDRAISER</b> Christine MacDonald
		Carole Bachand	Rachel Gauthier	Northern Foodservices	
		Shawna Tohm	Sharon O'Rourke	Registered Nurses Assoc. NT/NUN	

## THANK YOU!

100% of funds raised remain in the North and support individuals with disabilities living in Yellowknife, Ndilo and Dettah.



## Gumboot RALLY 2019



CANADIAN NORTH AIRLINES

Yellowknife Association for Community Living Since 1962  
**COMMUNITY LIVING**



**Summer schedule:**  
 1:30pm-4:30pm  
 weekdays from  
 July to August.  
 Keep informed  
 about upcoming  
 Teen Summer Program  
 events by following  
**YKACL.CA**  
 or visit our Facebook  
 & Twitter pages.

## TEEN SUMMER PROGRAM 2019



REGISTRATION BEGINS  
**JUNE 1st**



Vera: [inclusion@ykacl.ca](mailto:inclusion@ykacl.ca)  
 Michael: [inclusion2@ykacl.ca](mailto:inclusion2@ykacl.ca)  
 (867) 920-2644  
[www.ykacl.ca](http://www.ykacl.ca)

YKACL Community Living Centre  
 4919 53rd Street  
 PO Box 981  
 Yellowknife, NT  
 X1A 2N7

### OUTDOOR FUN //

We share as much time as we can  
 in the bright sunshine!

- Nature hikes
- Beach volleyball
- Games on the field
- Canoeing adventures
- Horse-drawn hay rides
- Nature photography

### NEW CHALLENGES //

We experience new activities  
 and seek new adventures!

- Traditional games
- Educational tours
- Dance and yoga
- Boulderling
- Skill-building workshops
- Science and nature outings

### FRIENDSHIPS //

We meet new people our own age  
 and have fun together!

- Outdoor cookout
- Team sports
- Art projects
- Scavenger hunts
- Picnic in the park
- Community festivals

**YOUTH AGED 13-21 ARE WELCOME  
 WITH OR WITHOUT A DISABILITY.  
 PHONE OR EMAIL TO REGISTER.**

**JOIN US! IT'S FREE!**

Yellowknife Association for Community Living • (867) 920-2644 • [info@ykacl.ca](mailto:info@ykacl.ca) • [www.ykacl.ca](http://www.ykacl.ca) • [facebook.com/ykacl](https://facebook.com/ykacl)



## YKACL news

**YES Group participates  
in hide tanning camp**



**KINETA MICHEL** scrapes caribou hide on May 15.

**MEMBERS OF** the YES Group (Youth Employment Services) participated in the 4th annual Dene Nahjo Urban Hide Tanning Camp on May 5.

Led by Kyla Kakfwi Scott, the young adults learned how to prepare hides for tanning and how to use the tools involved in the process.

Kineta Michel and Loic Burns each took turns scraping caribou hides during the 45-minute hands-on lesson.

Dene Nahjo hired YES Group to distribute posters promoting the camp earlier this month.

Dene Nahjo is planning an upcoming Denendeh Social and Cultural Innovation Centre – a place for learning, creativity and innovation that welcomes and reflects the people and their culture.

# YOUTH GROUPS IN MAY COOKING WORKSHOP & PICNIC

by YKACL staff

**BOTH YKACL YOUTH GROUPS** are joining together for two events this month, beginning with a Cooking Workshop on Friday, May 24.

Young people with or without a disability are invited to join the YAY Fusion! Teen Group and the YKACL Young Adults Group at 6pm at the Abe Miller Building to have fun preparing a chicken stirfry.

Food and fun is the theme of the youth gathering on May 31st, when the groups will host a picnic at Fred Henne Territorial Park Meet at the Abe Miller Building at 6pm for that event. Pick up will be at the Abe Miller Building at 8:30pm.

The teen group welcomes residents aged 13-18 years and the young adults group welcomes young people aged 19-30.

Please RSVP to Michael at 920-2644.



**JOSH BOUDREAU** participated in past YKACL Youth Group cooking and baking workshops.

**KELTON BROOME AND CHRIS STRUS**

collaborate in the YKACL kitchen (right). Fred Henne Park will be the location of the Youth Groups' picnic on May 31st.

