

Sourdough Chronicle



Volume 46 - Issue 1

Yukon Seniors' Newsletter

Spring 2023

A quarterly publication of the Yukon Council on Aging



"Carcross Train Bridge" Taken in 2020 by Christopher Wheeler

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Our vision is that all Yukon Seniors (55+) can flourish and thrive as they age, and also age in place for as long as possible



New Members Welcome!

The Yukon Council on Aging has updated its society's bylaws to be consistent with the requirements under the new *Societies Act*.

The bylaws can be viewed at:
<http://www.ycoayukon.com/ycoa-publications.html>

The Seniors' Home & Yard Maintenance Program

The Seniors' Home & Yard Maintenance Program provides a pool of security-screened workers to assist seniors, elders, and persons with disabilities with normal household maintenance jobs at affordable rates.

These jobs may include:

- snow shoveling;
- lawn and yard work;
- wood splitting;
- housekeeping chores;
- minor repairs and painting;
- moving;
- organizing.



For more information, please contact:
Christopher Wheeler, Co-ordinator at (867) 667-4357 (HELP)

President's Report

That Time of Year

TEXT Bev Buckway



Once the calendar peeks into February, I frequently hear comments about the light coming back into our lives. Some sunrises are spectacular and a lovely way to start the day. I also hear people say they feel incredibly lucky to live here in the Yukon in these times of strife in so many other locations. Agreed.

For those with internet connections, keep an eye on the YCOA website under "Links" for some of the national senior organisations doing interesting things. For example, the Single Seniors for Tax Fairness (SSTF) group made a pre-budget submission to the Federal government, and had a virtual meeting with our Member of Parliament, Brendan Hanley. Mr. Hanley indicated he would take the group's concerns forward to caucus. A few Yukon representatives sat in on that discussion at SSTF's invitation. Part of the advocacy efforts centres around this statement: Numerous tax breaks are available to senior couples, allowing them to take advantage of the system in ways that singles cannot. Since the cost of living for one person is approximately two-thirds of what it is for a couple, maintaining a decent standard of living for many singles is a challenge.

The Learning for Life gatherings this fiscal year proved popular, and our members' and guests' attendance is appreciated. Unfortunately, the anticipated attendance from rural Yukon did not materialise for the sessions via ZOOM. Lack of interest in the topics, perhaps, or poor internet connections? From the feedback forms, I learned that some of our seniors are unaware of the many existing services and programs. Sometimes we feel left out. I hope our updated "Information Please" handbook will help fill the gap. It is distributed through our

office and around the Yukon, and a pdf version is available on the website.

If you know of a business offering a senior discount, do let Linnea in the office know so she can add it to the list. You can also encourage a favourite company to call her directly.

A decade of discussion about an amalgamation of three senior organisations (ElderActive, Golden Age Society, and YCOA) progressed to a feasibility study, with a report due at the end of April. None of us knows what possibilities the study might unearth, but we can be sure there will be room for intriguing discussion by the memberships on the recommendations that come forth. Of course, the Status Quo is always a fall-back option.

It is that time of year again. As we get closer to the Annual General Meeting, set for May 12, the issue of finding willing and eager directors arises. If interested, please contact VP Nancy Kidd (Nominating Committee Chair). The Bylaws state:

36 Directors are elected for a two-year term by Ordinary Resolution at each Annual General Meeting, as follows

- (a) in each odd-numbered year, the President, the Secretary and three Directors at large;
- (b) in each even-numbered year, the Vice-President, the Treasurer and three Directors at large.

I hope to see you there.

Editorial

Thawing out or Springing Ahead?

TEXT Christopher Wheeler
PHOTO Christopher Wheeler



It will be March when this is published and despite all the wonderful feelings that thaw can bring, as northerners we generally identify with winter. We're Yukoners after all! Those hardy denizens of the great frontier where moose sausage, bison burgers, bush planes, and thousands of square kilometres of virgin forest, mountains, lakes and streams seem reasonable descriptors of our experience. Despite whatever proclivity we may have to spend comfy evenings in front of the TV, when it comes to imagining ourselves, hardy Sourdoughs, northern lights, and midnight trails might well come to mind. So why is this? What really captures our imaginations and ties us to the Yukon?

It probably wouldn't be unreasonable to say that we are, in part, captivated by possibilities and held by community. When I was growing up in Whitehorse, I remember the feeling that I was living on the edge of the world. It was a truly special sensation. Looking through ice fog at the last open water in the Yukon River, hearing the sounds of distant footsteps crunching on deeply frozen snow, and experiencing the northern lights through the clouds of my own breath on a night so silent you might hear a pin drop. Living on the edge of the world meant that no matter how crazy the rest of the world got, we were separate, unique, and in some respects, special. Best of all, anything was possible!

Well, those are feelings I remember growing up here but I also recall how three years of college "outside" changed things. When I was young Whitehorse was a city in name alone. It seemed as if everyone knew everyone else and we really didn't have that city state of mind. Life moved a

little bit slower north of 60 and despite all the grumbling that Yukoners have certainly mastered, in truth we loved it. Of course, I was young with a world of possibilities in front of me. When I returned to Whitehorse, those three short years had not only changed the city, they had changed me. Whitehorse had begun to grow as it hadn't since WWII and the need to find my own way in the world meant working for a living. It was like both my city and myself were leaving our youths behind and embarking on the serious work of adulthood.

A growing population, development, and a warming climate are all signs of changing times. Expanded communications, the Internet, and much more traffic both on the roads and in the air have evaporated the unique sense of isolation northerners once enjoyed. These are changes that many established Yukoners, especially I'd venture those over 55, might view with a degree of sadness or trepidation. That said, change can also mean opportunity. Spring isn't a time to stop and pine for the winter that came before. It is a time of hope. It is a time to look forward to brighter days. While we might complain about what's happening to the north, the direction we take has as much to do with what we do and with what we say, as with what we don't. Perhaps anything is still possible?

Seniors have the benefit of experience. It is something that no matter how well educated or capable younger people may be, they simply do not have to the same degree. Whether you spent your life as a truck driver, a politician, a doctor, a woodcutter, or a cook, you possess the education of experience. You've lived through

winter. In fact, experience may be the most valuable degree anyone can hold. The question is, what are you doing with it?

Make no mistake, with disease, political and societal change, environmental degradation, the dehumanising effects of technology, and much more besides, today's youth and generations yet to come are facing massive challenges. We are already living in interesting times and they are getting more intriguing by the day. Building a livable future in the midst of unprecedented challenge means we need all-hands-on-deck now; and no hands are as valuable as those who have the benefit of experience.

As northerners who have lived through winter, we know that you don't drive past a broken-down car at minus forty-five degrees. You stop and offer assistance. Think about getting involved whether it's by getting on a board, volunteering some time with a community organisation, inspiring a youngster, telling stories, or just telling the truth. Whether you're sitting back and watching TV, or out snowshoeing down that midnight trail is entirely up to you.



Executive Officers:

Bev Buckway, President
 Nancy Kidd, Vice President
 Sherry Goodman, Treasurer
 Penny Rawlings, Secretary

Directors:

Bill Nelson
 Lawrence Purdy
 Judy Ratcliffe
 Michelle Christensen-Toews

Past President:

Doug MacLean

Senior Information Centre

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 4061B – 4th Avenue
 Whitehorse, Yukon Y1A 1H1
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Sourdough Chronicle

Is a newsletter published quarterly for Yukon Seniors

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FY Information

Who's Who at the Zoo

You are not alone if you're confused about some of the seniors' organizations and what they do. Check out their websites and subscribe to newsletters to inform yourself about many issues and activities relevant to our senior population. Here is a quick summary.

Yukon Council on Aging (YCOA). Since 1978. Home to Seniors' Information Centre and Home & Yard Maintenance Program; rent space from GAS. Distributes Sourdough Chronicle quarterly and produces "Information Please" and the Senior Discount List. Membership is \$10/year. <http://www.ycoayukon.com>

ElderActive Recreation Association (ERA). Since 2000. Enables Yukoners to participate in the Canada 55+ Games. Many recreational programs (walking, snowshoeing, yoga, carpet bowling, drumming, etc.) Weekly activities at the Canada Games Centre and a weekly newsletter. Membership is \$30 within 100km of Whitehorse and \$20 more than 100km from Whitehorse. <https://www.elderactive.ca>

Golden Age Society (GAS). Since 1976. Provides a safe, inclusive, respectful, and positive environment for social connection and recreational activities such as Tai Chi, card games, bingo, pool, and ukelele. Owns space in the Sport Yukon Building. Distributes monthly newsletters. Membership is \$25/year. <https://www.goldenageyukon.com>

Senior Action Yukon (SAY). Since 2016. Advocates for Yukon seniors and keeps seniors informed of issues/concerns related to this demographic. The volunteers distribute an E-newsletter, conduct research, review Hansard, and act as committee representatives. No membership fee. Sign up for the newsletter at <http://eepurl.com/dElolr> and find SAY at facebook.com/sractionyukon.

Yukon Learn Society (YLS). Although not only for seniors, The Yukon Tech Talks are FREE 1-2 hour discussion courses on new technologies for all Yukoners via ZOOM. This introductory program is designed to give learners a better understanding of new technologies and to start using the latest devices confidently. Offers the latest on digital scams. Membership is \$2/year for seniors. <https://yukonlearn.com>

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Guest writers and contributors are welcome.
All submissions must be in by the 10th of May,
August, November and February.

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Yukon Seniors

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Senior Sentiment

Penny Rawlings

TEXT & PHOTO Christopher Wheeler

This edition of Senior Sentiment is exploring arguments for and against the warmer seasons that begin with spring. In search of answers, we asked Penny Rawlings for her comments.

Penny came to the Yukon in 1976 for a two-year stint. She moved to Faro in 1977 where she worked as a nurse and where one of her three children was born. When the Faro mine closed down in 1982, her family settled in Whitehorse, staying for the long haul. You might know Penny from the Whitehorse General Hospital, where she worked for 30 years, or you might know her through one of her many volunteer roles. Penny collaborated with another individual to start PARTY (Preventing Alcohol and Risk Related Trauma) in 2002. She is also a longtime volunteer with the Women's Auxiliary of the Whitehorse General Hospital and also with our very own Yukon Council on Aging where she holds the position of Board Secretary.

With the days growing a little warmer, and definitely longer, there is a sense that winter is



Penny Rawlings

on the wane. Considering that, we asked Penny, “what do you like most and least about the coming of spring and summer?”

Penny Answered, “I look forward to the sunshine and light.” Well, this writer couldn't agree more - a little sunshine hardly ever goes amiss. About what she liked least, Penny said,

“Mosquitos!!!” The exclamation marks are hers so it seems she has strong feelings about those pesky blighters.

Well, you might be one of those people who loves spring and summer. Maybe you're one of those who adores the crispness of our winters. No matter, I think we can all agree that Yukon is a wonderful place with four clearly defined and distinct seasons; not “Winter, Mud and Dust,” but Winter, Spring, Summer, and Fall; and each of those beautiful times has at least something very special to offer everyone.

Each month Senior Sentiment we will select a random senior and ask them two questions. The questions will be designed to complement each other by addressing an idea or issue from opposing angles. Defining the narrative, or leading the conversation isn't our objective. We are looking for honest and free opinions about topics of interest to our readers. If you'd like to suggest a topic for future editions, you can email your idea to Chris using the email address, ycoahy@yknet.ca, phone it in at 667-4357, or just drop off your idea next time you visit our office.

Learning 4 Life

Big Brothers Big Sisters Yukon

TEXT Dianne Homan

Yukon Council on Aging's Learning for Life series provided a wide-angle lens on learning January 17th with a presentation at Whitehorse United Church.

The enthusiastic presenters were Ben Johnston-Urey and Elisabeth Lexow from Big Brothers Big Sisters (BBBS) of Yukon. They told great stories and shared valuable and thought-provoking information, even while competing with construction noise from upstairs.

The seamless presentation included slides, data collected over decades of research on the positive effects of mentoring, video clips, personal accounts, and sharing around the tables about our own experiences mentoring or being mentored. We learned that a regular commitment of a couple of hours per week to being a positive, caring presence in a young person's life can make an enormous difference in their mental and physical health, and in their future endeavours.

This session was specially designed for an audience of over-55s. The importance of a multi-generational connection was emphasized, and clearly the benefits go both ways.

The Yukon BBBS offers three ways for adults to become involved. After an initial screening and training period, a mentor will be thoughtfully paired with a young person keeping compatible interests and experiences in mind. Then, the

"Big" and "Little" might meet weekly for an hour or more to enjoy outdoor recreational activities like walking, paddling, skiing, biking, and tennis, or indoor pursuits like baking, games, and crafts.

The second option is called the In-School Mentoring Program (ISM) and involves the mentor meeting their "Little" in school for one hour per week. They do fun things together in an available indoor space or out on the school grounds. Although this is not tutoring, school performance has been shown to improve because the child feels supported within that environment.



As part of the In-School Mentoring Program (ISM) the mentor meets their "Little Brother" in school for one hour per week. School performance has been shown to improve.

Photo credit: Submitted photo.

And a third program, just starting up this spring, will be music-based (and you don't need to be a musician to participate). It will be held Thursday evenings from 6:00 to 8:00 pm at Whitehorse

United Church for a spring session from March to May and a fall session from September to November.

After a COVID contraction in social contacts, it may be time to reach out and connect in new ways. BBBS Yukon provides a deep and meaningful way to do that – building healthier communities one person at a time.

For more information, contact Executive Director Ben Johnston-Urey, bbbsyukon@gmail.com/867-668-7911. Or visit www.mentoryukon.org to learn more about all the ways you can make a big difference with just a little bit of time!

Dead but (the Money's) Not Gone

TEXT Dianne Homan
PHOTOS Doug MacLean

The January 24 Yukon Council on Aging's "Learning for Life" presentation at the Golden Age Society featured lawyer Lenore Morris speaking about the important topic of making a will. She addressed a jam-packed room, and her talk was equally jam-packed with great information.

Perhaps what we in the audience learned first and foremost is that there are important questions to ask, and there are some potential real-life complications if those questions aren't dealt with thoughtfully and thoroughly. Why should you have a will? What if you die without a will? What makes a will valid and, conversely, what glitches can make it invalid? What information needs to be in a will? Can you change a will? Are there different legal considerations in different jurisdictions? Do you need a lawyer, and how much might that cost?



Lenore Morris addressed this jam-packed room with a talk on wills jam-packed with information. Lenore Morris is seated second from the left.

Photo credit: Doug MacLean

The speaker and her slide show answered these questions and more, clearly and concisely. Morris also touched upon the importance of making decisions about advance directives and enduring power of attorney in a timely way, before one might become physically or mentally incapacitated. At the end of the program, there



Lenore Morris addressed the important topic of making a will at January's Learning for Life presentation at the Golden Age Society.

Photo credit: Doug MacLean

was a line-up of attendees with further questions. Luckily, there is an additional option that was shared to get a half-hour consultation for \$30 to address further individual concerns and issues.

The Yukon Public Legal Education Association puts out an excellent resource booklet called "Ten Common Questions about Wills and Estates," and the newest edition will be out in the next few months. You can find it at the Yukon Council on Aging office at 4061B – 4th Avenue, or call Linnea at 668-3383.

YCOA MEMBERSHIP AS A GIFT



WHAT A GREAT IDEA!

Notable

TEXT Doug MacLean
PHOTO Submitted

The British Broadcasting Corporation, or BBC to most of us, observed its centenary last year. As part of the celebration of 100 years of radio and television broadcasting, it produced a special program, the “100 Voices that made the BBC.” For this program, they found and interviewed people who helped build the corporation over those 100 years, from telephone operators to those who pioneered colour television. These people made the BBC what it is today – one of the most respected broadcasting companies in the world.

Yukon Senior Don Cheeseman was picked as one of those hundred voices, and was the only Canadian. Don was certainly in good company. The only other interviewee from BBC TV News, originating from Alexandra Palace in London, the birthplace of TV, was David Attenborough, now 96 years old.

Don was the vision mixer and maintenance operations person for the BBC news circa the late 1950s. In his interview, Don described just what those jobs entailed, including the



Don Cheeseman, a Yukon Council on Aging member, was recently interviewed on the BBC about his role as one of the “100 Voices that made the BBC”.

Yukon Senior Recognized on “100 Voices that made the BBC”

transition to doing BBC television news in colour and the use of increasingly modern equipment. He described his experiences during Princess Margaret’s wedding, the 1958 Eurovision Song Contest, and the first atomic bomb test in the Sahara Desert. If you are interested in hearing the interview, it is available now on YouTube at https://www.youtube.com/watch?v=P93eb_yXJrc&t=372s

Congratulations Don on being recognized in this way!

Online crime reporting

Our new online reporting tool gives citizens a faster way to report less serious crimes

What you can report:

- lost or stolen items* under \$5,000
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- a driving complaint that is not in progress
- crimes that have happened within Whitehorse RCMP jurisdiction

*Items cannot involve personal identity, firearms, licence plates or decals.

What you need to file a report:

- address
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A typical file takes 15 minutes or less to report.

Benefits of the new system

- immediate file number for you
- improved crime stats for RCMP
- increased efficiency

Learn more at report.rcmp.ca

Royal Canadian Mounted Police / Gendarmerie royale du Canada

Wanted

Memories of St. Mary's Hospital

CONTENT Submitted by Pat Ellis

Pat Ellis is working on a book about Father William Judge and St. Mary's Hospital in Dawson City.

Judge was certainly a remarkable man and a hero to many during his time in Dawson. His work, and the services provided by the hospital he built, represent an incredibly important part of the Gold Rush story. Pat Ellis notes,

"I am compiling an 80 page book on the history of St. Mary's Hospital and the Catholic Church



in Dawson City built by the famous American Missionary from Alaska, Father William H. Judge S.J., during the Klondike Gold Rush. He died January 16, 1899 after an enormous effort to build the first hospital in a rugged wilderness, which opened August, 1897. St. Mary's Hospital was rebuilt in 1906 and expanded.

The year of the great fire in 1950, the hospital had 75 beds. It was relocated into the old Commissioner's Residence and The Court House and continued service to the Community until the departure of the Order of St. Ann nuns in 1963.

The late Flo Whyard, former editor of the Whitehorse Star, mayor of Whitehorse, Yukon Government Minister of Health & Welfare, said "The Churches did everything in the social service field before the government got a conscience."

~Pat Ellis

If you were a patient at St. Mary's, or if you were born there, or if you recall any stories told to you by those who were helped by St. Mary's, Pat Ellis would like to hear from you. She can be contacted at Historypat97@gmail.com, or by telephone at (867) 667-4141.



Signalement en ligne de crimes

Grâce à notre nouvel outil, les citoyens ont un moyen rapide de signaler en ligne des crimes de gravité moindre.

Crimes pouvant être signalés en ligne :

- perte ou vol d'objets* d'une valeur de moins de 5 000\$
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- déposer une plainte liée à une infraction routière qui n'est pas en train d'être commise
- crimes commis sur le territoire servi par la GRC

* Les objets concernés ne doivent pas être liés à une identité personnelle, à des armes à feu, à des plaques d'immatriculation ou à des vignettes d'immatriculation.

Éléments à fournir pour remplir un rapport :

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Habituellement, remplir un rapport prend 15 minutes tout au plus.



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Retiring on The Basics

CPP, OAS, and The Cost of Living!

TEXT Christopher Wheeler

Consider this. You are retired. You have some health conditions that require regular medication. You can no longer work, and you've never held a position with an organization that contributed to a retirement plan. It isn't an unusual situation. Outside of government, or larger corporations, many employers don't offer health and dental plans or contribute to employee retirement plans. Other than your regular wage, whether marginal or generous, you're on your own. For people who have put in forty years with a company like this, their income at retirement may be entirely based on their own carefully managed savings and investments, if any, and whatever they will qualify for through Canada Pension Plan and Old Age Security. In some cases, a Guaranteed Income Supplement will also apply. For those not in this situation, it might be difficult to picture how meagre this sort of income truly is. For those nearing retirement who find themselves in this predicament, considering options now is important. Let's run a few numbers.

At the time of writing this, and according to information gleaned from the Government of Canada website, the Canada Pension Plan is available to anyone who has made at least one contribution. That said, the amount you will receive will depend on how long you've paid in, how much you have earned, and consequently how much you've contributed. CPP is calculated based on an expected retirement at age 65. Of course, depending on health, ability, opportunity

and any number of other factors, you might have to retire earlier. The Canada Pension Plan can be taken as early as age 60, or as late as age 70. If you choose either of those options, the amount you will receive will be reduced or increased, respectively, by a set percentage for each month before or after 65. All of that said, and according to the government's website, "For 2023, the maximum monthly amount you could receive as a new recipient starting the pension at age 65 is \$1,306.57. The average monthly amount paid for a new retirement pension (at age 65) in October 2022 was \$717.15. Your situation will determine how much you'll receive up to the maximum."¹

Could you live on \$717.15 per month, or less? Fortunately, for many (but not all) low-income seniors, there is also Old Age Security. It's a government-paid benefit which can become available after the age of 65. Presently, the amount you could receive per month from age 65 to age 74 is \$687.56 and from 75 on, it could be as high as \$756.32. That said, to qualify for the maximum amount, you must have lived in Canada for at least forty years after your 18th birthday. For those who moved to Canada in their twenties, thirties, or forties, this amount will be significantly reduced, and for anyone who has reached 65 years of age with under ten years of Canadian residency, the amount will be

¹ Government of Canada (2022, December 28). *Canada Pension Plan - Overview*. Retrieved February 08, 2023, from <https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-benefit/amount.html>

zero.¹

If you do qualify for OAS, remember that it is considered taxable income. The other benefits, which are not taxable income but for which you might also qualify, are the Guaranteed Income Supplement, The Allowance, and the Allowance for the Survivor.

A quick look at rental statistics for Whitehorse indicates that in 2021, the median rent for all types of accommodation was \$1,233 / month.² Given the effects of inflation post Covid, and our serious housing shortage in the Territory, that \$1,233 figure is almost certainly quite a bit less than the average was in 2022 or will be in 2023. I'm sure we all know people spending well in excess of that figure for very modest spaces, and yet a \$1,500.00 rent already exceeds the entire combined monthly incomes of two seniors relying on the average Canada Pension Plan benefit for their survival. That rent far exceeds the amount that the average single senior will be earning from the same source! At this point, any other expenses such as food, heat, telephone, dental, auto insurance, gasoline/diesel, etc., are almost certainly coming straight out of whatever savings a senior in that position may have squirreled away.

The Guaranteed Income Supplement, or GIS, is a non-taxable benefit available to seniors who are 65 or older, who live in Canada, who are getting OAS, but whose income is still below \$20,832.00/year³ if you are single, or if you have a spouse or common-law partner and your combined income is below certain thresholds. Go to the Government of Canada website at: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/payments.html> to determine how much you might be eligible for up to a maximum of 1,026.96/month.

¹ <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/benefit-amount.html>

² Government of Yukon (n.d.). *Yukon Rent Survey October 2021*. <https://yukon.ca/sites/yukon.ca/files/ybs/fin-yukon-rent-survey-october-2021.pdf>

³ <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement/benefit-amount.html>

Unlike a number of other countries, including the United States and the United Kingdom, Canada had no official government designated poverty line before 2019. Instead, we tended to think of poverty in less strictly quantitative ways using three related measures to generate an indefinite picture of where poverty began. Three measures often referenced when talking about poverty in Canada were: 1) The Low-Income Cutoff (LICO); 2) Low-Income Measure (LIM), and; 3) the Market-Basket Measure (MBM).

The Low-Income Cutoff is all about the proportion of a family income that must be spent on necessities compared to an average family of similar size. The Low-Income Measure defines low income as being much worse off than average, and is calculated at one-half the median income of an equivalent household. Finally, the Market-Basket Measure tries to calculate the amount of income needed by a household to meet needs that fall somewhere between a subsistence standard of living and a more generous social inclusion basket.⁴

At the time of writing this article, the most current information I could find saw the Canadian Government listing the LICO for all provinces except Quebec at \$26,620/year. Stats Canada set the LIM for 2020 after tax for a single person at \$26,570/year, and Stats Can which list the MBMs for various regions and locales across the nation, doesn't even appear to have figures for the Yukon despite the fact that the MBM is now, essentially, Canada's official poverty line calculator. While Yukon figures are not readily available, at least from the sources I searched, figures for rural BC and northern Alberta for 2020 were in the \$40,000 plus range, which is quite a bit more money than will be available to the seniors we are considering in this article. Also, as we all know, inflation-driven costs have climbed significantly between 2020 and today, likely raising that cutoff much higher. Frankly, many seniors would count themselves lucky to be earning anything close to that

⁴ (n.d.). *How is poverty measured in Canada?* Government of Nova Scotia. Retrieved January 23, 2023, from https://novascotia.ca/coms/departement/backgrounders/poverty/Poverty_Stats-May2008.pdf

Retiring on the Basics continued...

\$40,000.00 figure.¹

While the amounts presented may be sobering, they are not there to scare you. They are there to warn those not yet retired that it isn't enough to imagine that the government will look after you once you leave work. It is important that you do some preparation as well. Paying off your mortgage prior to retirement, building a rainy-day fund, investing in some sort of independent retirement savings plan are just some of the options you might want to think about. Speaking with a financial advisor, your bank, and those already experiencing the financial limitations of retirement are other ideas.

For those who are fortunate enough to have a generous retirement pension, this is also an opportunity to consider the serious financial limitations that beset many of your peers. Many of us take food, shelter, and access to medical care for granted. Some of us are lucky enough to have choices as we grow, mature, and age, but

¹ Devin, N., Gustajtis, B., Lam, K., & McDermott, S. (2021, November 12). *Construction of a Northern Market Basket Measure of poverty for Yukon and the Northwest Territories*. Statistics Canada. Retrieved January 23, 2023, from <https://www150.statcan.gc.ca/n1/pub/75f0002m/75f0002m2021007-eng.htm>

for others, life presents a series of obstacles and challenges that are difficult to imagine. For everyone, consider supporting senior organizations that are here to advocate for you--the Yukon Council on Aging, Golden Age Society, Elderactive, and others. If you have questions about your CPP, OAS, or GIS, you might start by consulting the Government of Canada through their offices, online, or by phone. The YCOA also maintains the Senior Information Centre where Linnea is on hand to help you understand where to get help applying for grants, emergency assistance, or government benefits if you need them.

NOTE: The author of this article has spent some time researching the numbers, benefits, and etc., discussed in this article. However, the author makes no claim as to the accuracy of the information presented. Please consult the relevant government agencies for accurate and up-to-date information.

The Yukon Council on Aging

Our greatest asset is our members

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to get involved

Winter Relief - The Yukon Experience



Thanks to
Government of Yukon
for ploughing so
many rest stops and
servicing outhouses
over the winter

Hobby Highway

George Privett on Amateur Radio

New in this issue of the Sourdough Chronicle is something we call The Hobby Highway. When a person retires, they might have a whole list of to-dos that they've always wanted to dig into or they might have no idea what to do with all that time. For some, what to do beyond the basics can be a real challenge. This feature is all about the hobbies, interests, and avocations that are keeping people interested, involved, and engaged after employment ends.

In each issue of the Sourdough Chronicle, we will speak to a Yukon Senior who has a special hobby which they have consented to share with everyone else. We hope that people sharing their pastimes might inspire others to try something new. You never know, by digging into a new hobby you might discover a fun, exciting, or intriguing way to fill some of your time.

Our first contributor is George Privett. George has lived in the Yukon for 65 years, retiring 10 years ago in Whitehorse. We asked him to share a hobby that has really captured his interest, imagination, and energy. He identified Amateur Radio.

Here are his answers to our short list of questions.

1. What/who got you started on this?

Ron McFadyen VY1RM, commercial broadcaster, retired in Perth, ON and Bob Melanson VY1MB, fireman, retired in Whitehorse. They showed me their radio equipment, involved me in some shortwave communications, and invited me to a YARA meeting.



2. Would you describe yourself as a novice, intermediate, or expert practitioner?

Intermediate – this can be a lifetime interest and there can be leading-edge technologies to challenge and involve both young and old with both social activities and solitary projects.

3. What is it about this hobby that makes it so appealing?

Several things: making new friends, opportunities to volunteer in the community, opportunity to learn new skills, opportunity to check out all sorts of technology – new and old. YARA has been involved in emergency communications, providing communications support for community events such as the Klondike Road Relay, and support for Scouts with international communications events. Many members are involved in radio sport contests, making contacts with other radio operators around the world.

Hobby Highway continued...

4. Would you recommend this to others?

I really like this activity and I have introduced others to the hobby and to YARA. It provides an outlet, getting me outdoors with others in the summer and a mix of socializing and playing with technology in the winter. There is such a breadth to this hobby a page is not enough to scratch the surface.

5. What do you need to get started?

First, a curiosity about modern radio communications. Come and meet some YARA members – they gather at A&W Saturdays at 9:00 am. Get a licence (free) by passing a 100-question test about amateur radio. You can buy a hand-held amateur radio for about \$50 and this will enable you to communicate with other radio operators in most Yukon communities through YARA's mountain top radio repeaters throughout Yukon. You can also talk to others around the world with the small radio through a repeater on Haeckel Hill. Check out YARA's new multi-purpose communications trailer used for community events, radio contesting, emergency communications exercises, and for other interests of members.

6. Are there any Yukon clubs, or associations that someone interested in this could look up?

YARA has a website with information about its activities, its repeater system, volunteer community projects, technical information, a photo album of activities, and lots of other information. <http://yara.ca/>

We'd like to thank George for sharing. Do you have a hobby that you'd like to talk about? Contact us at the Sourdough Chronicle and we may feature you and your hobby in an upcoming edition.

This is TEAM YUKON to the Canada 55+ Games, summer of 2022 in Kamloops, B.C.



DRAGON BOAT was a demonstration sport, so we didn't get a medal, but we came in 3rd! It was a great paddling opportunity, wonderful, friendly competition, and a lovely reception at the end. Thanks so much to our local hard-working board of ERA, our anonymous sponsor and our fantastic hosts! Captains: Walter Brennan, Stella Martin; Drummers: Alison Grove, Susan Walton; Stern: Brian Kitchen, Walter Brennan; Manager: Stella Martin.
Next games: Trois Rivieres, Quebec, August 2024. Hope to see you there!

Featured Bio

Frank Bachmier

TEXT and Photo Christopher Wheeler

Over the almost half a century that I've lived in the Yukon, I have seen and done a lot of unique and exciting things that many people from cities in the south could only dream of. I've also met some extraordinary characters whose own memories and experiences far surpass my own and stretch back to times that are receding into history. When I came to work at the Yukon Council on Aging almost a year ago, I hadn't stopped to think that this job would expose me to more of these true pioneers of the north, and also to even more remarkable stories and recollections.

Among the friendly and capable board members that I spoke to while interviewing for my current position was

Frank Bachmier. Though over eighty years old, it was immediately obvious that there was no moss growing on this gentleman. He was interested, lively and engaging. We got into some great discussions and it was his likable nature, as much as anything, that gave me reason to believe that the Yukon Council on Aging was an organisation worth working for.

Since that initial meeting, and despite no longer

being a member of the board, Frank has continued to be a regular visitor to my office. He'll pop in almost every week with news, a concern, or a handwritten note that he'd like me to type in preparation for a meeting with one government official or another. It turns out that



Frank is very involved in issues of concern to seniors, spending a great deal of his own time and energy trying to keep the people we elect focused on the needs of our elders. With a seemingly endless amount of energy, drive, and a superb memory for dates and events, Frank has become both a source of information and an inspiration, all of which has led me to wonder at the road that led him to the Yukon. One day, I

Frank Bachmier continued...

asked Frank if he would mind sitting down and talking about that road. Here is what I learned.

Frank was born in Brandon, Manitoba in April of 1934, the eldest of five children. He had two younger sisters and two younger brothers. His father was a shoemaker, and Frank had been training in the same industry since he was five years old. However, with the end of World War II, new manufacturing techniques were changing the industry and the need for conventional shoemakers was in decline. Frank recollected, "By the time I became a teenager, everyone was going broke." The writing was on the wall for the family business.

In order to transition away from shoemaking, Frank's dad purchased a quarter section of land ten miles outside Brandon with the intention of farming. Frank recalled that the land wasn't a great buy, being loaded with rocks and pretty marginal for farming. For a while, they grew oats to keep chickens and pigs. It was a hungry time for his family, and they got by doing whatever they could. This often included bartering shoe repairs for food. According to Frank, in those days "farmers were just going from day to day."

Prior to, and during the war, Frank lived just a block away from the rail yards. "During the 30s, all the hoboes were running the rail looking for work, and we had a big garden in the back of our house, and we helped them out that way." This connection with the hoboes taught Frank a little bit about surviving in tough times and he would later take some of those lessons with him, as he sought his independence in the west.

As tough as things were during the war years, they were just as tough for Frank's family after the war ended, and being the eldest, Frank wanted to help his mum and his siblings as much as possible. It was May 13th of 1950 when Frank left home. He and a buddy took a bus trip down to Winnipeg hoping to join the army and fight in Korea. Fortunately for Frank, the recruitment people quickly figured out that both

boys were too young for service. Frank remembers, "We were both 16, and of course, we lied about our age. My buddy was blond so he never even made it past the first guy. I made it past the first guy because I had a bit of a dark beard. The second guy was sharper ... come back next year with your parent's permission."

With their army plans scuppered, it was time for a Plan B. "My buddy and I, we both had twenty bucks in our pockets, so we rode the rail all the way to Calgary. It took us two-and-a-half days. Fortunately, we talked to the hoboes back in the forties, and knew what to do and what not to do. We wore two sets of clothes, and we didn't carry a suitcase ... and of course, it was warm when we left Brandon, but going across Saskatchewan it turned fifteen below. We were in empty coal cars. We were running back and forth trying to keep warm."

When the train arrived in Regina, Frank and his friend jumped off and headed for the washrooms to warm up and clean up. "Of course, we were black from the coal dust so we jumped off at the end of town and walked up to the train station to wash up, and the CP cop caught us, and said, 'have you guys been riding the train?' So he says, 'get in there and wash up, and get out of town and don't jump on the train anymore ... So you had to walk through the town and pick it up later otherwise they'd catch you in the yard.'"

Back on the train, Frank and his friend made the rest of the trip to Calgary hunkered down inside a threshing machine. "The wind was so bad that we climbed inside the thing...inside the hopper." It was being hauled on a flat deck which was the only car they could ride on because the others were closed and sealed. It was a cold and unpleasant ride but they eventually made it to Calgary. Once in cow town, they quickly picked up jobs working on the Foothills Hospital which was just being constructed. Frank was working with the plumbers, and his buddy was working with the carpenters.

Frank Bachmier continued...

One weekend, Frank did another part-time job, helping to set up the Ferris wheel at a travelling fair. It was a natural thing to take on since he already knew some of the people who ran the fair from his younger days back in Brandon. At that time, Frank's uncle had owned a hamburger joint and serviced many of the travelling fairs that came to town. At the fair in Calgary, Frank met a guy just down from the Yukon who talked up the north, "One guy from Dawson City filled us with BS about picking up nuggets," he said. "Within a week or ten days later, both of our jobs were eliminated. They didn't need us anymore, so up we come hitchhiking."

While hitchhiking to the Yukon, they got picked up by a guy named Charlie who was building a lodge near Muncho Lake. "The Lakeview Lodge was about a mile south of Muncho Lake. It's burned down now," Frank added. But they started working at the lodge for Charlie. Unfortunately, Frank's buddy wasn't enjoying his time at the lodge, and he left after a couple of weeks, but Frank stayed on. "Charlie sort of adopted me as a son. He had two little daughters, both under six, and I ran the place when he was away trapping. He promised to take me over on the trapline, and when it comes time, well geez, no one was available to look after the family."

According to Frank, the lodge that he helped Charlie build was constructed from materials recycled from a couple of old army road camps. The Lakeview Lodge was located near where the Northern Rockies Lodge is now. In fact, according to Frank, the original owner of that lodge built an airstrip pretty much on the exact location of the old Lakeview Lodge.

By 1951, Frank had tired of the lodge life. "In February 1951, I'd had enough. You know you had to heat the whole place with wood. You had to saw it, and that was not a power saw. It was a Swede saw. So, Charlie come back off the trapline, and I said, that's it. I'm gone. I hitchhiked up the next day and got into Whitehorse. And, of course, the ships were all down and there was no

business here, and there were about 400 people in town."

Frank had an opportunity to work in the Mayo area but getting up that way was a challenge. Frank's arrival in Whitehorse coincided with the period when roads were replacing riverboats everywhere in the Yukon. There was a convoy running between Elsa and Whitehorse. The Mayo Road had opened about six weeks before he arrived, and he wound up having to camp up at the cut-off for two days in minus forty-degree weather. Fortunately, as Frank put it, "I had my own sleeping bag and canvas for a tent and I knew how to survive."

So that is how Frank wound up in the Yukon. He'd work as a labourer in the region of Elsa and Mayo, helping to build various buildings and a bridge that would service the dam there. He'd work in a mine, both in the mill and underground. In Whitehorse, he'd be employed with the crew that built the original Takhini subdivision. Many of his years here would be spent driving transport trucks between Whitehorse and Mayo, Whitehorse and Fort Nelson, and elsewhere.

Speaking with Frank about the old days in southern Yukon is a real blast. He can tell you pretty much everything about anything that has happened. His memories, complete with dates, names, and events cover the history of Whitehorse from the 50's, 60's and 70's right through to today. In fact, I think it's his knowledge of how and why various things have transpired the way they have that energises him when he's tackling modern-day issues like safe and affordable housing for seniors.

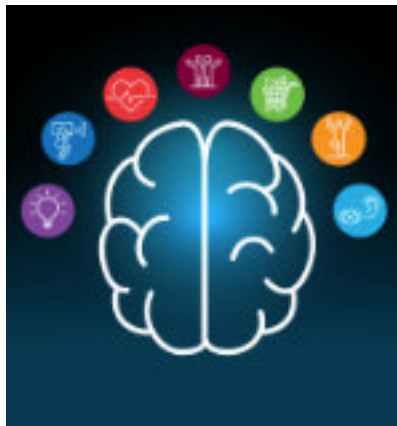
There is so much more to Frank's story here in the Yukon, but the Sourdough Chronicle is only so long. Those recollections will have to be saved for another time and another issue. Still, it's been fun reliving Frank's journey from Brandon, Manitoba to the Yukon, and getting a glimpse of western and northern Canadian life from smack dab in the middle of the Twentieth Century.

Health

STORY Don Cheeseman
PHOTO Submitted

Let's Talk about Brain Health

Editor's Note: The Alzheimer Society of Canada reports that we can expect to see a "dramatic increase" in the number of people affected by dementia. Don Cheeseman, a YCOA member, recently volunteered to be a participant in a brain health study led by researchers at the University of British Columbia. Here is what he has learned so far. In a future article, we hope to bring you more about what Don has learned and why there is hope for those affected by this disease.



The "Brain Health PRO" software used in conjunction with the brain health program includes learning modules on overall brain health, physical activity, cognitively stimulating activities, diet, sleep, social and psychological health, and vascular health.

In early September last year, I got a postcard in the mail, addressed to me. It asked a rather provoking question, "Are you interested in brain health?"

I thought this is a bit cheeky. I wondered who sent this to me. Was it a joke or who thinks I need this?

Yes! I am interested, as I think that most seniors like me are interested to some degree in their personal brain health.

I asked myself, what are they selling? The postcard directly answered, "You can join a Canadian study that will help you learn about lifestyle changes that may help lower your dementia risk."

They gave an internet address to contact them for more information. On the site I read, "Thank you for your interest in the CAN-THUMBS UP (CTU) Brain Health Support Program research study. In order to triage you to a study site, please answer the following initial questions, then continue on to complete the rest of the survey."

Still, I wondered if it was a scam. So far, though, it had my interest and it did not seem to be selling any wonder potions, creams, or medicines. So, I filled in a rather thorough long survey form with information on my health conditions. I soon had an email back setting up more detailed studies of me to establish a comprehensive baseline of both my mental and physical health.

I learned that they were conducting the Canadian Therapeutic Platform Trial for Multidomain Interventions to Prevent Dementia and were working out of the University of British Columbia. I found that the study was for Canadians between 60 - 85 who are concerned about their risk of getting dementia and who want to learn how to make changes in their lifestyle to help lower their risk. They informed me that some factors that may increase my risk of developing dementia are having:

1. a first-degree relative (parent, sibling, or child) who has/had dementia
2. an inactive lifestyle now or in the past
3. high blood pressure now or in the past
4. high cholesterol now or in the past
5. a high body mass index or BMI (ratio of weight to height)

They informed me that they were looking for participants who have one or more of the above risk factors and who have not already been diagnosed with dementia (including Alzheimer's

Coming Soon

Dianne Homan's newest book, "Mother Earth Legends: Eleven Stories for the Eleventh Hour," is now available. The stories are

inspired by the creative, determined, or quirky ways we find to connect to our planet. See an excerpt in our next issue.

Health continued...

disease, vascular dementia, Lewy body dementia, and frontotemporal dementia). Much to my displeasure I learned that I was a very good candidate based on their screening criteria.

Involvement of a primary health care provider (my doctor) was required in case unexpected medical concerns develop during the study period. I wondered if this would negatively affect my next driver's test.

If I agreed to participate in the study, I learned that I would need to enroll in Brain Health PRO. This is an online educational program to teach me about lifestyle changes that may help lower my risk of dementia. I would learn about changes I could make to my diet, exercise, sleep, social activities and more to help improve my brain health. The program is personalized to target each person's brain health needs and interests, and to show participants how lifestyle changes may affect their risk profile.

Brain Health PRO is software that teaches you how to make the brain as healthy as possible and includes learning modules about:

1. overall brain health,
2. physical activity,
3. cognitively stimulating activities,
4. diet,
5. sleep,
6. social and psychological health, and
7. vascular (vein and artery) health.

Besides helping me to improve my brain health, I would be helping Canadian researchers learn if Brain Health PRO is a good way to engage with the wider population of older adults to help them make lifestyle choices that promote brain health.

I learned that I would also need to:

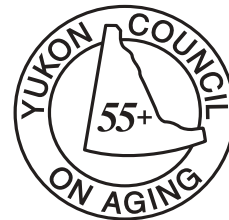
- participate in the study over a period of 12 months, entirely from my home,
- complete weekly tests of memory and thinking, questionnaires, and a brief neurological exam,
- wear a wristband to track activity and a sensor headband to track my sleep,
- complete brief online tests of memory and thinking as part of the online Brain Health PRO educational program, and
- provide a saliva sample.

I am happy to report that as of my fourth week in this study, I can complete all that I am asked to do. I am learning about and

improving some of my mental skills by doing short tests every morning and evening. So far, I am looking forward to the rest of the study. Soon I will be in a better position to make lifestyle changes with the hope of improving my odds at maintaining my mental function as much as possible given my age.

If you are interested in this study, or even in becoming a participant in a future study, more information is available at: <https://www.canthumbsup.ca>.

EDITOR



Are you a Senior (55+) dedicated to helping your community and searching for a way to enhance your skills, and to share your enthusiasm and your creativity? The Yukon Council on Aging is a growing organisation that needs your help!

We are looking for an editor for this publication. The Sourdough Chronicle is published four times a year.

WANTED

For more information, please contact Linnea Castagner at the YCOA office by calling (867) 668-3383

Opinion

The Third Place

TEXT Don Cheeseman

PHOTOGRAPH Doug MacLean

We seniors have spent most of our lives at either work or home, but what do we do when we need a third place — a place we can socialize with friends, feel happy and comfortable, and have some fun? Is having a “third place” the key to improving our connections with others?

What Is a Third Place?

“The third place” is a term coined by US sociologist and urban planner Ray Oldenberg in his 1989 book: *The Great Good Place*. He also describes it in his 2001 book: *Celebrating the Third Place: Inspiring Stories About the Great Good Places at the Heart of Our Communities*.

According to Oldenberg, the third place is a public space outside our home or our work where we can go to socialize, relax, and engage in informal leisure activities such as games and sports.

Our “first place” is our home, a private and domestic space. Our second place is, or was, our workplace before retirement. This was a structured social experience and was where we all likely spend a lot of our lives. However, once

retired, that space is usually not available to us anymore but could be partly filled by volunteering. Our “third place” is a spot where we can rekindle our connections with others, share our thoughts and dreams, and have some fun. It’s a place where we can relax and “hang out.”

A third place is an anchor of the community and is usually a public space where there are frequent formal and informal gatherings of people. It serves three important functions for a healthy society.

- it provides a place for people to relax and unwind.
- it serves as a place where people can form and maintain social connections, which is vital for mental and emotional well-being.
- it facilitates the exchange of ideas and knowledge, as people come together to discuss a wide range of topics and engage in leisure activities.



For some the best “third place” is at a good card game. For others, the best “third place” is at a good pool table. Left to right: Diane Nikitiuk, Kathy Miller, Gayle Moffat, Rudy Couture, Larry Kwiat, Ev Pasichnyk, and Ellen Johnson.

Because of these social functions, third places often

The Third Place continued...

play a crucial role in building and strengthening a sense of community. They provide venues for people to come together and interact with one another, fostering a sense of connection and belonging. This can be particularly important for seniors who may feel isolated and disconnected from each other as they grow older and lose friends and family members over time. Here is what Oldenberg says about the characteristics of a third place:

1. It's neutral ground.

People are there because they want to be there. They are free to come and go as they please with no consequences. There are no financial, political, or legal ties and invitations aren't needed. Even if we don't return to our third place for days or weeks, our return will be greeted with enthusiasm.

2. It's a levelling place.

A third place accepts people from all walks of life. It's a level, unpretentious spot where economic and social status do not matter and there are no prerequisites for participation. Without a social hierarchy, a sense of commonality thrives among those who are there.

3. Conversation is the focus.

Playful conversation is the main activity in a third place. The tone is usually good-natured and lively, and the conversation is likely to be stimulating and engaging. These are places where humour and wit run freely and people are open to sharing their ideas and dreams.

4. It's accessible and accommodating.

Third places are readily accessible and accommodating, meaning they are conveniently located (ideally within walking distance of people's homes), and they typically have long hours with no reservations needed. They often have free or inexpensive food or drink to

accompany good conversation, although this is not always essential.

5. There are regulars.

The best third places have a host of regulars that habitually return there, and they're an important part of the mood and atmosphere of the place. Although it should be easy to find a familiar face in your third place, they're also open to newcomers. Regulars are also there to help new people feel welcomed and encouraged.

6. They keep a low profile.

Third places are wholesome and homelike. They're usually located in physically plain and modest places, and they're never snobby or extravagant. The ideal third place is comfortable and approachable — like a living room for the community.

7. It has a playful atmosphere.

When anyone enters a third place, they are met with a spirited mood that makes them want to come back time and time again. It's not a place for the tension or animosity that can often mar our first or second place. Instead, there is laughter, lively conversation, and witty banter.

8. It's a home away from home.

A third place has the same feelings of warmth and belonging as in one's own home. It should feel safe and steady, and everyone should feel regenerated after spending time there. All should feel a sense of ownership or that a piece of themselves is firmly fixed in their third place. Mostly, people there just feel at home.

People Need Third Places

No matter how much we love our home life, we need somewhere other than our homes to hang out. Unfortunately, as our homes become smarter, we have less reason to leave them. Instead of going out to socialize, we order in,

The Third Place continued...

shop online, watch movies downloaded from the internet, and scroll through social media. But these are just substitutes for authentic connection. No matter how many devices are plugged in, we're still disconnected from real human interaction. Although some online communities can offer an important sense of inclusion and familiarity, it's just not the same as more traditional means of connection. We need to balance our digital worlds with in-person relationships. Further, we seniors sometimes find ourselves living in isolation.

Isolation statistics are quite alarming.

- Nearly half of Americans feel alone.
- A third of Britons suffer from loneliness.
- 40 percent of people in the UK over 65 say that their pet or television is their main source of companionship, and
- more than half a million people in Japan have reported not interacting with anyone or leaving their house in at least six months.

This chronic loneliness is bad for our health.

Studies suggest that it can cause a reduction in lifespan, similar to that caused by smoking 15 cigarettes a day or being obese. Lonely people are also reported to be more likely to have problems with drug abuse, depression, and sleeping.

A third place can be a powerful antidote to isolation and exclusion. It restores connection, gives us an identity, supports our emotional health, and allows us to be our genuine self. Strong relationships are our greatest asset and so vital to our health and happiness. Third places are a haven for nurturing these great relationships.

When you go to one of your third places, or "hang out" spots, you can let your guard down. You can feel welcome and valued. You can feel part of something bigger than yourself. For many, such places make life worth living. In Yukon, our favourite hang-out spots could be where we go for an activity like cribbage, bingo, pool, bridge, or line dancing. It could be a church basement, coffee shop, pub, bar, book club, beauty salon, local library, a dog park, beach, river front area, or gym — anywhere where people can gather and engage in social activities.

We are fortunate to have such third places or hang out spots here in Yukon. Where, for you as a senior, are your favourite Yukon third places? Where do you like to go to relax, socialize, and unwind? Finally, do you think we should create more third places for seniors in Yukon?

Please let us know your thoughts at our office at 4061B – 4th Avenue in Whitehorse, or by calling us at 668-3383 or 866-582-9707 or by email at ycoa@yknet.ca. We want to know what you think and we will publish a list of your favourite third places right here in the Sourdough Chronicle.

Learning for Life Program

Thursday, March 2, 2023

Rowena Beckett, Palliative Care Resource Team

Advance Care Planning (& Advance Directives)

1:30 pm to 3:00 pm

Whistle Bend Place, 90 Olive May Way, Whitehorse
(Pre-registration required)

Thursday, March 16, 2023

Bonnie MacDonald

The Second Half of Life

10:00 am-11:30 am

Via ZOOM (Pre-registration required)

To register:

Linnea at 668-3383 or ycoa@yknet.ca

Thursday, March 23, 2023

Ernest Fechner

Making Things Happen... Through Observation.

12:00 am-2:30 pm

Teslin Seniors 8-Plex (Craft Street)
(Pre-registration required Village of Teslin 390-2530 teslinrec@teslin.ca)

Birthdays

Elvira Knaack	February 3	Brett Hartshorne	April 3
Blaise Shilleto	February 4	Marcia Seely	April 4
Paul Sheridan	February 5	Fran Hennings	April 5
Cecile Sias	February 5	Stephen Johnson	April 6
Edward Dergez	February 7	Frank Bachmier	April 7
Wesley "Keith" Kelly	February 9	Jean Johnson	April 7
Marie Cox	February 12	Keith Kendall	April 7
Don Sippel	February 14	Joseph Hanulik	April 10
Marla Veliscek	February 14	Judy Laird	April 10
Gordon Williamson	February 16	Jeannette Rotondi	April 10
Brent Hougen	February 18	Merritte Stewart	April 11
Margaret Knutson	February 19	Laura Fry	April 13
Norma Johnston	February 21	Calvin Ohlin	April 13
Gwen Sawrenko	February 21	John Higgins	April 15
Ken Mason	February 24	Rob Sutherland	April 15
William 'Bill' Neal	February 25	Horst Mueller	April 16
Wray Lyons	February 26	Frances Woolsey	April 18
Joy Wickett	February 26	Loretta Westman	April 19
Brian McGovern	February 28	Ellen Johnson	April 20
		Doris Roberts	April 20
		Jerry Lee Sherburne	April 22
Ken Bloor	March 1	Christian Klein	April 25
Andree Gaulin	March 1	Halie Anderson	April 26
Sylvia Jane Blumenschein	March 1	Gil Beaudin	April 26
Rudy Couture	March 4	Luanna Kotelko	April 26
Frank Schwertner	March 4	Rae James-Davies	April 27
Carol Gordon	March 5	Frederick John	April 27
Linda Cox	March 10	Anne Kelly	April 27
John Robbins	March 12	Russel Osland	April 27
Palma Berger	March 13	Victor Gumovsky	April 28
Graham MacCannell	March 13	Margaret "Betty" Campbell	April 29
Michelle Christensen-Toews	March 15	Tony Gonda	April 29
William Nelson	March 15	Sherry Goodman	April 29
Shirley Jarvis	March 18	Ralph Fitzsimmons	April 30
Emily Bear	March 19	Jo-Anne Johnson	April 30
Sandra Helland	March 19		
Priscilla Peever	March 20		
Auguste Lefebvre	March 21		
Sandra Mason	March 21		
Ted Tullis	March 25		
Jean Murphy	March 26		
Marcella Brown	March 28		
Judith Renwick	March 28		
William "Bill" Grandy	March 29		
Mary Murphy	March 29		

Last Trails

Brian Douglas Ross	October 16, 2022	Cornwall, ON
Shirley Mayme Regehr	October 27, 2022	Whitehorse, YT
Rev. Dr. Donald Gwynn Lewis	October 28, 2022	Red Deer, AB
Laurie Dale Miles (Muffie)	November 4, 2022	Whitehorse, YT
Ryan James McClean	November 6, 2022	Whitehorse, YT
Ursula Heynen	November 13, 2022	Whitehorse, YT
Jan Doris Couture	November 14, 2022	Dawson City, YT
Mai Ho Huynh Thi Xuan Mai	November 20, 2022	Victoria, BC
Terry (Terence) Wilbern	November 24, 2022	Tumbler Ridge, BC
Thomas (Allan) Gee	November 26, 2022	Calgary, AB
Larry Carlyle	November 27, 2022	Whitehorse, YT
Ken Sylvestre	December 2, 2022	Whitehorse, YT
Edith "Edie" Fairman	December 3, 2022	Whitehorse, YT
Jacqueline Frances Wainwright	December 8, 2022	???
Michael L. Baldwin	December 12, 2022	Whitehorse, YT
Barry William Schneider	December 13, 2022	Mission, BC
Lanny Dale Anderson	December 13, 2022	???
Kay Haggard	December 15, 2022	Saskatchewan
Arthur Pierre Henri Vaillant	December 17, 2022	Whitehorse, YT
Marguerite Wilma Paul	December 18, 2022	Whitehorse, YT
Margaret Ellen Yeulet	December 20, 2022	Whitehorse, YT
Joyce Elizabeth Bork	December 23, 2022	Faro, YT
Richard William Gleason	December 28, 2022	Whitehorse, YT
Mildred Christine Thomson	December 31, 2022	Kelowna, BC
Barrie Watson	January 1, 2023	Whitehorse, YT
Michael "Mike" John Burdett	January 2, 2023	Whitehorse, YT
Horst Wegmann	January 2, 2023	Whitehorse, YT
Doris Mader	January 5, 2023	Whitehorse, YT
Winnifred Peterson	January 5, 2023	Teslin, YT
Raymond Chretien	January 8, 2023	Marsh Lake, YT
Elaine "Doris" Icton	January 13, 2023	Whitehorse, YT
Jennifer Skookum	January 16, 2023	Carmacks, YT
Hans Christiaan van de Werfhorst	January 20, 2023	Whitehorse, YT
Brian Paine	January 21, 2023	Saskatchewan
Maxim Lewis Carpentier	January 26, 2023	Ft. McMurray, AB
Jean Margaret Grant	???	???
Terri Lorraine Michael	January 29, 2023	Whitehorse, YT
Dennis Schneider	January 31, 2023	Whitehorse, YT
Mel Stehelin	January 13, 2023	Whitehorse, YT
Maggie Tai	January 27, 2023	Whitehorse, YT



Yukon Council on Aging Membership Application

Name: _____
Renewal New Application

Mailing Address

Street or P.O Box: _____ Apartment: _____

City or Town: _____

Territory or Province: _____

Postal Code: _____

Telephone (Home): _____ Telephone (Mobile): _____

Email Address: _____

Date of Birth: _____
Year / Month / Day

Please include my name in the Sourdough Chronicle Newsletter birthday announcements.
(only the month and day of birth will be shown)

General Membership entitles you to receive our newsletters, and full voting privileges at the Annual General Meeting.
(Associate Members are non-voting and generally live outside the Yukon.)

The membership fee is \$10/year per person.
(April 1st to March 31st the following year)

Please remit your payment to: **Yukon Council on Aging**
4061B 4th Avenue
Whitehorse, Yukon Y1A 1H1

Office Hours are: Monday to Friday: 9:00 am to 1:00 pm.



For office use only:

Receipt Number: _____ Amount Paid: _____ Membership Expires: March 31, 20 _____

Entered Date: _____ General Member Associate Member (Non-voting)

FEEDBACK



Now it's YOUR turn. Please write to us. Our e-mail address is:

ycoa@yknet.ca

Also take a moment to check out our website at:

www.ycoayukon.com

Yukon Council on Aging
4061B - 4th Avenue
Whitehorse, Yukon Y1A 1H1



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