

Sourdough Chronicle



YUKON SENIORS' NEWSLETTER VOLUME 44, NUMBER 2, DECEMBER 2021

2	President's Report	8	Letters to the Editor	13	Birthdays
4	Editorial	9	Seniors in the City	15	Laugh Lines
5	Make the Chili	10	Retirement Income	16	Last Trails
6	Cabin Fever During COVID	11	Just Askin'	20	Notices



© Jan Trim

Photo courtesy of Jan Trim

Mount Sima from the air.



**THIS
ISSUE**

*AGM Notice.
Mark your calendars!*

by Doug MacLean,
President YCOA

President's Report



Season's Greetings to everyone!

It seems incredible that this is our sixth newsletter since the COVID-19 public health emergency was declared over a year and a half ago. What is different is now, though, we know from asking our members, is that almost every senior in the Yukon is double vaccinated and many have also had the third booster shot.

There has been a recent tightening of masking requirements, limits on gathering sizes, proof of vaccination requirements (the vaccination passport), and reduced travel recommendations due to the number of COVID cases. However, at least at the time of writing this report, we are not in lockdown, and we are already beginning to see that these changes are proving to be effective. Daily case counts are reported to have already started to plateau, if not drop -- certainly a good sign.

Further, a smaller portion of all the COVID cases are among those who are vaccinated. And it is being reported that those who are vaccinated and do contract COVID are experiencing quite mild symptoms and a shorter period of infection.

Other good news is that employment levels are now above where they were before the pandemic started, although people are working slightly fewer hours -- about 1.5 per cent below the pre-pandemic levels.

There is more good news. Businesses and organizations are adapting to the "new normal". The pre-Christmas Bazaars are back, for example. The popular Spruce Bog Christmas Boutique begins December 3rd. Groups of ten to twenty people will be accommodated. The Christmas Market will be held at the Gold Rush Inn on November 27 to 28, 2021. Marks, Save On Foods, Independent, Superstore and Joe Fresh all make it possible to shop on-line. If you know of other such stores of interest to seniors, please let us know and we will spread the word.

Even Santa is adapting to the new normal. As happened last year, instead of gathering on Main Street, the Santa Claus Parade will be passing through Whitehorse neighbourhoods! You can find out which stop is closest to you by checking the parade route on page 3. The route may change, so be sure to check the City

website for updates. Gather your bubble of family and grandchildren if you can, and watch while keeping a safe distance from others. And, of course, watch out for those Keystone Kops!

Finally, those who love the Whitehorse Christmas Lights will not be disappointed, either. The City of Whitehorse is holding the Holiday Lights Tour again this year, beginning at the Canada Games Centre on December 14th, 2:00 pm to 6:00 pm. Neighbourhoods with colourful light displays will be selected for self-directed City Light Tours, too. The City will supply maps for the various tours.

More information on other holiday events such as the free skate, cookie decorating, snow painting, bonfire and hot apple cider, photos with Santa, the Polar Express Bus Lights Tour and the Northwestel Festival of Trees is on the City website at <https://www.whitehorse.ca/about-whitehorse/advanced-components/calendar-of-events/-item-112574>, or on other websites and Facebook.

With all these events and opportunities to still get together with our bubble of family and friends, this could still be the best Christmas yet, not just for seniors, but the whole family and closest friends! Enjoy.

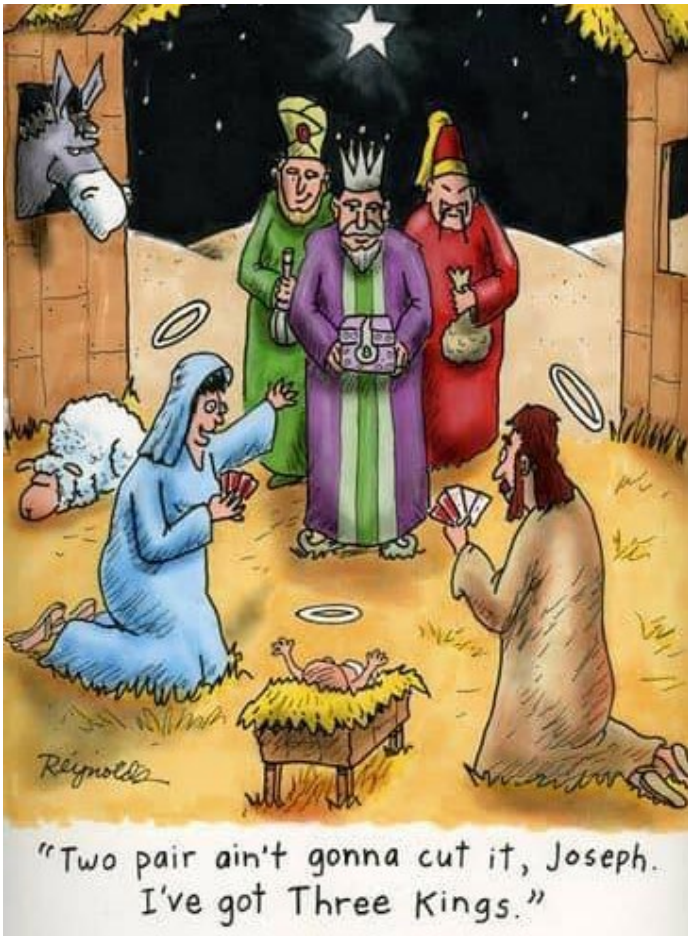
Regards,
Doug MacLean – President

Merry Christmas

To you and yours.

From the YCOA Board & Staff





As happened last year, the Santa Claus Parade will be passing through Whitehorse neighbourhoods on December 4th. For more information, please see the event Facebook page: www.facebook.com/WhitehorseSantaParade/events

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Frank Bachmier

The Sourdough Chronicle

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published quarterly.

SENIORS INFORMATION CENTRE

Coordinator: Linnea Castagner
 4061 B - 4th Avenue
 Whitehorse, Yukon Y1A 1H1
 Phone: (867) 668-3383
 Toll Free 1-866-582-9707

Home & Yard Coordinator:
 Vince Gatién Phone: 667-4357

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Editor

Janet Smellie
 sourdoughchronicle@gmail.com

Newsletter Committee

Board of Directors YCOA

Guest writers

Don Cheeseman, Susan Berndt
 Gayle Moffat, Janet Smellie
 Jerry Zakariasen

Contributions and/or suggestions
are welcome and should be in to
the

Editor or the Senior Centre
by the
10th of May, August,
November and February.

www.ycoayukon.com

Editorial

by Janet Smellie



It's hard to imagine that we are now nearing the end of 2021 and we are well into the second winter of the COVID-19 reality that still stubbornly surrounds us here in the Yukon. Pandemic, Epidemic, Outbreaks, Third Wave, Fourth Wave, Alpha, Delta variants – it goes on and on.

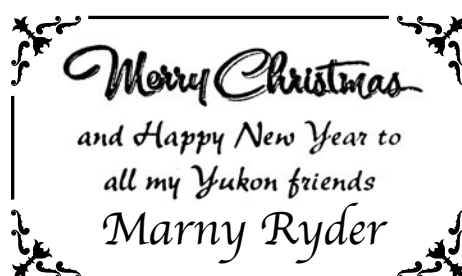
The good news is the Yukon is leading the way with inoculations. As of November 23, 91 per cent of Yukoners 18 and older had had their first shot, and 83 per cent of those between 12 and 17 had had their first dose. The vaccine numbers keep rising, and as we introduce booster shots and the upcoming children's vaccine, the Yukon will continue to be the Canadian leader in vaccination rates.

The bad news, though, is that there have been 12 deaths from COVID-19 in the Yukon, which includes seniors. Our hearts go out to the families who have suffered loss at this time. With case counts still high despite a high vaccination rate, we can't let our guards down yet. We urge everyone to continue to follow the guidelines set out by the Chief Medical Officer of Health's office. Wear your mask, wash your hands, and make sure to take that extra time to help those around you. For the latest COVID-19 information make sure to go to www.yukon.ca/covid.

We also want to take this time to wish Dr. Brendan Hanley all the best as he embarks on a new journey as Yukon's Member of Parliament. If you go by the track record of his predecessor, Larry Bagnell, Dr. Hanley faces a busy future. The good news is, like Larry, Brendan is a family man and a dedicated Yukoner, who we know from his past experiences will bring to the table a true Yukon voice – issues important to Yukoners will be important to him, too.

Luckily for us, Dr. Hanley is no stranger to seniors' issues. During his tenure as Yukon's Chief Medical Officer of Health, he dedicated his 2019 Yukon Health Status Report to include an important update focusing on seniors' health. This report's findings and its recommendations, will serve him well at the national table.

We will be back with another issue in the New Year. In the meantime, please have a safe and merry Christmas and take care of yourselves.



Make the Chili!

A good friend of mine unexpectedly lost her husband.

A couple months later we were running together, chatting about nothing. She asked what my dinner plans were and I told her hubby wanted chili, but I didn't feel like stopping at the store. We ran a few more minutes when she quietly said, "Make the chili."

It took me a few minutes to realize we were no longer talking about dinner. It was about going out of your way to do something for someone you love because at any moment, they could unexpectedly be taken from you.

So today I'm sharing with you that wisdom handed to me by my dear friend, that I've thought of many times since that day.

Next time someone you love wants you to go for a walk or watch a football game or play a board game or just put your phone down and give them your undivided attention, just do it.

Make the chili!!!!

Love deeply and selflessly.



From the bottom of our hearts

Thank you, Dr. Hanley, Dr. Catherine Elliot, Dr. André Corriveau and all the frontline medical staff for helping us to keep safe during this COVID-19 pandemic.

CABIN FEVER DURING COVID 19

You do not need to be told that this is a time of increased stressfulness for many of us seniors. You may be worried about getting COVID-19 or afraid that someone you care about will get it. If you have lost some of your income, or have friends or family who have lost some or all of their income that will be stressful too. As the cost of living has rapidly increased in the Yukon, you may be anxious about your finances getting tighter. Added frustration of wearing a face mask and no hugs all take a toll.

On top of that, you're probably stuck at home more, with possibly less to do. Cabin fever can set in. You may feel trapped, bored, and irritable.

“Cabin Fever” is no joke. It is real! Cabin Fever can lead to depression or self-harm. If you live with others, it may cause you to lash out at them.

Here are some ideas that may help us seniors to cope:

- **Try to stay on a regular daily routine.**

Having a normal routine may help you feel better. Try to get up and go to bed at your usual times. Eat meals when you normally would. If you have grand kids, try to keep them on a schedule too. It's a good idea to have a set time for chores and a limit on TV and other screen time. But don't be too hard on yourself if it doesn't always go as planned.

- **Get outside as much as you can.** Fresh air and sunshine are good for both your mind and your body. If you can, go out for a walk or a bike ride. If you can't go out, try to spend time near a window where you can get some natural light.

- **Take care of your health.** Be careful of sleeping too much or snacking too much. Try to eat healthy foods, get as much unprocessed and fresh fruit and vegetables as possible, get enough rest, and be active. Limit or avoid caffeine and alcohol as much as possible.

- **Take a break from the news.** Limit the amount of time you spend watching or reading about the pandemic. Focusing too much on it may make you more anxious and irritable.
- **Connect with friends and family.** A call, text, or video chat may help you feel less alone. Think of ways to bring people together while keeping the six-foot (two metre) distancing. Maybe you could suggest a virtual family gathering. Or you could set up or ask someone to set up a virtual friends' meet-up or game night. A daily short phone call to a shut-in is usually much appreciated. Check on each other.
- **If you live with others, find some time for yourself.** This may be hard to do, but it can be important. If you can, go for a walk or drive by yourself. Do some deep breathing while you take a bath or shower. Do not shower or soak bath for too long as you may become dehydrated. Get up before everyone else, and enjoy the quiet.
- **If you're bored, get creative.** This could be a chance to do something you never had time for in the past. There are lots of free online classes. Maybe you could take dance or yoga lessons or learn a new language. Or maybe there's a book you've been meaning to read. This time at home could be a gift in hiding. Start growing some plants or garden vegetables, even if it is just a single small pot of geraniums on your window ledge. Onion sets and herbs on a windowsill look nice and brighten-up your cooking.
- **Look for the good around you.** There are a lot of scary things going on, but good things are happening too. Look for stories that give you hope, like stories of people helping other people. Watch and read comedy, tell jokes.

- **Find healthy ways to deal with your emotions.** Some people ease stress by writing in a journal, playing music, or doing a hobby they enjoy. For others, prayer, meditation, or exercise can help. Think about what works for you. If anger or frustration with others overwhelms you, remind yourself to stop before you act. Go to another room, or walk around the block. Take deep breaths until you cool down. Remember that everyone is feeling stressed as well as you right now.
- **Do not hesitate to reach out if you need help.** If you're struggling with feeling sad, depressed, or anxious, you may need more help. Many therapists can do counselling by phone or online. Or you could look for an online support group.

If you or someone you know talks about suicide, self-harm, or feeling hopeless, get help right away. Call the Yukon Distress and Support Line at 1-800-563-0808

This information does not replace the advice of a doctor.

Adapted from British Columbia
HEALTHLINK



Once a large portion of the community becomes immune to a disease, spread of the disease from person to person becomes unlikely. We are getting closer to that point in Yukon as more and more people are vaccinated. Vaccination also reduces the severity of the disease if you do become infected, thus helping prevent the health care system from being overwhelmed and reducing the cost of care. Our informal surveys indicate that almost 100% of seniors are vaccinated. More information is available on websites such as Yukon.ca/covid and mayoclinic.org.



Annual General Meeting

December 6, 2021, Golden Age Complex

Registration 3:00pm

3:30pm-5:00pm

There will be a motion to waive a review of the financial statements by a professional accountant.



Members Mention — Letters to the Editor

I received the following email from my sister in Calgary, then I resent it to my nephew who had just lost, within one week, his only two children. He appreciated the writing and I think this is worthwhile being printed in the Chronicle.

Thanks, Gayle Moffatt.

Rainbows - So many books have been written about why bad things happen to good people.

One of the columns in our paper this morning was by a fellow named Nick Rost Van Tonningen. He is reading: *The Rainbow Comes and Goes*. Published in 2016, it includes a dialogue by mail between CNN's Anderson Cooper, then in his 40s, and his nonagenarian mother, Gloria Vanderbilt (who died in 2019).

Vanderbilt quotes William Wordsworth's line, "The rainbow comes and goes." And then she goes on to say:

I find it reassuring knowing the rainbow comes and goes. It helps me accept the way things often are....

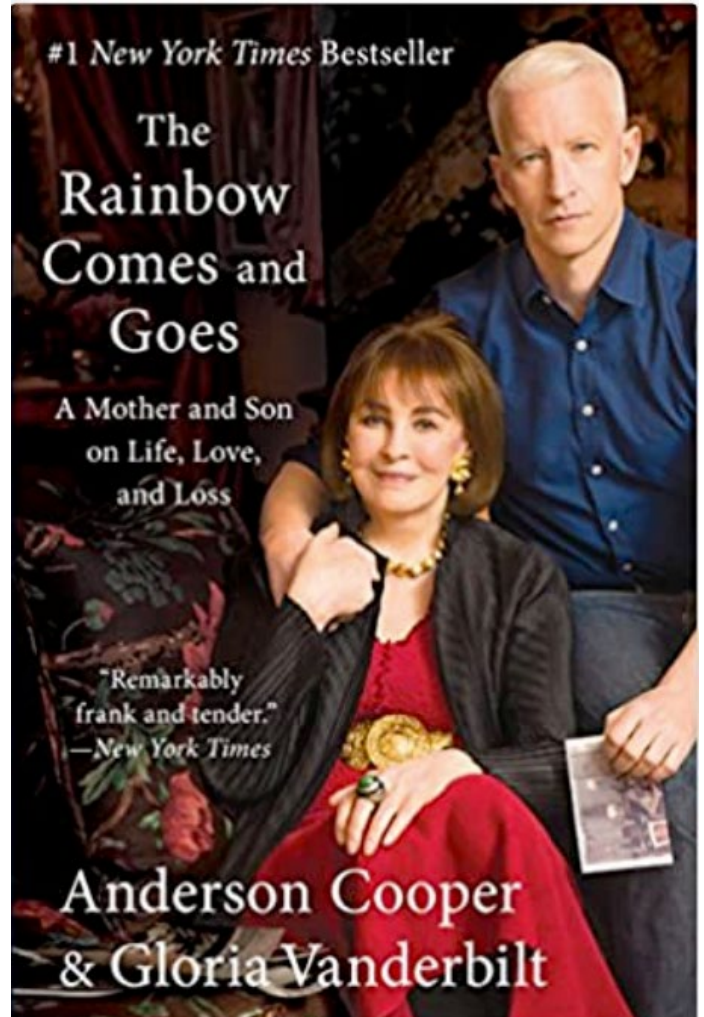
In every life, you have moments of blinding beauty and happiness, and then you land in a dark cave and there is no colour, no sky....

Then the rainbow returns, sometimes only briefly, but it comes back. Nothing is meant to last forever...

We are not meant always to be happy, and who would want to be? Happiness would become meaningless if it were a constant state. If you accept that, then you will not be surprised when something bad occurs, you will not gnash your teeth and ask, "Why me?" ...

It has happened because that is the nature of things. No one escapes. The rainbow comes and goes. Enjoy it while it lasts ...

There is so much to be joyful about, so many kinds of rainbows in one's lifeEditors Note:



The Rainbow Comes and Goes by Anderson Cooper, published by HarperCollins is a New York Times Bestseller and is available in bookstores and through Audible.

Seasons Greetings to all...may you have a healthy and happy New Year
Gayle Moffatt

Seniors in the City

Seniors are valuable members of the Whitehorse community and we at the city want to ensure that you are well-informed of what is going on at the City of Whitehorse.

Stay Connected

One of the easiest ways to stay connected with the City is to sign up for email notifications. Visit whitehorse.ca/notifyme and sign up to receive email notifications for items such as our Weekly News Highlights and Public Service Announcements.

Senior Property Tax Deferral

Do you know about the Senior Property Tax Deferral program? Eligible Whitehorse seniors may enter into an agreement with the City to defer payment of their property taxes. Defer up to 75% of your property's assessed value or 50% in the case of mobile homes. Sufficient property insurance is required. Learn more and get the application at whitehorse.ca/tax.

Accessible Parking Permits

Do you require an accessible parking permit? To get an application, please visit whitehorse.ca/parking and click on the Accessible Parking Permits tab. As a reminder, your doctor is required to fill out part of the application.

Handy Bus Service

The Handy Bus is a safe and secure transit option for people who have difficulty using regular transit service. You can learn more about the Handy Bus and our regular Transit service at whitehorse.ca/transit.

Active Living

Have you seen the Active Living Guide? In addition to paid classes, there are also free classes offered in person and online that focus on your health. Keep an eye out for the Active Living Guide. For more information and to view the guides, please visit whitehorse.ca/alg.

Waste Collection

Don't forget to use our What Goes Where? app, which takes the guessing out of sorting

your waste. You can also use it to report illegal dumping and to view the waste collection schedule. See more waste information at whitehorse.ca/waste.

Park Memorial

The City's Park Memorial program provides opportunities to donate a bench or a tree to beautify public spaces in memory of or dedication to an individual, a significant historical event or occasion. Visit whitehorse.ca/parks and click on the Park Memorial Program tab to learn more.

If you have any questions, you can always call the City's General Inquiry Line at (867) 667-6401 from Monday to Friday, 8:30 p.m. to 4:30 p.m. or fill out our online Contact Us form at whitehorse.ca/contact.



Did you know?...

...The Canada Yukon Housing Benefit helps low to moderate income Yukoners in private market rental housing who cannot afford rent. This program is funded by the Governments of Yukon and Canada under the National Housing Strategy and allows payments to go directly to the tenant. For eligibility and to download an application form go to Yukon.ca/apply-Canada-Yukon-housing-benefit, or pick up an application from a Yukon Housing Corporation office. For more information contact the Yukon Housing Corporation at (867) 667-5712 or toll free at 1-800-661-0408 ext. 5759 or email housingbenefit@gov.yk.ca.

Seniors are the fastest-growing demographic age group in Canada. By 2030, the number of seniors is expected to reach 9.4 million, representing close to one quarter of Canada's population. For more indicators and trends related to seniors go to www.statcan.gc.ca.

Retirement Income Sources & Supplements (Part 4)

Editor's Note: This is part 4 of a series on financial topics. The first article appeared in our August issue a year ago. In it, Jerry Zakariasen covered Old Age Security, Guaranteed Income Supplement, the Allowance, the Allowance for the Survivor, Yukon Seniors Income Supplement, Yukon Supplementary Allowance, and the Pioneer Utility Grant (PUG). In a separate article in the same issue, we covered Deferring Property Taxes. In the second article, in December of 2020, Jerry covered the Home Owner's Grant, and registered pension plans. In the third article last February he covered RRSPs. If you would like a copy of those issues, please contact Linnea Castagner in our office in the Sport Yukon Building, 4061B – 4th Avenue. Ours is the first entrance in the north parking lot nearest 4th Avenue.

In this article, Jerry covers tax-free savings accounts, and non-registered investment accounts.

Tax-Free Savings Accounts – Tax Free Savings Accounts (TFSAs) were introduced in 2009 as another way that individuals, aged 18 or over, can voluntarily save for large purchases, and to generate income in retirement. Tax paid capital is invested into these plans and can grow on a tax-sheltered basis for your lifetime. Income withdrawn from these plans is completely non-taxable. There are limits on how much an individual can contribute to a TFSA. This limit increases by \$6,000 each year. Currently, anyone who was age 18 or over in 2009, will have accumulated total contribution room of \$69,500. Plans of this type are not restricted to a conventional savings account. They have the same range of investment options that an RRSP has. It is also possible to have more than one TFSA, but the total cumulative contribution limit of \$69,500 must be observed.

Income from a TFSA can be generated regularly on a systematic basis (i.e., weekly, monthly, quarterly) or withdrawals can be made on an ad hoc basis as money is needed. These plans are ideal for saving toward large lump sum purchases as the withdrawals will not adversely affect one's annual taxable income.

Non-Registered Investment Accounts – It likely goes without saying, but any non-registered investment accounts that you hold can also be converted into income. From a tax planning perspective, you may want to consider investments that generate income in the form of dividends and capital gains. Income of this type will be taxed at lower rates than interest income. Investments that generate income in the form of dividends and capital gains are not for everyone, as the returns vary from month to month, and year to year. If having variable returns is a deal breaker for you because of your risk tolerance, then guaranteed, interest bearing investments will be likely be a better choice.

Hopefully this brief overview of sources of retirement income has been helpful. Additional information can be obtained from

- Yukon Health and Social Services at 867-667-5674 or toll-free at 1-800-661-0408 extension 5674,
- Services Canada at 1-800-277-9914,
- A Certified Financial Planner (CFP) in your area. See <https://www.fpcanada.ca/findaplanner>, or by contacting
- Linnea Castagner in the YCOA office at 668-3383 or at 4016B – 4th Avenue. She can help you fill out forms, provide you with a referral to other sources of information on these topics, and help you find answers to any questions that you might have.



*Merry Christmas and a
Prosperous New Year*

Linnea Castagner



Just Askin!

How are you dealing with the COVID-19 measures being tightened?

Diane McPhee:

"I am paying attention to the people coming into the territory. I realize we have a lot of tourists here, but I'm more aware that there are many people here, we're opening up the borders and it's important to see how this goes and take things slow."



Patricia Kohler:

"There's still uncertainty of what's ahead. I'm going to stay put for now and not travel too far. People have had enough though and it's good to be able to go back out and about, but we need to still be careful and take care of ourselves."



Joan Wilson:

"I think the masks and social distancing should go much further. We don't seem to be lessening cases. They are higher now than at the beginning of the pandemic. I think it's good that it's a personal choice. I intend to keep wearing my mask when I feel it's necessary."





Benefits and credits available to you!



If you live with a disability or have a dependent with a disability, there are benefits and tax credits that may be available to you and the people who support you.

These include:

- **Disability tax credit (DTC)** – A non-refundable tax credit of up to **\$8,416** that persons with disabilities or their family members may be able to claim on their income tax and benefit return to reduce the income tax they may have to pay.
- **Medical expenses tax credit** – A non-refundable tax credit you may be able to claim for the eligible medical expenses you or your spouse or common-law partner paid for yourselves or your dependants in the year.
- **Canada caregiver credit** – A non-refundable tax credit you could claim if your spouse or common-law partner, or certain other individuals who depend on you for support, have a mental or physical impairment.
- **Refundable medical expense supplement** – A refundable tax credit of up to **\$1,248** that you may be able to claim on your return if you are working, have low income, and have high medical expenses.
- **Home buyers' plan** – Allows you to withdraw up to **\$35,000** in a calendar year from your registered retirement savings plans (RRSPs) to buy or build a qualifying home for yourself or for a related person with a disability.
- **Disability supports deduction** – An amount you may be able to claim if you have an impairment in physical or mental functions and you paid expenses so that you could work, go to school, or do research for which you received a grant.

For more information, contact Linnea in our office or call her at 867-668-3383



Allen Evans	May 2	Mike Stanock	June 3	Anne Harrison	July 20
Peter Lafferty	May 3	Sharon Sterritt	June 3	Vera Tetlich	July 20
Lois Wallace	May 3	Julia Farr	June 6	Jon Magnusson	July 21
Ian Campbell	May 4	Toni Poulin	June 6	Evelyn Hnetka	July 23
Edie Marshall	May 4	Brenda Caley	June 7	Marion Wakefield	July 23
Susana Edwards	May 7	Paul Gatien	June 7	Nesta Leduc	July 23
Huguette Scholz	May 7	Velma Hull	June 11	Bernice Irving	July 26
Ron Ratz	May 8	Margret Njootli	June 11	Maura Glenn	July 28
Jeanie Murray	May 9	Beverley Whitehouse	June 11	Frank N. Robinson	July 28
Trudy Agar	May 10	Jessie Sidney	June 12	Janet Brault	July 29
Westley Rudolph	May 10	Elizabeth "Lee" Pugh	June 13	Mary Hartshorne	July 29
Maxine Osland	May 12	Shari McQuaid	June 14	Stella Martin	July 29
Marny Ryder	May 15	Pamela Bergen	June 16	Muriel Moore	July 29
Helen Bebak	May 16	Marjorie Jensen	June 17	Florence Trenp	August 1
Ken Hodgins	May 16	Geraldine McGovern	June 17	Doug MacLean	August 2
Dan Nickason	May 17	Kathy De Cecco	June 18	Hester Wheelton	August 2
Maxine Vreim	May 19	Minnie O'Connor	June 19	Eileen Close	August 6
Loverna Armstrong	May 20	Sharyl Satchell	June 19	Mike Craigen	August 7
Willy Martin	May 20	Madeline Boyd	June 21	Duetta Comeau	August 9
Caroline Oblak	May 20	Sonia Gay	June 23	Ken Rathwell	August 11
Barbara Boleen	May 22	Merton Friesen	June 24	Sandra Neill	August 12
Bill Bryant	May 22	Carl Wilks	June 24	Dorothy Baxter	August 15
Mildred Ongoma	May 24	George Moore	June 27	Bruce Campbell	August 15
Ann Dibbs	May 25	Mona Fordyce	June 29	Bob MacAdam	August 15
Dianne Lenz	May 26	Ruth Carroll	July 3	Mary Mickey	August 15
Dana Miles	May 28	Bertha Frost	July 3	Fae Jamieson	August 16
Pat Sokalski	May 28	Sheila Allison	July 4	Teresa Rudolph	August 19
Elaine Hanulik	May 29	Brenda Charles	July 4	Bob Allison	August 20
Hedia Maggie	May 30	Helene Lapensee	July 5	Ruth Armson	August 20
Muriel Frizzell	May 31	Catherine Read	July 8	Colleen McKenzie	August 21
Brian Close	June 1	Niki Simcoe	July 12	Jan Ogilvy	August 21
Rick Dagneau	June 1	Annie Wiebe	July 13	John Erickson	August 23
Valerie Whelan	June 2	Allan Johnston	July 15	Virginia LaPrairie	August 23
Gayle Brisley	June 3	Rosemarie Murdoch	July 15	Graham Hering	August 24
Gary Neukom	June 3	Claude Besner	July 16	Andrew Williams	August 24



Eileen Bird	September 1	Elise Maltinsky	October 22	Lisabeth Byron	November 30
Georgianna Low	September 1	Cardine Nelson	October 23	Sherry Fleming	November 30
Irwin Smith	September 4	Judy Pakozdy	October 23	Peggy Godson	December 2
Len McQuaid	September 6	Cindy Schamber	October 23	Alice Wilberforce	December 2
Suzanne Oulton	September 6	Vince Gatien	October 24	Patricia Kohler	December 3
Catherine MacKinnon	September 7	Stephen Ellerton	October 25	Brenda Mattson	December 3
Patricia Mullan	September 8	Ginny Malchow	October 25	John "Jack" Speed	December 3
Keith Bebak	September 10	Joyce Caley	October 26	Nancy Kidd	December 6
Shirley LaRoy	September 11	Robert Holditch	October 26	Norman Randall	December 6
Deborah Bastien	September 13	Jeffrey Marynowski	October 27	Heather McFarlane	December 7
Cindy Mitchell	September 16	George White	October 31	Rob Miller	December 7
Adila Low	September 17	Alva "Al" Close	November 2	John "Red" Hull	December 11
Ulrich Lenz	September 18	Edith MacAdam	November 2	Brenda Morrison	December 11
Georgina Wing	September 18	Marilyn Taylor	November 2	Sharron Chatterton	December 12
Don Evans	September 19	Chris McKay	November 4	Renate von Oppeln	December 12
Mike Brazeau	September 21	Wendie Howe	November 5	Ev Pasichnyk	December 13
Don Inverarity	September 21	Simon Kragt	November 5	Leslie Sofko	December 17
Qun Liang	September 21	Deborah McNevin	November 5	Mig Miles	December 18
Ed Nimco	September 25	Helen Holway	November 6	Susan Rae	December 18
Dianne Sutherland	September 28	Bev Regier	November 7	Larry Bagnell	December 19
Ron Dionne	October 2	Ken Agar	November 8	Alberta Hunter	December 20
Peggy Hanulik	October 4	Don Connelly	November 10	Dennis McCrae	December 20
Dorothy Burke	October 5	Don Cheeseman	November 11	Carol Ann Gingras	December 22
Dorothy Gibbon	October 7	Tony Hanulik	November 11	J. Mike Grant	December 23
Lynn Blaikie	October 9	Dietmar Scholz	November 11	Gilles "Red"	
Elinore Frederickson	October 12	Bradley MacKinnon	November 12	Grossinger	December 24
Svitiana Gunyava	October 12	Maryanne Ratz	November 12	John Wilson	December 24
Walter Gutowski	October 13	Barbara Jewell	November 13	Noel Dillon	December 25
Patrick Kostiuick	October 13	Janet Smellie	November 14	Joan Steele	December 26
Sally Lyons	October 16	Faye Cable	November 17	Linda Fair	December 28
Margaret Mundell	October 20	Sherry Hadden	November 20	Elena Ross	December 28
Jean Hinchey	October 21	Wanda Aschacher	November 21	Ellen Boyle	December 29
Shirley Keobke	October 21	Berthe Larouche	November 27	Karin Jasma	December 2
Janet Trim	October 21	Fran Curran	November 28		
		Leigh Storey	November 28		

Laugh Lines



A guy is driving around the back woods and he sees a sign in front of a broken-down shanty-style house: Talking Dog For Sale. He rings the bell and the owner appears and tells him the dog is in the backyard. The guy goes into the backyard and sees a nice-looking Labrador retriever sitting there.

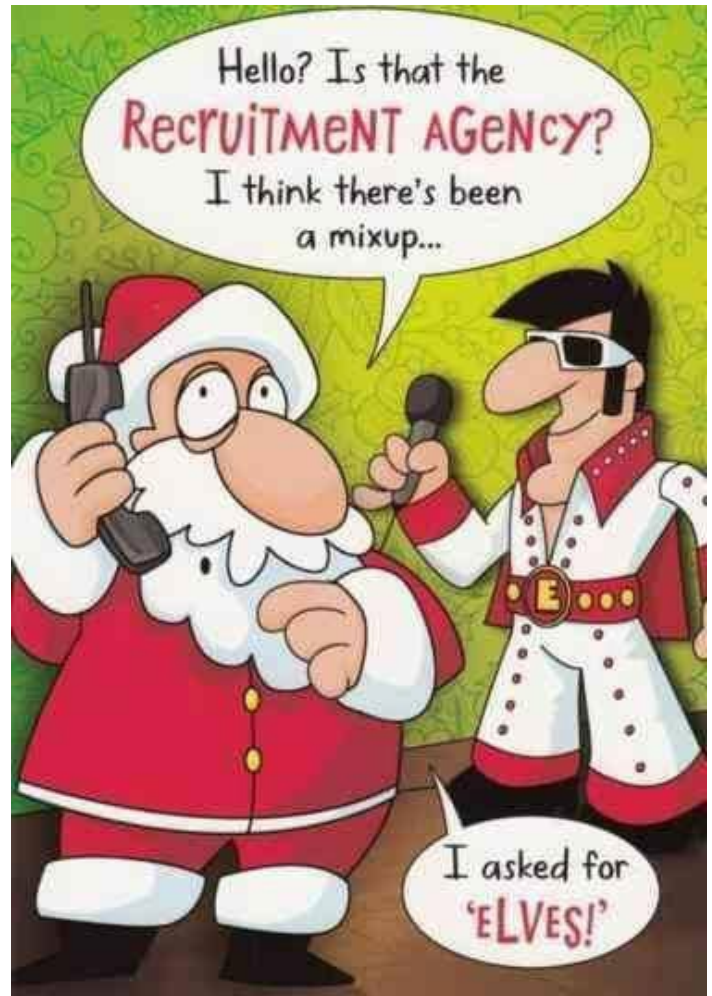
"You talk?" he asks. "Yep," the Lab replies. After the guy recovers from the shock of hearing a dog talk, he says "So, what's your story?" The Lab looks up and says, "Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so ... I told the CIA." "In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders, because no one figured a dog would be eavesdropping." "I was one of their most valuable spies for eight years running..." "But the jetting around really tired me out, and I knew I wasn't getting any younger so I decided to settle down."

"I signed up for a job at the airport to do some undercover security, wandering near suspicious characters and listening in." "I uncovered some incredible dealings and was awarded a batch of medals."

"I got married, had a mess of puppies, and now I'm just retired." The guy is amazed. He goes back in and asks the owner what he wants for the dog. "Ten dollars," the guy says. "Ten dollars? This dog is amazing! Why on earth are you selling him so cheap?" "Because he's a liar. He's never been out of the yard."

If you have jokes to share,
please let us know.

Contributors to this issue: Susan Berndt.



**STILL CAN'T BELIEVE
SOME PPL'S SURVIVAL
INSTINCTS TOLD THEM
TO GRAB TOILET PAPER**

**YOU SMELL GREAT!
WHAT HAND
SANITIZER ARE
YOU WEARING?**

LAST TRAIL

Kenneth Marvin Billy	January 3, 2021	Whitehorse, YT
Carol (Kelly) Beacon	January 7, 2021	Braeburn Lake, YT
Roger D.J. Latondress	January 17, 2021	Whitehorse, YT
Sharon Sedmak	January 18, 2021	Whitehorse, YT
Alfred Daniel Legree	January 20, 2021	Whitehorse, YT
Kathryn Mae Morrison	January 21, 2021	St. John's, Nfld
Sheila Louise Taylor	January 22, 2021	Saskatoon, SK
Robert Milton Coombs	January 24, 2021	Claresholm, AB
Marcia Ida Roberts	January 25, 2021	Whitehorse, YT
Shirley Alice Peters	January 31, 2021	Whitehorse, YT
Michael John Woods	January 31, 2021	Whitehorse, YT
Moneca Sullivan	January 31, 2021	Whitehorse, YT
Suzanne Mueller	February 1, 2021	Whitehorse, YT
Joe Loutchan	February 3, 2021	Marsh Lake, YT
June Cable	February 4, 2021	Whitehorse, YT
Art Johns Sr.	February 8, 2021	Tagish, YT
John Richard Bowness	February 14, 2021	Faro, YT
Lorne G. Whittaker	February 18, 2021	Whitehorse, YT
Andrew Alex Joseph Parent	February 20, 2021	Ephrata, Washington
Robert Enos LaBar	February 24, 2021	Whitehorse, YT
Margaret Baltimore	February 25, 2021	Ponoka, AB
Joseph Dolphus Courtoreille	February 27, 2021	Whitehorse, YT
Millie Jones (nee McMurphy)	February 27, 2021	Whitehorse, YT
Ingrid Wilcox	March 2, 2021	Whitehorse, YT
Mary Lou Conley	March 8, 2021	Ontario
Archibald Donald Lang	March 10, 2021	Whitehorse, YT
Ronald Charles A. Johnson	March 12, 2021	Dawson City, YT
George Arthur Lopushinsky	March 16, 2021	Whitehorse, YT
Clinton Keith McCue	March 16, 2021	Yukon
Marlene Sudeyko	March 18, 2021	Thornhill, ON
Jean-Marc Belanger	March 21, 2021	Whitehorse, YT
Rod MacInnes	March 21, 2021	Vancouver, BC
Wayne Loy Breshears	March 26, 2021	Whitehorse, YT
Marilyn Dzaman	March 28, 2021	Whitehorse, YT
Bethany "Beth" J. McIntyre	April 2, 2021	Whitehorse, YT
John Andrew Groat	April 3, 2021	Lower Post, BC
Eleanor Lyla McIver	April 4, 2021	Eagle Plains, YT
Carman Robert MacKay	April 5, 2021	Whitehorse, YT
Barbara Marie Molund	April 8, 2021	Watson Lake, YT
Ingrid Olsen	April 12, 2021	Whitehorse, YT
Valerie Lavinia Thomas	April 14, 2021	Whitehorse, YT
James McFadyen	April 14, 2021	Whitehorse, YT
Donovan McGlaughlin	April 15, 2021	Whitehorse, YT

LAST TRAIL

Larry "Cowboy" Smith	mid April 2021	Whitehorse, YT
Doug Bell	April 18, 2021	Whitehorse, YT
Robert "Bob" Duncan Cameron	April 18, 2021	Whitehorse, YT
Stephen John McDonell	April 19, 2021	Whitehorse, YT
Dorothy Sorensen	April 19, 2021	Whitehorse, YT
Frances Julia Chambers	April 29, 2021	Champagne, YT
Inge Sigmund Kvemo	April 30, 2021	Faro, YT
Myrna Linn Engren	May 1, 2021	Whitehorse, YT
Josephine Phillips	May 2, 2021	Dunnville, ON
James Ian Strachan	May 5, 2021	Calgary, AB
Henry Willi Lewandowski	May 6, 2021	Whitehorse, YT
Louise Volf	May 15, 2021	Leduc, AB
Carol Suits	May 25, 2021	Whitehorse, YT
Celia 'Faye' Deer	May 27, 2021	Whitehorse, YT
Terry Rafferty	May 27, 2021	
Harvey Wilfred Gabriel	May 27, 2021	
Wayne Hoganson	May 28, 2021	Tagish, YT
Louise Fedoriak	May 28, 2021	Whitehorse, YT
Howard Earl Ryder	May 30, 2021	Whitehorse, YT
John (Sandy) Suits	May 31, 2021	Whitehorse, YT
Mac Cortex Nelson Lucas & Dora Edith Lucas	May 31, 2021	Whitehorse, YT
Loretta Lafferty	October 28, 2019	Whitehorse, YT
Gary Glen Stevens	June 2, 2021	Whitehorse, YT
Robert Ivor (Bob) Studds	June 3, 2021	Whitehorse, YT
Doris Giffen	June 3, 2021	Whitehorse, YT
Birdie Staley	June 5, 2021	Whitehorse, YT
Wing Chong Lee	June 12, 2021	Whitehorse, YT
Islay May Briemon	June 14, 2021	Whitehorse, YT
Marion Faye Woods	June 15, 2021	Whitehorse, YT
Alfred Charles Bilton	June 16, 2021	Whitehorse, YT
Marvin Sherman	June 21, 2021	Whitehorse, YT
Lynn Casselman	June 26, 2021	Whitehorse, YT
Harvey Sheldon Lammer	June 26, 2021	Whitehorse, YT
Albert W. Thiessen	June 27, 2021	Whitehorse, YT
William (Bill) John Weigand	June 27, 2021	Whitehorse, YT
Alice Nicholas	June 28, 2021	Whitehorse, YT
Raymond Durell	June 29, 2021	Whitehorse, YT
Kenneth Wayne Wilson	June 30, 2021	Whitehorse, YT
Richard M. "Dick" Bradley	July 1, 2021	Whitehorse, YT
Gertrude Anita M. Girouard	July 1, 2021	Whitehorse, YT
Royal J. Jean-Marie Ricard	July 2, 2021	Whitehorse, YT
Russell Norman Fry	July 2, 2021	Whitehorse, YT

Lori Denise Schroeder	July 5, 2021	Whitehorse, YT
George Mitchell Henry	July 8, 2021	Yukon
Paul Joseph Birckel	July 8, 2021	Whitehorse, YT
Peter Charles Currie	July 8, 2021	Whitehorse, YT
Richard Kinney	July 8, 2021	
Mary Elaine Fitton	July 9, 2021	Whitehorse, YT
Timothy "Shane" Ellis	July 12, 2021	BC & Yukon
Jane Charlotte McIntyre	July 12, 2021	Whitehorse, YT
Shelley Ann Gellatly	July 13, 2021	Whitehorse, YT
Deborah Colleen Hotte	July 15, 2021	Haines Jct., YT
Lloyd Harold Mattson	July 20, 2021	Whitehorse, YT
Jack Cable	July 21, 2021	Whitehorse, YT
Scully	July 26, 2021	Mile 1118 Kluane, YT
Bruce Bingham	July 28, 2021	Whitehorse, YT
Bryan Kenneth Hilton	July 28, 2021	Chemainus, BC
Stephen Walsh	July 28, 2021	Whitehorse, YT
Daniel Thomas Kemble	July 29, 2021	Yukon
Edward "Bud" James Kinney	July 30, 2021	Whitehorse, YT
George Chan	July 2021	Burnaby, BC
Pauline Chalifour	July 30, 2021	Whitehorse, YT
Douglas James Low	August 1, 2021	Whitehorse, YT
Hartline Joyce Elliott	August 1, 2021	Whitehorse, YT
Doug Hogan Sr.	August 1, 2021	Whitehorse, YT
Peter Michael Ward Allen	August 6, 2021	Whitehorse, YT
Elsie Doreen Howie	August 8, 2021	Whitehorse, YT
Glenn Richard Grady Keish	August 10, 2021	Whitehorse, YT
Brigitte Marianne Somers	August 19, 2021	Cranbrook, BC
Georgina Louise Brown	August 28, 2021	High River, AB
Nancy Marie Titus	September 2, 2021	Alaska
Augustinus C. Maria Karpes	September 6, 2021	Whitehorse, YT
Aldene Gertrude Snider	September 6, 2021	Whitehorse, YT
Kathy Birckel "Kwan Sha"	September 12, 2021	Klukshu, YT
Joy Ellen Denton	September 21, 2021	Whitehorse, YT
Velma Hull	November 17, 2021	Whitehorse, YT



Seniors' Home and 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 maintenance jobs at affordable rates.

These may include:

- snow shoveling;
- lawn and yard maintenance;
- wood splitting;
- housekeeping chores;
- minor repairs and painting.

For more information, contact:

Co-ordinator
(867) 667- HELP (4357)



Membership Application

Name: _____

Renewal: New Application:

Mailing Address:

Street or P.O. Box: _____ Apt: _____

City or Town: _____

Territory or Province: _____

Postal Code: _____

Telephone Number: _____

Email Address: _____

Date of Birth: _____

Day / Month / Year

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

Membership entitles you to receive our newsletters, and full voting privileges at the Annual General Meeting (for members in 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



FEEDBACK

Now it's YOUR turn.
Please write us.
Our e-mail address is
ycoa@yknet.ca. Take
time to check out our
website:
www.ycoayukon.com



Frost on plants. Photo Credit: Jan Trim

Notices

*Foot Clinic postponed
until further notice.*

*Please contact Linnea at 668-3383 or
stop in to update your membership.*

Support for this
Newsletter is provided by:

Yukon

Health and Social Services



Yukon Order of Pioneers
(YOOP)

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