

# Sourdough Chronicle



Volume 47 - Issue 1

Yukon Seniors' Newsletter

Spring 2024

A quarterly publication of the Yukon Council on Aging



*"Winter Walk" Taken in March 2023 by Christopher Wheeler*

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## The Seniors' Home & Yard Maintenance Program

Our program provides a referral service to assist seniors with a variety of household jobs from housecleaning, to mowing lawns, minor home repairs, and snow shoveling.

We partner with a variety of workers who can perform small scale home maintenance/cleaning tasks in and around the home in exchange for fair payment.

These jobs may include:

- *housekeeping, organizing, decluttering, and cleaning;*
- *snow clearing;*
- *lawn and garden maintenance;*
- *handyman services (minor repairs, etc.);*
- *splitting and stacking wood;*
- *window washing;*
- *and more...*



The workers' application process includes reference checks and an RCMP vulnerable sector background check. Most jobs are fairly short (1 to 3 hours), while others may require return visits. When the work is done, you pay the worker the agreed amount.

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*For more information, please visit us at 4061B 4th Avenue, Whitehorse, Yukon (next to Golden Age Society in the Sport Yukon Building), or contact the coordinator at (867) 667-4357 or by e-mail at [ycoahy@yknet.ca](mailto:ycoahy@yknet.ca).  
Our hours are Monday to Friday from 9:00 am to 1:00 pm.*

## The Seniors Information Office

Do you need help navigating and/or filling out forms? Are you looking for Senior related information that seems to be spread out over too many locations?

The Senior Information Center is a one-stop-hub to connect all Yukon seniors with services and resources that can help them with issues or concerns associated with day-to-day living.

Yukon Seniors can access information and assistance with any of the following:

- *Pension (CPP, OAS, PUG) applications*
- *Various grants and supplements*
- *Advanced Care Directives*
- *Health*
- *Recreation and Education*
- *Referrals to various agencies and organisations*
- *Housing*
- *Income Tax Referrals*
- *Seniors' Discount List*
- *Social Assistance List*
- *Social Assistance referrals*
- *and much more...*



**All services are free and all matters are confidential.**

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*For more information, please visit us at 4061B 4th Avenue, Whitehorse, Yukon (next to Golden Age Society in the Sport Yukon Building), or contact the coordinator at (867) 668-3383. Toll free at 1 (866) 582-9707, or by e-mail at [ycoa@yknet.ca](mailto:ycoa@yknet.ca).  
Our hours are Monday to Friday from 9:00 am to 1:00 pm.*

*YCOA is Closed on Statutory Holidays*

# President's Report



## An update from the Acting President

TEXT Bev Buckway

We were wrong if we thought it wouldn't snow this year. Off to an excellent start, but the volumes of the white stuff that fell from the sky in January meant many hours with a shovel. It is a sign of change, and although predicted, somewhat unwelcome by many of our seniors.

In early February, the Board engaged in a visioning session for the organization. There are some possible upgrades to improve efficiency we are uncertain about implementing due to the potential amalgamation. Better ways of communicating with our members is high on the list. Regardless, the organization is now in a stable financial and governance position.

The Annual General Meeting, with the election of officers, is the next essential item for the organization. Who do you know that might like to serve on the Board? Nancy Kidd is chairing the Nominating Committee, so do reach out with your questions and suggestions.

### Election of Directors

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.

### Maximum term

37 (1) A person is not eligible to serve in a particular position on the Board (that is, as President, Vice-President, Secretary, Treasurer or Director at large) for more than two consecutive terms.

(2) Despite subsection (1), a person may serve in a position for a third consecutive term if no other person is nominated for the position.

Senior Action Yukon (SAY) provides a brilliant newsletter that is well worth subscribing to at <http://eepurl.com/dElolr> "Want to be on the distribution list for the Seniors Action Yukon newsletter? Just send us your name and email address and ... that's it, you're done. SAY is an independent voice for older Yukoners (55+). We believe older adults matter -- they are an asset and gift to the community and make a major contribution to the Yukon's economy. Make your voice heard!" SAY is also on Facebook at [facebook.com/sractionyukon](https://facebook.com/sractionyukon).

I was pleased to be involved in the Solutions Lab that met seventeen times over two months to kick-start YG's public engagement process on the Residential Landlord Tenant Act. The Solutions Lab participants came from diverse backgrounds. Although we brought various insights from our experience at our respective organizations, represented the views of individual participants, not of our organizations. More information: <https://yukon.ca/en/engagements/review-residential-landlord-and-tenant-act>

As we know, the one thing that is constant in our world, is change. Onward!

Respectfully submitted,  
Bev Buckway

**"Say and do something positive that will help the situation; it doesn't take any brains to complain."**

— Robert A. Cook

# Editorial

## Change and choice moving forward.

**TEXT Christopher Wheeler**  
**PHOTO Christopher Wheeler**

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While it is almost certainly a cliché, it is nonetheless equally true that the one constant in life is change. For many years, I displayed a quotation in the signature line of my e-mail messages which read, "No man ever steps in the same river twice, for it is not the same river and he is not the same man." That little piece of wisdom spoke to me then and still does now. It is attributed to Heraclitus who probably lived near the end of the sixth century BC; however, many philosophers, authors and others have commented on, or written about, change. Aldous Huxley, the author of *Brave New World*, among other works, wrote, "Consciousness is only possible through change; change is only possible through movement." If one thinks about space, time, and memory, the science of physics would probably support that.

I think we can agree that life is a continuum of change. While we may be somewhat oblivious to, or at least unconcerned with, many of the changes we encounter, that may be less true the more we age.

When we were young, and our powers were at their peak, we often felt able to affect changes we wanted and to contend with those that we could not predict. In fact, we were probably working towards many of the great changes that defined

our lives: going on a first date, getting married, planning a family, buying a home are just a few to consider. Even those unexpected challenges that were imposed on us may have seemed manageable, temporary, or something to be overcome with work or perseverance.

With age, our powers wane and more and more changes seem externally driven, unavoidable, and even frightening. We may feel powerless to contend with, alter, or control the frequency, type, or tenor of the changes we experience. All of that said, it is important to remember that with every challenge comes opportunity. While

choices may seem limited, they probably aren't nonexistent, and generally speaking, we should still have some ability to initiate positive change in our lives.

In fact, exercising positive change is something that a recent learning for life session tackled when Sue Meikle and Linda

Casson talked about how to organise and declutter (see story on page 7). You may not realise how encumbering and valueless most stuff really is until you are tasked with managing an estate or moving house. At that point, there are bound to be times when you just wish you could toss it all in a dumpster and free yourself of the burden. The things we collect and treasure often have no value whatsoever to anyone else,



and when viewed critically, little real value even to ourselves. Clearing out and decluttering can be a positive change, determined through choice, as I experienced this past year.

2023 was definitely a year of change for me. I loved my job, my home, and my north, but a health scare and the birth of a granddaughter in far away Prince Edward Island got me to thinking. I've always valued family and felt it important to contribute as much as possible to shaping the lives of the youngest in a positive way. It's one reason why, when my wife and I had our children, I gave up any immediate career aspirations and elected to stay home to raise the kids. Now, with a brand new granddaughter, we decided to do what was required to be more than a picture on the mantle. After forty-seven years in our beloved Yukon, thirty-three of which were passed in the same home, Joanne and I decluttered, cleaned up, sold up, and drove east.

Selling, tossing, and especially giving away things that were filling spaces, but not serving purposes, was not only a positive change in and of itself, it was incredibly freeing. In the end, we probably divested ourselves of half the objects we had previously owned, and now that I'm in PEI finding space for the stuff I kept, I'm still discovering things that really aren't necessary.

While I'm not suggesting that you embrace change to that degree, it illustrates that despite the challenges, uncertainties, successes and failures that inevitably stalk human endeavour, you can always exercise choice and display the self determination to effect change. Do I miss the north? Of course-choices are seldom easy or perfect. But every day is a new creation full of potential and the past is gone forever. As Hericlitus pointed out over twenty-five hundred years ago, both the river and the man have changed. Do yourself a favour and attend some Learning 4 Life sessions, read our Hobby Highway and make some positive changes in your life. Even deciding to start the day on a positive note is all about creating the change that you would probably like to see anyway.




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### **Executive Officers:**

Bev Buckway, Past President  
Nancy Kidd, Vice President  
Vacant, Treasurer  
Penny Rawlings, Secretary

### **Directors:**

Michelle Christensen-Toews  
Elaine Kimball  
Lawrence Purdy  
Judy Ratcliffe  
Tracy Snell

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<http://www.ycoa Yukon.com>

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### **Sourdough Chronicle**

Christopher Wheeler, Acting Editor  
Newsletter published  
quarterly for Yukoners 55+

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# FYInformation

## What's Happening This Summer

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**Dawson City Intl. Short Film Festival**  
March 28 - March 31  
Dawson City

**Kluane Mountain Bluegrass Festival**  
June 9 - June 11  
Haines Junction

**Ride for Dad Yukon**  
Saturday, June 8  
Whitehorse

**Kluane Chilkat International Bike Relay**  
June 15 - June 16  
Haines Junction

**National Indigenous Peoples Day**  
Wednesday, June 21  
Venues around the Yukon

**Solstice Saint-Jean**  
Wednesday, June 21 5PM-11PM  
Whitehorse

**Adäka Cultural Festival**  
June 26 - July 4  
Whitehorse

**Canada Day**  
July 1  
Venues around the Yukon

**Yukon River Quest**  
July 2 - July 4  
Whitehorse to Dawson City

**Yukon Gold Panning Championships**  
July 5, 2023  
Dawson City

**Dawson City Music Festival**  
July 20 - July 21  
Dawson City

**Yukon River Trail Marathon**  
August 6  
Whitehorse

**Discovery Day Celebrations**  
August 16 - August 19  
Dawson City

**KIAC Print and Publishing Festival**  
August 16 - August 31  
Dawson City

**Publisher:**  
Yukon Council on Aging

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**Proofreader:**  
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Guest writers and contributors are welcome.  
All submissions must be in by the 10<sup>th</sup> of  
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# Senior Sentiment

## August LeFebvre (Grumpy)

### TEXT & PHOTO Bev Buckway

August LeFebvre responded to a recent question posed in the Sourdough Chronicle, "What makes seniors grumpy?" Here is his story.

August moved to the Yukon in 1966, coming as a professional chef from the International Hilton Hotel in Montreal. He moved to Faro in 1971, where he was at the grand opening of the Faro Hotel. He worked at the Whitehorse Inn and in many provinces across Canada, including stints in potash and pipeline camps. August also worked on and off at the Whitehorse Cadet Camp over a twenty-five-year stretch. He officially retired at 74 years of age from serving 3,000 meals per day for the military at Val-Cartier in Quebec, although he still enjoys baking and sharing his efforts.

August notes that he was fondly known as "Grumpy" by the numerous crews for his diligence in keeping a spotless kitchen and ensuring that everything met his professional specifications.

When asked what was the best thing about retiring in the Yukon, August says he loves the Yukon for its friendly people. He likes the outdoors and the hunting, fishing and camping. He talks fondly of preparing meals over an open fire using a big tripod to prepare the meat and vegetables, and tucking the potatoes and corn into the ashes for a "just right" meal.

The worst thing, he says, is the increased population as the roads were not built to

accommodate so many people. A good example is the daily convoy that zips past, backed up from Takhini to the Superstore. People also do not respect the red lights; too many pass through without stopping. He recognizes, however, that none of us are perfect and occasionally go through when the roads are icy. He feels the RCMP is doing more traffic stops to control recess drivers and welcomes their attention to the issue. Also on his list of negatives are not enough beds in our hospitals or enough housing for everyone.

After chatting with August, the author went home with a loaf of homemade bread; he is still the chef, but not grumpy.



August "Grumpy" LeFebvre

*Each month Senior Sentiment 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 sides. 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, or an interviewee for future editions, you can email your idea to the editor at, [sourdoughchronicle@gmail.com](mailto:sourdoughchronicle@gmail.com).*

# Learning 4 Life

## Clearing Your Clutter

**TEXT** Bev Buckway

Learning for Life started on the right foot this year with Sue Meikle’s presentation on Clearing Your Clutter. Three dozen eager and enthusiastic individuals took their places in Lewis Hall on January 16<sup>th</sup> to hear Sue’s best tips on downsizing and dealing with an overabundance of unwanted goods.

Sue started the session by asking people what was on their minds regarding “too much stuff.” What to do with belongings from parents, where to start, how to deal with too much paper added to the problems of clutter on flat surfaces, as well as inherited but not needed objects. With that good list, she noted (humorously, of course) that it isn’t fair to look for solutions for an absent partner’s belongings. That comment brought lots of laughs and smiles from the audience.

Two hours passed quickly, with the audience providing their thoughts and experiences. According to Sue, “Anyone who tells you it is easy to declutter hasn’t tried it,” adding that, “it does not help to impose guilt on yourself or someone else.”

There is also an emotional side to decluttering as it can bring sadness, depression, embarrassment, and feelings of being ashamed of having so much stuff. Her best advice is not to rush the process.



By provoking some internal thoughts, the audience pondered why we keep so many things and what we do with our collections--who does not collect something, from rocks to fine china or hand tools? Sue brought up how we experience guilt when getting rid of belongings and treasures, noting that as much as we like to pass on family heirlooms, the younger generation often has little interest in such things.

The audience shared their knowledge of some Whitehorse places that take various goods (list at end of article)

Interspersed with her own stories and those gleaned from others were some strategies on how to deal with clutter. Sue ended the presentation with a helpful reminder handout. All in all, it was an enjoyable and informative afternoon.

<b>Animal Items</b>	<b>Books</b>	<b>Computers</b>	<b>Craft Supplies</b>
Humane Society Yukon	Well Read Books	Computers for Schools	School or non-profit group
<b>Consignment</b>	<b>Clothing</b>	<b>Household Goods</b>	<b>Sporting Goods</b>
Mike’s New and Used Emporium	Victorian Faulkner Women’s Shelter	Multicultural Centre of the Yukon	Changing Gear
Consignment Shop	Church of the Nazarene	Whitehorse Community Thrift Store	
Renueva consignment shop	The Clothing Bank	Women’s Transition Home	<b>Vintage + Collectables</b>
	Outreach Van	The Wish Factory	Le Bazaar
	Connective	Raven ReCentre	
	And-Again Consignment Store	Needful Things	



# Amalgamation Update

**TEXT Bev Buckway**

## Update on Potential Amalgamation

The Feasibility Team's draft Request for Proposals was approved by Sharon Specht, ADM of Continuing Care, in January. A Transfer Payment Agreement between YG and the Golden Age Society is the next step that will allow us to advertise for a contractor to take the project to the next stage. As a recap:

Over the years, members and clients have often requested a "one-stop shop" for services for seniors. While each organization provides different programs and services, including those for rural Yukon communities, the clients are the same demographic (55+ seniors and elders across the Territory). All three are like-minded organizations with significant alignment in terms of vision, mission, and values (May 2023 Feasibility Study).

In addition to offering complementary – and in some cases very similar – services and programs, we find that there are common governance and operational challenges among our organizations, including rising costs, limited staff resources and the difficulty in finding qualified and committed board members. In large part these result from the inevitable overhead of running three separate legal entities, each with its own record-keeping, administrative and other compliance requirements.

The contractor will identify a range of services to be delivered by a newly amalgamated organization based on, but not necessarily limited to, the current offerings of the existing organizations. This will be a comprehensive and integrated senior service program plan. With the

program plan in hand, the contractor will develop a complete proposal for formal amalgamation, including the following elements:

- Entity: potential names and mission statement;
- Governance: models, staffing requirements and organizational structure;
- Operations: location, asset management and IT requirements, bookkeeping;
- Membership: fees and benefits;
- Professional Services: legal, financial and accounting;
- Financial: budgeting, revenue, amalgamating accounts;
- Programs and Services: alignment, costs;
- Planning and Timelines: implementation plan with defined timelines;
- Other: addressing concerns.

The final report is due by July 31<sup>st</sup>, 2024. The membership of the three organizations, namely, the Yukon Council on Aging, Golden Age Society, and ElderActive Recreation Association, will all vote on the subsequent proposed plan.



**“The principle part of faith is patience.”**

– George MacDonald

# Faraway

POEM and PHOTO Christopher Wheeler

**FARAWAY**  
February 7, 2024

I met an old man  
on a summer's day  
in a bright park, faraway:  
Another time, another world  
In a place, I used to stay.

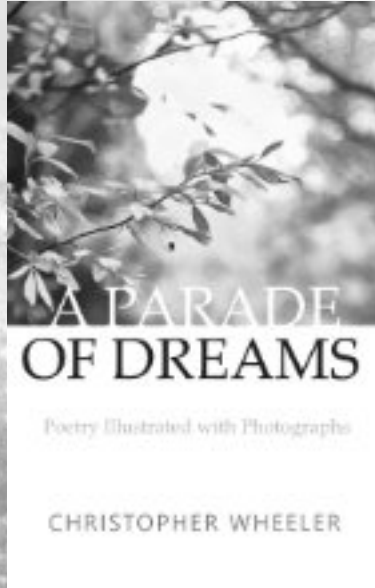
Where mountains and trees,  
caressed by the breeze,  
stretch as far as the eye can wander;  
And the rivers flow to lakes below,  
Those rounded peaks over yonder.

Despite nature's beauty,  
That old man looked through me—  
His thoughts were far away;  
Thinking of home, of red sand, and foam,  
The ocean, the sky and the bay.

Still, we got to talking,  
Just standing, not walking—  
I had a long drive ahead:  
From mountains, and hills,  
though flat lands, and vills,  
east to that island of red.

Now, I sit in my chair,  
A face lined with care;  
Dreaming of forest and glen.  
While outside my door,  
Not the same as before,  
Is that island, stuck into his head.

When people come forth,  
to tarry and talk,  
My eyes stare into the west  
Where forests, lakes, and trees,  
Are caressed by the breeze,  
that colours the dreams in my head.



*If you enjoyed this, more of Christopher's poetry can be found in his first book, A Parade of Dreams: Poetry Illustrated with Photographs. Find it at Mac's Fireweed, Coles, and online through sellers such as Amazon.ca. While you're there, why not look for other authors writing about the north.*

*Are you a member of YCOA? Do you have a writing project that you'd like to see featured in the Sourdough Chronicle? How about an art opening, or an event? Submit ideas, excerpts, and photographs by contacting the editor through the YCOA offices: 4061-B 4<sup>th</sup> Avenue in Whitehorse. Photographs, art, and text must be in a digital format and of suitable quality for printing. We reserve the right to refuse any submission at our sole discretion.*

# How to get A Job

**TEXT** Bev Buckway

As a young resident of Beaver Creek in 1971, I asked the Collector of Customs, Fred Hackney, what I would need to get a job as a summer Custom's Officer. He told me that I would need a year of college to be eligible. Coming home for spring break the next year, I visited his office and indicated my interest for a summer job, based on his last year's advice. He did an impromptu interview, and then told me to go downstairs to Canada Manpower and fill out an application, "But don't tell them I already hired you." Thus began two summers in uniform, with Jill Worsell as the other female summer officer hired - a first.

My first year was Beaver Creek, where I let two escaped criminals into the country. Back then our training was on-the-job. That particular day, I was on shift by myself, and an officer from U.S. Customs deposited two hitchhikers on the doorstep, driving them the twenty odd miles between the two borders. Having no idea what phoney identification looked like, I welcomed them to Canada. It is a good thing that training is more robust these days, as my actions had serious financial implications.

It was customary to place firearms in a plastic bag and attach a lead seal to facilitate transfer through Canada. One day a United States resident in her sixties came in to the office with a handgun. The officer asked if it was loaded, to which she indicated that it was. She was then directed to take it outside of the office and

unload it. "I don't know how," she replied. "How did you get it loaded?" asked the officer. And the answer? "My husband loaded it and said all I had to do was point it and shoot."

The next summer found me in Pleasant Camp. I decided to walk the eight miles to 33 Mile, the nearest restaurant and gas station and back. Upon my return, both of the other officers were in the office. They had been informed that a man with a glove on one hand and a handgun in the other was walking towards Canada, and he was shooting at road signs. I was glad that I was a mile ahead of him. As my summer accommodations were above the main office, I was very aware of the bullet hole in the ceiling from a previous incident. Needless to say, both are examples of a very different aspect to firearms than I grew up with.

Communication had its challenges. One young man coming to the country from Alaska was very surprised that I spoke English. He wasn't sure what he expected to hear, but it wasn't English. Another traveller came via Alaska to hike Mount Logan. He had paperwork to show his intentions, but as he only spoke Japanese, my ability to converse was limited.

Through the job, I talked to people from all over the world, and learned a great deal about humanity. I also learned that if you want a job, go ask. Thanks to Mr. Hackney for his willingness to hire women for the summer postings.



# On the Beach

## Looking Back at 2023

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PROSE Pat Hanrath

PHOTO Christopher Wheeler



*As I looked back on 2023 an image came to mind. I'm standing on a beach with the waves lapping at my feet. The wind is gently blowing, moving my hair as I lift my face to the sun and breathe in. I feel calm and peaceful. In recent years, there have been times when the waves come in driven by stronger winds. They slap against my legs not just my feet. It can be a little unsettling. And then there are times when the winds are particularly fierce. As the water goes out, it pulls the sand out from under me, and I begin to sink and get stuck. Even in the storm the beach and water are beautiful. I want to be here but I have to have more fortitude to stand in place as the storm passes over me. Believing that has challenged me. Believing that the storm does eventually pass even if it takes longer than I feel strong enough to bear. I have to remember my past experiences. The sunshine will return and the waters will calm so I can breathe again.*

# Hobby Highway

## Jackie Balsam on Quilting

### A LITTLE BACKGROUND

- |    |                                      |                        |
|----|--------------------------------------|------------------------|
| 1. | What's your name?                    | <i>Jackie Balsam</i>   |
| 2. | Which community do you live in?      | <i>Whitehorse</i>      |
| 3. | How long have you been in the Yukon? | <i>69 years</i>        |
| 4. | Are you retired? How long?           | <i>Retired in 2002</i> |

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 hobbies, interests and avocations that can help keep people interested, involved, and help bring meaning to their days after employment ends.

1. While you might have many interests, if you had to name one that has really captured your imagination, time, and/or energy as a 55+, what would it be?

*I started making quilts, but now I make smaller projects, such as table runners, place mats, and wall hangings. I also work with the Yukon tartan.*

2. Is this a new interest/hobby, an old one rediscovered, or something you have pursued for a very long time?

*I started in the 1990's.*

3. What/who got you started on this?

*A friend asked me to finish something. I asked for help and followed the suggestion to take some quilting classes. The class was good, as I saw what I could do, so I made a quilt for my daughter. That started me off, and I've probably made thirty quilts and around one thousand place mats since.*

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

*Intermediate, as I'm mostly self-taught. I don't have all the techniques from taking courses, although lots are available for those interested. After all the quilts, I liked working with the northern fabric - the birds, ravens, and fireweed. Depending on the intricacies, a small table runner takes me about six hours.*

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

*I like to create and bring the northern fabric to people's attention. It is not the selling at the craft markets but the end result of happy people who get pleasure from my work. Some of my projects go overseas. "Your beautiful work is in Japan. It was used for a special family meal in January," wrote a happy customer.*

6. Would you recommend this to others?

*I highly recommend this hobby. It relaxes my mind and allows me to be creative in my own way. It is very satisfying, as I am able to sew a custom-made, finished product targeted to my audience, such as using children's fabric or wildlife.*



Jackie Balsam

## Hobby Highway continued...

7. What do you need to get started?

*It would be best to have patience, fabric, a sewing machine, and an iron. Especially patience. You don't need a big space, so don't let that put you off. When I started, I just cleared off a space on the table. Start small and simple to see if you will like it.*

8. Are there any Yukon-based clubs or associations that someone interested in this could look up?

*Bear's Paw Quilts and the She Shed are good resources for lessons, fabric and advice. Klwane Quilters Guild is a place to get together and share ideas.*

# Senior Stats

TEXT Christopher Wheeler

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"Lies, damned lies, and statistics" is a phrase often attributed to Mark Twain who popularized it in the United States. Twain reportedly credited the words to British Prime Minister, Benjamin Disraeli, although there seems little actual proof that Disraeli ever spoke them. Like the origin of the quotation, it's pretty safe to say that statistics seldom tell the whole story and can be employed honestly or creatively to bolster arguments that might, or might not, hold water. For now, however, let's put all of that aside and consider a few numbers that may be of interest to Yukon seniors.

The Yukon's population has an average age of 39.9 years, which is two years younger than the national average of 41.9, all of which, I might add, makes me feel "over-the-hill." That said, Yukon is aging with a 42.1% increase in people of 65+ occurring between 2016 and 2021. The Yukon is also experiencing the highest population growth rate in Canada (by percentage of population) with a 12.1% increase between 2016 and 2021. On the housing front, core housing need in Canada is pegged at 10.1% while the Yukon stands at 13.1% on average and Yukon's Indigenous core housing need stands at 19%. Another interesting statistic states that the rate of individuals living alone in Yukon stands at 17.1% making it the second highest in the country.

Naturally those are all just numbers and there is almost certainly room for error. Moreover, in these fast moving times, numbers are probably out-of-date almost as soon as they are released. Beyond all that, you may also have your own ideas about causes or correlations. Fortunately,

we can dig further and find a lot that isn't immediately apparent, such as how those figures break down by community, or what portion of core housing need can be attributed to inadequate housing, unsuitable housing, or unaffordable housing, and much more beside. Please take an interest and check these stats out for yourselves. I found the numbers noted above by looking through the Yukon Housing Corp's 2023-2028 strategic plan, and they apparently found them by going to Statistics Canada's 2021 Census Profile. You can view the [Yukon Housing Corporation Strategic Plan 2023-24](https://yukon.ca/sites/yukon.ca/files/yhc/yhc-strategic-plan-2023-2028.pdf) on-line at: <https://yukon.ca/sites/yukon.ca/files/yhc/yhc-strategic-plan-2023-2028.pdf>?

Besides housing, another area of concern to most of us is health care, something that often becomes more important as we age. The Yukon currently has three hospitals with a total of 70 staffed hospital beds. In addition, we have 14 health centres and 189 general physicians. The Yukon also apparently boasts 122 specialist physicians, 31 dentists, 18 non-resident general dentists and 14 non-resident dental specialists. Whether or not all of those general physicians or specialist physicians are resident in the Yukon, and how many of the physicians and dentists are both registered and practicing, or available to take bookings, is something that those numbers do not clearly convey. If you'd like to check this out yourself, you can read the [Yukon Fact Sheet As of January 2024](https://yukon.ca/sites/yukon.ca/files/ybs/fin-yukon-fact-sheet-january-2024.pdf) at: <https://yukon.ca/sites/yukon.ca/files/ybs/fin-yukon-fact-sheet-january-2024.pdf>.

Thanks to Bev Buckway for providing the on-line links for this article.

# Letters to The Editor

## SENIORS/ELDERS NEED THANKS (SENT)

At 88 years old, I have seen much history: the awful depression of the '30's, WWII, the swarm of the baby boomers and now, an endless parade of protesters (who have never had it so good). In the 1960's our standard of living soared, mainly due to Medicare & Unemployment Insurance. Now we are enjoying the present soft time of unimaginable Social Benefits. Time to reflect.

I came to Whitehorse in the early 1950's. That was BC (before conveniences) such as plumbing and pavement downtown. Houses were low cost shacks, mainly built from ex-US Army barracks. One third of downtown residents were labelled squatters, living on White Pass land. Read my book Squatters Of Downtown Whitehorse to get the picture. Kids were expected to spend most of their time outdoors, playing, getting the wood in, or fetching groceries. Enjoying just being a kid and getting on with life.

Winter is on the way, and I am not looking forward to it coming. Having reached the age of the Law Of Diminishment (LOD), means that vigor taken for granted, vanishes. (VV- negative).

Ordinary errands, once a pleasure, are a nightmare in the winter. Consider shopping for groceries for instance. Wheeling around a heavy shopping cart into a checkout line-up, with a long line-up of harried shoppers behind, and processing the groceries yourself, with an indifferent overworked cashier to greet you, is depressing. Has the time of a cheery greeting and someone to pack your groceries passed into oblivion?

There was once a time when the customer was a valued person. Now I feel like they are doing you a favor, and I anticipate the time when a tip flashes on the total. And that isn't the end. There is the struggling to wheel the groceries to the car yourself through icy mounds, or worse, carrying a heavy bag to the bus stop. What is most disturbing, no one is interested!

Hey, listen all you grown-up kiddies, your turn is coming! Time to turn your attention forward and develop a sense of humor while there is still time. Your children will be grateful.

Every day is a miracle and may we all make time to give thanks to our creator.

PAT ELLIS, founder of SENT Yukon (Seniors/Elders Need Thanks).

# Health

## Let's Talk about Brain Health – Part 3

STORY Don Cheeseman

This is the third and last in a series of articles on how the year-long Brain Health PRO program assisted me in my journey with increasing cognitive impairment. I believe I benefited from this year of Brain Health PRO's instruction. In each weekly emailed lesson, I learned more about dementia and the modifiable factors that I could reduce by changing my lifestyle. There was much practical information in these lessons and the videos were very well done. The narrator's voice was easy to understand. The text and graphics were beneficial to my fuller understanding of the subject. The subjects covered within the program were:

1. Brain Health Overview;
2. Physical Activity;
3. Cognitive Engagement;
4. Nutrition;
5. Sleep;
6. Social & Psychological Health;
7. Vascular Health;
8. Vision & Hearing.

This study will help health professionals evaluate how well the Brain Health PRO program is working and help recruit a large group of older adults interested in participating in studies that focus on promoting brain health and managing lifestyle risks that may help prevent or lower the risk of dementia. For example, The chapters within the area of Social & Psychological Health are as follows:

1. Social & Psychological Health
2. Network and Brain Health
3. Conclusion to Social and Psychological Health
4. Tips to Increase Enjoyment of Activities
5. Growth Mindsets: Influencing How We Age
6. Subjective Age: How Old Do You Feel?
7. Anxiety and Depression:
8. More than stress and the blues
9. Ageism: Dealing with Age-Based Prejudice
10. Cognitive Dementia on Enjoyed Activities
11. Life Transitions and Social Networks
12. Expanding Your Social Network



Wrist strap measured Don's movement while sleeping

13. Intergenerational Connections
14. The Aging Stereotype Threat
15. Purpose in Life
16. Social Motives and Social Networks
17. Social Motives and Cognition
18. What is stress, Anyway?
19. Stress and Brain Health
20. Coping With Stress
21. Mindfulness: The Basics
22. Putting Mindfulness into practice
23. Self-Efficacy
24. Caregiving

As I complete this program, I realize that my lack of understanding of spoken words is the biggest single contributor, but not the only one, to my cognitive impairment. At the same time, I have improved my diet by eating more green vegetables, less red meat, and more legumes. I have been more cognizant of the importance of increasing my physical and mental exercise, and I have worked very hard to increase my social interaction.

I encourage all of you to consider learning more about Dementia. The web link to the Alzheimer's Society is <https://alzheimer.ca/bc/en/node/3082>

Hear Don at <https://www.cbc.ca/listen/live-radio/1-393-yukon-morning/clip/16033775-this-alzheimers-awareness-monthspeak-yukoner-living-form>

First Link Yukon Dementia Helpline is 1 (888) 852-2579



# Birthdays

Sylvia Jane Blumenschein	Mar 01	Nancy Campbell	Apr 24
Lewis Seymour (Red) Lewis	Mar 2	Halie Anderson	Apr 26
Rudy Couture	Mar 04	Gil Beaudin	Apr 26
Carol Gordon	Mar 05	Catherine Hines	Apr 26
Pat Downey Arey	Mar 08	Luanna Kotelko	Apr 26
Linda Cox	Mar 10	Rae James-Davies	Apr 27
John Robbins	Mar 12	Anne Kelly	Apr 27
Graham MacCannell	Mar 13	Valerie Graham	Apr 28
Michelle Christensen-Toews	Mar 15	Margaret "Betty" Campbell	Apr 29
William Nelson	Mar 15	Tony Gonda	Apr 29
Ingrid Schmitt	Mar 17	Sherry Goodman	Apr 29
Shirley Jarvis	Mar 18	Jean Hogg	May 01
Peter J. Murtagh	Mar 18	Edie Marshall	May 04
Ralph Shopland	Mar 18	Joan Oram	May 05
Emily Bear	Mar 19	Beatrice Rocca	May 05
Sandra Lynn Helland	Mar 19	Harris Cox	May 06
Priscilla Peever	Mar 20	Susana Edwards	May 07
Auguste Lefebvre	Mar 21	Ron Ratz	May 08
Sandra Mason	Mar 21	Shirley Anderson	May 16
Judith MacLean	Mar 24	Susan Walton	May 17
Jean Murphy	Mar 26	Caroline Oblak	May 20
Henry Wallace (Wally) Sutherland	Mar 26	Tomas Jirousek	May 21
Tracie Harris	Mar 27	Barbara Boleen	May 22
Cecilia Magnusson	Mar 27	Simon Mason-Wood	May 23
Marcella Brown	Mar 28	Ann Dibbs	May 25
Judith Renwick	Mar 28	Omi (Ulrike) Levins (Wohlfarth)	May 25
William "Bill" Grandy	Mar 29	Dianne Lenz	May 26
Mary Murphy	Mar 29	Janet Manser	May 26
Marcia Seely	Apr 04	Dana J. Miles	May 28
Fran Hennings	Apr 05	Pat Sokalski	May 28
Pring Tammy "Kim" Pring	Apr 05	Maggie Hedla	May 30
Stephen Johnson	Apr 06	Muriel Frizzell	May 31
Frank Bachmier	Apr 07		
Jean Johnson	Apr 07		
Keith Kendall	Apr 07		
Michael Lauer	Apr 09		
JoAnne Butterworth	Apr 11		
Merritte Stewart	Apr 11		
Luella Forsythe	Apr 11		
Pam Cotton	Apr 12		
Laura Fry	Apr 13		
Calvin Ohlin	Apr 13		
Phyllis Frost	Apr 14		
John Higgins	Apr 15		
Diane Nikitiuk	Apr 15		
Rob Sutherland	Apr 15		
Alex Jolley	Apr 17		
Loretta Westman	Apr 19		
Doris Roberts	Apr 20		
Ellen Johnson	Apr 20		
David Robertson	Apr 21		

**"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."**

**— Tagore**

# Last Trails

Benjamin Warnsby  
 Dennis Joseph Beaudoin  
 Darcy Randall Holmes  
 Hans-Herbert Specht  
 Courtland (Ross) Fooks  
 Jean (Jeannie) Marie Kurtin  
 Boyd John Gillis  
 David William Gould  
 Susan (Susie) Deborah Smith  
 Lynne Phillips  
 Jacqueline Rae Bazett  
 Joseph Noel Lionel Leopold (Leo) Bourassa  
 Edith Charlotte MacAdam (nee Jarvis)  
 Nora Bowers  
 Henry John Henkel  
 Jean Nicolaas Besier  
 Michelle Redfearn (Thompson)  
 Chris McCulloch  
 Carol Ann Cairns  
 Cecil Doug Spinks  
 Larry Raymond Bragg  
 Jerry Bradford (Sr)  
 Craig Alfred Smith  
 Jean Mary Kapala  
 Thomas Johannes Schloter  
 Janet Lee Dickson  
 Joan Allan-Darrah  
 Gail Hendley  
 Timothy Orville Rhine  
 Bruce Shore  
 Adam Skrutkowski  
 Phyllis Natalia Bach  
 David Arthur Ordish  
 John Charles Adam  
 Reverend Martin Carroll

Sunday, 9. July 2023  
 Monday, 4. September 2023  
 Saturday, 14. October 2023  
 Monday, 16. October 2023  
 Wednesday, 1. November 2023  
 Saturday, 4. November 2023  
 Tuesday, 14. November 2023  
 Tuesday, 14. November 2023  
 Wednesday, 15. November 2023  
 Saturday, 18. November 2023  
 Sunday, 19. November 2023  
 Sunday, 3. December 2023  
 Monday, 4. December 2023  
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 Monday, 4. December 2023  
 Wednesday, 6. December 2023  
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 Tuesday, 12. December 2023  
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 Wednesday, 27. December 2023  
 Sunday, 7. January 2024  
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 Wednesday, 24. January 2024  
 Wednesday, 24. January 2024  
 Friday, 26. January 2024

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CGC has a NEW SPORT Called WALKING SOCCER. "This game is like stepping into a world of fun and fitness! It's all about enjoying the game of soccer while keeping things easy on your body and soaking in the team spirit. You'll love the

fact that there's no rough contact between players, and you've always got one foot firmly on the ground. While some soccer background can be handy, it's definitely not a must-have - everyone's welcome to jump in and have a blast!"



Every Tuesday (until 16th April)  
 8:00 pm - 9:00 pm  
 Canada Games Centre - Flexihall





# 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)

I prefer to receive the Sourdough Chronicle by Post  or Email

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

**The Membership fee is \$15/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



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Receipt Number: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

Membership Expires  
March 31, 20 \_\_\_\_\_

Entered  Date: \_\_\_\_\_ General Member  Associate Member

# FEEDBACK



Now it's YOUR turn. Please write to us. Our e-mail address is:  
[sourdoughchronicle@gmail.com](mailto:sourdoughchronicle@gmail.com).

Also take a moment to check out our website at:  
[www.ycoayukon.com](http://www.ycoayukon.com)

Yukon Council on Aging  
4061B - 4<sup>th</sup> Avenue  
Whitehorse, Yukon Y1A 1H1



MAIL TO: