Sourdough Chronicle

Yukon Seniors' Newsletter Volume 47 Issue 3 Fall 2026

"Shedding a wild summer just to shiver into autumn: at this point,
your guess is as good as mine where the black ends and the white begins." *Anonymous*

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Sourdough Chronicle

Yukon Senior's and Elders Quarterly

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Editorial

Hello everyone,

I just wanted to start off by saying a big thank you for all the wonderful comments and stories you shared after our last issue on the housing gap. Reading your notes and hearing your thoughts truly made my day. It's conversations like those that make this work meaningful, and I am grateful to every one of you who took the time to write in or stop by for a chat.

Now that the mornings are getting crisp and autumn is settling in, I've put together a nice mix of articles for you to enjoy over a warm cup of coffee or tea. In this issue, we dive into how city property taxes and utilities actually work, demystifying how those numbers are calculated so it's all a bit clearer. We also take a look at the science behind why our northern leaves turn such stunning shades of gold every fall, giving us a moment to appreciate the seasonal beauty right outside our windows.

For history lovers, there's a piece on how World War II transformed the Yukon, as well as a fun, slightly spooky visit to a legendary haunted house in Dawson City! And to wrap things up we tackle why so many email addresses seem to be bouncing or failing lately, alongside a quick breakdown of how driver's license rules differ across the country. There really is a little something for everyone in these pages, whether you're looking to brush up on local history, stay up to date on household tech, or just enjoy a good story.

As we turn our attention toward the cozy months ahead, I hope this edition brings you both useful information and a little entertainment for a quiet afternoon. Please keep those notes and comments coming. Hearing what resonates with you, what made you smile, or what you'd like to read about next is what keeps our newsletter so vibrant and connected.

Grab a cozy blanket, settle into your favorite spot, and enjoy the read!

Warmly,

Donna English (Editor)

"Delicious autumn! My very soul is wedded to it, and if I were a bird
I would fly about the earth seeking the successive autumns." — George Eliot

President's Report

Hello YCOA members. I hope you enjoyed your summer and are ready for fall. The leaves are turning yellow, and my squirrels are terribly busy collecting pinecones!

Learning for Life will begin this fall, with eight sessions offered again this year. Once our new coordinator is in place and the program are confirmed, we will post the details and email them to you.

Donna English, our Sourdough Chronicle editor, will step down at the end of December, so we will begin looking for someone to take over the role. Donna is also the office manager at GAS, so she is a busy person. She has done an excellent job, and we are sad to see her leave this position. She will continue to write articles for the Sourdough Chronicle and would love to receive more article submissions from our membership. If you have ideas, please let office staff Brenda or Sandra know, and they will be passed onto Donna or the new Sourdough Chronicle editor.

Staff members, Brenda Hansen and Sandra Richardson, have been busy preparing for fall and winter. Sandra has signed up more clients for the Home and Yard Program, bringing the total to 314 as of the beginning of September. Brenda continues to help clients with Service Canada forms and grants and can help you complete them if you have any questions. Please stop by for a visit with the office staff. The office is open Monday to Friday, from 9 am to 1 pm, except on statutory holidays.

We are pleased to welcome Valjean Henderson as our new casual office staff member. She joins Cheryl West, who has served in this role for several years. Both are happy to help when Brenda and Sandra are away. If you haven't met them yet, please stop by the office and say hello!

Over the fall and winter our board members will be working on our new YCOA Strategic plan which we expect to have ready to share at our AGM in May 2027. We will also be updating our extremely popular "Information Please Booklet…." by April 2027. Our "Discount List" is updated frequently when we hear of a business that has updated their discounts for seniors. So stop by the office and check out the many pamphlets, etc. that we have.

If you are interested for an opportunity to celebrate older adults in our community, International Seniors day is October 5 at the CGC between 10 am and 1 pm.

Have a wonderful Fall!

Autumn is a gentle pause between summer's heat and winter's rest,
Where golden leaves carpet the quiet earth,
And crisp northern air invites us home.

Seniors' Information Office

Navigating life, accessing support, and staying informed can be challenging, but the **Seniors' Information Centre** is available to provide personalized assistance.

Far more than a hub for brochures, **Seniors' Information Centre** offers a welcoming space where knowledgeable staff deliver direct, one-on-one support.

Key Support Services

- **Expert Guidance:** Staff break down complex jargon to help seniors understand local services, pension programs, financial aid, and health benefits.

- **Hands-On Application Help:** walk seniors through complex government forms step-by-step, ensuring documentation is accurate and submitted on time.

- **Complete Accessibility:** All services are completely free, confidential, and delivered in a safe, respectful environment.

Seniors' Information Centre

Brenda Hansen

Office Coordinator

Telephone (867) 668-3383
ycoa@yknet.ca
4061B 4th Avenue
Whitehorse, YT Y1A 1H1

http://www.ycoayukon.com

Monday to Friday 9:00 a.m. to 1:00 p.m.

"We're all stumbling through the dark. Asking for help isn't admitting defeat; it's asking for a flashlight."

Unknown

DATES & DEADLINES

National Day for Truth and Reconciliation:

Wednesday September 30, 2026

CGEB: (Canada Groceries and Essentials Benefit)

Formerly called the GST Rebate

Thursday October 5, 2026

.

Thanksgiving Day:

Monday October 12, 2026

Whitehorse Senior Utility Rebate

Applications open after Thanksgiving

(adjusted from $500 to $250 this year).

Remembrance Day:

Wednesday November 11, 2026

2026 CPP & OAS PAYMENTS:

September 25 (Friday)

October 28 (Wednesday)

November 26 (Thursday)

Pioneer Utility Grant:

Thursday December 31, 2026

Deadline for applications

Missed the Federal Dental Renewal?
If you missed the June 1 renewal for the **Canadian Dental Care Plan (CDCP)**, coverage stops June 30.

If you need help filling out any of these forms or applications, the **Senior Information Center** is here to help you!

Seniors' Home and Yard Maintenance Program

Many seniors are able to live independently in their own homes but need a **little extra help** keeping up with property maintenance. Our referral service connects you with skilled, vetted local workers who can assist with a variety of light household and yard tasks.

Services Offered

Our workers can help with small household or outdoor jobs, including:

Home & Yard Care:

General yard maintenance. Snow shovelling.

Cleaning & Organizing:

Deep cleaning, ongoing cleaning schedules, and decluttering.

Handyman Tasks:

Repairing leaky taps or putting up shelves.

**Please Note:* *We do not undertake large projects or renovations.*

How It Works

Local Pairings:

Whenever possible, we match you with a worker who lives right in your neighbourhood.

Safety First:

For your peace of mind, every worker has a clean Vulnerable Sector Check through the RCMP.

Flexible Pricing:

Our recommended rate is **$30.00 per hour**, but the final price is negotiated directly between you and your worker.

Do you want to **apply for services** or find out more about getting paired with a worker?

There is a **standard client application form** to fill out, which asks for basic details about the type of help needed, scheduling preferences, and any household details (such as pets) to ensure a great match with a local worker.

Here is how to apply:

By Phone:

Call the Home & Yard Maintenance Coordinator directly at **(867) 667-4357**.

In Person:

You can drop by the Home & Yard Maintenance Program office at **4061B – 4th Avenue** in Whitehorse. Office hours are Monday to Friday, 9:00 AM to 1:00 PM.

By Email:

Send us an email at **ycoahy@yknet.ca**

As winter weather approaches, a few simple seasonal tasks can keep your home safe, comfortable, and energy-efficient. Start by checking window and door seals for drafty gaps, using weatherstripping or door snakes to trap warmth inside. Ensure your heating system is ready for the cold by replacing furnace filters or scheduling a professional inspection. Outside, clear leaves and debris from drains to prevent ice buildup, store garden hoses after draining them, and stock up early on ice melt, salt, and sturdy snow shovels. Finally, test your smoke and carbon monoxide detectors, assemble a basic winter emergency kit with extra blankets, batteries, and flashlights, and keep clear paths along all main outdoor walkways to prevent slip and fall hazards.

Your Autumn Horoscope

Aries Autumn invites you to slow your pace and refocus your drive. As the weather cools, direct your trademark energy into personal projects and cozying up your sanctuary. Balanced effort brings deep satisfaction now.

Taurus Grounding autumn energy suits you perfectly. Use this season to nourish your routine, invest in comfort, and enjoy nature's shifting colors. Financial stability and steady self-care bring peace of mind.

Gemini Your curious mind finds plenty to explore this fall. Fresh conversations, new books, and autumn gatherings keep your spirits bright. Clear out mental clutter to make space for creative ideas.

Cancer Home and family take center stage as the leaves fall. Create a warm, welcoming space where you can retreat and recharge. Honest heart-to-heart connections deepen your most treasured bonds.

Leo Your vibrant spirit warms up the crisp autumn days. Focus your creativity on community connections and short local travels. Sharing your natural warmth helps others navigate the season's changes.

Virgo Fall brings a welcome rhythm that helps you feel centered. Use this organized season to align your daily routine with your long-term goals. Celebrating small daily wins builds lasting confidence.

Libra As your birthday season unfolds, focus on personal balance and self-expression. Wrap yourself in autumn beauty and clarify what you truly want out of your relationships and life path.

Scorpio Autumn's mystery aligns wonderfully with your introspective nature. Take time for quiet reflection, let go of what no longer serves you, and step confidently into a fresh chapter of renewal.

Sagittarius Social energy and group plans highlight your autumn months. Connect with friends and collaborate on community goals. Your optimism keeps everyone around you inspired as the days grow shorter.

Capricorn Harvest season brings rewarding momentum to your goals and career. Your quiet discipline pays off, allowing you to establish a stable foundation before winter sets in. Plan thoughtfully for what's next.

Aquarius Fresh perspectives and new horizons beckon this fall. Expand your worldview through learning, thoughtful discussions, or small adventures. Broadening your mind brings unexpected clarity.

Pisces This season encourages emotional reflection and gentle transformation. Direct your intuition toward creative projects and quiet relaxation. Nurturing your inner world yields quiet resilience.

Did you hear about the Thanksgiving turkey that mysteriously disappeared? They suspect fowl play!

Winter Forecast

When a **"Super El Niño"** (a very strong El Niño event) takes hold, it significantly alters the atmospheric jet stream across North America. For the Yukon, a strong El Niño pattern typically redirects mild Pacific air across the territory while suppressing the standard push of deep, sustained Arctic air.

The Trend: Temperatures across the Yukon are predicted to average **above normal**.

What That Means: "Above normal" in a Yukon winter is relative, it certainly doesn't mean warm. Deep sub-zero stretches and cold snaps will still happen when the polar vortex occasionally dips south. However, those intense, prolonged -40C polar outbreaks are expected to be shorter and less frequent.

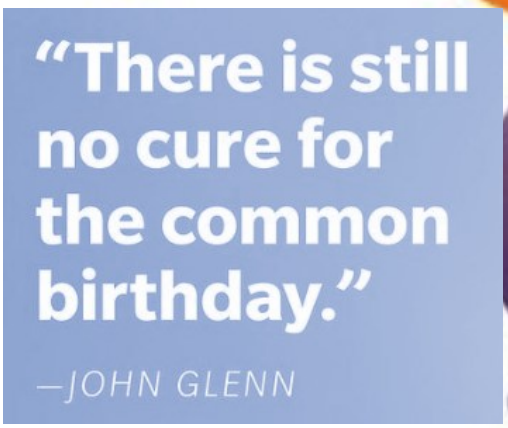
Expect: An extended, lingering autumn, followed by a winter characterized by more moderate sub-zero temperatures and occasional mid-winter temperature swings.

In short: Expect a winter that arrives a bit late, brings fewer sustained periods of deep -40C freezer weather, and requires less shoveling overall—though you'll still want your parka handy for the brief cold snaps that do squeeze through!

Happy Birthday

Barb	Michaelsen	Aug 17
Georgianna	Low	Sep 01
George	Nagano	Sep 03
Irwin	Smith	Sep 04
Keith	Bebak	Sep 10
Norman	Farr	Sep 11
Ed	Armstrong	Sep 12
Brenda	Hansen	Sep 13
Reta	Fisher	Sep 15
Adila	Low	Sep 17
Ulrich	Lenz	Sep 18
Charles "Chuck"	York	Sep 18
Ed	Chaplin	Sep 18
Mike	Brazeau	Sep 21
Lisa Elsie	Hadikin	Sep 22
Edwin	Nimco	Sep 25
Cecil-Gayle	Terris	Sep 25
Myrna	Butterworth	Sep 26
Rebecca Jane	Dale	Sep 27
Gord	Sutton	Sep 30
Llewellyn (Lew)	Johnson	Oct 01
Patricia (Sue)	Meikle	Oct 02
Ruth	Wilkinson	Oct 03
Margaret (Peggy)	Hanulik	Oct 04
Dorothy	Burke	Oct 05
Mary	James-Davies	Oct 07

"Wrinkles will only go
where the smiles have been."
Jimmy Buffet



Kay	Yamada	Oct 07
Terrance P.	Hanlon	Oct 12
Walter	Gutowski	Oct 13
Sally	Lyons	Oct 16
Johan	Groenewegen	Oct 19
Ruby E.	Woolger	Oct 19
Elise	Maltinsky	Oct 22
Judy	Pakozdy	Oct 23
Cindy	Schamber	Oct 23
Stephen	Ellerton	Oct 25
Virginia "Ginny"	Malchow	Oct 25
Jeffrey	Marynowski	Oct 27
Michele	Clark	Nov 03
Deborah	McNevin	Nov 05
Audrey	McLaughlin	Nov 07
Donald	Cheeseman	Nov 11
Neil	Salvin	Nov 11
Elaine	Darling	Nov 12
Judy	Ratcliffe	Nov 13
Harald	Rocca	Nov 14
John	Pattimore	Nov 26
Fran	Curran	Nov 28
May	Gudmundson	Nov 28
Leigh	Storey	Nov 28
Sherry	Fleming	Nov 30

Understanding Your City Bills: Rebates, Taxes, and Property Values Explained

Whitehorse seniors have voiced questions and concerns about rising local costs, changes to municipal rebates, and how property taxes are calculated. Here is a breakdown of what is changing, why it is happening, and how local property assessments work.

Utility Fees &:City Taxes: A 6 Year Summary

If your household budget feels tighter lately, the numbers show why. Whitehorse property taxes and utility charges have shifted noticeably over the last few years.

Municipal Utility Bills (Water, Sewer, Garbage)

- Rates were frozen entirely in **2021 and 2022** to ease pandemic pressures.
- However, cumulative rate hikes between 2023 and 2026 (including an **8% increase on water/sewer in 2026**) mean the average single-family quarterly utility bill has risen by roughly **25% to 30%** since 2020. Moving from around $295 to over $360 per quarter.

Property Taxes (2010–2026)

- **2010 to 2019:** Whitehorse maintained stable annual property tax revenue increases between **1.5% and 2.3%**.
- **2020 to 2021:** During the pandemic, Council lowered increases to a low of **1.29%** in 2021 to offer financial relief.
- **2023 to 2026:** To keep up with post-pandemic inflation, rising fuel costs, and infrastructure repairs, annual tax increases stepped up to the **3.4% to 3.8%** range each year.

The Senior Utility Rebate: What Is Changing?

In February 2026, the **City of Whitehorse** formally proposed reducing the maximum **Senior Utility Rebate** (available to residents aged 65 and older) from **$500 down to $250 per year**.

- **Why the cut?** The City cited a 30% increase in overall program costs due to Whitehorse's growing senior demographic and broader municipal budget pressures.
- **Plans for Income Testing:** Starting in 2027, the City plans to transition the rebate to an income-tested model rather than a flat universal grant. Specific income limits have not yet been announced.
- **Community Concerns:** Local senior advocates have pushed back, noting that a $250 annual rebate works out to about **$20.83 a month**. Many feel that requiring seniors to submit sensitive personal tax documents to City Hall for a modest monthly benefit creates unnecessary administrative hurdles and privacy concerns.

How Yukon Property Assessment Works

Property assessments in Whitehorse are conducted by the **Government of Yukon Property Assessment Branch**, not the City. Assessments are updated every **two years** and combine two separate numbers:

Land Value vs. Improvement Value

Land Value: Based on recent market sales of lots in your neighborhood, size, and zoning. Central neighborhoods (like Downtown or Riverdale) carry significantly higher land values due to location and high demand compared to outer subdivisions like Whistle Bend.

Improvement Value: Based on what it would cost to build or replace the structure today, minus depreciation for age.

Property Taxes: Based on Value and Property Type

Property taxes are calculated using a property's assessed market value (determined by Yukon Government Property Assessment) multiplied by the city's **mill rate**.

Property Tax = Assessed Property Value X Mill Rate

2026 Mill Rates **Residential:** 1.097% of assessed value

1. **Does living in an older neighborhood mean lower taxes?**

   Not necessarily! While an older, un-renovated house has a lower building value due to age, its lot value in an established central neighborhood is usually much higher. Furthermore, if an older home undergoes major renovations, assessors adjust its "effective age," which raises the building value and removes the age discount.

2. **What Triggers an Improvement Value Re-assessment?**

   Building Permits: When major work requiring a municipal building permit is completed (additions, structural work, converting space into a suite), the city notifies the Yukon Property Assessment Branch, and an assessor updates the building details.

   Bi-Annual Physical Inspections: During regular two-year municipal assessment cycles, assessors conduct visual re-inspections or reviews of properties to check for major exterior changes, outbuildings, or permit completions.

Key Takeaways for Seniors

- **Apply for Territorial Grants:** The Yukon Government's **Pioneer Utility Grant (PUG)** continues to offer heating assistance (up to $1,382 within Whitehorse) based on net income.
- **Watch for 2027 Rebate Updates:** Keep an eye out for City Council announcements regarding the official income criteria for the 2027 Senior Utility Rebate.
- **Check Your Assessment Notice:** Property assessment notices are mailed out every December by the Yukon Government. If you believe your property's details or condition are incorrect, you have 30 days to file a factual inquiry or formal review.

Frost and Foliage

When the air turns crisp and the daylight starts shrinking, preparing for winter feels less like a chore list and more like a quiet instinct. It is about getting ready to tuck in, stay safe, and keep life moving smoothly through the coldest months of the year.

Most of the work starts right at home. You draft-proof the doors, check the furnace, and clear out the gutters before the first hard freeze hits. It is simple, practical maintenance, but there is immense comfort in knowing your living space is **tight, warm, and secure** against whatever weather rolls through.

Then comes the outdoor reality: getting the car serviced, swapping over to winter tires, and tossing an emergency box into the trunk with a sturdy shovel, extra gloves, and a wool blanket. You hope you will not need any of it, but you are always glad it is there when the roads get treacherous.

Beyond the physical chores, winter prep is really a **mental reset**. It means stocking the pantry with ingredients for hearty soups, embracing warm mugfuls on freezing mornings, and choosing to lean into the quiet rhythm of the season rather than fighting it. When you take the time to prepare, the cold stops feeling like something to endure and starts feeling like a time to rest and gather strength.

Word Search

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

WORD LIST

AUTUMN	FALL	HEDGEHOG	NOVEMBER	SCARECROW	SWEATER
BEAR	FARM	JACK O LANTERN	OAK LEAF	SCHOOL	TURKEY
CHESTNUT	FOX	KNITWEAR	OCTOBER	SEPTEMBER	UMBRELLA
CORNUCOPIA	GHOST	MAPLE LEAF	PEPPERMINT	SPICED	VANILLA
COZY	GINGER	MUSHROOM	PINECONE	SQUASH	VOLLEYBALL

What is a gourd farmer's favorite sport? Squash.

Soft golden leaves float down through the silent winter snow,
Eerie pale ghosts whisper quietly in the frosty evening air,
Cold white shadows drift slowly into the haunting winter snow.

Yukon forests transform into a vibrant canvas of gold, orange, and red every autumn. While cold weather often gets the credit for this makeover, shrinking daylight, not frost, is what actually triggers the change.

Trees track the seasons using an internal clock driven by day length. Once the summer solstice passes in June, days shorten and nights grow longer. Detecting this shift, trees start preparing for winter long before the first hard frost arrives. They stop producing chlorophyll, the green pigment used for photosynthesis. As the green fades, hidden yellow and orange pigments already inside the leaves finally get revealed.

Unlike the Yukon's unpredictable springs, which shift from late April to mid June depending on snowmelt, autumn foliage arrives with precise consistency. Because day length follows a fixed schedule, autumn colors arrive around the exact same time every year, even when September frost is delayed.

Weather still influences how the display looks. Crisp nights and sunny days intensify the colors, while a light frost can speed up the green's fade. However, a sudden, heavy early frost can actually damage leaves and turn them brown before they peak. Even under heavy cloud cover, trees still sense the lengthening nights and continue their shift toward winter dormancy.

Remember When: When the Yukon Became a Front Line of the Second World War

For many Yukoners, the Second World War is remembered through stories of fathers, uncles, and grandparents who served overseas. Yet few realize that the war also transformed the Yukon itself, turning a quiet northern territory into one of the most important strategic regions in North America.

Before the war, Whitehorse was a small community and much of the Yukon remained isolated from the rest of Canada. Everything changed after the attack on Pearl Harbor in December 1941. Fearing threats to Alaska and the North Pacific, Canada and the United States launched an unprecedented military buildup across the North.

One of the most ambitious projects was the construction of the Alaska Highway. Built in 1942 as a military supply route, the road connected the continental United States to Alaska through British Columbia and the Yukon. Thousands of soldiers, engineers, and civilian workers battled mountains, muskeg, permafrost, and swarms of mosquitoes to complete the route in record time.

Almost overnight, the Yukon was transformed. Approximately 30,000 American and Canadian military personnel and civilian workers passed through or worked in the territory during the war years. Whitehorse became a bustling transportation and logistics center unlike anything the Yukon had seen before.

The city also became a crucial link in the Northwest Staging Route, a chain of northern airfields use to ferry military aircraft northward. Nearly 8,000 aircraft travelled the route on their way to support the Allied war effort.

The White Pass & Yukon Route railway was equally vital. Massive quantities of military equipment, fuel, building materials, and troops arrived through Skagway and Whitehorse. Traffic became so heavy that the U.S. Army assumed operation of the railway for much of the war.

Yukoners themselves answered the call to serve. Men and women from communities across the territory enlisted in Canada's armed forces, while others supported the war effort from home through fundraising, transportation, communications, and northern construction projects.

The war brought dramatic changes to First Nations communities as well. The construction of the Alaska Highway and related military projects crossed traditional territories and introduced a scale of outside activity never before seen in many parts of the Yukon. These changes would have lasting effects on the territory's people and communities.

When peace returned in 1945, much of the military presence disappeared, but the Yukon would never be the same. The Alaska Highway remained. Airfields remained. Transportation links improved. Communities that had once been separated by vast distances found themselves connected to the rest of North America.

For a generation of Yukoners, the Second World War was more than a conflict fought overseas. It was a period when the North suddenly found itself at the center of a global struggle, helping build the roads, railways, and air routes that contributed to victory and forever changed the future of the Yukon.

In the Remembrance Day phrase "Lest we forget," the word **"lest"** is a conjunction that means **"for fear that"** or **"so that... not."**
Translating the phrase into modern English yields:
"So that we do not forget"
or
"For fear that we might forget."

Yukon Ghosts

Built back in 1901 as the Klondike Gold Rush was winding down, Macaulay House in Dawson City is mostly known today as a quiet haven for creative minds. Writers, painters, and musicians from across Canada have stayed there over the decades to work and recharge. But alongside its long history as an artist residency, the old home carries a ghost story that has been whispered down its corridors for generations.

What makes the stories about Macaulay House so intriguing isn't theatrical dread or dramatic Hollywood scares. It is how brief, quiet, and strangely ordinary the moments feel.

The most common account comes from artists working late into the night. Sitting alone in the quiet, someone will hear light footsteps pacing down the hallway. Assuming a fellow resident is up getting a glass of water, they keep working. A moment later, they look up and see a young girl standing at the far end of the hall, wearing clothing that looks pulled straight from another century.

An artist blinks, and in an instant, she is gone.

Others who have stayed in the house report similar quiet occurrences:

- Hearing distinct, rhythmic footsteps on the wooden stairs when the building is entirely empty.
- Catching a quick glimpse of a small figure descending the staircase, only for it to vanish before reaching the bottom landing.
- Sensing a soft, unseen presence nearby during the stillest hours of the night.

People who have experienced these moments often say it is the calm, everyday nature of the sightings that makes them so unsettling. They don't feel like grand ghost stories. They feel like brief, quiet overlaps with the past.

What really deepens the mystery for local historians is the paper trail—or the total lack of one. Archives and town records contain no mention of a child ever living in the home or being connected to the original family. The identity of the little girl in period dress remains entirely unknown.

Far from scaring residents away, these persistent legends eventually inspired a creative tribute. In 2007, former resident artists **Leela Gilday**, **Veronica Verkely**, and **Joanna Close** published ***Footsteps in The Macaulay House***. The book weaves together the building's rich history, its legacy as a sanctuary for artists, and the lingering tales that continue to spark northern imaginations.

Whether you put it down to genuine spectral visits or simply the creaks and settles of a 125-year-old Yukon home, Macaulay House keeps its secrets well.

Ghost Stories of the Yukon

From the ghostly halls of Whitehorse's Guild Hall Theatre to the lingering legend of Klondike Kate echoing through Dawson City's historic Palace Grand Theatre, the Yukon holds no shortage of haunting tales. These stories seamlessly blend regional history with eerie folklore. Whether rooted in fact or superstition, these ghostly traditions ensure the Klondike's past remains very much alive.

Did you know that "a nut for a jar of tuna" spelt backwards is the same thing?

Your Sudoku Fix

			1	8		6		7
7	9	6	4					2
	2				6	9		4
				1				
8		5	3				2	
			2					
1					3	2	7	5
2		7		4	8			

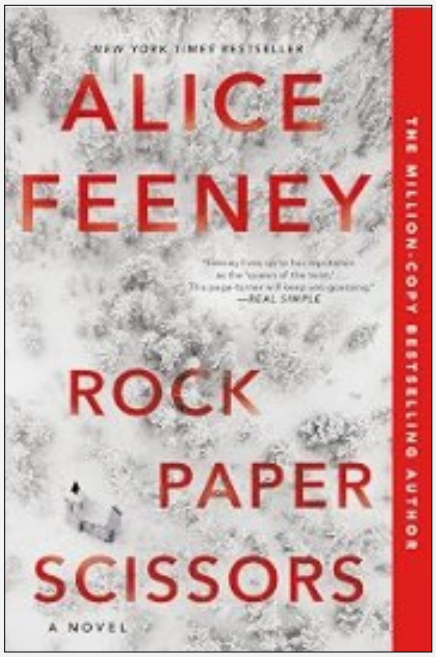
Why don't skeletons fight each other?
Because they **don't have the guts**!

Why don't sourdough bakers ever get lost in the bush?

Because they always leave a trail of breadcrumbs—and if all else fails, they just follow their starter culture back to a warm kitchen!

"Something very magical can happen when you read a good book." *J.K. Rowling*

Your Autumn Read



If you are in the mood for a good mystery to sink into on a cold afternoon, Alice Feeney's ***Rock Paper Scissors*** is well worth a read. The story centers on Adam, a tired screenwriter, and his wife, Amelia, who head off to a converted chapel in the remote Scottish Highlands. Their ten-year marriage is on the rocks, so when Amelia wins a weekend getaway, it feels like a last-ditch effort to patch things up. But as a heavy blizzard rolls in and cuts off all phone service, they find themselves trapped inside a drafty, unsettling building. It quickly becomes clear that neither of them is being entirely honest about why they are really there.

It has all the best ingredients of a classic locked-room whodunit: creaking floors, missing keys, and two narrators who are both holding back the truth. The chapters are short and fast-paced, making it one of those books where you keep telling yourself, "just one more chapter" before turning off the lamp. If you enjoy a clever twist and a stormy backdrop, put this one on your reading list.

MAYONNAISE CHOCOLATE CAKE

Ingredients

- **2 cups** all-purpose flour
- **2/3 cup** unsweetened cocoa powder
- **1 1/4 teaspoons** baking soda
- **1/4 teaspoon** baking powder
- **1/4 teaspoon** salt
- **1 cup** granulated sugar
- **1 cup** real mayonnaise
- **1 teaspoon** vanilla extract
- **1 1/3 cups** lukewarm water or brewed coffee

Instructions

Preheat and Prep:

Heat your oven to 350°F (175°C). Grease and flour a 9x13-inch baking pan or two 9-inch round cake pans.

Combine Dry Ingredients:

Whisk together the flour, cocoa powder, baking soda, baking powder, salt, and sugar in a large bowl.

Mix Wet Ingredients:

In a separate medium bowl, stir together the mayonnaise, vanilla extract, and water (or coffee) until smooth.

Combine Wet and Dry:

Pour the wet mixture into the dry ingredients. Stir gently with a spatula or whisk just until combined and smooth. Do not overmix.

Bake: Pour the batter into your prepared pan. Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out clean.

Cool and Frost: Let the cake cool completely on a wire rack before adding your favorite chocolate or vanilla frosting

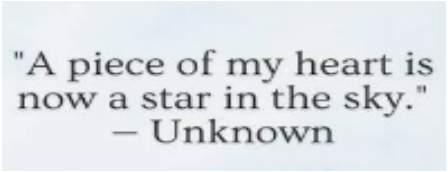
Chocolate was once used as money.
The ancient Maya and Aztec civilizations valued cacao beans so highly that they used them as currency.

The world's largest chocolate bar weighed over 12,000 pounds.
That's more than the weight of a large elephant!

Dark chocolate can be good for your heart.
In moderation, dark chocolate contains antioxidants called flavonoids, which may support heart health.

A balanced diet is a slice of chocolate cake in each hand;.

Last Trails



Gloria Marian	Baldwin-Schultz	Jul 30	Whitehorse
Morven Janis	Barnes	Jul 10	Whitehorse
Richard "Dick"	Bayne	Jun 15	Whitehorse
Laurar Jean	Bell	May 26	Whitehorse
Eileen Joyce	Bird	May 17	Whitehorse
Audrey Gail	Clare	Jul 7	Whitehorse
Beverley (Bev)	Cratty	Aug 3	Whitehorse
Irene Alice	Crayford	Jun 6	Whitehorse/Dawson City
Judy Lee	Derosier (nee Maxwell)	Jul 1	Whitehorse/Calgary
Rene	Dionne	Jun 7	Watson Lake
Betty	Grady	May 20	Whitehorse
Rainer Ernst (Ron)	Hatton	May 14	Whitehorse
Kerry Neil	Huff	Aug 2	Whitehorse
Rhoda Ann	Istchenko	Jun 3	Whitehorse/Haines Junction
Raymond Dennis	Jensen	May 11	
Janet	Leblanc	Jul 13	Whitehorse
David James	McLaughlin	Jun 23	Whitehorse
Fritz	Mandl	Jun 23	Whitehorse
Robert Bruce	Mason	Jun 6	Whitehorse
Mary Margaret	Melnyk	Jun 14	Whitehorse/Dawson City
Robert (Bob) Andrew	Melvin	Mar 30	Whitehorse
Joanne	Petersson (nee Wong)	Jul 1	Whitehorse
Lilian Raisbeck	Olsen	Aug 17	Whitehorse
James (Jimmy)	Rear	Jul 28	Whitehorse
Ed	Sumner	Jul 17	Whitehorse
Donald Louis	Swanstrom	Jul 18	Whitehorse
Barbara	Waugh	Jul 10	Whitehorse
Dan	Walker	May 10	Whitehorse
Lori Anne	Whitson	Jun 2	Whitehorse/Airdrie
Andrew Richard	Williams	May 17	Whitehorse
Brian Weldon	Williams	Aug 9	Whitehorse

"Love doesn't stop when someone dies.

It just lives in your bones instead of in their arms."

James Arasi

Modern Email Security Changes in the North

Have you noticed recently that an email you sent to a neighbor or local group bounced back to your inbox unread? Or perhaps you were waiting for an important message from a friend using a regional email address, only to discover days later that it was sitting in your Spam or Quarantine folder?

If so, you are not alone. Many residents across the Yukon and the North are experiencing these exact delivery hiccups. The good news is that these missing messages are not caused by local equipment failure or regional network outages. Instead, they are the unexpected side effect of major international cybersecurity upgrades designed to stop online fraud and spam.

The New International "Digital Security Guards"

Over the past few years, global tech giants like Google (Gmail), Microsoft (Outlook), and Apple Mail have put strict, automated security guardrails in place to protect users from scam artists, identity theft, and junk mail. Think of these guardrails like high-tech security officers at a border crossing checking digital passports.

Traditional email addresses provided by **Internet Service Providers (ISPs)**—such as **@northwestel.net**, **@shaw.ca**, **@yknet.ca**, **@bell.net**, or **klondiker.com**—frequently run into trouble at these security checkpoints for three main reasons:

1. **Missing "Digital Seals":** Modern security systems require every email to carry an invisible, encrypted ID badge (known technical checks like SPF, DKIM, and DMARC) proving who sent it. Many older ISP email systems were built long before these digital badges existed. Without them, receiving systems suspect the message might be fake and automatically block it.
2. **Sharing a Highway with Spammers:** ISP email services bundle thousands of local households onto the exact same outgoing mail path. If a scammer or infected computer on that shared network sends out junk mail, global security systems flag the entire highway. As a result, honest emails from trusted neighbors get swept up in the net simply because they shared the same path.
3. **Broken Email Forwarding:** Many residents set up their old ISP email to automatically forward incoming mail to a newer inbox. Unfortunately, forwarding modifies the message's digital envelope along the way. Security filters often view this change as unauthorized tampering and toss the message into quarantine.

Why Aren't Internet Providers Simply Fixing It?

It is natural to wonder why local internet companies do not simply upgrade their email systems to match these new rules. The answer comes down to how the internet has evolved.

Decades ago, offering an email address was a primary way internet companies attracted customers. Today, high-speed fiber and mobile data are an ISP's focus. Maintaining a top-tier email service requires massive ongoing investments, dedicated security teams, and constant software monitoring. Because email is a non-revenue service for most internet providers, many are choosing to phase out webmail entirely rather than spend substantial resources rebuilding legacy platforms.

Globally, roughly **360 billion to 390 billion emails** are sent and received every single day. Spam accounts for nearly **45% of that daily volume**, translating to over **160 billion unsolicited messages** traversing the web each day.

Driver's Licenses

Rules: How the Yukon Compares

For many seniors across Canada, holding a driver's license is a vital link to **independence, community**, and **active living**. However, how provincial and territorial governments evaluate driving fitness as we age varies significantly across the country.

If you are a **Class 5 driver in the Yukon**, the rules surrounding medical check-ups differ noticeably from those for our neighbors in British Columbia and other regions.

The Yukon Approach:
Early and Regular Check-Ins

Yukon: Mandates a Driver Medical Examination Report starting early at age 70, followed by exams at 75 and 80, then every two years thereafter.

British Columbia: Begins routine medical exams later, starting at age 80, 85, and every two years after.

Alberta & Northwest Territories: Require mandatory medical assessments starting at age 75, then age 80, and every two years following.

Ontario: Enrolls drivers in a Senior Driver Renewal Program at age 80 every two years (vision test, cognitive screening, record review, and education session). Doctor exams are required only if issues are flagged.

Eastern & Central Canada: Including Saskatchewan, Manitoba, Quebec, and the Atlantic provinces, rely on a combination of vision tests, self-declarations, or medical check-ins that generally kick in around age 75 to 80.

For **Yukoners approaching milestone birthdays,** picking up a Driver Medical Examination Report form early from a Motor Vehicles office allows plenty of time to book an appointment with your healthcare provider before your renewal deadline.

Stay Healthy Tips

- **Get Vaccinated Early:** Free seasonal flu shots and updated COVID-19 vaccines will be available starting in October. Vaccines are provided at local public health clinics, community health centers, and participating pharmacies.
- **Wash Hands Frequently:** Regular handwashing with warm water and soap for at least 20 seconds effectively removes viruses picked up from common surfaces.
- **Stay Home When Unwell:** If you catch a cold or develop flu symptoms, staying home to rest helps protect friends, neighbors, and vulnerable community members.
- **Improve Indoor Air Flow:** Opening a window slightly or ensuring good ventilation in gathering spaces helps reduce the concentration of airborne viruses.

Things to Ponder

1. If the No. 2 pencil is the most popular, why is it still No. 2?
2. Why do we drive on parkways and park on driveways?
3. Why do "fat chance" and "slim chance" mean the same?
4. Why do people say "heads up" when we should duck?
5. Why don't British people sound British when they sing?
6. Why are you "in" a movie, but "on" TV?
7. Why are there no B batteries?
8. Why is a "pair" of underwear only one item?
9. Why do we press harder on the remote control when we know the batteries are getting weaker?

Yukon's Ice Bear

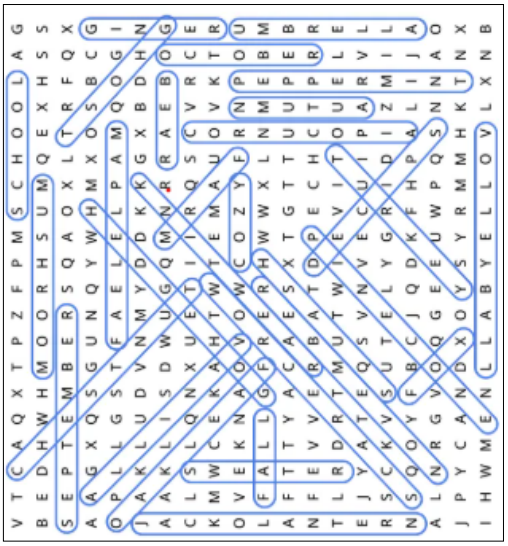
Deep in the northern Yukon, the grizzlies of **Ni'iinlii Njik (Fishing Branch) Wilderness Park** engage in a late-autumn ritual unique to the subarctic. While most bears enter hibernation by October, these grizzlies remain active well into November and December to hunt late-running chum salmon.

How the Phenomenon Works:

- **Thermal Groundwater:** Geothermal springs keep sections of the Fishing River ice-free even as ambient temperatures drop below -20C.
- **Late Salmon Runs:** Chum salmon travel up the Porcupine River watershed to spawn in these warm riverbeds long after other northern waters freeze over.
- **The "Ice Bear" Effect:** As the bears plunge into the open river and step out into the sub-zero air, water freezes instantly on their thick coats. Icicles form across their fur, clattering like armor as they move along the riverbanks.

Your Sudoku Fix Answer

7	2	9	4	3	6	8	5	1
4	1	3	8	5	2	6	7	9
6	8	5	9	7	1	4	2	3
9	5	7	6	2	4	1	3	8
8	3	2	5	1	9	7	6	4
1	4	6	7	8	3	2	9	5
2	6	8	1	9	5	3	4	7
3	9	1	2	4	7	5	8	6
5	7	4	3	6	8	9	1	2



Teeth are the only problem that if you ignore them, they will go away

Learning for Life Program

Informed * Connected * Engaged

Yukon Council on Aging *believes* that adults who continue learning into their later years are **happier and healthier**!

Our office will keep you posted on upcoming sessions. If you have suggestions for topics, let the our office know.

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

NOTE: E-Transfer is now available
Email: ycoabookkeeping@yknet.ca
Call (867) 668-3383 or Toll free 1 (866) 582-9707

Office Hours are: Monday to Friday - 9:00 am to 1:00 pm - YCOA is closed on Statutory Holidays

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For office use only:

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

Entered ☐ **Date:** _____ **General Member** ☐ **Associate Member** ☐

September 2026						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2026						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2026						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Sourdough Chronicle

Yukon Seniors' Newsletter

The best thing about autumn in the Yukon is that brief, golden window when the territory catches its breath. The hillsides ignite in vivid yellows and oranges as the aspens turn, the first hard frosts finally clear away the mosquitoes, and the return of dark night skies brings back starry evenings and the early displays of the Northern Lights. Paired with crisp, invigorating air, it is the perfect season for cool walks, warm sweaters, and cozying up indoors with a hot drink.

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