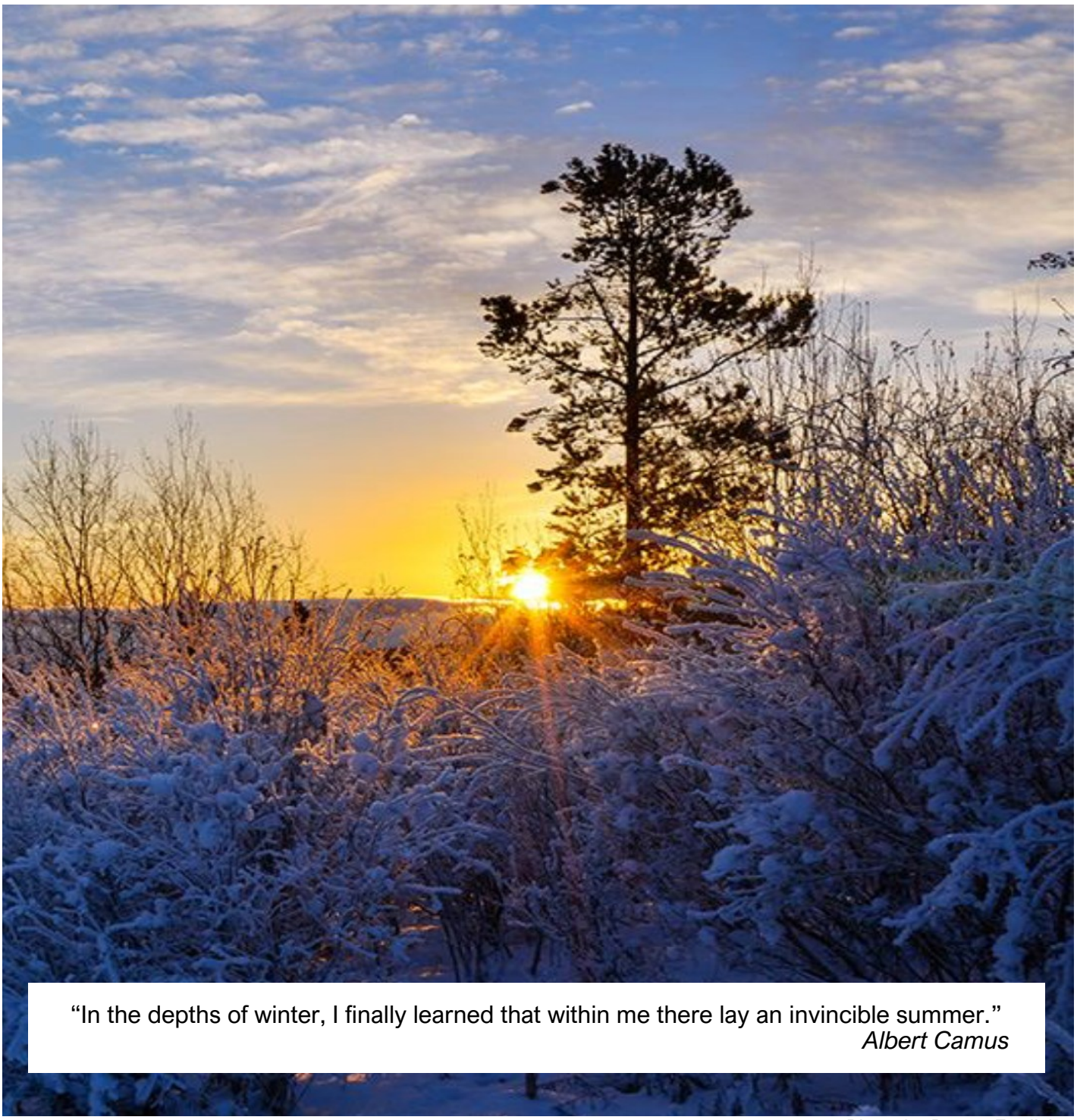
Sourdough Chronicle

Yukon Seniors' Newsletter Volume 46 Issue 4 Winter 2025



"In the depths of winter, I finally learned that within me there lay an invincible summer."
Albert Camus

Photo by Donna English

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Lawrence Purdy, Secretary
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Editorial

As I sit with a warm drink and watch the snow drift past the window, I'm reminded that winter is both a season of celebration and reflection. The holidays bring laughter, lights, and cherished traditions, yet they also remind us to hold close those who are grieving or facing difficult days. A kind word, a shared memory, or simply being present can mean more than we realize.

In this issue, I've shared thoughts on staying active indoors when the weather keeps us tucked inside. You will also find practical advice on winter safety to help us stay secure on those icy sidewalks and chilly days, as well as beating cabin fever, which is sure to set in before our next edition, because sometimes the hardest part of winter isn't the cold, but the quiet.

And as we welcome a new year, it's worth remembering that history is filled with moments when people dared to dream big like the Dawson City Nuggets. The Yukon team that challenged the mighty Silver Seven for the Stanley Cup. Though they lost, their determination and courage remain one of the most remarkable stories in hockey history. It reminds us that greatness isn't only about winning, it's about daring to try.

As we step into 2026, may we carry both gratitude for what we've shared and courage for what lies ahead. Whether it's trying something new, rekindling an old passion, or simply offering kindness to a neighbor, let's embrace the season and the year with hope, resilience, and the joy of dreaming big.

Thank you to all our readers for your submissions. Your participation, whether signed or anonymous, is appreciated.

Donna English

May the northern lights remind us that even in the longest night, hope shines bright. Here's to a new year of strength and quiet joy.

President's Report

Merry Christmas to all members of the **Yukon Council on Aging** from **our Board.** We hope you have had a good year and wish you happiness during the holiday season.

We are pleased to share that the **Learning for Life** program resumed in November. Over the next six months, Linda Casson will be providing a range of topics for members to engage with. Please stay tuned for these upcoming sessions.

As another year ends, we are reminded of how quickly time passes. Reflecting on our recent progress, it is notable that the Yukon Council on Aging last completed its multiyear strategic plan in 2022.

Looking forward, our **Board of Directors** is preparing to develop a **new three-year strategic plan**, aiming to complete the process in **January 2026**. To guide this important work, Sue Meikle will facilitate a two-day workshop. Sue will help us create a thoughtful and actionable plan that will serve as a strong foundation for our future efforts.

The new strategic plan is intended to **benefit** not only our organization but also the many seniors who are **clients** of the Y**COA**. Our Board recognizes that the **senior population** in Yukon is growing and becoming more **diverse**. In response, we are committed to **enhancing** the ways we meet our clients' evolving needs. We will also focus on **strengthening** the **skills** and **knowledge** of our Board members, especially in **planning** and **project** development.

We encourage you to visit our **Office** and explore Brenda's **Seniors Information Office** and Sandra's **Home and Yard Program.** Brenda can assist with information related to pensions, Government Grants, Yukon Health Services, Pharmacare, Medical Travel, Dental Care, Seniors' Services, Adult Protection, Yukon Home Care Program, Nav Care, and much more.

The **Home and Yard Program** is designed to help seniors, elders, and disabled persons remain in their homes. Services include connecting clients with referred workers for yard work, snow shoveling, cleaning, minor maintenance, and other jobs. Sandra works to match the referred workers with seniors in need of support. Costs are negotiated directly between the senior and the worker. For more information, please visit our offices.

Wishing everyone a wonderful 2026,

Penny Rawlings, President YCOA

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

Merry Christmas

to all members of the Yukon Council on Aging
We hope you have had a good year and wish you happiness
during the holiday season.

Back (Left To right): Marcella Abrams, Penny Rawlings, Laurie Brochu, Nancy Kidd

Front (Left to Right): Lawrence Purdy, Adeline Griffin, Neil Salvin, Carol Yamada

Absent: Michelle Christensen-Toews and Tracy Snell

NEW HORIZONS FOR SENIORS PROGRAM

Funded by the Government of Canada's New Horizons for Seniors Program | Canada

Financé par le gouvernement du Canada par le biais du programme Nouveaux Horizons pour les aînés

LE PROGRAMME NOUVEAUX HORIZONS POUR LES AÎNÉS

New Horizons for Seniors Program

Emergency Funding

New Horizons for Seniors Program – Home & Yard Maintenance – Emergency Funding

The Yukon Council on Aging is pleased to announce that an emergency funding grant of $5,000 has been received under the Government of Canada's New Horizons for Seniors Program to support individuals and families in need of home and yard assistance.

This temporary funding will help current and/or new clients who may be struggling due to health challenges, limited support of family networks or fixed to low income. The assistance can help with small home projects, snow shoveling that improves safety or general upkeep.

Seniors requiring assistance or those who know someone who could benefit are encouraged to contact the Seniors' Home & Yard Maintenance Program for more information. When a request is approved, clients will be referred to one of our workers and YCOA will compensate the worker. The funding is limited ($120.00 per family), until the $5,000 is depleted.

Thank you to the Government of Canada's New Horizons for Seniors Program for the funding support provided to Yukon Council on Aging. It will make a significant difference in the lives of seniors in our community.

NEW HORIZONS FOR SENIORS PROGRAM

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LE PROGRAMME NOUVEAUX HORIZONS POUR LES AÎNÉS

Technical/Information System & Safety Upgrade

Yukon Council on Aging is pleased to announce that we have received funding under the Government of Canada's New Horizons for Seniors Program for our project Technical/Information System & Safety Upgrade.
This federal grants and contributions program supports projects that are led or inspired by seniors who are making a difference in the lives of others in their communities.

The funds will be used to improve the YCOA office computer and telecommunications equipment and systems, office security and staff & client safety, and to initiate an honorarium emergency financial support process for YCOA Home and Yard Program. These changes are exciting!

Thank you to the Government of Canada's New Horizons for Seniors Program for the funding support provided to the Yukon Council on Aging. It will make a significant difference in the lives of seniors in our community.

For more information, visit New Horizons for Seniors Program – Community-based projects.

Senior Information Center

is a central hub where seniors can find **free, confidential support** to maintain their independence and well-being. We address common challenges seniors face, from navigating complex government systems to finding practical community resources.

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.

Home and Yard Maintenance Program

is **referral service** that helps seniors, elders, and people with disabilities remain in their own homes. The program connects clients with **pre-screened workers** for various tasks, helping them to age in place safely and comfortably.

Seniors' Home & Yard Maintenance Program
Sandra Richardson
Coordinator
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Fall Prevention on Ice	**Walk like a Penguin!** Take short, shuffling steps. Keep your hands out of your pockets for balance. Assume all dark, wet patches are ice and walk around them if possible.
Footwear Traction	Invest in quality winter boots with **non-slip rubber soles and deep treads**. Consider using ice cleats or anti-slip devices over your boots for added security on hard-packed snow and ice.
Dressing for Cold	**Layer up!** Wear several layers of loose-fitting clothing. Focus on covering your head, hands (mittens are warmer than gloves), and feet. Choose wool or synthetic fabrics over cotton, which retains moisture.
Outdoor Planning	**Check the weather forecast** before leaving. Let a family member or friend know where you are going and when you plan to return. Carry a charged cellphone.
Aids and Devices	If you use a cane, attach a **retractable ice pick** to the tip for better grip on icy surfaces. Nordic walking poles can also provide excellent stability.

Wishing the Yukon Council on Aging Board a wonderful Christmas!

Thank you for your dedication, humour, and kindness all year around.

Brenda & Sandra

The **deadline** to submit both the
City of Whitehorse Senior Utility Grant and **Yukon Pioneer Utility Grant** is **December 31, 2025**.
Applications after that date **will not** be **accepted**.
Senior Information Center can help you with filling out the applications.

Things We Can Learn

Never pass up the opportunity to go for a joy ride.

Allow the experience of fresh air and the wind in your face to be pure ecstasy.

When loved ones come to the house, always run to greet them.

When it's in your best interest, practice obedience.

Let others know when they've invaded your territory.

Take naps and stretch before rising.

Run, romp and play daily.

Eat with gusto and enthusiasm.

Be loyal.

Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

When someone is having a bad day, be silent, sit close by and muzzle them gently.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On hot days, drink lots of water and lie under a shady tree.

When you are happy, dance around and wag your entire body.

No matter how often you're scolded, don't buy into the guilt thing and pout…. run right back and make friends.

Delight in the simple joy of a long walk.

From a Dog

Submitted by "Anonymous"

Your future is created by what you do today.

Your Sudoku Fix

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

Cheers to a New Year and another chance to get it right.

Did you know?

Japan: "Kentucky for Christmas"

This **Japanese** holiday **tradition** started in **1974** with a clever **Kentucky Fried Chicken** ad campaign promoting "**Kentucky for Christmas.**"

Surprisingly, in a nation where **over 90%** of people are **non-Christian** and **don't traditionally** celebrate the holiday, the idea **took off**.

Today, **line-ups** for the **festive Christmas chicken bucket**, now complete with **champagne** and **cake,** can **stretch for hours**, prompting many to **preorder** their meals **months ahead**.

Santa tried ordering gifts **online** to save time. When the package arrived, Mrs. Claus asked, "What did you buy?" Santa shrugged, "A **sleigh upgrade**." She opened the box—it was just a set of **rollerblades.** Santa sighed, "Guess I clicked ***ground shipping*** by mistake."

Senior Stumpers

If December 31st is a Tuesday this year, what day is January 1st next year?

In the Quiet of Christmas

The **Christmas season**, with its twinkling lights and expectation of joyful gatherings, can be profoundly difficult. After a lifetime of **traditions**, we now face the reality of **loss**: the grief of loved ones who have died, and the ache of distance from **children**, **family**, and **lifelong friends**.

This time feels heavy because the **holidays** are steeped in togetherness that now highlights every **empty space**.

Grief for a **spouse**, **sibling**, or **dear friend** is often most acute during the **holidays**. Every ornament or Christmas song reminds us that a **piece of tradition** is missing.

We also feel the **absence** of **relationships changed by distance**. **Children** and **grandchildren** may be far away, and **friends** may be relocated or facing health challenges. The silence where **calls** or **gatherings** used to be is its own form of **relational grief**.

Despite these **burdens**, many **seniors** feel pressure to **uphold traditions**. The push to perform, coupled with reduced energy or financial anxiety, can make the season **exhausting**.

This year, your most important **task** is to **take care of yourself**. Give yourself grace to shift from doing everything to simply **being present** with your own **needs**.

Create a **new ritual**, such as lighting a candle nightly in **honor of a loved one**. Or share a video call over **Christmas coffee** with **family far away**, focusing on connection rather than perfection.

Invite a **neighour** or **acquaintance** who might also be alone for a **quiet cup of tea**. A short visit can ease **loneliness** for both of you.

If **family** cannot **visit**, write a letter or record a message telling a **holiday story**. **Sharing history** bridges distance and **preserves memories**.

The annual Hospice Yukon **Lights of Life** offers a tangible way to acknowledge loss. It is a comforting ritual that reminds us we are not alone.

The **Lights of Life** trees invite us into remembrance for all those we miss. Hanging a special tag transforms absence into a quiet sense of connection.

A Northern Guide to Cabin Fever: Shaking Off the Winter Chill

As the snow piles up and the days get shorter, many of us start to feel that familiar "**itch**"—a mix of boredom, restlessness, and a deep craving for sunshine. It's an old feeling folks have long called **cabin fever**, and up here in the North, we've been tackling it for generations.

Cabin fever isn't just a catchy phrase—it's a real experience, and it has deep roots in our history.

How the North Fought the Winter Blues

Think back to the days of the **Klondike Gold Rush** . **Yukoners** lived in small, **remote** cabins, often completely cut off from their neighbors by **snow** and **silence** for months on end. With very **little daylight** and **non-stop cold**, it was easy for people to become irritable, anxious, and "**stir-crazy**."

But Yukoners are experts at adapting. In **1962**, local residents decided to fight the gloom by starting a huge, mid-winter party:

Sourdough Rendezvous Festival

Held every **February**, it was specifically designed to shake off the **winter blues** and bring the community together.

It quickly became a beloved tradition. With hilarious events like **frozen hair competitions**, flour-packing, races, and the crowning of **Sourdough Sam** and the **Rendezvous Queen**, the festival turned that gloomy cabin fever into pure community joy. **Rendezvous** is more than just fun—it's **therapeutic!** It reminds us that even in the coldest months, laughter, connection, and a little bit of northern flair can warm the heart.

Tried-and-True Tips to Stay Cheerful

While modern homes are a lot more comfortable than those old cabins, cabin fever still sneaks in. Here are some simple, proven ways to keep your spirits high all season long:

- **Keep Moving:** You don't need a gym! **Gentle stretching, chair yoga, or simply dancing to your favorite music** keeps your body energized and lifts your mood.
- **Get Creative:** Use your hands and mind. Try a hobby like **painting, knitting, or writing letters**. Creative work helps focus the mind and drives away boredom.
- **Connect with Others:** Host a simple **game night**, call a friend you haven't spoken to in a while, or join a local club. Connection is a powerful cure for isolation.
- **Change Your View:** Sometimes just **rearranging the** furniture **or adding** a new **cozy blanket** can refresh your space. Try to spend time near windows to soak up what natural light we get.
- **Feed Your Mind:** Pick up a great book, listen to an audiobook, or **learn something new**—maybe a new recipe or a simple skill.
- **Stick to a Schedule:** Keeping a **daily routine** for things like meals and activities adds structure

Main celebration days concentrated on the weekends of February 13–15 and February 20–22.

Don't forget to mark your calendar for the next **Sourdough Rendezvous**

It's more than a **festival;**

it's a Yukon tradition that shows us

how to turn a long winter into a **good time**.

February 6 to February 22, 2026

Some Ice Cold Facts

In late January **1947**, the cold began to grip the Yukon with unusual intensity. On **January 31**, Watson Lake recorded a staggering **-58.9°C**, setting the stage for one of the most extreme weather events in Canadian history.

Just days later, the cold deepened across the territory. On **February 3**, the tiny settlement of **Snag**, a former village located about 25 km (16 miles) east of **Beaver Creek**, reached **-63°C (-81.4°F)**. The lowest temperature ever recorded in North America!

That same day, **Mayo** also plunged to **-62.2°C**, nearly matching Snag's record and confirming the widespread severity of the cold snap.

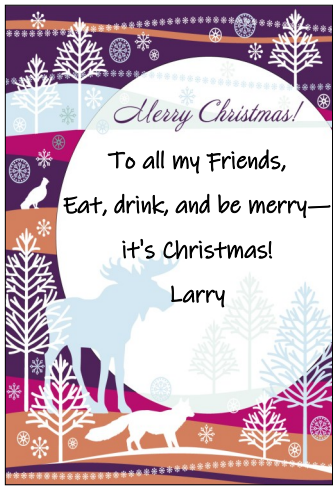
Whitehorse was not spared. During this period, the city endured temperatures around **-52°C**, the coldest ever documented here.

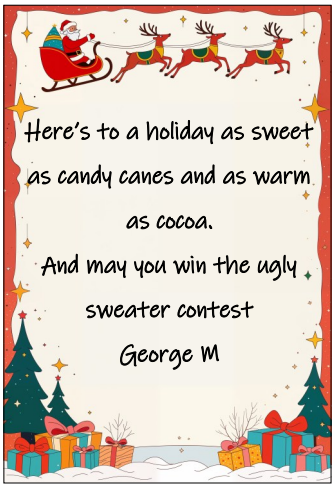
For over a week, much of the **Yukon** remained locked below **-50°C**, with clear skies and still air amplifying the deep freeze. This extraordinary cold snap of **1947** remains **legendary** as one of the **harshest winters** the **Yukon** ever experienced.

Winter is the time when your coffee needs a coffee."

The **coldest temperature** ever **recorded** on earth was on **July 21, 1983** at **Vostok Station** in the **Antarctica**. Thermometers plunged to **-89.2°C (-128.6°F).**

The station is on the **East Antarctic Plateau** at over **3,400** meters **elevation**. Its high altitude, clear skies, and still air create perfect conditions for **extreme cooling**. Antarctica has the reputation as the planet's **ultimate deep freeze**.





Your Winter Horoscope

Aries	Reflect on your goals and legacy. This season encourages bold planning—perhaps writing your memoirs or mentoring someone younger.
Taurus	Embrace comfort and introspection. Cozy up with books, explore spirituality, or reconnect with old friends. Let your inner wisdom guide you.
Gemini	Stay mentally active. Try puzzles, new hobbies, or online learning. Let go of outdated routines and welcome fresh perspectives.
Cancer	Focus on relationships. Strengthen bonds with loved ones and reflect on emotional growth. A great time for meaningful conversations.
Leo	Prioritize health and structure. Reset your wellness routine and embrace self-care. Small changes now will energize your new year.
Virgo	Rediscover joy and creativity. Dive into hobbies, plan a trip, or start a new project that brings you happiness and purpose
Libra	Create harmony at home. Declutter, redecorate, or nurture your living space. Balance and beauty will lift your spirits.
Scorpio	Express your insights. Write, speak, or teach—your words carry power. Share your legacy and connect through meaningful dialogue.
Sagittarius	Reevaluate your values and finances. Reflect on what truly matters and set goals for long-term security and fulfillment. .
Capricorn	It's your season! Embrace new beginnings and start a project that reflects your life's wisdom. Your energy is magnetic right now
Aquarius	Seek solitude and clarity. Meditation, journaling, or quiet walks can help you recharge and gain deeper insight.
Pisces	Dream big and connect with community. Volunteer, join a club, or collaborate on something meaningful to you.

Winter's zodiac cycle, **Sagittarius, Capricorn**, **Aquarius**, and **Pisces** offers **energies** that **touch everyone**, no matter their **sign.**

This season blends **curiosity** and **learning**, **structure** and **resilience**, **creativity** and **social connection**, and **compassion** with **reflection**.

Together, these influences encourage all signs to **embrace** new experiences, **strengthen** routines, **nurture** relationships, and find **inner peace.**

It's a time when **wisdom** and renewal meet, making **December** through **February** a season of growth and fulfillment across the zodiac.

Christopher	Wheeler	Dec 01
Peggy	Godson	Dec 02
Alice	Wilberforce	Dec 02
Nancy	Kidd	Dec 06
Norman	Randall	Dec 06
Debbie	Throssell	Dec 06
Bonita	Tarr	Dec 07
Diane	Paquette-Eyolfson	Dec 10
Alison	McCarthy	Dec 13
Barb	Pratt	Dec 17
Mary	Seely	Dec 17
Mig (Miriam)	Miles	Dec 18
Larry	Bagnell	Dec 19
Joyce	Gilroy	Dec 20
Denis	McCrae	Dec 20
Peggy	Duncan	Dec 21
Sheila	Laing	Dec 21
Carol Ann	Gingras	Dec 22
Jennie	Postma	Dec 23
Debra	Sumner	Dec 23
Rose	Leenders	Dec 24
Joan	Wilson	Dec 24
Joan	Steele	Dec 26
Elena	Ross	Dec 28
Karin	Jasma	Dec 29
Ev	Pasichnyk	Dec 31

Karen	Randall	Jan 01
Angie	Dornian	Jan 05
Penny	Sippel	Jan 07
Helena	Jirousek	Jan 09
Dave	Brekke	Jan 10
Penny	Rawlings	Jan 10
Judith	Creighton	Jan 12
Linnea	Castagner	Jan 13
Hank	Leenders	Jan 13
Mary	Robertson	Jan 14
Jim	Bailey	Jan 18
Rita	Kendall	Jan 18
Deborah	Cassidy	Jan 20
Elaine	Kimball	Jan 20
Dan	Dodd	Jan 21
Ernest	Fechner	Jan 23
Patricia	Ellis	Jan 26
Wayne	Balcaen	Jan 30
Susan	York	Jan 30

Jenny	Gruber	Feb 01
Carol	Johnson	Feb 02
Joan	Fleguel	Feb 03
Elvira	Knaack	Feb 03
Elaine	Myers	Feb 05
Gerald (Gerry)	Dobson	Feb 07
Wesley "Keith"	Kelly	Feb 09
Rita	Leveille	Feb 12
Jean	Reeves	Feb 14
Don	Sippel	Feb 14
Gordon	Williamson	Feb 16
Margaret	Knutson	Feb 19
Sue	Warner	Feb 21
Audrey	Lock	Feb 22
Irene	Brekke	Feb 23
Connie	Dublenko	Feb 25
William	Neal	Feb 25
Wray	Lyons	Feb 26
Brian	McGovern	Feb 28

"I'm not old—I'm just chronologically gifted!

Dawson City Nuggets: the Stanley Cup Challenge

The winter of 1904 was brutal in the Yukon, but in Dawson City, a group of rugged gold workers, the **Dawson City Nuggets**, dared to dream. They were determined to challenge the mighty **Ottawa Senators**, then known as the "**Silver Seven,"** for the **Stanley Cup.**

Klondike businessman **Joseph W. Boyle** backed the team. On **December 19**, he declared, "I'll cover your costs... Go show Ottawa what Dawson is made of."

Nature immediately turned against them. An unexpected thaw melted the snow, turning the trail into a sea of **mud and water**. Sleds and bicycles failed, forcing the men to trudge on foot for **nine exhausting days** to reach Whitehorse.

Heavy snow then blocked the tracks, delaying the train to **Skagway**. They missed their scheduled steamer to Vancouver. They caught another ship, but ice and fog forced it into **Seattle**.

The team then had to backtrack by train to **Vancouver** before finally beginning the long train trip across the country to **Ottawa.**

By the time they reached Ottawa on **January 11, 1905**, a full month of hardship had left the players drained, stiff, and weary. To make matters worse, their best player, former Ottawa star **Weldy Young**, was stuck in Dawson on election duties.

The Senators welcomed them with a dinner, but they **refused the Nuggets' request for more recovery time**. "Two days, January 13," the Silver Seven declared. That was the schedule. The Nuggets had come too far to turn back.

Against all odds, the Dawson City team held their ground early in the first game, trailing only **3–1 at the half**.

However, fatigue soon overwhelmed them, and Ottawa surged ahead to win **9–2**. The game turned violent when Dawson's Norman Watt tripped Art Moore, who retaliated by slashing Watt in the mouth. Watt swung back, knocking Moore unconscious.

Three days later came the reckoning. Ottawa unleashed a storm, crushing Dawson **23–2**. This remains the **most lopsided defeat in Stanley Cup history**.

Frank McGee, who had been mocked for scoring only once in the first game, answered with fury. He scored an incredible **14 goals**, including eight in under nine minutes, a record that still endures.

Though vanquished, the Nuggets earned widespread admiration. Newspapers praised Ottawa's brilliance but also honored Dawson's **courage and grit**.

Goalie **Albert Forrest** was praised for a "**fine game**," his defiance keeping the score from climbing even higher despite the torrent of shots.

The Nuggets later toured the East, playing exhibitions to help Boyle recover his immense expenses. Their true legacy was not in their losses, but in their **epic month long journey** and their fearless stand against champions. Their odyssey remains one of **hockey's greatest true stories** of endurance and love for the game.

Hector Smith (Center), George Kennedy (Right Wing), Lorne Hannay (Defense), James Johnston (Defense), Norman Watt (Left Wing), Albert Forrest (Goaltender) Joseph Boyle (Manager), and Dr. Randy McLellan (Captain)

*Historical image is from the **Yukon Archives***

Last Trails

"The two hardest things to say in life are hello for the first time and goodbye for the last."

Moira Rogers

Joseph Edmund	Allain (Zie)	19-Sep-25	Whitehorse
Isaiah Christopher	Brodhagen	9-Sep-25	Whitehorse
David Gordon	Brown	30-Aug-25	Whitehorse
Ida	Calmegane (Sidney)	30-Sep-25	Carcross
Robert (Bob)	Gairns Campbell	26-Oct-25	Kelowna
Ione Jean	Christensen	15-Sep-25	Whitehorse
Harrison Lorne	Clarke	20-Sep-25	Whitehorse
Marie	Cox	15-Oct-25	Whitehorse
Joan Elizabeth Ellery	Craig (née Orton)	12-Aug-25	Whitehorse
Cecile	Curry	5-Sep-25	Marsh Lake
Pamela May	Firlotte	3-Sep-25	Whitehorse
Erling	Friss-Baastad	14-Apr-25	Whitehorse
Barbara Anne	Geoghegan	18-Aug-25	Whitehorse
Clarice Ruth	Graham (née Davies)	30-Aug-25	Whitehorse
Eric Michael	Ireland	1-Oct-25	Whitehorse
Brian Keith (Dän sóthän k'ānete)	Issac	25-Aug-25	Whitehorse
Jim	Jack	16-Sep-25	Whitehorse
Dawn	Jennings	15-Aug-25	Whitehorse
Jack	Jim	16-Sep-25	Whitehorse
Norville Jacob	Keefer	6-Oct-25	Whitehorse
D'Arcy	Lacoste	12-Oct-25	Whitehorse
Mary	Leigh	13-Aug-25	Whitehorse
Jules	Lamerton-McCullough	15-Sep-25	Whitehorse
Ewald Freidrich Felix	Lemke	22-Sep-25	Whitehorse
Robin Stonehouse	Luxmoore	13-Jul-25	Mayo
Ian	Maissan	17-Oct-25	Whitehorse
Roy (Corby)	Millspaugh	29-Aug-25	Whitehorse
Daisy	Nordling	1-Sep-25	Dawson City
Sylvia Minnifred Myfanwy	Preto (née Jones)	3-Aug-25	Whitehorse
Amanda	Rendell (née Burian)	22-Sep-25	Whitehorse
Gerd "Chico"	Scholz	22-Mar-25	Whitehorse
Debbie	Skwarek	4-Sep-25	Whitehorse
Sherry Ann	Sorg (née Gordon)	15-Oct-25	Whitehorse
Ronald Patrick John	Stack	25-Jul-25	Whitehorse
Anna	Tielemans	19-Sep-25	Whitehorse
Sharon Elizabeth Garnet	Ulrich (née Bebak)	26-Oct-25	Ibex Valley
Audrey Ruth	Vigneau	10-Aug-25	Dawson City

Golden Age Society

The **Golden Age Society** is a volunteer run, non-profit organization that aims to provide a **welcoming space** for all seniors aged 55 and older.

As part of **Yukon's senior support network**, the **Golden Age Society** works with groups like the **Yukon Council on Aging** and the **ElderActive Recreation Association** to enrich the lives of older adults across the territory.

Golden Age Society's mission is to foster social **connection** and **active** aging through a variety of programs.

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Phone: 867-668-5538

Email: office@goldenageyukon.com

Office Hours: Monday to Friday
9 AM to 1 PM

WHAT'S HAPPENING

Monday	10-11 AM	Tai Chi (Qigong)
	12-1 PM	Luncheon (3rd Monday of the Month)
	1-3 PM	Men's Pool
	1-4 PM	Whist
	6:30-8 PM	Uke-On Ukulele Club (Every 2nd Monday)
	7-9 PM	Whitehorse Slow Jam (Every 2nd Monday)
TUESDAY	10-12 PM	Ladies Pool
	12-4 PM	Bingo
	1-3PM	Men's Pool
	6:30-10 PM	Bridge
WEDNESDAY	10-11 AM	Tai Chi Yukon
	1-3 PM	Men's Pool
	1-2 PM	Line Dancing (Beginner)
	2-3:30 PM	Line Dancing (Advanced)
THURSDAY	10-11 AM	Tai Chi
	10-12 PM	Golden Age Society Board Meeting (3rd Thursday of the Month)
	12-4 PM	Bingo
	1-3 PM	Men's Pool
FRIDAY	10-12 PM	Ladies Pool
	11-12 PM	Coffee And Chat
	11-12 PM	American Sign Language
	12-1:30 PM	Pioneer Women of the Yukon (Last Friday of the Month)
	1-3 PM	Men's Pool
	1:30-4 PM	Crib
	2-4 PM	Board Games
SATURDAY	8-4 PM	Foot Clinic (Last Saturday of the Month)
SUNDAY	12-4 PM	Bingo

Golden Age Society turns 50 in 2026!

We want your ideas on how to celebrate this milestone, from parties to special events. Volunteers are also needed to help make it happen. Let's work together to create a celebration worthy of our golden years!

From Army Bases to Yukon Kitchens: The Many Layers of Jim Bailey

submitted and written by Don Cheeseman

Many in Whitehorse know **Jim Bailey for the beautiful cakes he so often contributed to local get-togethers**. During his recent semi-annual visit to see old friends, I had the pleasure of sitting down with him to learn a bit more about the **fascinating life behind the baker.**

Jim agreed to share his story, and as we spoke, he proudly showed me photos of **his beautiful home and garden in Kenora, Ontario,** where he has lived since his retirement in 1996. With a smile, he mentioned **the bountiful crop of ripe tomatoes** he'd left behind, a friendly jab knowing the challenges of outdoor gardening in the Yukon. Jim's **well-tanned hands** are a clear testament to how much time he still loves to spend in the sunshine.

Jim's journey began after graduating in 1972, when he joined the Canadian Army and earned his trade ticket as a **heavy machinery mechanic.** He fondly recalls his time in the military, which included **a four and a half month tour around the world**, working along side armies from Europe, India, and Australia. It was also during his army service that Jim discovered a new passion, transitioning from his mechanic role to become a **cook's helper and, eventually, a full chef.**

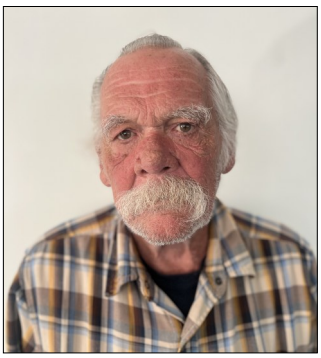
After leaving the military, **Jim's culinary career took him all across the North.** He started as the chef at a **northern fishing lodge** for three years before moving further north to **Rankin Inlet,** where he set up and ran a **small hotel and restaurant**. From there, he moved to **Iqaluit to teach small hotel and restaurant operations** to people throughout **Nunavut.**

Jim's talents eventually brought him to **Whitehorse** and the **High Country Inn**, where his **culinary arts,** especially his **fancy cakes,** became widely **known** and **valued.** His career path later took him south to **Fort Nelson.** For five years, he managed **remote oil camps,** overseeing kitchens that grew from **feeding** just **twelve people to** nourishing over **1,200 hungry workers.**

He returned to the Yukon to serve as the **head chef at the Eagle Gold Mine** from its early exploration days. He finally decided to leave after a **gruelling seventeen week stretch without a single break** from the isolated site.

With a modest little smile, Jim admits that **he has cooked and baked for many famous people,** including Generals in the Canadian Armed Forces, Prime Ministers, **Prince Charles, Prince Philip and Princess Diana** over his many years.

In his later years, Jim enjoyed **cooking** for local **First Nation Elders** during their outings **on the land**, smiling as he recalled preparing and eating a lot of **wonderful salmon and moose**. Many of us in local seniors' organizations will always remember not only his **great-tasting cakes** but also his cheerful support for our activities.



Let's make sure we give Jim Bailey a **warm Yukon welcome** each time he returns to visit us.

Bridge crossing puzzle with a flashlight

Four people need to cross a bridge at night with one flashlight. Only two can cross at a time. The bridge takes the time of the slower person in any pair. The four people take 1, 2, 7, and 10 minutes respectively.

What is the minimum total time to get all four across?

New Year's Resolutions

Ten Commandments for Good Living

Speak To People:
There is nothing so nice as a cheerful word of greeting.

Smile At People:
It takes 72 muscles to frown, only 14 to smile.

Call People by Name:
The sweetest music to anyone's ears is the sound of one's own name.

Be Friendly and Helpful :
If you would have friends, be a friend.

Be Cordial:
Speak and act as if everything you do is a genuine pleasure.

Be Genuinely interested in people:
You can like almost everybody if you try.

Be Generous with praise:
Cautious with criticism

Be Considerate of the feelings of others:
There are usually three sides to a controversy: yours, the other persons, and the right side.

Be Alert to give service:
What counts most in life is what we do for others.

Add to this a good sense of humour, a big dose of patience and a dash of humility:
You will be rewarded many-fold.

2026 is your year to prioritize strength and energy. Start small, be consistent, and remember: investing in your health is the best decision you can make!

ElderActive Recreation Association is dedicated to enhancing the lives of Yukoners **55 years and older** through recreation focused on health and wellness. They partner with the **Canada Games Center** to offer organized activities.

ElderActive has **reserved** time in the CGC **Flexihall** for members and participants to enjoy activities like **pickleball, carpet bowling, and shuffleboard**.

Mondays and Wednesdays, 9:00 AM – 1:00 PM.

ElderActive also organizes other activities utilizing CGC facilities, such as **Leisure Indoor Walks and various classes** (check their calendar for details).

Canada Games Center

Aquatic Facilities: Includes the lap pool, leisure pool, hot tub, and therapeutic steam room/sauna—perfect for warming up during the cold season.

Ice Arenas: The Centre has three NHL-sized rinks that host various skating programs.

Fitness Centre: A large, equipped facility for cardio and weight training.

Drop-in Activities: Enjoy a swim, fitness class, or utilize the indoor running/walking track.

A Royal Birth, A Broadcast Shock

written by Don Cheeseman

On **February 19, 1960**, all the **TV news staff** at **Alexandra Palace** were on hot standby. Over the previous few days, we had prepared and rehearsed **two complete news stories** with appropriate scripts for the impending birth of the next child to the **Duke and Queen**. One story was for "It's a **Boy**!" and one story for "It's a **Girl**!" The **birth was imminent**.

People were **camping out** at the gates of **Buckingham Palace** to be among the first to see or read the **Birth Announcement** that is traditionally posted on or about the main gates of Buckingham Palace. In front of the gates were **crews from many countries** and, of course, a **BBC TV and Radio crew**.

The **TV crew** had the means of **radioing a signal** back to the **Alexandra Palace** the moment they knew which story to broadcast by **interrupting whatever was on BBC One** with the correctly prepared **TV story**. We heard the **Queen was in labour**!

Each person of the **news crew** moved to the place they were needed. **Cameramen** mounted their **camera dollies**, **sound booms** were manned, and a **man and a woman announcer** were both in makeup and pacing around the studio, rereading a **script** in their hands. Someone stood by the powerful **lights**, ready to turn them on at the last minute.

The two old, low-velocity image **Iconoscope cameras** were turned on to allow them to thoroughly **warm up** to stabilize the many **electronic valves** in them, while the men at the **camera controls** were adjusting the many controls needed to get a clear, **sharp picture**.

At the **vision mixing desk**, located above the studio, there was a **wall of monitors** with feeds from various sources, including a live **BBC feed off air**, and one feed from air from the competition to BBC TV One, **Independent Television (ITV)**.

As we watched for the man to appear carrying the **typed page announcing the birth**, the **ITV screen** suddenly cut to an announcer telling the world that they had just heard from an **undisclosed source in the USA** that the Queen had had her **baby boy** and **both were doing well**. We were **shocked**!

But the **news director** sat stoically behind my right shoulder and said, as might an admiral guiding the fleet, "**Steady! Steady!**" We knew there had been an **unofficial information leak**, a **prank** or a **hoax**.

But few cared! The **whole world knew** by this time. The announcement was on **USA TV and radio**, **twenty-three minutes before the BBC**.

The following day **BBC defended that it was correct in waiting for the official notification paper**. I never heard if the source of the **information leak** was found or punished!

"I had a **small part** of the big team that announced **Andrew's birth".**

Photos of baby Andrew and the Queen, and me at the vision mixing station courtesy of the BBC

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

Minimum total time: 17 minutes
1 & 2 cross: 2 minutes
1 returns: 1 minute
7 & 10 cross: 10 minutes
2 returns: 2 minutes
1 & 2 cross: 2 minutes

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

Dates to Remember

December
Dec 26 – National Candy Cane Day
January
Jan 1 – Polar Bear Plunge Day
Jan 2 – Science Fiction Day
Jan 3 – Festival of Sleep Day
Jan 21 – Squirrel Appreciation Day
Jan 25 – Opposite Day
February
Feb 2 – Play Your Ukulele Day
Feb 14– Valentines Day

Upcoming CPP and OAS Dates

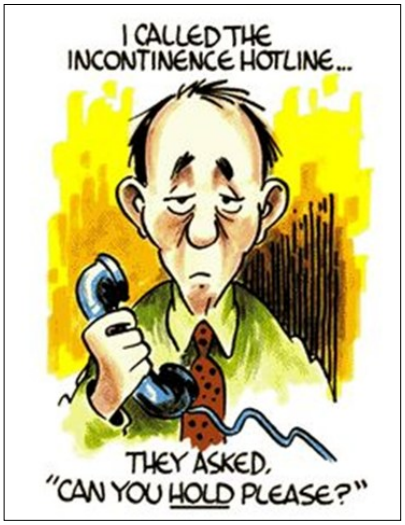
December 2025: December 22, 2025
January 2026: January 29, 2026
February 2026: February 26, 2026

Surviving a Yukon Winter

Beneath the sky of endless gray,
The northern winds begin their play.
Frosted breath, a whispered tune,
Auroras dance beneath the moon.

The river sleeps in icy chains,
While silence hums through frozen plains.
Yet in the hearth, a stubborn flame—
A heart that beats, a soul untamed.

For winter's grip is fierce and long,
But strength is born where nights are strong.
In Yukon's cold, we learn to see—
The fire within is victory.



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.

Memberships are paid annually (April 1 to March 31 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** ☐

December 2025						
Su	M	Tu	W	Th	Fr	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			

January 2026						
Su	M	Tu	W	Th	Fr	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

February 2026						
Su	M	Tu	W	Th	Fr	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

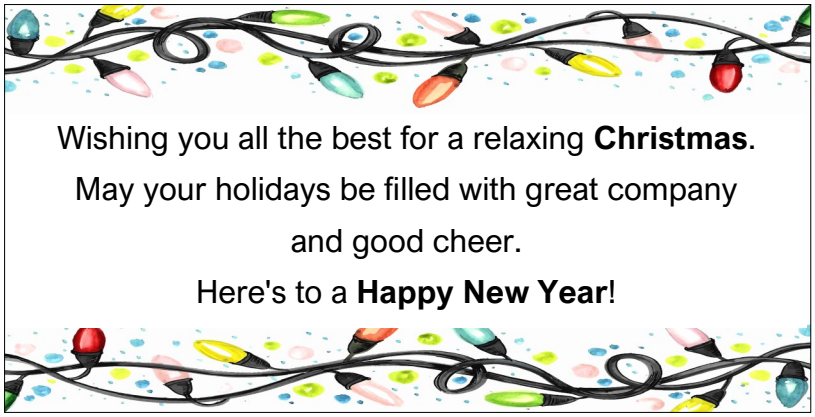
Sourdough Chronicle

Yukon Seniors' Newsletter

Guest writers and contributions are welcome.

Deadline for our Spring Edition is February 9, 2026

sourdoughchronicle@gmail.com



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