

# Sourdough Chronicle



YUKON SENIORS' NEWSLETTER VOLUME 40, NUMBER 3, SEPTEMBER 2017

## Happy 80<sup>th</sup> Birthday Klondy



© Jan Trim

Photo credit: Jan Trim



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# From Wild Youth to Grand Old Lady

by Doug Sack

*Her trip log reads like a  
teenager who quit  
working at 18*

Although she was the largest and last of the sternwheelers to work the Upper Yukon River between Whitehorse and Dawson City, the story of the S.S. Klondike reads more like a rowdy youth born during the Great Depression in 1929 who sank in 1936 near Hootalinqua (pilot error) then was born again in 1937 only to be mothballed and retired in 1955 while still a teenager, a victim of the changing times as road construction made river travel obsolete.

Part of the reason Klondike II looks so good today, besides 15 years of hard labour and millions of restoration dollars from Parks Canada, is because she never worked another day in her life after 1955. Her trip log after her rebirth in 1937 reads like a teenager who quit working at 18 and took the rest of her life off. Here are the key dates:

- 1955 - Mothballed
- 1960 - Donated to Canadian government
- 1962 - Declared a National Historic Site
- 1966 - Moved by road from White Pass shipyards to current site.
- 1981 - Opened to the public.



Photo credit: Jan Trim

All this means “Klondy,” as she is affectionately known, has spent the last 36 years on the banks of the Yukon River’s “Head of Navigation” like a stately wooden statue guarding the bridge to Riverdale while serving as most visitors’ first glimpse of Whitehorse, at least those using the south access now known as Robert Service Way. To appreciate her iconic presence, try to imagine driving into Whitehorse from the south without her there. What would you look at, Grey Mountain?

We don't have the space here to detail her long and interesting life but Parks Canada certainly does and all you have to do is stop in rather than driving by. Every Whitehorse school kid from the last 50 years knows her story well, and we're certain they would all join our enthusiastic best wishes on the 80th anniversary of her rebirth:

**“HAPPY 80TH BIRTHDAY, KLONDY!”**



© Jan Trim

Photo credit: Jan Trim



# A Greeting from the (Acting) Prez

by Jan Trim,  
Acting President YCOA

The Yukon Council on Aging's (YCOA) Semi-Annual General Meeting will be held on October 20 and we are looking for a new president. If you or someone you know may be interested, please contact our office to set up an appointment so that we can let you know what it involves.

We are happy to announce that we have a new editor and assistant editor for the Sourdough Chronicle. The editor is Doug Sack and he is a longtime Yukoner at heart who has retired back here to be near his son's young family. He was the first Sports Editor of the Yukon News back in the mid '70s then moved down to Whistler, BC where he was Sports Editor for the Whistler Question for 18 years and a columnist for Ski Canada magazine.

His assistant, Susan Kehoe, is a longtime Yukoner who grew up in Whitehorse before moving away to pursue a master's degree in sociology. She worked as a research consultant in Alberta and BC for several years. More recently, she has been working as a book editor. She returned home this past year to be closer to her family and reacquaint herself with all things Yukon. We would like to welcome Sue and Doug to the Council.

Our YCOA office has continued to be busy with phone enquiries and people stopping by. Both Vince Gatien (Home and Yard Maintenance expert) and Elaine Kimball (Seniors Information Centre guru) are in the office from 9:00 am to 1:00 pm Monday to Friday except stat holidays. They are very helpful in

answering a wide variety of questions. Thank you both for doing such a great job.

I was asked to sit on a panel with representatives from Seniors Action Yukon (SAY) and four social work students from Yukon College in April. We gave them some ideas as to what we felt might be helpful for Yukon seniors. Upon making a list of topics, each student volunteered to research a chosen item and write a paper on it. We reviewed their findings and supplied them with feedback at a meeting near the end of May. After the feedback, they then pulled together more information and wrote a final paper in July. We had an opportunity to review their final papers before meeting with them one more time. The topics chosen were: Home Care in Canada, Alternative Housing for Seniors, Effective Advocacy Strategies for Seniors Groups and Informal Caregivers of Older Adults in Canada.

In mid-July, Elaine and I met with Blake Buckle from YG Health and Social Services to provide feedback on the National Poverty Strategy. We gave Blake a list of issues important to seniors such as pensions, housing affordability, etc. He was then going to submit these to Ottawa to be included as questions and concerns of seniors in Yukon.

Check out the new Learning for Life programs starting this fall. See our centre spread in this issue for more information.

I hope that everyone enjoyed their summer and we look forward to seeing you at our Semi-Annual General Meeting on October 20th.



Old stories ~ New stories,  
*we're interested.*  
Contact the YCOA and  
share *your stories* in future issues.

e-mail: [ycoa@yknet.ca](mailto:ycoa@yknet.ca)  
406 1 B - 4th Avenue  
Whitehorse, Yukon Y1A 1H1



# YUKON COUNCIL ON AGING

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 Doug MacLean

## The Sourdough Chronicle

A Newsletter for Seniors and Elders  
 published quarterly in June,  
 September, December and March.

### SENIORS INFORMATION CENTRE

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Board of Directors YCOA

### Guest writers

Marny Ryder,  
 Nancy Kidd.

Contributions and/or  
 suggestions are welcome and  
 should be in to the  
 Editor or the Senior Centre  
 by the  
 10th of May, August,  
 November and February.

www.yukon-seniors-and-elders.org/



## EDITORIAL

# Grandparents Day:

Way back in 1978, U.S. President Jimmy Carter declared the first Sunday after Labour Day to be National Grandparents Day while forming a council which selected the Forget-Me-Not as the official flower and Johnny Prill's "A Song for Grandma and Grandpa" the official song.

### *This was the best kept Canadian secret since Camp X*

The non-stat tribute day was officially recognized in Canada in 1995, after it had been submitted to the House of Commons by Mr. Sarkis Assadourian. The government designated the second Sunday in September "to recognize the importance of grandparents in the structure of every family and in the nurturing, upbringing and education of Canadian children" and included an inspirational speech by Jack Canfield called "Chicken Soup for the Soul: Grandparents and Grandchildren Share Their Stories of Love and Wisdom." The title refers to Grandma's home cooking, the historical Canadian way to fix a cold or any other nagging problem.

Now, if any of this comes as a surprise to you, welcome to the club. In late May, my oldest grandchild turned ten so I'm officially in my second decade of grandparenting now yet have never received a Grandparents Day card, have never heard a G-P Day salutation or greeting, have never seen nor noticed any advertising for the day or heard so much as a mention of it on TV or the radio. If it has been common knowledge in Canada since 1995 and the USA since 1978, then I am among the last in North America to hear tell of it. This was the best kept Canadian secret since Camp "X" or the days before the gold-loaded ships from the Klondike docked in Seattle in the Fall of 1896. I even recall whining to the grandkids a couple times about everybody having a day except grandparents.

### Yukon Statutory Holidays 2017

January 1	New Year's Day
April 14	Good Friday
May 22	Victoria Day
June 21	National Aboriginal Day
July 1	Canada Day
August 21	Discovery Day
September 4	Labour Day
September 10	GRANDPARENTS DAY!!!!*
October 9	Thanksgiving Day
November 11	Remembrance Day
December 25	Christmas Day

\* Not a stat holiday

# Chicken Soup for the Soul

by Doug Sack

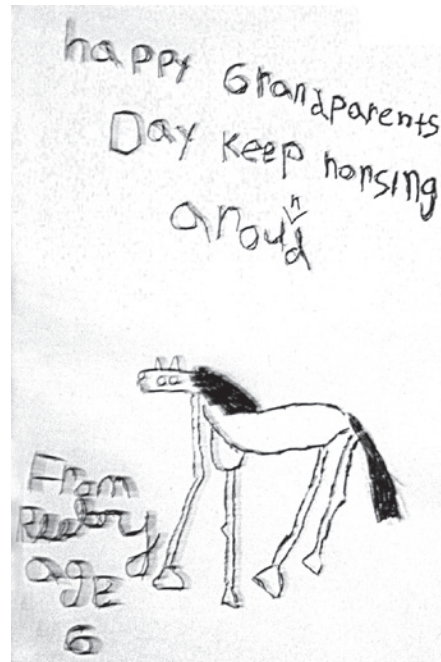
Now, I awaken from the fog to realize I missed ten good years of partying on the first Sundays after Labour Day, just when NFL football is kicking off.

I knew there were (are) going to be many "Eureka" moments when I agreed to edit this Chronicle but wasn't expecting such introductory serendipity which is also one of my favourite words. Here I was searching for subject matter for my first editorial and I discover Grandparents Day almost on the first day.

It makes me want to organize a big soirée, something along the lines of a huge bonfire/barbeque hootenanny at Rotary Park on September 10 in the shadow of the S.S. Klondike featuring a beach volleyball match between GP's and GC's, 25 players on each team, wheelchair races, chess and checkers games, a Beauty and The Beast photo contest and a spelling bee with grandparents against the grandkids.

Maybe next year.

This time we'll have to settle for decorating this issue with a plethora of Forget-Me-Not's, the perfect flower for grandchildren to wear on Grandparents Day in perpetuity. Think of them as Poppies for the Soul without the bloody memories.



Editorial cartoon credit: Ruby



Photo credit: Jan Trim



Photo credit: Jan Trim



Photo credit: Jan Trim

## All hail the Gray Jay!

Also known as whiskey jack, camp robber, western jay or Canada jay, it is Canadian Geographic's official choice for National Bird of Canada, a distinction Canada ran without for the first 150 years.

The gray jay lives in all 13 provinces and territories in Canada's wild northern boreal and mountain forests. It remains in Canada year-round, is neither hunted nor endangered and from the Atlantic provinces to the West is an indicator of the health of the forests and campgrounds. The gray jay has long been important to Indigenous Peoples, and will draw all Canadians to their national and provincial/territorial parks, yet unlike the loon, raven and snowy owl, it is not already a provincial or territorial bird.

Source: Canadian Geographic

# Be Kind to Your Tired Feet

by Marny Ryder

I have learned a lesson. Oh my, I have definitely learned it but a little too late. I wish I could turn the pages back to the early years when my mother cautioned me to be careful wearing high heels too often. She tried to tell me that she wished she had never seen high heels because they were very much in fashion when she was younger and high heels had to be worn if one wanted to be seen as classy and trendy. I spent four years in Montreal studying nursing, but I always had time to check out the stores where fashionable shoes were displayed. I was on a budget so I could not be lured into the very expensive shops. One day a friend steered me to a store in a different part of downtown, which at first sight seemed to be a somewhat seedy warehouse. The roof appeared to be held up by stacking the shoe boxes right up to the ceiling, and if you wanted to try any on, you sat on the floor. None of the boxes were labelled except the sizes. My friend suggested I try the "Golden Pheasant" stilettos, and I fell in love with those beautiful shoes. They were elegant, supposedly straight from Paris, and of a very moderate cost. I have never been very tall, but those shoes made me feel I was truly chic. I was

not the only nurse who wore those shoes, and at least every week or two we would bus down to this store to check out the latest arrivals.

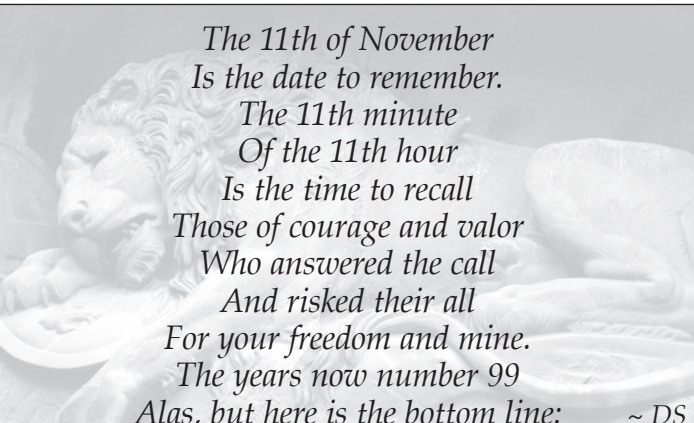
Now, trundle past the wonderful stiletto age into the senior years! A gerontology study published this year found that one in five older adults has foot pain and I am one. Even simple walking can become an ordeal. Some of the common foot complaints of aging are as follows:

- **Skin and Nail Conditions** - Problems such as corns and calluses (hard thick patches of skin caused by rubbing) are the most common along with nails that have ingrown toenails and fungal infections.
- **Bone and Joint Pain** - Older adults may have bone deformities such as bunions (when the big toe joint becomes misaligned,) and hammertoes (when one or more smaller toes is bent at the middle) causing pain.
- **Tingling or Numbness** - About one third of people with diabetes have foot numbness and tingling. Numbness may lead to wounds on the feet that are unnoticed, and untreated and can worsen. In some instances tingling can signal a pinched nerve in the back.

## Casualties of the First World War

Country	Killed	Wounded
Russia	1,700,000	4,900,000
France	1,300,000	4,200,000
GB+Empire	908,000	2,000,000
Italy	650,000	947,000
USA	126,000	234,000
Japan	300	900
Romania	335,000	120,000
Serbia	45,000	133,000
Belgium	13,800	45,000
Greece	5,000	21,000
Portugal	7,222	13,700
Germany	1,700,000	4,200,000
Austria	1,200,000	3,600,000
Turkey	325,000	400,000
Bulgaria	87,000	152,000

## The Bottom Line



*The 11th of November  
Is the date to remember.  
The 11th minute  
Of the 11th hour  
Is the time to recall  
Those of courage and valor  
Who answered the call  
And risked their all  
For your freedom and mine.  
The years now number 99  
Alas, but here is the bottom line: ~ DS*

Total Allies	5,000,000	13,000,000
Total Axis	3,300,000	8,300,000
Total Humans Killed	8,300,000	and Wounded 21,300,000

## *Trundle past the wonderful stiletto age.*

There are many kinds of foot problems but the above are the ones that trouble our daily ability to walk around, inside or outside. Many of us like to take daily little hikes as we know that our health depends on activity and fresh air. So, what can we do?

1. Skin and nail conditions can be prevented by wearing footwear that fits without pinching or rubbing. Socks should be worn at all times for aging people. Regular foot baths help keep sole skin soft and easier to avoid thickening. Corns and calluses can be removed, but the safest way is to have your doctor or a certified foot health care professional do it.

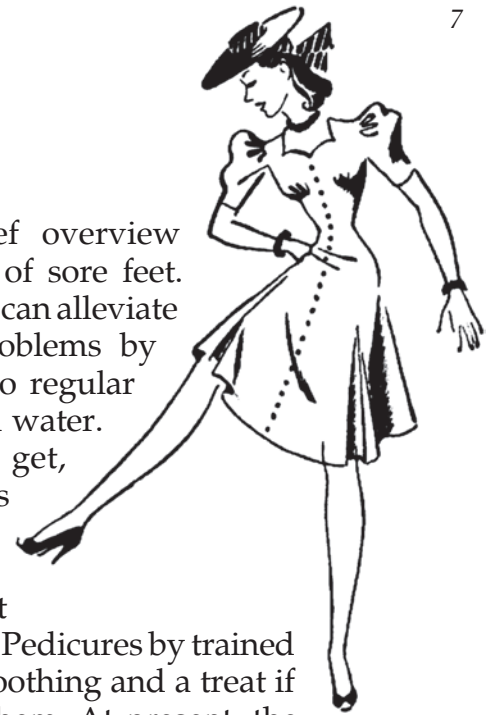
Fungus infection should be avoided by wearing footwear in public places such as locker rooms or swimming pools. If this problem is noted such as thickening and discoloration, medication can be prescribed.

Ingrown toe nails can be avoided by regularly cutting your nails straight across, and ensuring you file the outer edges.

2. Bones and joint pain are often due to footwear that puts pressure on toes, especially shoes with narrow fronts or high heels. The easy solution is to choose shoes with a round deep toe box. Try to find a knowledgeable clerk who can assist you with the right ones. Arthritis can also cause foot pain, especially in the toe, so take time to try on sizes that have a stiffer sole that will reduce pain by keeping foot joints from having to bend so much.
3. Tingling or numbness occurs in about the third of diabetics as noted previously. If you have diabetes check your feet daily for cuts or blisters, and wear clean white socks. If you notice anything amiss you should check with your doctor or the Whitehorse General Hospital Diabetic Clinic. Tingling feet in non-diabetic patients should be checked with your doctor in the event of an injury.

This is a brief overview of a few causes of sore feet. Treating at home can alleviate some of our problems by taking time to do regular soaking in warm water.

The older we get, the harder it is to bend down, especially if we are trying to get the nails clipped. Pedicures by trained pedicurists are soothing and a treat if you can afford them. At present, the cost appears to be about \$60.00.



Here are some options for assistance.

1. There is a free "Foot Clinic" sponsored and operated by the Ladies Auxiliary of the Yukon Order of Pioneers in Partnership with the Whitehorse Health Centre. The clinic is held at the Golden Age Society on the first Tuesday of each month from 8.30 a.m. – 11.00 a.m. Bring a foot basin and a towel with you. The clinic is not held in July and August each year but reopens the first week in September (September 5th this year).
2. The Diabetic Education Centre offers counselling meetings with a Nurse Educator or Dietitian for Diabetic patients. Office hours are 8.30 – 2.00 p.m. Referrals are required from your doctor, a nursing station, or Home care.
3. There is a "WalkOn Foot Care clinic at Suite 1, 210 Lambert St. in downtown Whitehorse that offers therapeutic foot care and reflexology. The trained nurse also offers education and mentoring, plus self- management packages. Contact can be made at [WalkonFootcare.com](http://WalkonFootcare.com) or phone 867-689-7191 for further information.

As a final suggestion, buy yourself a small plastic bin and some bath salts. Sit down with a good book a cup of coffee, and a phone close to hand, Soak your feet for about 20- 30 minutes, twice a week, and savour those great breaks.



Lew Johnson	October 1	Frank Mooney	October 20	Rita Fromme	November 24
Don Frizzell	October 1	Rosalie Rogers	October 20	Fran Curran	November 28
Patricia (Sue) Meikle	October 2	Jan Trim	October 21	Ranjit Sarin	November 30
Peggy Hanulik	October 4	Elise Maltinsky	October 22	Peggy Godson	December 2
Linda Heynen	October 4	Caroline Nelson	October 23	Patricia Kohler	December 3
John Nesgaard	October 5	Judy Pakozdy	October 23	Walter Golbeck	December 15
Dorothy Burke	October 5	Ingrid Wilcox	October 23	Debbie Janzen	December 17
Irene Mahoney	October 7	Paul Beurdouche	October 31	Mary Seely	December 17
Mary Mickey	October 7	Marilyn Taylor	November 2	Mona Carpentier	December 18
Pat Mueller	October 7	Helen Holoway	November 6	Joyce Gilroy	December 20
Pearl Keenan	October 10	Bev Regier	November 7	Peggy Duncan	December 21
Kim Brackett	October 14	Norman Farr	November 9	Joan Steele	December 26
Dennis Darling	October 18	Tony Hanulik	November 11	Eileen Boyle	December 29
Graham Jackson	October 18	Janna (Marion) Taylor	November 13	Joseph Courtoreille	December 29
Ruby Woolger	October 19	Tony Hill	November 19	Ev Pasichnyk	December 31

**60+**  
COUNTS  
01 OCTOBER  
INTERNATIONAL DAY OF OLDER PERSONS

International Day of  
Older Persons  
Sunday, October 1

## DATES TO REMEMBER

Thanksgiving Day  
Monday, October 9  
(YCOA office closed)



Daylight Saving Time ends  
Sunday, November 5  
(set your clocks BACK 1 hour)



YCOA Semi-Annual Meeting  
Friday, October 20

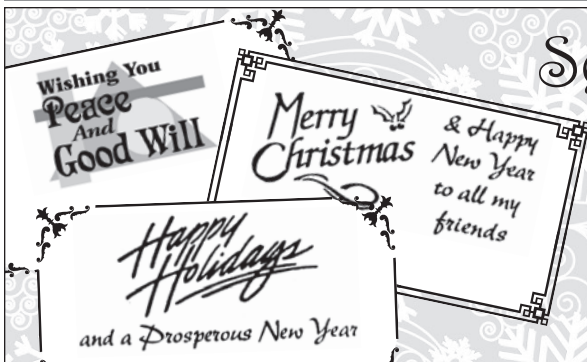
Sourdough Chronicle  
get your stories to the editor  
Friday, November 10 (or earlier)



Hallowe'en  
Tuesday, October 31



Remembrance Day  
Saturday, November 11



Send out seasonal greetings  
in our next issue

Only \$5.00

Purchase your greeting at the Semi-Annual AGM on  
October 20th or from the YCOA office  
anytime during office hours until November 10th



Join YCOA to celebrate the  
**International Day of Older Persons**

and the launch of our  
**Learning for Life Program**

**Sunday, October 1, 2017**

**1:00 to 3:00 PM**

**Mt. McIntyre Recreation Centre  
 Grey Mountain Room**



**Schedule of Events for the Day**

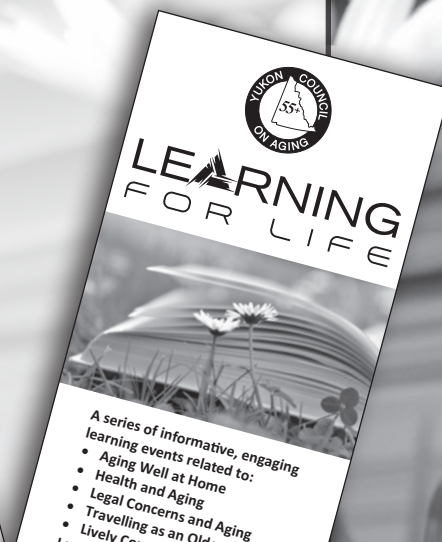
1:00 PM – Meet and Greet accompanied by light refreshments

1:30 PM – Welcome and Keynote Speaker

1:45 PM – What is the Learning for Life Program?

2:00 PM – Discover and Register for this year's Learning Events

For more information, contact YCOA.



See our Poster for more details  
 Check us out on the Internet: <http://learningforlifeyukon.weebly.com>  
 If you are "ON" Facebook, join the group:  
<https://www.facebook.com/groups/L4LYukon>  
 Mark your calendar and come celebrate - no registration required



***"Anyone who stops learning is old,  
 whether at twenty or eighty.  
 Anyone who keeps learning  
 stays young."***

*~ Henry Ford ~*

# LEARNING

FOR LIFE PROGRAM



Yukon Council on Aging's Learning for Life Program provides informative, engaging learning opportunities for Yukoners aged 55+. From fall to spring, YCOA offers a series of learning events related to themes like aging well at home, legal concerns, health and aging, and travelling as an older adult.

***Experience Learning for Life; stay informed, connected and engaged!***

Come and join us at our Learning Events scheduled for the 2017-18 season.

## **Aging Well at Home**

- Home Services
- Making Life Easier Online

## **Health and Aging**

- Vision and Hearing - Concerns, Prevention and Treatment Options
- Young and Fit - Keeping Your Brain Healthy and Happy
- Flourishing

## **Legalities around Aging**

- The Retirement Roadmap
- Wills and Advance Decision Making

## **Topics for Lively Conversations**

- Aging with Intention and Passion



## **How to Register**

- Register by Friday before the event.  
**online at [learningforlifeyukon.weebly.com](http://learningforlifeyukon.weebly.com)**  
**by phone 668-3383, Toll free: 1-866-582-9707 or**  
**at the YCOA Office 4061-B 4th Avenue**
- \$5.00 per learning event payable at the event with cash or cheque. YCOA does not issue refunds.
- If the fee makes it difficult to participate, please let us know.

# LEARNING FOR LIFE

## Upcoming Learning Events

Visit our website: [learningforlifeyukon.weebly.com](http://learningforlifeyukon.weebly.com) for presenter bios, and more event details.

### OCTOBER

#### Aging with Intention and Passion

With: Larry Gray

Date: Tuesday, October 3

Time: 7:00-9:00 pm

Location: Association franco-yukonnaise (AFY), 302 Strickland Street

In First Nations culture, an elder is at the pinnacle of their development. Through stories, they are carriers of wisdom and knowledge and are highly respected. In our mainstream culture, a senior loses self-esteem; many believe they have nothing to contribute to society. And yet, we are becoming the very best version of ourselves in the latter third of our lives. How do we harvest the wisdom of our life experience? Larry provides thought-provoking ideas, drawing everyone into rich discussions around aging with intention and passion. Join us!

#### Making Life Easier Online

With Ted Ackerman

Date: Tuesday, October 24

Time: 1:00-3:00 pm

Location: Hellaby Hall, 302-510 Elliott Street

Say hi to your friends, look at your daughter's vacation pictures, pay the bills, play with your grandson in Calgary, maybe send him a gift, and then find out what Trump is up to today—all without leaving your kitchen table. With the Internet, you can do this and more. Ted will walk you through it step by step and provide a "cheat sheet" to take home that includes tips on protecting your privacy.

### NOVEMBER

#### The Retirement Roadmap

With Daniel Bouck

Date: Tuesday, November 7

Time: 6:30-9:00 pm

Location: Hellaby Hall, 302-510 Elliott Street

As Canadians, we are living longer and leading more active lives than ever before. Planning for retirement can be a daunting task. How much do I need to save for the lifestyle I want? How do I navigate paying down debt vs. investing? When should I apply for my Canada Pension Plan and Old Age Security? Daniel covers a broad range of topics answering your questions about RSPs vs. TFSAs, tax efficient withdrawal strategies, long term care, asset allocation, gifting, estate planning and more.

#### Vision and Hearing: Concerns, Prevention and Treatment Options

With Dr. Fraser Gray and Michelle Harper

Date: Tuesday, November 21

Time: 9:30-11:00 am

Location: Golden Age Society Complex, 4061 – 4th Avenue (parking lot entrance)

Having good eyesight and hearing is precious to everyone. How do we minimize deterioration, as we get older? Dr. Gray explains three common, age-related conditions for vision; cataracts, glaucoma and macular degeneration, and helpful prevention strategies. Michelle Harper, Audiologist at Better Hearing, outlines key concerns for hearing loss with suggestions for maintaining healthy hearing.

## pssst...spread the word

... tell your friends about the services available at  
**Yukon Council on Aging**

- Pension applications
- Various grants and supplements
- Advanced Care Directives
- Health
- Recreation and Education
- Referrals to various agencies and organizations
- Housing
- Income Tax referrals
- Seniors' Discount List
- Notary Public Service
- Social Assistance referrals



## August 2018

### Saint John, New Brunswick

over 1500 participants - over 22 events

8-Ball Pool	Floor Shuffleboard
Badminton	Lawn Bowling
Bocce	Horseshoes
Bowling (Candlepin)	Ice Curling
Contract Bridge	Ice Hockey
Cribbage	Pickleball
Cycling	Scrabble
Darts	Slo-Pitch
Golf	Tennis
Whist	Swimming
Duplicate Bridge	Track & Field



get your "I Might Go Forms" at the ERA SA-AGM

[www.elderactive.ca/index.php/activities/canada-55-games](http://www.elderactive.ca/index.php/activities/canada-55-games)

Important information about the  
**YUKON SENIORS INCOME SUPPLEMENT**  
and the **PIONEER UTILITY GRANT**

## Yukon Seniors/Elders

**Have you completed your 2016 income tax return? Don't delay!**

If you don't complete your tax return, you could experience a disruption to your **Yukon Seniors Income Supplement** payments.

You must also produce a copy of your 2016 Canada Revenue Agency Notice of Assessment to apply for the **Pioneer Utility Grant**. Be sure to keep it handy – applications will be accepted starting July 4.

**For more information call us at 667-5674 or toll-free at 1-800-667-0408, extension 5674.**

**Yukon**  
Health and Social Services

[www.hss.gov.yk.ca](http://www.hss.gov.yk.ca)

by Susan Kehoe,  
Assistant Editor

## When “No Scents” Makes Sense



It was early fall 1998 when I stopped being an opium user. The perfume, the perfume—not the drug! Enrolled in a graduate program at the University of Calgary, I shared a small office with three other students. While setting up my desk, a colleague informed me that one of our officemates was seriously allergic to perfumes and other scented products and has asked that we not wear any while at school.

Give up my exotic and intoxicating Opium, my coif-perfecting tropical fruit hair product, and my “never let them see you sweat” baby fresh antiperspirant—really! Okay, all kidding aside, I hesitated, but I did. This was a time before “scent free” and “fragrance free” policies existed. I had never heard of allergies to scented hygiene products, but I certainly did not want to make my officemate sick.

These days, you would be hard-pressed to find a corporate or government office or healthcare environment that does not have a policy asking people not to wear scented products. The new YCOA’s editor asked me to write a short article to introduce myself to the readership. I could have written my first piece on just about any topic, but when I saw that the new Learning for Life program was “scent free” and after learning that some people are still unaware of this policy or why it is important, I decided to do a short piece on this topic.

It wasn’t until I talked to my inflicted colleague that I realized I was a literal “Pig-Pen” of artificial scents that could cause a person such as her to have a serious, and potentially deadly, asthmatic attack because of the chemicals in my choice of personal hygiene products. She is a rarity; I must be clear on that point.

Not all people with “scent” sensitivities suffer such severe consequences. Some become ill for a while after exposure and recover, but ill nonetheless. The list of reactions to chemicals in scented hygiene products is long. Some of the symptoms these chemicals can cause include headaches, migraines, skin irritation, nausea, dizziness, shortness of breath and, in some cases, severe allergic and asthmatic attacks.

More than three million Canadians live with asthma, the most common respiratory disease, and a third of those people say their disease is made worse by exposure to perfumed products. Also, a 2014 Statistics Canada survey states that 2.4 per cent of Canadians (over 800,000) have been diagnosed with “multiple chemical sensitivities” [which could include chemicals in hygiene and beauty products].

Some people are born with a sensitivity to certain chemicals. Others develop chemical sensitivities later in life. One theory suggests that repeated exposure to chemicals and smells over the years can make some of us more vulnerable.

Here is an interesting fact about our sense of smell. Most people’s sense of smell diminishes as they get older, especially after age 70. A decreased sense of smell could result in an older person with a

chemical sensitivity not being aware of smells around them that could trigger a reaction or, conversely, cause someone to unintentionally apply too much perfume or cologne.

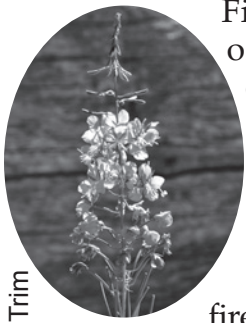
So, next time you attend a group session, workshop or public event, consider leaving the scented products at home. This includes all scented personal products such as perfume, cologne, deodorant, hair products, soaps, body lotions and the like.



# Official Flowers of the North

by Doug Sack

## FIREWEED



Fireweed, the official floral emblem of the Yukon Territory, was chosen by members of the Yukon Territorial Government on March 27, 1957.

From late July through August, fireweed springs up along the Alaska Highway and every other Yukon road in a never-ending border of purple colour.

## FORGET-ME-NOT



Forget-Me-Not (FMN) was chosen as the Alaska state flower in 1949. Prior to that, it was the territorial flower from 1917. It was also designated the patron flower for Grandparents Day in 1978.

FMN was first chosen by the "Grand Igloo," an organization formed by pioneers who arrived in Alaska before 1900. They named the flower in their constitution in 1907, and it was quickly adopted by the broader population as a symbol of the Alaskan region. The blue background of the state flag is said to be inspired by the blue of the FMN.

Both plants are edible and medicinal, FMN's as a skin lotion and treatment for eye ailments and Fireweed as a tea in Russia called Kabor, a substitute for salad greens eaten by the French Canadian voyageurs called l'herbe fret, and bee attractors by northern beekeepers as it produces a rich, dark honey. It's also called Mooseweed, great willow herb, blooming Sally, French willow, wickup and rosebay depending on where you are and is a favourite graze for all members of the deer family. It is circumpolar and ubiquitous. When Mount St. Helens blew up in the Washington Cascades in 1980, fireweed sprouted up almost immediately, which attracted deer to begin the restoration process. It blooms from mid to late July until first snowfall but is sweetest in mid-August. Very lightweight seeds travel long distances

## Yukon: Fireweed

Alaska: Forget-Me-Not

NWT: Mountain Avens

Nunavut: Purple Saxifrage

with the winds and resemble parachutes. Fireweed is the symbol of new beginnings.

Horses and most all other grass eaters, like bison, love it for the sweet taste.

## MOUNTAIN AVENS

Mountain avens is the common name for dwarf, trailing or mat-forming shrubs in genus *Dryas* of the rose family (Rosaceae). The genus includes four species found mainly at higher altitudes of the Northern Hemisphere. Three are native to Canada. Furry, evergreen leaves, a single decorative flower and a mat-forming ability make mountain avens popular for rock gardens. The very hardy species *D. integrifolia* was chosen (1957) as the floral emblem of the NWT, where it is abundant and blooms from June to July. It grows on rocky, barren slopes in the mountains of BC and Alberta, and throughout the territories and the Arctic Archipelago. This species has a corolla of white petals with a yellow centre.

Source: *Canadian Encyclopedia*



## PURPLE SAXIFRAGE

Purple saxifrage is a wide-ranging, arctic-alpine species found in the European Arctic and high mountains like the Alps and Pyrenees. In the Canadian North, it grows from the Yukon to Ellesmere Island and from northern Quebec to Newfoundland. It is also found in high alpine areas in British Columbia and Alberta.

True to its Latin name (*Saxifraga* means rock-breaker) this plant occupies barren, exposed rock; damp crevices in cliffs; and moist, calcium-rich gravel in arctic and alpine environments. In the Arctic, it often grows on mobile surfaces such as scree slopes.

Source: *Nature Alberta*



Photo credit: Jan Trim

Photo credit: Noumenon

Photo credit: Peter Lesica

Photo credit: Michael Haferkamp

# LAST TRAIL

Fredrick William Whymark	January 15, 2017	Valleyview AB
Judy Lane	March 31, 2017	Whitehorse, YT
Marshall Bereza	April 14, 2017	Victoria, BC
Marie Goulding	April 18, 2017	
F. David Locke	April 29, 2017	Kelowna BC
Grace Emma Rich	May 4, 2017	Sicamous, BC
Brent Walden	May 4, 2017	
Karen Olsen	May 8, 2017	Roberts Creek, BC
Marcia Ann Thompson	May 8, 2017	Penticton, BC
Joseph "Joe" Jackson	May 9, 2017	Teslin, YT
Stanley Keays	May 9, 2017	Watson Lake, YT
Olive "Mae" Prysai	May 10, 2017	Salmon Arm, BC
Ralph Walter Simpson	May 11, 2017	Whitehorse, YT
Clark Van Steinberg (Harry)	May 14, 2017	Whitehorse, YT
Conrad(Con) Clement Cichon	May 20, 2017	
Leslie Murray Murdoch	May 20, 2017	Whitehorse, YT
Derek (Deek) Charles Loyst	May 21, 2017	Whitehorse, YT
Yvonne Hrebien (nee: Besner)	May 25, 2017	Whitehorse, YT
Patricia Rita Cumming (Nee:Leeper)	May 30, 2017	Whitehorse, YT
Julia Elizabeth Morbert		Dawson City, YT
Nancy May Krocker	June 4, 2017	Victoria, BC
Kenneth Raymond Baker	June 4, 2017	Carcross, YT
Shirley Anne Prince	June 6, 2017	Whitehorse, YT
Bruce Douglas Lowey	June 18, 2017	Edson, AB
Gerhard W. Kaiser	June 19, 2017	Whitehorse, YT
Aksel (Ax) Porsild	June 23, 2017	Courtenay, BC
Paul Pumphrey	June 24, 2017	Whitehorse, YT
Wayne Irv McKenna	June 25, 2017	Whitehorse, YT
Donald Patrick Frizzell	June 25, 2017	Whitehorse, YT
Wayne King	June 27, 2017	Whitehorse, YT
Brian John Oveson	June 28, 2017	Carcross, YT
Elizabeth Kathleen Sarin	June 28, 2017	Whitehorse, YT
Kevin B, Doran	June 29, 2017	Victoria, BC
Roberta Irene Braun	July 5, 2017	Whitehorse, YT
Laura Roske	July 5, 2017	Whitehorse, YT
Donald Duncan McIntyre	July 7, 2017	Teslin, YT
Elmer Leonard Joe	July 10, 2017	Marsh Lake, YT
Margaret E. Joe (Maggie)	July 15, 2017	Carcross, YT
Phil (Felix) Smith	July 15, 2017	
Mary Joanne Newell	July 17, 2017	Whitehorse, YT
Anna Elizabeth Smith	July 18, 2017	Kelowna, BC
Brian Joseph Sampson(Sam)	July 23, 2017	Whitehorse, YT
James (Jim) Ernest Tedesco	July 23, 2017	Whitehorse, YT
Brian Hannah	July 27, 2017	Whitehorse, YT



# LITERARY REVIEW



by Doug Sack

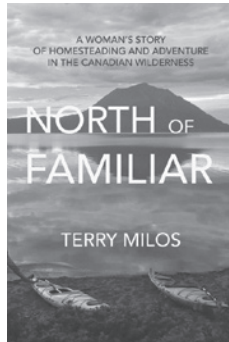
## Memoirs of an Atlin School Marm

*"It took her 25 years to get around to telling her side of the story."*

### North of Familiar

by Terry Milos

If there is any failing in Terry Milos' excellent memoir "North of Familiar: A woman's story of homesteading and adventure in the Canadian wilderness," it is this: Nowhere within these wonderful 208 pages does she get around to physically describing herself and then husband Stan Milos, who are the stars of this narrative, so that duty must be performed by your humble reviewer who was present on the scene and is even mentioned in her eloquent commentary (on page 132) as both were fond friends during the hippie heydays in Atlin circa 1970's.



Calling Terry a "school marm" is technically accurate but projects the image of a stern woman with her hair in a bun and granny glasses wearing a drab sweater. That's not Terry. If you had seen her in 1969 walking around San Francisco with some flowers in her hair, you would have been



tempted to write a song about her. She was, and still is, tall and willowy (but wiry strong) with long flowing dark hair parted in the center and VERY feminine. Her husband at the time, known as "Stan the Man" was a little taller than her, maybe 6'2", and looked like the

Marlboro Man on steroids, often seen around town in a cowboy hat. When the two of them were together in a public gathering, they towered over everybody else much like the King and Queen in a chess set. Stan, now deceased, was ten years older than



Terry and I referred to them, behind her back but to his face, as Beauty and The Beast. He was a carver by choice and a master carpenter by necessity responsible for many of the historical restorations along the Yukon River from Hootalinqua to Fort Selkirk and beyond which is how he spent many of his summers. They were not actually homesteaders as they purchased their Little Atlin lakeside acreage at km 6 on the Atlin Road on the open market but that was only part of their story. She also taught in Tagish, Carcross, Dawson City, Terrace, Old Crow and others and Stan took any jobs he could find between Peace River, Alberta and Herschel Island on the Beaufort Sea to scabble out a northern existence from between 1974 to the early 90's. Atlin was a happening place in those days and the Milos clan was a well known and popular part of the equation even when they didn't live in town.

Terry is from Florida and Stan was an Alaskan but they met in Marin County, California where Terry was attending university and Stan was building things including projects for Clint Eastwood for a while, a story he told me at least 100 times. When I engaged him to build a small skidshack for my prospecting business I couldn't help bugging him by saying, "Now I have something in common with Dirty Harry."

That little tidbit didn't make Terry's memoir but many others did and I was astonished to learn how many things about her and Stan's life I knew nothing about. For instance, she



knows how to make wine out of yard weeds (dandelions). Amazing. In fact, things like that and how to prepare a lynx roast are the gist of this book and the biggest reason I couldn't put it down once I started. I devoured the whole thing in one overnight reading. Simply stated, it's the best narrative I've ever read about the country lifestyle in the contemporary north and the only one featuring Atlin and the Yukon. She used very few surnames in telling her yarns but I recognized most of the characters by their first names even though I might have missed my own if she hadn't mentioned it at her book signing at Mac's Fireweed.

It took her 25 years to get around to telling her side of the story and she is already 24 years into her second marriage and now living in Sicamous, BC but she brought Old Atlin rushing back into my brain with a tsunami of memories, most of them funny and warm, only a couple tragic and sad.

The book was heavily edited, perhaps over-edited, because I wanted more when finished. She mentioned to me that it took two months to write and three years to publish but nobody messed with her voice which is the key to short memoirs.

Her writing voice sounds just like her speaking voice and that's a tricky thing to pull off but it's what makes this book such a success.

You didn't have to be there at the time to enjoy her perspective on the things she and Stan did while raising their boys, Travis and Brett. Her yarns are universal because a remarkable woman who disappeared for 25 years has returned with a remarkable book.

That's called harmonious serendipity.

You can find it at Mac's on Main for 25 loonies.



Photo credit: Jan Trim

Land yacht - Burwash Landing Resort

## World's Oldest Athlete

November 20, 1899-April 13, 2005

John Whittemore, of Montecito, California, has been previously credited as being the "world's oldest athlete". A long time Masters Track athlete, his last competition was on October 5, 2004, just six weeks before his 105th birthday. He threw the javelin and discus on that occasion.

Whittemore said of his unique position in the athletic world,

*"If I don't drop it on my foot,  
I set a world record."*

Had he competed after his birthday it would have necessitated a new age division in a sport divided by five-year age groups, a situation Whittemore continued to train for. When Whittemore threw the shot put, earlier in March at the Santa Barbara Easter Relays, (at age 104 years, 4 months), it was covered on Good Morning America on March 29, 2004.

The only other reported instance of a 104-year-old participating in athletic events was skier Herman Smith-Johannsen, reported in 1979 and that was not in an organized event. The next active claimant to the title was Australian Ruth Frith, who competed in throwing events at the 2009 World Masters Games in Sydney. She was still active when celebrating her 104th birthday in August 2013. However, she died in March 2014. Everett Hosack, who Jay Leno announced as the "world's oldest athlete" at the time, famously participated in the Penn Relays and USATF National Indoor Championships at age 101. On June 28, 2015, Stanisław Kowalski became the first athlete to compete in the M105 category.

Whittemore attended Santa Barbara High School, where he was a long and triple jumper, and graduated in 1917. He often described riding to high school on horseback. Later he attended Stanford University, where he played baseball and was an outstanding tennis player. He spent several decades competing for the Club West Track Club, which named an annual award for him.

Source: Wikipedia

## Update: Whistle Bend Continuing Care Facility Named

by Nancy Kidd, Director,  
Whistle Bend Continuing Care Facility

We are pleased to announce that the new facility located in Whistle Bend has been officially named:

### *Whistle Bend Place.*

Thank you to everyone who voted on their preferred facility name last fall.

The long days of summer have been well-used at the Whistle Bend worksite where a great deal of building construction has been completed. The facility's "substantial completion" date remains on target for spring 2018.

The new facility will open in stages. Admissions to the 120 long term care bedrooms in five standard houses will begin in the fall of 2018. Macaulay Lodge will close at that time. The Community Hospice with 18 bedrooms will open in 2019, and the secure mental health long term care house with 12 bedrooms will begin admissions in 2020.

Continuing Care has taken the upcoming changes as an opportunity to review programming offered at Thomson Centre, Copper Ridge Place and Whistle Bend Place with the goal of enhancing capacity for residents to age in place. Potential changes would mean that when a resident's care needs increase, he or she will more often be able to remain living in the same building and, at times, continue to live in the same bedroom.



▲ Whistle Bend Continuing Care Facility  
Drone Photo: August 9, 2017

On August 2, the Vancouver Yukoner's Association, represented by Helen Munro-Fitch, Molly Rogers-Browne and Penny Sippel, bestowed a generous donation to purchase artwork that will be displayed at Macaulay Lodge and moved to the new Whistle Bend facility upon opening in 2018. This gift demonstrates the important connection between current Yukoners and those who may live elsewhere, but for whom Yukon remains an important part of their lives. Macaulay Lodge residents celebrated the gift and enjoyed visiting with old friends.

If you have questions or concerns about the Whistle Bend Place project, or planning for Continuing Care services, please contact Nancy Kidd at 867-393-6305 or [nancy.kidd@gov.yk.ca](mailto:nancy.kidd@gov.yk.ca)

Thank you.



*Seasonal Flu  
Immunization Clinics  
coming this fall  
- watch for ads in local  
newspapers*

### Prevention is Important

You can help prevent influenza by:

- frequently washing your hands,
- avoiding contact with others who have influenza,
- clean common surfaces often, (light switches, door knobs, and telephone headsets)
- do not share personal items or drinks
- coughing and sneezing into your elbow/arm and
- getting an annual influenza vaccination.



## Membership Application

Name: \_\_\_\_\_

Renewal \_\_\_\_\_ New Application \_\_\_\_\_

Address (if new or change of address)

\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Would you like to receive the Sourdough Chronicle by email? \_\_\_\_\_

Would you like to receive other information periodically by email? \_\_\_\_\_

If you wish to have your Birthday published in the chronicle please provide your Birth date. \_\_\_\_\_

Date

Month

**Membership** entitles you to 4 quarterly newsletters and full voting privileges (if in the Yukon) at the AGM.

**Membership fee is \$10/year per person** (Mar. 31 –April 1 the following year)

Please remit your payment to: Yukon Council on Aging  
4061B 4<sup>th</sup> Ave.  
Whitehorse, Yukon Y1A 1H1

Office hours – Monday to Friday: 9 am to 1 pm.

**For office use:**

Receipt number \_\_\_\_\_ Amount paid \_\_\_\_\_ Expires Mar.31, 20 \_\_\_\_\_

Office Entered  date \_\_\_\_\_ General member \_\_\_\_\_ Associate member \_\_\_\_\_



# BULLETIN BOARD

## FEEDBACK

Now it's YOUR turn. Please write us. Our e-mail address is ycoa@yknet.ca  
Take the time to check out our newly revised website:  
[www.yukon-seniors-and-elders.org](http://www.yukon-seniors-and-elders.org)

Yukon Council on Aging  
**Semi-Annual General Meeting** will be held, **October 20, 2017** at the Golden Age Centre.  
Registration at 9:00am.  
Meeting starts at 9:30am.  
Coffee and snacks to be provided.

**Thanksgiving Day** - October 9, 2017 the YCOA office will be closed for the holiday.

### Blood Pressure Clinics

3rd Tuesday of each month

**Closeleigh Manor**, 100 Lambert St.;

9:00-10:00 a.m.

**Greenwood Place**, 3090 – 3rd Ave.;

10:15-11:15 a.m.

**Waterfront Place**,

1:00-2:00 p.m.

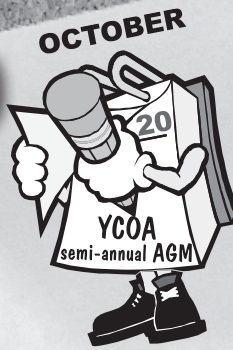
**Riverdale Manor**, 20 Duke St.

2:30-3:30 p.m.

**Yukon College Seniors' Complex**

1:00-2:00 p.m.

All seniors are welcome. For more information call the Whitehorse Health Centre at 667-8864.



Support for this Newsletter is provided by:

**Yukon**  
Health and Social Services  
the Yukon Order  
of Pioneers



Photo Credit: Hanna Schiller

**Foot Clinic** by public health nurses  
1st Tuesday of each month  
8:00 a.m. at the Golden Age Center.  
Bring your own basin and towel.  
Sponsored by the Ladies Auxiliary of the Yukon Order of Pioneers.



### COMING IN THE WINTER ISSUE!

A sure fire way to use the winter solstice to cure cabin fever rather than cause it!

Photo credit: Doug Sack

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