

# Sourdough Chronicle



YUKON SENIORS' NEWSLETTER VOLUME 45, NUMBER 2, SUMMER 2022

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Photo courtesy of Christopher Wheeler

Exploring the Shallows. You can view more of Christopher's work at <https://www.flickr.com/photos/chrisnorth/>, or on his website at [www.wheeler.ca](http://www.wheeler.ca).



by Bev Buckway,  
President YCOA

# President's Report



Our AGM took place on April 25th, with Ed van Randen (DM) and Cathy McNeil (Director, Care and Community) from Health and Social Services and Kim Ho (Senior Partnership Advisor) from Yukon Housing Corporation, as guest speakers. It is always a pleasure to have representatives from the Government of Yukon with us, as we rely on and appreciate funding from these two departments for the organization's work.

One worry for the Board is not knowing if we will reach our legislated quorum for the meeting. Therefore, we anxiously watch membership numbers to see if email and phone RSVPs will allow us to conduct business. Thank you to the members who always reply in advance, as we rest much better the night before knowing that we will reach quorum. Our membership numbers declined over the past two years; however, the Board will strive to lure people back with their paid-up \$10 membership dues.

Speaking of legislation, one administrative item to tackle is updating the bylaws to meet current government regulations. Some of us took advantage of The New Societies Act & Your Bylaws workshop held in April and hosted by Sport Yukon to aid our work. The Board will bring forward suggested wording for membership approval at the October Semi-Annual meeting, putting us slightly ahead of the deadline.

One of my friends often laments that "Nobody wants to do anything" when referring to some boards. Perhaps as we get older, we have volunteered for so many years that we do not want to be tied down. Or maybe

some have never served on a board and are reluctant. But, happily, it was not a problem to find enthusiastic, diverse, and committed board members for this term. Each provides different experiences and knowledge to the team as we examine the best ways to support Yukon seniors.

You may know that YCOA started in 1978. I extend a vote of gratitude to all those who have served on the Board or have been employees since then. Populations and demographics change. Issues come and go. We face changes impossible to imagine forty years ago, such as needing a password to access your bank account. Fortunately, we are on an ongoing learning course, with several local organizations offering assistance. Rather than duplicating services, sharing resources will get us to the same goal. YCOA keeps a brochure rack to browse through and a digital list of organizations. Stop in and look when you are in town, or we can mail something out. And don't forget that the Yukon Senior's Discount List that includes Whitehorse and rural communities is available on our website and in our office. If you know of a business that is not listed, let the office know. As seniors, we appreciate the discounts and thank the companies that offer this extra benefit.

Finally, please keep in touch with your ideas and comments on how we can serve you better as Nancy, Penny, Linda, Doug, Bill, Lawrence, Judy, Michelle, our employees and I work on your behalf.

Bev Buckway  
President



Right: Frank Backmier is an active member of YCOA and worked many years as a board member where he worked tirelessly as an advocate on the housing front. Frank was recognized for his years of service at the April 15th Annual General Meeting.

Below: Bottom: Bev Buckway gives Doug MacLean a card of recognition for his role on the board over a number of years.





# YUKON COUNCIL ON AGING

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President: Bev Buckway  
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 Treasurer: Linda Profeit  
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## Directors:

Bill Nelson  
 Lawrence Purdy  
 Judy Ratcliffe  
 Michelle Christensen-Toews

Past President:  
 Doug MacLean

# The Sourdough Chronicle

A Newsletter for Seniors and Elders published quarterly.

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Board of Directors YCOA

## Guest writers

Don Cheeseman and  
 Christopher Wheeler

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

by Janet Smellie

# Editorial



## Our Clean Future - A start in the right direction

Yukoners are facing another “wait and see” summer weather-wise. Flood warnings and record forest fire activities continue, but so far, we are crossing our fingers that our climate can remain somewhat stable thanks to all this recent rain. Not so for other parts of Canada and abroad, where record-breaking heat waves, droughts, and fires are sweeping through towns, villages, and cities. There’s no doubt, like other jurisdictions, we in Yukon, are witnessing the dangerous effects of climate change more and more each year. Environmental indicators produced by a Yukon government report last year note that annual temperatures in northern Canada have increased by 2.3 C since 1948, with temperatures rising most rapidly in the Yukon and the Northwest Territories. This is close to three times the rate at which global temperatures are rising. Winter temperatures, indicators show, have also increased during this timeframe by about 5 degrees Celsius.

Warmer temperatures bring more precipitation in Yukon and also cause extensive melting of polar sea ice. The Yukon State of the Environment Interim Report (A Report on Environmental Indicators, 2021) is an update under Our Clean Future, a 10-year strategy first introduced by Yukon government in 2020. Our Clean Future was created to offer innovative, long-term solutions and guidance when it comes to the climate emergency for us here in Yukon. And so far, this strategy and its subsequent indicators is hitting its mark. The recent landslide that shook one of Whitehorse’s main escarpments (Robert Service Way) in the spring of 2022 and the more recent highway overpass collapse (North Klondike Highway) in June – both linked to increased precipitation and warming weather – are just two events that show indicators forecasted in Our Clean Future are all too real.

While we don’t want climate disasters, it is somewhat reassuring to see that the Yukon government’s strategy had already identified these types of events as key areas of concern. Part of Our Clean Future calls for completing a climate-change vulnerability study of the Yukon’s (road) transportation network by 2023. The strategy, which also encourages us all to be proactive and offers incentives and support for “greening up” our home-fronts, also includes setting ambitious greenhouse gas emission reduction targets, launches actions towards strengthening groundwater monitoring

networks in flood risk areas, and a continued commitment to work with Yukon First Nations and Yukon organizations over the plan’s 10 years. Another important area the plan will address, includes training for Yukon health care providers beginning in 2023 so they can better identify and treat the physical and mental health impacts ahead due to climate change. These are very achievable goals, and we should feel grateful our government is taking them on.



Solar panels in Old Crow.

Photo credit: Yukon Government

Perhaps the best part of Our Clean Future is that it is a plan designed for government departments to also be flexible when it comes to addressing new priorities and emergencies. This summer’s record wildfire activity – as of July 21 there were 204 active

fires (173 out of control) – will no doubt be a priority for the government, Yukon Wildland Fire teams, and partners as they work around the clock this summer to protect our land, our waters and our communities.

For those of you who haven’t had a chance to look at Our Clean Future and its subsequent reports, go to [www.yukon.ca/en/our-clean-future](http://www.yukon.ca/en/our-clean-future). It’s a fascinating read and it’s a start in the right direction. There’s lots of updated information and links to programs and services that can go a long way to help our communities stay safe as we embrace our new climate reality here in our beloved Yukon. Happy Summer!





by Doug MacLean

## Past-President's Report



As I have served the maximum two terms as YCOA President, I stepped down at the annual general meeting last April. I am, of course, continuing to serve on the board as Past-President for the coming year. I still feel fortunate that Jan Trim stayed on as Past-President when I first was elected President, as she was, and still is, a wealth of information and advice on what has worked well in the past, what hasn't, and why.

As most of you know, the 2021 AGM was postponed from April of last year to December because of the pandemic. As a result, with only four months leading up to the AGM in April of this year things were hectic, to say the least.

In that time, and in spite of the effects of COVID-19, we continued to offer our usual services in the YCOA office, albeit with masks on and socially distanced. Fortunately for us, seniors as a group have been very good about getting vaccinated and getting booster shots. Please do be patient though, and let's do what we can to continue to keep each other safe just in case there is another wave of this pandemic in the fall as is currently predicted by some medical experts.

If you came by our office in the last while, you know that you can still get help from Linnea Castagner with your questions on the Canada Pension Plan, Old Age Security, Guaranteed Income Supplement, and income taxes, etc.. And you can still get help with completing home maintenance and repairs, too. We have a list of qualified and screened workers who offer their services to seniors, often at preferential rates. As you may already know, Vince Gatien, our long-serving, dedicated Home and Yard coordinator, retired at the tender age of 81. Linnea stepped up and is thanked for her help with the extra work load immediately after Vince retired. Now, we are fortunate to have found Chris Wheeler to fill Vince's position. Please do come to visit, welcome him, and introduce yourselves.

Earlier in the year, our first priority as a board was to complete the reporting needed to receive funding from Yukon Health and Social Services (H&SS) and from Yukon Housing Corporation (YHC). That process was completed and funding for the coming year has since been organized.

Last February, I did two media interviews, one on how seniors are coping with COVID, and one on how seniors are coping with the heavy snowfall that we had. We also arranged for someone from the Yukon Mental Health Association to speak to the board on seniors' mental health, and the effects of isolation, etc.. These February activities could foreshadow our focus in the coming year as we look at options for possible new programs, and in March, we began to plan for those possible new programs. We also produced another edition of this newsletter that we hope you enjoyed. If you did not receive a copy of the last Sourdough Chronicle, there are still some available in the YCOA office.

In the coming months, there is potential for us to help advance programs of interest to seniors by working with the Aging in Place implementation process. For example, seniors' transportation may be a key project and is one that Health has already approached us about. We may be well-placed and able to help carry out such a project because of our central location, because we already have an office, and because we are in the same building as another seniors' organization, Golden Age Society, that is very active. As outlined in the Strategic Plan, we can work collaboratively with our sister organizations, such as ElderActive, YOOP, SAY, Vimy Ridge Housing Society, and with the new federal Ministry of Seniors. Working with these organizations may give us a synergy that allows us to do what might not be possible otherwise.

New board members are getting up to speed in their new roles, and deserve your help and support. Board training is also key. It helps to develop a common understanding of roles, to understand the Strategic Plan, and generally to help ensure smooth operation of the board. Board training was held in early May to forward these goals.

Coming up, our society's bylaws will need to be updated to be consistent with the requirements of the new Societies Act. Updating of policies will also be in order. We need to implement plans to further improve our accounting system, and we may need to apply for funding for any new projects or programs. As you can see, we have a busy agenda ahead of us at a time when many positive developments may be possible.

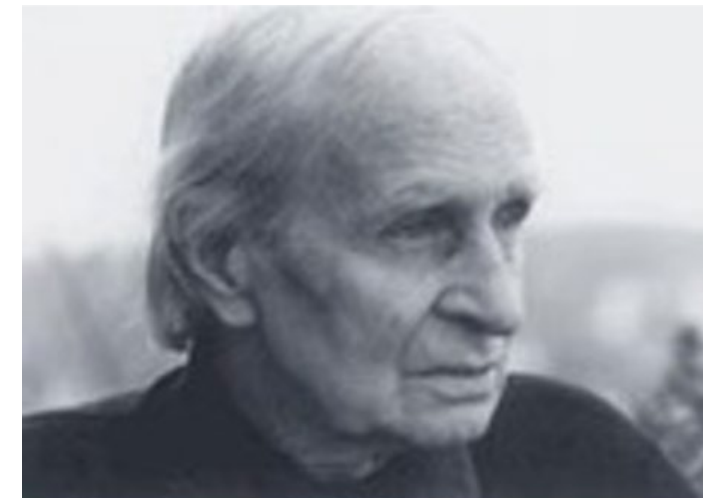
Finally, as noted at the AGM back in April, we all continue to benefit from the help of exceptional volunteers and staff. Among these are Kathy DeCecco, Don Cheeseman, former staffer Vince Gatien, and Treasurer Lynne Bergen. There are others, too, including Linnea Castagner, for example, who I know some of you have thanked personally for her help with needed information. There is more on these thank yous elsewhere in this edition of the Chronicle.

While it's been a lot of hard work, things are certainly looking brighter now for YCOA than they did even a few months ago during the darkest days of the pandemic. Thank you to all of you who stepped up to help make so many good things happen. I wish my colleagues on the newly elected board all the best in the coming year.

## The Greatest Hunger

by Don Cheeseman

Laurens van der Post tells us of a very important concept that he learned from the bushmen with whom he spent his life.



Laurens van der Post, author and philosopher

The Bushmen in the Kalahari Desert talk about the two "hungers". There is the Great Hunger and there is the Little Hunger. The Little Hunger wants food for the belly; but the Great Hunger, the greatest hunger of all, is the hunger for meaning.

There is ultimately only one thing that makes human beings deeply and profoundly bitter, and that is to have thrust upon them a life without meaning.

There is nothing wrong in searching for happiness. But of far more comfort to the soul is something greater than happiness or unhappiness, and that is meaning. Because meaning transfigures all. Once what you are doing has for you meaning, it is irrelevant whether you're happy or unhappy. You are content - you are not alone in your Spirit - you belong.

I find this observation to be a great truth in many people's lives.

If the meaning in our lives does not transcend the meaning gained from our occupations alone, we may continue to have Great Hunger. This Great Hunger can be satisfied with our activities after our working years -- we can continue to enhance our lives by pursuing activities that feed our hunger for meaning.



# Seniors' Home and Yard Maintenance Program

## Introducing Christopher Wheeler Coordinator of the Seniors' Home and Yard Maintenance Program

Good day folks. My name is Christopher Wheeler, and I'm the new Coordinator for the Seniors' Home & Yard Maintenance Program at the Yukon Council on Aging (YCOA). Some of you may know me, and some of you may not. Some of you may know of the program, and some may not. So, keep reading and I'll do my best to introduce both, starting with a brief personal introduction.

To start with, I moved to the Yukon with my parents and siblings back in 1976, so I've lived in Whitehorse, summer, winter, spring and fall, for the past 46 years, attending G.A. Jeckell, F.H. Collins, the Yukon Vocational School, and Yukon College. Well, I did miss three of those years from 1984-1987 when I attended art school in London Ontario, but I was back every summer to work, returning permanently in the summer of 1987.

I met and married my wife, Joanne, here in Whitehorse, and together we raised both of our children in the North. In addition to my art school training, I also earned a two-year diploma in Computer Studies through Yukon College, and a four-year degree in education through Yukon College and the University of Regina. Finally, I'm a Class Four Power Engineer, certification that I earned back in the early 80's. So, I guess you could call me a true Yukon Jack-of-All-Trades at a minimum, and most certainly a Yukon Sourdough!

I have worked in many capacities over the years, for museums, newspapers, magazines, retail stores, picture framers, restaurants, museums, heritage organizations, and myself, to name a few. I've been a customer service rep., a security guard, a writer, artist, a museum interpreter, a computer technician, a painter, a box office manager, a dishwasher, a power engineer, and an archivist. You name it,

and there is at least a chance that I've done it, but my real passions are photography, writing, and walking. I love the great outdoors, and I spend as much of my spare time as possible out on the trail with my camera and a note pad.

If you have access to a computer, tablet, or smart phone, you can see some of my photography at [www.flickr.com/photos/chrisnorth](http://www.flickr.com/photos/chrisnorth). If you're a little more traditional and prefer work on paper, you can find my first book, *A Parade of Dreams: Poetry Illustrated with Photographs* at Mac's Fireweed, Coles, or through on-line booksellers like Chapters, or Amazon.

This May, after about three years with the Beringia Interpretive Centre, I signed on as the new Seniors' Home & Yard Maintenance Program Coordinator with the Yukon Council on Aging. So far, I am really enjoying the new challenge. The Seniors' Home & Yard Maintenance program is a great referral program designed to match seniors who need



help maintaining their home or yard, with workers willing to do the required work.

These days, finding reliable and affordable workers to get things done can be tricky. This is especially tough if you're a senior on a fixed income, or someone experiencing mobility or other health issues. Our program helps take some of the worry away, and make the search easier. We maintain a list of people who have specific skills in cleaning, performing minor repairs, or keeping gardens and yards in good shape. All of our workers must pass an RCMP vulnerable sector criminal record check, and we try to follow up on how they perform so that you can feel safe with the workers we send.

All of that said, you're the boss. Phone us for someone to shovel the snow from your driveway in the winter, to wash your windows in the spring, to cut your lawn in the summer, to clean up your garden in the fall, or whatever else you need, and we will do our best to get an appropriate person to give you a call. You and the worker then have an opportunity to work out all the details such as when, where, and how. The Standard rate is \$25.00/hour, which you need to pay the worker on completion. Then phone us back and tell us how it went. That's about it!

So, if you want to get in on this program and you haven't done so already, come on down to the office and fill out a couple of forms. If you can't make it down, have someone come down and pick up the application package. Once we

have your forms back and on file, everything will be ready to go.

If you'd like to know more about the Seniors' Home & Yard Maintenance Program, or you'd just like to have a chat, drop into the office at 4061B 4th Avenue (in the parking lot end of the Sport Yukon building), and ask for Chris. I enjoy meeting the folks I serve. You can also just give me a call at 667-4357. If I'm not here, Linnea is sure to be, and she is always happy to take a message at the very least. Our office is open from 9:00 AM till 1:00 PM, Monday till Friday. We are closed on public holidays.



## Golden Age Society — Summer Activities

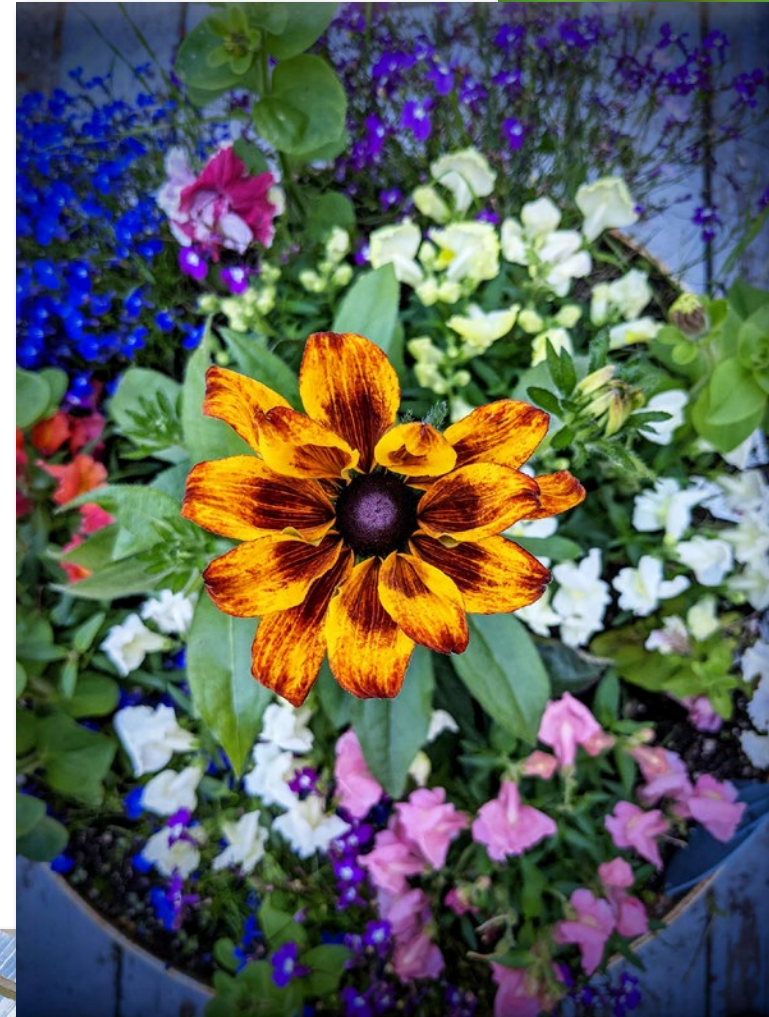
Pool is such a big draw for our members but we always welcome more players. We asked our members to bring in audio books and we have had a large number donated. But we will gladly accept more. Some of our members listen rather than look at our books. We still have a large number of books that Cheryl and Sandy (our Librarians) look after. Please access our Library. We had a great turnout at our summer BBQ on June 27th and would like to have more throughout the summer so stay tuned! The best way to find out about events at Golden Age Society is to call our office (867) 668-5538 and leave a message and we will gladly get back to you! .



# Signs of SUMMER



Christopher J. M. Wheeler was born in England. After living a nomadic childhood, Christopher's family settled in Whitehorse, Yukon, where he now lives with his wife, Joanne, and their two dogs, Boots and Teddy. To see more of Christopher's wonderful world of photography visit: <https://www.flickr.com/photos/chrisnorth/>, or to his website: [www.wheeler.ca](http://www.wheeler.ca).



Clockwise from top left: Butterfly on Flower, On the Clothesline, Garden Flowers, Bald Faced Hornet, Inside the Greenhouse.





# Tips for Staying Cool This Summer!



## 1. Avoid Sunburns

Sunshine is the best natural source of vitamin D, and can provide plenty of great health benefits for seniors, both physical and mental. However, sun exposure can be too much of a good thing. Sunburns are a danger at any age, but as we grow older, our skin naturally loses its fat and water, causing it to become thinner. This makes it easier for UV rays to penetrate the skin and lead to burns. When outside on sunny days, seniors should always wear a broad-spectrum sunscreen of at least 30 SPF or higher, re-applying the same amount every two hours.

## 2. Dress Right

Another important element of summer safety is proper clothing. In order to protect an elderly person's skin from the harmful rays, make sure the right attire is worn. Choose wide brimmed

hats that cover the face and neck, as well as sunglasses with protection from both UVA and UVB rays. It may also be a good idea to wear pants and long-sleeve shirts, as these provide a bit of protection from the sun, though it's important to make sure your senior loved one doesn't overheat under too many layers. Clothing should be light-colored and loose to prevent chaffing.

## 3. Prevent Dehydration

Loss of fluids through sweating, a lowered intake of water from fruit and vegetables (which seniors often avoid eating due to difficulty chewing), and certain medications are all factors that can put the elderly at risk for dehydration. The hot muggy weather makes this an even bigger danger, so it's important that family members and caregivers know the signs of dehydration. Make sure to avoid

sugary soft drinks or caffeinated beverages like coffee and tea, as these can dehydrate you further. Consider adding an electrolyte drink mix to water to replace the minerals lost through sweating, but for diabetics, be sure to get a mix that doesn't contain added sugar.

## 4. Be Aware of Overheating

During heat waves, the elderly are most at risk for hyperthermia, heat stroke, syncope (fainting), and even death. With age, the efficiency of our bodies' sweat glands is naturally reduced, making it easier to succumb to the heat. Some symptoms of common heat illnesses include:

- Dark urine;
- Intense sweating;
- Nausea or vomiting;
- Rapid pulse;
- Dizziness;

Loss of consciousness/fainting (heat syncope).

To lower the risk of overheating, make sure to stay out of the sun when it's at its peak strength, between 10am and 4pm.

## 5. Stay Cool

On particularly hot days, seniors should stay in an air-conditioned environment and limit their time outdoors. If your home doesn't have air conditioning, open windows at opposite ends of the house to create a cool draft.

## 6. Go for a Dip

Head to the Canada Games Centre and take a swim, or if you're brave enough, hit one of the Yukon's popular beaches or swimming spots. Swimming is a great low-impact exercise for seniors, and an ideal way to cool off in the summer. Waterproof sunscreen should always be worn, and the elderly should never swim alone! There should always be a caregiver or family member present to ensure safety.

## 7. Keep Bugs at Bay

Bugs and mosquitoes are ubiquitous in the summer, but they're more than just an annoying inconvenience. According to the Government of Canada, diseases such as the West Nile Virus

are spread by mosquitoes most commonly in the months of July, August and September. Seniors, of course, are especially at risk due to their weakened immune systems. Insect repellent should be worn when outdoors or near any wooded areas, especially around dawn and dusk, when mosquitoes are particularly active.

## 8. Outdoor Activity Risks

Many seniors enjoy pastimes such as gardening, walking, and golfing. While these are all great ways to stay active, they also involve a lot of time out in the sun. Make sure that special attention is paid to seniors participating in these hobbies, as being active will increase the risk of dehydration through sweating. Seniors should drink extra water when being engaging in any physical activity outdoors.

## 9. Seek the Shade

Being directly in the sun for an extended period of time is risky. Whenever possible, seniors should find shade to get out of the heat every so often; for example, when spending time at a public park, it's best to sit on a bench beneath a tree with dense foliage.

## 10. Don't be Alone

Finally, the most important summer safety tip for seniors is to not be alone in the heat. The dangers of summer are greatly exacerbated when nobody is around in case of an emergency, such as fainting or heat stroke. If you have a senior loved one, check on them often and make sure your elderly loved ones are properly hydrated, dressed, and kept out of the heat.

(This list was adapted from a list found at [www.completecare.ca](http://www.completecare.ca))





# SOURDOUGH *Digest*

## *New Affordable Housing Option in City*

Construction has been completed on new rental housing in Whitehorse, providing 45 new affordable rental homes to those living with disabilities and at risk of homelessness or in need of safe housing. About one-third of tenants are seniors.

Brendan Hanley, Member of Parliament for Yukon, alongside the Honourable Tracy-Anne McPhee, Minister of Health and Social Services and Minister of Justice, Laura Cabott, Mayor of Whitehorse, and Jillian Hardie, Executive Director of Opportunities Yukon, made the announcement on July 20, 2022.



The Government of Canada has contributed over \$15.1 million to the project. Yukon is contributing approximately \$7.6 million, and

the City of Whitehorse is contributing \$1 million.

Located at 704 Main Street, the new mixed-use, six-storey building will have integrated supports, including employment and training support, a medical room to address health needs of residents, and accessibility features to allow residents with disabilities to live in comfort. The building also includes 8 market-rate condominiums, a café, retail space, office space, and a lounge for people to gather and hold workshops.

"Our government's 10-year, \$72-plus billion National Housing Strategy is working to build affordable homes for those who need them the most – including those with disabilities and at-risk of homelessness. This project in Whitehorse will provide community members with access to new homes that are safe, stable, and accessible," Yukon's MP Brendan Hanley said following the announcement. "There truly is nothing more important than having a place to call home. This project is just one example of how we're working to make a difference for those in need across Yukon."

Whitehorse Mayor Laura Cabott also applauded the completion of the new complex and explained this is just the beginning of offering a solution to the city's housing shortage.

"In 2018, the City of Whitehorse contributed \$1 million to the Cornerstone project and while our community continues to deal with housing affordability, this project is an example of what is possible when a community works together towards creative solutions," Mayor Cabott said, "We are so proud to see this project become a reality and look forward to seeing more projects like this take root in the community."

Jillian Hardie, Executive Director of Opportunities Yukon noted this initiative from the National Housing Strategy made the dream of affordable and supportive housing in Whitehorse a reality for Opportunities Yukon.

"Together with CMHC, Yukon Housing, and the City of Whitehorse, Cornerstone is now permanent housing for 45 individuals who have experienced homelessness, unsafe, or inadequate housing and for some, they will receive the supports to live their best lives in a safe, respectable, and affordable environment. This housing brings stability, diversity and community to its tenants while providing an inclusive environment where the tenants can thrive, achieve their personal goals, and become active in their community," Hardie said.

## Quick Facts:

The National Housing Co-Investment Fund (NHCF) is a program under the National Housing Strategy (NHS) that gives priority to projects that help people who need it most, including women and children fleeing family violence, seniors, Indigenous peoples, people with disabilities, those with mental health or addiction issues, veterans, and young adults.

With a budget of \$13.2 billion, the NHCF plans to:

- Create up to 60,000 new homes
- Repair up to 240,000 homes
- Create or repair at least 4,000 shelter spaces for victims of family violence
- Create at least 7,000 new homes for seniors
- Create at least 2,400 new homes for people with developmental disabilities

Budget 2022 proposes to advance \$2.9 billion in funding under the NHCF to accelerate the creation of up to 4,300 new units and the repair of up to 17,800 units.

The Government of Canada's National Housing Strategy (NHS) is an ambitious, 10-year plan that will invest over \$72 billion to give more Canadians a place to call home.

Related links:

As Canada's authority on housing, CMHC contributes to the stability of the housing market and financial system, provides support for Canadians in housing need, and offers unbiased housing research and advice to all levels of Canadian government, consumers and the housing industry. CMHC's aim is that by 2030, everyone in Canada has a home they can afford and that meets their needs. For more information, please visit [cmhc.ca](http://cmhc.ca). To find out more about the National Housing Strategy, visit: [www.placetocallhome.ca](http://www.placetocallhome.ca).

SOURCE: Canada Mortgage and Housing Corporation



## Seniors' Home and Yard Maintenance Program

The Seniors' Home & Yard Maintenance Program provides a pool of security-screened workers to assist seniors, elders, and persons with disabilities with normal maintenance jobs at affordable rates.

These may include:

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

For more information, contact:  
Chris Wheeler, Co-ordinator at  
(867) 667- HELP (4357)





A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn and brought along his portable keyboard. After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

First woman: My son came to visit for summer vacation.

Second woman: How nice! Did you meet him at the airport?

First woman: Oh, no. I've known him for years!

Monica: Where did your mom go for her summer vacation?

Josh: Alaska.

Monica: Never mind, I'll ask her myself.

What is the similarity between a grandmother and a website?

You can't deny the cookies.

Grandma, how old are you?

"A woman never reveals her age", she replied to her young grandson.

He said "Alright, just give me the first digit"

"Six" she said.

"And the second?"

Grandma sighed. "Seven."

"And the third?"



Allen Evans	May 2	Geraldine McGovern	June 17	Janbro (Janet) Brault	July 29
Peter Lafferty	May 3	Marjorie Jensen	June 17	Mary Hartshorne	July 29
Lois Wallace	May 3	Kathy De Cecco	June 18	Muriel Moore	July 29
Edie Marshall	May 4	Minnie O'Connor	June 19	Florence Trenp	August 1
Susana Edwards	May 7	Melaine Fillion	June 20	Cate Innish	August 2
Huguette Scholz	May 7	Madeline Boyd	June 21	Doug MacLean	August 2
Trudy Agar	May 10	Carol Wilks	June 24	Hester Wheelton	August 2
Maxine Osland	May 12	Merton Friesen	June 24	Bill Bennett	August 3
Marny Ryder	May 15	Irene Sova	June 26	Dawn Kobewka	August 4
Helen Bebak	May 16	George Moore	June 27	David Hennings	August 6
Maxine Vreim	May 19	Diane McPhee	June 28	Mike Craigen	August 7
William "Willy" Martin	May 20	Bertha Frost	July 3	Duetta Comeau	August 9
Caroline Oblak	May 20	Helene Lapensee	July 5	Marlene Crawford	August 9
Barbara Boleen	May 22	Catherine Read	July 8	Arla Repka	August 10
Bill Bryant	May 22	Niki Simcoe	July 12	Ken Rathwell	August 11
Mildred Ongoma	May 24	Annie Wiebe	July 13	Mary McBee	August 12
Dianne Lenz	May 26	Carol Blackburn	July 13	Sandra Neill	August 12
Dana Miles	May 28	Rosemarie Murdoch	July 15	Aileen McCorkell	August 13
Pat Sokalski	May 28	Allan Johnston	July 15	Bruce Campbell	August 15
Elaine Hanulik	May 29	Claude Besner	July 16	Mary Mickey	August 15
Muriel Frizzell	May 31	Ken Anderson	July 18	Robert "Bob" MacAdam	August 15
Rick Dagneau	June 1	Anne Harrison	July 20	Fae Jamieson	August 16
Valerie Whelan	June 2	Vera Tetlich	July 20	Teresa Rudolph	August 19
Gary Neukom	June 3	George Rowe	July 20	Ruth (Edith) Armson	August 20
Mike Stanock	June 3	Jon L Magnussen	July 21	Colleen McKenzie	August 21
Gayle Brisley	June 3	Vic Sokalski	July 22	Jan Ogilvy	August 21
Sharon Sterritt	June 3	Nesta Leduc	July 23	John Erickson	August 23
Ken Bloor	June 5	Evelyn Hnetka	July 23	Virginia LaPrairie	August 23
Antoinette "Toni" Poulin	June 6	Evelyn Troy	July 23	Graham Hering	August 24
Elsie Bagan	June 6	Marion Wakefield	July 23	Andrew Williams	August 24
Julia Farr	June 6	Diane Porter	July 25	Oliver Delawsky	August 24
Brenda Caley	June 7	Bernice Irving	July 26	Leanne Brassard	August 25
Margaret Donnelly	June 10	Sylvia Neschokat	July 26	Patricia N Dawes	August 25
Margret Njootli	June 11	Frank Nicholas	July 28		
Elizabeth "Lee" Pugh	June 13	Maura Glenn	July 28		



# LAST TRAIL

Anthony Lauren Netro	February 15, 2022	
Marlene Esther LaBar	March 1, 2022	Whitehorse, YT
Glen Charles Doumont	March 2, 2022	Whitehorse, YT
Ronald Henry Raymond	March 2, 2022	Faro, YT
Jan Hudson	March 3, 2022	Salt Springs Island, BC
Sylvia May Kitching	March 4, 2022	Whitehorse, YT
Bruce Wheeler	March 6, 2022	Carmacks, YT
Stanley Roy Janson	March 12, 2022	Whitehorse, YT
Dennis McMahan	March 20, 2022	Whitehorse, YT
Dianne Pilloud	March 22, 2022	Okanagan, BC
Denise Marie Berken	March 22, 2022	Whitehorse, YT
Maureen Everett (nee O'Brien)	March 23, 2022	Whitehorse, YT
Harlan James Moen	March 27, 2022	Campbell River, BC
Josephine Fehr	March 31, 2022	
Helen Kent (nee Tetlock)	March 31, 2022	Whitehorse, YT
David Harvey Gordon	April 1, 2022	Whitehorse, YT
John Victor Nessaard	April 5, 2022	Atlin, BC
Jacqueline Vanhorn	April 6, 2022	Whitehorse, YT
Andy Skerlec	April 8, 2022	Toronto, ON
Gregory Hayes Cote	April 8, 2022	Dawson City, YT
Folkie Eugene Johnson	April 11, 2022	Whitehorse, YT
Monica Irving (nee Broomfield)	April 12, 2022	Whitehorse, YT
Marcella Anne Savoie	April 13, 2022	Marsh Lake, YT
Gerry Thick	April 15, 2022	Whitehorse, YT
Jackie Leiske	April 26, 2022	Whitehorse, YT
Agnes Bessie MacDonald	April 27, 2022	Whitehorse, YT
Eddie Rae West	May 5, 2022	??
Eugene Curley	May 7, 2022	Whitehorse, YT
Sylvester Jack Jr.	May 12, 2022	Atlin, BC
Lillian Strauss	May 13, 2022	Whitehorse, YT
Brian Eric M. Warner	May 13, 2022	Vernon, BC
Robert "Bert" Hunter Perry	May 14, 2022	Whitehorse, YT
Paul Cadogan	May 21, 2022	Whitehorse, YT
James Grant Fordyce	May 21, 2022	Whitehorse, YT
Cameron Anderson	May 24, 2022	Whitehorse, YT
Edward Lorne Lambkin	May 24, 2022	Whitehorse, YT



## Membership Application

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

Renewal:  New Application:

Mailing Address:

Street or P.O. Box: \_\_\_\_\_ Apt: \_\_\_\_\_

City or Town: \_\_\_\_\_

Territory or Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_  
Day / Month / Year

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

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

**The membership fee is \$10/year per person.**  
(April 1st to March 31<sup>st</sup> the following year)

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

Office Hours are: Monday to Friday: 9:00 am to 1:00 pm.

**For office use only:**

Receipt Number: \_\_\_\_\_ Amount Paid: \_\_\_\_\_ Membership Expires: March 31, 20\_\_

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





# FEEDBACK

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



Soap Berries. Photo courtesy of Bruce Barrett

## Notices

*Foot Clinic postponed  
until further notice.*

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

Support for this  
Newsletter is provided by:

**Yukon**

Health and Social Services



Yukon Order of Pioneers  
(YOOP)

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