

Sourdough Chronicle



YUKON SENIORS' NEWSLETTER VOLUME 40, NUMBER 2, JUNE 2017

ready...
set...



SUMMER

Photo credit: Jan Trim

YUKON COUNCIL ON AGING

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Acting President: Jan Trim
 Vice-President: Jan Trim
 Treasurer: Dwayne Wheeler
 Recording Secretary: Sue Meikle

Directors:

Kathy DeCecco, Graham Jackson,
 Linda Profeit, Frank Bachmier and
 Doug MacLean

The Sourdough Chronicle

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

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 Nancy Kidd, Don Cheeseman.

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/



AT YOUR SERVICE

by Sue Meikle

We are pleased to introduce you to the 2017/18 Yukon Council on Aging! Well, actually, every director (except Connie, who moved to Alberta) has returned for another year, and we have a new Director, Doug MacLean. It's really great for an organization when it has just about every Director returning for another year! There are no free rides on this Board, and no slackers! EVERYONE on this Board is highly motivated and dedicated to working hard so that Yukon Seniors (55+) can have the best quality of life possible. Below is a sampling:



Jan Trim: Vice President and current Acting President (with no complaints!!), YCOA Representative on the Whistle Bend Committee, Mental Wellness Strategy Committee, Policy Review Committee, Yukon Community Network for Older Adults.



Dwayne Wheeler: Treasurer Extraordinaire, Office Supervisor for Seniors Information Centre, Office Supervisor for Yukon Home and Yard Maintenance Program.



Sue Meikle: Secretary who likes to put names beside action items in the minutes, "Learning for Life" Program Steering Committee, Yukon Community Network for Older Adults.



Kathy DeCecco: Super dedicated Director, behind the scenes steady worker to keep our records and documents in order and up to date, Sourdough Chronicle Committee.

Graham Jackson: Director with a heart of gold for Seniors! Policy Review Committee, advisory for the Yukon Home and Yard Maintenance Program.



Frank Bachmier: Director and Yukon Housing GURU! Ask Frank anything about housing and he can tell you the history and what's happening currently. He is a very strong advocate for housing for seniors. He represents YCOA on several Housing Committees in the Territory.



Linda Profeit: Director who jumped right in there last year with no hesitation! Chair of Policy Review Committee (big job getting these all up to date!), Yukon Community Network for Older Adults, "Learning for Life" Program Steering Committee.



Doug MacLean: New Director who is already on the "Learning for Life" Program Steering Committee. Little does he know, we have big plans for Doug!



From left to right: Linda Profeit (Director), Dwayne Wheeler (Treasurer), Kathy Dececco (Director), Sue Meikle (Secretary), Jan Trim (Vice President), Frank Bachmier (Director), Doug MacLean (New Director). Missing from photo: Graham Jackson (Director)

At the Yukon Council of Aging AGM, Connie Dublenko presents Dorothy Drummond with a YCOA Lifetime Membership Award for the many years of service Dorothy provided as President of the Council. Two other recipients of this Award were given to Bonnie Guy and Doug Bell, Editor and Assistant Editor respectively for the Sourdough Chronicle. This is the first year these Awards have been given.



Jan Trim, YCOA Vice President and Dwayne Wheeler, YCOA Treasurer, present Connie Dublenko with a thank you gift for her many years of service on the Yukon Council of Aging Board of Directors. She will be missed. The print depicts the Yukon northern lights and the Artist is Rosemary Piper.

Age and Sex, Census 2016

Released by Statistics Canada — May 3, 2017

Yukon's 2016 Census population count was almost evenly distributed between males (50.4%) and females (49.6%). Compared to 2011, population in most of the age groups increased in 2016. The age group of 65-74 years had the largest percentage increase at 43.2%, while the largest decline was in the 15-24 years and 45-54 years age groups, both of which decreased 12.2% in those five years.

The number of children in Yukon (age 0-14) grew by 415, or 7.1%, between 2011 and 2016. In 2016, children as a proportion of Yukon's total population was 17.5%, the sixth-highest in Canada, following: Nunavut (32.5%); the Northwest Territories (21.2%); Saskatchewan (19.6%); Alberta (19.2%); and Manitoba (19.1%)

The working-age population (age 15-64) continues to be the largest proportion of Yukon's population, at 70.6%. This proportion is the second-highest in Canada following the Northwest Territories (71.1%).

The number of seniors in Yukon (age 65+) grew by 1,160, or 37.5%, between 2011 and 2016. In 2016, seniors as a proportion of Yukon's total population was 11.9%, the third-lowest in Canada, followed by the Northwest Territories (7.7%) and Nunavut (3.8%).

Yukon Population by age group and sex, 2016 Census

	Total Population			Percent of Total Population			Change from 2011		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
0 to 4 years	2,140	1,155	985	6.0%	6.4%	5.5%	8.1%	13.2%	3.1%
5 to 9 years	2,120	1,125	995	5.9%	6.2%	5.6%	11.3%	16.0%	7.0%
10 to 14 years	2,020	1,075	945	5.6%	5.9%	5.3%	2.0%	5.4%	-1.6%
15 to 24 years	3,895	2,040	1,860	10.9%	11.3%	10.5%	-12.2%	-11.1%	-12.9%
25 to 34 years	5,440	2,635	2,810	15.2%	14.6%	15.8%	16.4%	16.9%	16.4%
35 to 44 years	5,130	2,405	2,725	14.3%	13.3%	15.3%	5.4%	3.2%	7.7%
45 to 54 years	5,345	2,605	2,740	14.9%	14.4%	15.4%	-12.2%	-12.1%	-12.0%
55 to 64 years	5,520	2,820	2,705	15.4%	15.6%	15.2%	12.8%	10.4%	15.4%
65 to 74 years	2,935	1,590	1,350	8.2%	8.8%	7.6%	43.2%	37.1%	50.8%
75 to 84 years	1,020	510	510	2.8%	2.8%	2.9%	25.2%	29.1%	21.4%
85 years and over	300	130	175	0.8%	0.7%	1.0%	30.4%	36.8%	29.6%
Total¹	35,875	18,080	17,795	100.0%	100.0%	100.0%	5.8%	6.0%	5.7%
Average age	39.1	38.8	39.4				2.6%	1.8%	3.7%

¹To ensure the confidentiality of responses collected for the 2016 Census, a random rounding process is used to alter the values reported in individual cells. As a result, when these data are summed or grouped, the total value may not match the sum of the individual values, since the total and subtotals are independently rounded. Similarly, percentage distributions, which are calculated on rounded data, may not necessarily add up to 100%. Because of random rounding, counts and percentages may vary slightly between different census products.

Please note: for the above data, Yukon Bureau of Statistics has chosen to use Statistics Canada Catalogue no. 98-400-X2016001.



Note that when you do the math, 27% of the Yukon Population are seniors. That's pretty significant!!

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

Laugh Lines



A farmer stopped by the local mechanics shop to have his truck fixed. They couldn't do it while he waited, so he said he didn't live far and would just walk home.

On the way home he stopped at the hardware store and bought a bucket and a gallon of paint. He then stopped by the feed store and picked up a couple of chickens and a goose. However, struggling outside the store he now had a problem - how to carry his entire purchases home.

While he was scratching his head he was approached by a little old lady who told him she was lost. She asked, "Can you tell me how to get to 1603 Mockingbird Lane?"

The farmer said, "Well, as a matter of fact, my farm is very close to that house I would walk you there but I can't carry this lot."

The old lady suggested, "Why don't you put the can of paint in the bucket. Carry the bucket in one hand, put a chicken under each arm and carry the goose in your other hand?"

"Why thank you very much," he said and proceeded to walk the old girl home.

On the way he says, "Let's take my short cut and go down this alley. We'll be there in no time.."

The little old lady looked him over cautiously then said, "I am a lonely widow without a husband to defend me. How do I know that when we get in the alley you won't hold me up against the wall, pull up my skirt, and have your way with me?"

The farmer said, "Holy smokes lady! I'm carrying a bucket, a gallon of paint, two chickens, and a goose. How in the world could I possibly hold you up against the wall and do that?"

The old lady replied, "Set the goose down, cover him with the bucket, put the paint on top of the bucket, and I'll hold the chickens."



Credit: clipart-library.com



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

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How Sharp is Your Memory

by Marny Ryder

This past middle week of May has moved me on to the octogenarian stage of life. I do not feel my age, and I had hoped that this birthday could be considered as just another day, but I should have known that my family would not let this happen without a celebration. It was a wonderful party, and there were many recollections of all the good days we have enjoyed. We laughed, somewhat ruefully, about signs of the aging process, and the problems with memory, especially when it comes to misplacing cell phones, car keys, wallets, keeping dates etc. Remembering names was at the top of the list.

Aging forgetfulness can be funny at times, but along with the laughter, and “how could I forget that date”, comes thoughts of Alzheimer’ disease, dementia, senility, etc. Are we just experiencing small slipups that are inconvenient, or are we having early warning signs of potential problems? Scientists are still trying to confirm early evidence through observational studies but recent research has shown that some actions are promising. There may be strategies that will help with improving memory. The following are some steps that we can consider.

1. **Rule out factors.** Talk to your doctor if you are concerned about your forgetfulness. Some medications such as sleeping pills, vitamin deficiency, excess alcohol, hearing loss, thyroid, kidney, or other related illnesses can affect your memory. Sometimes switching prescriptions can treat underlying problems.
2. **Control your blood pressure.** The American Heart Association issued a report in 2016 that memory impairment in later life can be linked to untreated high blood pressure due to insufficient blood flow to the brain. Some help to deal with this is to avoid smoking, consume alcohol in moderation, and have 7-9 hours of sleep every night. Ensure that you take your medications faithfully as prescribed.
3. **Get regular exercise.** Take 30 minutes of aerobic activity such as a brisk walk every day. If you are sedentary, try to get started on your exercise in shorter lengths every day and work up to the 30 minute suggestion. The exercise will elevate your heart rate and increase the blood flow to the brain. Consider trying tai chi which involves slow and careful movements. It appears to have some brain-protective effects.
4. **Eat for your heart.** Diets that promote heart health may also help your brain. There are dietitians in Whitehorse who can help you with planning a diet that will suit your needs. Some steps that you can do on your own are swapping fish for red meat, eating greens such as spinach and kale, using small fats such as olive oil and nuts, and including beans and whole grains such as oatmeal.
5. **Challenge your Brain.** Activities that stimulate your mind may help to preserve it. Try to take an hour every day to engage in games such as bridge, euchre, cribbage, Wizard and board games. Crossword and jigsaw puzzles are my favourites, but according to the latest researchers this does not do as well as the card games. Computer based brain-training games are still considered to be in need of further research. Trying to learn a new language or skill can be fun and helpful.
6. **Be Social.** Loneliness and infrequent social contact are both associated with an elevated risk of dementia. Make time for face-to-face socializing as much as possible. Unfortunately, there are many aging people who are living alone and not able to get out of their house unless

Black Socks

by Don Cheeseman

*No! it's not a baseball team.
Nor man in morning cloth.
Four socks all black this redhead trots,
To call before the early dawn,
And again well after dusk.
We would not know to look or see
In summer's days no sign would be.
But with fresh snow, we come know,
His twice daily path to visit us
By small paw prints and yellow snow
To claim his route he marks.
He never whines, yelps or barks.
By that we know
Silently spying, for he's nays our foe
Away from moon's cold glow
Behind a window in my warm home.
Black Socks walks quite surely,
Up on our own front step.
He looks about and sniffs the air.
To find the scent of scraps left there.
Or maybe what we've just been cooking.
When, finding none he wanders on.
He lives wild, wary, always looking
For to find much finer fare.
A hidden camera flash and gone he's is
That he or she exists at all, found only in
The picture and print of paw.*

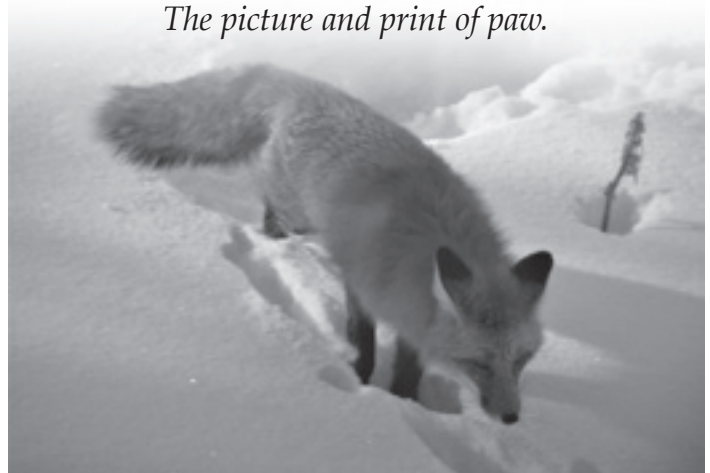


Photo credit: Don Cheeseman

Credit: www.amenclinics.com



they have help. This is happening more often here in Whitehorse than most people know, but the work of the Golden Age Society, Elderactive, and the Yukon Council of Aging have made huge strides in ensuring social contacts are happening in these organizations.

As I read through these steps on “what to do” when we are worrying about our forgetfulness, I am cheered on one hand in that research is continually advancing, but on the other hand the numbers of Alzheimer disease and dementia are seeming to increase. Forgetfulness is not unusual, but if I am struggling to retain information, or having memory lapses such as leaving a stove on all day or getting lost in a familiar place, I will tell my doctor. Imaging tests can be done on assessing language, memory, and attention. I know that results are likely to be normal but in some cases there can be mild cognitive impairment, and this does not mean that I am definitely on the road to dementia. Help is available.

My sister sent me a birthday card and it shows an elderly woman obviously standing in a hotel bathroom, fully dressed in a fur coat, hat, carrying a lovely beaded purse, and a questioning look on her face. The inside writing says “At your age, it all comes down to one big question. What was it I came in here for?”

DATES TO REMEMBER

National Aboriginal Day
June 21



Quebec National Day
June 24



Canada Day
July 1

CANADA 150



Discovery Day
August 21



Sourdough
Chronicle
stories to
the editor
August 10

Labour Day
September 4



Grandparents Day
September 10

Thanksgiving Day
October 9



International Day
of Older Persons
October 1



Barbecue may not be the road to world peace,
but it's a start ~ Anthony Bourdain



Birthday Wishes



Stewart Braun	July 1	Mederic Tremblay	Aug. 4	Eleanor Velarde	Sept. 4
Brenda Charles	July 4	Mary Leigh	Aug. 5	Elizabeth (Betty) Hebert	Sept. 7
George Hadikin	July 4	Joan Carlson	Aug. 6	Anne Bernard	Sept. 7
Helene Lapensee	July 5	David Hennings	Aug. 7	Keith Bebak	Sept. 10
Shakir Alwarid	July 5	Arla Repka	Aug. 10	Shirley Clark	Sept. 11
June Raymond	July 7	Mary McBee	Aug. 12	Barbara Geroux	Sept. 12
Gord Bradshaw	July 10	Doris Dart	Aug. 14	Deborah Bastien	Sept. 13
Niki Simcoe	July 12	Doris Baxter	Aug. 15	Adila Low	Sept. 17
Annie Wiebe	July 13	Jan Ogilvy	Aug. 21	Roberta Magnuson	Sept. 18
Ernie Leach	July 18	John Erickson	Aug. 23	Margaret Garolitz	Sept. 20
Dorothy Corcoran	July 19	Joan Sterritt	Aug. 24	Cheryl Rolls	Sept. 20
Dorothy Drummond	July 21	Lillian Nakamura Maguire	Aug. 24	Lisa Hadikin	Sept. 22
Nesta Leduc	July 23	Earl Hayden	Aug. 24	Marlene Sudeyko	Sept. 23
Marion Wakefield	July 23	Eileen Bird	Sept. 1	Dianne Sutherland	Sept. 28
Iris Cormier	July 24	Georgianna Low	Sept. 1	Doris Mader	Sept. 29
Janbro (Janet) Brault	July 26	Irma Gordon	Sept. 3	Vanita Jones	Sept. 30
Maura Glenn	July 28	George Nagano	Sept. 3		

TV Studio Memories

by Don Cheeseman

The 1950's were the early days of TV. Then I was working as a TV cameraman. There was a show that featured one wild animal weekly. This week the zookeeper brought in a South American giant anteater on a short leash like a puppy. The anteater was about two foot of long tapered snout, three foot of body and two foot of tail all covered with long coarse hair. It had claws that were longer than my fingers. The zookeeper assured us that it was nocturnal and therefore docile in the day. We set up the TV cameras, turned on the bright lights and started the show live. The lights bothered this "nocturnal" beast and it headed out of the lights.

anteaters



First the anteater clawed its way off the wooden stage-set, dragging the keeper who was yelling that it was not going to harm anyone and to stand still. The anteater hit the floor running. It looked for anything that would give some added claw-hold and preceded to topple TV cameras, light stands, microphone booms, back drops and scatter people. The anteater became so excited that it cleared its bowel and bladder. All the while it was running, it dragged its keeper behind, still bravely clinging to that leash, now looking more like a soiled mop. By this time, the whole studio was a shambles. We transmitted a blank screen and martial music until we tidied up and did repairs. That was the last zoo show we broadcast.

Another show that often had awkward occurrences was for a prestigious store that made custom bras and girdles. The sales lady, that came on the show to talk about the virtues of her product, would demonstrate some new line of product using a live model dressed in black, complete with blackened face and hands wearing only light coloured under-garments over top of the black. The model would proceed to prance about. The public saw only the animated under-garment against a black background. This was about the limit of our special effects.

bra's and girdles

The problems would start when the sales lady needed a "close up" of some detail on the garments. She had real trouble with the concept of the red "transmission" light on the top of the TV camera that indicated which camera was "On-The-Air" at any given time. We would do most of the show with a wide angle "one shot" of her. I would use the second cameras to focus a "tight close up shot" on the details on the garment. The lady would start to talk about some feature. As



the red "transmit" light would light on the top of my camera she would swing the garment up into that lens, thereby losing the critical focus and indeed sometimes losing sight of the entire garment as I had been focused with maximum magnification on some small detailed stitching. The vision mixer would quickly cut back to the "one shot" and the sales lady would see the red light on the other camera. She would whip the garment over to put it in front of that camera. My camera would again find the garment, focus on it, just to have her repeat the sweeping movement when we needed absolute stillness of the garment as soon as the mixer cut to the detailed shot on my camera. The sales lady never did learn. She claimed I did not

know how to run that heavy TV camera mounted on dolly with a combined weight of over 500 kg.

The program director was fed up with sales lady and she with the station. TV cameras got lighter, I gained experience, we all moved on in separate paths. I still can smile as I remember anteaters, bras and girdles.

Photo credit: © John White - nature.ca

Photo credit: Don Cheeseman

A Memory of Giving

by Don Cheeseman

George signed up as soon as war had been declared in 1939 even though he and his wife had their first child on the way. George, being married with a young family was lucky to be assigned to work repairing aircraft at the Commonwealth Air Training School located just south of Calgary. World War II lingered on and in 1942; it was going badly for Briton and all her allies. No toys had been built for over the three years of war. George being a young man who loved trains tried to get his now three-year-old son, a toy electric train. He searched all the stores and found nothing. He read the ads in all the local papers and finally, he read a classified ad in a Lethbridge paper advertising an old electric train for sale. It was a convenient fact that, the training planes did not fly when the weather was very bad, as the planes had little for navigation instruments when the sun and stars could not be seen. And each pilot was "in training". George managed to get a pass for a single day and immediately hitchhiked the 70 km south to Lethbridge. He found and bought the already old, toy electrical train, complete with a single loop of track and a speed-controlling power transformer. Over the next few days in every bit of his spare time, he repaired and carefully painted the toy train with the coloured lacquers that were meant to be used on the planes. Bright colours were used on the training planes to be able to see and identify them clearly so these toy train cars were lovingly

painted red, blue and yellow to cover all the scratches and wear marks. From then on, Donald and George played with the bright new toy train whenever George got home on leave over the next two years.

A new family had moved in next door. Donald was told that they were very poor, as they had lost their "daddy" in the war. New toys were still not available in the stores. Little five-year-old "me" was further told that his electric train was being given to the next-door neighbour family who had a young boy who was going to get "my" electric train. I was told to never tell where it had come from. It was explained that, "It was a good thing that my family and I was doing, by giving the train to the boy next door." I was promised that I could still play with it with the boy next-door. It was explained that it was my gift to him and a secret to keep all my life. George again skillfully repainted that train different colour combinations with the same airplane lacquer to make it look new and not the same as Donald's train. As Christmas came, Donald got a gift of used wooden Tinker Toys with which to build things and he got to visit the neighbours to "still" play with the "new" toy electric train the boy next door had received.



Giving has its rich rewards of good memories for this 5 year old boy who remembered, as I pass through my 70's I pay tribute to my dad's love, wisdom and generosity. I hope, 73 years later, in now telling this secret it becomes a small gift to each one of us.

Photo credit: Don Cheeseman

springing around with Jan Trim

Vice President and current Acting President of the Yukon Council on Aging, Jan Trim is also an aspiring photographer. Thanks for sharing your springtime wanderings.



Photo credits: Jan Trim

Update: Whistle Bend Continuing Care Facility Project

by Nancy Kidd, Director,
Whistle Bend Continuing Care Facility

Progress continues on the Whistle Bend Continuing Care (WBCC) facility project with the building taking shape. Substantial construction completion is scheduled for April 2018. Following that time, building commissioning with all of the new systems will take place and then orientation and training for the teams of specialized staff. Residents will be admitted starting in September 2018.

A number of people have inquired how they can get on the WBCC waitlist. The placement process for the new facility will be the same as it is for the current Continuing Care facilities (e.g. Copper Ridge Place, Thomson Centre, Macaulay Lodge, Birch Lodge and McDonald Lodge in Dawson City).

Initial inquiries are made contacting an Admission/Assessment Coordinator at phone numbers: 867-667-8961 or 456-6806. Following an assessment, when an individual is found to require long term care at a facility, the placement committee determines which program will best meet his or her needs. When a bed becomes available, the team reviews the waitlist and identifies the person at greatest risk and who needs the bed the most. It is good to note that the next bed is not offered to the person who has been on the list the longest, so getting your application in sooner does not ensure you will get a bed sooner. Whenever possible, Continuing Care strives to support family members to live at the same location.



▲ Whistle Bend Continuing Care Facility
Drone Photo: May 5, 2017

Following the rocking and rolling earthquakes – the site was closed for less than a day so that complete inspections could take place. No issues or concerns with the building were found, reflecting the extensive engineering and care with the building site preparation, and the construction of the foundation and structure. The building has been designed to a “post-disaster” standard and will ultimately play an important role in the territorial emergency plan.

Equipment procurement has begun and will take place over the next year.

In June 2017, Cecilia Fraser, Resident Care Manager at Macaulay Lodge will join the Whistle Bend facility project full-time, taking the lead in recruiting, orienting and training the new care and support teams.

As always, if you have questions or concerns about the Whistle Bend Continuing Care facility, please do not hesitate to contact me at 867-393-6305 or nancy.kidd@gov.yk.ca





seeking Newsletter Editor Volunteer Position

The YCOA is a not-for-profit organization in Yukon. One of the core activities is the publishing of a quarterly newsletter (Sourdough Chronicle). The newsletter provides information of activities, pending issues, and general interest articles.

YCOA is currently looking for an Editor for this newsletter. The Editor will compile, edit, and produce the text for the quarterly newsletter (published June, September, December and March). They would work with the newsletter committee. The YCOA is looking for a self-starter, able to work to deadlines, and have strong writing skills.

Responsibilities:

- collect potential information/article for the newsletter;
- review submissions for publication and selecting material; and
- edit submissions for elements of style, grammar, spelling and punctuation.

For further information please contact: Elaine at Senior Information Centre 668-3383

Laugh Lines ¹³

A group of 12 women were at a seminar on how to live in a loving relationship with their husbands. The women were asked, "How many of you love your husband?" All the women raised their hands.

Then they were asked, "When was the last time you told your husband you loved him?" Some women answered today, a few yesterday, and some couldn't remember.

The women were then told to take out their cellphones and text their husband "I love you, sweetheart."

Next the women were instructed to exchange phones with another woman and read aloud the text message they received in response to their message.

Below are 12 actual hilarious replies from their husbands.

If you have been married for quite a while, you understand that these replies are a sign of true love. Who else would reply in such a succinct and honest way?

1. Who the hell is this?
2. Hey, mother of my children, are you sick or what?
3. Yeah, and I love you too. What's wrong?
4. What now? Did you wreck the car again?
5. I don't understand what you mean?
6. What the hell did you do now?
7. Are you sure this is for me?
8. Don't beat about the bush,... just tell me how much you need?
9. Am I dreaming?
10. If you don't tell me who this message is actually for, someone will die.
11. I thought we agreed you wouldn't drink during the day.
12. Your mother is coming to stay with us, isn't she??

SAVE THE DATE

International Day of Older Persons

A celebration of seniors and the official launch for the new Yukon Council on Aging "Learning for Life" Program

Date: Sunday, October 1st, 2017

Location: To be announced

Time: 1:00pm to 4:00pm

More detailed information to follow!

The Low-Down at Hospice...

submitted by Deb Higgins, Project Coordinator~Hospice Yukon Society



As always, there's plenty going on at Hospice Yukon. We want to share a few photos and updates to let you show you what's new at 409 Jarvis Street.

Now that we own the building (after purchasing it last year with the help of YG) we have been able to make some renovations to the house... new paint, floors, windows, roof, and more. Stop by to see our new and improved look!

This is called the Peaceful Place and is a wonderful addition to our front yard. A marble swan sits on a covered stone platform surrounded by paving stones and wooden benches.

This beautiful space is for all to use to remember loved ones, or to sit in quiet contemplation. The idea for this project was conceived and built by artist Joshua Lesage as a way to bring more spirituality into our everyday lives.



You can also meet our new administrative assistant, Suzanne Greenshields. Suzanne looks forward to helping you find the services that will be a good fit for you at Hospice.



The Hospice lending library is always available for you to use. We think of it as a little-known gem in Whitehorse. Boasting over 500 book titles on a wide range of topics including dying, grief, different kinds of losses, spirituality, self-help, poetry, fiction,

children's books, autobiographies and much more. Our library also has CDs that can be used for guided meditation and relaxation.



Our counsellor, Anne Macaire, is here to help. She offers counselling at our downtown office space, in any of the care facilities, or in the patient's home. We also offer telephone support for those outside of Whitehorse.

We also offer a range of grief groups, including a walking group that can offer support and comfort to those who are grieving the death of a loved one.

Please know that supports are available to you in many forms. Stop in or call to find out how we can best support you.



409 Jarvis Street
Whitehorse Y1A 2H4
(867) 667-7429 or (867) 633-8990

www.hospiceyukon.net



LAST TRAIL

Vera May Deforest	August 10, 2016	Drayton, AB
Kate Eckervogt	January 6, 2017	Whitehorse/Haines Junction
Floyd Franklin Baufeld	January 28, 2017	Whitehorse
Phylis Walters (Lowe)	January 31, 2017	Marsh Lake
Albert Herzog	February 5, 2017	Whitehorse
William John Zenuik	February 6, 2017	Whitehorse
Marvin Dennis Mathews	February 6, 2017	St. Boniface, MB
Sandra Gail Smith	February 8, 2017	Whitehorse
Melvin Lester Huston	February 10, 2017	Whitehorse
David George Cooper	February 11, 2017	Watson Lake
Dorothy Jean Johnston(Longson)	February 11, 2017	St. Albert, AB
Walter Jux	February 12, 2017	Haines Junction
Timothy Own Dolan	February 13, 2017	Mayo
Gary Alexander Strome	February 17, 2017	Whitehorse
Kirk Johnson	February, 2017	Burwash Landing
Mariah Sawrenko	February 20, 2017	Whitehorse
Janet Koschreck	February 21, 2017	Victoria, BC
Brian Whatmore	February 21, 2017	Dawson City
June Hurd (Denney)	February 21, 2017	Whitehorse
Lois Jane Barraclough	February 23, 2017	Whitehorse
Robert(Bob) Hazen Downey	February 25, 2017	Whitehorse
Carole Anne Laurie	February 28, 2017	Whitehorse
Sandra Frances Wilson	March 2, 2017	Whitehorse
Socorro (Cory) Alfonso	March 9, 2017	Philippines
James (Jim) Sweeney	March 12, 2017	Ontario
Norma Jean Mastroangelo	March 14, 2017	St. Albert, AB
Melvin (Mel) Joseph Doucette	March 19, 2017	Watson Lake
Freda Bernice Geddes	March 22, 2017	Whitehorse
Sandra Peacock	March 23, 2017	Whitehorse
Scott Mitchell Edlund	March 25, 2017	Whitehorse
Robert (Bob) Cassel Snyder	March 26, 2017	Whitehorse
Judith Anne Westberg (Clausen)	March 27, 2017	Whitehorse
Muriel Mackay Longman	March 29, 2017	Whitehorse
Percy DeWolfe	March 29, 2017	Qualicum Beach, BC
William (Bill) VanZoest	April 1, 2017	Carcross
Benjamin Moses	April 5, 2017	Mayo
Mark James Lafreniere	April 14, 2017	Mayo
Richard Paul Rivest	April 14, 2017	Whitehorse
James Smith O.C.	April 14, 2017	Whitehorse
Donald Brian Martin	April 16, 2017	Whitehorse
Rachel Tom	April 17, 2017	Carmacks
Per. O. Nielsen	April 19, 2017	Whitehorse
Dorris Eileen Rees	April 20, 2017	Vancouver, BC
Marion Amos	April 20, 2017	BC



Laugh Lines



FOUR HUSBANDS

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.

"He's a funeral director," she answered.

"Interesting," the newsman thought.

He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those

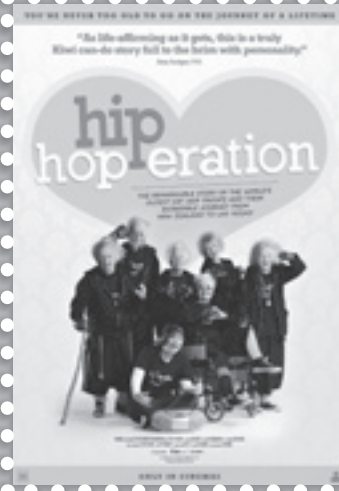
years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

MOVIE NIGHT

Hip Hop-eration is a 2014 documentary about a dance troupe in New Zealand. Under the guidance of their choreographer, Billie Jordan, the troupe (average age of nearly 80), decides to apply for the special exhibition category in the Las Vegas Hip Hop International championships of August 2013. This is their journey through time, space and doctor's visits.



"A CROWD-PLEASER IN THE BEST SENSE, all ages and all of the senses will love this one!"

YOUNG@HEART
ROCK'N'ROLL ALL NIGHT

Young@Heart a 2007 documentary follows a chorus of twenty-two senior citizens (average age of eighty) as they prepare for a concert in their hometown of Northampton, Massachusetts. They spend two months learning new material ranging from James Brown, Pointer Sisters, The Clash and Sonic Youth, a daunting task and frequently frustrating for their musical director Bob Cilman.

The result is an inspirational journey of a group of people who may be old in body, but refuse to grow old in spirit.

FAIR TRADE COFFEE AN ALTERNATE VIEW

by Don Cheeseman

I am not a fanatic, but I do know a bit about coffee production and I seem to have a view that is very different to that of many people. I have worked in coffee growing areas as a post secondary educator for a number of years. I have worked with and have a love for the people who grow the coffee and produce raw fermented coffee beans for export in the hills of a Canadian mission in Malawi.

I am disturbed when I see people here in Canada believing in, and paying much more for Fair Trade coffee and not having all the facts about who they may be supporting. All "Fair-Trade" farmers have to meet a large range of criteria on production. There are limits on using child labour, pesticides, herbicides, genetically modified products, etc. These are ambiguous, power-filled words that are used in all these key documents with little or no audit trail. These "words" (using child labour, pesticides, herbicides, genetically modified products.) cost money and or time to the producer of the coffee beans.

It means that the farmers have to do substantively more work, and that they have to hire labour instead of using family labour, but the standard model for Fair-Trade does not give proportionate extra money to the farmers to cover these costs, so they are often worse off.

There are stories of Fair-Trade farmers getting higher prices, and other stories of them getting lower prices, but there is not sufficient evidence to which is commoner. There is no evidence that any additional



price paid (by end users) covers the extra costs incurred by the farmers.

For example, Fair-Trade organizations encouraged farmers to switch to organic coffee, which may result in getting a higher price per pound. Except with no audit trail as to how organic. There is little organic manure in the highlands as it is not fit to graze cattle. Human manure is used and with an increased risk of spreading disease, but a lower net income because of higher production cost and lower yields. We see the extra retail price charged, over double the price of bargain coffee brands and less than 5% of that gets back to the supplier. More than 95% of this increased price is absorbed by the rich countries (mostly European corporate giants). It will remain very hard to prove for or against "Fair-Trade" giant companies as coffee is grown by the poor people on mountain slopes under shade trees and there are no clear boundaries to ownership as seen by outsider audits. The path of pesticides, fertilizer and herbicides, flowing down in the very shallow water system cannot be known. Genetically modified products may become cross-bred by natural means, with no control as the coffee fruit is fertilized on the tree for many kilometres around. Children may be shifted to harder work than picking coffee.

Does our Yukon public really know the issue as seen by the growers?

The growers and we of the Yukon may not even know the bigger picture as it is well hidden from us by the corporate giants. I am not a "trade" expert but I try to love all mankind and not be a fool to succumb to big business' clever marketing.

Credit: odoro.it/18_kavos-kvapas
Credit: Designed by Freepik



YCOA - how can we help you?

"Last call for membership dues. If not paid up by September 1, 2017, no further chronicles will be received."



Elaine Kimball is the Office Coordinator for the Seniors Information Centre and offers a wealth of information to all seniors in Yukon. From Pension Information to Seniors Discount Lists, Elaine is both respectful and super helpful to our clients. Some even come back just to visit!



Vince Gatien is our Coordinator for the Yukon Home and Yard Maintenance Program. The goal of this program is to help Seniors remain in their homes for as long as possible. The program acts as a "referral service" and screens potential workers via an interview and police checks to ensure Seniors are safe when they hire casual workers. Vince is highly respected by our clients, very qualified and has made numerous referrals over the years. Some of our clients re-hire workers because they are so pleased.



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 4th 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@yknnet.ca. Take the time to check out our newly revised website: www.yukon-seniors-and-elders.org

Don't forget to renew your membership to the YCOA
September 1st deadline

Support for this Newsletter is provided by:

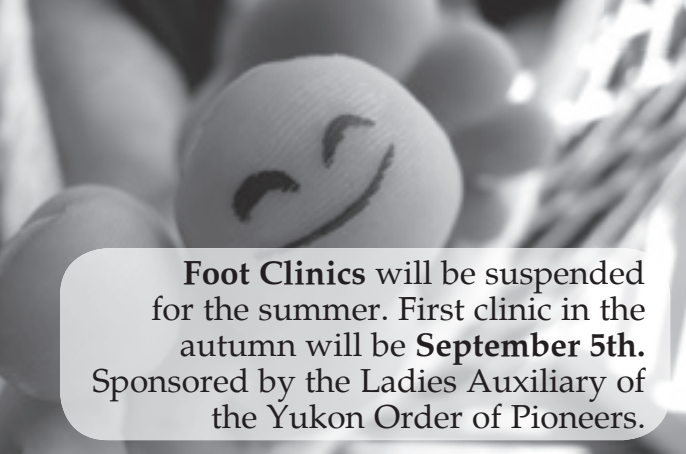
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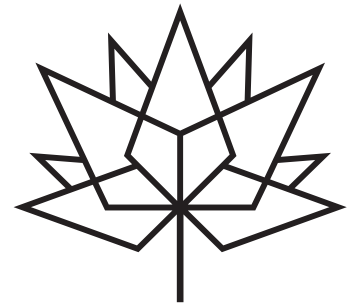


Photo Credit: Hanna Schiller



Foot Clinics will be suspended for the summer. First clinic in the autumn will be **September 5th**. Sponsored by the Ladies Auxiliary of the Yukon Order of Pioneers.

Canada Day July 1 Celebrate!



CANADA 150

Yukon Council on Aging Seniors' Information Centre and Home and Yard office will be open all summer - regular hours. ☺



Golden Age Society office closes July 3rd for the Summer and will re-open September 5th.

Hope you were able to catch the show as they crossed Yukon airspace this month.

Two years of planning, 11-week epic journey, 97 air shows, 31,000 kilometres, volunteer-run, historic event! caat2017.com



CANADIAN ARCTIC AVIATION TOUR 2017

Blood Pressure Clinics

summer closure - will resume in September.

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