

Sourdough Chronicle



YUKON SENIORS' NEWSLETTER VOLUME 40, NUMBER 4, DECEMBER 2017



This incredible photograph of the Aurora Borealis was taken on January 20, 2016 from the International Space Station by British astronaut Tim Peake as he flew over the Pacific Northwest. The city lights below are the Sea-Tac-Van region and the POV is NW up the coast of British Columbia towards the Gulf of Alaska and the Yukon. We found it on twistedifter.com. Other great aurora photos can be found on nasa.gov as well as Tim Peake's flickr.com site. See cover story inside.

Photo credit: ESA/NASA-Tim Peake



- | | | | |
|----|------------------|----|--------------------|
| 2 | Aurora Tourealis | 11 | Learning for Life |
| 3 | A.S.K. A.N.D.Y. | 12 | Blizzard of '77 |
| 4 | RUBY 'TOONS | 15 | Last Trail |
| 5 | Cabin Fever | 16 | Literary Review |
| 6 | Marny's Apples | 17 | pickleball Madness |
| 8 | Birthdays | 18 | Whistle Bend Place |
| 10 | Boys & Girls | 20 | Bulletin Board |

The Auroras are Drawing Asian Tourists

by Doug Sack

"Not all visitors come here for the golden history of the Klondike."

Everyone has known for a long time the Aurora Borealis (Northern Lights) and Aurora Australis (Southern Lights) are the result of magnetic electrons colliding with the upper reaches of Earth's atmosphere, 50 to 800 km's above the surface.

What may not be common knowledge, however, is that the Space Weather Prediction Center, part of the National Oceanic and Atmospheric Administration in Boulder, Colorado produces an RSG scale every 30 minutes which monitors space weather by watching solar flares and tracking them like hurricanes. The "R" stands for radio blackouts, the "S" for solar radiation storms and the "G" for geomagnetic storms otherwise known as Aurora activity.

In other words, the northern lights are more predictable than the weather nowadays and arrive at the Earth's atmosphere roughly three traveling days after the solar flares which created them.

The Chronicle learned most of this from a Japanese couple, while soaking in the pool at Takhini Hot Springs, who had flown to Whitehorse in mid October solely to see the Lights which they knew would be out from the SWPC page online. Not all visitors come here for the golden history of the Klondike.

In fact, Aurora tourists have been increasing every winter season in recent years, according to Andrew Umbrich, owner of the Hot Springs, campground and hostel with his wife, Len.

"Tourism this year is way up, that's for sure," he said. "Because of Canada's 150, we had a huge influx of people this summer and earlier in the year as well.

"As for Aurora tourists, I would say the largest numbers are coming from China. Every year we get more and more Chinese who come in winter for the northern lights. They come in huge groups! That being said, we still get a lot of Japanese as well. The Koreans are a big market too but since

the political troubles with the impeachment of their president, tourism from Korea seems to have slowed a bit. It will grow again this winter.

"I can't give you specific numbers but Aurora viewing in Yukon is growing every year, that's for certain."

Considering both Auroras were identified and named in 1619 for the Roman goddess of the dawn by Galileo, it wasn't until midway through the 20th century that scientists understood what they really are and how it all works.

Now the NOAA has them so figured out they even know what causes the different colours in a particular light show which isn't much different than mixing up paint colours at Home Hardware.

There is also an 11 year sun spot cycle identified which has a three year period of highest intensity so now they can not only tell you the hourly and daily forecast of both Auroras with stunning accuracy but you can also make long range plans depending on the cycle.

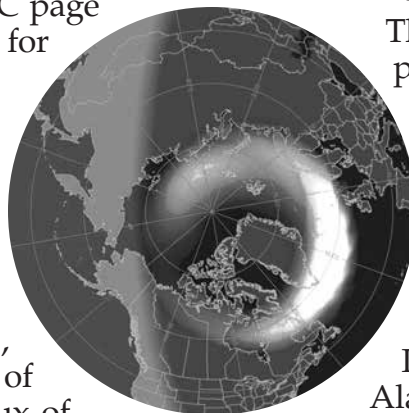
The Auroras are global and universal and where they appear on Earth is mostly a crapshoot determined by space winds. There is a northern town in the center of Canada which bills itself as "the best place in the country" to see northern lights but the Yukon is gaining in THAT race.

The best spot in Whitehorse is probably the Hot Springs but the best place in Yukon is Eagle Plains up on the Dempster Highway.

If you want to check out all this and learn much more about how to predict the Lights, just google "Aurora Borealis" and go on a night cruise. The Geophysical Institute at UAF (University of Alaska, Fairbanks) also has Aurora predictions, perhaps more localized since they are right next door and have a 28 day forecast:

<http://www.gi.alaska.edu/AuroraForecast/NorthAmerica>

Senior discounts do not apply because the Northern Lights and forecasts are FREE for everybody which is part of their popular appeal.





President's Report

by Jan Trim,
Acting President YCOA

A successful Semi-Annual General Meeting of YCOA was held on October 20, 2017. Unfortunately Minister of Health & Social Services, the Honourable Pauline Frost was out of the Yukon at meetings in Alberta so she requested that MLA Ted Adel attend on her behalf. He spoke about Whistle Bend Place and other topics regarding Yukon Seniors and Elders.

We also had another Guest Speaker from the Boys & Girls Club of Yukon, Marton Jalkoczi. He was asking the Membership if there would be an interest in Seniors interacting with Youth (ages 11 to 18 years). Possibly the Seniors could talk about their working careers, experiences living in the Yukon or even to show the Youth how to make jam, or other skills they would like to share. Hopefully some Members will drop by the Boys & Girls Club one afternoon between 3:30 and 7:00pm, Tuesday to Saturday. No appointment necessary, just drop by the Club which is located in the old Legion Building beside the Whitehorse Food Bank at 306 Alexander Street. Or you could call Marton at 393-2824 ext. 204.

Yukon Council on Aging's Membership has increased over the past year from 239 to 271 members. It is great to see the numbers starting to climb.

The Learning for Life Events have been very well attended and these info sessions run until February, 2018. If you need more info on upcoming events, please feel free to contact YCOA Seniors Information Centre at 668-3383 or drop by our office between 9:00am and 1:00pm Monday to Friday at 4061B 4th Avenue.

Wishing you and yours a very Merry Christmas and all the best in 2018. 

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:

Co-ordinator
(867) 667- HELP (4357)

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

ASK ANDY

ALIVE STILL KICKING AND NOT DEAD YET

Attention seniors who don't have family in Whitehorse: Are there ways to help one another be safe and supported?

For example:

- Who would you call if you needed serious help?
- Who here knows where your important papers are?
- Who will notice if you are ill?
- Who will contact your family away in case of emergency?
- Who will serve as local contact for your family?

Twenty-three people came to our original AskAndy meetings last spring. Of that group seventeen have joined one of three subgroups ("pods"). Each pod serves as "family" for the members of the pod, with information being shared and responsibilities taken as the particular pod decides.

We expect to meet Thursday, January 18 at 5pm to form more pods. All are invited. Please contact Whitehorse United Church (867) 667-2989 or wuc@klondiker.com to be notified of any changes to the time and place of the meeting.

YUKON COUNCIL ON AGING

Officers:

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.

SENIORS INFORMATION CENTRE

Coordinator: Elaine Kimball
 4061 B - 4th Avenue
 Whitehorse, Yukon Y1A 1H1
 Phone: (867) 668-3383
 Toll Free 1-866-582-9707

Home & Yard Coordinator:
 Vince Gatten Phone: 667-4357

Publisher: Yukon Council on Aging
 Design/Printing: Integraphics Ltd.

Editors

Editor: Doug Sack
 sourdoughchronicle@gmail.com
 Assistant Editor: Sue Kehoe

Newsletter Committee

Board of Directors YCOA

Guest writers

Marny Ryder, Deborah Bastien,
 Marton Jalkoczi, Deb Higgins,
 Ed Ditter, Cecilia Fraser.

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

Cabin Fever,

Cartoon courtesy of the "Goddess of Chaos" WUY

At the very end of Autumn's Sourdough Chronicle we made the rather brazen pledge to give you a sure-fire cure for cabin fever in the Winter issue. As every Yukoner knows from the words of The Bard:

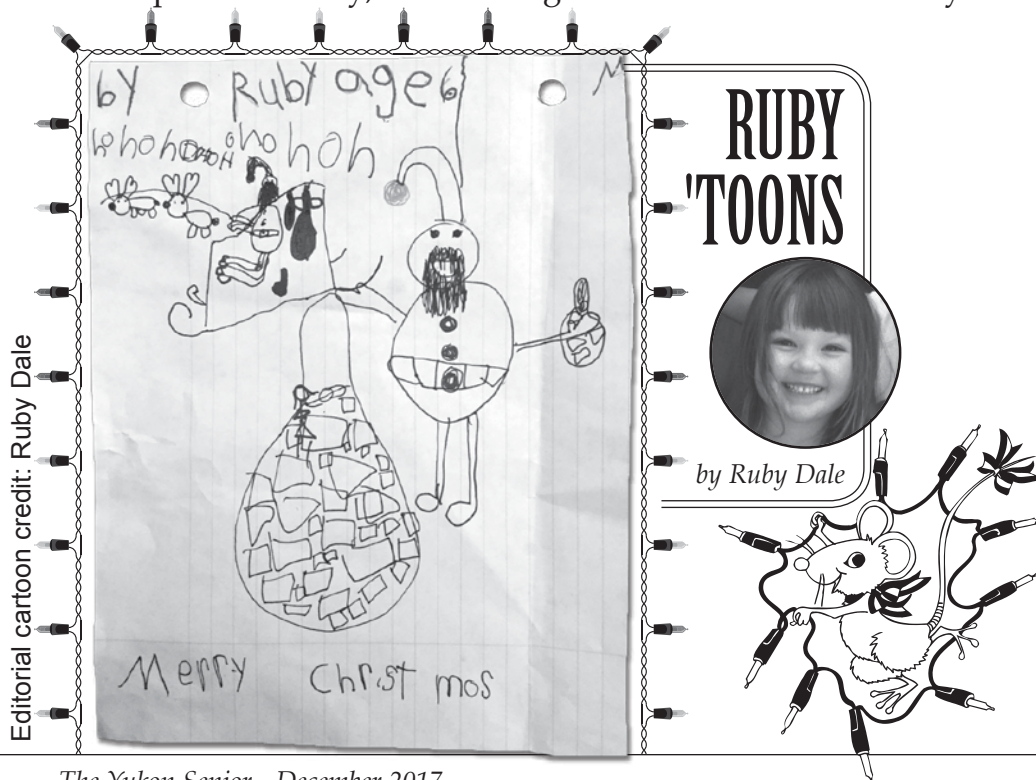
"A promise made is a debt unpaid."

~Robert W. Service

It is now time to deliver because cabin fever has been a northern problem since the Klondike Gold Rush and nothing has ever worked effectively short of staying inebriated from Halloween to Easter or going south with the geese and 162 crowd, those half-year Sundog Canadians who are afraid of snow and ice.

However, there is no doubt "the cure" works...for me. The unknown is whether it will work for anyone else since we're all different yet the same in so many ways. But I have no control over that. All I can control are the next 500 words or so explaining why SAD (Seasonally-Affected Depression) is no longer an issue for me and hasn't been for the last couple decades though I will admit it took 50 of my 70 years to finally figure it all out. I tried many other "cures" as a younger man and none of them worked or even came close. I used to automatically get depressed in November like clockwork and grew to loathe the wretched month of galloping darkness, shortening days and numbing cold.

Part of the reason I couldn't handle November was because in those years I mistakenly assumed winter lasted five months until April Fools Day, far too long to be dealt with rationally.



Editorial cartoon credit: Ruby Dale

January Bloat & the Dark Hole of Winter

by Doug Sack

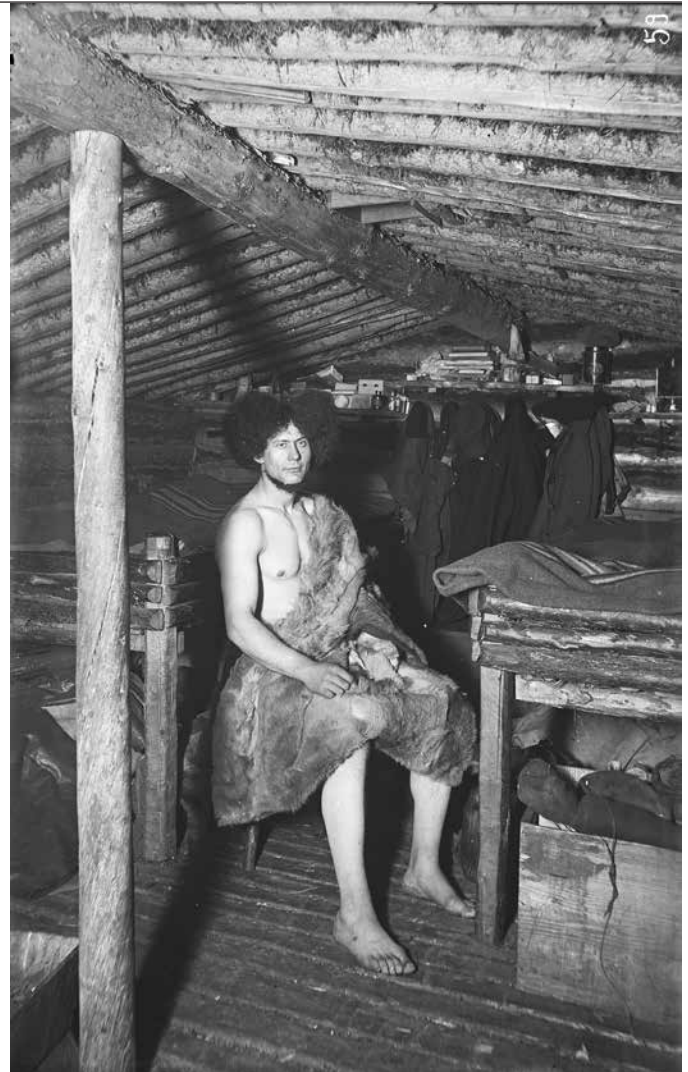
Wrong. Pure winter lasts just six weeks, a short period easily handled and I invented a term for it: "The Dark Hole of Winter."

It revolves around the winter solstice of Dec. 20-21, which is the true start of the solar new year when the Earth tilts farthest away from the sun. With the solstice as the fulcrum, the Dark Hole lasts from three weeks before (Dec. 1) to three weeks after (Jan. 10), the six weeks when the Sun is mostly asleep.

The first half of the cure was simply being aware of IT. The second was what to do with it. That took some experimenting. The ancient Incas, Mayans and Aztecs used their dark days to cower before their gods, hibernate inside all day and go on a fast of maize (corn) and water. The fasting idea struck a chord with me as the perfect cure for holiday bloat in January. I amused friends in Whistler for several years by turning down holiday dinner invitations to stay home and work on my fast, which I simplified to bread & water and called my Alcatraz Diet. It didn't succeed primarily because of food commercials during football games.

But what DID work, and still does, is a six-week project or program of some kind lasting from Dec. 1 to Jan. 10, at which time the sun begins noticeably moving back and the days quickly start to get longer. It's perfect for a six-week exercise program, a writing project, a good long book-read or any distraction lasting the duration of The Dark Hole. Or you can just go Grizzly on your family and friends, pull the covers over your head and literally hibernate. It doesn't mean ignoring Christmas and the double stat-holiday feeding frenzy of greed, gluttony and expense as much as staying physically and mentally active during it so you hit mid-January without the 20 extra pounds and a freeze-dried brain. I usually combine a writing project with six weeks of daily outdoor exercise then declare winter over on Jan. 11 and do whatever I want with my time.

Sourdough Rendezvous in late February claims to be the Yukon's official "Cure for Cabin Fever" but it comes too late for me. All that dazzling February sunlight before Rendezvous burns the



Andy Kahne, West Beaver, Alaska, c.1898

Photo credit: Jasper Wyman/Anchorage Museum

fever out of me as the Dark Hole fades away from memory for another year. I'm cured well before Rendezvous gets here.

Try it. The worst that can happen is enjoying a skinny January, ten to 20 pounds lighter than last year.

Ho! Ho! Ho!



Whitehorse Grocery Shopping in the 1960's

by Marny Ryder

I remember when I arrived in Whitehorse in December 1959, as a nurse in the Whitehorse General Hospital, finding a grocery store was not on my immediate "To Do" list. I was happy to eat my meals at the hospital cafeteria and for the most part the food was good, except when we had to eat leftovers on the midnight to 8 a.m. shift. Friends encouraged me to walk around the town as soon as I had a day off and I took their advice and walked all around Whitehorse. I counted three grocery stores – The Corner Store at 5th and Strickland, the Taylor and Drury (T&D) store on Front Street across from the White Pass Train station, and a small Riverside store at 2nd and Lowe.

The T&D store was certainly the place to shop, and the grocery department could be a very busy place at times especially in the winter. The bulk of town supplies came up from Vancouver by ship to Skagway, and the White Pass train arrived late in the day, once a week. Anything brought into Whitehorse was expensive, but fresh vegetables, fruit, and milk were the items to be treasured as the length of the trip was very hard on fragile food especially in the winter. The first person who heard the train whistle arriving, would set the Moccasin telegraph into work, contacting their friends for a chance to get down to the store. Grocery deliveries by plane were extremely expensive, and truck trips were not always able to complete the runs due to weather problems and road maintenance difficulties.



Despite the problems that existed, there were times when the groceries did not arrive on time. People would sometimes grumble but most understood that when winter settled in, there were bound to be delays. Having a small population, gave all of us a feeling of responsibility for our entire community. I learned that there were things I could not get, although I remember talking to my Dad on the phone in the fall of 1960, and whining about the lack of good apples here. McIntosh were my favourite but they looked old and were very expensive. About a week later, Canadian Pacific Airlines cargo office called me to pick up a large box that had just arrived. They asked me if I knew what was in the box as it was very heavy, so I had it opened with the help of the agent. There lay one full bushel of McIntosh apples. Everyone in the office looked like they were drooling, so I really had to give everyone an apple before I left. When I returned to the residence, we had an "apple party" and the entire bushel was emptied that night. I never did ask dad how much it had cost him! Now, just take a look around the stores today and see at least eight kinds of apples, fresh, and no bruises and not as expensive as in the 1960's. Enjoy the luxuries in the 2017 times, but try to remember "no grumbling" if a delay occurs because one of the grocery trucks did not make it!

credit: clipartion.com



Old stories ~ New stories,
we're interested.
Contact the YCOA and
share *your stories* in future issues.
e-mail: sourdoughchronicle@gmail.com
4061 B - 4th Avenue
Whitehorse, Yukon Y1A 1H1





The Golden Age Society is a recreational and social center. Membership for the year January to December is only \$22 and we offer the following activities:

Monday	
10:00am	Tai Chi
10:00am	Pool
1:00pm	Whist
1:00pm	Shuffleboard
Tuesday	
1:00pm	Quilting, Needle Work, Knitting & Crocheting
Wednesday	
10:00am	Tai Chi
1:45pm	Introductory Line Dancing
2:00pm	Line Dancing
3:30pm	Intermediate Line Dancing
Thursday	
10:00am	Tai Chi
1:30pm	Bingo
Friday	
9:00am	Floor Curling
1:00pm	Crib

We also have fundraising lunches the first and third Mondays of the month. Our Christmas tea is Monday December 18.

4061A- 4th Avenue,
Whitehorse, YT Y1A 1H1
668-5538
www.yukon-seniors-and-elders.org/index.php/ga-home

submitted by Deborah Bastien
Office Manager~Golden Age Society

Merry Christmas to All and all the best for 2018
Sue Meikle & Dermot Flynn

JOYS OF THE Season
Have a healthy, happy New Year
Senior Services

Merry Christmas and New Years Greetings to All!
Jan & Doug Trim

Seasons Greetings to all...may you have a healthy and happy New Year
Pat O'Brien

Happy Holidays
and a Prosperous New Year
Vince and Elaine

Warm Christmas Greetings to all our longtime Yukon Friends
Connie & Lawrence Dublenko

Seasons Greetings to all...may you have a healthy and happy New Year
Marny Ryder

Happy Holidays
and a Prosperous New Year
Linda Profeit

CHRISTMAS BLESSINGS
to you & yours throughout the holiday Season
Ken & Dorothy Burke

Merry Christmas to All and all the best for 2018
Merton Friesen



Wallace McCulloch	January 1	Lorne Raymond	January 27	Fintain Young	February 26
Doug Sack	January 3	Tim Kinvig	January 29	Rita Fodor	February 28
Angie Dornian	January 5	Donna Peter	January 31	Lorne Whittaker	March 1
Bonnitia Ritchie	January 6	Jenny Gruber	February 1	Seymour (Red) Lewis	March 2
James Fordyce	January 6	Marg Dunn	February 6	Ron Robbins	March 3
Ray Chalifoux	January 7	Edward Dergez	February 7	Jean Smeeton	March 3
Penny Sippel	January 7	Gerald Dobson	February 7	Frank Schwertner	March 4
Cary Bailie	January 9	Marie Cox	February 12	Audrey Vigneau	March 5
Linnea Castogner	January 13	Bonnie Guy	February 12	Mona Laitinen	March 11
Lorne Armstrong	January 16	Don Sippel	February 14	Graham McCannell	March 13
Ken Burke	January 16	Penny Ferbey	February 16	Ted Tullis	March 25
Jo-Anne Smith	January 18	Rhoda Istchenko	February 18	Jean Murphy	March 26
Gary Lowe	January 24	Marg Knutson	February 19	Wally Sutherland	March 26
Gail Rushton	January 24	Dwayne Wheeler	February 22	Tracie Harris	March 27
Gil Fontaine	January 27	Lois Fraser	February 24	Marcella Brown	March 28
		Connie Dublenko	February 25		

Seniors' Information Centre and Home & Yard Maintenance Program closed for holidays beginning December 23



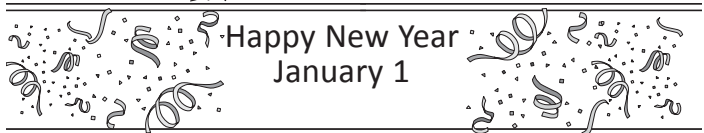
Christmas Day
December 25



Boxing Day
December 26



Happy New Year
January 1



Seniors' Information Centre and Home & Yard Maintenance Program re-opens January 2

dead line: noun

1. The latest time, date or both by which something should be completed or submitted: ie: "The deadline is 11:59 pm on February 10, 2018."
2. A line drawn around a prison yard beyond which prisoners were liable to be shot.

Source: The Oxford Dictionary

DATES TO REMEMBER

YCOA Strategic Plan goals - get your ideas to the Board
January 30

Yukon Quest starts
February 3 in Fairbanks

Sourdough Chronicle
get your stories to the editor
February 10 (or earlier)

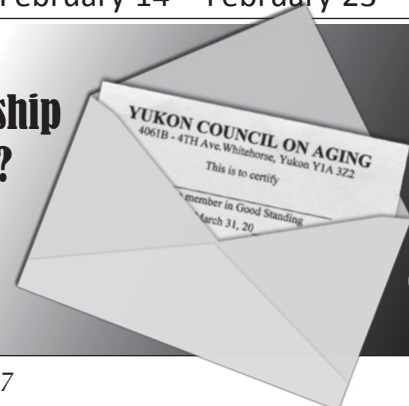


Valentine's Day
February 14

Rendezvous Friday
February 23



**YCOA
Membership
as a gift?**



**what
a great
idea!**

Freaky Friday @ YCOA Fall SAGM

by Doug Sack

9



Under the stern gaze of a silent skeleton on a throne in a room full of zombies, witches, goblins, ghosts and ghouls surrounded by black and orange bunting and copious quantities of tarantula webs, the Fall session of the YCOA's twice-yearly general meeting was held on Friday, Oct. 20 with a surprise appearance by **MLA Ted Adel** who promised everyone a sip from the Fountain of Youth before Christmas and gave a rousing address titled "Aging in Place."

In between the frivolous and political, a serious meeting, of sorts, was held with the following highlights:

1. Acting President and Chairperson **Jan Trim** welcomed the attendees and announced our numbers are growing. There were 239 of us in 2016 and 271 on Halloween, 2017.
2. The April to September "Profit & Loss" page had a lot of numbers on it but the bottom line was minus \$2,632.61 because a couple of cheques in the mail hadn't reached the box yet. Nothing to worry about according to treasurer **Dwayne Wheeler**.
3. **Vince Gatién's** home and yard maintenance program had a big summer from April 1 - September 30, 2017 with 83 work orders (up from 50 a year ago), 41 new clients (20) and a beginning of the expansion

Laugh Lines

One of our female directors said she liked the joke pages in the old Sourdough Chronicle because they sometimes made her chuckle, grin or outright belly laugh but our new editor looks upon joke pages, puzzles and recipes as filler copy or lazy journalism. However, we are not averse to writing our own in an attempt to keep the happy director chuckling, grinning or belly laughing in her sunset years.

Therefore:

Q: What do senior Yukon gentlemen secretly call 54 year old women who are attracted to older men?

A: Underage jail bait.

She's either chuckling or looking for her pink slips now.

into Watson Lake and Marsh Lake which had their first callout on Sept. 29. They are now fine-tuning their snow shovels.

4. **Elaine Kimball**, office guru, had 465 general enquiries for senior assistance between April 1 and October 13 and 189 regarding pensions. She will be out of the office for all of December and January with **Irene Otten** pinch-hitting for her. Something about pyramids in Nicaragua.
5. **Colin Graham** introduced AskAndy, see blurb elsewhere, a young Hungarian, **Marton Jalkoczi**, gave a nicely accented talk on the Boys & Girls club, also blurbed elsewhere, and board members **Linda Profeit** and **Doug MacLean** updated on the first sessions of the Learning 4 Life program.
7. **Lorne Whittaker**, of GAS, gave a hilarious talk on something, not sure what, which was highlighted by his wife coaching him from the kitchen with her back turned as she cooked. It came off like an old Burns & Allen burlesque comedy skit and seemed to fit the decor of the room.
8. **Hank Leenders**, an octogenarian who runs sprints at the 55+ Games, gave a talk about Elder/Active which is a "get off the couch" recreation association.
9. And **Marie Cox** of YOOP ladies auxiliary closed out the formal meeting before coffee and muffins were served to those who survived.
10. **Sue Meikle**, Yukon Director, of the Canadian Senior Games Association, wants to remind athletes, families and spectators interested in the 2018 Canada 55+ Games that Team Yukon has a couple of important deadlines during the shelf life of this Winter issue: To wit: February 28, 2018 for the "I Might Go" form for all sports except curling and pickleball (see blurb) which are January 26.

The next YCOA meeting, in April 2018 will be highlighted by the election of a new president who will be introduced in our Summer 2018 issue.

Volunteer Opportunity for Senior Citizens

(individuals aged 55 and above)

Boys and Girls Clubs of Yukon (BGCY) is proud to announce the launch of the CONNECTIONS Program! This program has been designed to strengthen and deepen the invaluable connection between Elders, Senior Citizens and youth. The Program engages Elders, Senior Citizens and youth in a variety of activities that focus on developing skills, education, food knowledge, cultural pride & awareness, as well as recreation and land based experiences through intergenerational programming.

Boys & Girls Club of Yukon is seeking the volunteer services of facilitators and guest speakers to join and/or lead some of our youth programming for ages 11-18 years. We are asking for volunteers to bring their skills and knowledge to share with our Yukon youth. Workshop topics are open and could include a wide range of activities for example: cooking class; trade skills; or life and home skills such as quilting or canning.

If you are interested in participating, volunteering or need more information please contact:

Marton Jalkoczi, CONNECTIONS Program Coordinator at connections@bgcyukon.com or call (867) 393 2824 ext. 204.



**Boys & Girls Clubs
of Yukon**

submitted by Marton Jalkoczi

www.demandaplan.ca

Without a real plan, seniors in Canada aren't going to get the care they deserve. With Canada's population aging, maintaining the status quo for seniors health care is not an option.

Sign up and we'll email you with regular updates about the "Demand A Plan" campaign and ways that you can take action to help seniors get the national strategy they deserve.

You can be part of the journey to a new system of care for all of Canada's seniors. Help make change happen.

ASSOCIATION
MÉDICALE
CANADIENNE



CANADIAN
MEDICAL
ASSOCIATION

submitted by Sue Meikle

On October 1st, The Yukon Council on Aging celebrated the annual "International Day of Older Persons" by launching its "Learning for Life" Program. Over 60 seniors joined us to learn about our new initiative, including the YG Minister of Health, Pauline Frost.



Photo credit: Sue Meikle

LEARNING FOR LIFE

Upcoming Learning Events

Visit our website: learningforlifeyukon.weebly.com for presenter bios, and more event details.

JANUARY

Flourishing

With: Paula Pasquali
Date: Thursday, January 11
Time: 7:00-9:00 pm
Location: Hellaby Hall, 302-510 Elliott Street

Delve into the science and practice of positive mental well-being, and its impact on health, longevity, and quality of life. Paula takes you on a whirlwind tour of practical ways to maintain or improve mental health for yourself and others. Tap into a lively discussion regarding if and how aging is a benefit when it comes to mental well-being!

Sorry THIS EVENT IS FULL NO WALK-INS PLEASE

Wills and Advance Decision Making

With Carmen Gustafson
Date: Wednesday, January 24
Time: 12:00-2:00 pm
Location: Hellaby Hall, 302-510 Elliott Street

Have you considered writing a will or assigning a power of attorney, but found it too daunting? Carmen breaks it all down for you, offering basic information on what each document does, how to make one, and what goes into them.

How to Register

- Register by Friday before the event.
online at learningforlifeyukon.weebly.com
by phone 668-3383, Toll free: 1-866-582-9707
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.
- Please arrive 10-15 minutes early so we can start on time.

FEBRUARY

Home Services – What's Available

With Terry Creamer and Elaine Kimball
Date: Tuesday, February 6
Time: 9:30-11:00 am
Location: Hellaby Hall, 302-510 Elliott Street

Curious about what home care services are available and for whom? Terry outlines Yukon Government's Home Care Program, which delivers health related services to individuals who have difficulty accessing services in the community due to mobility or health restraints. Elaine rounds out the session by providing information on private services.

Young and Fit – Keeping your Brain Healthy and Happy

With Dr. Reagan Gale and team
Date: Thursday, February 15
Time: 7:00-9:00 pm
Location: Whitehorse United Church, 601 Main Street

Did you know that one in three cases of dementia are potentially preventable? Participate in a fascinating discussion about psychological health (cognitive, emotional), physical health, and fitness strategies to keep our brains healthy and happy. A team of specialists present several do's and don'ts to avoid illnesses of brain aging (such as dementia or stroke) and to maintain or improve quality of life as we age.



The Christmas Blizzard of '77

by Ed Ditter

One day in the Fall of 1977 a fella from Skagway named Clarke came to Atlin hoping to find a Catskinner and Cook, preferably a husband/wife combo, to spend the winter of '77-'78 working on the White Pass & Yukon RR at Fraser, BC to keep a 20 mile stretch of track free of snow all winter from the Alaska border at White Pass to Lake Bennett. The new hires had to be Canadians, which was why he was looking in Atlin since a lot of local Catskinners worked the Atlin goldfields in the summers. My wife and I had just recently been married on August 31 and were soon to learn she was already pregnant with the baby due in June, 1978. The job lasted from first snowfall, which was late that year, to the last in Spring so we hired on thinking what a great locale for a northern baby to incubate in the high country of the St. Elias Mountains.

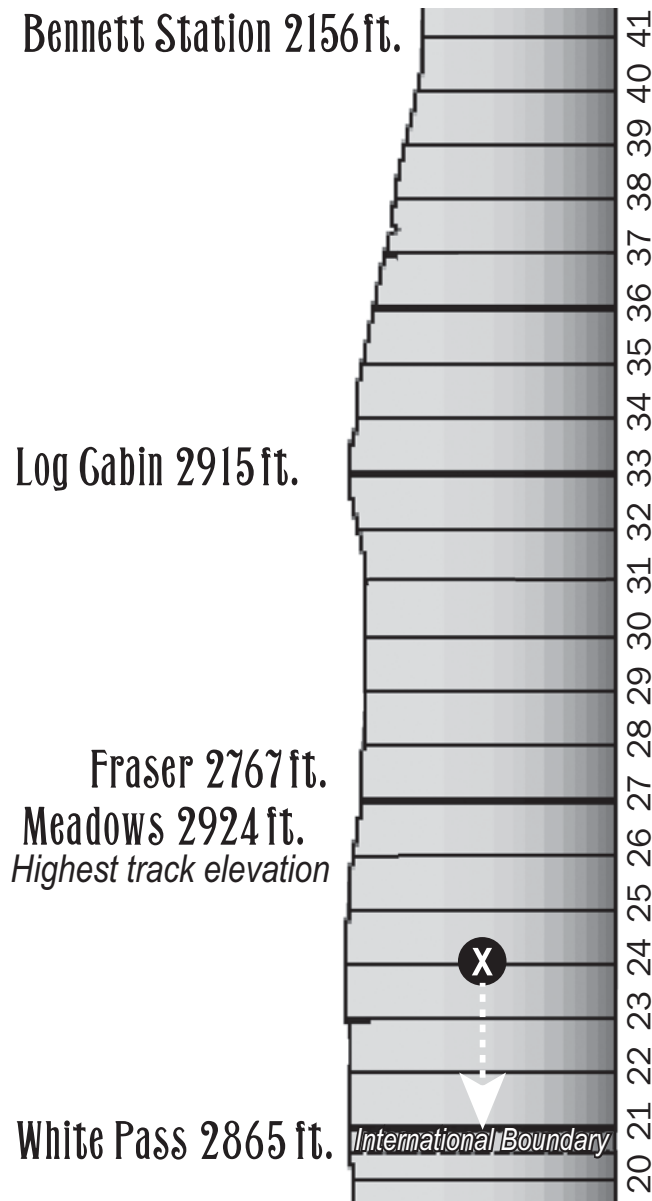
Right at the exact spot where Canada Customs is located today, WP&YR had a two-bedroom trailer for the crew and an old wooden garage/shop for the D-7G dozer, which ran continuously all winter except for oil changes. Fuel was no problem because there was a buried diesel pipeline running from Skagway to Whitehorse that came right through the garage. All I had to do was turn on a tap to fuel up. We also had a French Canadian labourer named Emil who lived in the single bedroom at the far end of the trailer. His job title was swamper and all he did was ride on the dozer with me to communicate with the dispatchers at both ends to find out where the trains were. It was a union thing. The union insisted on a second man (job) to do the talking rather than the operator.

The job was fairly simple and easy if you had no fear of heights. That high alpine plateau between White Pass and Log Cabin annually attracts the biggest snowfall accumulations of anywhere in North America. Our job was to keep it off the tracks so the two daily trains, northbound in the mornings and southbound

*"I felt like
the worst father-to-be
in Yukon history."*

in the afternoons, could keep hauling ore from Faro and other mines to container ships on tidewater in Skagway. Every train was worth millions of dollars so the snow had to go. Although Clarke was the supervisor, I never heard a peep from him as long as the track was open. I worked hard when it was snowing and widened out corners on sunny days. Just so happened, by the time Christmas came around, there was little snow so the wife and I decided to go for a x-country ski in the early afternoon of December 24. She had just put a turkey in the oven and asked Emil to turn it down at a certain time if we weren't back and we headed out southbound towards Alaska.

The new road, which opened in 1979, had been cleared and flagged but not built yet so it was a good place to ski. It was a beautiful sunny afternoon and warm, -10°C, which was perfect. We quickly went up to the Meadows, the highest point of the RR at 2,924 feet and were actually skiing slightly downhill towards the Alaska border when a storm suddenly raced over the coastal mountains and caught us in a raging blizzard. We had checked the weather before leaving and there was no indication of any precip yet here we were in a blowing whiteout that came from out of nowhere and dumped three feet of wet heavy snow on the right-of-way making huge drifts that were impossible to ski on. I wasn't even sure where we were but sensed we were closer to White Pass than Fraser so we had a family meeting during which I felt like the worst father-to-be in Yukon history. How did THIS happen? Not yet three months into our marriage and I had led my beautiful young wife and unborn son into a life-threatening survival situation. I never felt stupider in my life but the newspaper stories that said we got lost while skiing in a border blizzard were inaccurate. We were NOT lost. I knew almost exactly where we were but couldn't believe it happened anyway.



The "road" was no longer an option so the only alternative was to head due east, with the wind behind us, until we reached the railroad tracks where we would go south to safety at the White Pass camp.

We were crossing a small frozen lake with a cliff on the other side when it got dark, pitch dark. Now we were in a blackout instead of a whiteout. My wife thought we were about to die from hunger, hypothermia or frostbite but I knew we would be fine if we could find the tracks. Sure enough, eventually we climbed a small rock face and plopped down right on them. The worst we could be was 3-4 miles from White Pass since it was only seven miles total between the two camps.

It seems strange all these 40 years later but I have no memories between locating the tracks at about 5-6 pm and walking into White Pass at 10 pm where we found all the lights on and a bustling crew with snowmobiles from Skagway mounting up for a search & rescue mission in the morning. The wife told me later we had to stop frequently to massage her feet that were freezing up but I really can't explain why it took so long to go such a short distance. My mind was elsewhere concentrating on keeping her and the baby safe and warm if not happy and comfortable.

When we finally walked in the door of the camp at White Pass, it ended as quickly as it began and our bosses were amazed we were alive and making jokes about it. They were certain we'd been caught in an avalanche.

We weren't but it was definitely a strange and different way to spend Christmas Eve in the St. Elias Mountains.

We went back to Fraser on the Christmas morning train and pretended nothing had happened since there were no injuries or infirmities of any kind. Our pet weasel that slept on our bed didn't even know we were gone and Emil saved the turkey.

The pre-born "baby" is now 39 with three of his own and just figures it was a cool place to incubate, which it was: VERY cool.

THE YCOA BOARD WOULD LIKE TO HEAR FROM YOU!

In spring of 2018, the YCOA Board & Staff will be developing a new 3-year Strategic Plan (2018-2021). We would like to hear from you. Our question is:

"What do you think YCOA should do in the next three years?"

You can email your comments to Sue at:

whitepines@northwestel.net or bring your comments in person to Elaine in our office: 4061-B 4th Avenue, Whitehorse YT

Please provide your input by **January 30, 2018**

Thank you,

YCOA Board of Directors



Photo credit: Jan Trim

Grief Tips for the Holiday Season

submitted by Deb Higgins,
Project Coordinator~Hospice Yukon Society

Christmas can be many things. When we are surrounded by loved ones it can be full of joy. Many times, however, we are reminded of those who are no longer with us to share in the joy of togetherness.

Finding ways to acknowledge our sadness is important. Small gestures such as setting out a special photo of your loved one, lighting a candle in their memory, or telling stories about them can be a healing way to honour their memory, and the grief you are feeling.

Hospice offers Lights of Life as a simple ritual to remember these important relationships.

The ritual is to write your loved one's name or a message on one of the little tags and hang it on a Lights of Life tree at one of the locations around Whitehorse. You can also bring one home to your own tree.

The opening ceremony of Lights of Life is an annual tradition for many Yukoners. It takes place in the atrium of the Elijah Smith Building and features gentle words, beautiful poems, and music by the Persephone Singers. Lights refreshments are served afterwards.

After the opening ceremony the trees stay up for a week and visitors can stop by any weekday between 8:30am and 5:00pm.

Hospice volunteers are there to offer support and to provide information about other Hospice Yukon programs and services.

At the Elijah Smith Building there are several trees. Some are for any kind of loss. There is also a 'child tree' to remember children who have died, as well as a 'pet tree' to honour our beloved pets.

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

www.hospiceyukon.net



Lights of Life trees are also available at Hospice House, and many other locations in Whitehorse and the communities.

We hope you find time to honour your losses this year, and create some space for the grief you feel. It is an interesting paradox that expressing sadness can be a great source of comfort.

Grief counselling is available at Hospice Yukon free of charge.

We also have a well-resourced lending library, a grief walking group, and other services to support those who are dying, grieving or supporting others. All of our services are offered free of charge.

Lights of Life Opening Ceremony
Thursday December 14th
12:15pm – 1:00pm
Elijah Smith Bldg (Atrium)

Come remember a loved one:
December 14 to 21

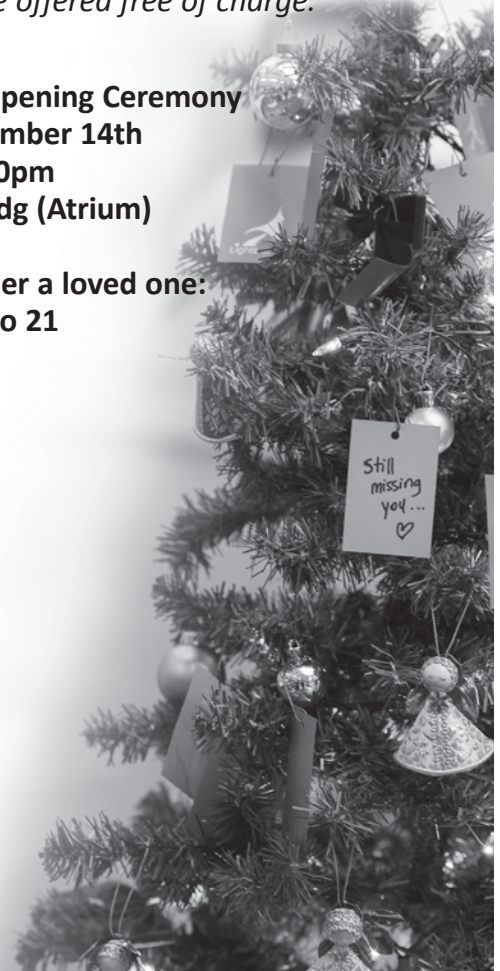


Photo credit: Deb Higgins



Get the flu vaccine at a clinic near you.

WHITEHORSE

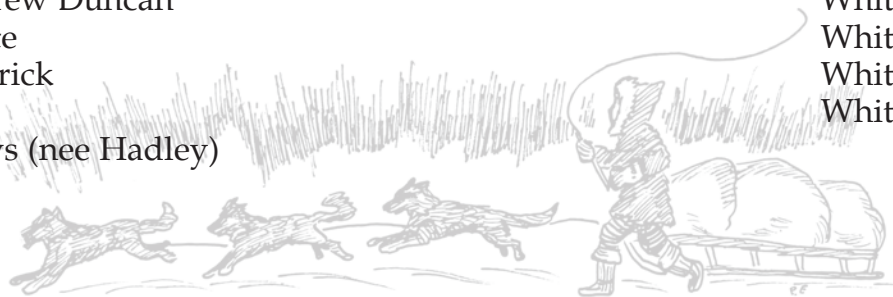
December 1, 8, 15	1pm – 3:30pm	Whitehorse Health Centre
December 29	8:30am – 3:30pm	Whitehorse Health Centre
January 5	1pm – 3:30pm	Whitehorse Health Centre

for more details visit
yukonimmunization.ca/flu

Yukon
Health and Social Services

LAST TRAIL

Doraine Eva Reiber (Williams)	July 24, 2017	Barhead, AB
Erica Biondelli-Fischer	July 28, 2017	Whitehorse, YT
JP (Jean Paul) Goulet	August, 2017	Faro, YT
Rev. Andrew Wilhelm-Boyles	August 1, 2017	Vancouver, BC
Richard (Danny) Daniel Coldwell	August 1, 2017	Kelowna, BC
Siebert (Bert) Oscar Hadvick	August 4, 2017	Whitehorse, YT
Frank Saligo	August 7, 2017	Teslin, YT
Kathryn Diane Hyndman	August 7, 2017	
Josephine Hopkins	August 7, 2017	Whitehorse, YT
Brian Hemsley	August 11, 2017	Whitehorse, YT
Edo Nyland	August 13, 2017	Victoria, BC
John Wesley Whitney	August 19, 2017	Whitehorse, YT
Ken Crawford	August 25, 2017	Whitehorse, YT
Lynne Anne Martin	August 29, 2017	Whitehorse, YT
May Roberts	August 31, 2017	Carmacks, YT
Frank Herbert Mackus	September 1, 2017	Whitehorse, YT
Joerg Michael Heribert Heinze	September 8, 2017	Whitehorse, YT
Debra Ann Misko	September 9, 2017	Whitehorse, YT
Roland (Tabor) A Mercier	September 10, 2017	Whitehorse, YT
Joy Karp	September 10, 2017	Whitehorse, YT
Tony Antal Kover	September 16, 2017	High Level, AB
Carol Matsen	September 18, 2017	Whitehorse, YT
Don Mark	September 18, 2017	Whitehorse, YT
Raymond Theodore Anderson	September 21, 2017	Innisfail, AB
Pamela Gloria Babala	September 22, 2017	Whitehorse, YT
Mary Anne Doering	September 24, 2017	Whitehorse, YT
Douglas Ross Smith	September 24, 2017	Whitehorse, YT
Darrell Joseph McDonald	September 25, 2017	Westbank, BC
Viola (Vi) Barnett	September 28, 2017	Whitehorse, YT
Leona Lepointe-Comeau	October 5, 2017	Whitehorse, YT
Alex Kymta	October 11, 2017	Whitehorse, YT
Joan Sterritt	October 12, 2017	Scarborough, ON
Bruce Bergman	October 13, 2017	Whitehorse, YT
Ollie Green	October 14, 2017	Whitehorse, YT
Mike Smith	October 18, 2017	Whitehorse, YT
Patricia "Trish" Dawn Kostelnik	October 24, 2017	Whitehorse, YT
Carol Ann (Miller) Deuling	October 24, 2017	Whitehorse, YT
Albert Adam Oster	October 28, 2017	Salmon Arm, BC
Gordon Andrew Duncan		Whitehorse, YT
Clayton White		Whitehorse, YT
Reuben Fendrick		Whitehorse, YT
June Tupper		Whitehorse, YT
Esther Sallows (nee Hadley)		Whitehorse, YT



LITERARY REVIEW



by Doug Sack

Kinsella's Last Home Run

"If you build it, they will come."

Russian Dolls,
Stories From the Breathing Castle

by **W. P. Kinsella**

William Patrick Kinsella was 81 when he died in Hope, BC via assisted suicide on September 16, 2016, shortly after finishing the writing for this final collection of short stories from his early days in East Vancouver. *Russian Dolls, Stories From the Breathing Castle*, is actually more like an auto-biographical novel. He calls himself "Wylie" and opens with: "I have always been determined to be a writer. I have also always known that I was not very good."



Then he met redheaded Christie who was checking into the Castle "wearing tight blue jeans, black, ankle-high cowboy or biker boots, a white off-the-shoulder blouse and no bra. I froze three steps from the bottom of the stairs."

From that moment forward he stopped writing stories about space aliens who robbed McDonalds when they got the munchies, killer bowling balls and female school buses which came to life every night and rolled out to go partying with Greyhound buses, the virile macho men of the mobile world who waltzed the night away to classic C&W blues and rock tunes because buses can't have sex.

Christie became his Muse and started his transformation from an East Van streetman to the celebrated author of "Shoeless Joe" which became "Field of Dreams" when it was adapted by Hollywood and is the best baseball movie of all time starring Kevin Costner.

Simply knowing Kinsella was aware he was going to die when this book was finished makes it obvious that he had his sense of humour and

writing talent to the end despite his late-in-life reputation as a curmudgeon and a grumpy old man. *Russian Dolls* is a fun, poignant read from the first sentence and a talented writer's way of saying goodbye with fond memories of how it all began. I couldn't help thinking of Leonard Cohen's Suzanne.

Kinsella first became nationally known in 1977 with *Dance Me Outside*, the hilarious adventures of Simon Ermineskin set on a reservation in Hobbema which was the inspiration for the CBC series *The Rez*, but it was *Shoeless Joe* which made him a literary legend. He admitted later in life that the only good money he made writing in western Canada came from the Hollywood script for *Field of Dreams*.

If you believe, as I do, every writer has one book inside his soul which must be written to satisfy his Muse, *Shoeless Joe* was Kinsella's. All the rest of his body of work was done for a pay cheque or royalty bonus and only had great writing in common with *Shoeless Joe* Jackson who presided over baseball's darkest moment when he and seven other Chicago White Sox players allegedly threw the 1919 World Series to the Cincinnati Reds just to make a few bucks, reportedly less than \$5,000 each, the ones that got paid that is.

I often wondered over the years what motivated Canadian Kinsella to set a fiction story about an American baseball tragedy in an Iowa cornfield, "If you build it, they will come", and concluded he just loved the game like millions of us do.

But now I have a deeper, clearer and better understanding of what motivated him after reading about his roots in Edmonton, Hobbema and East Van: He was fishing for American readers since Iowa is pretty close to dead center in the USA. I think it is hilarious that America's most beloved baseball novel was written by a Canadian from Vancouver's downtown East Side and a regular at quaint Nat Bailey stadium.

Stylistically, he used an interesting concept for his grande finale. The chapters of *Russian Dolls* alternate between day to day conversations and doings with Christie followed by the particular stories she inspired, most of which took place in the Skid Row sections of Vancouver and Seattle

many years ago. To prove his point, although it could have been my imagination, the more Christie moved him, the better the writing got as the book (and his life) moved further along.

Although it took some hunting to find reference to the title and what it means, finally in chapter 14 on page 145, Christie is speaking about herself and younger siblings: "We sat like a row of Russian dolls on the couch" and once more Wylie (Kinsella) turned to his Muse for the title of his final words.

Not many authors have the foresight to go out in such a precise and classy manner but Kinsella pulled it off so I'll conclude with my favourite quote of his and say adieu with one last thought: It's truly a pity he didn't postpone his death for six weeks so he could have watched the Cubs win the 2016 World Series. He would have loved that.

"The crack of the bat, the sound of baseballs thumping into gloves, the infield chatter are like birdsong to the baseball starved."

W.P. Kinsella
1935-2016

The short and long of pickleball

by Doug Sack

There is a long and short explanation of what pickleball is and why it is among the sports to be contested in Saint John. New Brunswick in August on the shores of the Bay of Fundy's fabled 51' tides in the 2018 Canada 55+ Games.

This is the short in a nutshell: It's just badminton using a hard paddle and wiffleball instead of racquet and birdie.

But the long version is more interesting and amusing, depending on which of the origin stories you believe, because this booming popular sport was conceived on Bainbridge Island, a short ferry ride from Seattle, in 1965 by three families on summer holidays who arrived at their destination, erected a communal badminton court then discovered they hadn't forgotten the racquets but there was nary a birdie to be found on the island. That's when Pickles, a cocker spaniel, saved the day because she never went anywhere without her favourite fetch-ball which happened to be an old wiffleball full of holes. The kids expropriated Pickles' ball, swatted it back and forth over the net which made her chase it and a fine time was had by all. After a summer or two as the

game became more popular in the Seattle region, it needed a name and pickleball was adopted. It quickly expanded down the coast to Oregon and California because it was well suited to beaches and then it moved into the southwestern deserts and was a hit with retired snowbirds in RV parks and retirement communities. That was 50 years ago and now it's become HUGE with pickleball courts and associations in all 50 states and all the provinces and territories in Canada. Some say it has replaced tennis as the sport of choice for retired seniors and now it's booming globally, especially in Asian countries. Like tennis, it's played in singles or doubles.

It's the only sport the Chronicle has ever heard of which has its' own spelling rules. Pickleball is NEVER capitalized except to start a sentence and is simply pickleball everywhere else.

Canada has a National pickleball Team and the Yukon has a territorial team (two players in 2016) to compete against all the provincial squads in New Brunswick.

You might think YOUR dog knows some good tricks but Pickles is the only K-9 we know of who created an entire sport then had it named for her.

Good thing she wasn't called Goofey or Doofus.



Credit: Robby Woodard - www.woodardworks.com

Photo credit: www.icsun-news.com

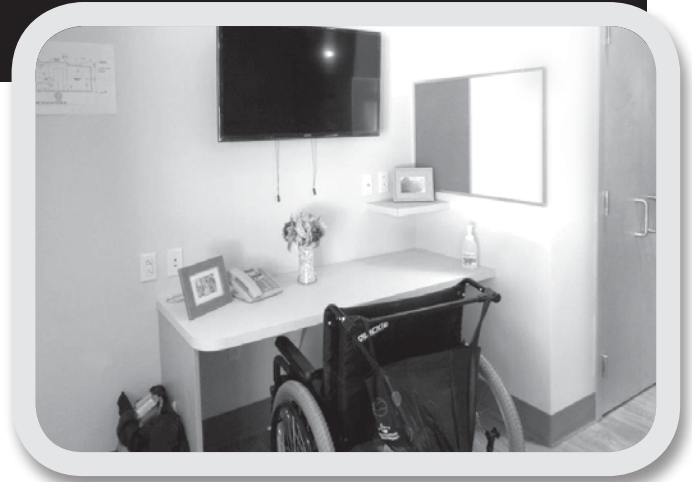


Update: Whistle Bend Place

by Cecilia Fraser, Acting Director,
Whistle Bend Continuing Care Facility

The construction at Whistle Bend Place continues and it is very exciting to see the progress! I do hope that some of you were able to take advantage of the open house held by PCL in early September, it was a chance for them to showcase all the work that has gone into the project and was well attended. If you did not have the opportunity to visit the open house, I encourage you to have a virtual tour or fly through which is available at www.hss.gov.yk.ca/whistlebend/. It's a great way to see what the space will actually look like. This webpage has lots of other information on the Whistle Bend project as well so feel free to explore it.

On October 16th, I was very happy to meet with the Whistle Bend Community Association and provide a brief presentation on the Whistle Bend project. It was wonderful to receive a warm welcome and to know that Whistle Bend Place will very much be part of the community in this neighbourhood. I look forward to having such welcoming and caring neighbours. The Whistle Bend Community Association is already looking at ways to build the relationship with Whistle Bend Place and have requested that extra benches be placed on the trail system close to the facility; their support and consideration is greatly appreciated! This group was also interested in hearing about volunteering at Whistle Bend Place and there will certainly be opportunities for that once the facility is



▲ Whistle Bend Place:
in situ room - desk / work station

open. Yukon Continuing Care has volunteer opportunities currently at Macaulay Lodge, Thomson Centre, Birch Lodge and Copper Ridge Place, and coordinators to guide you through the process of becoming a volunteer. If you are interested, please let me know and I can provide you with contact information.

As part of the construction process at Whistle Bend Place, in situ rooms are built. These are actual rooms that are completed early and that look the same or almost the same as the rooms in the completed facility. These rooms provide the opportunity to tweak the final design and to ensure that everything will work the way it appears to on paper. I know that there is an interest in seeing what the final room looks like but unfortunately I don't have a picture that does the room justice. Each room will have its own private bathroom, which includes a shower, its own desk/work station and its own window seat with storage underneath. Paint colours have already been selected by a Resident Committee last year and it is wonderful and exciting to actually see some of the walls painted in these colours. I will ensure I have better pictures for the next update and look forward to keeping you in the loop.

If you have questions or concerns about the Whistle Bend Place project, or planning for other Continuing Care services, please contact Cecilia Fraser at:
Cecilia.Fraser@gov.yk.ca or at 867-393-6314.

▼ Whistle Bend Place:
in situ room - bed / window seat





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 _____



FEEDBACK

Now it's YOUR turn. Please write us. Our e-mail address is ycoa@yknet.ca

Seniors' Information Centre and Home & Yard Maintenance Program will be closed at 1:00pm on December 22 until January 2, 2018 at 9:00am. Hope everyone has a safe & healthy holiday.



BULLETIN BOARD
APRIL
 vote for prez.
 YCOA-AGM

Support for this Newsletter is provided by:

Yukon
 Health and Social Services
 the Yukon Order of Pioneers

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.**

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.



Photo credit: Jan Trim

MAIL TO:

CANADA		POSTES
POST		CANADA
Postage paid		Port payé
Publications Mail		Poste-publications
40021059		