

Sourdough Chronicle



YUKON SENIORS' NEWSLETTER VOLUME 41, NUMBER 2, JUNE 2018

2018 CANADA 55+ GAMES

IN THIS ISSUE

Bay of Fundy	2
President's Report	3
RUBY 'TOONS	4
Coordinator's Corner	6
Bricks & Roses	7
Birthdays	8
Science of Aging	9
Team Rosters	10
Astronomy	13
Fall Detection	14
Literary Review	16
Whistle Bend Place	17
Last Trail	18
Bulletin Board	20



Donna Jones passes the baton to Brenda Dion in the 4x100 relay to lead Team Yukon to the 2018 55+ Games at Saint John, NB in August. A record number of 146 participants will be competing in 17 activities. See the full rosters on pages 10-12.



Photo credit: Sue Meikle

Yukon gold on the Bay of Fundy

by Doug Sack

When the Canada Senior Games were inaugurated on a small scale in Regina in 1996, the Yukon Territory was nowhere to be found because "Yukoners hadn't heard about these Games yet," according to the official history of the event.

However that changed for the second go-round in 1998 at Medicine Hat, Alberta where we sent 38 competitors who won 27 medals including the first "Spirit of the Games" (SOG) award.

There were no Games in 2000 but 35 intrepid Yukoners travelled to Summerside, PEI in 2002 and came home with 24 medals and an invitation to host the 2004 Games in Whitehorse, a decision which proved serendipitous for the future of the CSG.

The Territory exploded onto the scene in 2004 with over 100 competitors in the home games and a whopping 500 local volunteers to pull them off. It marked the end of CSG and the beginning of Canada 55+ Games.

At Portage la Prairie in 2006, 83 Yukoners won 35 medals and a second SOG award and at Dieppe, NB in 2008, 82 won 45 medals including nine gold and yet another SOG, the third in just five appearances as the Yukon lived up to our reputation for being spirited and lively competitors including introducing cheerleaders to the Games.

In 2010 at Brockville, ON, a new Yukon record for biggest road squad was set as 104 participants

and nine cheerleaders won 70 medals, a short-lived medal record as 77 competitors in 2012 at Sydney, NS won 79, the only time Yukon averaged over a medal per person and placed fourth in the national standings, also a record.

In 2014 at Strathcona County, AB (Edmonton), another record was set for largest road contingent as 129 participants, 15 cheerleaders and three mission staff accounted for 68.5 medals, with no explanation how somebody won half a medal, and a fourth SOG award.

At the 2016's in Brampton, ON, 96 "athletes" won 65 medals but 28 of them were gold, a new record, as the Yukon finally lived up to the reputation of our golden heritage of 1898.

At the time of our print deadline for this Summer edition, the 2018 Canada 55+ Games team was shaping up as 146 athletes competing in 17 events but that can change quicker than the magnificent 51' tides ripping up the Bay of Fundy.

But one record is certain NOT to be broken: Longest road trip. Saint John is only 6490 kms from Whitehorse which sounds like an impossibly long way but Dieppe is 6560, Summerside 6690 and Sydney 7020, a record that may last forever unless Come By Chance (7960) in Newfoundland is awarded some 55+ Games in the distant future.

Come back by chance in Autumn for full results.

CSG & Canada 55+ Venues

1996	Regina, SK
1998	Medicine Hat, AB
2002	Summerside, PEI
2004	Whitehorse, YT
2006	Portage la Prairie, MAN
2008	Dieppe, NB
2010	Brockville, ON
2012	Sydney, NS
2014	Strathcona County, AB
2016	Brampton, ON
2018	Saint John, NB

Election Results

YCOA Election: April 20, 2018

President - Doug MacLean

Vice-President - Jan Trim

Secretary - Colin Graham

Treasurer - Rob Sutherland

Directors:

Kathy DeCecco

Linda Profeit

Frank Bachmier

Sue Meikle

Graham Jackson

Dwayne Wheeler



President's Report

by Doug MacLean,
President YCOA

First, I should introduce myself. I am the new president of the Yukon Council on Aging, replacing Jan Trim, who modestly would only call herself the Acting President her entire term in office after the previous president, Connie Dublenko, moved to Alberta. I've met some of you, and hope to meet many more of you. Of course, some of you I have known for years.

The time since the last President's report by Jan in March has been a busy one as we work to meet our objectives to help Yukon seniors (55+) to flourish and thrive as they age, and to age in place for as long as possible. Here are a few highlights.

Most recently was our Annual General Meeting at which the new board was elected, and we heard from Paula Pasquali about just what flourishing means. To me, it opened a whole new horizon of possibilities.

The draft strategic plan was presented at the meeting by Sue Meikle. Sue gave new meaning to the phrase "Powerpoint" presentation. If you missed the presentation and would like to see what the draft plan is about, please check it out on the website at www.ycoayukon.com/strategic-plan.html and provide your comments, or see Janet Smellie, our new and very capable Seniors Information Centre Co-ordinator, who was also introduced at the AGM. Elaine Kimball, as you may know, retired after many years of devoted service, We really appreciate the help that she gave Janet as she learned the ropes in her new position.

Henry Ford once said that anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young, and that was the general idea behind our new "Learning for Life" series of courses. Perhaps it is not a surprise that one of the most interesting and best-attended courses was the one on flourishing by Paula Pasquali. Another well-attended presentation was "Young and Fit: Keeping your Brain Healthy and Happy", with Reagan Gayle. It didn't stop there and we now have a good idea of what is important to you, when it comes to courses. So much so, that we are planning more fulsome versions on the topics that interested you most, beginning next Fall.

And of course, we continued to offer our usual services in the office. If you come by, you can get help with questions on pension applications, grant supplements, home repair services referrals, and even help with income tax during tax season.

Finally, I want to mention that there will be a summit on Aging on Wednesday, June 6th at 9:00 am the High Country Inn, followed by the Seniors' Tea, hosted by the City of Whitehorse in the afternoon, also at the High Country Inn. Doors for that event open at 1:30 pm. Please do come to both of these important events, to help with your input on what is needed, and to celebrate and thank the City for all their hard work to make Whitehorse and Yukon a great place to be.

Regards,

Doug MacLean – President



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



YUKON COUNCIL ON AGING

Officers:

President: Doug MacLean
 Vice-President: Jan Trim
 Treasurer: Rob Sutherland
 Secretary: Colin Graham

Directors:

Kathy DeCecco, Frank Bachmier,
 Graham Jackson, Linda Profeit,
 Sue Meikle and Dwayne Wheeler

The Sourdough Chronicle

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

SENIORS INFORMATION CENTRE

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

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

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

Editor

Doug Sack
 sourdoughchronicle@gmail.com

Newsletter Committee

Board of Directors YCOA

Guest writers

Cecilia Fraser, Doug MacLean,
 Janet Smellie, Nick O'Teen.

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

www.ycoayukon.com

Happy 40th Birthday!

Yukon Council on Aging Board Members help celebrate the council's anniversary on April 20th during the Annual General Meeting.



Clockwise from right: Jan Trim, (Vice-president), Sue Meikle (Director), Kathy DeCecco (Director), Frank Bachmier (Director), Linda Profeit (Director), Doug MacLean (President), Colin Graham (Secretary) and Graham Jackson (Director) Missing from photo is Treasurer Rob Sutherland.

Road signs by Federico Panzano, Noun Project

RUBY TOONS

by Ruby Dale

Ruby's older brother, Elliott, really digs trucks and this one is hauling firewood in the summer, a kiddie reminder that another winter is on the horizon.

Editorial cartoon credit: Elliott Sack

THANK YOU!

This is Doug Sack's last issue as volunteer editor. He has worked with intelligence and passion and we are grateful.

The YCOA board thank him for his service and wish him well in his future endeavours.

Laugh Lines

I just took a leaflet out of my mailbox, informing me that I can have sex at 73. I'm so happy because I live at Number 71. So, it's not too far to walk home afterwards. And, it's the same same side of the street. I don't even need to cross the road!

Answering machine message:
 "I'm not available right now,
 But thank you for caring enough to call.
 I am making some changes in my life.
 Please leave a message after the beep.
 If I do not return your call,
 You are one of the changes."

Blessed are those who can give without remembering and take without forgetting.

The irony of life is that, by the time you're old enough to know your way around, you're not going anywhere.

I was always taught to respect my elders, but it keeps getting harder to find one.

Every morning is the dawn of a new error.

Aspire to inspire
 Before you expire.



CHECK OUT YCOA'S NEW WEBSITE

www.ycoayukon.com

*Thank you to Linda Profeit,
 who volunteered many, many hours to ensure the
 best possible experience for our website users....*

Seniors' Home and Yard Maintenance Program



Photo credit: Sue Meikle

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, Vince Gatien
 (867) 667- HELP (4357)

Office Hours:

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

Coordinator's Corner

by Janet Smellie

*"We keep moving forward,
opening new doors, and doing
new things, because we're
curious and curiosity keeps
leading us down new paths."
- Walt Disney*

"Where is spring?" she cried to her coworker Vince Gatien (Coordinator of the Senior's Home and Yard Maintenance Program) "People are still wearing winter woolies." It's May 3rd as I begin to write this column and the wind is howling something fierce. I am ever so hopeful that by the time this comes alive in print we will be settling in for a Yukon spring and summer we all deserve after our long and very unique winter. As the new Coordinator at the Senior's Information Centre I am honoured to have been asked to write a few words to introduce myself.

There is no doubt in my mind Elaine Kimball, who I was fortunate enough to job shadow for a few days to get used to the comings and goings at the Information Centre, is going to be a tough act to follow. She seemed to have all the answers and of those who came in during those training days there were definitely more than a few who expressed a great sigh of "sadness" that she was leaving. She is, I was quick to discover, a wealth of information for this office and while she's off for a very deserved break from the working world, I'm ever so grateful she did pencil in her phone number at the bottom of the contact list she left behind! I haven't had to call yet but am very grateful it is there. Thank you, Elaine. Enjoy the hot tub. You deserve it!

To give you a bit of background about me, I'm a journalist by trade who originally moved to our neighbouring city of Yellowknife in 1987. "Only two years North and I will return home to Toronto," I promised family and friends!!! However, that promise of a quick northern adventure, like similar ones made by my many northern friends over the years never

became a reality. And now some 31 years later I'm very happy in my northern life. Even happier in the fact that a decade ago I left Yellowknife and realized the Yukon was indeed, the spot to call home. Over my years North of 60 I've worked in public broadcasting and the newspaper business in the Northwest Territories and more recently in the field of First Nations communications here in the Yukon. I've been very lucky to have been able to travel extensively throughout Nunavut and the NWT and many small corners of the Yukon. And while I'm no longer pounding the pavement in search of a news story, I am finding it very easy to embrace the Yukon Council on Aging's guiding principle of being a "lifelong learner". I couldn't think of a better job for me now than to serve as Senior's Information Coordinator.

I'm looking forward to working with the newly appointed President Doug MacLean and the Board of Directors who were appointed to their posts at the Annual General Meeting on April 20. The 2018-2022 Strategic Plan is an ambitious one and I'm excited to be able to be part of the team that will endeavour to make these goals a reality.

There's a lot to do! But I'm not worried because the more I look around me, the more I see the tremendous network of support that surrounds this office. I'm quick to realize that these goals are not only possible but it will be a true pleasure to be part of the team trying to reach them.

So, in closing, here's hoping to a glorious safe and healthy summer for our members. If you have any submissions or story ideas or photos for the next issue of Sourdough Chronicle please let us know.



Photo credit: Sue Meikle

BRICKS & ROSES

Comments from our readers

The Dementia Discussion

"I was fortunate to come across the last Sourdough Chronicle (March 2018) and was impressed by the clear presentation and valuable information on Dementia. Consequently, I felt inclined to join the organization that produced a newsletter containing specific and accurate information about a disease affecting so many seniors.

As the editorial highlights the growing demographic of 55+ in the territory, I think discussion of Dementia and the tasks for caregivers being identified is very relevant. Information and discussion about Dementia can easily be overlooked and avoided as it may not be a comfortable topic or something we want to think about. Having acknowledged this, it is particularly important for people to have a framework of the issues and concerns associated with Dementia, and permission to start addressing these complicated issues.

Thank you for the inclusion of this information in your newsletter. I will look forward to future publications with interesting discussions and information relevant to seniors."

*~Brook Hill
Whitehorse*

Getting Up-to-date

"A couple years ago I was visiting a friend in Whitehorse and came across the Sourdough Chronicle newsletter. I enjoyed reading it so much that I kept that copy and have re-read it many times.

I would like to apply for membership so that I can get up-to-date copies for myself."

*~Barb Michaelson
Abbotsford, BC*

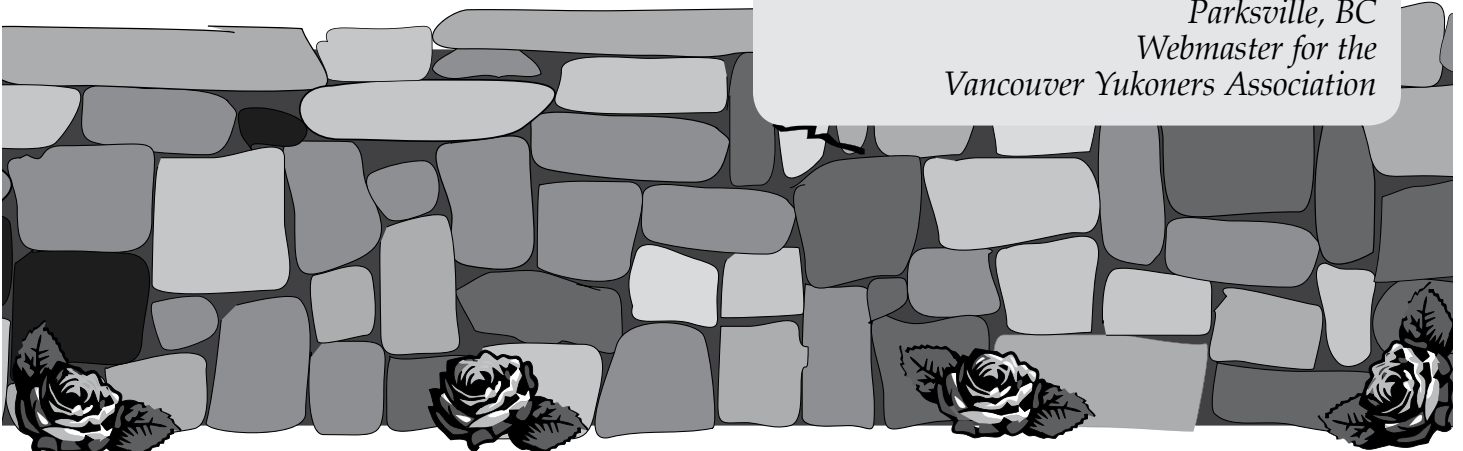
Linking up with Harvey

"I am writing as the Webmaster for the Vancouver Yukoners' Association and am wondering if you would be interested in allowing us to place a link on our webpage (vancouver-yukoners.com) so that our senior members might see that your Sourdough Chronicles are now available online. While we have many senior members outside of the Yukon we do have a large number who still live in the Yukon and so I am sure they would be interested in your organization and publication.

If you are willing to place a reciprocal link to the Vancouver Yukoners association in your publication or website we would certainly be happy to agree as well.

On our website there are currently links to Air North, Canada's North, the Whitehorse Star, Yukon News and Yukon Tourism.

*~Harvey Burian
Parksville, BC
Webmaster for the
Vancouver Yukoners Association*





Stewart Braun	July 1	Maura Glenn	July 28	Eileen Bird	September 1
Brenda Charles	July 4	Doug Maclean	August 2	Georgianna Low	September 1
George Hadikin	July 4	Mederic Tremblay	August 4	Irma Gordon	September 3
Helene Lapensee	July 05	Mary Leigh	August 5	George Nagano	September 3
Shakir Alwarid	July 5	Joan Carlson	August 6	Eleanor Velarde	September 4
June Raymond	July 7	David Hennings	August 7	Elizabeth Hebert	September 7
Gord Bradshaw	July 10	Arla Repka	August 10	Anne Bernard	September 7
Niki Simcoe	July 12	Mary McBee	August 12	Keith Bebak	September 10
Annie Wiebe	July 13	Doris Dart	August 14	Shirley Clark	September 11
Ernie Leach	July 18	Mary Mickey	August 15	Shirley Laroy	September 11
Dorothy Corcoran	July 19	Doris Baxter	August 15	Barbara Geroux	September 12
Dorothy Drummond	July 21	Jan Ogilvy	August 21	Deborah Bastien	September 13
Nesta Leduc	July 23	John Erickson	August 23	Adila Low	September 17
Marion Wakefield	July 23	Joan Sterritt	August 24	Roberta Magnuson	September 18
Iris Cormier	July 24	Lillian Nakamura Maguire	August 24	Margaret Garolitz	September 20
Janbro (Janet) Brault	July 26	Earl Hayden	August 24		

DATES TO REMEMBER

Summit on Aging, High Country Inn
June 6

 Kluane Mt. Bluegrass Festival
June 8-10
Haines Junction

Team Yukon pep rally!
June 13



Father's Day
June 17

Blue Jays Kids Camp,
June 25



Canada Day
July 1

Atlin Arts & Music Festival
July 6-8
SOLD OUT!!!!



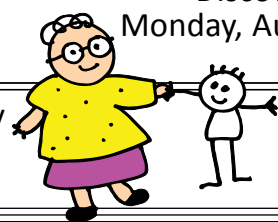
Dawson City Music Festival
July 20-22

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



Discovery Day
Monday, August 20

Grandparents Day
Sunday, Sept. 9



The Science of Aging

by Doug Sack

"Could the culprit be our harsh climate?"

Recently, while researching the census statistics accompanying an editorial in the Spring issue of Sourdough Chronicle (ycoayukon.com), I was astonished to learn that the Yukon Territory currently is without a card-carrying centenarian, male or female, according to the most recent age data on record which is the 2016 census. This doesn't seem possible in a place where white-bearded men and blue-haired women appeared to be everywhere during 2018 Sourdough Rendezvous. Yet here is the "proof:"

Yukon Population By Age:

2016 Census

80-84 years:	375
85-89 years:	195
90-94 years:	80
95-99 years:	20
100+ years:	0

This disturbing knowledge sent us on a surfing trip to try to figure out why. Could the culprit be our harsh and demanding winter climate? So we checked out our American trumpsters to the west, also using 2016 census numbers:

AK pop: 741,894
Centenarians: 83

(The oldest and coldest being Fern Elam, of Kenai, who was 105 in 2016.)

YT. pop : 35,875
Centenarians: 0

Here are the national numbers of centenarians:

USA - 53,364
CAN - 7,569

And more numbers for comparison purposes with the percentages of population who are over 100:

Japan	- 61,000 (.048%)
France	- 21,393 (.032%)
Germany	- 17,000 (.021%)
Spain	- 16,459 (.032%)
U.K.	- 13,780 (.021%)
Australia	- 4,252 (.018%)

According to the numbers from Alaska which has an identical climate, similar eating habits, more money and better beer, the Yukon should currently have five centenarians in our midst but, alas, we do not.

"24/7 Wall St." which provides analysis and commentary for global equity investors, opines thusly:

"There are a number of reasons to believe that the count of centenarians by country is inexact. The first is that census data collection is uneven and therefore cannot be reliably compared between countries. There is also some amount of research that shows that people will exaggerate their age as much as they do their incomes and the frequency with which they have sex. People over 100 receive much attention, which is a good reason for people who are in their late 90s to lie."

Could it REALLY be that simple? Are venerable and vintage Yukoners just too honest and honorable to lie about their age?

Frankly, we don't believe the whole scenario and feel certain there must be several centenarians hiding in the bushes out there somewhere.

If so, please identify yourselves to SC so we can wrap some facts around this inexplicable mythology.

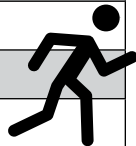
We'll even publish a story about you, increase your senior discount to 25% and renew your pot prescription.





17 SPORTS, 146 PARTICIPANTS 2018 CANADA 55+ GAMES TEAM YUKON

TRACK & FIELD (23)	
Bryan	Craven
Patrick	Milligan
Don	White
Tom	Parlee
David	Boschman
John	Hall
David	Kalles
Hank	Leenders
Jim	Howard
Dave	Brekke
Brenda	Dion
Donna L	Jones
Donna	Rowland
Pamela	Bangart
Karen	Milligan
Sharyl	Satchell
Judy	Lightening
Naomi	Hall
Rose	Leenders
Judy	Harwood Dabbs
Helen	Scott
Margaret	Knutson
Renie	Smith



CANDLEPIN BOWLING (2)	
Tracie	Harris
Ida	Calemegane

LAWN BOWLS (2)	
Maureen	Caley-Verdonk
Bonnie	Barber



SCRABBLE (4)	
Colleen	Tyrner
Shirley	Clark
Dorothy	Corcoran
Judy	Douglas

DARTS	
Gary	Hewitt
Betty	Sutton

CRIBBAGE (6)	
Myrna	Bruns
Carole	Therriault
Ruth	Massie
Fred	Koe
Helen	Bowie
Betty	Hebert

ICE CURLING (8)	
Don	Duncan
Pat	Molloy
Bob	Walker
Gord	Zealand
Monica	Kulych
Jan	Klippert
Cindy	Birnie
Rose	Murdoch

**TEAM MANAGEMENT
& SUPPORT**
Sue Meikle
Marg White
Mike McCann
Dennis Senger

Rosters are based on the participants registered by May 10, 2018 and are subject to change.

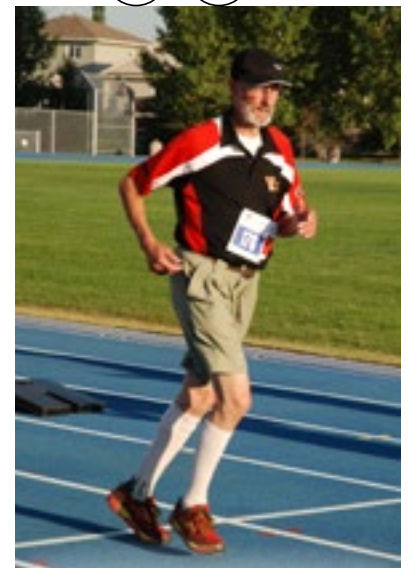


FLOOR SHUFFLEBOARD (12)	
Cheryl	Clarke
David	McMurphy
Edna	Knight
Kathy	Power
David	Knight
Ranjit	Sarin
Mary	Robertson
Lorne	Whittaker
Gunter	Balsam
Peggy	Duncan
Kay	Goulah
Dolly	Marchewa



CYCLING (11)	
Karen	Olito
Arlene	Yeulet
Linda	Profeit
Ruth	Ferguson
Ron	Tait
Louise	Girard
Les	Rowland
Paul	Dabbs
Mike	Craigen
Marcella	Abrams
Gail	Craigen

GOLF (15)	
Ted	Adel
Al	Fozard
Chuck	Barber
Dave	Ecker
Barry	Mole
Gary	Parker
Drew	Ball
Tim	Hutchins
Lindy-Jo	Aston
Carol	Cunningham
Marian	Gear
Donna	Letang
Sandy	Olynyk
Sheila	Stockton
Tom	Amson



HORSESHOES (4)	
Larry	Iampen
Darlene	Thompson
Georgianna	Low
Ev	Pasichnyk

SWIMMING (9)	
Barbara	Adel
Rosemary	Lamb
Jenny	Trapnell
Spence	Hill
Sharon	Westberg
Sue	Chambers
Barbara	Phillips
Bonnie	Duffee
Barb	Macrae



Average Age: 68 years
 Oldest Part.: 93 years
 Total Participants: 146

Photos credit: Sue Meikle

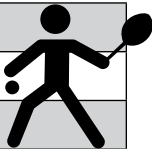


BOCCE (12)	
Elaine	Hanulik
Linda	Hewitt
Sherry	Smith
Loretta	Warnsby
Eileen	Bird
Madeline	Boyd
Arla	Repka
Jean	Webster
James	Profeit
David	Robertson
Bob	Roy
Mollie	Roy

PICKLEBALL (16)	
Dan	Shorty
Brent	McLaren
Erik	Hoensch
Roger	Hanberg
Colleen	Clark
Carolynne	McCrea
Bev	Buckway
Marilyn	Mah
Hector	Campbell
Terry	Markley
Michel	Gelinas
James	Gilpin
Nancy	Kowalyshen
Sheila	Senger
Richard	Chambers
Paul	Warner

SLO-PITCH (14)	
James	Armstrong
Lyle	Armstrong
Shari	Borgford
Larry	Burton
Kirk	Jarvis
Kim	Solonick
Diane	Stewart
Tim	Turner-Davis
Mary	Walsh
Janet	Brault
Bernie	Heffner
Elizabeth	Laing
Leo	Chasse
David	Terris

BADMINTON (2)	
Ewa	Dembek
John	Streicker

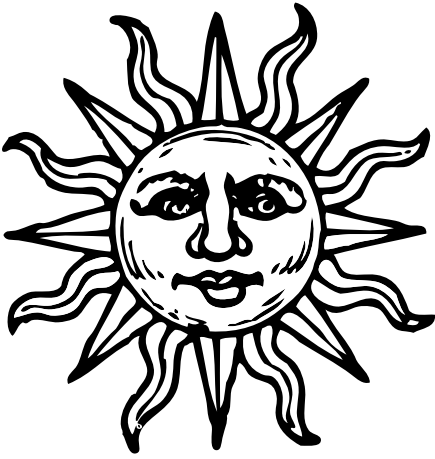


8 BALL POOL (4)	
Ron	Stanyer
Jane	Stanyer
Carl	Carpentier
David	Griffiths



Astronomy

by Doug Sack



"...any Solstice is a misnomer."

The Solstices, both summer and winter, are movable feasts, or beasts depending on your perspective, which defy their very definition: "Solstice," a Latin derivative, means "Sun stands still" which, of course, it doesn't at either time of year. It just appears to as the graphic to the right clearly illustrates.

Every winter there is an exact moment when the axial tilt of the Earth reaches its' nadir when it is the farthest from the sun but that moment

changes from year to year generally anytime between Dec. 18-23 but commonly on Dec. 20-21. This year it happened in Whitehorse on Friday, Dec 21 at 2:23 pm PST.

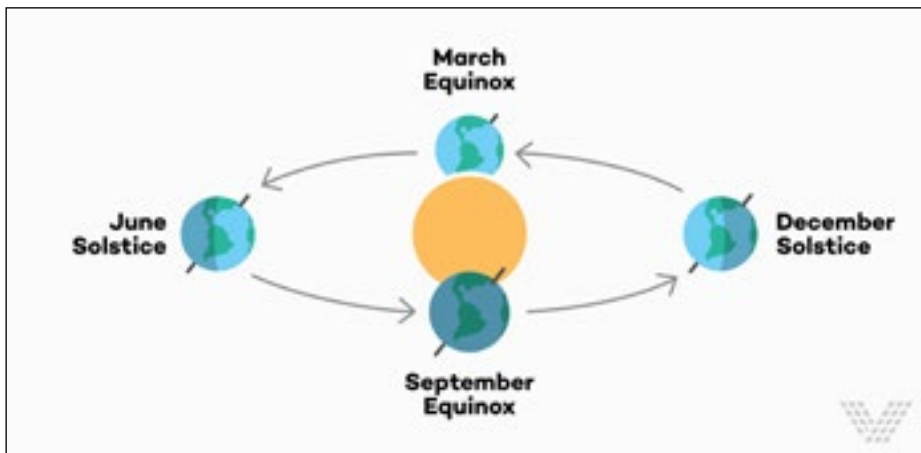
The chart to the right makes it appear as if the sun stood still for six days, Dec. 19-24 but that's only because the weather channel clock doesn't have a second hand. The sun kept moving during those days but only a matter of seconds per day.

It's interesting to note there was 5:39 of dawn to dusk sunshine on both Dec. 14 and Dec. 27, the very heart of the Dark Hole of Winter when the Sun appears to stop but actually doesn't thus making any Solstice a misnomer.

By mid-January the days are getting five minutes longer every day as the Sun goes on a wild five month gallop to the Summer Solstice in the "Land of the Midnight Sun "

It's a great time of year to take a deep breath and smell the fireweed.

Date	Hours of Daylight
12-14.	5:39
12-15.	5:38
12-16	5:37
12-17.	5:37
12-18.	5:37
12-19.	5:36
12-20.	5:36
12-21.	5:36
12-22.	5:36
12-23.	5:36
12-24.	5:36
12-25.	5:37
12-26.	5:38
12-27.	5:39
1-5-18.	6:00
1-22.	7:00
2-3.	8:00
2-14.	9:00
2-25.	10:00
3-8.	11:00
3-19.	12:00
3-29.	13:00
4-08.	14:00
4-19.	15:00
4-30	16:00
5-11	17:00
5-23.	18:00
6-11	19:00
6-21	19:09
3:07 am	Summer Solstice



The New Standard in Fall Detection

by Gail McKechnie

Falls are one of the most serious health risks among Canadian seniors over the age of 65 affecting more people than strokes and heart attacks combined. On average, one out of three people aged 65 and over fall each year. Seniors who fall and experience lie time - lying helpless for a length of time - can suffer serious complications such as pressure ulcers, muscle necrosis, dehydration, hypothermia, pneumonia and even death. In addition to the medical complications, persons who fall and experience long lie times can suffer serious emotional distress and heavy costs associated with extended treatment, rehabilitation and supported living.

Line of Life (LIFELINE) of the Yukon offers Lifeline with AutoAlert. Safety technology is constantly evolving in all facets of life, and medical alert fall detection technology is no exception. Since its introduction, Lifeline with AutoAlert has become the new standard in personalemergency response. Before AutoAlert, fall detection devices were plagued with issues such as misidentification of non-fall movement and false alarms. Lifeline with AutoAlert has surpassed other personal emergency response technology to now provide the ultimate in medical alert protection for older adults, elders and others at-risk.

AutoAlert is a sleek, compact, waterproof pendant device that accurately detects more than 95% of falls. Research has shown that 30% of older adults who experience a severe fall can't, don't or won't press the help button of a basic medical alarm device. With AutoAlert, the fall would be detected and help would be on the way in minutes. Early intervention means improved outcomes for medical emergencies, and additionally, the Life of Life (LIFELINE) service provides every day support and reassurance so subscribers can continue to live independently. In most cases, neighbours, caregivers and family can provide assistance.

Please call Line of Life (LIFELINE) and speak with our Program Manager, Gail McKechnie to find out more information about the AutoAlert system. Our office hours are Monday – Thursday, 10:00 am to 1:00 pm at Greenwood Place, 3090 3rd Avenue in Whitehorse and our phone number is 867-667-6945.

LINE OF LIFE (LIFELINE) WITH AUTOALERT IS THE NEW STANDARD IN FALL DETECTION

Falls are one of the most serious health risks among Canadian seniors over the age of 65, affecting more people than strokes and heart attacks combined. On average, one out of three people aged 65 and over fall each year. Seniors who fall and experience lie time - lying helpless for a length of time - can suffer serious complications such as pressure ulcers, muscle necrosis, dehydration, hypothermia, pneumonia and even death. In addition to the medical complications, persons who fall and experience long lie times can suffer serious emotional distress and heavy costs associated with extended treatment, rehabilitation and supported living.

Line of Life (LIFELINE) of the Yukon offers Lifeline with AutoAlert. Safety technology is constantly evolving in all facets of life, and medical alert fall detection technology is no exception. Since its introduction, Lifeline with AutoAlert has become the new standard in personalemergency response. Before AutoAlert, fall detection devices were plagued with issues such as misidentification of non-fall movement and false alarms. Lifeline with AutoAlert has surpassed other personal emergency response technology to now provide the ultimate in medical alert protection for older adults, elders and others at-risk.

AutoAlert is a sleek, compact, waterproof pendant device that accurately detects more than 95% of falls. Research has shown that 30%

of older adults who experience a severe fall can't, don't or won't press the help button of a basic medical alarm device. With AutoAlert, the fall would be detected and help would be on the way in minutes. Early intervention means improved outcomes for medical emergencies, and additionally, the Life of Life (LIFELINE) service provides every day support and reassurance so subscribers can continue to live independently. In most cases, neighbours, caregivers and family can provide assistance.

Please call Line of Life (LIFELINE) and speak with our Program Manager, Gail McKechnie to find out more information about the AutoAlert system. Our office hours are Monday – Thursday, 10:00 am to 1:00 pm at Greenwood Place, 3090 3rd Avenue in Whitehorse and our phone number is 867-667-6945.

PHILIPS
Lifeline



Philips Lifeline Medical Alert Service
call for help even when you can't with one pendant

The Raven

But the raven, sitting lonely
on the placid bust, spoke only
That one word, as if his soul
in that one word he did outpour.
Nothing farther then he uttered
- not a feather then he fluttered-
Till I scarcely more than muttered,
"Other friends have flown before -
On the morrow he will leave me,
as my hopes have flown before."
Quoth the raven, "Nevermore."

- E.A. Poe, 1845

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



LITERARY REVIEW

by Doug Sack

From "Lovable Losers" to World Series Champs

*"Saber-metrics is also known as
Money Ball to the extreme."*

**The Cubs Way: The Zen of building
the best team in baseball and
breaking the curse**

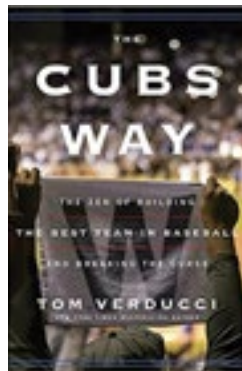
by Tom Verducci,

Whether you are a baseball fanatic or a disinterested casual observer of the boys of Summer, you can't deny that the 2016 World Series between the Cleveland Indians and the Chicago Cubs was historical sporting drama at its' best. You had two teams well known as losers, doormats, pushovers and heart-breakers who hadn't won The Series since 1948 (Cleveland) and 1908 (Chicago), the two longest running droughts in baseball at the time. No matter who won, somebody's losing streak had to end because there are no ties in baseball.

Of course, the Cubs prevailed in the seventh game in extra innings after a rain delay, the longest losing streak in baseball history was finally over and the rush was on by sportswriters to explain how it happened in book form.

The winner of THAT contest was Tom Verducci, of Sports Illustrated, who wrote "The Cubs Way: The Zen of building the best team in baseball and breaking the curse."

He wrote a three pronged narrative with a blow by blow description of the Series itself, well researched backgrounds on all the major players, coaches and other team officials and, most interestingly, the formula used by general manager Theo Epstein to transform the Cubs



from chumps to champs. The turn-around took exactly five years and one week from the moment he quit his job with the Boston Red Sox and took on the "impossible challenge" of turning the hapless and lovable Cubbies into World Series champions.

In a one-word nutshell, here is how he did it: Saber-metrics which is also known as Money Ball to the extreme.

Everyone who saw the Brad Pitt movie understands that on-base % replaced batting average as the telltale stat at the dawn of the Money Ball Era. Nowadays it has ballooned into a tsunami of computerized numbers which has changed the way a team is formed forever. Epstein and his small army of Ivy League computer geeks are the modern embodiment of the crusty old scout smoking a cigar who could hear, or feel, the spin of a nasty curve ball.

Ironically, pitching was their least concern when they started shaping the 2016 Cubs in 2011. Their first goal was to sign a core of four young position players in the minor leagues to act as the backbone of the emerging New Cubs. These turned out to be Rizzo, 1B, Russell, SS, Bryant, 3B and Schwarber, LF. Then they fleshed out the rest of the hitters and defenders before picking up the manager they wanted, Joe Maddon, who is kind of an American version of Don Cherry, a career minor leaguer with a vast understanding of his chosen sport.

For three years as Epstein gathered the pieces of the puzzle, the Cubs continued to lose but it all came together in 2015 which is when they started concentrating on pitching. When they won the 2016 World Series on Nov. 2, their entire pitching staff of starters and relievers were disgruntled free agent signings picked up from other teams. So much for the theory that pitching is more important than hitting and defense in baseball. To Epstein and the Cubs, pitching was just the icing and candles to top off the World Series birthday cake.

Despite this invasion of computer geeks into the front offices of baseball, the game has changed very little. It's still baseball. It still begins in early Spring, concludes on Halloween and fills up our

Photo credit: The Washington Times

summers with the crack of the bat, the pop of ball into leather and joyous shouts of "PLAY BALL!" from little boys and girls and bigger men and women.

The only difference is now the Cubbies are lovable contenders instead of laughable losers.

Hats off to Verducci for thoroughly explaining how that wonderful miracle came to be. Miracles are supposed to be unexplainable but not this one.

Update: Whistle Bend Place

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

The Whistle Bend project continues to move along at a swift pace. The weather has turned warmer as of late and this has enabled some of the outside work to continue such as the siding. The building has a more finished look on the inside and the outside now! While much of the construction is completed, it is amazing to me the amount of work that goes into finishing and installing of cabinetry and appliances and many other things. Even when the walls are complete, there is still a long way to go. As you can imagine, Whistle Bend Place will require a large amount of equipment and furnishings to enable it to be up and functioning. Everything from the mechanical systems to keep the building running, to the commercial kitchen items to prepare food to direct care and medical equipment must be inspected, put in place and tested.

While an enormous amount of work is going into the building itself, a lot of work will also go into the grounds at Whistle Bend Place. There will be a variety of gardens and each floor will have an outside space in the way of a large patio. People who live at Whistle Bend Place will be able to experience the fresh air and the outside from the patios and the gardens that are dispersed throughout the site. The natural world is important to all individuals and Yukoners seem to be especially connected to outside spaces. It only makes sense that some of the resources on this project will go into development of attractive and usable gardens and trails for the residents of Whistle Bend Place and their guests to enjoy. In addition to the garden spaces and trails, another feature



Photo credit: Cecilia Fraser

of the outside space, is a playground area for children. This will enable young visitors to burn off some energy while spending time with their loved one and will provide individuals who live at Whistle Bend Place the opportunity to appreciate all that energy! The unfortunate thing about the outside spaces is that they will be the last to be completed so we won't get to see them for a little bit yet.

A great amount of time and energy is being spent on the physical space at Whistle Bend Place but there is a large amount of work being done on developing program areas. As many of you know, Whistle Bend Place was designed specifically for dementia care. This does not mean that everyone who lives there will have dementia but it does mean that the environment will support individuals who have dementia and facilitate their independence as much as possible. In addition to seven houses, Whistle Bend Place will also offer a day program which is currently being developed and respite services. There are many aspects to opening a new Continuing Care Home of this size and work is on-going in all areas. Yukon Continuing Care is committed to providing a person-centred, holistic approach to care at Whistle Bend Place and in all of the Yukon care homes. If you have any questions, please let me know. Cecilia.Fraser@gov.yk.ca or 393-6314.

LAST TRAIL

Jim Davidson	September 24, 2017	
Joan Sterritt	October 12, 2017	Whitehorse
James (Jim) Hajash	December 2, 2017	Whitehorse
Elfriede Vavra	January 6, 2018	Calgary, AB
Sharon Elizabeth Taylor	January 8, 2018	
Emmanuel (Manny) Heisher	January 13, 2018	Tagish
Sally West	January 19, 2018	Ituna, SK
Robert Bruce McCallum	January 23, 2018	Whitehorse
Vera Mattson	January 25, 2018	Fort St. John, BC
Olive Storey	January 27, 2018	Whitehorse
Donald H. Bruce	January 28, 2018	
Eugene Hodinski	February 5, 2018	Whitehorse
Ted Woolger	February 6, 2018	Grand Forks, BC
Joan Elisabeth Randall	February 13, 2018	Whitehorse
Terry William Madley	February 19, 2018	Smithers, B.C.
John (Jack) Laverne Coghlin	February 24, 2018	Little Atlin Lake, YT
Van Tran	February 25, 2018	Whitehorse
Jackie Williams	March 4, 2018	Atlin, B.C.
Werner Koser	March 4, 2018	Ross River
John Harold Mooney	March 5, 2018	Whitehorse
Howard (Howie) Gates	March 8, 2018	Winnipeg, MB
Beatrice (Bea) Mae Goodman	March 8, 2018	Whitehorse
Brian Douglas Hissem	March 9, 2018	Whitehorse
David (Dave) Robert Layzell	March 14, 2018	Whitehorse
Rose Alice Boulcon (nee Jim)	March 14, 2018	Vancouver, BC
Bob Darling	March 15, 2018	Whitehorse
Elizabeth Clara Wiebe	March 17, 2018	Whitehorse
Alan Fry	March 23, 2018	Whitehorse
Sarah Snowdon (Johnie)	March 24, 2018	Whitehorse
Marion Gertrude Blackwell	March 24, 2018	Whitehorse
Colin Yeulet	March 26, 2018	Rossland, B.C.
John R.M. Little	March 28, 2018	Whitehorse
Bernice (Bernie) Carl Grant	March 29, 2018	Faro
Geraldine (Grady) Ewanchuk	March 29, 2018	Princeton, BC
Joseph Arthur Linklater	April 8, 2018	Old Crow
Roy M. Smith	April 18, 2018	Brooks Brook, YT
Sandra Sewell	April 19, 2018	Whitehorse
Richard Farnell	April 27, 2018	Whitehorse
Marjorie McDowell (nee Trask)	April 28, 2018	Burlington, ON





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 _____

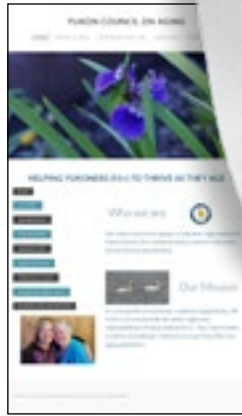
Office Entered date _____ General member _____ Associate member _____



FEEDBACK

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

Be sure to visit our new website at: www.ycoayukon.com
A lot of very useful information, helping Yukons (55+) thrive as they age!



BULLETIN BOARD

Deadline for submissions for September Chronicle - August 10, 2018

Support for this Newsletter is provided by:

Yukon

the Yukon Order of Pioneers



Foot Clinic by public health nurses will be returning this fall. The first clinic will be on Tuesday September 4th. Bring your own basin and towel.

Sponsored by the **Ladies Auxiliary of the Yukon Order of Pioneers.**

The Diabetes Information Centre provides several services to adults in Whitehorse. For outpatient appointment or to learn about group sessions contact 393-8711. Hours Monday to Friday 8:30 to 2 p.m. Closed for Lunch Noon-12:30.

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.

The next edition of Sourdough Chronicle will be September 2018. We encourage readers to submit photos, letters and stories. If you know of an upcoming event that you would like to see covered in the newsletter please let us know. You can contact us at (867) 668-3383 or toll-free at 1 866-582-9707.

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

MAIL TO: