

Sourdough Chronicle



YUKON SENIORS' NEWSLETTER VOLUME 43, NUMBER 1, APRIL 2020

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Old Alaska Highway near Champagne

Photo courtesy of Jan Trim

by Doug MacLean,
President YCOA

President's Report



Since the last newsletter, news and activities related to the corona virus or COVID-19 have suddenly dominated our time. A number of cases of COVID-19 have been confirmed. The Medical Officer of Health has been in the news and on the radio to address this topic. We have been advised by health officials that everyone arriving in Yukon must self-isolate for 14 days. We also are advised to be prepared, avoid all non-essential travel, self-monitor, self-isolate, socially-distance, and follow proper hygiene and cough/sneeze etiquette. More information is available at yukon.ca and later in this issue of the Sourdough Chronicle.

Before the corona virus began to dominate our time, we held three courses in the series called "Learning for Life". The first two, in January, were "Living with Loss" put on by Hospice Yukon, and "Age-Friendly Communities" with Lillian Nakamura Maguire. The third one, in February, was "Planning Ahead: Palliative Care and Advance Care Planning" with the Palliative Care Resources Team in Health and Social Services. More courses are now being planned for next fall.

For those who live in the communities, and perhaps for some who live in Whitehorse, too, we are hoping to test the use of audio-visual telecommunications equipment as a way for you to take advantage of these future L4L courses. If testing is successful, this could help us offer the Learning for Life program to more people, even those who cannot leave their home. If you are interested in helping us with this, please let us know.

Linnea Castagner, our Information Centre Manager, and I did a presentation for the Training Initiative for Older Workers (TIOW) at Yukon College. While there, we awarded free YCOA annual memberships to two people who correctly answered our skill-testing questions. One of the winners from last year's presentation, Melissa Pigeon, has since substituted for Linnea when she was away.

You may have heard about the presentation on deferring property taxes made by Gabriele Watts to City Council last February. This property tax deferral program is designed to help seniors afford to stay in their own homes as they grow older. Reports on Gabriele's

presentation are available at www.yukon-news.com/news/city-news-briefly-17 and at www.whitehorsestar.com/News/few-know-of-seniors-tax-program-council-told. You can also obtain more information by contacting Linnea at 668-3383 or by email at ycoa@yknet.ca. The office is currently closed, but we are working so we ask that you contact us by telephone or email when possible.

Tax season is beginning, although an extension until June 1st has been granted due to the COVID-19 virus situation. Chits were received from H&R Block to cover the cost of preparing tax returns for lower-income seniors. Please join me in thanking H&R Block for providing this important service for lower-income seniors at no cost.

Lower-income seniors can also get assistance with their tax returns from Yukon Learn, from the new Canada Revenue Agency (CRA) Northern Service Centre in the Elijah Smith building on Main Street, and from the Salvation Army at 311 Black Street in Whitehorse on Wednesdays from 1:00 – 3:00 pm. For more information, for help contacting one of these agencies, or for help making an appointment, you can call or email Linnea.

It is worth noting here that work is continuing on the concerns expressed in the news about the availability of hemodialysis services in Yukon. We hope to be able to provide you with an update in an upcoming issue.

We are looking for a YCOA board Secretary, and an Assistant Editor for the Sourdough Chronicle. If you are interested in either of these positions, please contact Linnea (by telephone or email is best).

As you might have anticipated, our Annual General Meeting is postponed as a precaution to protect everyone from possible exposure to the corona virus. We will have more information for you once we know that it will be safe for all to attend.

Finally, because of the corona virus outbreak, we ask everyone please to do your part to keep us all safe. Let's remember to be patient as some services may be curtailed, and, of course, let's do what we can to help each other through this difficult time. If you know of someone who is living alone, for example, and may not be

able to get out easily, please give them a call. Alternatively, please let us know so that we can make arrangements to contact them regularly to make sure that they are fine and have what they need.

Regards,

Doug MacLean – President



A girl wanting to visit her grandmother in COVID-19 quarantine is not allowed to come inside for fear of giving her grandmother the coronavirus.



Photo courtesy of Jan Trim



Bridge over Aishihik River on Old Alaska Highway designed by the American Army.



Needed: Board Secretary

Are you a Senior (55+) dedicated to helping your community and searching for a way to enhance your skills, and to share your enthusiasm and your creativity? The Yukon Council on Aging is a growing organization that needs your help!

You must be available for approximately five hours per month to attend board meetings and to help with some of the day to day operations.

For more information please contact Linnea Castagner at the YCOA office, (867) 668-3383.

YUKON COUNCIL ON AGING

Officers:

President: Doug MacLean
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 Secretary: Vacant

Directors:

Jan Trim
 Kathy DeCecco
 Frank Bachmier
 Lorne Whittaker

The Sourdough Chronicle

A Newsletter for Seniors and Elders
 published quarterly.

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

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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

Editorial

by Janet Smellie



I truly hope this finds everyone safe during the difficult time that we are experiencing here in the Yukon. It is a daily challenge for many of us just trying to keep up with all the news surrounding the COVID-19 pandemic. Many of us have never faced anything like this in our lifetimes.

The entire board and I want to commend the Yukon's Chief Medical Officer of Health, Dr. Brendan Hanley, Yukon's Deputy Chief Medical Officer of Health, Dr. Catherine Elliott, and all health care providers for their dedication and tireless frontline service during this time. Dr. Hanley's and Dr. Elliot's involvement at the community level, through meetings, media briefings, and just being there to answer questions and listen to ideas, has been very welcome and comforting. It is also heartening to see our community pull together to help Health officials by supporting the measures that have been put in place to protect us. This is not a drill, and all our health care providers, along with all levels of government have been working hard to ensure that our small population is protected. In our opinion, they are doing a terrific job to keep us safe.

Let's make sure, we, too, do our part by continuing to follow the measures they are asking us to follow. It is crucial that we adopt the new norms of staying at home, social distancing, hand hygiene, respiratory etiquette, and self-monitoring. These efforts will not only serve to protect ourselves as individuals, but will also help prevent a high number of cases that could overload our health care system.

We Yukoners are fortunate. We have such a vast and spacious territory to thrive in. But COVID-19 is out there. And just like everywhere else in the world, we, too, have vulnerable people who can't afford to become infected. Let's do our best to protect these people, our families, our neighbours, and our friends.

On a final note, we also want to thank our staff members, Linnea Castagner and Vince Gatien, for keeping the Information Centre and Home and Yard Program operating during this time. Although the office is not open, Linnea can be reached at 668-3383 and Vince can be reached at 667-4357. Both can be reached by email at ycoa@yknet.ca. They have been dedicated and thoughtful, and are really pulling together to ensure that they are there for you when you need their help.

Please be safe, and please take care of each other.

Coronavirus Information

Coronavirus (COVID-19) in Yukon



What is COVID-19 or coronavirus?

COVID-19 or coronavirus is a contagious disease that spreads rapidly from person to person through respiratory secretions.

There has been rising concern about the spread of the coronavirus or COVID-19 world-wide. This resulted in the March 7th cancellation of the 2020 Arctic Winter Games that were to be held in Whitehorse a week later. As concerns mounted about the spread of the disease, a public health emergency was declared in Yukon on March 18th. A number of measures were implemented at that time. For example, classes were suspended in all Yukon schools, and indoor recreation facilities and libraries were closed. Hospitals were closed to all visitors.

Since then, further measures and restrictions have been implemented, including a ban on large gatherings, and a request that people work from home if possible. All non-essential travel into and out of Yukon is suspended, and all returning travellers are now required to self-isolate at home for 14 days. Individuals are asked to do their part. It was noted that people over 65 years of age, and people with an underlying medical condition, are at highest risk of severe complications from COVID-19. Because of this, it is advisable that seniors be particularly careful.

The following is some information on the virus and what you can do. Extensive information is available on the Yukon.ca and Canada.ca and covid-19.bccdc.ca (BC Centre for Disease Control) websites. Because **our understanding of this disease is constantly being updated** as we learn more about this virus, it is suggested that these websites be checked regularly for new information.



How do you get it?

Someone with COVID-19 gives you their germs. When someone coughs or sneezes, their germs get in the air, on you, and on surfaces around you. The germs can then get into your body through your mouth, nose, and eyes.



That is, COVID-19 spread is believed to be mainly from person-to-person through respiratory droplets when an infected person sneezes or coughs. However transmission may occur prior to such symptoms being present.

Coronavirus Information

What happens if you have it?

If you have coronavirus, you may experience:



a fever,



coughing and



difficulty breathing.

These symptoms may be mild or may become severe.

If you get a fever or cough, it could just be a cold or the flu. However, all Yukoners who return home from travel outside the territory and have respiratory symptoms (cough, fever, or difficulty breathing) can phone 811 to get advice on COVID-19 testing.



How sick can you get?

Most people do not get very sick. It is like having a cold or the flu.

However, some do become very sick, particularly some older people, and people with underlying medical problems. They may need to go to a hospital for treatment.

If I feel sick, what should I do?

If you feel sick, it is recommended that you stay home and self-isolate. Call your doctor again if symptoms, such as trouble breathing, get worse and follow his advice. Do NOT go to a medical clinic, hospital or emergency room.



Stay Home



Use tissues,
throw them out
and wash
your hands



Avoid contact
with others.
Stay 2 metres
(6 feet) away



Keep objects
and surfaces
clean

Cleaning can be done with regular household cleaners, or diluted bleach prepared according to the instructions on the label.

Coronavirus Information



If I am sick, when should I call a doctor?

You should call your family doctor or 811 if:

- you have been out of the country.
- you have been with someone who has the virus.
- you have been at a place where people with COVID-19 got medical treatment.

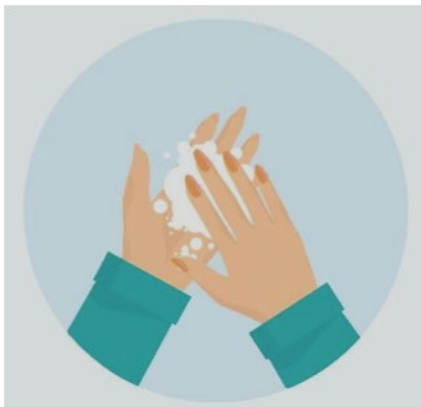
If you need help, call your doctor or 811, but do not go to the doctor's office, a medical clinic, or the hospital.



What do I do if someone I live with gets sick?

Someone else living in your home could get coronavirus or think they may have it.

- Stay at least 2 metres (6 feet) away from the sick person.
- Do not touch surfaces or food that the sick person has touched.
- Wash your hands frequently and well.
- Call your family doctor or 811.



How can I stay healthy, and not spread the virus?

Wash your hands.

- Use lots of soap and water.
- Wash for at least 20 seconds. If it helps, count slowly to 20.
- Wash after using the bathroom or being in public (e.g., going to a store).

- If soap and water are not available, use alcohol-based hand sanitizer. Washing well with soap and water is still better.



Coronavirus Information



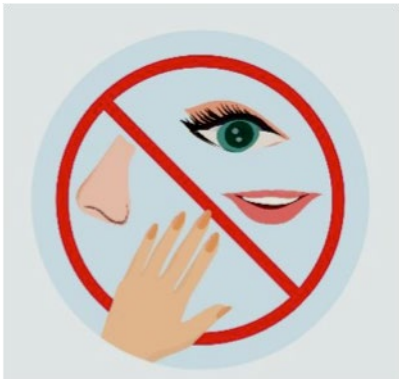
Stay 2 metres (6 feet) away from other people

If you aren't sick and need to go outside for groceries or to get some fresh air or exercise, keeping two metres (6 feet) or more apart from other people is one of the most effective ways to help stop the spread of COVID-19. This behaviour has been referred to as "social distancing", "physical distancing" and "safe spacing".



Cough or sneeze into your elbow.

Coughing and sneezing into your elbow helps stop germs from going into the air and onto your hands.



Try not to touch your face

Do not rub your eyes, or touch your mouth or your nose. Remember, this is how germs get in your body.

If you have to touch your face, do it with a tissue or after washing your hands.



If there is a social gathering planned, what should I do?

Gatherings of more than 10 people are banned in Yukon in response to the COVID-19 pandemic.

Yukoners should not attend any social gatherings, even those with fewer than 10 people if:

- you have any flu-like symptoms at all;
- you are over 65 years of age or have an underlying health condition; or
- you work in healthcare, a healthcare facility, or other essential services.

Coronavirus Information



How do I say hello to my friends?

- Smile, text, call, or message.
- **Keep two metres (6 feet) apart** from other people. This is one of the most effective ways to help stop the spread of COVID-19.
- No handshaking. No hugging. No fist-bumps. No elbow-bumps.

Where can I go?

You can meet your friends on-line, walk alone, or **walk 2 metres (6 feet) apart**.

Stay away from:

- large groups.
- movie theaters or malls.
- public transportation as much as possible.
- the grocery store when it is crowded.

Do not share food or drinks.



Why is it important to do all of this?

Some people with medical problems may get very sick if they contract the coronavirus. Staying healthy is the best way to keep you and your friends or family from contracting the virus.



Is there a shot to get, so that I do not get sick?

No, there is not a shot or vaccine to stop the coronavirus yet, but a vaccine is under development.



Is there medicine available to treat COVID-19?

There is currently medical treatment for COVID-19 available in hospitals. Various medicines are being tested. There currently is no pill that can be taken to cure coronavirus.

Drink lots of water. Get plenty of rest. Use a humidifier or hot shower to ease a cough or sore throat.

Coronavirus Information



What do I say to my friends if they become nervous or anxious?

- Practice physical distancing, but stay connected. Talk to friends or family about your feelings and concerns through email, phone calls, video chats, and social media platforms.
- Stay informed but take breaks from social media, watching, reading, or listening to news stories.
- Practice mindfulness. Take deep breaths, stretch, or meditate.
- Try to eat healthy meals, exercise regularly, and get plenty of sleep.
- Consider how to take advantage of any unexpected flexibility in your daily routine to do something positive.
- Focus on the positive aspects of your life and things you can control.
- Be kind, patient, and compassionate to yourself and others.
- If you feel overwhelmed, and need extra support, call your primary health provider, a registered psychologist, other mental health provider, or spiritual leader.



Make a plan in case you have to stay at home.

The plan should include information on:

- Stocking up on essentials but avoid panic buying.
- Determining who can go food shopping for you.
- Determining who can call to check in on you.
- Filling your prescriptions

Make sure you have your doctor's phone number.

If you have been near a person with coronavirus, you may be asked to stay home. A person can have the coronavirus and not feel sick. It can take a few days to feel sick.

This is a compilation of information on the coronavirus from Health Canada, the Government of Yukon, and Green Mountain Self-Advocates. It is subject to updating as the coronavirus and how to deal with it becomes better understood.

More information is available at Yukon.ca and at Canada.ca and covid-19.bccdc.ca (BC Centre for Disease Control) on the internet. Just click on the links provided to find the specific information that you are looking for.

What is Success?

by Don Cheeseman

*Is it power?
Is it riches?
Is it popularity?
Is it the ability to be
remembered by large
numbers of people long
after our mortal life?*

Or is it contentment with our lives, while we are on earth?

Perhaps it is something different for each one of us. Perhaps success is a mixture of: some power, some riches, some popularity, and some contentment?

In 1860 – 158 years ago – on a cold winter night on a farm near Hoosick Falls in upstate New York a baby was born to the Robinson's, one of 10 children. They named her Anne Mary. At 12 years of age, she went to work on a neighboring farm as a "hired girl." Some 15 years later, at 27 she married Thomas Moses, a "hired man," with whom she had 10 children, five of whom died in infancy. Like many countrywomen in that period, she took up embroidery and it wasn't until arthritis in her hand forced her to give up her fine needlework that, at the suggestion of her sister, she first turned to painting.

At the age of 78, she began exhibiting her paintings at country fairs and other local venues. Her big break came in 1938 when Louis Caldor, an amateur art collector, spotted a display of four of her paintings in the drugstore in Hoosick Falls. He left a deposit of 100 dollars at the drugstore and asked that 10 paintings be made ready for his return that afternoon. Out on the farm, Anne Mary could only gather up 9 paintings so with Yankee ingenuity she simply sawed one in two so that 10 pictures

were delivered to Lewis Calder. He was a man of vision. He saw something in her work. He vowed to make her famous, and he did. He also bought her some professional paints and canvases—her first. A good example for all of us of successful mentoring.

In 1939, Caldor managed to get three paintings included in a show at the Museum of Modern Art. A newspaper reporter dubbed Anne Mary Moses as "Grandma Moses,"

At 88, with failing vision and arthritis in her painting hand, did Grandma Moses give up? No! she just switched to painting with her left hand but never let up on the number of pictures produced per year, completing over 1600 in total.

Presidents, Hollywood figures, art collectors, and reporters all mourned her death at 101.

She was featured on the covers of Time and Life when those magazines were themselves immensely popular, and she even made an appearance on television when that medium was in its infancy. Edward R. Murrow interviewed her on CBS's See It Now. In 1949, she was introduced to President Truman.

In 1956, President Eisenhower's cabinet commissioned her to create a painting to mark the third anniversary of his inauguration.

And on Grandma Moses's 100th birthday in 1960, Governor Nelson A. Rockefeller observed the occasion by proclaiming it "Grandma Moses Day" in New York State.

Although primarily a landscape painter, Grandma Moses was often at her best at narrative pictures that encompass a great many figures performing country tasks and celebrating country rituals and homey pleasures: farm crafts like quilting bees, winter views, rural seasonal celebrations, ice-skating, harvesting, hunting, and socializing with the neighbours.

Grandma Moses was a visual storyteller, and human beings like to read stories in pictures.

We have narrative minds. She gave us all something through her painting.

I started by asking, what is success? I am sure that for Grandma Moses it was her whole life. And after 65 years, her work is still being enjoyed around the world, in museums and on calendars and over 5,000,000 Christmas cards to date.

Grandma Moses is a model of success we can all learn from. I will never live to 101. I will never have my paintings exhibited. But I do have a clear vision of success for myself.

In my office, I have a copy of words attributed to Ralph Waldo Emerson that focuses my measurement of success.

It reads:

- To laugh often and love much
- To win the respect of intelligent persons and the affection of children
- To earn the honest approbation of critics and endure the betrayal of false friends
- To appreciate beauty
- To find the best in others
- To give of one's self
- To leave the world a little better, whether by a garden patch, a healthy child, or a redeemed social condition
- To have played and laughed with enthusiasm and sung with exultation
- To know even one life has breathed a little easier because you have lived.



The pros, showing how it's done at the Golden Age Society. Left to right: Rudy Couture, Norm Randall and Gayle Moffat.



Andree Gaulin	March 1	Jean Johnson	April 7	Allen Evans	May 2
Lorne Whitaker	March 1	David Hett	April 8	Hugett Scholz	May 7
Jean Smeeton	March 3	Joseph Hanulik	April 10	Trudy Agar	May 10
Brian Huber	March 4	Melissa Pigeon	April 10	Joseph Bruneau	May 11
Frank Schwertner	March 4	Inge Kvemo	April 15	Maxine Osland	May 12
Audrey Vigneau	March 5	John Higgins	April 15	Leslie Allen	May 13
Birgit Geisler	March 5	Val Benoit	April 17	Marny Ryder	May 15
Palma Berger	March 13	Frances Woolsey	April 18	Alzbeta Herzog	May 16
Graham MacCannell	March 13	Doris Roberts	April 20	Helen Bebak	May 16
Shirley Jarvis	March 18	Deb Bartlette	April 21	Ken Hodgins	May 16
Sandra Lynn Helland	March 19	Ellen Eby	April 23	Joanne Graham	May 17
Pricilla Peever	March 20	Vicki Wilson	April 23	Barbara Boleen	May 22
Sandra Mason	March 21	Gil Beaudin	April 26	Mildred Ongoma	May 24
Ted Tullis	March 25	Anne Kelly	April 27	Dianne Lenz	May 26
Jean Murphy	March 26	Ferne Frotten	April 27	Dana Miles	May 28
Tracie Harris	March 27	Russel Osland	April 27	Pat Sokalski	May 28
Marcella Brown	March 28	Margaret Campbell	April 29	Elaine Hanulik	May 29
Marcia Seely	April 4	Percy Andrews	April 29	Muriel Frizzell	May 31
Frances Hennings	April 5	Ray Park	April 29	Peter Lafferty	May 31
Frank Bachmier	April 7	Jo-Anne Johnson	April 30		



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)

Foot Clinic Fun!



Patricia Kohler, (left) has been dedicating many a spare hour to organizing the monthly foot clinic since it started more than 20 years ago. She says it's time now to loosen those reins, and is very happy to have Wendy Yeulet, (at right) also a long serving volunteer with the Yukon Order of Pioneers Ladies Auxiliary, YOOP, step in to learn the ropes. Patricia's long service to the clinic is very much appreciated and YOOP is glad she will continue on to ensure Wendy's transition is a smooth one.



Frank Bachmier gets the full treatment at the foot clinic.



Diane Emond, tends to Doug MacLean. She says the clinic plays an important role in the community, offering Yukoners 55 and older a chance to ensure the health of their feet is maintained. Proper foot care is vital to maintaining good health and longevity.



Wendy Yeulet, here with YCOA President Doug MacLean, is a regular volunteer at the busy monthly foot clinic. By keeping an up to date filing system and a organized wait system, clients usually don't have to wait too long each month. The clinic is run by the Yukon Order of Pioneers Ladies Auxiliary (YOOP) with the assistance of staff from the Whitehorse Health Centre and the Department of Health's Homecare program.

The foot clinic is postponed until further notice due to COVID-19 related health concerns.





ElderActive Update

by Alex Jegier

Hello everyone,

Our office is currently not open due to the coronavirus pandemic, but we are answering emails and phone calls regularly. Since cancelling all current Elderactive Recreation Association programs and services, we have seen plenty of updates and changes in our day to day lives. Many other businesses and organizations have closed their doors. (See Yukon.ca/covid-19 for updates from the Chief Medical Officer of Health). If the number of confirmed cases of COVID-19 is any indication, it shows that the measures we are putting in place are helping. Yukoners, by and large, are listening. It is with these and any other future measures and by listening to our medical professionals that we will continue to be safe and healthy.

I will be honest. It is not easy. With my own family in Toronto, even the joy and solace one can find in a video call is sometimes not enough. And I can understand that I am one of the lucky few, in more ways than one.

So how can we continue on in this "new normal" for the time being? How can we help each other in times of need? How can we can stay socially connected, but continue to maintain a safe 2 metre (6 foot) distance from each other? How can we continue to help you stay active in body, mind, and spirit?

We have updated our website, www.elderactive.ca/resources with some of the answers to these questions. For ease, these are split into four categories: essentials, body, mind, and spirit. For example, for your mind, our partnership with Yukon Learn and computer/technology tutoring continues, just in a different way. For your body, our friends over at City of Whitehorse held a live in-home workout for any interested members and non-members alike on April 8th.

Most of these resources are free, and some support local businesses and offer an ERA member discount. However all of them are here to help you. And if there is anything else you need, if there are any other questions, I am a phone call (867-456-8252) or email (office@elderactive.ca) away. Do not hesitate to let me know what you are struggling with, how we can support you, or just simply to say hello. We are here to help.

Stay safe, healthy, and active,

Alex Jegier

Executive Director

ElderActive Recreation Association



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



Laugh Lines

Quotable quotes from the internet inspired by self-isolating at home because of COVID-19:

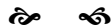
I used to spin the toilet paper like I was on Wheel of Fortune. Now I turn it like I'm cracking a safe.



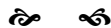
I need to practice social-distancing from the refrigerator.



Still haven't decided where to go for Easter – the living room or the bedroom.



Every few days try your jeans on just to make sure that they fit. Pajamas will have you believe that all is well in the kingdom.



This morning I saw a neighbour talking to her cat. It was obvious she thought her cat understood her. I came into my house and told my dog ... we laughed a lot.



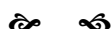
I'm so excited – it's time to take out the garbage. What should I wear?



Remember wishing the weekend would last forever? Happy now?



I hope that the weather is good tomorrow for my trip to Puerto Backyarda. I'm getting tired of Los Livingroom.



Quarantine Day 5: Went to this restaurant called THE KITCHEN. You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.



Classified Ad: Single man with toilet paper seeks woman with hand sanitizer for good clean fun.

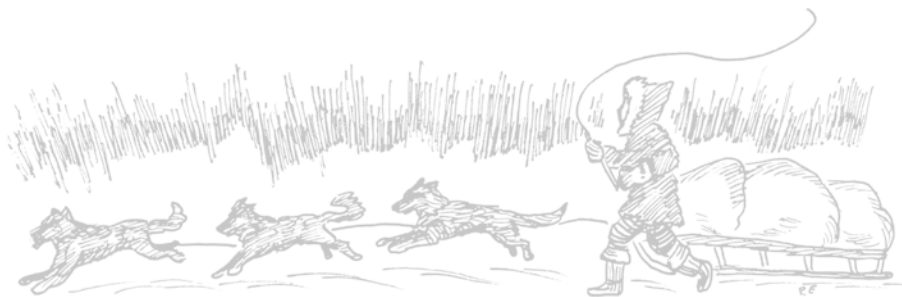


I was on a long line at 7:45 am today at the grocery store that opened at 8 for seniors only. A young man came from the parking lot and tried to cut in at the front of the line, but an old lady beat him back into the parking lot with her cane. He returned and tried to cut in again but an old man punched him in the gut, then kicked him to the ground and rolled him away. As he approached the line for the 3rd time he said, "If you old buggers don't let me unlock the door, you'll never get in there."



LAST TRAIL

Thomas Agusta Byrne	November 19, 2019	Gibsons, BC
Laverna Wendy Kimiksana	November 22, 2019	Whitehorse
Joan Carlson	November 29, 2019	Whitehorse
Mary Ellen Oster	November 29, 2019	Whitehorse
Bonnie Mae Brown	November 30, 2019	Surrey, BC
John Michael	December 7, 2019	Whitehorse
Annie McGinty	December 9, 2019	Pelly Crossing
Timothy Ross Geohegan	December 9, 2019	Whitehorse
Walter Egg	December 10, 2019	Destruction Bay
Freda Mildred Huber	December 12, 2019	Whitehorse
Ernst Fritz Wohlfarth	December 13, 2019	Whitehorse
Helen Stuart	December 17, 2019	Whitehorse
Gudrun Nielsini Jensen	December 19, 2019	Whitehorse
Eva Gratz	December 22, 2019	Whitehorse
Dr. Frederick "Bob" Wintonyk	December 25, 2019	Whitehorse
Arthur Vanderwoude	December 26, 2019	Calgary, AB
Lorne Joseph Raymond	December 26, 2019	Yukon River Bridge
Norma Elizabeth Hall	December 28, 2019	Whitehorse
Louis Joseph LaRocque	December 30, 2019	Whitehorse
Kenneth Robert Jones	January 1, 2020	Whitehorse
Robert "Terry" Coventry	January 3rd, 2020	Whitehorse
Harvey Neil Reti	January 31, 2020	Whitehorse
Linch Curry	January 6, 2020	Pelly Crossing
Rena Fendrick	January 6, 2020	Whitehorse
Sophie Smarch	January 9, 2020	Whitehorse
Hendrina Schonewille	January 10, 2020	Teslin
Don Gillespie	January 16, 2020	Whitehorse
Helen Savoy	January 20, 2020	Whitehorse
Elizabeth "Betty" Hebert	January 21, 2020	Whitehorse
Pearl Keenan	January 31, 2020	Teslin





Membership Application

Name: _____

Renewal: New Application:

Mailing Address:

Street or P.O. Box: _____ Apt: _____

City or Town: _____

Territory or Province: _____

Postal Code: _____

Telephone Number: _____

Email Address: _____

Date of Birth: _____

Day / Month / Year

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

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

The membership fee is \$10/year per person.

(April 1st to March 31st the following year)

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

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

For office use only:

Receipt Number: _____ Amount Paid: _____ Membership Expires: March 31, 20____

Entered Date: _____ General Member Associate Member



Spring cleaning? Want to get rid of "stuff"? We can help you!

The Golden Age Society is offering a new service as a pilot. Susan Berndt will sell your "stuff" on the internet for you for a fee. So far, she has sold about two dozen items. Some items sold in under an hour and some are picked up and paid for the same day. You save time, get some cash, and don't need to deal with getting it done. For more information, please contact Susan Berndt at 668-5538.

Notices and Postponements

Foot Clinic postponed until further notice.

YCOA AGM Postponed
 New date to be announced at later date

Support for this Newsletter is provided by:

Yukon

Health and Social Services



Yukon Order of Pioneers (YOOP) Ladies' Auxiliary

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