

## **MOCCASIN TELEGRAPH – 213<sup>th</sup> Edition – July 22<sup>nd</sup>, 2007**

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To use an e-mail address from the MocTel, replace the \* with @.



Gorgeous hot day with George Black Ferry crossing Yukon River to West Dawson,  
June 2007.

Photo courtesy Brownie Foth [lfoth@shaw.ca](mailto:lfoth@shaw.ca) (In White Rock BC)

### **Andover-Harvard Yukon Expedition 1948**

Continued

**Field Notes of Elmer Harp Jr. Dartmouth College  
North to the Yukon Territory via the Alcan Highway in 1948**

#### **Sunday 6 June 1948**

Soft rain all night, but not much wetting. We appear to be in the rain shadow of mountains. Down to Canyon-1 in AM, but too windy to work in our trench. All hiked back up onto the low mountain to NW of site and checked some terraces and gravel outwash (or lateral moraines?). Also grubbed around in a porcupine cave shelter. Back to camp for 2 PM lunch. Sat around rest of aft discussing problems, reading “The Case of the Lame Canary”, etc. Very heavy wind storm thru Alsek gap all day—apparently some

disturbance moving up from the Pacific. Much new snow on the peaks. Not so cold this night = 41°. Wrote home.

*Trench at Canyon-1; Note: Volcanic Ash*



### **Monday 7 June 1948**

Still windy in the morning. Leisurely run down to Aishihik River checking soil profiles at various cut banks and borrow pits, establishing spotty occurrence of the white volcanic ash stratum that appears over our culture at Canyon-1. Too windy to sift at Canyon-1, so had lunch there and went back to MILE-994 and thence cut S into bush to banks of Dezadeash River. Beautiful set of terraces there all duned along the top and grassy, showing prevailing SW winds at time of duning. General cloud cover all evening over camp which may open into rain, altho, they say rain is infrequent at this spot. Fred set up his 6 x 8 1/2 Aberlite—a nifty little tent; must get one. Checked thru Elaine's letters. No mail today—**Joe Jacquot** may bring it in later from Whitehorse.

### **Tuesday 8 June 1948**

Fine beautiful day with not much wind. Down to Aishihik and worked all day screening out the trench in Canyon-1. Kept a poplar smudge going much of the time as mosquitoes were quite bad. Found good culture, retouched flake and animal bones at depth 6' below surface (present): Site occupied apparently while wind-blown buildup was going on. A good tie-in with soil stratification possible here, altho we need a geologist to verify and correlate with surrounding physiography. In evening drove up to Bear Creek summit and down the other side for a few miles. Fouled up on mail today. Who has it? O'Hara Bus Lines or Joe Jacquot? Joe sent this pen back to me from Burwash.

Fountain Pen 3.00

**Wednesday 9 June 1948**

Fine day with not much wind. Down to Canyon-1 by 10 AM (Lucy and Dave staying behind to wash.

Screened out another 6" of trench and then secured because hole too deep to get the dirt out. Then studied the profiles awhile and moved around out to the road cut to gopher out the occupation layer at the base of Stratum #2. Kept at that until 4 PM then back to camp. Took a bath in Creek—great and invigorating but had to keep one step ahead of the mosquitoes. No mail again. Gang of Texans camping in our front yard tonight with a magic trailer.

**Wednesday 9 June 1948**

No mail again today. Did a bit of laundry and wrote home. Spotted 2 forest fires in aft; one S down the road around Champagne; the other N of us somewhere over the Bear Pass and E of road. Wrote home.



*Forest fire at Champagne*

**Thursday 10 June 1948**

Clear hot morning. Stayed in camp with Fred and cataloged and packed away all specimens to date. Also did some laundry. Hottest day so far, up to 83° in the shade, wind

out of the gap warm. In afternoon drove up several miles and hiked in beaches of old Alsek Lake near confluence of Bear Creek with Alsek River. Several beach levels discernible here, with ice-push ridges, and other ice relics. Lowest beach still shows rows of dry kye [driftwood] pushed up on E shore by winds from the gap; the lowest beach marks limits of most recent lake which has been dated about 70 yrs. Ago [ca. 1878] by ring-count on spruce that have grown up there since. The series of lakes in this section of Shakwak valley caused by glacial ice dams in the Alsek gap, and the fluctuations of glaciation correlate with lake terraces, stream terraces, strata of windblown soils here and in Kluane Lake area (cf. Slims River Silt). Raup thinks Early Man came into this country in preforest stage and stayed along W-edge of this great fault valley; forests believed to have advanced in the country from SE. Possibly the Early Men came up Yukon R. and then across the Yukon Plateau to west of this range. Size and beach lines of the early lake which then filled this valley are important links in locating occupation sites. Mosquitoes bad in evening. Wrote to Mother, General Delivery, San Diego.



*Raup and Johnson at Mile 1041: Pine Lake bluff in back*

### **Friday 11 June 1948**

Bill behind in camp today with a cold. Rest of us up to Bear Creek for a second look at the terraces along the E bank above Mackintosh Post. Several more small chips, but no real location. Went down for a look at the unused Indian encampment back of Mackintosh; cabins were put there by Mr. M. to encourage Indians to come and trade. At the moment they are not being used. Mr. M. now dead, but his wife carries on. She is reputed to be rather formidable and is said to have a Ph.D. in child psychology. As yet we haven't met her. In the afternoon returned to Bear Creek and scouted the terraces along the W bank. Found a point and a scraper right near valley entrance. Received weeks mail

today—the first since last Friday—3 from Elaine and 1 from Mother. Wrote Elaine in evening.



*Mackintosh Trading Post at Bear Creek*



*Indian dog houses at Bear Creek*

**Saturday 12 June 1948**

Very hot day and the mosquitoes out like blazes. Went to 85° in the shade and a blue smoke haze from the forest fires hung all thru the valley. All drove down the Haines Cutoff, which has been open a week now after being closed by washouts. Runs 159 miles S from MILE-1016 to Haines on the canal opposite Skagway and now affords freighting competition to the R.R. which has long had a monopoly. Road narrower, rougher, and has less gravel on it than the Highway, but the scenery is beautiful. We went down it to about MILE-97, stopping at several places to check archeology. Found a point and flakes at Kathleen River (MILE-143) a gorgeous stream coming out of equally beautiful Kathleen Lake. Had lunch at a place at MILE-125, at the S end of Lake Dezadeash. After crossing the Pacific divide, the road mounted to treeline (somewhere around 3000'?) and we turned back.

Stopped in at the Indian village of Klukshu (MILE-119) on the return; a number of cabins, cache, fish-drying racks, a church and graveyard here where the Indians come in July to gaff the salmon as they come up the river from the Pacific to spawn. Nobody lives there in between fishing seasons and no one there today. Much paraphernalia left in cabins; saw sewing machine, outboard motor, fish golf hooks, etc., etc.

Returned to camp by 5:30 all a bit done in by ride, heat, mosquitoes. Went fishing with Davey in evening 8 -10; worked Pine Creek. Upstream about 1/2 mile from the bridge; caught 2 small grayling (5" + 6") but couldn't find any deep holes where larger ones might be. Must try downstream next time. Mosquitoes out by the millions. They have been especially rough today. Saw a good-sized black bear up near divide on Haines Rd., but he galloped off.

[Note on left side of pg.] Elaine and the children down to Cambridge today. There until 28th when they leave for Banff.



*Klukshu Indian village, Haines Rd, Mile 119*

To be continued . . . . .



Yukon 1960's

Photo courtesy Gina Span [ginaspan@yahoo.com](mailto:ginaspan@yahoo.com) (In Coquitlam)

## **CURLING PINS**

Read the MocTel and here are some of the northern curling pins I collected in the thirty years I curled up there and down here. I will name them as some are not clear enough to read.

Keno Hill YT, Fort St John BC, Faro YT, Whitehorse YT,  
Takhini YT, Diamond D 1964 ED, AB,  
Yellowknife ladies NWT, Tungsten NWT. Faro YT, Cassiar BC,  
Yellowknife NWT, Giant Mines NWT, Clinton Creek YT, Beaver Creek YT,  
Giant Mines NWT, Haines Jct. YT, Yukon Ladies YT, Destruction Bay YT,  
Uranium City SK, Grand Cache AB, Beaver Creek YT, Ross River YT.

Some of the pins changed through the years and some towns are no longer, Clinton Creek, not sure about Tungsten.



Photo courtesy Moge Mogenson [elgolfo@shaw.ca](mailto:elgolfo@shaw.ca) (In Cranbrook)

I started curling in school grade nine Yellowknife and loved the game so stayed with it wherever I went for over thirty years. I started out on the bottom getting my draw weight down, then up to second and getting my take out weight down pat, was soon a third and then Skipped for over twenty years. In Grande Cache I played about 7-8 or more games a week lived at the rink, except for work, spared for mixed, ladies, and in those days even

the men some times as well as my own games 4 times a week. My bosses always gave me time off to curl it was great. Their names were John and Ann Tiberrio and they were great people to work for. They owned the Esso there back in the seventies.

Sorry I haven't been much help lately but I love reading the paper and you are doing a great job.

Mogey Mogenson [elgolfo\\*shaw.ca](mailto:elgolfo*shaw.ca) (In Cranbrook)

## **Verbum Expedimus**

I just read the discussion about the term Verbum Expedimus and ran it by my husband who thought it meant "speak expeditiously". In other words - Keep it short. How does that sound? It will be interesting to hear what it really means.

Anne Chin (DUGAS) [anne6240\\*yahoo.com](mailto:anne6240*yahoo.com) (In Bellevue WA)

Don't think speak is the right word but expeditiously is a possibility.

I rather doubt I will hear from the RCAF historian since most queries to military sites go unanswered.

Still believe in miracles from time to time ☺

Regards, Jerry Proc

e-mail: [jerry.proc\\*sympatico.ca](mailto:jerry.proc*sympatico.ca)

Web : <http://jproc.ca>

## **Lake Bennett**

The most widely known lake in the Yukon is named after an American Newspaper man. Of all Yukon lakes, it commands the most respect for its role in shaping the history of the territory.

As with many other Yukon geographical features, Lake Bennett had more than one name. To the Tagish Indians, it was Kusooa - or Windy - Lake. To the early day Klondikers, it was simply known as Boat Lake, the spot were countless thousands of make shift craft were built by would be prospectors who had laboured up the Chilcoot Pass.

It was that tireless American army Lt. Frederick Schwatka who gave Lake Bennett its name. On his expedition of 1883, from Dyea, over the Chilcoot Pass and down the entire length of the Yukon River, he ignored all previous names and named it after James

Gordon Bennett, editor of the New York Herald, which was a supporter of the American expedition.

In 1897-98, the shores of Lake Bennett contained the largest tent city in the world as tens of thousands of Klondikers set up shop here on their journey to Dawson City. The Bennett Sun newspaper operated here for a little over a year before moving to Whitehorse to become the Whitehorse Star.

The White Pass Railway skirts the shores of the lake from it's headwaters to Carcross with one stop on the way...a station a Pennington, about half way up the lake. Here, the beautiful Pennington Island, is the site of two wooden grave markers with two names engraved below a hand carved cross. The names, unfortunately, cannot be clearly distinguished.



Lake Bennett

Lake Bennett, surrounded as it is by snow capped coastal mountains, is at once beautiful and dangerous. It is hard to image that the coastal winds whipping up waves a meter high or more did not result in more deaths of gold seekers in their hand hewn boats. It's also hard to image a more picturesque site in the world when the winds are calm and the lake is flat.

A CKRW Yukon Nugget by Les McLaughlin.

Courtesy Rolf & Marg Hougen [marg\\*hougens.com](http://marg*hougens.com) (In Whitehorse)

## **MY FIRST 24 HOURS IN WHITEHORSE**

Once in awhile you read an article and it brings back all kinds of good memories. Such was the case when I read MocTel 212 and the article on T.C. Richards - also there was a photograph of Main Street in Whitehorse taken around 1948.

I arrived in Whitehorse as an Audit Assistant in early June of 1952 - I was one of a party of 3 persons, one Inspector and 2 assistants who were to audit the branch of the Canadian Bank of Commerce which was located on the N.W. corner of Main St. - The streets were not paved and the sidewalks were wooden such as they were when the picture referred to

above was taken. On arrival via C.P. Air we took a taxi to the Whitehorse Inn and laid low there until a few minutes after 3 p.m. when we crossed the street and banged on the front door of the Bank and gained access. The first thing the auditors do is freeze all the staff until the 'cash' is counted. I had been assigned to count the cash of No. 1 Teller - as I entered the Bank I had noted that No. 1 Teller was an attractive young lady in a green tartan coat and skirt. I went to the young lady in question - introduced myself and told her that I would count her cash whilst she listed her cheques on the adding machine (hand operated). I had the feeling that I was getting a rather 'frosty' reception. After I had counted the cash and taken into account the total of her cheques, all was balanced - I congratulated her on a job well done for that day.

We worked until about 10.30 pm that night and then retired to our rooms in the Inn. My room was on the left at the top of the stairs and of course it was broad daylight (new to me), so I pulled down the blind and into bed - it had been a long day. At around 2 a.m. I was awoken by one hell of a noise which sounded as if it was right outside the door to my room. There was shouting and language that made my ears curl so I got out of bed and opened the door a crack - the sight was that of woman ejecting a very drunk army Corporal down the stairs - there was an army party apparently going on in the Inn that night. At a later date, I learnt that the woman ejecting the soldier was Mrs. T.C. Richards.

For breakfast the next morning I went down to the basement cafe in the Inn - it was one long counter. Behind the counter was this large, rather formidable looking gentleman who appeared to be just standing there, observing the general activity. He approached me and said 'I assume you are one of the Bank Auditors' - I said yes I was and he introduced himself as 'I am T.C. Richards and I own this place.' For a few minutes we had a friendly conversation - news travelled fast in Whitehorse in those days.

In due course I went across to the Bank and started auditing the Agreements for Sale - around 11a.m. I was called to the phone and was advised that I had been appointed to the Whitehorse branch as Accountant - when the audit was finished I was to return to Vancouver, get my gear and go back to Whitehorse. The audit took another couple of days, during which time I established that the young lady in the green coat and skirt was really, really interesting. So it was that in my first 24 hours in Whitehorse, I met the two leading citizens of Whitehorse and the girl in the green tartan coat and skirt whom I married on June 5th. 1953 in the Log Cabin Church - we had 46 years of happiness together - she was Edythe Caddy, the first girl hired by the bank in Whitehorse. I learnt much later that my 'frosty reception' from Edythe was because she knew that a whipper snapper like me was earning more money than her, despite her longer service - love eventually ruled!!!

Submitted by:

Dickson H. Sladden - July 17th. 2007 [dsladden@telus.net](mailto:dsladden@telus.net) (In Vancouver)

Good morning Dick. (Mr. Sladden to me.)

Thank you very much for sending along your memories of your first 24 hours in Whitehorse.

I too was very pleased to meet you at the picnic. I never expected to have the opportunity to meet you and it was a very pleasant surprise to find you there. Your daughter is gorgeous and was so kind to bring you up to Summerland.

I have placed your message in this week's edition. Have been thinking I wouldn't have enough interest to send one out this week, but yours certainly helps.

Bill and I have just finished reading the book *White Pass* by Roy Minter and both really enjoyed learning so much more about the beginnings of White Pass. We were talking this morning about a painting/print we have of Jim Robb's of 'Robinson Roadhouse' and how the name now has meaning after learning about 'Stikine' Robinson the a contractor on the building of the Carcross to Whitehorse section.

Bill just went down to his computer to see what he could find on the internet about the roadhouse. It had seemed to me that the roadhouse would have not been used by the railway other than during the construction period. I thought it may have been used later by people making the trip by sleigh but not by railway. Do you happen to know?

Another topic that interested me was your mention (at the picnic) of having been in Dawson at the Bank of Commerce. Did you transfer there or were you there for an audit? Also did you make the move from the bank to White Pass or did you work elsewhere in between.

Really appreciate your messages for the MocTel.

Bill just sent me these web addresses to look at.

*While looking for Robinson Roadhouse I found this URL.*

*Interesting!!*

*Bill [Jones ][ve7yi\\*shaw.ca](http://ve7yi*shaw.ca) (In Vernon)*

*(This shows roadhouse Proprietors and Managers.)*

*Historic Yukon & Alaska Hotels, Roadhouses, Saloons & Cafes  
Index - Proprietors and Managers*

[http://www.yukonalaska.com/pathfinder/gen/rhse\\_ownersAC.html](http://www.yukonalaska.com/pathfinder/gen/rhse_ownersAC.html)

*Also see page 4 of this one for Robinson Roadhouse I see it **was** named after William (Bill) 'Stikine' Robinson.*

<http://www.yukonheritage.com/publications-viewingrailway.pdf>

All the best.

Sherron Jones [sherronjones@shaw.ca](mailto:sherronjones@shaw.ca) (In Vernon)

Hi Sherron: Am glad you enjoyed Roy [Minter]'s book - he was such an interesting guy and we pushed him hard to get it finished. He had intended to write a sequel and several of us old employees did interviews for him which were taped. Alas, time ran out on Roy - he was also doing a lot of research on the rivers of the Yukon just before he died.

On the railroad there was a Section House at Robinson - as I recall it was about halfway down the road to Carcross and you had to turn left onto a rough track to get there. Can't remember whether it was staffed year round but certainly in the summer there was always a track maintenance crew there. I was never there, so don't know if the original buildings were involved.

I only went up to Dawson to relieve Howard Gray, the Manager so that he could go on holidays. Was an interesting time - on duty any time of day or night to weigh gold for the local miners - had to put endless labels on the sealed canvas bags of gold which were mailed to Ottawa - endless labels needed because in those days the highest value stamp was \$1.00

After we were married Edie had to leave the bank and went to work as the Ticket Agent for WP&YR. We decided that if I stayed with the bank we were bound to be moved all over the place so the decision was made to move on. At the time Canadian Bankers were in much demand in the States and I applied and was accepted for a job with Bishop's Bank in Honolulu. After we left Whitehorse in January 1955, I took Edie to New Zealand to meet my parents and sisters - when we were there Bill Hamilton my brother in law phoned me to say the White Pass was going to start an Ocean Division - would I like a job?? Alma, Bill's wife and Edie had been very close sisters all their lives so we decided that I should take the job and thus we settled in North Vancouver and I so advised Bishop's of our decisions. I worked as Chief Clerk for the Ocean Division until 1961 when I was appointed Manager.

The two sites you gave me - most interesting.

Best regards to you and Bill

'Dick'

Dickson H. Sladden - July 17th. 2007 [dsladden@telus.net](mailto:dsladden@telus.net) (In Vancouver)

Anyone who enjoys reading about Yukon's past would very likely enjoy reading "**The White Pass Gateway to the Klondike**" by Roy Minter. I found my copy online at Albris Books. They sell new and used books.

<http://www.alibris.com/search/search.cfm>

Also found my own copy of "**Mission Klondike**" by James M. Sinclair, which I had previously borrowed from the Aylwin's and read. Bill has just read and enjoyed it too. – Sherron



Masonic Hall after many renovations –June 2007.

Photo courtesy Brownie Foth [lfoth@shaw.ca](mailto:lfoth@shaw.ca) (In White Rock BC)



Bombay Peggy's – June 2007

Photo courtesy Brownie Foth [lfoth@shaw.ca](mailto:lfoth@shaw.ca) (In White Rock BC)

## MAMA BEAR AND TRIPLETS !



Looking for berries?

Photo courtesy George Millen [george\\_millen@hotmail.com](mailto:george_millen@hotmail.com) (In Watson Lake BC)



Come now children, let's get out of here.

Photo courtesy George Millen [george\\_millen@hotmail.com](mailto:george_millen@hotmail.com) (In Watson Lake BC)



No fear of traffic!

Photo courtesy George Millen [george\\_millen@hotmail.com](mailto:george_millen@hotmail.com) (In Watson Lake BC)

These photos were taken about 100 miles south of Watson Lake, near the old townsite/ minesite of Cassiar, and yes these were triplets, a rather unusual sight.

George

## OLD CROW CONNECTION

Just thought I would send you a note regarding the e-mail I sent you and Garry Njootli this morning. I just sent it off to you as a point of interest. I am always so thrilled to see how far MocTel can reach. I might not get an answer back from Garry but, I just needed to try.

I mentioned to Garry that we have a 1965 edition of Old Crow News entitled "the best of Edith Josie". This booklet was printed by the Whitehorse Star, and I have treasured it for years. I am thinking of sending it on to the Historical Society in Old Crow....for it is truly a keepsake and one that should be in their hands...not mine. The booklet is in good shape, although it is starting to yellow with age now.

Also wanted to say how much we enjoyed the last edition 212 of MocTel. It was so full of great stories....just loved it from beginning to end. You spoil us all with your dedication....while the rest of us are out "playing the summer away", you still give us all this great reading. Thanks...

Karren Crowley [kbcrowley@telus.net](mailto:kbcrowley@telus.net) (Sidney BC)

**Subject:** Story in MocTel re-Charlie Peter Charlie  
Hi Garry Njootli

I read your "correction" on the photo in Old Crow with Charlie Peter Charlie and was prompted to send you a short note. This really has nothing to do with the photo, but I just felt the urge to make a connection with you.

The name Njootli is very familiar to my family....my kids have had a long standing friendship with your cousin Ron Njootli. In fact when MocTel 212 arrived your cousin Ron was on Vancouver Island visiting my son and daughter and many other school chums. Ron lived many years in Sidney BC before moving to Edmonton a few years ago. He spent a marvelous week in our area and it was so nice to see him once again. My daughter had a barbeque to welcome him back and to celebrate his "40th" birthday last week. It was great to see these old buddies spent many hours getting caught up on "old times".

I know this little bit of "trivia" has nothing to do with your article in MocTel but I just wanted to share this with you. Just another marvelous way that Yukoners can make a connection through MocTel. As the song goes "Its a small world after all".

Just for the record Garry, I lived with my family in Mayo and Whitehorse for eight years. I've followed the history of Edith Josie for years and always loved her writings.

We have an old copy of Edith Josie old Crow News dated 1965 from the Whitehorse Star. I hope to make the journey back up North soon and visit many old haunts of our years spent up their.

Sincerely,

Karren Crowley [kbcrowley@telus.net](mailto:kbcrowley@telus.net) (Sidney BC)

Hi Karren

You wouldn't happen to know Ronnie's e-mail address would you? Or contact information? I was trying to call him one time but he must have moved?

Have you checked out the Old Crow, Yukon Website ??? [www.oldcrow.ca](http://www.oldcrow.ca)

The last time I saw my cousin Ronnie was in Sidney B.C.

Garry Njootli

Hi again, Feel free to use this "sharing of info" if you think it's worth putting in the newsletter Sherron. I have no problem with it at all....just thinking that Ronnie went to school in Whitehorse and I think Old Crow...so he might find a few old connections himself.

I did track down Ronnie's e-mail address for Garry, and sent a note back to him, plus a note on to Ronnie to let him know his cousin would be in touch. (The marvelous wheels of MocTel just keep rolling along)! The younger kids don't seem to have time to connect with each other like us "older" folk do...but hey, who knows....this might stir up all kinds of things!

Hugs again Sherron for being on the other end.

Karren

## **YUKON WILDLIFE PRESERVE – What is the current status?**

Sherron, have a look at the following:

<http://www.yukonwildlife.ca/comments/guestbook.html>

Donna Clayson [dclays1@telus.net](mailto:dclays1@telus.net) (In Ardrossan AB)

Interesting, But all the entries seem to be from 2002. Is it still a current topic or has it changed hands.

Sherron

You know, I don't know the current status. I was hoping you may know. Maybe it's a subject that could be brought up-to-date.

Donna Clayson



Bill Jones and Kirk Carter, June 1983

Photo courtesy Bill Jones [ve7yi@shaw.ca](mailto:ve7yi@shaw.ca) (In Vernon BC)

Just before Bill Jones left the Yukon in June 1983 the Yukon Amateur Radio Club met at Wolf Creek Camp ground for a picnic and presented Bill with a set of bookends. The presentation was made by then club president Kirk Carter. The bookends were made by Gerry Geisbrecht from old radio station 650 watt (833A) transmitter tubes. The transmitter tubes were acquired by Ron McFadyen and we understand they were used C.B.C. transmitter tubes. Plaques on the two bookends were inscribed "Bill – VY1BJ 73 de Your Friends – Y.A.R.A." and "Sherron – VY1BK 88 de Your Friends - Y.A.R.A."

Sherron Jones had left the Yukon in May 1983 to remodel our new home in Vernon.



Bookends made from used radio station (833A) transmitter tubes.

Photo courtesy Bill Jones [ve7yi@shaw.ca](mailto:ve7yi@shaw.ca) (In Vernon BC)

833A Specs are as follows:

Voltage .....10V. AC or DC  
Current.....10Amps  
Multification Factor.....35 times  
Power Output.....1 Kilowatt to 50 Killowatts

Hi Sherron,

My sister, Teri, sent this email to me, and I think it's full of vital information.

Sincerely,

Madeleine (Millen) Wakefield [mwakefield@shaw.ca](mailto:mwakefield@shaw.ca) (In Calgary)

**AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY (TRY THE KEY WORD) AND ELIMINATE CANCER, JOHN HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY.**

## **Cancer Update from John Hopkins**

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs ! etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cell! s by not feeding it with the foods it needs to multiply.

## **CANCER CELLS FEED ON:**

- a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc. are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.
  
  - b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soya milk cancer cells are being starved.
  
  - c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
  
  - d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).
  
  - e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.
12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become petrified and leads to more toxic build-up.
  
  13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.
  
  14. Some supplements build up the immune system (IP6, Flor-sence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

### **CANCER UPDATE FROM JOHN HOPKINS HOSPITAL, U. S.**

1. No plastic containers in micro.
2. No water bottles in freezer.
3. No plastic wrap in microwave.

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

## ARTISTIC TALENT



American Robin

Photo courtesy Heinrich Lohmann [heinrich@lohmann.ca](mailto:heinrich@lohmann.ca) (In Airdrie AB)

### **New Virus: "Robot"    Note: **Real Virus** Take Care!**

Yes, unfortunately it's true. Another virus has been discovered and it is quickly working its way around the Internet these days. The name of the virus is "Robot" and it looks as if this one has perfected the use of trickery. The virus comes in through an e-mail, with the scammers conning you into thinking they're going to help you, but they actually infect you instead. Keep reading for more details on this!

The e-mail you might see says something about a robot detecting abnormal activity from your IP address when you're sending out e-mails. It then goes on to say that this is probably happening because of another virus and they offer you a patch to install. The patch will supposedly remove the virus files and stop any further "bad" e-mails from

going out. They then tell you that if you don't get the patch, your account will be blocked and you won't be able to send any e-mails at all.

Once you install the patch, a Trojan then installs itself into your Windows system folder under the name of "windev-72b5-203e.sys." The Trojan virus has also been found under other names, including Trojan.Packed.13, W32/Nuwar@MM, Worm:Win32/Nuwar.JT and Mal/Dorf-A. Now, as you can see, this scam is perfect, because when most people are told they're infected with a virus, they do whatever they can to get rid of it. That is, despite the fact they may be hurting themselves even more in the end. So, the bottom line is, if you see anything like this pop up in your e-mail, don't do anything with it. Just ignore it, delete it and keep on moving. Stay safe, my friends!

## **REMOVED FROM THE LIST**

I am writing to let you know that I would like you to take me off of the mailing list, as I am just not keeping up with my reading everything that is coming in. You are doing such a wonderful thing for everyone.

Thank you for what you have given so far and take care.

Patty (Hannah) Miller

MILLER, Patty (HANNAH) [pattymiller999@msn.com](mailto:pattymiller999@msn.com) (In Beaver Creek and Whitehorse 1957-78) Farmington BC

## **NEW ADDITION LAST WEEK**

Gord and Brenda Caley, [bcaley@northwestel.net](mailto:bcaley@northwestel.net) , Dawson City, YT

Gordie was born in Dawson. His Grandfather, Nels Skistad came to the Yukon around 1900, his family a few years later. Nels and Alice ran Arllington Road House near the mouth of Hunker Ck. His mother, Dorothy was the middle of the three Skistad girls.

Fred Caley, Gord's father, came to the Yukon from England in 1922 via the overland stage route. Caley's grocery operated in Dawson for almost 40 years and the "Get It At Caley's" was the only neon sign in town.

Brenda came to Dawson as a teacher in 1965. She and Gordie raised 3 children in the Klondike although after their home was destroyed in the flood of '79 they spent a number of winters in Armstrong, BC and later Vernon.

Gordie was a placer miner for 30 years and in 1984 the family opened GuggieVille RV and Gold Panning on the site of the former Guggenheim dredging camp.

Recently retired, Gord and Brenda are happy to be again living full-time in Dawson.

Thanks Sherron,  
Brenda

## **QUOTE OF THE WEEK**

PATIENCE, n. A minor form of despair, disguised as a virtue.

MEEKNESS, n. Uncommon patience in planning a revenge that is worth while.

- Ambrose Bierce

## **RECIPE OF THE WEEK**

Have run out of typed recipe and quote submissions. – Sherron

## **DATES TO REMEMBER**

### ***International Sourdough Reunion***

*Will be held at the Ramada Inn in Penticton from September 19 to 23, 2007*

*Rooms are \$99 per couple flat rate.*

*For reservations call :*

*Toll Free 1-800-665-4966 Code word is: Sourdough 3474*

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***ISR Registration*** is \$70.00

Registration limited to 175 People

Contact person is:

***Larry Chalmers PO Box 1095 Oliver, BC V0H 1T0***

***Phone: 250-498-6887 e-mail: [aksala49@telus.net](mailto:aksala49@telus.net)***

**Island Yukoners Picnic** – Saturday, Aug 11, 2007 at 11 AM at St Mary’s Hall in Nanoose Bay. Bring your own picnic lunch & beverage, utensils and join in meeting old friends and acquaintances in an informal setting, which allows lots of time for chatting.

Turn off from highway 19 is at the PetroCan Station which is Northwest Bay Rd. Go about 1.2kms to Powder Road, turn right turn about 1/2km to the church on the right. Signs will be up thanks to Stan Hegstrom.

New committee this year are Carol Pearce, Sharon Redmond, Fay Ash and Harriett Butterworth.

For further information contact Harriett Butterworth at [harriett\\*shaw.ca](mailto:harriett*shaw.ca) (In Nanaimo)

## **SIGN UP TO RECEIVE THE MOCCASIN TELEGRAPH**

If you have received this copy of the Moccasin Telegraph from a friend and wish to sign up to receive future editions yourself, the criteria is that you **are or were a Yukoner**.

The goal of this project is to provide an opportunity for folks to reconnect.

– Sherron Jones [sherronjones\\*shaw](mailto:sherronjones*shaw).

### **MOCCASIN TELEGRAPH**

c/o Sherron Jones  
9205 Orchard Ridge Drive  
Vernon BC V1B 1V8