

Kerby News

Published by
Kerby Centre

for the **55** plus

2015
August
Volume 31 #8



Summer exercise can be an antidote for many ailments including arthritis. (See article on page 16).

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3 August, 2015 Civic Holiday



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Calgary AB T2P 1B2
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www.kerbycentre.com

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THE BEACH BOYS AUGUST 28
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President's Report

Enjoy Summer, prepare for Autumn



During the busy days of Stampede, Kerby Centre was honoured to have a visit from two of Alberta's new MLAs. The Honourable Sarah Hoffman, Minister of Seniors and Minister of Health (left) and the Honourable Kathleen Ganley, Minister of Justice and Solicitor General and Minister of Aboriginal Relations (right). Kerby Centre CEO Luanne Whitmarsh (centre) led a tour for the MLAs and their staff.

By Hank Heerema

I hope you are having a wonderful summer and are enjoying the warm weather and some outdoor activities.

At the Kerby Centre, we are hard at work setting up our programs, events, and classes for the fall.

This September, the Education & Recreation department will be offering several new courses to ensure you are able to find one of your interests. One of these courses will be calligraphy, where you will learn basic skills about how to hold the pen to create several different letter styles. If you're looking to get active, why not try tap dancing? It can improve your posture and is a great cardio workout as well.

Website Design will also be offered in the fall for those more advanced com-

puter users, and as we close in on Christmas, take our recycling greeting card course, where you will learn how to repurpose your old greeting cards to make beautiful Christmas cards just in time for the holidays. These are just some of the many excellent programs that will be coming your way this fall.

You can find full course listings in this issue of the Kerby News. Enroll in courses online, at our Education and Recreation department at the Kerby Centre, or by calling 403-705-3233.

For those with a busy weekly schedule who may not have time to commit to a full course, we have many drop-in programs that might be suitable for you. For active people, Kerby offers pickleball, badminton and ping pong. If you prefer

playing cards, there is cribbage on Mondays and bridge on Wednesdays.

We also have a discussion group called Peer Learning, where a different topic of interest is discussed each week. The Kerby Centre offers Options 45, a group for those aged 45 and older who are seeking employment or tips on how to improve their career. Also, on the last Friday of every month we hold a movie in the Lounge at 1 p.m. \$1 gets you admission to the movie, as well as a snack and a drink.

For a full listing of our drop-in programs and course offerings at the Kerby Centre and St. Andrews, please check the Activities page of Kerby News each month.

The Kerby Centre now has two satellite locations as part of our Kerby2 program. Our K2: St. Andrews location in south Calgary has been running programs for one year, and will once again be offering Yoga and Ukulele classes there in the fall, as well as several new courses. Check the program listings in this issue of Kerby News for details.

As well, we now have a location at 420 9th Ave SE, in Calgary's East Village. Kerby2: East Village (K2EV) is open for activities and programs for older adults in East Village and surrounding areas.

September will bring the annual Kerby Expo, and we have exciting plans for it this year. The Expo will be held on Saturday,

September 26, at the Kerby Centre. We hope the move to a Saturday will open the Expo to even more older adults and their families.

This year's Kerby Expo will have live music throughout the day from Gary Martin, as well as the ever

popular booths and lectures. Please join us for a day of learning and fun.

We look forward to seeing you soon at the Kerby Centre.

AUGUST 2015

Front page: Photograph courtesy of News Canada
Design by Winifred Ribeiro

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2015 - 2016**

1133 - 7th Avenue S.W. Calgary, AB T2P 1B2

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KERBY CENTRE'S MISSION:
To assist older people to live as well as possible for as long as possible as residents in the community.

Kerby News

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Crohn's and Colitis Canada leads the way with GoHere - new national washroom access program launching in Calgary

Calgary a leader in adopting new initiative that helps Canadians living with Crohn's and colitis who need the washroom up to 20+ times a day

Crohn's and Colitis Canada recently launched GoHere, a new washroom access program to help Canadians with Crohn's disease and ulcerative colitis manage one of the difficult symptoms of these disorders - sudden, urgent need to use the washroom that can occur from five to more than 20 times a day. Mayor Nenshi helped launch the GoHere program in Calgary, an early adopter of this national initiative.

GoHere is a simple solution. Stores and other businesses register for free and receive a GoHere decal that they post at their entrance or in a store window. This tells people with Crohn's and colitis (and other health issues resulting in incontinence) that a washroom is readily available on the premises for their use, no questions asked. Also launched today is a GoHere Washroom Finder App for smart-

phones that helps users locate the nearest welcoming washroom facility - or plan their route by available facilities. See go-here.ca

"Living with Crohn's disease and ulcerative colitis is a daily challenge. However, constant fear of not being able to find or have access to a washroom when needed can make it even worse. People often choose to spend their time at home and isolated," says Mina Mawani, President and CEO of Crohn's and Colitis Canada. "The number of Canadians affected by Crohn's and colitis is growing. We needed to find a solution. As more businesses and stores sign up for GoHere and make their facilities available, quality of life will improve for people living with Crohn's and colitis."

Mayor Nenshi expressed his support for the program. "Calgary and Calgarians have long been dedicated to building an inclusive society. The participation of local businesses in support of the GoHere washroom access program ensures our community remains welcoming to all. By joining the GoHere washroom access program, Calgary businesses and participating Business Revitalization Zones are demonstrating great civic leadership and good business sense."

"I challenge other businesses and BRZs to adopt the GoHere program to make our community even more accessible to people who need washroom access. As a municipality, I'm proud that the City of Calgary is working hard to ensure access at our public facilities as well."

A recent survey of people with Crohn's and colitis revealed 44 per cent had suffered the discomfort



and embarrassment of at least one accident in public because they couldn't find a washroom in time. Lack of easy washroom access is an important reason why people with continence issues favour shopping at malls over community shopping streets.

Canada has one of the highest rates in the world of inflammatory bowel disease (IBD) - mainly consisting of Crohn's disease and ulcerative colitis - with nearly 250,000 Canadians affected. The conditions cause inflammation of the intestinal tract and bowel, resulting in ulceration, severe pain, internal bleeding and, particularly when the condition is in a flare-up, unpredictable and urgent need to go to the washroom.

Mea Culpa: The writer and photographer of the feature, *Veteran ranch hands vital to the success of the Calgary Stampede rodeo*, on pages 10 and 11 of the July issue of Kerby News, should have been attributed to Tim Johnston. We apologize for this oversight.

"We are very pleased to support the launch of GoHere. The Kensington Business Revitalization Zone Association encourages all businesses to take part. GoHere is about making our communities accessible to people of all needs and abilities," says Annie MacInnis, Executive Director of Calgary's Kensington Business Revitalization Zone (BRZ), which hosted the GoHere launch event at the district's Oolong Tea House. "As someone with a personal perspective on the need for washroom access, supporting GoHere may be a very simple gesture but it is one that can have profound impact on people's lives. Knowing that we can provide great help to tens of

thousands of Calgarians with Crohn's disease, ulcerative colitis and other health challenges resulting in incontinence issues, is very rewarding."

GoHere is largely funded by the Calgary Foundation, which nurtures caring communities and supports charitable organizations that serve the needs of the community. Additional funding support has come from Takeda Canada. The Gastrointestinal Society is supporting the implementation and promotion of the program. Other cities across Canada, including Mississauga, Barrie and Ottawa in Ontario, are signing on.

Courtesy of Crohn's and Colitis Canada

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Tips to help Zoomers maintain an active lifestyle

Take pain out of the gain of exercise

(NC) According to experts, Canada's 14.5 million Zoomer population is healthier than past generations and is more concerned about their health than ever. The Zoomer is a Baby Boomer who is actively re-defining aging. This assertion is no surprise since everywhere you turn in communities across the country there's Zoomer Yoga, Zoomer Boot Camp, Zoomer Zumba, plus many other exercise programs dedicated to active adults 45 and over.

In a recent study by CARP, an advocacy group for a new vision on aging in Canada, Zoomers were found to be more committed than ever to living healthier lives, but there are still barriers to reaching these goals, such as pain management.

For weekend warriors and active Zoomers, staying healthy and fit as the body ages can come at a cost. Not only is there wear and tear on joints and muscles, but bumps, falls and overexertion while work-

ing out or competing can also occur.

Zoomers are particularly more susceptible to injury because often they are not regularly keeping themselves physically prepared for exertion.

With this in mind, here are some tips you can follow to help maintain an active lifestyle:

Simple stretching and moderate exercise at least three times a week are essential measures that can prevent the likelihood of injury.

Good nutrition is also an important factor in reducing pain. Look to incorporate healthier choices to your diet such as fresh fruit and vegetables which allow the body to recover better by helping build new healthy tissues. Try to rely less on pre-packaged foods.

Other tips for reducing pain include drinking water more frequently to increase hydration; eating at least five small meals per day to optimize the metabolism; and avoiding artificial sweeteners and acidic foods (such as citrus) if arthritis is present since they may worsen symptoms.

Even if these lifestyle choices are followed, injuries due to bumps, falls and overexertion are still a common occurrence for active Zoomers, forcing them to choose from a variety of treatments to help reduce muscle aches, stiffness and bruises.

When injuries do occur, the best bet is resting and

minimizing physical activity, applying ice to the injured area, elevating the injured arm or leg, and relieving muscle pain by applying a topical like Arnicare Gel. The gel, which contains Arnica montana and other medicinal ingredients, temporarily relieves muscle pain and reduces swelling and bruising.

Keep in mind, these homeopathic medicines may not be right for everyone. Always read and follow the label. More information on treating pain related to exercise and activity can be found at www.boiron.ca.

www.newscanada.com



A presentation on Brain Training by professor of psychology, Dr. Vina Goghari, attracted a large crowd in the Kerby Centre's lecture room recently.

Photo by Barry Whitehead



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Fall LEARNING 2015 – FALL SEMESTER

Fall 2015 registration opens August 4th, 2015 at 9:00am for members.
Registration for non-members opens August 17th, 2015.

CONDITIONS OF REGISTRATION

HOW TO REGISTER

- In person at the Kerby Centre in room 305.
 - By telephone at (403) 705-3233 or (403) 705-3232.
 - Online at www.kerbycentre.com
 - By mail with the Kerby Centre address:
1133 - 7th Avenue S.W.
Calgary AB, T2P 1B2
Attn: Education & Recreation
- **Please ensure you have your 2015 membership before registering for courses. Contact Information Department to renew or to apply for a membership. 403-705-3246****

REFUNDS

- All refunds are subject to an administration fee.
- Request for refunds must be made before the date of the second class.
- Computer courses/workshops are non-refundable.
- All refunds MUST be picked up in the same semester the course was offered.
- For full refund policy see Education & Recreation Department Staff in room 305.

PAYMENT OPTIONS

Required at time of registration

- Cash
 - Cheque
 - Debit
 - VISA/MasterCard
 - PayPal
- If cost of courses is a concern, please contact the Manager of Education & Recreation at (403) 705-3232 for discussion of payment options.

MEMBERSHIP

- 2015 Kerby membership does NOT guarantee course availability.
- Non-members must be 55 years of age. Proof of age may be requested.
- Registration for non-members opens August 17th, 2015.
- Non-members pay a non-refundable, non-member surcharge on each course/workshop enrolled in.
- Non-members do not have parking privileges.

PLEASE NOTE:

- Save these pages as this is the ONLY complete advertisement of courses. Next month only the list of courses is displayed.
- Courses/workshops are designed for seniors of varied abilities. The instructor, in consultation with the Manager of Education & Recreation will make a determination about suitability for the particular course. Kerby Centre reserves the right to cancel registration and the remainder of the cost will be refunded.
- If you need clarification of which course is appropriate, please contact the Manager of Education & Recreation at (403) 705-3232.

TICK... TOCK... TICK... TOCK...

- Waiting to the last minute to register means missing out on great opportunities.
- **We will cancel under subscribed courses one week prior to first day of class. Remember to register early!!!**
- You will only be notified if a course is cancelled.



MAUNDER'S MCNEIL PROGRAM

- This is a group of courses partially funded by the Maunder's McNeil Grant.
- These programs are targeted to those living with challenges as a result of illness, stroke, arthritis, cardiovascular disease or other physical and mental health challenges.
- Program is for those who enjoy a slower pace environment and the camaraderie of others in a relaxed atmosphere with a definite purpose in mind.
- When you register, you may be asked about your health issue to ensure you are placed in the appropriate class.

LEARNING 2015 – FALL
MAIL TO: Kerby Centre, 1133 7th Avenue S. W., Calgary AB T2P 1B2
PHONE: (403) 705-3233/705-3232



Name: _____ Kerby Membership #: _____
Telephone #: _____

Courses you wish to register for:

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|----------------|--------------------|----------------|--------------------|
| Course # _____ | Course Name: _____ | Course # _____ | Course Name: _____ |
| Course # _____ | Course Name: _____ | Course # _____ | Course Name: _____ |
| Course # _____ | Course Name: _____ | Course # _____ | Course Name: _____ |

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MasterCard #: _____ Expiry Date: _____ (In person/Telephone/Mail-in)

VISA #: _____ Expiry Date: _____ (In person/Telephone/Mail-in)

Please note that both MasterCard and VISA numbers are four groups of four numbers.


ACTIVE LIVING COURSES “A” Courses




No classes on Monday, October 12th, 2015. Kerby Centre is closed for Thanksgiving. There may be other cancellations in individual rooms due to other activities at Kerby Centre.




****Appropriate workout attire and footwear are required for all fitness classes.****



| Course # & Name | Course Description | Instructor | Day/Date | Time/Room | Member Price | Non Member Price |
|--|---|---------------------------|--|-------------------------------|--------------|------------------|
| A01 Joint Health Maunder's McNeil | Learn and practice proper form of specific exercises for major joints of the body. Discover the difference with certain joints and how they should be able to move with ease and fluidity to aid in our mobility of daily functioning. Anyone interested in keeping joints healthy or those individuals with joint restriction and movement are welcome. If you are designated for joint replacement, then you would definitely benefit from this course. | Bonnie Field | Friday Sept 18 – Dec 11 No class Nov 13 | 10:15 - 11:15 am Room 205 | \$32.00 | \$52.00 |
| A02 Building Blocks For Balance Maunder's McNeil | Having good balance and strong support muscles are key in fall prevention. This class will focus on core muscle strength and balance in a safe environment, with the goal of keeping you active and independent. | Joyce Slone | Monday Sept 14 – Nov 30 No class Oct 12 | 1:00 – 2:00 pm Room 205 | \$30.00 | \$50.00 |
| A03 Gentle Seated Yoga Maunder's McNeil | Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels. | Caroline Bees | Wednesday Sept 16 – Dec 9 No class Nov 11 | 1:00 – 2:00 pm Room 308 | \$40.00 | \$60.00 |
| A04 Monday Yoga All Levels | Boost your energy and calm your mind with this self-paced class. Use comfortable positions and a chair to increase balance, strength and flexibility. Getting to the floor easily is required. Please bring your own yoga mat. | Caroline Bees | Monday Sept 14 – Dec 7 No class Oct 12 | 2:30 - 3:30 pm Room 205 | \$63.00 | \$83.00 |
| A05 Wednesday Yoga All Levels | Same course listed above offered on a different day. | Caroline Bees | Wednesday Sept 16 – Dec 9 No class Nov 11 | 2:30 – 3:30 pm Room 308 | \$63.00 | \$83.00 |
| A06 Life in the Big City  | Increase your awareness of your environment and learn how to defend yourself. Safety tips for everyday life as well how to escape from dangerous situations. | Elizabeth Harriman-Crooks | Wednesday Sept 23 – Oct 28 | 10:00 – 11:00 am Room 205 | \$35.00 | \$55.00 |
| A07 Monday Fitness | Traditional aerobics class with emphasis on cardiovascular training. Minimal strength training, using weights or resistance bands. You are encouraged to work at your own pace. | Dan Leung | Monday Sept 14 – Dec 7 No class Oct 12 & Nov 16 | 10:05 - 11:00 am Gymnasium | \$52.00 | \$72.00 |
| A08 Wednesday Fitness | Same course listed above offered on a different day. | Dan Leung | Wednesday Sept 16 – Dec 9 No class Nov 11 | 10:05 - 11:00 am Gymnasium | \$56.00 | \$76.00 |
| A09 Muscle Strength & Core Balance | Strong core balance is necessary for good posture, balance, mobility and safety around the house. Available equipment will be used to train muscles associated with activities for daily living. | Dan Leung | Friday Sept 18 – Dec 11 No class Sept 25 & Oct 16 | 9:30 - 10:20 am Gymnasium | \$52.00 | \$72.00 |
| A10 Functional Strength | Emphasis is placed on maintenance and enhancement of strength and range of motion of major muscle groups and joints. Will also work on balance and agility. | Joyce Slone | Friday Sept 18 – Dec 4 No class Oct 9 | 1:00 – 2:00 pm Room 205 | \$45.00 | \$65.00 |
| A11 Salsa Workout | Moving to Salsa music, this aerobic workout will focus on increasing functional mobility of hips and shoulders. | Bonnie Field | Monday Sept 14 – Nov 30 No class Oct 12 & Nov 16 | 2:00 - 3:00 pm Gymnasium | \$44.00 | \$64.00 |
| A12 Zumba Gold | Zumba Gold® is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted! | Maaik Seaward | Thursday Sept 17 – Dec 3 | 10:00 – 11:00 am Gymnasium | \$45.00 | \$65.00 |
| A13 Belly Dancing | Take this fun opportunity to learn some elementary hip liberating moves. Learn to move and sway your hips and shoulders to middle eastern music. | Angela Grell | Tuesday Sept 29 – Dec 1 | 12:30 – 1:45 pm Room 205 | \$47.00 | \$67.00 |
| A14 Line Dancing Multilevel | No one to dance with? Need exercise? This class will teach you the basics of line dance in a fun and educational setting. | Bonnie Field | Thursday Sept 17 – Dec 10 No class Nov 12 | 1:00 - 2:00 pm Gymnasium | \$50.00 | \$70.00 |
| A15 Rhythms & Grooves! | This class is guaranteed to loosen up those stiff areas of the body and awaken your sense of fun with rhythms and music! Participants will have use of rhythm sticks, shakers, and other percussive instruments to make up a fun-filled experience. Different movements of the body will be paired up with the use of the instruments to make this a well-rounded workout! | Bonnie Field | Thursday Sept 17 – Dec 10 No class Nov 12 | 2:15 - 3:15 pm Gymnasium | \$50.00 | \$70.00 |

| Course # & Name | Course Description | Instructor | Day/Date | Time/Room | Member Price | Non Member Price |
|--|---|----------------|---|-------------------------------|--------------|------------------|
| A16 Tapping Toes  | This class is suitable for those with little or no experience. It will cover all the basic Tap sounds and build those sounds into traditional step combinations and rhythms. The class will improve balance, posture, coordination, and flexibility, as well as being a great work out and a whole lot of fun! Tap shoes or hard-soled (non-rubber) shoes are recommended. No sandals or open toes. | Joyce Reddy | Wednesday Sept 16 – Nov 18 | 1:00 – 2:00 pm Room 311 | \$50.00 | \$70.00 |
| A17 Nia: Experience the Joy of Movement! | The Nia Technique is a brilliant blend of dance, martial arts and healing arts that connects mind, body and spirit. Each Nia class offers you safe, guided, dance-based movement that is suitable for all ages, all body types, and fitness levels. Come move to great music to relieve stress, get in shape and have fun! | Tina Thrussell | Thursday Sept 17 – Dec 3 | 11:15 – 12:15 pm Gymnasium | \$66.00 | \$86.00 |
| A18 Tai Chi Monday | Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion. | Adrian Buczek | Monday Sept 14 – Dec 7 No class Oct 12 | 9:00 – 10:00 am Gymnasium | \$45.00 | \$65.00 |
| A19 Tai Chi Wednesday | Same course listed above offered on a different day. | Adrian Buczek | Wednesday Sept 16 – Dec 9 No class Oct 14 | 1:30 – 2:30 pm Lounge | \$45.00 | \$65.00 |
| A20 Qigong | Qigong is a system of self-healing that has been used in China for thousands of years to achieve health and longevity. Qigong exercises combine three elements: abdominal breathing, slow movement, and visualization - to harmonize the body, mind and spirit. Qigong's main purpose is to cultivate the life force energy within you, to optimize health and well-being. | Cloti Rodrigue | Monday Sept 14 – Dec 7 No class Oct 12 | 10:00 – 11:00 am Room 308 | \$45.00 | \$65.00 |

ACADEMIC COURSES “B” Courses

No classes on Monday, October 12th, 2015. Kerby Centre is closed for Thanksgiving. There may be other cancellations in individual rooms due to other activities at Kerby Centre.

| Course # & Name | Course Description | Instructor | Day/Date | Time/Room | Member Price | Non Member Price |
|--|--|----------------|--|------------------------------|--------------|------------------|
| B01 Make Your Photography Zing | This course will cover different aspects in camera operations and artistic expression. Take your photography from snapshot to spectacular. Open to all level of experience and all camera types. Instructor Patrick Kornak has over 40 years of experience and teaches photography at SAIT continuing education. | Patrick Kornak | Thursday Sept 17 – Nov 19 | 1:00 – 3:00 pm Room 301 | \$75.00 | \$95.00 |
| B02 Discover Photoshop | This workshop will introduce you to the basic workings of Photoshop and how it can be used to enhance your photographs. Participants are encouraged to bring in 1 or 2 images on a memory stick that the instructor can demonstrate on. | Patrick Kornak | Thursday Nov 26 – Dec 3 | 1:00 – 3:00 pm Room 301 | \$22.00 | \$42.00 |
| B03 Genealogy on the Cheap  | Learn how to get the most out of paid genealogy websites - without paying. Find out what computer tools are free or low cost to help with your research. | Janice Cushman | Tuesday September 29 | 1:00 – 3:00 pm Room 301 | \$10.00 | \$30.00 |
| B04 Creative Writing & Journaling | In this class you'll learn how to craft an imaginative short story as well as how to journal for personal development. Expect thought-provoking questions, writing exercises and exploring the depths of your creativity and soul. The final result will be several completed stories along with the ability to put your thoughts down in writing. | Lea Storry | Tuesday Oct 20 – Nov 24 | 12:30 – 2:30 pm Room 308 | \$50.00 | \$70.00 |
| B05 Beginner Bridge | Learn the basics of bridge in this twelve week course. This is a fun, social game that will keep your mind sharp! | Rae Haaland | Tuesday Sept 15 – Dec 1 | 10:00 - 12:00 pm Room 308 | \$98.00 | \$118.00 |
| B06 Intermediate Bridge | For those who have a basic understanding of the game of Bridge. Overcalls, Take-out Doubles, Pre-emptive Bidding & Stayman will be covered in detail. If time allows, the Strong 2-Club Opening will also be covered. | Rae Haaland | Monday Sept 14 – Dec 7 No class Oct 12 | 12:00 – 2:00 pm Room 308 | \$98.00 | \$118.00 |
| B07 Bid & Play | This is a fun two-hour weekly course for those who have a basic knowledge of bridge, and want to expand their playing ability. Hands will be dealt and students will attempt to reach the best contract with the help and encouragement of a Life Master Instructor. Short lessons will be given when needed. | Rae Haaland | Thursday Sept 17 – Dec 3 | 10:00 – 12:00 pm Room 311 | \$98.00 | \$118.00 |

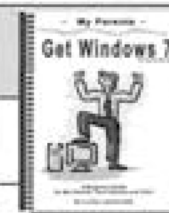
| LANGUAGES | | | | | | |
|--|--|--------------------|--|------------------------------|--------------|------------------|
| Course # & Name | Course Description | Instructor | Day/Date | Time/Room | Member Price | Non Member Price |
| B08 Beginner French | What happens after “Bonjour” and “Comment allez-vous?” Join this class and find out! You will quickly learn to have – fun in French – building some real conversations. | Georgette Pare | Friday Sept 18 – Nov 27 No class Oct 9 | 9:00 – 10:30 am Room 308 | \$79.00 | \$99.00 |
| B09 Advanced Beginner French | Can you put a sentence together in French? Are you able to ask a few questions and answer some as well? Are you able to talk briefly about your family, friends and interests? If so, you will have a lot of fun in this class increasing your vocabulary and your spontaneity conversing in French, while learning more about French speaking destinations and their cultural points of interest. | Georgette Pare | Friday Sept 18 – Nov 27 No class Oct 9 | 10:45 – 12:45 pm Room 308 | \$98.00 | \$118.00 |
| <ul style="list-style-type: none"> The textbook that will be used for all Spanish levels is “Dicho y Hecho: Beginning Spanish” Sixth Edition By Laila M. Dawson and Albert C. Dawson. The textbook is available at www.amazon.com and takes about 2 weeks for delivery, and may also be found on www.ebay.ca | | | | | | |
| B10 Beginner Spanish Grammar | A comprehensive course for students with no prior knowledge of Spanish. Will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered. See above for textbook. | Norah Hutchinson | Monday Sept 14 – Dec 7 No class Oct 12 | 10:00 - 12:00 pm Room 311 | \$98.00 | \$118.00 |
| B11 Intermediate Spanish Grammar | A continuation of Beginners Spanish with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Beginners Spanish or equivalent. Chapters 4-6 will be covered. See above for textbook. | Norah Hutchinson | Tuesday Sept 15 – Dec 1 | 1:00 - 3:00 pm Room 311 | \$98.00 | \$118.00 |
| B12 Advanced Spanish Grammar 1 | For those with intermediate or advanced level Spanish who want to improve their written, conversational and listening skills. Students will be able to deal with most situations likely to arise when travelling or living in an area where Spanish is spoken. Chapters 7-9 will be covered. See above for textbook. | Norah Hutchinson | Tuesday Sept 15 – Dec 1 | 10:00 - 12:00 pm Room 311 | \$98.00 | \$118.00 |
| B13 Advanced Spanish Grammar 2 | A continuation of the above course. Chapters 12-14 will be covered. See above for textbook. | Norah Hutchinson | Thursday Sept 17 – Dec 3 | 1:00 – 3:00 pm Room 311 | \$98.00 | \$118.00 |
| B14 Spanish Conversation | Designed for intermediate to advanced students to provide them with an opportunity to practice the language through discussion of selected material and topics of interest with a focus on pronunciation, listening and building vocabulary. | Norah Hutchinson | Monday Sept 14 – Dec 7 No class Oct 12 | 1:00 - 3:00 pm Room 311 | \$98.00 | \$118.00 |
| MUSIC | | | | | | |
| B15 The Singing Circle Maunder's McNeil | Bring your joy of singing to a dynamic circle of men and women. Sing out strongly on songs old and new (mostly old), and be prepared to have minds calmed, hearts uplifted, and funny bones tickled! “From this valley they say you are going”. | Barry Luft | Thursday Sept 24 – Dec 10 | 10:30 - 11:30 am Room 308 | \$42.00 | \$62.00 |
| B16 Ukulele Magic! Introductory | This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing and playing. If you already have a ukulele, bring it to class in good working order along with an electronic clip-on tuner. If you do not own a ukulele, please contact the Ed & Rec department at 403-705-3232 for purchasing information. | Barry Luft | Wednesday Sept 23 – Dec 9 | 10:45 - 11:45 am Room 308 | \$70.00 | \$90.00 |
| B17 Ukulele: Play & Sing | Here's a chance to hone your ukulele skills in a class of mostly playing and singing. These facilitated jam sessions will include some instruction, but the focus will be on having fun and gaining more experience with songs, strums and chords. Prerequisite: An Introductory course or equivalent. | Barry Luft | Wednesday Sept 23 – Dec 9 | 9:30 – 10:30 am Room 308 | \$70.00 | \$90.00 |
| FINE ARTS | | | | | | |
| B18 Exploring Calligraphy – From Funky to Fabulous  | This session will provide you with an overview of calligraphy with a “chisel-ended” tool. Each participant will learn basic skills about holding the pen and creating several different letter styles. We'll enjoy making some “fun and funky” letters the first class and move to more traditional letters in week 2. The instructor will bring all supplies for the first class and discuss various options of pens or nibs for the next weeks. No experience is necessary for this class, but all levels welcome. | Renate Worthington | Monday Oct 19 – Nov 30 | 10:00 – 12:00 pm Room 313 | \$66.00 | \$86.00 |
| B19 Upcycle Greeting Cards  | Up cycle and repurpose, don't throw away your old greeting cards. Use your crafty skills to turn some old greeting cards into a new card or gift tag. | Sendy Issanti | Tuesday September 15 | 10:00 – 1:00 pm Room 313 | \$14.00 | \$34.00 |

| Course # & Name | Course Description | Instructor | Day/Date | Time/Room | Member Price | Non Member Price |
|----------------------------------|---|---------------|-------------------------------|-----------------------------|--------------|------------------|
| B20 Thanksgiving Pumpkins | Expand your coloured pencil skills, and learn some new techniques to create a beautiful pumpkin drawing for your thanksgiving celebration. | Sendy Issanti | Tuesday Sept 22 – Oct 6 | 10:00 – 1:00 pm Room 313 | \$34.00 | \$54.00 |
| B21 Autumn Leaves | Celebrate the season! Have fun experimenting and discovering new techniques with watercolour! Learn to create watercolour autumn leaves paintings. | Sendy Issanti | Tuesday Oct 13 – Oct 27 | 10:00 – 1:00 pm Room 313 | \$34.00 | \$54.00 |
| B22 Seascapes II | After so much fun with the first session, we wanted to run it again. Painting West and East coasts, we will be working on sea, sand, rocks, trees, as well as mountains and boats. Watercolour and acrylic will be used. | Katy Morris | Wednesday Sept 16 – Oct 21 | 10:00 - 3:00 pm Room 313 | \$98.00 | \$118.00 |
| B23 Ranchlands | Painting hills, cattle, fences, barns, etc., of the west to create wide, rolling vistas. Please bring photo's capturing the dry, rolling grasslands, and ensure that you bring quinacridone gold. Watercolour and acrylic will be used. | Katy Morris | Wednesday Oct 28 – Dec 2 | 10:00 - 3:00 pm Room 313 | \$98.00 | \$118.00 |
| B24 Painting My Garden | Using pictures from your own garden and mine, we will paint flowers using mostly the colours of purples, violets, and lilacs. Painting will be done mainly on hot preseed paper. Please bring quinacridone rose and rhodonite colours. Watercolour will be used. | Katy Morris | Friday Sept 18 – Oct 23 | 10:00 – 3:00 pm Room 313 | \$98.00 | \$118.00 |
| B25 Colourful Shrubs & Bushes | From spring blooms to summer greens, continuing into fall foliage and winter colours. We will take note of the variety of colours and shapes that are all intermingled and must be considered when working on you painting. Please bring photos from home and ensure you have a rigger or dagger brush. Watercolour will be used. | Katy Morris | Friday Oct 30 – Dec 4 | 10:00 – 3:00 pm Room 313 | \$98.00 | \$118.00 |



COMPUTER COURSES “C” Courses

No classes on Monday, October 12th, 2015. Kerby Centre is closed for Thanksgiving. There may be other cancellations in individual rooms due to other activities at Kerby Centre.





- Course fees for both computer courses and workshops are non-refundable.
- Please note: a memory device (also known as a memory stick, jump drive or USB drive) is required to take home homework or extra practice. Please bring one to your first class.

| Course # & Name | Course Description | Instructor | Day/Date | Time/Room | Member Price | Non Member Price |
|--|--|-------------|----------------------------|------------------------------|--------------|------------------|
| C01 Level 1 Intro to Basics | Starts at "where's the ON button" to creating, saving, and retrieving your files. Learn parts of a computer, description of keyboard, how to use a mouse and the setup of your desktop. Also learn the difference between hardware and software. Time is given to review tasks and practice work. | Pat Seifert | Mon/Wed Sept 21 – Oct 5 | 12:30 – 2:00 pm Room 312 | \$122.00 | \$142.00 |
| C02 Level 1+ Beyond the Basics | A review and expansion on Intro to Basics course. Learn about other parts of the 'file edit view' and 'home, insert format'. Learn to create, copy and delete documents and folders. Also learn proper file management. Time is given to review tasks and practice work. | Pat Seifert | Mon/Wed Oct 19 – Nov 2 | 12:30 – 2:00 pm Room 312 | \$122.00 | \$142.00 |
| C03 Facebook Mastery | Start as a beginner and finish as an expert. Learn how to create a profile, use privacy options and get connected with this popular social networking site. As you progress through the course you will learn how to add new people, activate a game, find old friends, and download pictures. Must have an email address. | Pat Seifert | Mon/Wed Sept 21 – Oct 5 | 10:00 – 11:30 am Room 312 | \$122.00 | \$142.00 |
| C04 How to Use Your Laptop Windows 8 | Bring your own laptop to class with Windows 8 and learn hands-on how to use it effectively. Maximum in this class will only be 5 students. Basic computer skills required. No Macs . | Pat Seifert | Mon/Wed Oct 19 – Nov 2 | 10:00 – 11:30 am Room 312 | \$165.00 | \$185.00 |
| C05 Website Design | Jump into the exciting world of web design, animation and online multimedia. Learn how to have fun and easily create your own interactive website using the latest technology and programs. Basic computer skills required. | Lea Story | Tues/Fri Oct 20 – Nov 3 | 10:00 – 11:30 am Room 312 | \$122.00 | \$142.00 |

WORKSHOPS

| | | | | | | |
|-----------------------|--|-----------|-------------------------|-----------------------------|---------|---------|
| C06 Speaking Skype | Are you interested in connecting with family and friends over the computer? Want to know how to Skype and use Google to see and talk to people? Kerby Centre will take you through the steps signing up and navigating this easy-to-use technology. Bring your own laptop with a built-in camera and we'll set you up. | Lea Story | Tuesday September 15 | 12:30 – 3:30 pm Room 301 | \$44.00 | \$64.00 |
|-----------------------|--|-----------|-------------------------|-----------------------------|---------|---------|

| Course # & Name | Course Description | Instructor | Day/Date | Time/Room | Member Price | Non Member Price |
|--|--|-------------|--------------------------|-----------------------------|--------------|------------------|
| C07 All About Microsoft Word  | Put down your pen and start typing. Participants will learn how to use Word through technical instruction and writing exercises, and then take it an electronic step further by putting your stories and musings on a blog. Besides learning how to go online and set up a blog, students will discover how to upload photos, make comments and promote your blog. | Lea Story | Tuesday September 29 | 10:00 – 1:00 pm Room 312 | \$44.00 | \$64.00 |
| C08 Search Engines | Search engines are a great tool when researching or looking for any information on the Internet. Explore the differences between Google, Bing, Ask, Yahoo and other search engines to find which one is the best for you. We will also discuss some of the history of search engines, what does being pirated mean, and how to avoid or fix this. | Pat Seifert | Wednesday October 14 | 12:30 – 3:30 pm Room 312 | \$44.00 | \$64.00 |
| C09 Hello Kijiji | Kijiji is a website that people use to buy and sell items, like an online garage sale. You will learn to look for items on Kijiji, and how to respond to an ad. You will also be taught how to create an ad and learn how to sell items that you want to get rid of. | Lea Story | Friday October 30 | 12:30 – 3:30 pm Room 312 | \$44.00 | \$64.00 |
| C10 Adventures In Email | Using Gmail, Hotmail, Telus or Shaw, discover how to jazz up your email message. Learn basic etiquette, how to send a friend a link, block annoying junk mail, minimize spam, print a message and create a unique signature. | Pat Seifert | Monday November 9 | 12:30 – 3:30 pm Room 312 | \$44.00 | \$64.00 |
| C11 Using Your E-Book Reader: Kindle or Kobo  | This course will look at Kindle vs Kobo – the pros and cons of both. Bring your unit to class and its cords, and we will learn to efficiently download from the internet, how to read a book, and how to get rid of it after it has been read. The instructor will have sources that are free, or you may buy books beforehand in any genre if you wish. | Pat Seifert | Wednesday November 18 | 12:30 – 3:30 pm Room 312 | \$44.00 | \$64.00 |
| C12 Setting Up And Basic Functions of Your iPad | Want to know how to register and configure your new iPad? Learn basic functions and how to connect to the Internet using WIFI. Find and install "Apps" such as phone book, music stations and video games. Use built in features like the camera and calendar. Search for, preview and download music on I-tunes. | Pat Seifert | Monday November 23 | 12:30 - 3:30 pm Room 318 | \$44.00 | \$64.00 |
| C13 File Management | What to do when you can't find anything in your "My Documents" folder? Learn how to copy, move, and delete files as well as create folders to get organized. | Pat Seifert | Monday November 30 | 12:30 - 3:30 pm Room 312 | \$44.00 | \$64.00 |
| C14 Pinterest Posting | Want to know what tweeting, Pinterest and Instagram are all about? Participants will learn how to log onto Twitter, Pinterest and Instagram. Instruction on how to create profiles, find friends and interests. Discover how to upload photos, have discussions online and research things that interest you. | Lea Story | Tuesday December 1 | 10:00 – 1:00 pm Room 312 | \$44.00 | \$64.00 |

EVENING COURSES "E" Courses

No classes on Monday, October 12th, 2015. Kerby Centre is closed for Thanksgiving. There may be other cancellations in individual rooms due to other activities at Kerby Centre.

Please note there is NO age limit for those attending these courses.

| Course # & Name | Course Description | Instructor | Day/Date | Time/Room | Member Price | Non Member Price |
|-----------------------|--|----------------|--|----------------------------|--------------|------------------|
| E01 Monday Pilates | Strengthen abdominal and back muscles, gain total body flexibility and improve your posture. Exercises are done lying down on a padded mat and standing with the use of a chair for balance. Options given for all levels. | Caroline Bees | Monday Sept 14 – Dec 7 No class Oct 12 | 4:15 - 5:15 pm Room 205 | \$94.00 | \$114.00 |
| E02 Pilates Fusion | Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options given for all levels. | Cathy Morrison | Wednesday Sept 16 – Dec 2 | 4:15 - 5:15 pm Room 205 | \$94.00 | \$114.00 |

KERBY 2 Courses

We will once again be offering courses at our K2 St. Andrew's site in the Fall. The location of these programs is held at St. Andrews Centre at 1 – 10601 Southport Road SW, Calgary, AB, T2W 3M5.

For further details, please call (403) 705-3232 or (403) 705-3233.

Life and liberty –

You've already got all the strength you need



By liberty forrest

Have you ever found yourself in the bottom of a pit where you feel helpless or powerless? Have you had a meltdown, a depression, or found you're falling apart? Or perhaps just having some trouble coping and you believe you're not strong?

Perhaps your life has been ticking along just great for most of it and you've been lucky enough not to have had to cope with a lot of griefs and miseries before now, so you think, "I'm not strong!" – but really, you just haven't had to be, so how would you know?

Or perhaps you've been slammed by too many problems at once – you were broadsided and it's taking a while to recover and you can't figure out why you always coped before but you're not coping very well right now. You can be overwhelmed for now but it doesn't mean you're not strong.

Since I was a young adult, people have commented on how "strong" I am. And sometimes they tell me they aren't as strong as I am – and even worse, they say they "never could be."

Well, first of all, I suppose if that's what they believe, that's what they'll get.

And they'll never discover certain truths about strength, or about their own capabilities. And I have to add, I hope they'll never have to be as strong as I am because of what I've had to go through in order to end up like this.

I can tell you that back in those early days as an adult, struggling as a single parent with a mess of other insanities in my life, I sure didn't feel strong. But I was alone. I didn't have a support system and I had to figure it out for myself. I fought my way through some pretty awful stuff and still held things together on the outside. No one saw what a complete mess I was on the inside.

I was 19, divorced, with a ten-month-old baby to look after by myself as her father had been transferred to another province. Those

were actually the least of my problems – but they were what made me begin to overcome the rest of the nightmare I was living.

To be honest, things got a whole lot worse for a long time before they ever got better. But all the while I was discovering the first and most important truth about strength. I learned that until you need it, it's one of those untapped resources inside yourself. It's not like you don't have any, and you have to go to the Strength Store and get some, and then presto, you're strong. It's something you find inside yourself - if you want it or if you need it badly enough.

The most important truth about strength is this: it is a decision. It's as simple as that. You create it when you make the decision to do so.

And that means there is a never-ending supply of it available to you.

At times, you may be worn out, overwhelmed, and needing a 'time out' to refill that supply. That's okay. Be gentle with yourself and trust that you'll connect with your strength once again after you have a little rest, or when you borrow a little from others, much like boosting a car battery.

It's often easier to be strong when there is someone else relying on you, someone for whom you feel responsible – even pets fill this role. Studies prove that people who have pets to look after will recover from illness or injury a lot quicker than people who have no one relying on them. But to dig deep and find your strength

because you need it is one of the greatest gifts you can give yourself.

Another important truth about strength is that like everything else in life, it must be balanced. It's great to find your strength. But not at the expense of your vulnerability. It is okay to need, to lean, to accept help when it is offered – and to ask for it, too. None of that should be seen as weakness either. It takes strength to allow others to see your vulnerability.

So the next time you catch yourself saying you're not strong, or you're not as strong as someone else, just remember the potential is there. The Strength Store isn't out here somewhere; it's right there inside you. It may take a little practice to find it, but you've already got all the strength you'll ever need.

liberty forrest is an award-winning author, an inspirational speaker and mentor. Contact freespirit@libertyforrest.com

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Letters to the Editor

Rage at NHS cuts

Dear Editor,

I must register my displeasure with the news from the NHS that starting April 6th all free coverage for hospital treatment will be erased for expats. Regardless of the fact that they had tens of years of continuous living in the UK and draw a UK pension, they will have to pay 150% if they

do require hospital treatment. Only last year I was told by a Mr. Corbett of the NHS that we would receive free hospital treatment providing we met the above requirements. Not knowing this, I had been paying travel insurance for the past five years which came to \$600 a trip. The NHS did not go out of their way to inform the expats of the benefits open to them.

I feel this latest setback for expats will backfire on the UK as we will think twice about visiting the UK (as thousands

of us do from Canada, Australia, and New Zealand) and when you consider the number of us who will require treatment is very low, compared to people deciding not to visit the UK due to the extra cost of insurance. I expect a lot of people will say you have made your bed, so sleep in it. This latest setback on top of our pension freeze is a real kick in the teeth.

When I see people from other countries who have not paid one penny into the UK economy having benefits

showered upon them, it hurts. I have 48 years of living in the UK fully paying up all NHS contributions and completing two years of national service, not to mention that my father served in two World Wars.

I say thanks a lot to the NHS. I was employed for fifteen years by Astra Zeneca at Macclesfield. Is there any way you can bring my complaint along with the freezing of pensions to the attention of the correct people who will endeavor to do something about our problems?

Do you know there are people who emigrated in the 1950s who are still on pensions of five pounds a week due to the freeze?

John S.

Disclaimer

These letters represent the views of the correspondents and are not necessarily endorsed by either Kerby News or Kerby Assembly. The Kerby News reserves the right to edit for content and length.

Exercise with arthritis so you can break free from the pain

(NC) Canadians who suffer from arthritis are challenged with symptoms such as swollen, stiff or tender joints. These symptoms can be incapacitating, making even simple household tasks a real chore, let alone attempting a favourite sport or pastime. One might think that not exercising would seem to be a simple solution,

but in fact, research reveals the opposite. Exercise can decrease the pain, increase overall fitness and flexibility, as well as improve your state of mind.

So how can you break free from the pain? According to Janet Yale, president and CEO of The Arthritis Society, exercise is one part

of your arthritis treatment that you can control. "Exercising provides you with a chance to confront arthritis and reclaim activities the disease has made difficult for you - and even discover new ones."

If you are not physically active or have never exercised before, it can seem intimidat-

ing, but it doesn't have to be. Try adding 10 minutes of physical activity to your day and see how your body responds. As you adjust to the change, set goals for yourself so you can measure your improvement. Aim to gradually increase your goals by 10-minute increments every few days until you can reach a regular routine of being physically active for at least 60 minutes most days

(including exercise as well as ordinary household, workplace and lifestyle activities that keep your body moving). Be sure to keep your doctor apprised of any changes in your routine or symptoms.

For those who are active and playing through their pain, there are additional solutions. A medication with long lasting relief, can be appealing for those suffering from arthritis pain and general body pain.

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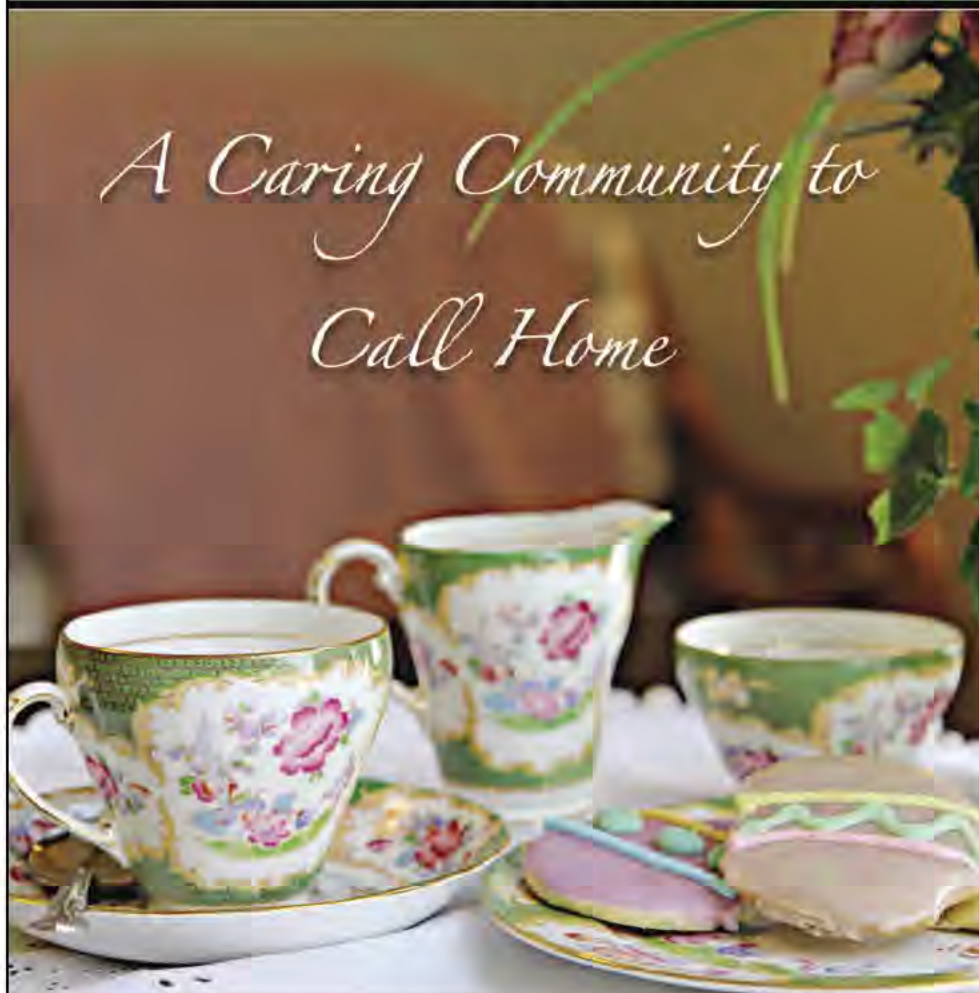
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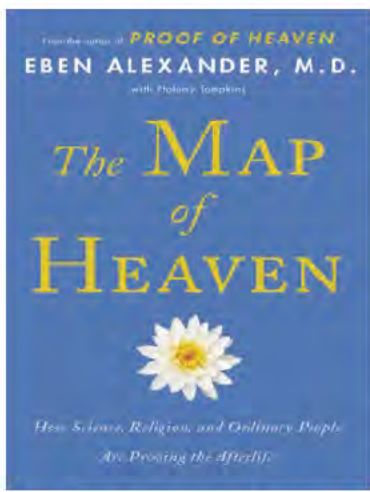
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Book Review



“The Map of Heaven”

By Eban Alexander, M.D.
(with Ptolemy Tompkins)

c.2014, Simon & Schuster
\$21.99 U.S. / \$26.99

Canada

208 pages

Reviewed by the
Bookworm

Recalculating.

Doesn't that feel like an undeserved admonishment? Make a wrong turn, take a different road, and your GPS unit scolds you for not following directions. Sometimes, even when you do, you're lost anyway.

Isn't that the way things happen? If you don't know what path you're taking, you can't be sure where you are. But in “The Map of Heaven” by Eban Alexander, M.D. (with Ptolemy Tompkins), you may find the place you need to know where you're going.

You are a star.

Literally, some of what's inside you came from “ancient, now long-dead stars.” We are “organic chemistry and biochemistry” and the Bible says we will return to dust when we die. But since time began, humans have wondered if there's “more to the story.”

Lately, science has tried to answer that with a “Theory of Everything.” The problem is that that doesn't settle profound questions on the meaning of existence. We can look to religion, but that may not have an answer, either.

Instead, says Alexander, “The key to understanding this world... is to remember the place above and beyond, where we really came from.” Heaven, he believes, is what makes us human and, without it, “life makes no sense.” Furthermore, when we become open to the “larger world behind the one we see around us every day,” we will find the “Gifts of Heaven.”

The Gift of Meaning, for instance, is something that “people are starving for,” but that is already inherent in life. Part of understand-

ing it lies in understanding that coincidences are not coincidental, but may be messages from beyond.

The Gift of Vision allows us to see how we're connected with one another and with every living thing. The Gift of Belonging helps us know that we are where we need to be, and that “higher worlds” surround us. The Gift of Strength teaches that we will someday be much more than we are today. The Gift of Hope tells us that we “must not forget that [this world] is not all there is.”

Imagine yourself standing at the edge of the Grand Canyon, looking down. What you'd see is not quite how deep “The Map of Heaven” is.

Using ancient philosophy, modern psychology and medicine, science, etymology, letters from readers, several different religious tenets, and a big dose

of New Age, author Eben Alexander, M.D. attempts to put the Afterlife in context for us on Earth.

This expounding on his previous book (“Proof of Heaven”) is provocative, but also quite disorienting. Alexander bounces from one discipline to another so quickly (sometimes in the same sentence) and so often without context that I generally had a very hard time following his thoughts before he careened to the next idea.

It could be argued, I suppose, that this imparts a sort of excitement to what's said here, and the meaning behind the meaning of life. That could be so, but just know that “The Map of Heaven” is as deep as they come and it may cause your brain to recalculate.

The Bookworm is Terri Shichenmeyer. She lives on a hill in Wisconsin with two dogs and 11,000 books.



98-year-old Mary Nittel has been active at Kerby Centre for many years enjoying exercise and dance classes as well as crafts, and is pictured here oil painting.

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PROUDLY CANADIAN



Return to Tanzania:

Four decades after fleeing his home country, an expat discovers the mixed blessings of prosperity

Stories and Photos by Mansoor Ladha
Page design and layout by Winifred Ribeiro



An animal cart is still a mode of transport in some rural areas of Zanzibar

I was checking in at Dar es Salaam's Serena Hotel when I heard entertainers singing a popular Swahili song, Hakuna Matata. I went on to hear this song at every hotel, resort and other tourist venue. Literally, "hakuna matata" means there's no problem or trouble. Entertainers love to play this song to tourists and offer cassettes at the end of each performance. An excellent souvenir from Tanzania.

As the song says, on my visit to my former east Africa homeland earlier this year — I was among the thousands of Asians who fled President

Julius Nyerere's socialist policies in 1972 — it seemed the country has had few problems in its drive to economic growth.

The three presidents who succeeded Nyerere frowned on his economic blueprint, overturning his socialist policies and replacing them with a capitalist market-oriented vision. A one-party state under Nyerere, Tanzania has become a much more open society with the introduction of multi-party politics in 1992. Opposition parties are allowed and there is opposition within the party itself. According to the IMF, the Tanzanian economy has come

through a period of successful transition in the last two decades, resulting in economic liberalization and institutional reform. This has led to a recovery of GDP growth to more than seven percent since 2000.

Growth, development and prosperity is evident in every corner of the main city, Dar es Salaam (Dar for short). Construction companies are doing booming business and new buildings have been replacing old ones, changing the face of the landscape completely. In 1972, the tallest building in the country was an 11-storey in Dar called Mawingu (clouds) owned by an Asian businessman. Today, several skyscrapers have changed the city's skyline completely. I had great difficulty locating my parents' house as then-familiar buildings have been replaced and street names changed.

And those streets are far busier, heavily congested with people and traffic. There are people and cars everywhere you go. Traffic jams, especially during rush hours, are the norm. A friend who has his own business purposely leaves work early, usually at 3 p.m., in order to reach home at a decent hour. The African Development Bank has predicted that the current



Dar es Salaam's modern skyline features many skyscrapers.



The writer and his wife, Anaar, pose at a lake en route to a safari in Ngorongoro National Park.

population of 4.1 million will grow more than 85 percent through 2025, reaching 21.4 million by 2050. However, the government appears to be ill prepared for the demands such growth will place on the infrastructure.

Dar residents have had to get used to constant power failures and robberies. A thriving business in Dar es Salaam and Nairobi is the proliferation of security firms providing security personnel (askaries or watchmen) to almost every bungalow owner living in posh areas. These million dollar homes are completely fenced and boarded and their owners have round the clock protection against robberies and intruders.

A pleasant observation for me was to see newspapers thriving in the country. Newspaper stands are at every corner selling several English and Swahili newspapers. Judging by the population's thirst for knowledge, it shows

that the standard of literacy has certainly gone up. The British owned daily, The Standard, where I began my career as a journalist, was nationalized by Nyerere in 1970 and has been renamed Daily News. A more prominent English daily, The Citizen, owned by the Aga Khan's Nairobi-based Nation Media Group, has taken the lead in readership and circulation. Tanzanians are more vocal now, criticizing government programs, corrupt politicians and projects without fear. The changed public opinion is evident in the Letters to the Editor sections of newspapers, an outspokenness unheard of during Nyerere's dictatorial regime.

While East Indians were once the dominant business community in Tanzania, many businesses in Dar are now operated by shopkeepers and petty traders of Chinese origin,

despite the outcries by local Africans, who claim these newer immigrants are adversely affecting local businesses. A survey undertaken by a local daily found that Kariakoo, Dar's main market for produce, meat and vegetables, was on its way to becoming a virtual Chinatown.

An important revenue earner for the country is tourism. Tanzania is blessed with Africa's highest mountain, Kilimanjaro, and wildlife-rich national parks and game lodges. Among these, Manyara, Serengeti and Ngorongoro national parks are internationally renowned. One of these parks' most precious resources, elephants, are sadly facing extinction, as the country has become a target for ivory-seeking poachers and smugglers. A Tanzanian government census has revealed the country, which has the continent's largest elephant population, lost a "catastrophic" 60 percent of its elephants in just five years. Conservationists have warned that, at this rate, the entire population could vanish by the end of the decade. According to the organization "Save the Elephants" 100,000 elephants have been killed in Africa between 2010 and 2012. (Following criticism that the Chinese appetite for ivory threatens the existence of Africa's elephants, China recently imposed a one-year ban on ivory imports.)

Ivory poaching and export is not the only problem. Impoverished locals are sometimes driven to kill wildlife for food.

Meanwhile, Tanzania, one of Africa's biggest per-capita aid recipients — development assistance makes up 29 percent of Tanzania's annual budget — is rife with corruption, the cancer plaguing many developing countries. President Kikwete recently disclosed that there were 578 corruption cases in the courts compared to only 58 in 2005 when he had assumed power. In fact, the country is currently facing one of the biggest corruption scandals in its history. Several senior government officials, including



A street vendor prepares to sell the delicious foods so popular with tourists at Forodhani Gardens.

Prime Minister Mizengo Pinda, the minister for energy and the attorney general, have been accused of authorizing fraudulent payments to offshore bank accounts under the guise of energy contracts. Last year, international donors suspended nearly \$500 million to Tanzania in response to claims that senior government officials siphoned off funds from the country's central bank under the guise of energy contracts. The political drama has sparked so much interest in the country that residents are willing to pay to watch parliamentary debate in bars and nightclubs where they would usually watch football.

During my visit, I was disappointed to see Tanzanian President Jakaya Kikwete unveil a new education policy for the country that would make Swahili the medium of instruction from primary school to university, thereby replacing English as the dominant language in education. The policy has been applauded by party stalwarts and nationalist-minded citizens, but critics doubt whether replacing English with Swahili is the right thing to do. As it stands, the country has an acute shortage of Swahili books and experts proficient enough to produce books to satisfy the demand or teach the language properly. As there will be practically no demand for Swahili-speaking graduates outside Tanzania, it's certainly a step backward for the country. Political tension is on the horizon with Tanzania's political partner, the island of Zanzibar.

Zanzibar, where I was born, is on the itinerary of every tourist to Tanzania. With its white sandy beaches, unique tropical fruits, a range of spices, friendly people, excellent architecture and cultural attributes, it is an attractive tourist destination, especially favoured

by honeymooners. Forodhani Gardens (previously known as Jubilee Gardens) is a favourite gathering place on the seashore where people go to watch the world go by and partake in the city's famous street foods — meat kebabs, freshly pressed sugarcane juices and a variety of seafood. Conveniently located in the hotel district, it is popular with tourists who want to taste local street foods such as mishkaki (grilled meat on skewers), corn and strongly brewed kahawa (coffee) served in small cups.

But there is a darker story in Zanzibar, which united with Tanganyika (mainland) to form Tanzania in 1963. Though it already has its own president and parliament, there are still groups anxious for political separation. It is unfortunate that alluring Zanzibar, with its tumultuous past, is as yet unwilling to forget its stormy political history. Voters are expected to elect the President, Members of Parliament and the local government in October this year. The incumbent president, Jakaya Kikwete, is ineligible to run for the third time. Dr. John Magufuli, the party's official candidate, who has been described as "a no-nonsense man," is likely to win the election. I only hope that the paradise that we all enjoy and cherish doesn't become a thing of the past.

Tanzania offers reputable hotels of international standard as well as moderately priced econo lodges. All internationally known chain hotels are located in Dar, and the Serena Hotel chain is found not only in major cities of East Africa but also in national parks and resorts. □ Mansoor Ladha is a Calgary-based travel writer, journalist and author of A Portrait in Pluralism: Aga Khan's Shia Ismaili Muslims



A Masai woman is beautifully adorned by traditional jewellery and attire.



A display by local artists of paintings depicting Tanzania's wildlife and Masai tribe.



A man fillets the inventory at a fish market.



A youth in Zanzibar is berobed in typical Muslim fashion.



The five-star Dar Serena Hotel caters to an upper class clientele.



A barman at Manyara Serena Lodge displays various local beers.



Windsurfing is a popular sport available at most beach resorts in Tanzania.



A Masai herdsman tends to his cattle in rural Tanzania.

The Healthy Geezer

By Fred Cicetti

Q. My husband seems to stop breathing briefly during the night. It scares me, but he doesn't seem to be

worried about it. Any ideas about what causes this?

A. It's possible that your husband is experiencing sleep apnea. I urge

you to get your husband to a doctor for a diagnosis because sleep apnea can be a serious disorder.

High blood pressure is common in sleep apnea. Sudden drops in blood oxygen levels that occur during sleep stoppages increase

blood pressure and strain the cardiovascular system, raising the risk of heart failure and stroke.

It's much more common in older adults and men. Apnea is Greek for "without breath."

People with sleep apnea stop breathing for as long as 30 seconds at a time. These interruptions can happen hundreds of times a night. The breathing cessations may wake you and prevent you from getting a good night's sleep. These awakenings usually are so brief that you don't recall them.

There are two kinds of sleep apnea: central and obstructive.

If you have central sleep apnea, there's a communication breakdown between the breathing muscles and your brain. It's uncommon.

About 90 percent of sleep-apnea victims have obstructive apnea, which is caused by a blockage in the windpipe.

Obstructive sleep apnea occurs when the muscles in the back of your throat relax. These muscles support the soft palate, tonsils, tongue and uvula—that doohickey that hangs in the back of your mouth. When the muscles relax, your airway is narrowed and breathing is cut off. A blockage can also be caused by a lot of fatty tissue in the throat.

The most common symptoms of sleep apnea include:

- Excessive daytime sleepiness
- Loud snoring
- Observed episodes of breathing stoppages during sleep
- Abrupt awakenings with shortness of breath
- Awakening with a dry mouth or sore throat
- Morning headache
- Problems associated with sleep deprivation such as forgetfulness and mood changes.

A common treatment for sleep apnea that helps most sufferers is Continuous Positive Airway Pressure (CPAP). You sleep with a special mask that adds pressure to the air you breathe. Mild cases of apnea can be treated with dental devices that move your jaw forward to make breathing easier. In very few cases, surgery is necessary to remove tonsils or extra tissue from the throat. There are some self-help techniques:

- Sleep on your side instead of your back. Sleeping on your back can cause your tongue and soft palate to rest against the back of your throat and block your airway.
- Eliminate alcoholic beverages and sleep medicines, which relax the muscles in your throat.
- Quit smoking. Nicotine is a stimulant and can interfere with sleep. Smoke is an irritant to nose, throat and lungs.
- Lose weight. A fat neck tends to narrow the airway in your throat.

(Note: In my research, I often seem to run into warnings against alcohol, tobacco and fat. Must be something to it.)

When you go to a doctor for a diagnosis, he or she may refer you to a sleep disorder center. You may be asked to undergo overnight monitoring of your breathing and other body functions during sleep. You may also be referred to an ear, nose and throat doctor to rule out any blockage in your nose or throat.



Jack Miedzinski is seen getting an ear examination by Registered Nurse, Heather Dorsey at the Alex Mobile Health Bus which has been available for health assessments and check-ups outside Kerby Centre every Monday morning this summer. Photo by Barry Whitehead

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Canada's greatest novelist was born just over 100 years ago

By Peter Stockland

Only a forgetful silence marked June's centenary of the greatest of all Canadian-born novelists, Saul Bellow.

Yet those who care can still read his astonishing 1976 Nobel Prize Lecture.

They have the rest of their lives to marvel that one born into the industrial air of Lachine, Quebec, and who spent most of his childhood in the poverty of Montreal's Plateau neighborhood, could understand so deeply and articulate so fluidly.

The lecture is reprinted in full in *There is Simply Too Much to Think About*, a new collection of his non-fiction edited by Benjamin Taylor. It's essential reading for anyone who cares not just about 20th century novels and novelists but about obtaining a clear-eyed view of the politics of literature and the art of living well.

Bellow cared passionately about these things, and he seems to have cared most passionately of all about the continuing power of the novel to illuminate them. He continued to care about the continuity of the novel even as he was obliged to acknowledge in the Nobel lecture that the leading minds of the day were everywhere writing it off as a dead letter. His riposte was vintage Bellow.

"It amuses me that . . . serious essayists should be empowered to sign the death notice of a literary form," he says. "We must not permit intellectuals to become our bosses. And we do no good by letting them run the arts."

The reason, he argues, is that the artist's – especially the writer's – method for knowing what is "fundamental, enduring, essential" in both the universe and the facts of life differs from those who know the world by systematic examination.

Quoting Joseph Conrad, he points out that, in contrast to intellectuals or scientists or other types of thinkers, the writer descends within himself into those "lonely regions" where he is able to appeal to "that part of our being . . . which is a gift and not an acquisition . . . to our capacity for delight and wonder . . . to our sense of pit; to the latent feeling of fellowship with all creation – and to the subtle but invincible conviction of solidarity that knits together the loneliness of innumerable hearts . . ."

The writer, particularly the novelist, has a power and purpose to "bind

together all humanity - the dead to the living and the living to the unborn."

In this unifying act of "solidarity with other isolated creatures," Bellow restates a claim that resonates through his non-fiction from the early 1950s forward, which is that fiction writing is an essentially conservative art. Not conservative in the appropriated sense that its practitioners caricature Republicans (Bellow certainly was not) or toe any particular partisan political line. Rather, he means the essential, conserving human impulse and instinct to continue to look for the "gift under the wreckage of many systems."

In seeking that gift, he says, writers must leave off their fashionable posing as just-for-laugh Jeremiahs sniggering from sinecures while pretending to stand at the political and cultural edges of soci-

ety. They must become part of the conservative task of returning to the centre where, according to Proust and Tolstoy, the glimpses, the "true impressions" of our real condition, that is, the truth in its essence, are found.

"This essence reveals and then conceals itself," Bellow says. "When it goes away, it leaves us again in doubt. But our connection remains with the depths from which these glimpses come. The sense of our real powers, powers we seem to derive from the universe itself, also comes and goes. We are reluctant to talk about this because there is nothing we can prove, because our language is inadequate and because few people are willing to risk the embarrassment. They would have to say 'there is a spirit' and that is taboo.

"The value of literature lies in these intermittent

'true impressions' that move us to believe the good we hang onto so tenaciously – in the face of evil, so obstinately – is no illusion."

In an essay written about a decade before he won the Nobel Prize in Literature, Bellow wrote with his characteristic cocked-eyebrow good humor about how he learned to hang on so tenaciously. Aged three or four growing up in Montreal, he would go to the rabbi's house for religious instruction. On the way home, passing French Catholic kids would scorn him as a "bloody Jew." In the midst of this isolating wreckage were the lines of the Book of Genesis he was memorizing in Hebrew.

The gift, he wrote, was the recognition that he belonged to a created cosmos, and that he was a Jew within that cosmos. In long years of loneliness, frustra-

tion, and doubt that followed, when "if I were a dog, I would have howled," that cosmic glimpse, that "true impression" was always there, not just as a sense of self but as the fundamental, the essential, the enduring, underlying "latent feeling of fellowship with all creation."

Into that latency, he was able to descend to produce the greatest novels of the last half of the 20th century; some of the great novels of English literature. Canadians, to our embarrassment if not our shame, have been forgetfully silent when we should have been celebrating the centenary of his birth on our soil.

Peter Stockland is a senior fellow with Cardus, and publisher of Convivium magazine. www.troymedia.com

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Complete Weeknight Meals for Two

Page design and layout by Winifred Ribeiro

Weary of eating the same leftovers? One pan + fresh ingredients = dinner for two! With an emphasis on reducing prep time and the usual sinkful of dishes, cooking instructor Carla Snyder serves up the ideal couple's guide to simple, complete, and truly delicious meals—imagine Balsamic Braised Chicken Thighs with Figs and Creamy Polenta or Thyme-Rubbed Salmon with Shallots and Caramelized Cauliflower “Risotto” — that can be made in one skillet, in less than 60 minutes. With recipes for home-cooked pasta, grains, sandwiches, beef, pork, chicken, and seafood, plus helpful tips, techniques, and ingredient information and wine or beer pairings for each dish, most dishes use pantry staples or items that are easily sourced.

One Pan, Two Plates will nourish couples, from newlyweds, to empty nesters, every night of the week. This cookbook would make a much appreciated gift or a good edition to your personal cookbook collection.



Courtesy of *One Pan, Two Plates*
By Carla Snyder
Photography by Jody Horton
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Three-Cheese Mac

There is nothing that delivers comfort and a little pampering like creamy, rich macaroni and cheese. I add crispy, fried prosciutto for its salt and hammy flavor.

Salt
2 cups / 225 g elbow macaroni
4 tbsp / 55 g unsalted butter
6 thin slices prosciutto, cut crosswise into strips
1/2 cup / 55 g panko bread crumbs
1 1/2 tbsp all-purpose flour
1 1/2 cups / 360 ml milk, warmed in the microwave
1/3 cup / 55 g crumbled goat cheese
1/3 cup / 40 g freshly grated Parmesan cheese
1/3 cup / 40 g shredded Gruyère cheese
Pinch of freshly grated nutmeg
Freshly ground black pepper

1. Preheat the oven to 350°F/180°C/gas 4. Position a rack in the center.
2. Fill a 12-in/30.5-cm ovenproof skillet, preferably cast iron, with water up to about 1 in/2.5 cm from the top. Cover and bring to a boil over high heat. Add 2 tsp salt and toss in the macaroni. Stir gently once or twice so the pasta doesn't stick.
3. Reduce the heat to medium-high. You must cook the macaroni at a gentle boil only until it's still just short of completely tender, because it will finish cooking in the oven. For example, if the box says to cook for 7 minutes, test the pasta after 5 minutes. To check, fish a piece out of the water (a slotted spoon makes it easy), run it under cold water, and bite it. It should still be chewy, but not tough. Drain the pasta in a colander set in the sink and run cold water over it to stop the cooking and keep it from clumping.
4. Add 2 tbsp of the butter to the pan and melt over medium-high heat. Add the prosciutto and toss it around in the pan until it's crispy, about 2 minutes. Transfer the prosciutto to a plate. Put the panko in a small bowl. Pour the hot butter left in the pan over the panko and toss to coat.
5. Return the pan to medium-high heat and add the remaining 2 tbsp butter. When the butter is melted, sprinkle in the flour and 1/4 tsp salt. Cook, stirring, until the flour becomes foamy, about 1 minute. Whisk in the warm milk. Stir until the mixture is thickened and saucy, about 2 minutes. Remove from the heat and add all three cheeses, the nutmeg, and a grind or two of pepper, stirring until the cheeses are melted. Taste and season with more salt and pepper if it needs it. Stir in the macaroni and prosciutto until all of the mac is thoroughly coated and the prosciutto is evenly distributed. Smooth the top and sprinkle the buttery bread crumbs over the top.
6. Transfer to the oven and bake for about 20 minutes, or until the juices are bubbly and the top is lightly browned. If you have time to give it a few more minutes, the top will get even crispier. Scoop into warmed shallow bowls and serve hot.

it's that easy: Macaroni and cheese for two makes a simple yet lovely meal when paired with a green salad, crusty bread, and a glass of wine. I prefer to make and serve it in a cast-iron skillet, because the pan holds the heat so well. One time, I put the skillet on the table, set out two forks, and my husband and I devoured it right out of the pan. It was delicious that way because the cheesy sauce was oozy and hot throughout the whole meal. It was also fun to fight over the larger pieces of prosciutto with our forks . . . a kind of forked swordplay if you will.

extra hungry? Pair this pasta dish with a simple salad if you're craving a bit of green stuff. It doesn't have to be complicated—just a handful of greens, a squirt of fresh lemon juice, and a glug of olive oil

Chicken Stew

The leek really adds a subtle flavor. Carrot and celery round out the veggies in the stew, with orange juice and diced tomatoes tarting up the whole thing. The olives add a briny touch and the orange zest gives this chicken-in-a-pot a bright citrusy note that you'll find particularly addictive.

6 boneless, skinless chicken thighs (see “It's that easy” below)
Salt and freshly ground black pepper
2 tbsp olive oil
1 leek, white and tender green parts, trimmed, rinsed thoroughly, and thinly sliced
1 carrot, peeled and thinly sliced
1 celery stalk, thinly sliced
1/2 tsp dried thyme
2 garlic cloves, minced
Juice of 2 oranges, plus zest of 1 orange
One 14 1/2-oz/415-g can diced tomatoes, with juices
1/3 cup/55 g mixed Kalamata and green olives, pitted and halved
2 tbsp minced fresh flat-leaf parsley
Microwave steam-in-the-bag rice for serving



1. Pat the chicken dry and sprinkle all over with salt and pepper.
2. Heat a 12-in/30.5-cm skillet over medium-high heat and add the olive oil. When the oil shimmers, add the leek, carrot, celery, thyme, and 1/4 tsp salt and sauté until the vegetables soften, about 3 minutes. Add the chicken and continue to cook until the bottom of the pan has turned a rich brown, about 4 minutes longer. Add the garlic, orange juice, and tomatoes with their juices and bring to a simmer, stirring to scrape up the browned bits from the bottom of the pan. Reduce the heat to low, cover, and simmer the stew until the chicken is tender and shreds easily, about 30 minutes.
3. Using a slotted spoon or tongs, transfer the chicken thighs to a large plate and let cool slightly. When it's cool enough to handle, cut or shred the meat into bite-size pieces. Return the chicken to the pot and add the olives, half of the parsley, and half of the orange zest. Taste and season the stew with more salt and pepper if it needs it.
4. Scoop the cooked rice into two warmed shallow bowls and top with the chicken stew. Sprinkle with the remaining parsley and zest and serve hot.

it's that easy: Stews and braises are all about the sauce, and when it comes to creating a sauce rich with chicken flavor, chicken thighs reign supreme. Don't even think about trying to make this dish with chicken breasts. They're too lean and don't have enough flavor to share with the surrounding liquid.

it's that easy: Leeks are easy to clean. Just trim off the root end and cut off and discard the tops where they turn dark green and tough. Cut the leeks in half lengthwise and rinse cold running water between the layers to remove any sand or grit. Proceed with chopping or slicing as directed.

extra hungry? Olive oil-toasted bread is so easy: just drizzle slices of nice crusty bread with olive oil and toast in your toaster for a quick fix.

Prosciutto-Wrapped Salmon

There are few food combos as apt as salmon and corn. Especially when paired with a little airdried ham, spicy chile, and a touch of cream. You'll love how the prosciutto “shrink-wraps” to the fish and lends its smoky, salty flavor to the creamy corn and chile that lie beneath.

Two 6-oz/170-g salmon fillets, skin removed
Salt and freshly ground black pepper
4 thin slices prosciutto
2 tbsp olive oil
1 small yellow onion, diced
1 poblano chile, seeded, de-ribbed, and cut into small dice
Kernels from 2 ears corn or 2 cups/340 g frozen corn, thawed
1/2 cup/70 g frozen lima beans, thawed
Pinch of cayenne pepper, or more to taste
1/3 cup/75 ml heavy cream (or chicken broth, if you're watching calories)
1 tbsp thinly sliced fresh basil, plus a few leaves for garnish



1. Pat the fillets dry and sprinkle lightly with salt and black pepper (not too much salt, because the prosciutto will be salty). Wrap two slices of prosciutto around each fillet, winding it around from top to bottom. Don't worry if it doesn't stick very well; it'll contract and cling to the fish as it cooks. Set the wrapped fish aside.
2. Heat a 12-in/30.5-cm skillet with a lid over medium-high heat and add the olive oil. When the oil shimmers, add the salmon to the pan and cook until browned on the first side, about 2 minutes. Flip the fish over with a thin-edged spatula and cook the other side until browned, another minute or so. Transfer the fish to a plate. (It will not be fully cooked at this point.)
3. Add the onion and poblano to the hot pan and sauté until the vegetables begin to soften, about 2 minutes. Add the corn, lima beans, cayenne, and 1/4 tsp salt. Season with black pepper and sauté until the corn is almost tender, about 1 minute. Quickly pour in the cream and stir in the 1 tbsp basil. Top the vegetables with the fish, cover, and reduce the heat to low. Cook until the fish is cooked through and flakes easily with a fork when pierced, about 3 minutes. Some of the salt from the prosciutto probably crept into the corn, so taste and season with more salt, pepper, or cayenne if it needs it.
4. Mound the vegetables onto two warmed plates and top with the fish and a few basil leaves sprinkled over the top. Serve hot.

it's that easy: The health benefits of the wild fish far outweigh the small uptick in price. Freeze wild caught salmon when in season. A little planning definitely makes for better eating.

extra hungry? To make this a heartier meal, add another 1/2 cup/70 g lima beans to the succotash.

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October 9 (8 days)
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(10 days)
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(9 days)
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Highlights include San
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Arenal Volcano
Includes 14 meals
Plus optional 3-night
jungle adventure

**Monaco/Portugal/Spain/
Gibraltar/Canary Islands**
November 5 (18 days)
Continued on page 24

Reasons to start reading short stories

(NC) Avid readers looking for a compelling story to sink their teeth into should try opting for a short story instead of a tradition novel. Here are some reasons why:
1. They're short. For those of us who are too busy to sit down and read a 500 page book or are looking for a good read in between books, a short story is a great option. There is a great feeling of accomplishment to finish a story from beginning to end all in one sitting.
2. They're well written. Writers who are able to publish short stories are usually very established and highly

talented. To be able to produce engaging and compelling content with limited pages and time is a true accomplishment.
3. They're great for re-reading. It's amazing how much more you can appreciate a book when you re-read it. There are several elements of the characters and the story line that pop out which you don't catch onto the first time around. Many of us would be more likely to re-read a short story rather than an entire novel.
4. They're perfect for book clubs. There's no excuse to showing up to a book club

having not read the book if it's a short story. It's something that everyone can read and have a discussion about afterwards. Amnesty International selected Judy Fong Bates' collection of short stories China Dog recommended by award winning author Shyam Selvadurai for their International Book Club selection.

Story sneak peak: With a focus on the Chinese community in Canada, the eight stories in China Dog evoke the roles that home and memory play in our lives. Bates' characters are caught between the life they left

behind in China and the harsh realities of their new life in Canada. They are torn between the traditions of the past and their hopes for the future. Their stories are rendered by Bates with compassion and insight and remind us of the universal longing for understanding and acceptance.

For a free Discussion Guide for China Dog, which includes background on the book and the issues it raises, visit www.amnesty-bookclub.ca or call toll-free 1-800-266-3789. You can also get a free printed copy of the Discussion Guide by

writing to Amnesty International Book Club, 1992 Yonge Street, #315, Toronto, ON M4S 1Z7.

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We should embrace the lowly dandelion

Few other plants have attracted so much devotion to its mental and physical well-being
By Will Verboven

Dandelions have become an unstoppable force in many cities.

They are as tenacious and adaptable as coyotes and rats. Their hardy nature allows them to take over any open area. Grass has little chance competing against a plant that thrives in drought and poor soil, and that seems able to grow even in gravel and concrete.

These plants can grow 70 to 100 cm high, outcompeting tall plants. Yet home owners swear they have seen dandelions duck lawn mower blades by growing extremely short stems. Clearly, dandelions have the ability to outsmart mere humans.

The name dandelion is a corruption of the French words "dent de lion," which

means lion's tooth. It is also known as blow ball, puff-ball, monks head, swine snout - even cankerwort and pee-a-bed. The official name of the dandelion is Taraxacum Officinale.

It is a Eurasian plant that has spread across the world. Amazingly, it is edible (it tastes like mustard greens), and can be used in salads. If you like eating kale, then dandelion is just the next taste experience. From my experience, dandelion wine has a lot more promise, although in Belgium it has been used in a seasonal ale whose name translates into "wet the bed."

Medicinal properties
Although there is little scientific evidence, a number of medicinal properties are attributed to dandelions. It is claimed to help digestive problems, bile and liver ailments and is a mild laxative. The milky latex produced by dandelions seems to cure

Continued on page 24

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| | | |
|--|--|--|
| <p style="text-align: center;">LAS VEGAS 9 days Sept 5, Sept 19, Oct 17, Nov 21 4 nights in Las Vegas The Golden Nugget or TheD 2 in Wendover, 2 in Helena, 5 to 6 meals, Slot Play and side tours The Golden Nugget - fun book \$140.00 TheD - \$20.00 in food coupons</p> | <p style="text-align: center;">DEADWOOD, SD 7 Days Sept 12, Oct 10 Includes: 4 nights in Deadwood at the Mineral Palace, 1 in Great Falls, 1 in Regina, 5 breakfast, Wine & cheese reception, slot & blackjack tournaments, optional Keystone, Mt Rushmore and Crazy Horse Optional Casino Regina Package \$10 Slot Play, \$5 food coupon</p> | <p style="text-align: center;">COEUR D'ALENE CASINO 6 days Oct 7 2 nights Kootenai River Casino 2 x \$5.00 meal coupons 3 night Coeur d'Alene Casino \$35.00 Slot Play \$45.00 Food & Bev Vouchers</p> |
| <p style="text-align: center;">LAUGHLIN, NV 12 days Oct 5, Nov 16 Includes: 6 nights in Laughlin 3 in Wendover, 2 in Helena, 9 meals, \$21 Slot Play & side tours</p> | <p style="text-align: center;">DEADWOOD SUMMER SPECIAL 7 Days Aug 8 Includes: 4 nights in Deadwood at the Mineral Palace, 1 in Great Falls, 1 in Regina, 5 breakfast, Wine & cheese reception, Badlands National Park, World Famous Wall Drug Store, D.C. Booth Historic Fish Hatchery, Crazy Horse, Mt Rushmore, Trial of Jack McCall slot & blackjack tournaments, Optional Casino Regina Package \$10 Slot Play, \$5 food coupon</p> | <p style="text-align: center;">TEMPLE GARDENS MINERAL SPA & CASINO MOOSEJAW 4 days \$339.00 Aug 23, Sept 22 Includes \$20 Meal & \$60 slot play, city tour, optional day tour to Regina</p> |
| <p style="text-align: center;">LAUGHLIN, NV 9 days Oct 3 Includes: 4 nights in Laughlin 2 in Wendover, 2 in Helena, 7 meals, \$14 Slot Play & side tours</p> | <p style="text-align: center;">RIVER ROCK RESORT & CASINO 6 days Sept 27 \$589.00 Includes: 1 lunch, \$20 in slot play \$30 food & beverage, city tour, Granville Island, and Historic Stevenson</p> | <p style="text-align: center;">NORTHERN LIGHTS CASINO Prince Albert, SK 4 days \$299.00 Sept 20 Includes \$85. Casino package, 3 breakfasts, optional day trip to Dakota Dunes Casino with \$10 slot play</p> |
| <p style="text-align: center;">WENDOVER, NV 7 days Sept 27, Oct 18 Wendover Nugget Includes: 2 nights in Helena w/3 meals, 4 in Wendover with side tours. The Nugget includes: 4 buffets, \$28 slot play</p> | <p style="text-align: center;">YELLOWSTONE NATIONAL PARK & DEADWOOD, SD 10 days Sept 10 Includes: 9 nights, 8 breakfasts, Historic Virginia City, Quake Lake Old Faithful Geyser & Visitor Center, Buffalo Bill scenic by-way, Dam & Visitor center, Bighorn Scenic Byway, Shell Canyon & Falls, Devils Tower, Wine & cheese reception, Badlands National Park, World Famous Wall Drug Store, D.C. Booth Historic Fish Hatchery, Crazy Horse, Mt Rushmore, slot & blackjack tournaments, Optional Casino Regina Package \$10 Slot Play, \$5 food coupon</p> | <p style="text-align: center;">CASINOS OF WINNIPEG 6 days Sept 13 \$464.00 \$25 meal coupons, 1 breakfast, up to \$105 slot play, visit South Beach Casino with lunch</p> |
| <p style="text-align: center;">CASINO OF THE ROCKIES 4 days Aug 30 \$339.00 St. Eugene Resort Includes: 3 nights St. Eugene Resort 1 Lunch, \$15. Meal vouchers, \$30. Slot Optional side trip to Ft Steele Heritage Town and Kimberley the Bavarian Village</p> | <p style="text-align: center;">DISCOVER NEVADA 12 days Sept 23 2 nights Helena, 1 night each in Jackpot, Ely and Wendover and 3 nights each in Laughlin and Las Vegas</p> | <p style="text-align: center;">KOOTENAI RIVER INN & CASINO Bonners Ferry, ID 4 days Sept 28 Includes \$15 meal coupons, 1 lunch, 50% off day spa coupon, and shopping trip to Spokane</p> |
| <p style="text-align: center;">SAN FRANCISCO 13 days Nov 8 2 nights Helena, 1 night Wendover, 3 nights Reno 5 nights San Francisco and 1 night Jackpot</p> | <p>For detailed information of tours please Call, E-Mail us or Visit our website JOIN OUR ONLINE CONTEST! You could WIN \$250.00 worth of travel.</p> | |

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Continued from page 23

Cruise on board the Crystal Serenity Dbl. pp Oceanview \$9601, Verandah \$12390 Includes airfare, beer, wine, spirits and gratuities

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January 29 (19 days) Dbl. from \$14872 Includes hotels and luxury tented camps, entrance to game reserves, game drives, most meals Plus optional post tour visit to Dubai

India Rural and Cultural Tour

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Sgl. from \$10572 Includes visits to Taj Mahal, Ranthambore National Park and Tiger Reserve, Jaipur and Khajuraho, flights and train travel, pre-tour in Dubai

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Kerby Travel Day Trips

Arrowwood Hutterite Colony

Date: Tuesday August 11 2015
2nd Date: Tuesday August 25 2015
3rd Date: Tuesday September 1st 2015
4th Date: Friday September 14 2015
SOLD OUT – Call 403-705-3237 to be added to the waitlist for any of these dates or to be informed of an additional trip.
Time: 9:45AM – 3:00PM
Cut off Date: July 28, 2015

Rosebud Theatre – “Mass Appeal”

Date: Thursday September 24 2015
Member - \$87;
Non-Member \$92
Includes transportation, lunch and play “Mass Appeal”.
Time: 8:30AM -4:45 PM
Cut Off Date: September 9, 2015

Summer Hikes

All hikes include transportation & are guided by naturalist John McFaul. Bring your own lunch. Cost: Members: \$46.00 Non-Members: \$51.00

Troll Falls Loop

Date: Thursday

August 27, 2015
3 km return.
Elevation Gain: minimal
Cut-off date: August 12, 2015

Ptarmigan Cirque

Date: Thursday September 17, 2015
More details to follow.
Book with Kerby Travel
Cut-off date: September 1, 2015

Travel Presentation
September 8 at 1 pm in the Boardroom 318
Collette Vacations
\$2 includes snacks
No obligation to purchase

Continued from page 23

warts and act as a mosquito repellent - maybe those pests are telling us something.

Some believe that dandelions can fight cancer. The University of Windsor received a \$217,000 grant to study the effect of dandelion tea on the spread of cancer. Perhaps researchers

should start off the participants with a gallon of dandelion wine before giving them the tea. That's bound to cure something.

The dandelion also has the ability to attract the attention of devious green zealots and lobby groups. Few plants have attracted so much devotion to its mental and physical well-being. Dandelion lovers have expended much energy to convince municipal and provincial politicians to enact herbicide bans against the yellow weeds.

The claims that lead to herbicide bans are outlandish, but politicians are eager to embrace any regulation that might garner votes in an election. What is laughable is that cosmetic herbicide bans do not apply to golf courses or agriculture. Apparently it's safe to use the chemicals on vegetables for food production but not on our lawns.

Herbicides on sports fields

Herbicides are also allowed on sports fields as weed infestation is a safety hazard to athletes.

There is another path. We should embrace the lowly dandelion.

One town that has cashed in on dandelions is Kemptville, Ont. where citizens celebrate an annual Dandelion Festival in May. The centrepiece of the festival is the featured dandelion dinner where local chefs compete to create the most exciting dandelion recipe.

Something tells me that to be edible such a dinner will have to be washed down with copious amounts of dandelion wine.

Will Verboven writes on agricultural issues for Troy Media.

www.troymedia.com

Seniors Scene

Social Dance Club

The Saturday dance with music from Joel Spire on August 29 will provide a free dance lesson. Another Saturday dance on August 15 will be accompanied by music from Janna and Danny. Doors open at 7:00 p.m. and the dance goes on between 8:00 p.m. and 11:30 p.m. Admission is \$12 for members (you must show your membership card) and \$14 for guests. Kerby Centre, the venue for the dances, is located at 1133 – 7th Avenue SW. For more information, please call Sharon at 403-242-6957 for recorded message or visit www.socialdanceclubcalgary.com.

The Ogden House provides social and recreational activities, information, exercise classes, workshops, outreach services, health and wellness clinics, birthday dinners, and many more. There is also the Mow/Snow program to help seniors and the infirm in the Ogden community with their yard care throughout the year. Low-income seniors can access the “Special Needs for Seniors” program for help with the cost of a Mow/Snow program. Also, the outreach “Filling the Gap” program provides services community outreach, community kitchen, community garden and peer phone support to meet the needs of isolated low-income seniors in the community. For more information of these programs, please contact Jennifer at 403-279-2003, extension 202, or write to programs@ogden50plus.org

Ogden House 50 Plus

On Wednesdays, from 12:00 p.m. to 12:45 p.m., bring a couple of sandwiches to share or pay \$3 to join the Ogden House's weekly pot luck lunch and after-lunch games of carpet bowling.

Also, on Thursday nights, starting at 7:00 p.m., come and join our Dart and Pool League. For more information of this and the above event, call Colleen at 403-471-4234.

Open Door Seniors

Open Door Seniors, located at 1307 – 4th Street SW, welcomes everyone 55+ to become members. Membership is \$20 a year.

Compiled by Faye Wu

Welfare Letters

The following sentences were taken from actual letters received by the Illinois Welfare Department in application for financial support:

- I am writing the Welfare Department to say that my baby was born two years old. When do I get the money?
- I cannot get sick pay. I have six children. Can you tell me why?
- This is my eighth child. What are you going to do about it?
- Please find out for certain if my husband is dead. The man I am living with can't eat or do anything until he knows.

(Continued on Page 30)



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MINOT HOSTFEST
8 Days - departing September 28 - \$1578.00

Includes 7 nights superior accommodation, 5 deluxe breakfasts, Casino package, bus shuttle passes, admissions to all performances & pavilions.

LAS VEGAS
9 Days - October 10 - \$654.00

2 nights Helena, 2 Nights Wendover, 4 in Vegas, 5 meals, \$14 slot play \$125 coupon book, Hoover dam

LAUGHLIN
9 Days departing October 24 - \$599

2 nights Helena, 2 nights Wendover, 4 nights Laughlin 7 meals, \$14.00 slot play, trip to the Grand Canyon

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Cranbrook Casino of the Rockies – (4 Days/3 Nights), Sept 15-18, Nov 1-4, Dec 6-9)

Deadwood – 2015 Oct 3-8 (6 Days/5 Nights)

Camrose – 2015 Oct 18-19

Stoney Nakoda Casino - Call for details

Monthly group visits to “Cowboys” - Call for details

River Cree Resort & Casino: (Edmonton) – Jan 2016 Call for details

LOTS OF FUN DAY TRIPS (NO CASINO) 2015

Aspen Crossing - features train and lunch adventure - Sept 26

Rosebud Theatre - “Mass Appeal” - Sept 30

Jasper Fall Fling - Oct 26-29

Rosebud Theatre - “Wind in the Willows” - Nov 25

Golf Anyone - Coeur d'Alaine or Cranbrook (St Eugene)- Call for details

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INTERNATIONAL ADVENTURES AND CANADIAN TOURS

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- Call for details

Ladies Only - Safari to Tanzania - Jan 2016 – The only Maasai owned safari company in East Africa. If you or anyone you know has an East African Safari on your bucket list contact us and we will assist in fulfilling your African dream.

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Sailing backward to go forward in life: An immigrant's journey from Iceland to Canada

By Freda Sellers

(Editors Note: Kerby News' sales consultant Jerry Jonasson is of Icelandic descent. He recently received this account of his grandmother and her sister Freda Sellers' immigration to Canada in 1914. With Alberta's celebration of its own immigrants every August on Heritage Day, Kerby News considered it timely to reproduce this memoir, which bears similarities to the experiences of all those who immigrated to the prairie provinces at the turn of the last century.)

The day was beautiful, the mountains bluish purple; in the distance the grassy slopes looked like green velvet with the meadows a lighter green, the brook running down the hillside – a waterfall gushing some twenty or thirty feet down to bubble and foam at the bottom, then flow on again toward the river below. Here the old river Blanda enters the Atlantic Ocean at Blonduos, a small town in the north part of Iceland. Cattle and sheep could be seen grazing in the north part of Iceland. Cattle and sheep could be seen grazing here and there. The sun was shining brightly over the mountain top, there were still shadows down in the valley waiting for the sun to rise higher above the mountains. The country had a rare beauty that morning. My collie dog followed me everywhere as if excited about something.

This had been my home for fifteen years, my whole life. My sister (Bertha) and I were leaving for Canada that morning. My father, brother and oldest sister were riding with us to Blonduos, where the boat Gullfoss lay waiting for passengers and cargo to take a roundabout way to Glasgow, Scotland. Five horses were saddled and standing by the hitching rack waiting – the last good-bye said, we mounted and were away. I could see my mother standing in the doorway until we were out of sight.

The ride to Blonduos was silent, we were all feeling sad, for perhaps parting for a lifetime. Our horses were lively and stepped along, one trying to beat the other. We got to Blonduos just in time to take the rowboat out to Gullfoss. My dog had followed, he stood watching the boat go. When we were about halfway he jumped into the sea and swam after us. Just as we were climbing up the

rope ladder to board the Gullfoss, the dog caught up with us and the men in the rowboat pulled him aboard to take him back. My father boarded the boat with us. We were told the Gullfoss would leave in ten minutes. We stood there staring down at my brother and sister. Father started talking to us, asking us always to remember to do what was right and good, and God would protect us. He gave us a bag with quite a few gold pieces in it, about two hundred dollars for each of us. He had also paid our fare to Winnipeg. We said good-bye to Father, never to meet again on this earth, which we did not know then. The boat was loaded with immigrants for Canada and cargo for Denmark. We stopped at many towns in Iceland before leaving. The last stop was Reykjavik, the capital. We were looking forward to seeing the capital. We were good sailors as we had often ridden the waves in small sail boats and rowboats just for pleasure. We had two small bunks in a room with six others. I had the upper berth. The lady across from me got very seasick. Feeling sorry for her kept my mind off the people I had left behind. (How I wished I was back home on the farm).

In our cabin was a woman of about forty, Mrs. Goodman, and her daughter Anna, about my age. They



The writer's destination, Gimli, Manitoba was originally settled by Icelandic immigrants in 1875. Today, Gimli is home to the largest community of Icelanders outside of Iceland, hence the Viking statue in downtown Gimli.

Photo by Barry Whitehead

were both immigrants to Canada and their destination was Winnipeg. We made

friends right away; they were splendid companions and Mrs. Goodman looked very

capable. I did not ask her where her husband was. We stopped at Westmonseyar, our last stop before Reykjavik. There we took on a large family, a man, wife and ten children, all sizes from three months to thirteen years. They were all poorly dressed and sad looking. We were all on deck watching, Mrs. Goodman looked very strangely at the father as he passed by us. I thought I could hear them greet one another. The family moved on farther and sat down. I could see husband and wife talking as if something was wrong and looking our way. Then I heard Mrs. Goodman say to her daughter, "That man is your Father, would you like to speak to him in case we won't see him again?" Anna looked very surprised and stared at the poorly dressed man with the large family all around him and his wife holding a baby at her breast. "Mother, are they all my brothers and sisters?" "Yes", my dear, let us go and talk to them." We could see them shaking hands, the man's wife started to cry bitterly, so Mrs. Goodman went to her and put her arms around her and said: "Don't worry, this must have been fate to meet here. We are immigrants to Canada so

Continued on page 26

Building Brains is Child's Play

The Alberta Family Wellness Initiative & Kerby Centre invites parents, grandparents and any one interested to a:

Complimentary Lunch and Presentation



**At Kerby Centre
1133 7 Avenue SW, Calgary
(free parking)**

**Tuesday, September 8
11:30 am to 1:00 pm**



New research is shedding scientific light on what most of us always suspected from the start: playing with young kids isn't just a fun way to pass the time.

It actually changes brains in ways that affects health for a lifetime.

This presentation will focus on how this knowledge helps to improve health and wellness in our community.

Limited Space

**RSVP with dietary restrictions by August 19 to:
events @albertafamilywellness.org**



Co-Hosted By: Alberta Family Wellness Initiative and Kerby Centre



Continued from page 25

won't likely meet again". The poor woman cried harder. Mrs. Goodman kept on talking. "I am not angry at you for marrying Daniel, in fact I am thankful." The large family left the boat at a small fishing community. Anna said farewell to all her half brothers and sisters. We all sat on deck to watch the family land.

The scenery was beautiful as the sun was throwing her last rays on the mountains and reflecting them in the sea; the mountains seemed to change colour every few minutes.

Mrs. Goodman looked very thoughtful and sat silently for a long time, then she told us this story: "When I was thirteen I lost my parents, they were drowned when crossing a river on horseback. I was taken in by an aunt who already had a large family. When I was sixteen, I went away to work in the fish industry. There I met Mr. Goodman. We fell in love and made plans to marry as soon as circumstances permitted. When the fishing season was over, I got a job on a

farm and he went away to another fishing town, to make money for us to buy the small farm. Well, I have never seen him since – until now! I wrote so often, telling him about the baby coming, but there was never an answer. The baby was born on the farm where I worked. I stayed there for ten years, and by that time Anna was grown up so I could work anywhere. I have always kept her with me. I have dreamt about coming to Canada for years and now my dreams are fulfilled."

Among the immigrants were two young men, August and Oli. They wanted to be more than friends, but we kept our distance for we wanted to be free. When we came to Canada, we had such big plans to live up to. We landed in Reykjavik that night and would spend the night in the harbor. Early in the morning we were told we had two hours if we wanted to go ashore. We went ashore, had a lovely time looking the city over. Then all at once it started to rain. We hurried down to the beach and looked around for a rowboat. After

about thirty minutes a man offered to take us out. The Gullfoss left about three minutes after we were aboard.

We sailed into Kobenhavn Harbour the fourth day. The day was foggy and the oceans angry; waves would sometimes sweep over the deck. We were ordered to stay in our cabins. As we lay on our bunks, sometimes we would stand on our heads, then the other way. Early the next morning when we woke, everything was still. We hurried dressing and went on deck. We were in Glasgow, Scotland. Large buildings loomed out of the fog as far as we could see. We got orders to pack up our belongings and be ready to leave the ship in twenty minutes. We were on deck again in a very short time. Soon an order came: "Everybody line up for leaving ship." We were herded down a plankway and down a long corridor into a large room. Then one by one into a smaller room, where we were asked many questions. Then we were turned over to a doctor and a nurse. They turned our eyelids over, not too gently, looked under them, vaccinated us, then told us we could move along, through more gangways into a station to board an express to Leith. This was one of the highlights of our trip; to watch the beautiful landscape as we speeded along.

We arrived in Leith that night, in time to board the boat Grambian, headed for Halifax, Canada, with many passengers; many of them immigrants. After two days at sea, the boat slowed up, we were coming to a stop. We rushed on deck to see what was happening. Floating on the waves was a lifeboat with a small trunk on it. We learned during the night that the Empress of Ireland had sunk nearby, almost all pas-

sengers had perished. Our boat picked up the lifeboat and had a short service. That day seemed very long as I was laying in the bunk. Singing could be heard on deck. Oh! That was something I knew, God Save the King, our own native tune.

Our first look at Canada was on July 16, 1914, as we sailed into Halifax harbor. The weather was perfect; sunshine and stillness that made us stare at the scenery and the ocean that had frightened us

"That man is your Father, would you like to speak to him in case we won't see him again?"

so at times during our journey. It looked now like a silver blue sheet, so peaceful and magnificent.

Again came a call; "All passengers be ready in thirty minutes to go ashore; this is Halifax, Canada." We went to the cabin to put finishing touches to our packing. We were in a hurry to line up for going ashore. We went down ladders and gangways before we reached the room to claim our baggage. All was inspected before we were permitted to go. We were asked where we were going. "Winnipeg". Did we know anyone there? "Aunt and uncles". A train was leaving a short distance away. We wanted something to eat; Mrs. Goodman, Anna, my sister, and I. We went up to the counter and asked for milk in Icelandic. No one understood. I put my hands in action like I was milking a cow. The waiter was all smiles and came back with milk.

We boarded the train and had a short wait before we were speeding toward the Great Lakes and Manitoba. The scenery was glorious. At some places the train would pick up speed. Along the lakes it almost felt like we were going back as the curves were so sharp. After two days and nights we landed at the CPR Station in Winnipeg. My aunt and uncle were there to meet us and took us to their home at 615 Lipton Street.

We were about the last immigrants to arrive in Canada before World War 1.

After doing housework for about three months, I was beginning to understand a little English. I decided to try some other work that would give me more freedom, where I could take lessons in English and Music. My sister was also looking for something different. One day she told me she had decided to take a job with an Icelandic family at Gimli, Manitoba. She had met someone who knew them. She had not been there very long when she wrote to me and said another family would like me to come. The wage would be low, but I would get lessons in English as well as piano lessons. I gladly took the opportunity to get away from the crowded city.

I arrived at Gimli one afternoon and my sisters and some friends met me. They took me to the farm where my sister worked. I met Mr. and Mrs. Magnuson. They had a very large family, nine children aged from eleven to one and another one coming in a few months. Mr. Magnuson was a big man, healthy and happy and full of jokes. His wife showed a little of what she had been, quite pretty. Now she looked worn out, sickly and sad. My sister said they were very poor and could not keep her after the baby came.

Later that day we met Mr and Mrs. Grimmur, the family I was to work for. They were an old couple with their family grown up and gone away. They had a very large house. Mrs. Grimmur said there would not be much to do. The minister would come once a week and give me piano lessons. I could take English lessons from her son who lived nearby. My wage would be five dollars a month except if we were busy they would pay more. They would be taking in fishermen enroute to Lake Winnipeg. I had a nice bedroom to myself. We kept busy during the day but at night I would cry myself to sleep.

(To be continued in September issue)



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THE ABEX GROUP

How sun damage causes cataracts

By Jabeen Bharwani,
Doctor of Optometry
(Signal Hill Eye Care,
Calgary)

Summer has officially arrived in Alberta, and people of all ages are excited to get outside and enjoy the sun. While most Albertans recognize the importance of sunscreen to prevent sunburns and skin cancer, many are unaware that UV light can cause serious eye damage. In fact, overexposure to UV rays has been linked to a variety of eye problems, one of which is cataracts, a condition where the normally clear lens of the eye becomes cloudy and opaque.

Cataracts are the leading cause of blindness in the world and affect 3.2 million Canadians. The symptoms

can vary from extremely small areas of cloudiness to large opaque areas that cause a noticeable blurring of vision. The development of cataracts depends on many factors including aging, family history, or an injury or disease, but research shows that exposure to UV radiation is also a major risk factor.

Much like a sunburn on your skin, UV light is absorbed by the tissue of the eye, causing temporary pain and discomfort, and long-term detrimental effects on the health of your eyes. Exposure to UV is cumulative, but while some of the damage has already been done, it's never too late to take action. Preventing direct contact with sunlight, even for short periods of time, can help prevent long-term eye problems at any age.

Here are some UV tips to help keep your eyes safe from cataracts and other eye diseases:

- Avoid sources of UV radiation. Don't stare directly at the sun and be aware of reflections from snow, water, sand and pavement.
- Protect your eyes. Wear sunglasses that are 100% UV blocking against both UVA and UVB rays, and are close-fitting with a wrap-around style frame to help keep light out. If you wear corrective contact lenses, consider wearing UV-blocking contact lenses for an added layer of UV protection.
- Stay informed. Get regular eye exams to monitor eye health, maintain good vision and keep up-to-date on the latest in UV protection (Check out the UV Canada smartphone app for up-to-date info on UV radiation in your area).
- 10-4. Keep out of direct sunlight between 10 a.m. to 4 p.m., when the sun's rays are strongest.

Your Doctor of Optometry can make specific recommendations to ensure your eyes are well-protected and fit you for your perfect pair of sunglasses. In addition, a comprehensive eye exam can identify early onset of eye-health conditions related to UV that may not have apparent symptoms.

For more information and to find a Doctor of Optometry near you, visit www.optometrists.ab.ca

IN MEMORIAM



Join us in extending sympathy to the families of these Kerby Centre members and volunteers:

- Pam Olier
- Frances Theresa Anderson
- Frank P Baker
- Betsy Berg
- J. Bruce Carins
- James Henry Chaters
- Reginald Clark
- Ralph William Colpitts
- Maynard Friesen
- Alice Ebe Gardener
- Margret Geppert
- Jessie Glover
- Grace Golbourn
- Joyce Mae Hodgins
- Geraldine Irene Jamieson
- Pyungia (June) Kang
- Allan Philip Luft
- Elsie Lillian Lukacs
- Rodolfo (Rudy) Manongdo
- Josef Meszaros
- Gale Parder
- Lloyd Avery Redden
- Anna (Elizabeth) Scott
- Elaine Marie Scott
- Ellen Strachan
- John Edward (Jack) Strain
- Pauline Vacon

Please inform Kerby Centre's Volunteer Department if you know of members and volunteers who have recently passed away and we will endeavour to publish their names in the forthcoming issue of the Kerby News.



Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo MIDDLE NAMES

| | | | | | |
|---|---|--------------------------------------|--|--------------------------------|-------------------------------|
| ACROSS | 47 See 95-Across | 84 Initial race advantages [Lovell] | 129 Region centered on the upper Oder valley | 34 Playwright Joe | 81 Hurting, as a joint |
| 1 Abe of "Fish" position | 51 The same, to Simone | 87 Epée relative | 130 Makes off-peak calls? | 35 Cries of repugnance | 82 Grieve loudly |
| 14 "Neue Liebeslieder" composer | 52 NM-to-NJ dir. | 88 Putrefy | | 36 "Buddy List" co. | 83 December 31 song word |
| 20 Idolized | 53 Absorb slowly | 89 Guardian — | DOWN | 40 — shui | 85 "Stormy Weather" singer |
| 21 Details of one's life | 55 "Rapture" singer Baker | 90 Hansel's sis | 1 Coquettes | 41 Pointed arch variety | 86 Abbr. on a bus schedule |
| 22 Angle unit in math | 56 St. Kitts and — | 92 Heat qty. | 2 Flawless | 42 Spelunking spot | 87 See 9-Down |
| 23 Doctors testifying about injuries, e.g. [Trebek] | 58 Confident assertion | 94 Goatee site | 3 Like saints | 43 Samuel of the Supreme Court | 91 Watson of "Noah" |
| 25 Third-largest Danish city | 60 They're part of history [Seagal] | 95 With 47-Across, swooned-over sort | 4 Rigel's constellation | 44 Bottle parts | 93 Erratic |
| 26 East — Alto | 62 Modest reply of gratitude [Hawke] | 96 "It's cold" | 5 Yr. closer | 45 Reaches, as new heights | 96 Frank holder |
| 27 Former space station | 64 Item fitting in a rowlock | 97 Current fashion [Lubitsch] | 6 Water, jocularly | 46 Barn brayer | 98 Nickname for Dwight Gooden |
| 28 Tributary of the Seine | 65 Vain one's problem | 100 Water, in Oaxaca | 7 App-based taxi service | 48 By — of (due to) | 99 Airline to Sweden |
| 30 Compound conjunction | 66 Tyke | 102 Winged god | 8 Fotos | 49 "Chained" actor Kruger | 101 Riolous joke |
| 31 Fox's quality | 67 Above, in an ode | 103 G8 country | 9 With 87-Down, penthouse's place | 50 Hold up | 102 Dutch lager |
| 33 Uses a pogo stick [Chavez] | 68 Not prone to fading in daylight, as a fabric | 104 Curt comment [Previn] | 10 Pindar verse | 54 Movie-rating gp. | 104 Honshu city |
| 37 Back muscle, informally | 71 Wonder | 109 Moralists' statement | 11 Magnates | 55 Stated firmly | 105 Exchange for a ten |
| 38 Assns. | 73 Winter malady | 114 Rural towers | 12 Cockloft, e.g. | 57 Crow of pop | 106 Naval force |
| 39 Soft throw | 76 "Coolness!" | 115 Twisting fish | 13 Cup, in Caen | 59 into pieces | 107 TV's Philbin |
| 40 It's variable with a zoom lens [Ginsberg] | 78 It hangs from a hoop | 116 Enzyme suffix | 14 Dude | 61 "Crkey!" | 108 Nicholas Gage novel |
| 45 Wry Mort | 79 Regulations on importing and exporting [St. Johns] | 117 Skinny | 15 Systems to track storms | 63 Asian sea | 110 Brought out into the open |
| | | 118 Not inclined [Bergman] | 16 The "A" of ATP | 64 Frequently, to Donne | 111 Spiteful |
| | | 120 Saying "I do" [Bergman] | 17 Gandhi, e.g. | 69 Chick's home | 112 "— much better now" |
| | | 125 Lamented loudly | 18 Stoneworker | 70 Cree or Erie | 113 Stem joints |
| | | 126 By mistake | 19 Dummy Mortimer | 72 Decide (to) | 116 Taj Mahal site |
| | | 127 One of the Ramones | 24 Eavesdrop | 73 Heroic act | 119 Mag staffers |
| | | 128 Fall blooms | 29 Beauty lover | 74 Thin street | 121 Mano's three |
| | | | 32 Architectural annex | 75 Egg on | 122 Auditing gp. |
| | | | 33 Marshy area | 77 Humiliate | 123 "— don't!" |
| | | | | 80 Selflessness | 124 Vintage auto |

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Solution on page 32



BLACK OR WHITE

Released January 2015 (2 hours & 1 minute)
PG-13 Drama

Friday, August 28, 2015
at 1:00 pm in the
Kerby Centre Lounge

Tickets are \$1.00 from the
Education and Recreation Department, Room 305

Price includes snack and a drink!

Sponsored by Lake Bonavista Village



Kerby Centre's Activities, Programs & Services

DATES TO REMEMBER

Kerby Centre ClosedMon Aug 3
 Options 45 1:30pm - 3:00pmThurs Aug 6 & 13
 Options 45 5:30pm - 7:00pmTues Aug 18 & 25
 Monthly Movie "Black or White"Fri Aug 28

Join In:

Membership: (Rm 305)
 Being a Member at the Kerby Centre has several perks such as Ed & Rec course discounts, a monthly issue of the Kerby News, fit room discounts, AGM voting privileges and more. Annual Membership only \$22.00 and with \$3 onsite parking for the year!

Internet Room: (Rm 305)
 Free access available to the internet terminals. Monday to Friday, 9:00am to 2:00pm.

Options 45: (lounge)
 This is a drop-in group for people 45 years of age and older. The group involves networking and speakers on topics such as resume building, LinkedIn, encore careers, connecting with recruiters, dressing for success, job finding, skills and abilities along with much more! Drop in fee of \$2.00

Craft Group:
 Craft Group will resume September 16th.

What can be purchased at the Kerby Centre?

⇒ **The Next-to-New Store** (Rm 203): This store has a variety of second-hand clothes for men and women at low prices. Open Monday-Friday, 10:00am – 2:30pm.

⇒ **The Wise Owl Boutique** (Rm 214): This consignment shop features unique handmade items by seniors. Open Monday – Friday, 10:00am – 3:00pm. Consignments are only accepted on Wednesdays from: 9:30am – 1:30pm. Please call (403) 705-3218 for more information.

Weekly Clubs and Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| Recorder Group Room 313 1:00pm- 2:30pm \$1.25 | | Bridge Room 307 1:00pm - 3:00pm \$1.25 | Artists Group Room 313 10:00am - 3:00pm \$1.25 per half day | Spanish Conversation Group Room 311 10:00am -12:00pm \$1.25 |
| Cribbage Chandler Kennedy Room 1:30pm -3:30pm \$1.25 | Life isn't about finding yourself. Life is about creating yourself. –George Bernard Shaw | | Bingo* Room 205 11:30am - 3:00pm | Krazy Karvers Woodcarving Club Room 102 10:00am - 3:00pm \$1.00 per hour |

If you have an idea for a new group, or would like to join a current one, touch base with the Education and Recreation Department (403) 705-3233 or our Volunteer Department (403) 705-3218.

⇒ **Trekking/Walking Poles** are available through the Ed & Rec department! We have pairs that come in a variety of sizes and can be purchased for \$25 a pair.

Get Involved:

Tour of Kerby Centre:
 Tours are held every Thursday at 10:30am for approximately 1 hour. Starting in the dining room, you will learn about Kerby Centre's programs, services and volunteer opportunities. No registration required.

Donations:
 We appreciate any donations of clean used men and women's clothing, good wool, yarn or crochet cotton. Please bring your donations to the Volunteer Department; Monday to Friday, 8:00am to 4:30pm.

Knitting for a Cause:
 Knitting for a Cause will resume on September 14th.

Be Active:

Fit Room:
 Get the right amount of exercise in our fitness room on the

basement level of the Kerby Centre. Applications are available in room 305. Membership includes free 1hr session with Personal Trainer, Tammie Yearwood. Cost for Kerby members is \$20/month or \$180/year. Open Monday - Friday 7:30am-7:30pm

Dance: (Rm 205)
 Dance will resume in September.

Pickleball:
 Stay fit and have fun by playing Pickleball in the Kerby Gymnasium. Every Monday and Thursday the nets will be set up between 3:30pm – 5:00pm. Cost \$1.25

Badminton & Ping Pong:
 Members are welcome to join us for some lighter sports in our Gymnasium on Fridays between 10:30am – 1:00pm. Cost \$1.25

Kerby 2 – East Village Events:

LifeSpring Community Church
 Every Sunday starting at 9:30am
 Location: K2EV 420 9th Ave SE

For more information contact Paul Bagley 403.862.5639

create! in the East Village
 1:00 – 3:00pm
 Every Tuesday, Wednesday, Thursday, Friday
 Location: K2EV 420 9th Ave SE
 Free! Drop-in!
 For more information contact Wendy Lees 403.880.3001

Perspectives on Aging

- Eventually you will reach a point when you stop lying about your age and start bragging about it.
- The older we get, the fewer things seem worth waiting in line for.
- Some people try to turn back the odometers. Not me! I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.
- When you are dissatisfied and would like to go back to youth, think of Algebra.

Volunteer Spotlight



Betty Hesson

Betty started volunteering at the Kerby Centre in September 2000 and she has contributed over 3,700 hours so far! She started out in our Next to New clothing shop, moving on for a brief time to the front reception desk and then to our Wise Owl Boutique craft consignment shop. Betty is an artist and does a lot of craft work; she has consignment items in the craft shop and also donates items as well. Betty says that Kerby Centre has helped her out quite a bit and she loves to be able to give back. She really enjoys volunteering as she says it is a fantastic place, she gets to meet people and has made quite a few friends here.

Thank you Betty, for all that you do for the Kerby Centre!

Leave a Legacy of Inspiration

"When I am gone, I hope to be remembered as a caring and thoughtful person. I want to know that Kerby Centre's important work will continue on for years to come."

"My decision to include Kerby Centre in my will is part of the legacy I wish to leave."

- Anonymous donor



Kerby Centre

Kerby Centre assists older adults to be active and engaged in their lives through health, wellness, education, recreation, and support programs.

Please choose to make a difference today.



The generosity of today's donors and tomorrow's legacy gifts provides hope, dignity, and independence to older adults.

For Information please contact Rob Locke at robl@kerbycentre.com

The Blowing of Atlantic Number Three

By Sterling Haynes

Our old hunting grounds were awash in oil and mud. Duck ponds, creeks and farm stubble were splattered with petroleum and gas from Devonian subterranean reefs. In 1946 and 1947, Leduc #1 and #2 oil wells were spudded in, a new oil discovery in Alberta.

On March 8, 1948, Atlantic #3 blew and covered the snow and the Rebus homestead and

“This was a major event and only the first day of the terrible catastrophe involving explosions and flaming oil in the Leduc fields.”

farm, near Leduc, with muck. Atlantic #3 was a rogue well and out of control. Bulldozers of the oil industry enlarged our duck ponds. Dikes contained the black gold. Blackmud and Whitemud Creeks were contaminated with oil.

Pollution affected water purity in the North Saskatchewan River. People said it gave an added natural petroleum taste supplied by Imperial Oil and Atlantic's black lubrication. There was no place for the spring migrating ducks to land. The prairie chicken, also called the sharp-tailed grouse, the ruffed grouse, and the Hungarian partridge, had flown south — away from the immense pollution in the Edmonton area.

World War II's Holocaust was over. Were we ready for a different kind of flaming catastrophe in our own homeland? Would our big sky be screened, the sun become a murky orb, our moon be enshrouded in grit? Already our grain fields and wheat stooks were covered in tar. The smell of the air was smudgy and the taste of the water greasy. Our cherished pristine space could become an ecological crematorium.

The Leduc terrain we knew well. We were a bunch of kids who grew up on the south side of Edmonton and were students at the University of Alberta. We knew that our hunting refuge was in jeopardy. We'd been hunting there since 1942. There were five of us, all in second year at the University of Alberta. Three of the gang were gung ho engineering students, two

brothers in the civil engineering program and one in mining. My best friend was taking mycology and I was a zoology major, geology minor. We were all ardent ninjads, but respectful of Alberta's bird hunting laws.

It was Labour Day, 1948, the start of the hunting season — the CBC radio's first big inaugural news story. The radio announcer declared that the outlaw Atlantic #3 of Leduc was out of control and on fire, only five months after it had blown. This was a major event and only the first day of the terrible catastrophe involving explosions and flaming oil in the Leduc fields. The whole area was ablaze. The RCMP declared the Leduc region off limits that afternoon.

I was driving an old green Pontiac when I heard the evening news on my dad's car radio: “Keep away from Atlantic #3's massive fire” was the main message. I rushed to pick up my best friends and hunting partners. These guys were always ready for anything. We didn't need maps; we knew the area, the roads and the fields. The sky was ablaze in the night, our beacon easily visible. We hit the Calgary Trail in a cloud of dust and gravel, then turned off onto dirt roads into the farm fields. We managed to avoid the cops as they combed the area for trespassers. We parked about a mile from the blaze, the car was covered in oil and dirt very quickly. Then, we piled slash and brush over the car to conceal it from the police.

We ran for a willow patch

about 400-500 feet from the fire and headed down a dry creek bottom. Luckily, we were upwind from the holocaust and were able to get close. There was oil flowing everywhere. A policeman caught sight of us, but we lost him in the bulrushes growing along some ox-bow cut offs. In the effort to elude the cop, I ran into the darkness and a barbed wire fence.

I could feel blood dripping down my jeans but in the excitement of it all, I kept running. The authorities didn't challenge us again. As we got closer to the blaze, we stumbled in oil and mud until we were finally stopped by an old, coiled and barbed razor wire fence.

The sky was alight with fire. Was this a flaming volcano? Mud and oil balls shot into the night igniting lakes of surface oil. The stench of smoke and oil choked us. The heat at the core of the burning wellhead soared to 2000 degrees Fahrenheit. The wall of escaping air from the burn singed my eyebrows and my

blonde moustache. I was stewing, my face aglow, my body awash in sweat. Anointed and lubricated, I was mesmerized while I cooked and the blood on my jeans caked.

In the light of this man-made volcano, all five of us stood in awe until three that morning. This flaming spectacle was etched upon my retinas and burnt in my memory. I wouldn't have missed this show the burning of Atlantic #3.

“A policeman caught sight of us, but we lost him in the bulrushes growing along some ox-bow cut offs.”

Slowly, I drove our gang back to Edmonton, our faces blackened from the smoke and crude. We all felt that the fire and oil spill could go on forever. Our boyhood prairie hunting ground could never withstand the oil, the smoke and the heat. Sadly, we never hunted ducks, partridge or grouse there again. It took months for the fire to be

snuffed out. It was only the expertise of Paul “Red” Adair and his imported Texas band of firemen that finally saved the Leduc oil fields — our cherished prairies.

63 years later, I was a passenger on a Boeing 727 landing at Edmonton International Airport in Leduc. Tarmac runways now cover the spot where the Atlantic #3 oil spill and fire occurred.

The town of Leduc is now a city. It is a place of storage units, a pumping station for petroleum products and a dormitory for people working in Edmonton.

On the bus trip from the airport in to our Edmonton hotel, I scanned the skies and creeks looking for migrating ducks and coveys of partridge and grouse on the hunting grounds of my youth. There were no birds — that I could see. At one time, I felt like the loss of game birds in this area was permanent.

Now I know — it is forever.

Sterling Haynes is an octogenarian award-winning writer who lives in Kelowna, B.C.

This story is excerpted from his short story collection, “Where Does It Hurt Now?” by randArT Publishing.



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The Community with Heart ♥

Community Events

Theatre Calgary

Through August 16, from Tuesdays to Sundays at 7:00 p.m. with Sunday matinees at 2:00, at Prince's Island Park, Theatre Calgary is celebrating Alberta's emerging theatre artists by presenting an adapted version, suitable for all ages, of *The Tempest* under the theme Shakespeare by the Bow. Join us and bring a picnic and some friends and enjoy the play in the setting of the beautiful Prince's Island Park. For admission, you pay what you will. For up-to-date performance information, visit www.theatrecalgary.com or call 403-294-7447.

Lougheed House

The Lougheed House, a national and provincial historic site located at 707 -13

Avenue SW, is holding a new exhibit "Darling Deco: 1920s Women's Fashion" until October 11. This unique exhibition of rare fashion artifacts and images explores how fashion reflected women's evolving roles in society during this pivotal decade. The exhibit features over 50 objects, including dresses, shoes, jewelry, scarves, hair accessories, hats and more, from the collections of the Royal Alberta Museum, the Red Deer Museum and Art Gallery, the Glenbow Library and Archives, and the Lougheed House. Come see this exhibit and take a tour of the Lougheed House (self-guided and audio tours are always available, while guided tours are subject to availability). Regular

admission prices are \$8.50 for adults, \$6.50 for seniors and students, \$5 for children 6-12, \$25 for families, and free for children under 6. The Lougheed House opens from Wednesday to Friday between 11:00 a.m. and 4:00 p.m. and on Saturdays and Sundays between 10:00 a.m. and 4:00 p.m. For more information, please call 403-244-6333, email info@lougheedhouse.com, or visit www.lougheedhouse.com.

The University of Calgary

The University of Calgary's Nickle Galleries, housed in the Taylor Family Digital Library, at 401 University Court NW, is presenting the exhibit "Ron Thom and the Allied Arts" until August 21. Please contact MUSEO at 403-210-6201 for more information.

Calgary RibFest

This summer Big BBQ and Foodie Experience in partnership with Kiwanis will hit Calgary's 8th Avenue between 1st Street SE and 4th Street SW on August 14-16 from 11:00 a.m. to 6:00 p.m. Delicious succulent ribs, BBQ chicken and pulled pork are served by 6 ribbers over 3 city blocks, accompanied by live music, craft beer and wine pairings, foodie and BBQ demonstrations, and a very popular Pulled Pork

Eating Championship Contest. The Best in Ribs contest, as well as a rib cutting contest, will feature local celebrities, media personalities, foodie bloggers and one lucky RibFest fan. This family-friendly festival is free of admission and there will be lots of street parking within blocks of the historic Stephen Avenue. You can win a free rack of Ribs Contest through RibFest's media partners and social media communities. For more information, visit [Twitter@calgaryribfest](https://twitter.com/calgaryribfest) or [Facebook.com/CalgaryRibFest](https://facebook.com/CalgaryRibFest), or email CalgaryRibFest@mail.com.

Calgary Fringe Festival

On August 8, the 10th Calgary Fringe Festival, an indoor theatre festival presenting acts from around the globe (and from our own backyards!) will present Calgary Fringe Best of Venue series at Inglewood Fine Arts (1229 - 9 Avenue SE). The performers are the Best of Venue winners for their fringe acts on prior dates at 5 major different venues in the city. They will perform their award-win-

ning show in staggered intervals throughout the day. For tickets and other information, please contact Michele Gallant, the Festival Director and Producer, at Michele@calgaryfringe.ca or 403-397-7260.

The Calgary Fringe Festival is also presenting an improvised musical comedy "The 11 O'clock Number!" through August 8 at the Alexandra Centre (922 - 9 Avenue SE). Performers interview audience members, find out their families, friends and anything else and create a musical with improvised songs, harmonies, dance numbers, intriguing plot twists, live musical accompaniment by Erik Mortimer, and tons of laughs. The showtimes are as follows: August 1 - 5:00 p.m., August 2 - 9:00 p.m., August 3 - 7:00 p.m., August 4 - 7:00 p.m., August 6 - 9:00 p.m., and August 8 - 5:00 p.m. General admission is \$13. Tickets are available at calgaryfringe.ca.

Compiled by Faye Wu



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Welfare Letters

(Continued from Page 24)

- I am glad to report that my husband who is missing is dead.
- I am very annoyed to find out you branded my son illiterate. This is a dirty lie, as I was married a week before he was born.
- I answer to your letter, I have given birth to a boy weighing 10 pounds. I hope this is satisfactory.
- I am forwarding my marriage certificate and five children, one of which is a mistake as you can see.
- My husband got his project cut off two weeks ago, and I haven't had my relief since.
- You changed my little boy to a girl. Will this make a difference?
- I am forwarding a marriage certificate and six children. I have seven, one died, which are baptised on a half piece of paper.

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 Classified Deadline for September issue must be received and paid by August 6.



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| 11 | Foot Care |
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| 13 | Mobility Aids |
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10 HEALTH

Proven cure for arthritis in 5 months made from all natural ingredients. Patent applied for. 403-256-3922.

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11 FOOT CARE

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24 LANDSCAPING

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33 WANTED

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Continued on page 32

Continued from page 31

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Crossword Solution

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| A | D | O | R | E | D | B | I | O | D | A | T | A | R | A | D | I | A | N |
| M | E | D | I | C | A | L | E | X | P | E | R | T | S | O | D | E | N | S |
| P | A | L | O | M | I | R | O | I | S | E | A | N | D | O | R | | | |
| S | L | Y | N | E | S | B | O | U | N | C | E | S | A | R | O | U | N | D |
| | | | | | | L | A | T | O | R | G | S | T | O | S | | | |
| F | O | C | A | L | L | E | N | G | T | H | S | A | H | L | I | D | O | L |
| E | G | A | L | E | N | E | O | S | M | O | S | E | A | N | I | T | A | |
| N | E | V | I | S | I | C | A | N | P | A | S | T | E | V | E | N | T | S |
| G | E | E | T | H | A | N | K | S | O | A | R | E | G | O | T | O | T | |
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| F | L | U | R | A | D | N | E | T | T | R | A | D | E | L | A | W | S | |
| E | A | R | L | Y | L | E | A | D | S | F | O | I | L | D | E | C | A | Y |
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| A | S | T | E | R | S | S | I | L | E | S | I | A | Y | O | D | E | L | S |

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Amount Enclosed \$ _____
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Kerby Centre

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Mailing address Kerby Centre 1133 - 7th Ave SW Calgary, Alberta T2P 1B2

Contact us at 403-705-3235 or email to funddev@kerbycentre.com

Charitable Registration #11897-9947-RR0001

Kerby Centre Department Directory

Kerby Centre 1133 - 7th Ave S.W. Calgary

Main Switchboard
403-265-0661

www.kerbycentre.com

| | |
|--|--------------------------|
| Accounting | 403-705-3215 |
| Adult Day Program | 403-705-3214 |
| <i>Socializing and health monitoring program for physically and/or mentally challenged seniors</i> | |
| | adp@Kerbycentre.com |
| Diana James Wellness Centre | 403-234-6566 |
| <i>Health services including footcare</i> | |
| | wellness@kerbycentre.com |
| Dining Room | 403-705-3225 |
| <i>Serving nutritious meals to everyone</i> | |
| | kitchen@kerbycentre.com |

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|---|---------------------------------|
| Education & Recreation | 403-705-3232 |
| <i>Information source for programs at Kerby Centre</i> | |
| | program@kerbycentre.com |
| Fund Development | 403-705-3235 |
| <i>Work with members and community to provide funding for Kerby Centre's vital programs</i> | |
| | funddev@kerbycentre.com |
| General Office | 403-705-3249 |
| | generaloffice@kerbycentre.com |
| Grocery Delivery Program | 403-234-6571 |
| <i>Shop and deliver groceries for housebound seniors</i> | |
| | grocerydelivery@kerbycentre.com |
| Housing | 403-705-3231 |
| <i>Assists seniors in finding appropriate housing</i> | |
| | housing@kerbycentre.com |
| Information / Resources | 403-705-3246 |
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| | info@kerbycentre.com |

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| | editor@kerbycentre.com |
| Kerby News Sales | 403-705-3238 |
| | advertising@kerbycentre.com |
| | or 403-705-3240 |
| | sales@kerbycentre.com |
| Kerby Rotary House | 403-705-3250 (24 hour) |
| <i>Providing refuge for those over 55 fleeing family abuse, seniors in crisis and homeless seniors.</i> | |
| | shelter@kerbycentre.com |
| Volunteer Department | 403-705-3218 |
| <i>Volunteers are the heart of Kerby Centre</i> | |
| | volunteer@kerbycentre.com |
| President Hank Heerema | 403-705-3253 |
| | president@kerbycentre.com |
| CEO Luanne Whitmarsh | 403-705-3251 |
| | luannew@kerbycentre.com |

Financial literacy for seniors – it's important

Financial literacy is a critical life skill for everybody and especially for older Canadians who may face new and varied financial challenges as they navigate their senior years. Without sufficient financial literacy skills, seniors could be vulnerable to problems ranging from difficulties in managing their finances to falling victim to fraud and other forms of financial abuse.

That's why the federal Financial Consumer Agency of Canada recently released a report, "National Strategy For Financial Literacy, Phase 1: Strengthening Seniors' Financial Literacy." The report is the result of a broad consultation process involving individual Canadians and a wide range of public,

private and non-profit sector organizations. With the input and direction of these stakeholders, the report focuses on four goals as key priorities for strengthening seniors' financial literacy:

- Engage more Canadians in preparing for their future years as seniors.
- Help current seniors plan and manage their financial affairs.
- Improve understanding of and access to public benefits for seniors.
- Increase tools to combat financial abuse of seniors.

The report says the needs for financial education and support vary widely among the senior population. It also points out that research is important in developing effective programs to help

seniors take the right actions and make sound decisions necessary to achieve their financial goals. Early planning and timely decisions have a major impact on seniors' financial well-being, a reality the report addresses by noting that seniors need a broad base of support to ensure they can make confident and informed decisions on financial matters.

The report also emphasizes that:

- Financial literacy is a significant, complex issue with many challenges.
- People require the right initiatives, tool and supports to take charge of their financial situation.
- It can be challenging for anyone to keep their financial knowledge and skills up to date.
- Financial education has its limits. It does not always translate into positive financial behaviours and outcomes.
- Preventing financial abuse can only partially be addressed through greater financial literacy.
- Much good work in the field of financial education is already happening across the country through the efforts of organizations in the private, public and non-profit sectors.

Improving seniors' financial literacy is critical, but, as the report says, it's not enough. Seniors (and those who will one day be seniors) also need expert support, direction and advice they can trust. And that makes a professional advisor a critical member of their financial team.

Something else to consider: A philanthropic gift no matter the size is an important decision when updating or finalizing your will. To make the best use of your contributions, to preserve

your legacy, and to minimize taxes and/or estate fees, a sound charitable giving plan is the way to go. One of the many strategies available is to name a charity as beneficiary in your will. Leave a bequest of money or gift (securities or artwork, for example) to a recognized charity like the Kerby Centre and your estate will receive a charitable donation tax receipt that could reduce or eliminate the income tax on your final return and possibly on the immediately preceding return as well.

* <http://www.fcac-acfc.gc.ca/Eng/financialLiteracy/financialLiteracyCan>

ada/strategy/Documents/seniors_financial_literacy_consultation.pdf

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Financial Planning Today

Topic: Charitable Giving Strategies And Sound Financial Practices

Location: Kerby Centre – 1133 7th Ave SW
Room: Board Room # 318B
Date: Wednesday, September 16, 2015
Time: 10:00 am – 11:30 am

Join us for coffee and cookies while learning how to support your favorite charities now and in the future. We will show you how to build a long term gift giving strategy helping improve tax savings both in the short and long term.

Please **RSVP** to Rob Locke
 Director of Fund Development
403-705-3235 or
robl@kerbycentre.com

Door prize awarded to one lucky attendee

Joanne Kirk and Daryl Standish
 Investors Group Calgary South



Kerby Centre

Kerby Centre Presents

Backyard Bash!

2015 ACTIVE AGING WEEK

Celebrating Active Aging Week 2015

Join us for an afternoon of friends and fun in Kerby Centre's backyard!

Snacks and drinks!

Team games and activities!

Tuesday September 29
Shaw Millennium Park
 (Kerby Gymnasium if poor weather)
 1:00pm – 3:00pm

COST: FREE – Open to everyone!

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Our Vision - We enhance lives by providing quality care and self-sustainable living through innovative leadership.



Create healthy lifestyle changes

Page design and layout
by Winifred Ribeiro

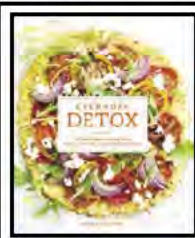
Make gradual steps in the right direction – while enjoying everything you eat.

Megan Gilmore's *Everyday Detox* cookbook is based on showing readers that healthy living can be easy, accessible and delicious with gradual steps that create lasting lifestyle changes!

Lose weight and feel great with this no-dieting, no-fasting, no-calorie-counting detox plan. Featuring 100 delicious, quick, and easy recipes, made with all-natural ingredients featuring gluten and sugar-free recipes for breakfast, lunch and dinner. Choices include smoothies, snacks and desserts, with vegan, vegetarian and grain-free alternatives, proving how versatile and delicious real foods can be.

Whilst most diets and detoxes require all-or-nothing approaches which encourage unhealthy cycles of restriction followed by bingeing, *Everyday Detox* takes a realistic, sensible approach to healthy eating and weight loss. You can discover the benefits of using all-natural, whole foods, real foods over processed versions, in the correct combination, that not only promote good health but stave off feelings of hunger and deprivation, while also helping make digestion quick and efficient as possible. When followed over a long term this can gradually create lasting lifestyle changes. Since each recipe has been designed to promote good gut health while gently removing toxins, you won't feel bloated or uncomfortable after eating, this approach is best for digestion

Packed with invaluable advice on how to stock a detox-friendly kitchen, and a handy food combination cheat sheet to help you to enjoy the benefits — and the results — this is an essential no-fuss approach to looking and feeling great! Healthy living truly can be easy and delicious!



Excerpted from *Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally* by Megan Gilmore. Copyright © 2015 Megan Gilmore. Photography by Nicole Franzen. Published by Ten Speed Press, a division of The Crown Publishing Group, a Penguin Random House Company. Reproduced by arrangement with the Publisher. All rights reserved.



strawberry lime sorbet©

You're just minutes away from enjoying a refreshing sorbet that tastes just as delicious as one you'd find at an ice cream shop. Frozen strawberries, whose red flesh contains a compound that may help promote fat loss and boost short-term memory, are the key to this delectable treat, as they provide a slushy, sorbetlike texture when pureed. No need for an ice cream maker! Once you get the hang of it, feel free to use any other frozen fruit you like for an endless number of flavor possibilities.

Serves: 4-6

- 1 pound frozen strawberries**
- 2 tablespoons freshly squeezed lime juice**
- 1/4 cup maple syrup**
- 1/4 cup water, or more as needed to facilitate blending**

In a large food processor fitted with an "S" blade, combine the strawberries, lime juice, maple syrup, and water. Process until the strawberries are completely broken down, which may take several minutes, creating a smooth and thick consistency similar to sorbet. Add more water, if needed, to achieve this smooth texture, and then serve immediately.

Notes: Leftovers can be stored in a sealed container in the freezer, but they will become rock hard when frozen. To serve again, remove from the freezer and thaw for 20 to 30 minutes, until the sorbet can be stirred and restored to its original texture.

cauliflower fried "rice"©

This is my favorite dish to introduce to people who are new to healthier eating, as it tastes incredibly similar to real Chinese takeout, while being almost entirely vegetable-based. When briefly pulsed in a food processor, raw cauliflower becomes surprisingly rice-like and is almost undetectable when sautéed with aromatic garlic, ginger, and tamari. The fluffy bites of egg are my favorite part of any fried rice dish, but the eggs can be easily omitted to make this recipe vegan-friendly.

Serves: 4 to 6

- 1 (2 1/2-pound) head cauliflower, chopped into florets**
- 2 tablespoons coconut oil**
- 1/2 yellow onion, chopped**
- 3 celery stalks, chopped**
- 2 carrots, chopped**
- 2 cups chopped broccoli florets**
- 2 cloves garlic, minced**
- 1 teaspoon minced ginger**
- 6 eggs, beaten**
- 1/3 cup tamari**
- Sea salt**

1. In a large food processor fitted with an "S" blade, briefly pulse the cauliflower florets into a ricelike consistency. Be careful not to over-process, as you don't want the "rice" to be too fine. (Alternatively, you could grate the cauliflower on a box grater.) Set aside.

2. Melt 1 tablespoon of the coconut oil in a large saucepan or enameled Dutch oven over medium heat. Add the onion, celery, and carrots and sauté until slightly tender, about 5 minutes. Add the broccoli, garlic, and ginger and cover. Cook for another 5 minutes, until the broccoli is bright green.

3. Melt the remaining 1 tablespoon of coconut oil in a separate skillet over medium heat. Add the eggs and scramble until they are softly cooked and fluffy.

4. Add the scrambled eggs, cauliflower "rice," and tamari to the saucepan full of cooked vegetables and stir well, cooking until the cauliflower "rice" is hot and tender. Season with sea salt to taste and then serve immediately.

make it vegan: Omit the eggs.

make it soy-free: Replace the tamari with coconut aminos.

make it omnivore-friendly: Add high-quality meat to this dish for a properly combined meal.



southwest stuffed sweet potatoes©

Instead of the traditional butter and brown sugar toppings, these baked sweet potatoes are dressed with a savory mix of sautéed onions, peppers, tomatoes, and spinach, with a kick of spice for some Southwestern flair. Sweet potatoes, which are also commonly labeled as yams, contain almost twice as much fiber as other potatoes and are bursting with vitamin B6, which may promote heart health. These stuffed spuds can be easily reheated in the oven, so feel free to make a double batch and freeze the extras for a convenient meal during the week.

Serves: 4

- 4 sweet potatoes**
- 2 teaspoons coconut oil**
- 1 red onion, chopped**
- 1 red bell pepper, seeded and chopped**
- 1 jalapeño, diced (seeds optional)**
- 2 cloves garlic, minced**
- 2 tomatoes, chopped**
- 1/2 teaspoon cumin**
- 1/2 teaspoon chili powder**
- 1/2 teaspoon sea salt**
- 2 cups fresh spinach**
- 1 avocado, pitted**
- Chopped fresh cilantro, for garnish**

1. Preheat the oven to 350°F.

2. Pierce the skin of the sweet potatoes several times with a fork to vent, then rub the skins with 1 teaspoon of the coconut oil. Place the potatoes on a baking sheet and bake until tender, 45 to 60 minutes.

3. Melt the remaining 1 teaspoon of coconut oil in a skillet over medium heat. Add the onion, bell pepper, and jalapeño and sauté for 5 minutes. Add the garlic and tomatoes along with the cumin, chili powder, and salt and sauté for another 5 minutes, allowing the liquid from the tomatoes to evaporate. Finally, add in the fresh spinach, sautéing just long enough for the leaves to wilt.

4. Remove the baked sweet potatoes from the oven, cut in half lengthwise, and lightly sprinkle with sea salt. Spoon the sautéed vegetable filling over the potatoes, then top each with diced ripe avocado and a sprinkling of cilantro. Serve warm.

make it more filling: Add 1 1/2 cups cooked beans or lentils for a more filling yet still properly combined meal.

Stampedin' at Kerby! (for the 23rd and 13th times)



Photo by Jayson M. Lizardo

Kerby Centre recently celebrated the Calgary Stampede with its 23rd annual Stampede Breakfast pictured here. The Stampede Breakfast attracted well over 1000 Calgarians (and many others from further afield), as well as dignitaries such as Calgary Mayor Naheed Nenshi (and the not so dignified, such as Harry the Horse) for the full-on Stampede Breakfast Experience and music by the Gord West Band. The band also entertained at Kerby Centre's Adult Day Support Program's 13th annual Stampede Hoedown, featuring chow, games and a raffle, which was well attended by ADSP's, clients, caregivers, friends, family, staff and volunteers, and is pictured here on the lower left of the page.



Photo by Jayson M. Lizardo



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