

# Kerby News

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2015  
December  
Volume 31 #12



You can celebrate the timeless appeal of Christmas at Calgary's Lougheed House this holiday season. See details on page 25.

## Inside

- Kerby Centre's Winter Programs..... Pages 9-14
- Giving money equals happy money..... Page 16
- Giving to the food bank at Christmas..... Page 30
- A Polar Express Christmas..... Page 32, 35

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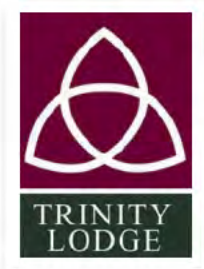
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# Seniors' care still falls short in Alberta

Alberta Seniors' department budget has been cut from \$116 million in 2014-15 to \$102 million in 2015-16

By Janice Curtis and Lawrence Braul

The Alberta NDP government's first budget was a disappointment for the province's fastest growing demographic – seniors.

Seniors now make up about 10 per cent of Alberta's population and by 2041 it is estimated that number will double to 20 per cent. So the pressure on the government to serve this demographic will only grow.

First the good news. Spending on provisions for drugs (\$558 million), dental, vision and supplementary health benefits (\$122 million total) was increased for older adults in the budget, which was presented in October. However, it is not known if these increases represent new funding or just a re-allocation of funds.

Homecare will also be expanded, with a new model to be phased in in 2017-18. Details about the model are

thin but the intent is to keep older adults in their homes as long as possible.

Aging in place is a good goal, but it can lead to undiagnosed physical and mental health issues, as well as social isolation.

Aging in community – where seniors can participate and contribute to the communities they live in, whether private dwellings or communal seniors housing – is much better.

The NDP also announced long-awaited expansion to long-term senior care spaces, creating 2,000 new spaces, with attached operating funding. But we don't just need more spaces, we also need better quality and consistent standards between facilities.

A recent survey released by the Health Quality Council of Alberta on family experiences of long-term care providers reported no significant change in overall ratings from 2010 to 2014-15 for 94.8 per cent of the facilities, while the rest experienced a decrease. Families recommended more staff, better food, better cleanliness and upkeep, and better access to other health-care services. With a province-

wide average rating of 8.3 out of 10, there is still room for improvement.

And there are other areas in senior care that need attention.

If the province also invested more in preventive supports and services, such as programs on falls prevention and better medication reviews and monitoring, costly, unnecessary and

**“Dementia spaces will increasingly be a priority in the province as the seniors' population grows”**

inappropriate trips to hospital emergency rooms could be reduced

When it comes to other seniors housing, the picture is mixed. Dementia spaces will increasingly be a priority in the province as the seniors' population grows, along with much-needed long-term care spaces. Hopefully, the government will also make keeping married couples together a priority. Couples are currently being split up when one needs acute dementia care

and the stories of separation are heartbreaking.

While it is encouraging that the province sees the need for investment in older facilities, some of these may be better repurposed or even rebuilt as they are coming to the end of their natural lifecycle. An aging population living in aging buildings is not a recipe for quality of life.

The fact that the Affordable Supportive Living Initiative (ASLI) program will no longer be funded after 2014-15 is also worrying. It's true that the Alberta Social Housing Corp. received a big boost in capital spending to \$168 million from \$88 million, with \$78 million of that earmarked for seniors housing. But it's still unknown what mix of senior care housing (independent or supportive living, private or non-profit) will receive funding.

The budget does include funding for a mental health strategy, as well as an addictions strategy, which is an excellent move forward. However, mental health issues for the older adult population can be extremely complex and can be tied to housing. If older adults with

mental illness and/or addictions live in communal settings, their housing can be put at risk without proper and specialized treatment. The government must ensure that older adults are included in both strategies.

While more money is going into seniors-related budgets in other government departments, the sad reality is that the total Alberta Seniors department budget will decrease from \$116 million in 2014-15 to \$102 million in 2015-16, and go lower still in 2017-18. This is not reflective of the needs of this growing population group.

There are certainly some good things in the the first NDP budget with respect to seniors. However, this government must accomplish more in order to provide the growing population of Alberta seniors with a comfortable, safe and affordable future.

*Janice Curtis is CEO of Calgary Meals on Wheels. Lawrence Braul is the CEO of Trinity Place Foundation. Both sit as members of the steering committee of the Older Adult Council of Calgary*  
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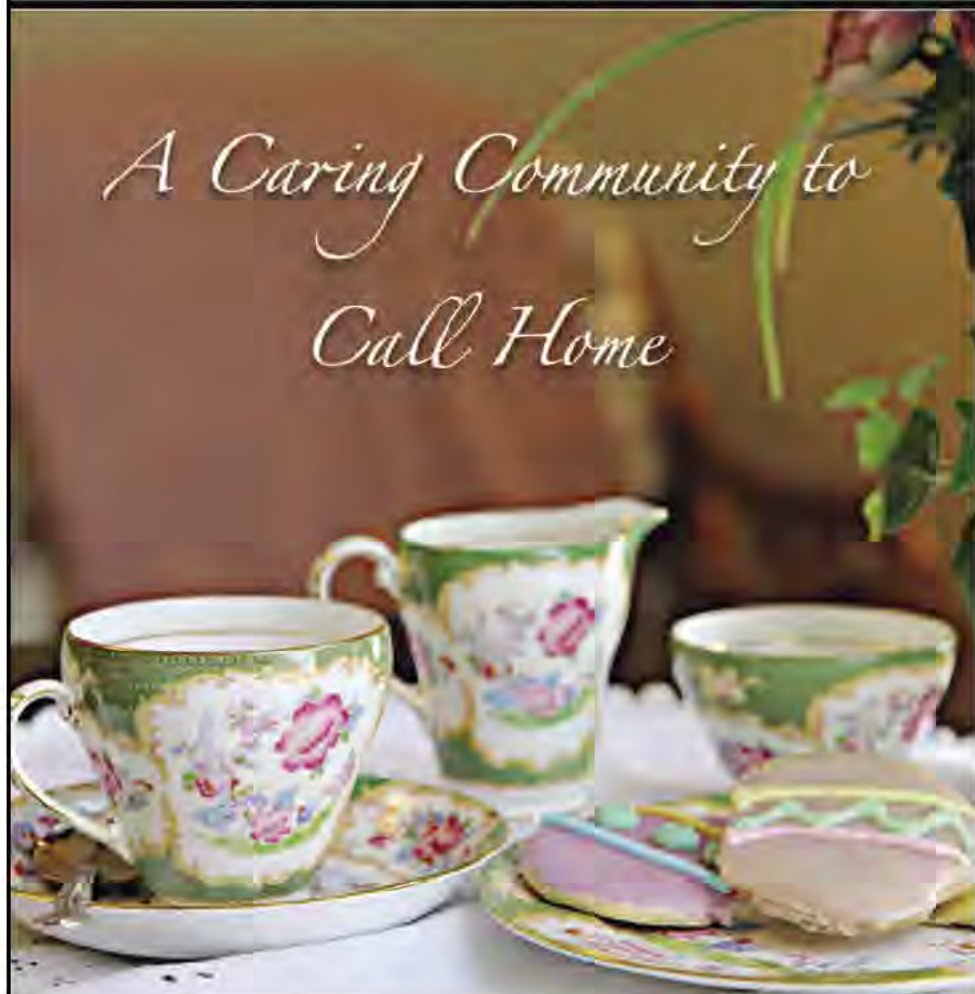
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**President's Report****Remember Kerby Centre at Christmas**

Another year comes to a close, and we at Kerby Centre reflect back upon the successes and challenges of 2015.

For the first time, there are now more older adults 65+ in Canada than there

are children under the age of 15. Seniors are one of the fastest-growing populations within our community. This brings a rise in demand for Kerby Centre's programs and services to help older adults live independently.

Older adults who participate in social activities are more likely to report positive health and well-being. We are working hard to assist you in staying healthy and engaged in the community.

Kerby Centre is a place where older adults are celebrated for their accomplishments, and where intergenerational connections happen. Through education, recreation, information, and support services, Kerby Centre connects with more than 22,000 older adults every year.

If you are a Kerby Centre member, you should have received a request for a donation as part of our annual campaign. We appreciate your support and we want you to know just how important you are in helping us to continue assisting Alberta's older adults.

You can make a donation to Kerby Centre by filling

out the form in this issue or by visiting our website, [www.kerbycentre.com](http://www.kerbycentre.com). The money you donate keeps Kerby Centre's programs and services operating. When you walk through our doors, know that your donation, no matter the size, has ensured that Kerby Centre is here for you and those you love.

Kerby Centre has always focused on maintaining physical activity of older adults through our Education and Recreation classes. These programs offered at Kerby Centre are the cornerstones of healthy, active living, community, thoughtfulness, and wellness.

This season, I hope you will choose to remember Kerby Centre in your holiday giving. Your gift will help us continue the legacy of supporting older adults to be socially engaged, physically active, and live healthier lives.

Help Kerby Centre continue to grow into the future. Every gift, regardless of the amount, moves our community closer to Kerby Centre's vision of a happy, healthy senior population.

After donating financially to Kerby Centre, you may feel an inner pull to become more involved with our work by donating your time and skills as well. By volunteering with Kerby you have the opportunity to build your social circle, while reaping physical and mental benefits from the labor.

We know that one person can make a difference. You can be that person.

On behalf of Kerby Centre's staff, Board of Directors, and membership, I wish you the best of the holiday season and an active and engaged new year.

**DECEMBER 2015**

**Front page:** Photograph by George Webber  
Design by Winifred Ribeiro

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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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**Ministers at Kerby Centre**

Kerby Centre CEO Luanne Whitmarsh (centre) toured Deputy Minister of Seniors, Shannon Marchand (left) and Assistant Deputy Minister, John Cabral through Kerby Centre recently. Deputy Minister Marchand was appointed in August. Photo by Keith Callbeck

**Kerby Centre Member Appreciation Holiday Feast**

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News from City Hall —

# The kindness of Calgarians resonates during Christmas

Evan Woolley



I love this time of year. It's not just because of the holidays, or the chance to snowboard and ski in the Rockies, or even the gathering of presents under the Christmas tree. It's because of the kind and generous attitude with which Calgarians approach the season and their neighbours. We are a warm and giving people, but during the holiday season we always seem to one-up ourselves. You can see it everywhere – on the faces of kids in the corner store

and in the extra courtesy on the morning commute – and it makes me immensely proud to live in and be from this wonderful place.

A couple things I want to mention at the end of this year:

• If your garbage, items for recycling or compost is picked up on Fridays, please note that there will be no service on December 25 and January 1. Instead, your carts will be picked up on Monday, December 28 and Monday, January 4 respectively. This tempo-

rary adjustment will allow collectors to be home with their families.

• The City will pick up Christmas trees from households that receive City residential garbage collection. Trees must be out by 7 a.m. on Friday, January 8 and left out. All trees will be picked up by January 31. Christmas tree drop-off locations will also be open from December 26 to January 31. A list of drop-off locations and the details about the program will be available at [calgary.ca/christmastree](http://calgary.ca/christmastree).

• Every act of kindness is as unique as every snowflake. Every act of shovelling a neighbour's walk may look similar but the reason it is important to your neighbour is unique. As you shovel your walk this winter, take a few extra minutes to learn more about the program or to find out information about recognizing a Snow Angel, visit [calgary.ca/snowangels](http://calgary.ca/snowangels). If you have any questions, please contact me by email

at [ward08@calgary.ca](mailto:ward08@calgary.ca) or by phone at (403)268-2430, or by visiting my website ([www.calgary.ca/ward8](http://www.calgary.ca/ward8)).

I wish you all the very best this holiday season and through the winter. Stay warm, keep safe on the roads, and have fun. 2016 is going to be a great year.

*Evan Woolley is the Calgary Councillor for Ward 8*

This month in Edmonton —

# Money flows for flood relief and from provincial budget

Kathleen Ganley



It's hard to believe this transformative year is coming to a close. I would like to thank all the residents of Calgary-Buffalo who have shared their views with me since May. As your provincial representative, I spent most of the past month in the fall session in Edmonton, working alongside my colleagues in the Legislature. To keep up to date with both Question Period and Assembly sittings, I encourage you to consult the Legislative Assembly of Alberta video and audio live-stream and archives available at [assemblyonline.assembly.ab.ca/](http://assemblyonline.assembly.ab.ca/)

Many Calgary-Buffalo residents were impacted by the

2013 floods. Our government announced a major investment for flood mitigation over the course of five years which includes \$297 million for projects on the Elbow River. The money will be used to build an off-stream reservoir in Springbank to protect Calgary from future flooding disasters. Another significant investment is \$830 million for the Calgary Cancer Centre. Located at the Foothills campus, this comprehensive Centre will provide world-class care under one roof.

In late October, our government released its first budget with plans to stimulate economic growth

and diversification to support job creation. Budget 2015 will stabilize public services in a prudent and sustainable way, while forging a path to a balanced budget through better government decisions. Calgary-Buffalo is home to many small businesses that will benefit from a new Job Creation Incentive Program to provide employers with grants of up to \$5,000 for each new job created, supported up to 27,000 new jobs each year through to 2017. The budget includes measures to improve access to capital for small and medium-sized busi-

nesses through funding provided to ATB Financial and the Alberta Enterprise Corporation.

Based on the advice of former Bank of Canada Governor David Dodge, Budget 2015 includes a 15% increase in capital spending over the next five years to build and repair our schools, hospitals and roads, putting Albertans back to work as the economy recovers. We are strengthening health care and education – even if it means running a deficit – because in these tough times taking care of each other is the Alberta way of doing things. As we forge a

new pathway to economic strength, while stabilizing front line services that Albertans depend on, I welcome your feedback and can be reached through my constituency office at 403-244-7737, or [calgary.buffalo@assembly.ab.ca](mailto:calgary.buffalo@assembly.ab.ca).

Happy Holidays to you and yours.

*Kathleen Ganley is MLA for Calgary Buffalo, Minister of Justice and Solicitor General and Minister of Aboriginal Relations*

This month in Ottawa —

# Looking forward to implementing promises to seniors

Kent Hehr



It is with great honour and privilege to be writing my inaugural address for the Kerby News as the Member of Parliament for Calgary Centre. As you can imagine, it has been a whirlwind these past few weeks. Waking up on October 20th finding myself part of a national government and a week later having been appointed to the cabinet as Minister for Veterans Affairs along with the Associate Minister of Defence, well – as you can imagine, it has been quite a ride.

I will champion this city. And I will serve each of you, my constituents, with humil-

ity and respect. That approach is very much in line with Trudeau's and the Liberal Party's support for positive politics. I've always believed we get more done working together. I'm a pretty reasonable guy that way.

Calgarians are trailblazers. On election night, you showed the country that they don't know Alberta – that we won't be pigeonholed. We are never satisfied with the way things are done simply because they've always been done that way.

Although I was elected to be the representative for Calgary Centre, I want

readers to understand that I consider myself and my friend Darshan Kang to be Members of Parliament for the entire city. We want to be your voice inside the national government.

Let me admit from the outset, it's not going to be easy to follow in the footsteps of the Calgary Centre MPs before me. In fact, it's damn intimidating. Joan Crockatt, Lee Richardson, Joe Clark and Harvie Andre were public servants who served this riding with grace and dedication.

In the main, they were bipartisan moderates who aimed for the greater good,

not political wins. I especially never thought of Clark as belonging to a particular party, team or colour. I always thought of him as a guy I just trusted to do the right thing. It's that kind of integrity I promise to bring to the House of Commons.

I look forward to being part of implementing our promises to seniors in the last election – like the 10% increase to GIS – and further, and as the Minister of Veterans Affairs to have a more inclusive, holistic approach to our fighting men's and women's benefits and supports. We will be

opening our constituency office very soon and I am excited about seeing you all in the next future. Last thing, please put this in your calendars: my Christmas Party at the Kerby Centre is on December 14th from 3:30 p.m. to 7:00 p.m. Elvis will also be in the building.

*Kent Hehr is the Member of Parliament for Calgary Centre and the Minister for Veterans Affairs*

## Disclaimer:

*The opinions and projects of the correspondents on this page represent the views of the correspondent and are not necessarily endorsed by either Kerby News or the Kerby Assembly.*



# Kent Hehr's appointment as Minister for Veterans Affairs ends freezeout

Calgary came in from the cold when newly elected Calgary Centre MP was appointed

By Doug Kirby

Fifty years ago this week, a popular Calgarian went down to federal electoral defeat as the incumbent MP for Calgary South. It would be the last time this western city would have a Liberal cabinet minister for half a century.

That long and lonely drought came to an end Wednesday when Kent Hehr, newly elected Liberal MP for Calgary Centre, was appointed Minister of Veterans Affairs in the new cabinet of Justin Trudeau.

Harry Hays must be looking down with amazement.

Hays was a popular mayor of the City of Calgary when Liberal Prime Minister Lester B. Pearson recruited him to run in the 1963 election. Hays accepted the challenge, won the seat – indeed, was the only Liberal elected in Alberta and Saskatchewan – and was rewarded with the job of Minister of Agriculture.

He was, however, an authentically western politician.

Born in the little Alberta town of Carstairs, he was an auctioneer, rancher, breeder and radio broadcaster. During the Second World War, he led the Canadian Swine Breeders in the Bacon for Britain campaign, increasing pork production in the war effort.

As a politician, his style was "down to earth", in the spirit of the legendary Ralph Klein, known for off-colour comments and shaky grammar. And, according to records, Hays didn't let a job in Ottawa prevent him from continuing in his job as mayor of Calgary. He also kept working as an auctioneer.

In his classic rough talk, he once said he wanted "a flush-toilet, not an outhouse, farm economy for Canada." He sought a minimum guaranteed income for farmers and a system of marketing boards (later adopted), and expanded crop insurance. Regardless of his pro-farm advocacy, however, farmers were not impressed with his opposition to farm subsidies.

Hays lost his seat in the 1965 election but the Liberals quickly appointed him to the Senate. Today, a federal building in down-

town Calgary bears his name as a lasting snub from previous Liberal governments to a city and entire region of the country that turned its nose up on the Grits.

There was a smattering of Liberals in other prairie cities but they were notable because there were so few. The long separation from the Liberals meant that much of the prairie West had little or no representation within the ruling party. One notable exception was "Landslide Annie" McLellan, who narrowly held onto her Edmonton seat for the Liberals, and served as Justice Minister from 1997 to 2002, and then was Deputy Prime Minister in Paul Martin's government in 2003.

Looking at the decades of prairie alienation from the Liberals, it is easy to see

how Preston Manning's Reform Party's rallying cry – "the West wants in" – carried such power. Westerners found their way in, not through the Liberals, but by bringing disparate conservatives together and forming a party that better represented their values and beliefs (at least, at the time).

Calgary did well under the Conservatives, with a prime minister (Stephen Harper) and a high profile cabinet minister (Jason Kenney) both calling this city home. With the demise of the ruling Conservatives and Harper's abrupt departure, it appears that westerners will have a Liberal government to deal with for some time to come.

Hehr's job, and that of his fellow MP Amarjeet Sohi representing Edmonton (as well as the Liberal MPs in Saskatchewan and Manitoba), is to ensure that this new

government does not lapse into old habits, putting the concerns of central Canada above all else.

It is a daunting challenge but Justin Trudeau's cabinet offers hope that the West has a seat at the table. Harjit Sajjan and Carla Qualtrough are both from British Columbia, Hehr and Sohi from Alberta, Ralph Goodale represents Saskatchewan and Jim Carr and MaryAnn Mihychuk are from Manitoba.

In a small Liberal cabinet, these strong voices assure that western provinces retain influence in proportion to their size. I never knew Dan Hays but I'm willing to bet he would be pleased.

Doug Kirby is Editor-in-Chief and National Affairs columnist for Troy Media. [www.troymedia.com](http://www.troymedia.com)

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# What do you get the person who has everything for the holidays?

By Brittany Thomas

Most people have experienced this problem as birthdays or the holiday season approaches: What can you possibly get as a gift for the man or woman who is financially well off?

“It’s a pretty good problem to have, isn’t it? – Your loved one has achieved a level of financial comfort in life that has enabled him or her to live free, mostly, of financial stress,” says attorney Hillel Presser of the Presser Law Firm, P.A., whose firm specializes in comprehensive domestic and international Asset Protection.

“Of course, the ‘good problem’ comes with an associated risk, because financial comfort and stability means you have something to lose. Surprisingly,

most well-off people have taken little to no measures to protect what they’ve worked so hard to attain.”

Nobody is safe from financial threats, which can happen to people when they least expect it. Helping a family member initiate steps to take protective measures may be the best gift they’ve received in years, says Presser, author of “Financial Self Defense” ([www.assetprotectionattorneys.com](http://www.assetprotectionattorneys.com)), who explores some of the many benefits of protection.

• You don’t have to be super-rich. Anyone with any assets can benefit from legal protection. The average retiree with a nest egg can lose it all by seemingly frivolous yet successful lawsuits against them, and younger people who are starting out in life

can get a head start by safeguarding their future wealth. Lawsuits, divorce, bill collectors and many other financial hazards have the potential to impoverish individuals and their families.

• Asset protection applies to individuals, families and business owners. Homes, cars and bank accounts may be affected in the event of a lawsuit – whether it’s a personal suit or one targeting the business. E-commerce businesses, for example, may need more financial protection than traditional businesses to cover their wealth of intangible assets, including domain names, website content, intellectual property, trademarks and patents.

• Liability insurance often isn’t enough. Liability insurance is a great place to start financial shielding, but

it’s not a good end point. Most lawsuits and other financial claims aren’t insured, or you have too little coverage to fully cover claims, or an insurance company may deny coverage on a claim due to some exclusion. Unfortunately, insurance covers few financial catastrophes.

• Allow an investment to ease your mind, for a change. How much would you pay a good investment advisor to help build your wealth? Perhaps 1 to 2 percent a year? That money is paid whether or not money was made or lost on the investments, which tends to be stressful. To ensure protection of your wealth, you’ll pay less, and protection is a one-time investment – not annual. Most families can shelter their net worth for less than they’d pay for a modest vacation.

## Letters to the Editor

## Articles Appreciated

Dear Editor,

Re: **Article “Siren sounds”**, Kerby News, November 2015.

I loved the article which brought back memories. The cold war extended into the 1960s. I lived in North Vancouver, BC at the time. The government tested the air raid sirens at the time. It was an eerie, scary sound.

You mentioned in your article you found several air raid sirens rusting in a field. You got permission to photograph them. Perhaps you could arrange with the property owner and The Military Museums to remove the old sirens, have them restored and displayed at The Military Museums. They are a part of Canada’s military history.

The cold war was as real as World War I and II and the Korean War.

Re: **Article “Ins and outs of phoning 911”**, Kerby News, November 2015.

Your article was informative. People need to know what to expect when they phone 911.

It is true 911 dispatch get “crank” or false emergency calls. My landlady accidentally called 911 when she wanted the 311 information number. Dispatch was told exactly what happened but a police patrol was sent to check things out. My landlady was embarrassed.

You mention to call 911 if a carbon monoxide alarm sounds. This problem can be handled by the occupants. The procedure is to open all windows and doors. Check for idling vehicles, check the gas appliances for faulty operation and yellow orange flames. Call service tech if in doubt. The effects of CO pass off in eight hours or so.

H.D. Green

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When it is time to make a choice, consider Private Choice Care at Wentworth Manor.

Our Aging in Place accommodations and personalized care services are suited for those looking for Independent Living, Assisted Living, or Long-Term Care.

Wentworth Manor provides compassionate, professional services in a home-like setting.

Accommodations now available.

- Delicious meals daily, prepared by certified chefs
- Individualized care plans
- Compassionate and trained health care staff
- Licensed Practical Nurses and Health Care Aides 24/7
- Registered Nurses during business hours and on-call for off hours
- Housekeeping and Laundry
- Daily social and recreational programs
- On site services including hair salon, chapel, walking paths and more.

Contact Us Today to Book a Tour and Learn More About Private Choice Care.

[www.wentworthmanor.ca](http://www.wentworthmanor.ca)

403.242.5005

[www.straffordfoundation.org](http://www.straffordfoundation.org)

5717 – 14<sup>th</sup> Avenue SW. Calgary, Alberta.

Preservation of Dignity and Pursuit of Happiness



# Winter LEARNING 2016 – WINTER SEMESTER




**Winter 2016 registration opens December 2<sup>nd</sup>, 2015 at 9:00am for members.  
Registration for non-members opens December 16<sup>th</sup>, 2015.**



## CONDITIONS OF REGISTRATION

<p style="text-align: center;"><b>HOW TO REGISTER</b></p> <ul style="list-style-type: none"> <li>• In person at the Kerby Centre in room 305.</li> <li>• By telephone at (403) 705-3233 or (403) 705-3232.</li> <li>• Online at <a href="http://www.kerbycentre.com">www.kerbycentre.com</a></li> <li>• By mail with the Kerby Centre address: 1133 - 7<sup>th</sup> Avenue S.W. Calgary AB, T2P 1B2 Attn: Education &amp; Recreation</li> </ul> <p><b>**Please ensure you have your 2016 membership before registering for courses. Contact Information Department to renew or to apply for a membership. 403-705-3246**</b></p>	<p style="text-align: center;"><b>REFUNDS</b></p> <ul style="list-style-type: none"> <li>• <b>All refunds are subject to an administration fee.</b></li> <li>• <b>Request for refunds must be made before the date of the second class.</b></li> <li>• <b>Computer courses/workshops are non-refundable.</b></li> <li>• All refunds MUST be picked up in the same semester the course was offered.</li> <li>• For full refund policy see Education &amp; Recreation Department Staff in room 305.</li> </ul>
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<p style="text-align: center;"><b>PAYMENT OPTIONS</b></p> <p style="text-align: center;">*Required at time of registration*</p> <ul style="list-style-type: none"> <li>• Cash</li> <li>• Cheque</li> <li>• Debit</li> <li>• VISA/MasterCard</li> <li>• PayPal</li> </ul> <p>If cost of courses is a concern, please contact the Manager of Education &amp; Recreation at (403) 705-3232 for discussion of payment options.</p>	<p style="text-align: center;"><b>MEMBERSHIP</b></p> <ul style="list-style-type: none"> <li>• 2016 Kerby membership does NOT guarantee course availability.</li> <li>• Non-members must be 55 years of age. Proof of age may be requested.</li> <li>• Registration for non-members opens December 16<sup>th</sup>, 2015.</li> <li>• Non-members pay a non-refundable, non-member surcharge on each course/workshop enrolled in.</li> <li>• Non-members do not have parking privileges.</li> </ul>
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<p style="text-align: center;"><b>PLEASE NOTE:</b></p> <ul style="list-style-type: none"> <li>• Save these pages as this is the ONLY complete advertisement of courses.</li> <li>• Courses/workshops are designed for seniors of varied abilities. The instructor, in consultation with the Manager of Education &amp; 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.</li> <li>• If you need clarification of which course is appropriate, please contact the Manager of Education &amp; Recreation at (403) 705-3232.</li> </ul>	<p style="text-align: center;"><b>Registration Deadline</b></p> <ul style="list-style-type: none"> <li>• <b>Please register early to avoid course cancellations!</b></li> <li>• <b>We will cancel under subscribed courses one week prior to first day of class.</b></li> <li>• You will only be notified if a course is cancelled.</li> </ul> <div style="text-align: right;">  </div>
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<p><b>MAUNDER'S MCNEIL PROGRAM</b></p> <ul style="list-style-type: none"> <li>• This is a group of courses partially funded by the Maunder's McNeil Grant.</li> <li>• 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.</li> <li>• 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.</li> </ul>
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**LEARNING 2016 – Winter**  
**MAIL TO: Kerby Centre, 1133 7<sup>th</sup> Avenue S. W., Calgary AB T2P 1B2**  
**PHONE: (403) 705-3233/705-3232**

Name: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Kerby Membership #: \_\_\_\_\_

Courses you wish to register for:

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_

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Course # \_\_\_\_\_ Course Name: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_


Method of Payment:

Cash: \_\_\_\_\_ (In person)                      Cheque: \_\_\_\_\_ (In person/mail-in)




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.*





<h1 style="text-align: center;">ACTIVE LIVING COURSES “A” Courses</h1>						
		<p><b>No classes on Monday February 15<sup>th</sup>, 2016—Kerby Centre is closed for Family Day and No Classes on Friday March 25<sup>th</sup>, 2016—Kerby Centre is closed for Good Friday.</b> There may be other cancellations in individual rooms due to other activities at Kerby Centre.</p>				
<p><b>**Appropriate workout attire and footwear are required for all fitness classes.**</b></p>						
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 Jan 15 – Apr 8 <b>No class Mar 25</b>	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 Jan 11 – Apr 4 <b>No class Feb 15</b>	1:00 – 2:00 pm Room 205	\$32.00	\$52.00
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 Jan 13 – Mar 30	1:00 – 2:00 pm Room 308	\$40.00	\$60.00
A04 Gentle Seated Yoga II Maunder's McNeil	Same course listed above offered on a different day.	Caroline Bees	Friday Jan 15 – Apr 8 <b>No class Mar 25</b>	1:00 – 2:00 pm Room 308	\$40.00	\$60.00
A05 Rhythms & Grooves! Maunder's McNeil	This class is guaranteed awaken your sense of fun with rhythms and music! Participants will get moving and create rhythms with sticks, shakers, and other percussive instruments. This is a well-rounded workout with options given for all levels.	Bonnie Field	Thursday Jan 14 – Apr 7 <b>No class Feb 25</b>	2:15 - 3:15 pm Gymnasium	\$32.00	\$52.00
A06 Fitness with Elena 	Strength is intrinsic to daily function. This program includes exercises to strengthen the major muscle groups needed for performing daily activities, to improve mobility and balance, range of motion and coordination.	Elena Bratishchenko	Monday Jan 11 – Apr 4 <b>No class Feb 15</b>	12:30 – 1:30 pm Gymnasium	\$50.00	\$70.00
A07 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 Jan 11 – Apr 4 <b>No class Feb 15</b>	2:30 - 3:30 pm Room 205	\$63.00	\$83.00
A08 Wednesday Yoga All Levels	Same course listed above offered on a different day.	Caroline Bees	Wednesday Jan 13 – Mar 30	2:30 – 3:30 pm Room 308	\$63.00	\$83.00
A09 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 Jan 11 – Apr 4 <b>No class Feb 15</b>	10:05 - 11:00 am Gymnasium	\$56.00	\$76.00
A10 Wednesday Fitness	Same course listed above offered on a different day.	Dan Leung	Wednesday Jan 13 – Mar 30	10:05 - 11:00 am Gymnasium	\$56.00	\$76.00
A11 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 Jan 22 – Apr 8 <b>No class Feb 26 &amp; Mar 25</b>	9:30 - 10:20 am Gymnasium	\$45.00	\$65.00
A12 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 Jan 15 – April 8 <b>No class Mar 18 &amp; Mar 25</b>	1:30 – 2:30 pm Room 205	\$45.00	\$65.00
A13 Salsa Workout	Moving to Salsa music, this aerobic workout will focus on increasing functional mobility of hips and shoulders.	Bonnie Field	Monday Jan 11 – Apr 4 <b>No class Feb 15</b>	2:00 - 3:00 pm Gymnasium	\$45.00	\$65.00
A14 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 Jan 14 – Mar 31	10:00 – 11:00 am Gymnasium	\$45.00	\$65.00
A15 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 Jan 12 – Mar 29	12:30 – 1:45 pm Room 205	\$47.00	\$67.00



Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
A16 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 Jan 14 – Apr 7 <b>No class Feb 25</b>	1:00 - 2:00 pm Gymnasium	\$50.00	\$70.00
A17 Ballet, Balance & Stretch 	Improve your balance, strength and mobility through this unique class. By using basic ballet barre exercises you will: feel increased leg strength, decrease your risk of falling through balance work, and de-stress and relax through rejuvenating yoga poses.	Cathy Morrison	Tuesday Jan 12 – Mar 29	3:30 – 4:30 pm Room 205	\$59.00	\$79.00
A18 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 Jan 14 – Apr 7 <b>No class Feb 25</b>	11:15 – 12:15 pm Gymnasium	\$66.00	\$86.00
A19 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 Jan 11 – Apr 4 <b>No class Feb 15</b>	9:00 – 10:00 am Gymnasium	\$45.00	\$65.00
A20 Tai Chi Wednesday	Same course listed above offered on a different day.	Adrian Buczek	Wednesday Jan 13 – Mar 30	1:30 – 2:30 pm Lounge	\$45.00	\$65.00
A21 An Afternoon of Mindfulness 	Experience a soul-satisfying day of peaceful, calming relaxation and heart-warming human connection. Learn how Mindfulness can help you feel less stressed, be healthier, happier and more at peace. Experience an afternoon of practical, simple, yet extremely effective meditative exercises and techniques that you can take away and use in everyday life. Come have fun, feel relaxed and learn to live more mindfully!	Tina Thrussell	Thursday Jan 28	1:30 – 4:30pm Room 205	\$35.00	\$55.00

## ACADEMIC COURSES “B” Courses



No classes on Monday February 15<sup>th</sup>, 2016—Kerby Centre is closed for Family Day and  
No Classes on Friday March 25<sup>th</sup>, 2016—Kerby Centre is closed for Good Friday.  
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 Jan 14 – Mar 3	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 Mar 10 - 17	1:00 – 3:00 pm Room 301	\$29.00	\$49.00
B03 Memoirs and Legacy Letters	In this class, you'll learn how to write short stories based on your life as well as how to share your thoughts in the form of a letter to your loved ones. Instruction in finding focus, outlining stories, writing and how to publish. Expect thought-provoking questions, writing exercises and exploring your own personal story. The final result will be several completed narratives along with legacy letters you can pass down to family and friends.	Lea Storry	Tuesday Jan 26 – Mar 1	10:00 – 12:00 pm Room 308	\$55.00	\$75.00

### LANGUAGES

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](http://www.amazon.com) and takes about 2 weeks for delivery, and may also be found on [www.ebay.ca](http://www.ebay.ca)

B04 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 Jan 11 – Apr 4 <b>No class Feb 15</b>	10:00 - 12:00 pm Room 311	\$99.00	\$119.00
B05 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 Jan 12 – Mar 29	1:00 - 3:00 pm Room 311	\$99.00	\$119.00



B06 Advanced Spanish Grammar I	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 Jan 12 – Mar 29	10:00 - 12:00 pm Room 311	\$99.00	\$119.00
B07 Advanced Spanish Grammar II	A continuation of the above course. Chapters 12-14 will be covered. See above for textbook.	Norah Hutchinson	Thursday Jan 14 – Mar 31	1:00 – 3:00 pm Room 311	\$99.00	\$119.00
B08 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 Jan 11 – Apr 4 <b>No class Feb 15</b>	1:00 - 3:00 pm Room 311	\$99.00	\$119.00
<b>MUSIC</b>						
B09 The Singing Circle Mauder'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 Jan 14 – Mar 31	10:30 - 11:30 am Room 308	\$42.00	\$62.00
B10 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 Jan 13 – Mar 30	11:00 – 12:00 pm Room 308	\$70.00	\$90.00
B11 Ukulele: More Magic!	This class will provide lots of enjoyable playing and singing time with a good review of basics. You will also be introduced to more keys and chords as you strum like the wind! Pre-requisite: An introductory course or equivalent.	Barry Luft	Wednesday Jan 13 – Mar 30	9:45 – 10:45 am Room 308	\$70.00	\$90.00
<b>FINE ARTS</b>						
<b>Please note: the cost of supplies is not included in the course price, unless otherwise listed. A full list of recommended supplies can be obtained in the Education and Recreation Office, Room 305.</b>						
B12 Portable Calligraphy: Lettering with Pencil and Sharpie 	This class will explore drawing gorgeous letters with your basic desk tools: pencil, eraser, fine-point marker and maybe just a bit of colour. Designed for beginners, but open to all levels, the course will have you drawing and decorating Versal letters, and creating elegant flourished Victorian letterforms. The letters are perfect for special cards or page headings in your scrapbooks and journals. Coloured pencils will work for colour.	Renate Worthington	Monday Jan 25 – Mar 7 <b>No class Feb 15</b>	10:00 – 12:00 pm Room 308	\$66.00	\$86.00
B13 Paper Art: Valentine's Day Cards 	Have a special something you want to say to that special someone? Say it with personal, handmade Valentine's Day cards. Supplies will be provided.	Irena Djukic	Tuesday February 2	10:00 – 1:00 pm Room 313	\$20.00	\$22.00
B14 Paper Art: Easter Cards 	Easter is a cherished time of the year! Join us as we make some custom keepsake greeting cards for the Easter holiday. Supplies will be provided.	Irena Djukic	Wednesday March 9	10:00 – 1:00 pm Room 301	\$20.00	\$22.00
B15 Paper Art: Greeting Cards 	In this class you will be making custom cards for special occasions and holidays occurring throughout the year. Create beautiful, intricate details and cards that "pop". Supplies will be provided.	Irena Djukic	Thursday March 31	10:00 – 1:00 pm Room 301	\$20.00	\$22.00
B16 Lake Louise (Acrylic) 	In this introductory acrylic class we will be learning to paint our world famous Lake Louise. We will be mixing colours and adding texture to create this stunning image.	Katy Morris	Monday Jan 11 – Feb 22 <b>No Class Feb 15</b>	10:00 – 12:00 pm Room 313	\$57.00	\$77.00
B17 Pine Trees (Acrylic) 	This acrylic class is great for beginners, or for anyone wishing to continue what they learned in B16 Lake Louise. We will be painting pine trees in detail and into the distance. Please bring a photo.	Katy Morris	Monday Feb 29 – Apr 4	10:00 – 12:00 pm Room 313	\$57.00	\$77.00
B18 Boats in Harbours Watercolour & (Acrylic)	In this intermediate to advanced class, we will be working on one of Katy's favourite subjects! In an impressionistic style, we will be working on both East & West Coast fishing boats at rest. The difficulty of painting masts will be on the agenda. Watercolourists, please bring masking.	Katy Morris	Wednesday Jan 13 – Feb 17	10:00 - 3:00 pm Room 313	\$99.00	\$119.00



B19 Reflections: Marshes, Sloughs & Swamps (Watercolour & Acrylic)	Advanced technique and theory are further developed using impasto acrylics and wild water colours. We will be painting detail and abstracting the colours and lines at the same time. Please bring photos.	Katy Morris	Wednesday Feb 24 – Mar 30	10:00 - 3:00 pm Room 313	\$99.00	\$119.00
B20 Exploring Alberta's Natural Habitat (Watercolour)	In this course, we will be creating mountains, lakes, rivers, trees and clouds through both colour mixing and composition. As well, we will learn to combine photos and create a more "painterly" image.	Katy Morris	Friday Jan 15 – Feb 19	10:00 – 3:00 pm Room 313	\$99.00	\$119.00
B21 Figures in the Landscape (Watercolour)	This class will be learning advanced composition and theory. Please bring photos of people, children, friends, and families in the outdoors. Colours important for this class are Rose Madder Genuine (Winsor & Newton) and Aureolin Yellow and Cobalt.	Katy Morris	Friday Feb 26 – Apr 8 <b>No class Mar 25</b>	10:00 – 3:00 pm Room 313	\$99.00	\$119.00



## COMPUTER COURSES "C" Courses

**No classes on Monday February 15<sup>th</sup>, 2016—Kerby Centre is closed for Family Day and  
No Classes on Friday March 25<sup>th</sup>, 2016—Kerby Centre is closed for Good Friday.**  
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 Absolutely Terrified!	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 Jan 11 – Feb 10	10:00 – 11:30 am Room 312	\$165.00	\$185.00
C02 Beyond the Basics	A review and expansion of Absolutely Terrified!. 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 Feb 17 – Mar 2	10:00 – 11:30 am 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 Feb 1 – 17 <b>No class Feb 15</b>	12:30 – 2:00 pm Room 312	\$122.00	\$142.00
C04 How to Use Your Laptop: Windows 8 or 10	Bring your own laptop to class with Windows 8 or 10 and learn hands-on how to use it effectively. Maximum in this class will only be 5 students. Basic computer skills required. <b>No Macs.</b>	Pat Seifert	Mon/Wed Jan 11 – Jan 25	12:30 – 2:00 pm Room 312	\$165.00	\$185.00

### WORKSHOPS

Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
C05 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 Storry	Tuesday January 19	10:00 – 1:00pm Room 312	\$44.00	\$64.00
C06 Photo Management	Unsure of what to do with all your holiday photos sitting on your camera? This is the class for you! Learn how to categorize folders, download pictures and save them on a memory stick. Please bring your camera, cables and a memory stick to this class. It is also recommended to bring your own laptop.	Pat Seifert	Wednesday January 27	12:30 - 3:30 pm Room 312	\$44.00	\$64.00
C07 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 feature like the camera and calendar. Search for, preview and download music on iTunes.	Pat Seifert	Wednesday February 24	12:30 – 3:30 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	Monday March 7	12:30 – 3:30 pm Room 312	\$44.00	\$64.00



C09 Excel-ent!	Excel is much more than just a number cruncher! In addition to doing a simple budget, we will learn to create lists, such as Christmas lists or book lists, which help to keep track of information that is important to you.	Pat Seifert	Wednesday March 9	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 junk mail, minimize spam, print a message, create a unique signature and save photos.	Pat Seifert	Monday March 14	12:30 – 3:30 pm Room 312	\$44.00	\$64.00
C11 Keeping Safe Exploring the Internet	The internet is a wonderful resource. It can be used to keep in touch with family and friends, read the news, follow your hobbies, pay bills and much more! In this class, you will learn how to look things up that interest you without getting into trouble. We will use Google as our primary browser in our quest to answer your queries.	Pat Seifert	Wednesday March 16	12:30 – 3:30 pm Room 312	\$44.00	\$64.00
C12 Pinterest	Looking for something different online? Pinterest opens a whole new world when it comes to hobbies and interests. Kerby Centre will take you through the steps of logging on, finding projects and new friends. Discover how to upload photos and videos as well as pin pictures to your online bulletin board.	Lea Storry	Tuesday March 22	10:00 – 1:00 pm Room	\$44.00	\$64.00
C13 Setting Up And Basic Functions of Your iPad II	A second opportunity to take this very popular class! The course description remains the same as above.	Pat Seifert	Monday April 4	12:30 - 3:30 pm Room 312	\$44.00	\$64.00

## EVENING COURSES “E” Courses


No classes on Monday February 15<sup>th</sup>, 2016—Kerby Centre is closed for Family Day and  
No Classes on Friday March 25<sup>th</sup>, 2016—Kerby Centre is closed for Good Friday.  
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 Jan 11 – Apr 4 <b>No class Feb 15</b>	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 Jan 13 – Mar 30	4:15 - 5:15 pm Room 205	\$94.00	\$114.00

## KERBY 2 ST. ANDREW’S Courses

We are continuing to offer courses at our K2 St. Andrew’s site for the Winter Semester. The location of these programs is St. Andrew’s Centre 1 – 10601 Southport Road SW, Calgary, AB, T2W 3M5.

S01 Yoga for You	In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor easily, and a chair will be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.	Angie Friesen	Thursday Jan 14 – Mar 31	9:00 – 10:00 am	\$105.00	\$125.00
S02 Yoga for You Level II 	Ideal for students wanting more of a challenge in their yoga practice. Previous yoga experience not required, but must be comfortable with getting up and down from the floor, and doing postures without the support of the chair. We will deepen our practice of balance and stability in a friendly and safe environment. Please provide your own yoga mat.	Angie Friesen	Monday Jan 11 – Apr 4 <b>No Class Feb 15</b>	9:00 – 10:00 am	\$105.00	\$125.00
S03 How to Use Your Laptop: Windows 8 or 10	Bring your own laptop to class with Windows 8 or 10 and learn hands-on how to use it effectively. Maximum in this class will only be 5 students. Basic computer skills required. <b>No Macs.</b>	Pat Seifert	Tuesday Jan 26 – Feb 16	11:00 am - 1:00 pm	\$125.00	\$145.00
S04 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. <b>Must bring your own laptop.</b>	Pat Seifert	Tuesday Feb 23 – Mar 15	11:00 am - 1:00 pm	\$125.00	\$145.00



# Food banks' message not resonating with Canadians

To build a relationship beyond their current constituents, the language used by food banks needs to change

By Sylvain Charlebois

Across the country, food banks, community groups and many NGOs are reminding us how lucky most of us are to be food secure.

Regardless of how wealthy a nation is, food insecurity can be found anywhere.

And yes, even in Canada. Each week over 200,000 Canadians visit food banks, including more than 70,000 children.

These numbers are downright disturbing, considering Canada's social safety net is more robust than in many other industrialized countries. As we try to figure out how to better the lives of the less fortunate, some fine-tuning in our approach to the whole notion of hunger may be required.

First off, we should be clear about one thing. Food bank traffic is undoubtedly an effective indicator of domestic food insecurity. Food banks have argued for years that they represent a short-term solution. Yet, from a food security point of view, food banks look out for those who are most vulnerable, and they are increasingly getting better at it. They have proven to be one of the most innovative ways to foster altruist motives from volunteers and businesses to support fellow citizens in need. Many people have given hours to help sort, and serve food bank customers, while hundreds of food companies transact with food banks every day. The stewardship that food banks have demonstrated over the years has built a strong business case for any organization looking to repurpose unsold food. The impact is immediate, meaningful and, most importantly, human. For businesses, giving to the food bank network only makes socio-economic sense.

Despite these efforts, Canada's performance in addressing food insecurity has been poor, to say the least. Back in 1998, more than 17 years ago, Canada's Action Plan for Food Security was introduced as our response to a global call to reduce by half the number of undernourished people by no later than the year 2015.

But while, since that time, the prevalence of undernourishment globally has fallen from 18.7 per cent to 11.3 per

cent, and from 23.4 per cent to 13.5 per cent for developing economies, food insecurity rates in Canada have remained relatively stable at around 8 per cent or so. Worse, food insecurity in northern regions like Nunavut can easily exceed 35 per cent.

These numbers clearly warrant a call for a different approach.

Food banks need to be demystified and should become more transparent so that we can appreciate the impressive work they do. Food banks are filled with caring, compassionate individuals who want to help, every single day. Nonetheless, to get the attention it deserves, the overarching message of "hunger" from food banks may need to be revisited, since it may not resonate with many Canadians.

Hunger, arguably, has become a politically charged term in recent years, frequently used by social activists in their attempts to emotionally galvanize sup-

**"They have proven to be one of the most innovative ways to foster altruist motives from volunteers and businesses to support fellow citizens in need"**

port for the cause. They can hardly be blamed for doing so, but using it constantly may have anaesthetized those looking for a reason to engage.

In addition, hunger can be considered in relative terms. Acute hunger or starvation is


inflicted by natural disasters, diseases and war. It is the worst form of hunger, period. Most Canadians implicitly associate images of refugees and war-torn zones with hunger. Individuals and families who visit food banks suffer from daily or chronic undernourishment, which is a much less visible form of hunger.

To be effective, food banks need to decouple both realities in their communication campaigns. Food security is much more strategic and has recognized measurements to assess performance. This is exactly what we need, particularly for food bank operations. Proper analytics can help food banks anticipate demand. "Hunger," from a conceptual point of view, can never really be explained since it is an inherently imprecise construct.

Food security is about individuals having access to adequate, safe and nutritious food, both in quantity and quality, to meet their daily dietary requirements for a healthy and productive life. It can be easily compromised by poverty, mental health issues, lack of education and more. Economic cycles also affect people's lives, and changes in policies could help.


In the meantime, the best responsive mechanism we have to address negative market externalities is unquestionably food banks. To build a relationship beyond their current constituents, the language used by food banks should change.

Dr. Sylvain Charlebois is a Professor at the Food Institute at the University of Guelph. He is currently on leave at the University of Innsbruck in Austria [www.troymedia.com](http://www.troymedia.com)



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## Four reasons giving is good for you

Philanthropist says money can buy happiness — but only when you give it away

By Ginny Grimsley

Many individuals are choosing to hold onto their money these days, a lesson learned from the 2008-09 financial crash.

It's good to have savings — but not to the point of hoarding, says entrepreneur and philanthropist Tim McCarthy, author of *“Empty Abundance,”* ([mindfulgiving.org](http://mindfulgiving.org)).

In the U.S., Americans are saving at a rate of 5.30 percent, well above the record low of 0.80 percent in 2005, according to the U.S. Bureau of Economic Analysis.

The world's billionaires are holding an average of \$600 million each in cash, which is more than the gross domestic product of Dominica, according to the new Billionaire Census from Wealth-X and UBS. That's up from \$60 million the previous year, signaling that the very wealthy are keeping their money on the sidelines and waiting for an optimal investment time.

“All of us could invest part of our ‘fortune,’ great or small, on something that gives back on a deeper human level, such as non-predatory loans to individuals from impoverished communities,”

McCarthy diverts all of his business profits annually to his foundation, The Business of Good, which invests in socially conscious businesses and scalable nonprofit concepts.

He reviews what everyone has to gain from mindful giving.

- Money buys you happiness — up to \$75,000 worth. Life satisfaction rises with income, but everyday happiness — another measure of well-being — changes little once a person earns \$75,000 per year, according to a 2010 Princeton study. Another widely published survey by psychologist Roy Baumeister suggested that “happiness, or immediate fulfillment, is largely irrelevant to meaningfulness.” In other words, so many who finally achieve financial excess are unfulfilled by the rewards that come with that.

- Remember wealth's disconnection to overall fulfillment. A Gallup survey conducted in 132 countries found that people in wealthy countries rate themselves higher in happiness than those in poor countries. However, 95 percent of those surveyed in poverty-

stricken countries such as Ethiopia, Kyrgyzstan and Sierra Leone reported leading meaningful lives, while less than 60 percent reported the same in wealthier countries.

“While more investigation of wealth, happiness and well-being is certainly in order, I think it's clear that while money is important, it cannot buy purpose, significance or overall satisfaction,” McCarthy says.

- Giving money reliably equals happy money. Two behavioral scientists, Elizabeth Dunn and Michael Norton, explore in their recent book, *“Happy Money: The Science of Smarter Spending,”* what makes people engage in “prosocial behavior” — including charitable contributions, buying gifts and volunteering time. According to Dunn and Norton, recent research on happiness indicates that the most satisfying way of using money is to invest in others.

In 2010, multi-billionaires Warren Buffet and Bill and Melinda Gates co-founded The Giving Pledge, a long-term charitable effort that asks the wealthiest among us to commit to giving more than half of their fortunes to philanthropy. Among the first to join, Michael R. Bloomberg wrote in his pledge letter: “If you want to do something for your children and show how much you love them, the single best thing — by far — is to support organizations that will create a better world for them and their children.” To date, 115 of our country's 495 billionaires have pledged.

- Anhedonia, amnesia and the fallacy of consumption. Anhedonia is the inability to enjoy activities that are typically found pleasurable. “After making my wealth, I found that I suffered from anhedonia,” McCarthy says. “Mindful giving — intelligent and conscious giving to those who need it — turned out to be my best therapy.”

Everybody has experienced the limits of consumption, the economic law of diminishing returns. One cookie is nice and so, too, is your first \$1 million. But at some point, your ability to enjoy eating cookies or earning millions diminishes more with each successive one.

“Everyone learns this lesson, yet the horror is that so many of us succeed in forgetting it,” McCarthy says. “I think that, in every moment, we need to remind ourselves that continually reaching for the next ‘cookie’ is not in our best interest.” □

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# How to create a happy homemade holiday

## Turning your holiday décor from ho-hum to homey in no time

(NC) One of the best ways to kick off the holiday season is to decorate. And while it's easy to load your cart with beautiful décor from your favourite store, Christmas is more personal when decorations are homemade.

No time you say? Between planning dinners for the family and throwing cocktail parties for friends, it can be overwhelming. But it is possible to survive it (and enjoy it!) by keeping everything simple. This season, let your creative instincts shine through as you watch your mantels, stairwells, and tables come to holiday life, with ideas like these:

### Create a magical mantle

For most families, the living room is the place where everyone convenes. It's where gifts are exchanged, holiday movies are enjoyed and stories are shared gathered by the fireplace—a major focal point in the room. Give this cozy centerpiece a warm new look by creating a decorative display for your mantel.

Draping a festive garlands is one way to achieve a distinctive display. Do-it-yourself banners and garland have become increasingly popular as a great way to personalize your décor.

Start with a heavy fabric, like burlap or the kind used for upholstery, and cut enough pennants for your favourite holiday saying, like "Let it Snow." Then using a snowflake stencil, spray-paint the pattern with a silver colour, 'metallic brilliant silver', for example, works very well on fabric. Spray-paint chipboard letters in a bright white. Once everything dries, spell out your message, one letter per pennant, and attach the letters. Adorn the banner with plastic snowflakes and holly sprigs to finalize the festive look.

### Trim a tree like a pro

The Christmas tree is another major focal point in your living room during the holidays. If you're tired of the same old display year after year, give the tree a fresh look by changing the ornaments and adding a theme.

Start by choosing a specific colour scheme, such as red and gold. Don't have enough decorations to match your new theme? It's easy and affordable to create your own by using items already around the house. For example, use bulbs from an old string of lights to create a whimsical decoration. Remove two bulbs from the strand and spritz the inside of the bulb with spray-paint in 'cherry red'. Roll the bulb around to distribute the paint for a beautiful translucent look. Add a little glitz with 'glitter spray' to the outside of the bulb for a festive look, and top off with your favourite embellishments like ribbon or bells. You can even spray-paint old ornaments so they fit into your new colour scheme.

Once your new décor is complete, hang ornaments and lights on your tree before displaying it for the whole family to enjoy.

### Add elegant table toppers

If you are hosting get-togethers for family and friends, add a sparkle to your table. Not sure where to start? First, choose two or three colours. Select a tablecloth, table runner or placemats in your colour scheme and consider the arrangement for the middle of the table. Try replacing the traditional red and green with gold and silver accessories—candles, napkin rings, small figures in the plates and other decorative accents. Include candles so the flickering flames can create a warm atmosphere. Even casually scattered pine cones, fir branches, red roses or poinsettias will add a special touch to the table.

It's easy to make your fine china the highlight of the dinner; but this time, try making your placemats the conversation starter by utilizing antique sheet music—which can be found at old book stores or simply printed at home. These sheets will make for a chic and unconventional base for any place setting.

Remember, it doesn't have to be a stressful time of year, with a little effort and creativity you can turn your holiday décor from ho-hum to homey in no time.

More information and additional project ideas can be found at [www.newscanada.com](http://www.newscanada.com)

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# Naughty but nice

Page design and layout  
by Winifred Ribeiro.



Christmas and New Year is a festive time to reconnect with family and friends. The cookbooks featured offer recipes that can be used throughout the year. Delicious and decadently indulgent choices, cookie and hot chocolate ideas to make your holiday fare special. *Handmade Christmas* offers both cookie recipes and crafts for those who want to create a gift or item for your home at a reasonable price. These delectable seasonal treats will not last long so be sure to bake a big batch. Merry Christmas.

## PEPPERMINT CANDY CANE HOT CHOCOLATE

*Excerpted from Hot Chocolate • By Hannah Miles • Photos by Steve Painter*

*Candy canes make the perfect swizzle stick for this festive hot chocolate.*

*To make your glasses extra special, dip the tops in melted white chocolate and decorate the rims with crushed candy canes as well. This hot chocolate is made with chocolate-coated mint fondants, such as After Eights, although you could substitute peppermint-flavoured dark/bittersweet chocolate.*

*For a white chocolate version, use white chocolate and a teaspoon of peppermint extract or white chocolate-coated mint fondants.*

**SERVES:** 2

50 g (2 oz.) white chocolate, chopped  
4 candy canes  
100 g (3 1/2 oz.) chocolate-coated mint fondants (such as After Eights)  
250 ml (1 cup) milk  
450 ml/ scant (2 cups) double/heavy cream



Begin by preparing the glasses. Place the white chocolate in a heatproof bowl over a pan of simmering water and heat until melted. Carefully dip the rims of two heatproof glasses into the chocolate.

Crush two of the candy canes into small pieces by placing them in a clean plastic bag and bashing them with a rolling pin. Place the peppermint pieces on a plate and roll the edge of the rim of each chocolate-coated glass in the peppermint pieces to decorate. Set aside, reserving any leftover mint pieces for decoration.

Place the chocolate-coated mint fondants in a saucepan with the milk and 250 ml (1 cup) of the cream and bring to the boil over low heat, whisking all the time. Pour the hot chocolate into the prepared glasses, taking care not to pour it over the decorated rims.

Whip the remaining cream to stiff peaks and place a large spoonful on top of each drink. Sprinkle with any leftover peppermint pieces and place a whole candy cane in each glass to serve. Serve immediately.

## GINGERBREAD MEN

*Excerpted from The Cookie Jar • By Liz Franklin • Photos by Kate Whitaker*

**MAKES:** about 15

*Children always love making and decorating gingerbread men. You could pipe on little icing trousers or skirts and use sweets for buttons. If you prefer, you could use melted white chocolate for piping rather than sugar icing.*

175 g (1 1/3 cups) plain/all-purpose flour  
50 g (3 1/2 tablespoons) butter, softened  
50 g (1/4 cup) soft brown sugar  
1/2 teaspoon bicarbonate of soda/ baking soda  
1 teaspoon ground ginger  
1/2 teaspoon mixed spice/apple pie spice  
2 tablespoons golden syrup/light corn syrup  
1 egg yolk

**To decorate**

300 g (2 3/4 cups) icing/ confectioners' sugar  
food colouring gels  
sweets, to decorate (optional)  
2 baking sheets lined with baking parchment  
a gingerbread man or gingerbread woman cutter  
a disposable piping/pastry bag

Preheat the oven to 180°C (350°F).

Put the flour into a large mixing bowl and rub in the butter until the mixture resembles fine breadcrumbs. Add the sugar and mix. Stir in the bicarbonate of soda/baking soda, ground ginger and mixed spice/apple pie spice. Add the golden syrup/light corn syrup and egg yolk and bring the mixture together to form a smooth dough.

On a clean, lightly floured work surface, roll the dough out into a large rectangle with a thickness of about 3 mm/1/8 in. Cut out gingerbread men or women using the cookie cutter. Bring the trimmed dough together and roll out again to cut as many cookies out of the dough as possible.

Arrange the cookies on the prepared baking sheets and bake in the preheated oven for about 10 minutes, until firm and golden.

Remove from the oven and leave for 10 minutes or so to cool, before transferring to a wire rack to cool completely.

Mix the icing/confectioners' sugar together with enough water to form a thick icing, and spoon it into the piping/pastry bag. Decorate the cookies to look like little people, adding sweets as desired. Store in an airtight container or cookie jar and eat within 1 week.



## STAINED GLASS WINDOW BISCUITS

*Excerpted from The Cookie Jar • By Liz Franklin • Photos by Kate Whitaker*

Makes 12 - 15

*These cookies are pretty, easy to make and great fun to bake with children for a special treat at Christmas time. Make holes in the top before baking so that you can push pretty ribbon through and hang them from the Christmas tree. Buy the packs of multicoloured boiled sweets/hard candies, and keep the colours separate for the best effect.*

175 g (1 1/3 cups) plain/all-purpose flour  
50 g (3 1/2 tablespoons) butter, softened  
50 g (1/4 cup) soft brown sugar  
1/2 teaspoon bicarbonate of soda/baking soda  
1 teaspoon ground ginger  
1/2 teaspoon mixed spice/apple pie spice  
2 tablespoons honey  
1 egg yolk  
300 g (10 oz.) coloured boiled sweets/ hard candies, crushed

a cookie cutter  
2 baking sheets lined with baking parchment

Preheat the oven to 180°C (350°F).

Put the flour into a large mixing bowl and rub in the butter until it resembles fine breadcrumbs. Add the sugar and mix well. Stir in the bicarbonate of soda/ baking soda, ground ginger and mixed spice/apple pie spice. Add the honey and egg yolk and bring the mixture together to form a smooth dough.

On a clean, lightly floured work surface, roll the dough out into a large rectangle with a thickness of about 3 mm (1/8 in.) Cut out cookies using the cutter of your choice, arrange the cookies on the prepared baking sheets and then cut out shapes from the centre of each cookie (this is an easier way to do it than trying to move the cookie when it has the centre cut out). Bring the dough cut out of the centre together with any scraps and roll out again to cut as many cookies out of the dough as possible.

Fill the centre of each cookie with some crushed boiled sweets and bake in the pre-heated oven for about 10 minutes, until the cookies are golden and firm and the boiled sweets have melted and formed a stained glass window effect.

Remove from the oven and leave for 10 minutes or so to cool, before transferring to a wire rack to cool completely. Leave to set, store between layers of baking parchment in an airtight container or cookie jar and eat within 3 days. Or, if using as a decoration for your Christmas tree, thread a festive string through the top and hang up — but better not to eat them once they've been hung for a while.

## TRADITIONAL DANISH APPLE TRIFLE

*Excerpted from The Scandi Kitchen • By Brontë Aurell • Photos by Peter Cassidy*

**SERVES:** 4

*Our garden was full of apple trees in Denmark and my mother would make this dessert a lot, as we always had cases and cases of apples. A spoonful of this dessert sends me straight back to her warm kitchen...*

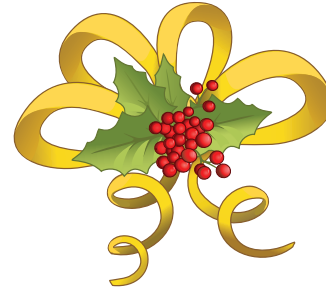
1 kg (2 lbs. 3 oz.) (approx. 8–10) tart apples, such as Bramley or Granny Smith, peeled and cored  
140 g (3/4 cup) caster/ granulated sugar  
200 ml (3/4 cup) plus  
1 tablespoon water  
seeds from 1 vanilla pod/bean  
100 g (1 stick) minus  
1 tablespoon butter  
120 g (2 cups) dried breadcrumbs  
300 ml (1 1/4 cups) whipping cream

Cut the apples into bite-sized pieces. Add them to a saucepan along with 4 tablespoons sugar, the water and vanilla, and cook over a gentle heat until completely soft — around 20 minutes. Add more water if needed during cooking. Leave to cool completely. In a frying pan/skillet, melt the butter, then add the remaining sugar and stir. Add the breadcrumbs and keep stirring until the mixture is toasted through. Be careful, though, because the breadcrumbs burn easily.

When crispy, remove from the heat and spread on a plate. As the breadcrumbs cool, use your fingers to ensure that they don't stick in clumps.

Whip the cream until stiff peaks form. Layer your trifle, beginning with a layer of apple, then the breadcrumbs followed by a layer of cream. Add a larger layer of apple and a finish with the breadcrumbs (save a few to decorate). Top with the remaining whipped cream and decorate with the remaining breadcrumbs.

Opinion is divided about when to serve this. Some people prefer to serve it straight away while the breadcrumbs are still crunchy. However, in Mamma Lena's kitchen, we wait a few hours until the trifle has settled.



## MERINGUE SNOWFLAKES

*Excerpted from Handmade Christmas • Design and photography © CICO Books*  
*These pretty snowflakes are simply made from a basic meringue mixture, but add a festive touch with a sprinkling of edible silver glitter or silver balls*

**MAKES:** about 12

3/4 cup (150 g) superfine (caster) sugar  
2 1/2 oz. (75 g) egg whites (about 2 medium egg whites)  
Edible silver glitter  
Edible silver balls



Piping bag, fitted with a star-shaped tip (nozzle)

2 solid baking sheets, lined with baking parchment

Preheat the oven to 400°F (200°C). Tip the sugar into a small roasting pan and put it in the preheated oven for about 5 minutes until hot to the touch—be careful not to burn your fingers!

Turn the oven down to 225°F (110°C). Place the egg whites in a large, clean mixing bowl or in the bowl of an electric mixer and beat until they are frothy. Tip the hot sugar onto the egg whites in one go and continue to whisk on high speed for about 5 minutes until the meringue mixture is very stiff, white, and cold.

Spoon the meringue mixture into the prepared piping bag. Pipe little blobs of meringue onto the prepared baking sheets in the shape of snowflakes. Scatter silver glitter or silver balls over the top.

Bake in the preheated oven for about 45 minutes or until crisp and dry. Turn off the oven, leave the door closed, and let the snowflakes cool down completely inside the oven.

## IRISH DREAM

*Excerpted from Hot Chocolate • By Hannah Miles • Photo by Steve Painter*

*When it is cold, Irish Cream liqueurs are perfect for warming the soul, and what better way to do this than by flavouring hot chocolate with this delicious whiskey-based drink. This rich and luxurious hot chocolate is topped with whipped caramel cream and curls of white chocolate, making it one very naughty tipple.*

**SERVES:** 2

100 g (3 1/2 oz.) bar of white chocolate  
450 ml (scant 2 cups) double / heavy cream  
250 ml (1 cup) milk  
100 ml (1/3 cup) Baileys or other cream liqueur  
1 tablespoon caramel sauce, plus extra to drizzle

swivel peeler or box grater

Pull the swivel peeler along one of the long edges of the white chocolate bar to make a few ribbons of chocolate. It is best to do this with the chocolate at room temperature rather than chilled, so that it doesn't break. You just need a few chocolate curls to top each hot chocolate as decoration. Keep the chocolate curls in the refrigerator until you are ready to serve. Alternatively, simply grate some chocolate instead.

Chop the remaining chocolate into chunks and place in a saucepan with 250 ml (1 cup) of the cream and the milk. Simmer over low heat until the chocolate has melted, whisking all the time. Remove from the heat and add the Baileys or cream liqueur. (Do not do this over the heat otherwise it will cause the alcohol to evaporate — definitely not something I would recommend!)

Place the remaining cream in a mixing bowl with the caramel sauce and whisk to stiff peaks. Pour the hot chocolate into two cups or heatproof glasses and spoon some caramel cream on top. Drizzle with a little extra caramel sauce, if you wish, and top with the chocolate curls. Serve immediately.

## BLACK & WHITE SESAME SEED TILES

*Excerpted from The Cookie Jar • By Liz Franklin • Photos by Kate Whitaker*

*I use white and black sesame seeds because they taste fab and look great. It's an easy recipe and the tiles spread quite a bit into funky shapes. Here I've suggested draping them over a rolling pin, but I do all sort of different things with them to make some quite groovy creations*

**MAKES:** about 15

75 g (3/4 cup) icing/confectioners' sugar  
25 g (1 1/2 tbsp) plain/ all-purpose flour  
50 g (3 1/2 tbsp) butter, melted and cooled  
30 g (1/4 cup) white sesame seeds  
2 tablespoons black sesame seeds  
(Variation: replace all sesame seeds with 1 tablespoon dried pink peppercorns, crushed seeds)

2 baking sheets lined with baking parchment

Preheat the oven to 180°C (350°F)

Mix the sugar together with 1 teaspoon cold water in a large mixing bowl. Stir in the flour and melted butter. Add the white and black sesame seeds and stir until everything is combined. Drop teaspoonfuls of the mixture onto the prepared baking sheets, leaving plenty of space for spreading between each one.

Bake (one sheet at a time) in the preheated oven for 5–6 minutes, until golden.

Remove from the oven and leave to cool on the baking sheets for a couple of minutes. With a narrow metal spatula or palette knife, carefully lift each cookie from the baking sheet and drape over a rolling pin to form a tile. If the tiles harden too much to shape, simply return to the oven for a minute or so to soften, cool a little and try again.

Leave until completely cold, store in an airtight container or cookie jar and eat within 2 days.



## BETROOT TART WITH FENNEL AND DILL

*Excerpted from The Scandi Kitchen. • By Brontë Aurell • Photos by Peter Cassidy*

**SERVES:** 6 - 7

*I just love the purple beet(root) with the fresh green dill — and it looks wonderful on a Christmas dinner table or for daily meals. The tart works well both warm and cold and it is lighter than traditional quiches as it uses less dairy filling.*

3–4 fresh beet(root), approx. 300 g /10 1/2 oz. raw weight;

alternatively, you can use 1 x 250 g/ 9 oz. pack of ready-cooked beet(root)  
200 ml (3/4 cup) plus 1 tablespoon crème fraîche/sour cream  
100 ml (7 tablespoons) mil( 2 eggs  
200 g (7 oz.) feta cheese, crumbled  
salt and freshly ground black pepper  
1 tablespoon fresh dill  
1 fennel bulb  
olive oil  
balsamic vinegar  
50 g (2/3 cup) walnuts, lightly crushed

**PASTRY:**  
150 g (1 stick) plus 2 tablespoons butter  
150 g (1 cup) plus 1 tablespoon plain/all-purpose flour  
100 g (1 scant cup) wholegrain rye flour  
pinch of salt  
1 egg yolk  
4 tablespoons cold water  
fluted, loose-based round pie tin,  
approx. 28 cm (11 in.) diameter

If using fresh beet(root), put them in a large saucepan of water and bring to the boil. Cook for 30–40 minutes (depending on the size of the beet(root) until soft. Rinse in cold water. The peel will come off easily when you rub them with your fingers. Set aside.

To make the pastry, cube the butter and crumble it with the flours and salt. This is quickly done in a food processor. Add the egg yolk and water and quickly, without working the dough too much, shape into a ball. Leave to chill in the fridge or freezer for 30 minutes before using.

Roll out the dough and carefully place into the fluted loose-based pie tin. Prick the bottom of the case with a fork in several places. Leave to rest for another 15 minutes in the fridge or freezer.

Preheat the oven to 180°C (350°F)

Pre-bake the crust in the middle of the preheated oven for around 10 minutes.

Meanwhile, mix the crème fraîche/sour cream, milk, eggs, crumbled feta, salt, pepper and half the dill in a bowl.

Cut the fennel lengthways and remove the bottom core. Thinly slice the fennel. In a saucepan, add a little oil and sauté the fennel on a low heat for 5–6 minutes.

After a few minutes, add a few teaspoons of balsamic vinegar.

Remove the crust from the oven. Scatter the sautéed fennel across the base and add one-third of the crème fraîche/sour cream mixture. Thinly slice the beet(root) and arrange the thin slices all across the tart in neat layers. Add the remaining crème fraîche or sour cream dressing on top and scatter with half of the crushed walnuts.

Return to the middle of the oven for around 20–25 minutes. When done, scatter the remaining dill and walnuts on top. Serve warm.



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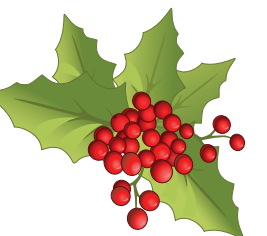
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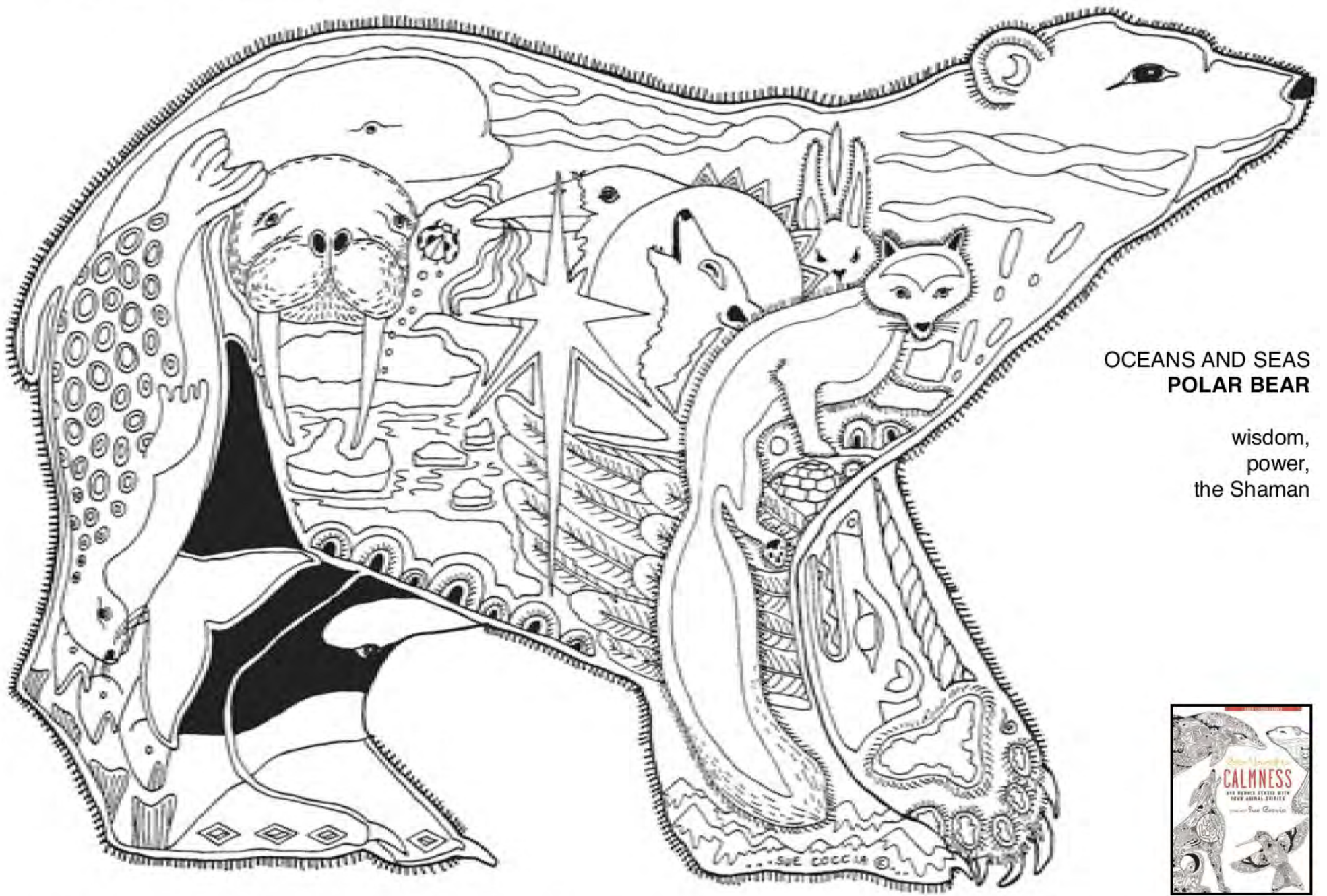
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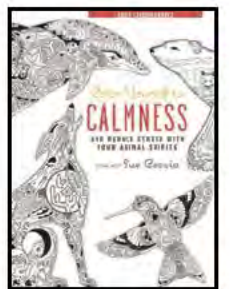






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## Book Review “Grandma’s Christmas Wish”

By Helen Foster James,  
illustrated by Petra Brown

c.2015, Sleeping Bear Press  
\$15.99 U.S. / \$16.99 Canada  
32 pages  
Reviewed by the Bookworm

It came as a complete surprise to you. You had no idea. Not a clue, but it made you happy anyway. You didn’t even know it was possible, but there it was: Santa visits Grandma’s house, too. There are always gifts waiting for you at Grandma’s, and in the new book “Grandma’s Christmas Wish” by Helen Foster James, illus-

trated by Petra Brown, you’ll see what they might be. Grandma loves you. That’s important to know. She loves you every day, especially at Christmas because you’re her “Jingle Bells Baby.” She likes spending the holidays with you, hanging stockings and decorating the tree. She likes to play in the snow, catch you when you slide, and watch you open your gifts. So will Grandma give you presents?

Yes! For sure, snuggles and kisses. Mistletoe and bedtime stories, memories, happiness and everything a kid like you needs at Christmas and beyond. And she gives you the wish of a good Christmas this year, and forever.

But do you know what Grandma wants for Christmas? It’s not a ball or a doll or a new dress. You don’t have to wrap up candy or perfume. No teddy bears or tricycles. What Grandma wants is easier to find and she won’t be taking it back to the store. No, what Grandma wants are “some hugs and kisses from you...” That’ll make her smile – but you’ll never guess what’s Grandma’s best present of all.

Yep, it’s *you!* You make Grandma happy and – should we say it again? She loves you very much. As much as a Christmas star. Even more than snowflakes. Ten times more

than anything you could put in a box. You are her “twinkle of light” and her “candy cane kiss.” For Grandma, there’s nothing under the tree that’s better than the gift of you! Certainly, 32 pages of story doesn’t seem like a good gift, does it? – especially when you consider that the words in “Grandma’s Christmas Wish” are few. But what you don’t know is that there’s so much more to this adorable little book.

The smallest people on your gift list, first of all, are going to love this charming story of a little bunny and his relationship with his Grandmother. Author Helen Foster James uses a sweet rhyme to get the point across, and the artwork is so irresistible that you’ll want to reach inside this book and hug the illustrations by

Petra Brown. The hidden goodness in this book is that, once you’ve read it to your little snowflake, it becomes a keepsake thanks to the lined-and-ready page at the back, perfect for writing a note to your own beloved grandchild. There’s even ample room to attach a picture you can enjoy during next year’s holiday read-a-thon. Just imagine the tradition

that’ll make. I believe there are two distinct beneficiaries to a gift like this: the 2-to-5-year-old who’ll unwrap and treasure it, and the Grandma who’ll personalize and give it. For both, “Grandma’s Christmas Wish” is the perfect holiday surprise.

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



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# The Healthy Geezer

By Fred Cicetti

**Q.** I usually get a bit light-headed when I stand, but this feeling is much worse when I get up from the dinner table. I don't drink. Any ideas?

**A.** There's a possibility you have "postprandial hypotension," or, in layman's language, low blood pressure after a meal. This is a senior malady; few younger people experience this. Other possible symptoms include dizziness, blurred vision, nausea and fainting. I recommend going to a doctor to have your symptoms checked.

When you eat, blood pours into your digestive system. To maintain your blood pressure, your heart pumps more often and your blood vessels con-

strict. But these compensatory mechanisms don't work for some people.

To help prevent postprandial hypotension, eat small portions several times a day and limit high-carbohydrate foods such as potatoes, rice, pasta and bread.

There's another form of low blood pressure called "postural hypotension" that affects some people when they stand up. Also called "orthostatic hypotension," this is especially common in older adults who are more likely to use high blood pressure drugs. When you experience postural hypotension, blood pools in your legs.

Low blood pressure is commonly caused by drugs for high blood pressure, surgical medications, anti-anxiety agents, diuretics, heart medicines, antidepres-

sants, narcotic painkillers and alcohol.

Other causes of low blood pressure include dehydration, heart failure, heart arrhythmias, shock from infection, stroke, severe allergic reaction, major trauma, heart attack and advanced diabetes.

The effects of hypotension can lead to falls, which can be serious for seniors. Here are some pointers for avoiding the dangers of low blood pressure:

When arising, let your feet hang over the side of your bed. Then flex your toes up and down about a dozen times. Stand up slowly. Count to 10 before you start walking. This is a good idea whenever you get up from lying or sitting for more than 20 minutes. Crossing your legs while sitting upright may also help increase blood pressure.

Some experts define low blood pressure as readings lower than 90 systolic (the first number) or 60 diastolic (the second number). However, low blood pressure is relative, so doctors often define blood pressure as too low only if there are symptoms.

In many instances, low blood pressure isn't serious. However, it is important to see your doctor if you have hypotension symptoms, because they sometimes can point to serious problems. Chronic low blood pressure may increase the risk of Alzheimer's-type dementia in some older adults.

Low blood pressure without symptoms rarely requires treatment. In symptomatic cases, doctors address the primary problems such as heart failure. When hypotension

is drug-induced, treatment usually involves altering the drug regimen.

It is possible to raise blood pressure when that is required. Here are some ways:

Eating more salt. However, too much sodium can cause heart failure, especially among seniors.

Don't increase your salt without consulting with your doctor.

Drink more water. Fluids increase blood volume and help prevent dehydration.

Compression stockings used to treat varicose veins may help reduce the pooling of blood in your legs.

There are also medications your doctor may prescribe.

*If you would like to ask a question, write to fred@healthygeez.com*

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*Kerby Centre's Remembrance Day ceremony was a well-attended event in the centre's auditorium.*

*Photo by Keith Callbeck*

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# Food fraud days are numbered

With better technology in the hands of the consumer, food fraud will begin to disappear

*Dr. Sylvain Charlebois*

Date tampering in food stores is in the news again, and horrified consumers want to know how it can be stopped.

Over the last 12 months, reports from B.C., Ontario, Alberta and Quebec suggest that store employees have been asked to repurpose food products and change expiry dates. Products include dairy, meats, and even fish and seafood. The changed dates vary from as little as one day to as much as two months.

Consumers can blame regulators and industry alike. However, food fraud has been around for thousands of years, so it seems inevitable that it will require technology, not humans, to put an end to it.

Tampering with dates is wrong, and repackaging food to extend its shelf life is illegal in Canada and many other places in the western world.

But even with laws in place, food fraud is a widespread problem. In fact, it is even worse in Europe, where not a week goes by without reports of fraudulent labels. Sausages, pies, jams, processed food at all levels have been evaluated in many studies showing troubling results.

However, some food-related chains are doing something about it. Since 1974, barcodes have allowed better traceability across global food supply chains. And now GS1, the non-profit organization that assigns the unique numbers in barcodes, has developed a double-layered barcode called the Data Bar. The new set of data on each product includes more details like expiry date, quantity, and batch or lot number.

German retailer Metro just launched PRO Trace, a smartphone app that displays all the information consumers need at the point of purchase. This app allows a consumer to verify when and where a fish was caught, and when and where it was processed. Metro's app allows consumers to validate information showcased in stores in real time.

Metro also sells food in bulk to small businesses such as restaurants and hotels. With this very affordable app, these customers can now guarantee the content they display on menus, so the technology protects the ultimate food consumers on another level.

Without better technology, we can always have more publicly-funded monitoring of food sales by regulators, and it could make a difference. But it could also increase the cost of food and decrease distribution efficiencies – and that's hardly desirable in an age of higher food prices.

Arming consumers with shopping technology will force the entire food supply chain to become more disciplined, and accountable to consumers and itself.

Food fraud should also kickstart conversation about another important retail issue – food waste. An increasing number of consumers are concerned about food waste and are willing to act on it. Retail transparency should prevail in an effort to reduce such waste. For example, Loblaws, Sobeys, Metro and many independents have responded to consumer concern by selling ugly vegetables at lower prices.

With better technology in the hands of the consumer, food fraud will dissipate. But food fraud is just the beginning. GS1 believes consumers want more information on nutritional values, ingredients, allergens, organic certification, environmental impact, ethical standards used on farms, alongside many other emerging issues.

Better technology can serve market-driven expectations, but with increasing amounts of data required, current barcodes won't be enough. We may see a different kind of barcode in the near future to open the door to more information.

The end result will be safer products on the shelves, and a better consumer-retailer relationship. Repurposing food and changing expiry dates is not good for business and it's not good for consumers. Technology can help ensure that consumers are buying what they want and deserve.

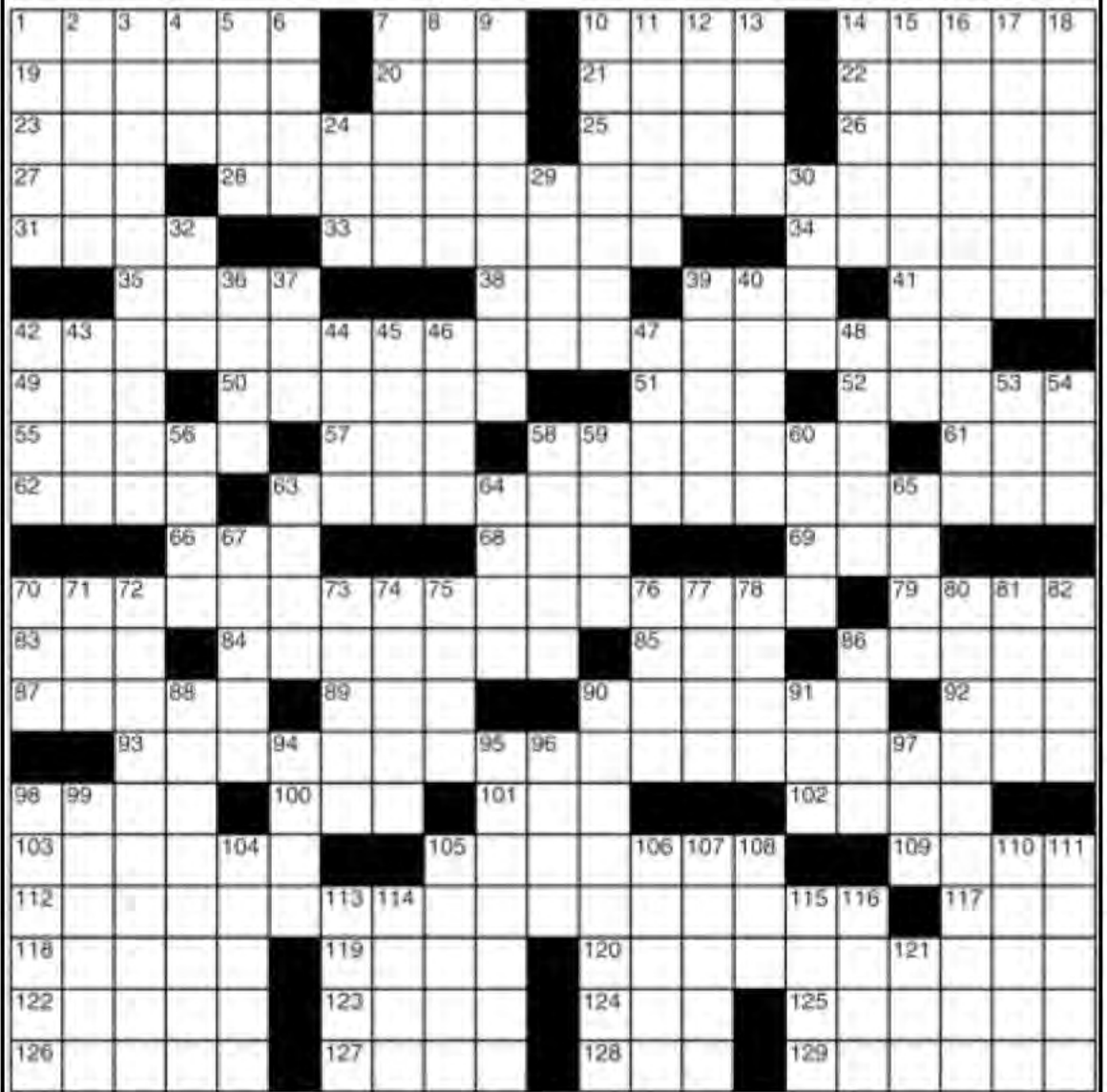
*Dr. Sylvain Charlebois is a Professor at the Food Institute at the University of Guelph.*  
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## Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

SCHOOL ORDERS

- |                                     |                               |   |   |                                      |                             |
|-------------------------------------|-------------------------------|---|---|--------------------------------------|-----------------------------|
| <b>ACROSS</b>                       | 50 Lament                     | 100 Suffix for an enzyme                    | 3 Warrior's suit with small, overlapping plates | 40 Push away                         | 80 Wedding VIP              |
| 1 Loch monster moniker              | 51 Perp's charge              | 101 Stadium shout                           | 4 See 85-Across                                 | 42 Razor choice                      | 81 Traveled by bus, e.g.    |
| 7 — Tomé                            | 52 "Later, José"              | 102 Vatican site                            | 5 — -bitsy                                      | 43 Slip up                           | 82 "That is — commentary"   |
| 10 Party giver's abbr.              | 55 Ample                      | 103 Detonate                                | 6 Audio effect                                  | 44 High-end hotel chain              | 86 Old toy company          |
| 14 Disk units                       | 57 Trawl, e.g.                | 105 African cat                             | 7 Ketchup, e.g.                                 | 45 Antagonists                       | 88 Defrosts                 |
| 19 And much more of the same! Abbr. | 58 Typical Tiger Beat readers | 109 Meat stamp inits.                       | 8 Words after attorney or heir                  | 46 Way to go                         | 90 Rises slowly             |
| 20 Waters off Fla.                  | 61 Brewery tank               | 112 End of the riddle                       | 9 Language of early inscriptions                | 47 Glenn of the Eagles               | 91 Always, in odes          |
| 21 Part of BSA! Abbr.               | 62 Round hairdo               | 117 Cal. units                              | 10 Rampaged                                     | 48 Laces into                        | 94 Neck part                |
| 22 Target for an exterminator       | 63 Riddle, part 4             | 118 Holy Roman emperor known as "the Great" | 11 L.A. hazes                                   | 49 Sculler's tool                    | 95 West African tree        |
| 23 Start of a riddle                | 66 Toshiba rival              | 119 Ian who played Bilbo Baggins            | 12 Stylish Wang                                 | 50 Bourbon and Wall! Abbr.           | 96 Oscar winner Guinness    |
| 25 "Me neither"                     | 68 Neighbor of Arg.           | 120 Riddle's answer                         | 13 Rigidly formal                               | 51 Funny Sahl                        | 97 Rhea relative            |
| 26 Hunky-dory                       | 69 U.K. "Inc."                | 122 Ban Ki-moon heads it, for short         | 14 Bar fight                                    | 52 Govt.-issued security             | 98 Monastery heads          |
| 27 Address book no.                 | 70 Riddle, part 5             | 123 Run up — (drink on credit)              | 15 Gave an attention-getting shout              | 53 Snaky swimmers                    | 99 Actress Danner           |
| 28 Riddle, part 2                   | 71 "— -Ca-Dabra" (1974 tune)  | 124 "A," in Caen                            | 16 Fallen suddenly                              | 54 Bank (on)                         | 104 Wake — cold sweat       |
| 31 Polar vehicle                    | 79 "— -Ca-Dabra" (1974 tune)  | 125 Submissive                              | 17 Clicked-open greetings                       | 55 God that's part goat              | 105 B soundalike            |
| 33 Puts on the burner again         | 83 Stadium shout              | 126 Big mattress-maker                      | 18 Least bold                                   | 56 Conical woodwind                  | 106 Macduff, e.g.           |
| 34 Fair-haired folks                | 84 Without help               | 127 Setup on oHarmony                       | 24 "The Skin of — Teeth"                        | 57 The date 6/6/44                   | 107 Tunesmith Harold        |
| 35 Sainly glow                      | 85 With 4-Down, gear up       | 128 Signing need                            | 29 Author — Hubbard                             | 58 Earthen pot for liquids           | 108 Pork product            |
| 38 On top of that                   | 86 Newbies, so to speak       | 129 Many stage mutterings                   | 30 Peters out                                   | 59 Tax-taking org.                   | 110 Sir Arthur Conan —      |
| 39 Wall St. insider, maybe          | 87 Die marks                  | <b>DOWN</b>                                 | 32 Penn & Teller, e.g.                          | 60 Tot's break                       | 111 Mules' sires            |
| 41 Brewery oven                     | 89 Numbered hwy.              | 1 Colorful amphibians                       | 36 July gem                                     | 61 One given to ostentatious display | 113 Landlocked African land |
| 42 Riddle, part 3                   | 90 Like red soil              | 2 Merman of "Gypsy"                         | 37 Bonobo, e.g.                                 | 62 Golf vehicles                     | 114 Tiny amount             |
| 49 Crooner Jones                    | 92 Ore — (maker of Zesties!)  |   | 39 "Law & Order" actress — de la Garza          | 63 Offering-plate share              | 115 Fanta, e.g.             |
|                                     | 93 Riddle, part 6             |   |   | 64 Notion, to fill                   | 116 Grandson of Adam        |
|                                     | 96 "Mamma Mia" quartet        |   |   | 65 Eye creepily                      | 121 College dept.           |
|                                     |                               |   |   | 66 About 5.88 trillion mi.           |                             |



Solution on page 32



## CHRISTMAS WITH THE KRANKS

Released December 2004 (1 hour & 39 minutes)  
Rated PG Comedy/Family

Friday, December 18, 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 The Trinity Lodge





## Community Events



One of the beautifully decorated rooms in view at Lougheed House throughout the Christmas season until December 20.

Photo by George Webber

### Pre-Christmas book festival

The Calgary Jewish Community Centre, at 1607 – 90 Avenue SW, is hosting their annual Jewish Book Festival, which runs through December 6 and features titles that are making waves in Jewish book clubs across North America, including contemporary titles by Jewish and Israeli authors and topics on Jewish thought, humour, politics, history and more.

Attendees can listen and interact with authors and fellow booklovers through meet-and-greets, book signings, book launches, and book club roundups.

A grand concert finale will be held on the final day, December 6, where participants can kindle the first light of Chanukah with melodies by some of the great composers of Eastern European and Klezmer music in the background.

New this year are a one-day-only bargain book sale and a Kid's Story-telling Corner, where guests can drop in and enjoy listening to short stories.

A free event, the book festival goes between 10:00 a.m. to 8:30 p.m. on Sunday to Thursday, 10:00 a.m. and 4:00 p.m. on Friday, and 6:00 p.m. to 8:30 p.m. on Saturday. For more information, contact Shula Banchik at (403) 537-8596.

### Concert at Christmas time

The Vocal Latitudes World Music Choir's Winter Concerts will be held on Saturday, December 5 at the Unitarian Church of Calgary, 1703 – 1st Street NW, with two performances at 2:00 p.m. and 7:30 p.m. respectively.

Tickets, each \$15, can be purchased in advance or at the door. Admission for children 12 years old and under is free. Low-income guests pay what they can.

For more information, contact Barb at (403) 208-1688 or write to Klym.b@shaw.ca.

### Yodelling at Christmas party

The Calgary Chapter of the American Historical Society of Germans from Russia will hold a Christmas party on Saturday, December 5, at 11:00 a.m. at the Ascension Lutheran Church, 1432 – 19th Street NE.

The event is free, but please bring desserts and bake/craft items for sale. Entertainment will be provided by the Yodel Club Heimattreu. All meetings are held in English. For more information, please call (403) 246-6968

or (403) 273-8178.

### A Lougheed House Christmas

Inspired by the turn-of-the-century and the house's rich history, Lougheed House Christmas 2015, ending on December 20, will feature elaborate decorations, lights and Christmas trees harking back to those times.

Visitors can also vote in the annual gingerbread-house contest, experience Lougheed House's Santa and maple taffy on Family Saturdays, December 5 and 12, and enjoy crafts and entertainment on the weekends.

Lougheed House is located at 707 -13th Avenue SW. For more information, please call (403) 244-6333, extension 103, or write to juliagunst@lougheedhouse.com.

### Magic of Christmas Past

Heritage Park presents Once Upon A Christmas on Saturdays and Sundays from November 21 to December 20, 9:30 a.m. to 4 p.m.

A Christmas breakfast buffet will be served in the Wainwright Hotel and Gunn's Dairy Barn. Tickets for the buffet cost \$21.25 for adults (15+), \$14.25 for youth (7-14), and \$10.75 for children (3-6), and must be prepurchased by calling 403-268-8500.

Activities include a horse-drawn wagon ride, Christmas carols, a play in the Canmore Opera House, model train displays, crafts, games, and gift shopping for adults and children.

Admission for Once Upon A Christmas now includes the Gasline

Alley Museum and is \$10:50 for a general admission (15-64), \$8.25 for seniors, \$6.50 for youth (7-14) and \$5.25 for children (3-6). Admission is free for Annual Pass holders. Discount coupons are available at Canada Safeway and First Calgary Financial locations in Calgary.

For more information please call 403-268-8500 or visit [www.HeritagePark.ca](http://www.HeritagePark.ca).

### A Venetian Christmas

Spiritus Choir presents a "Venetian Christmas" concert, to be held at Knox United Church, December 6 at 3:00 p.m. Tickets \$25 for seniors by phoning 403 925-7021..

Compiled by Faye Wu & Margaret McGruther

## Practically Christmas

Kerby Centre supports many older adults for whom Christmas is a time when their needs are keenly felt. For those older adults, the best gifts are those that will provide basic human needs that will ease their minds.



### You can help!

Drop off a grocery store card, Walmart card, book of bus tickets, or cash donation to Kerby Centre and we will get it into the hands of an older adult in need.

Kerby Centre's Crisis Fund assists older adults year-round with emergency expenses.

Drop off donations until Dec 23 at Kerby Centre  
1133 7 Ave SW Calgary Or call (403) 265-0661

Donors of cash or gift cards will be issued a tax receipt.



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# Seniors Scene

## Greater Forest Lawn

For Olde Tyme Sake will play at the dance on December 5. Doors open at 6:30 p.m. Dance at 7:30 p.m. Cost for members is \$12, for non-members \$13. For more information please call 403-272-6153 or visit [www.gfls.org](http://www.gfls.org).

## Confederation Park

Confederation Park 55+ Activity Centre will take a trip to the CPO Christmas Concert at Grace Presbyterian Church on Saturday, December 12. Cost for members is \$37, non-members \$42, including transportation and the performance.

A Christmas Brunch and Turkey Bingo will be held on Monday, December 14 at 11:30 a.m. Tickets are \$18, for members and volunteers only. This includes brunch and one bingo card (additional tickets can be purchased for \$1 each). Tickets

must be purchased in advance, prior to Monday, December 7.

For further information about these events please call 403-289-4780.

## Ogden House

Ogden House is holding a TGIF Christmas Dinner on December 18. Tickets for the turkey dinner and concert are \$16. Reservations are required. For further information please call 403-279-2003, or visit [programs@ogden50plus.org](mailto:programs@ogden50plus.org)

## Social Dance Club

The Social Dance Club will hold a New Year's dance on Thursday, December 31, to the music of Interlude. The dance will take place in the Kerby Centre Gym, 1133 7 Avenue SW. Doors open at 6:00 p.m., dancing from 7:30 p.m. to 1 a.m.

Snacks will be served during the evening, a lunch at

8:30 p.m., midnight snack at 11:30 p.m., complimentary tea and coffee all night, a Lion's cash bar will be available (outside drinks not allowed). There will be mixer dances, door prize

draws, spot dances and 50/50 draws. Tickets are \$35 per person (singles and couples are welcome). Tickets must be purchased in advance and are non-refundable.

For more information please call 403-242-6957 or visit the website: [www.socialdanceclubcalgary.com](http://www.socialdanceclubcalgary.com).

Compiled by Margaret McGruther



The University of Calgary's Founders' Gallery at Calgary's Military Museums is hosting an exhibition, "Barracks to Banks: Canadian Silkscreens for War and Peace" until January 17, 2016. During the Second World War, vibrant silkscreens brightened the living quarters of Canadian soldiers, enriching their lives with images of Canadian landscapes. It was a unique way for Canada's best known artists to show support for the troops. Now, nearly 100 of these pieces by A.J. Casson, Emily Carr, Lawren Harris, J.E.H. MacDonald, Charles Comfort and Tom Thomson, and almost 50 others have gone on display. The exhibition includes the oil version of A.J. Casson's iconic silkscreen "White Pine." The piece, pictured here, is on display for the first time in Alberta and is on loan from the McMichael Collecton of Canadian Art in Ontario.

Photo courtesy of Pegasus Gallery of Canadian Art

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# Kerby Centre's Activities, Programs & Services

## DATES TO REMEMBER

Options 45 1:30pm - 3:00pm .....Tues Dec 1, 8, 15 & 22  
 Membership Lunch .....Tues Dec 8  
 Monthly Movie: "Christmas with the Kranks"  
 .....Fri Dec 18  
 Kerby Centre CLOSED \*Happy Holidays\* .....  
 .....Wed Dec 23 at Noon – Jan 4 2016

\*\*\*TICKETS TO EVENTS CAN BE PURCHASED ONLINE DURING THE BREAK AT WWW.KERBYCENTRE.COM\*\*\*

### 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 for 2016 only \$22.00 and with \$3 onsite parking for the year! (See the ad in this issue for more details).

**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. For more information call 403-705-3217.

**Craft Group:**  
 Join us in Room 311 every Wednesday between 9:00am – 12:00pm to show off your creative skills. This group is a free and open to those who enjoy spending their spare time doing crafts.

**Peer Learning Group:**  
 Are you interested in making new friends, sharing knowledge, experience, and learning in a friendly, informal manner? Please join us every Monday, in Room 318B between 10:00am-12:00pm, to discuss a wide range of topics from politics, aging, health, history of Calgary, and interesting people. Cost is \$2

### 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.

→ 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:**  
 Do you love knitting or crocheting? Do you enjoy meeting new people? Then come join us for the Volunteer Departments "Knitting for a Cause" group in the Chandler Kennedy Room between 10:00am – 12:00pm! For further information contact the Volunteer Department at (403) 705-3218

### 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

## Weekly Clubs and Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Recorder Group</b> Room 313 1:00pm- 2:30pm \$1.25		<b>Bridge</b> Room 307 1:00pm - 3:00pm \$1.25	<b>Artists Group</b> Room 313 10:00am - 3:00pm \$1.25 per half day	<b>Spanish Conversation Group</b> Room 311 10:00am -12:00pm \$1.25
<b>Cribbage</b> Room 307 1:30pm -3:30pm \$1.25			<b>Bingo*</b> Room 205 11:30am - 3:00pm	<b>Krazy Karvers Woodcarving Club</b> Room 102 10:00am - 3:00pm \$1.00 per hour
<b>Writing Group</b> Room 301 1:30pm -3:30pm \$1.25	<p><b>"I will honor Christmas in my heart, and try to keep it all the year."</b></p> <p>– Charles Dickens</p>			

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.

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)  
 Join your peers in the Lecture Room every Wednesday between 1:00pm and 3:00pm. Cost \$1.25

**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

**Free Computer Drop-in**  
 Mon & Wed 9 – 11am  
 Tues, Thurs & Friday 9 – 3pm  
 Location: K2 – EV 428 9th Ave SE  
 For more information Contact (403) 470-6300

**East Village Dancing**  
 A dance exercise program for older adults  
 Thursdays  
 11:15am – 12:15pm  
 Location: K2 – EV 428 9th Ave SE  
 \$2.00 at the door  
 For more information

contact (403) 470-6300  
**LifeSpring Community Church**  
 NEW TIME! Sunday's starting at 10:30am  
 Location: K2 – EV 428 9th Ave SE  
 For more information contact Paul Bagley (403) 862-5639

**create! in the East Village**  
 1:00 – 3:00pm Every Tuesday, Thursday, Friday  
 Location: K2 – EV 428 9th Ave SE.  
 Free! Drop-in! For East Village Residents. For more information contact Wendy Lees (403) 880-3001

**Community Connects at K2-EV**  
 1:00pm Wednesdays  
 Location: K2 – EV 428 9th Ave SE. For more information contact Wendy Lees

(403) 880-3001  
**Fit2AGE: Gentle Fitness**  
 With Tracy Rand  
 Monday's 11:15am-12:15pm  
 Location: K2EV 428 9th Ave SE  
 Drop In! Cost: \$2.00  
 An Exercise Class promoting the well-being for aging adults through fitness and dialogue. For more information contact (403) 470-6300

**Games N' More**  
 With Sheila, Jean and Sonia  
 Wednesday's 10:30am-12:00pm  
 Location: K2EV 428 9th Ave SE  
 Free! Drop-in!  
 Board games, card games, puzzles, activities, conversation and more!  
 For more information contact (403) 470-6300

### Tax Clinic

Calling all volunteers to assist at the Kerby Centre 2016 Tax Clinic!

Kerby Centre is currently recruiting for new volunteers to join our team of tax volunteers. We are in need of both Tax preparers (who prepare tax returns for low income Seniors) AND Tax receptionists (who help coordinate the clinic). The tax clinic runs daily Monday to Thursday during the tax season of March and April 2016. All tax volunteers will be required to attend tax training provided by Canada Revenue Agency and Kerby Centre in February.

For more information please call 403-705-3246 or email [information@kerbycentre.com](mailto:information@kerbycentre.com)

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# Life and liberty – Don't allow great expectations to spoil your Christmas



By liberty forrest

This season is supposed to be about wonder and magic, about loving and giving, aspects of our lives that we're meant to be contemplating throughout the entire year and especially now. Yet somehow, it can become too easy to be swallowed up in shoulds, oughts and musts. Throughout the year, people expect us to be, do or give this or that but at Christmas, this is all amplified. The expectations rise, and we feel pressured to be more, do more, and give more.

Throw in all those unbearably emotional Hallmark films and touching adverts about family members happily gathered together at long last, the fire roaring

beside the dining room table that is about to break under the weight of a ton of food and fine dishes, and right away we're set up for disaster. We bust our backsides and decorate and bake and shop and clean and wrap our brains out. We decorate every nook and cranny until our homes look like Christmas threw up all over them. We invite and entertain. We eat until we're sick.

We want it to be perfect for our families and friends. We stress about what we still have left to do, and we don't think we'll get it all done. But we *have to!* Because everyone *expects it!!!*

And there's more than just what we're expected to do for the holiday. There are massive expectations about what we expect it to do for us, too. We want it to feel like those very moving, final Hallmark scenes. We pray that maybe this is the year that Christmas will work the magic we keep hearing about. Maybe this is the year that it will heal those many long-standing family wounds.

So we carry on, stressing and preparing and worrying and then The Big Day arrives and we open the gifts and eat

the food and see the family and friends. But it never feels like the Hallmark film or the touching advert. We feel terribly empty when that fantasy Christmas feeling just doesn't happen and the family healing just doesn't happen either.

And in fact, there may be some new scars added when, with all these extra pressures and expectations, you can add a large bowl of short fuses and a hefty helping of crushing disappointment to the menu.

This season is supposed to be a reminder of what is truly important in life – not just in our own lives but also in the lives of everyone in our community. All of us know this, yet so many of us are on that Christmas hamster wheel, thinking that if we do more Christmas stuff, the holiday will mean even more.

But what happens is that it ends up meaning less. Dare I point out what that is really saying... it ends up "meaningless." Ironically, it will, indeed, have reminded us – yet again – of what is important, but not in the way we had hoped. Not in the way we expected. It will be because we've heaped a ton of expectation on it and it will have let us

down. Once again, we'll have learned that despite all that insane shopping and baking and cleaning and wrapping and inviting and eating, it did not produce the magic of the Hallmark films. And we just can't understand it. After all, we did all the right stuff. Didn't we?

Throughout the year, we expect certain things from others and from ourselves.

**“Many of us are on that Christmas hamster wheel, thinking that if we do more Christmas stuff, the holiday will mean even more”**

And we let others' expectations of us become what we expect from ourselves, too. Unfortunately, sometimes it's a short trip from expectation to disrespect, and then you're a stone's throw from disaster. Very quickly, they blend one into the other like bleeding watercolours. Expectation is merely the mask of demand; it's a recipe for a mess of undeserved guilt and a load of misery.

Christmas is a really huge “in-your-face” reminder not to just go through the motions in your life, doing what's expected of you just for the sake of doing it. But remember the irony...the more you try to make Christmas be perfect, the less likely it's going to happen. Elaborate Christmas preparations and expectations will often bring equally elaborate disappointments. In fact, the greatest Christmas joy can be found in the simplest of words and deeds.

If you stop expecting Christmas to repair all those family problems, and instead simply behave in a way that the holiday is meant to represent, you're more likely to find the healing that you desire. If you get rid of your expectations of others and simply enjoy what their presence brings to your life – not just now, but year-round – you will be much happier. And so will they.

Don't do more Christmas stuff. Be more Christmas-like. Every day.

*liberty forrest is an award-winning author, an inspirational speaker and mentor. Contact [frespirit@libertyforrest.com](mailto:frespirit@libertyforrest.com)*

Become a member today!

## Kerby Centre for the 55 plus

**Membership with Kerby Centre provides a number of benefits, including:**

- Kerby News mailed directly to your home each month
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- Priority registration for classes
- Member rates for FIT Room use
- Member rates for select Kerby Centre Events
- Member rates for Education and Recreation programs
- Special advanced ticket purchases and reduced fees for day trips
- Member rates for foot clinic
- Voting rights at the Annual General Meeting

**One-time coupons for:**

- **10% discount** on red-tag items at the Wise-Owl Boutique
- Voucher for one **FREE** beverage in the dining room
- One **FREE** personal trainer session in the Kerby Centre FIT Room
- **10% discount** voucher on a first time foot-care appointment
- **20% discount** at Blooms on 9th
- **20% discount** at the Inglewood Beauty Bar for a hair or esthetic service



**Purchase a Kerby Centre membership today!**

**To purchase a membership:**

- Visit our membership desk Monday to Friday 9 - 3
  - Phone 403-265-0661, ext 256
  - On our website at [www.kerbycentre.com/about/membership](http://www.kerbycentre.com/about/membership)
  - Mail this form with a cheque for payment and we will follow up by phone
- Kerby Centre 1133 - 7 Avenue SW Calgary, Alberta T2P 1B2

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Membership for 2016 is \$22.00 plus \$3.00 for a 2016 parking tag

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## Five packaging tips for smart holiday shipping

(NC) Getting shipments to where they need to be in time for the holidays is critical. So careful planning in the form of proper packaging is key during the busiest time of the year, whether you're shipping across Canada or around the world.

"Handling more than a million shipments each day and keeping customer promises is what we do," says Sandra MacLennan, vice president of customer care at Purolator. "During the festive season, due to increased shipment volumes, we

encourage our customers to send their shipments early and stress the importance of proper packaging to help avoid any damage."

Here are a few packaging tips:

- Avoid previously used boxes. They lose strength over time and are unlikely to provide adequate protection throughout the distribution process. New and durable shipping boxes can be purchased from Purolator Shipping Centres or office-supply stores.
- Place precious cargo in the

centre of a box. Make sure all items fit well and are not protruding or compressed within the box.

- Wrap all items individually using appropriate packing materials, such as bubble wrap, foam peanuts or air pillows. These materials should be at least three inches thick. For items with sharp edges, or fragile items like electronics, add cardboard inserts to protect the edges. Do not use newspapers, twine or tissue paper for cushioning as they do not offer enough protection.

- Do not apply glue, masking tape, cellophane tape or opaque tape to seal your boxes. These materials lack strength to keep the package intact. Instead, use three-inch-wide plastic, pressure-sensitive tape to close all boxes, making sure all edge seams are taped.

- Be sure to stick the shipping label on the largest, flattest surface of the box. Then double-check the accuracy of the sender and receiver information on the shipping label. When necessary, affix information to

indicate that a glass, liquid or a heavy-weight object is enclosed. Lastly, retain a copy of your package identification number (PIN) for easy tracking.

Choose a reliable shipper that will provide you with options to ship online or schedule a pickup. Alternatively, drop off your shipments at one of the company's locations or a drop box.

More information is available at [purolator.com](http://purolator.com) [www.newscanada.com](http://www.newscanada.com)

## Making the Christmas tree the heart of your holiday home

(NC) The Christmas tree is one of the oldest holiday customs. It brings warmth to the home and is at the centre of many family traditions. According to Cindy Jardim, Style and Trends Director at Lowe's Canada, a growing number of Canadians are opting for artificial trees.

"Today's artificial trees offer lasting beauty with finishes that are easy to mistake for natural trees," says Jardim. "With the large selection of tree types and

range of shapes and sizes available, they offer a tremendous amount of design versatility. What I love most is the convenience. They are clean and maintenance free, plus features like integrated lights make set up and teardown quick and easy."

The first step is selecting a tree that works for your space, ensuring it's in proportion to the rest of the room. Seven and a half foot trees are most popular because they work with ceiling

heights of eight to nine feet. The Hallmark Tree is a great option to meet these requirements. It's a pre-lit frosted pine with branches that are designed to display holiday cards and photos. You need approximately five feet of depth for a seven and a half foot tree or six feet of depth for a nine foot tree, which is a great option for rooms with ceilings ten feet or higher.

With all trees, it's important that they don't look crowded. Allow for a three inch cushion of space

between furniture and walls. The nine foot EZ Slim Aspen Fir with colour changing lights is a great choice for a smaller room with a high ceiling – think loft condo. This tree features Easy Light Technology with hidden cords and a tidy plug to help keep floor space decluttered.

For homes with soaring ceiling heights, the twelve-foot Colour Changing Lit Tree is a stately tree that is sure to add a wow-factor. The lights change colour at

the touch of a foot switch providing elegant illumination in warm white, multicolour, and changing colour to suit any décor need.

Start your own family traditions this season with a tree selected specially for your home. It's the foundation of your family's personal style and a focal point of holiday cheer.

More information is available at [www.lowes.ca](http://www.lowes.ca). [www.newscanada.com](http://www.newscanada.com)

## Oh Christmas tree, how fast can you burn?

(NC) According to legend, the Christmas tree was first introduced to Canada long before Confederation, in 1781. This first tree, decorated with white candles, was a balsam fir cut from the dense forest in the region that is now the city of Sorel-Tracy, Quebec.

Even though we're no longer using lit candles as tree ornaments, the risk of fire remains real. Preventing them is as simple as ensuring the tree is regularly watered.

"Keep the tree watered," says Wayne Ross, an insurance expert at Aviva Canada. "It's our mantra at this time of year. Not only does it create a fragrant indoor winter wonderland atmosphere, but a wet tree is a safer tree."

Here are some other safety tips to help keep your home not only festive, but safe as well:

- When buying your tree, make sure the needles don't fall out when you bounce the tree on the ground. These

types of trees tend to dry out very quickly, meaning they will also burn very quickly.

- Don't overload electrical outlets with too much lighting and/or extension cords.
- Under no circumstances leave a lit Christmas tree

unattended. If you're out for the evening, be sure to unplug the lights.

- Never place lit candles near your tree.

Enjoy your tree this holiday season, but take the steps necessary to ensure that it's safe

and that your family and home are protected. More information is available from your insurance broker or online at [avivacanada.com](http://avivacanada.com).

[www.newscanada.com](http://www.newscanada.com)

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# Five reasons to donate to the food bank this holiday

(NC) Many of us are getting into the giving spirit. One of the most impactful ways people can help their community is by making a donation to the food bank. Here are five reasons why:

1. Food banks help Canada's most vulnerable populations.

More than 37 per cent of people helped by food banks are children and nearly half of the households helped have children. Some of the primary reasons people turn to food banks include sudden illness of family members, job loss and family breakup. People with physical or mental health issues, indigenous peoples, immigrants and refugees are especially vulnerable to food insecurity.

2. Donations make us feel good.

The benefits of charitable giving are well documented. Psychological benefits include a sense of moral satisfaction, improved self-esteem and a greater sense of human connection, but donating to charity may also have health benefits. Charitable giving has been linked to decreased blood pressure, reduced stress and increased life expectancy.

3. The majority of food bank support comes from people like you.

Donations of food and funds go a long way to ensuring people in need don't go hungry. "We are so grateful for the generosity

of people across the country," says Katharine Schmidt, executive director, Food Banks Canada. "While finding solutions to hunger is a complex undertaking, the support of community food banks is a huge step in ensuring we can relieve hunger today."

4. Donations have a measurable benefit on communities.

Donations are critical to ensuring food banks are able to keep their doors open and lights on, put gas in the trucks to pick up donations and run essential programs that help individuals and families become more self-sufficient. More than half of all food banks operate food-

focused programs like community kitchens, gardens and nutrition training, and almost 40 per cent of food banks direct clients to other support like employment, housing and healthcare.

5. Making a donation is simple.

"People can easily make a food or financial donation at any Loblaws, Your Independent Grocer or Real Canadian Superstore," says Peggy Hornell, senior

director of Community Investment. "If everyone in Canada donated just two items at their local store, we could meet the monthly demand on food banks for months to come." While cash donations give the food bank flexibility to purchase the items they need the most, food donations are also important. More information can be found at [foodbanksCanada.ca](http://foodbanksCanada.ca).

[www.newscanada.com](http://www.newscanada.com)



Rundle youth spent time with the seniors of Kerby Centre's Adult Day Program sharing stories recently. Photo by Keith Callbeck

## Volunteer Spotlight



### Anna Davison

Anna started volunteering at Kerby Centre in 2006 in the Fundraising Department doing a lot of computer work/data entry. She took a break as she moved overseas to be with family for about 2 years and upon returning she resumed her volunteer work with Kerby Centre. In 2009 she started volunteering again with the Kerby News department and has helped out there ever since. She ensures correct sizing for advertisements, helps with the mail out of the paper every month and had even taken on organizing the other volunteers for the mail out. She likes the fellowship with the others and enjoys being able to keep in touch with people. Anna has contributed over 990 hours in these roles!

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

## TD Wealth Senior's Seminar Series



Hosted by Wendy Farch, Vice President, Portfolio Manager, Investment Advisor, Elder Planning Counselor, Certified Financial Planner, TD Wealth Private Investment Advice

### Technology for Seniors

We will be joined by Rachael Layng, who is a Community Development Specialist from Microsoft. Rachael will demonstrate the most popular and easy to use products that seniors are embracing.

**Tuesday, December 8, 2015**

6:30 p.m. – 7:30 p.m.

### Cross Border Tax and Estate Issues

We will be joined by Jon Makowsky and Tim Brisibe from Mackenzie Investments. Tim Brisibe is a Director Tax and Estate Planning at Mackenzie Investments. Tim holds the TEP designation (Trust and Estate Practitioner) and an LL.M. in Taxation Law from York University, Osgoode Hall Law School.

**Monday, January 11, 2016**

6:30 p.m. – 7:30 p.m.

### Location:

Fish Creek Public Library, 11161 Bonaventure Drive, S.E., Calgary

**RSVP by calling 403 503-4411**

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10	Health
11	Foot Care
12	Home Care
13	Mobility Aids
20	Home Maintenance
24	Landscaping
26	Services
30	For Sale
33	Wanted
45	For Rent
48	Real Estate
50	Relocation Services
80	Announcements

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Continued from page 31

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**ADVERTISERS' INDEX**

Advertiser	Pg No.....	Advertiser	Pg No.....
ABEX Brokerage .....	29	Leesman Team .....	29
All Seniors Care .....	15	Manor Village .....	3, 25
All About Seniors .....	29	Meadowlark .....	21
Auburn Heights .....	15	Mountainview .....	35
B.L. Braden Denture Clinic ..	29	North Hill Denture .....	21
Bowbridge Manor .....	34	Nuvera Community .....	22
Calgary Civic Symphony .....	33	Origin at Spring Creek..16, 17	
Canada Purple Shield .....	7	Royal Denture Clinic .....	30
Care to Share .....	26	Ruby Haines Patterson .....	33
Chartwell .....	35	Sandra Sebree .....	35
Chinook Denture .....	34	Shalem Society .....	4
Derek Johnson .....	26	Silvera for Seniors .....	21
Distress Centre .....	34	Stemp & Co .....	26
Gail Vaz-Oxvale .....	33	TD Wealth .....	30
Grey Eagle .....	1	United Active Living .....	7
Johnson Law Office .....	31	Verve .....	2
Lawrence Gerritsen .....	21	Wentworth Manor .....	8

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

Puzzle on page 24

**A Polar Express Xmas**

By Tim Johnston

Tearing up unproductive  
railway branches across the  
prairies is not a new phenom-  
enon. One such line slated for  
abandonment branched off  
Canadian Pacific's (CP)  
Calgary-Lethbridge line just  
south of Blackie. Its rails ran  
northeast through Mossleigh  
and Arrowwood and then  
curved southeast passing  
through Queenstown, Milo  
and Lomond. Rail and tie  
removal proceeded from east  
to west and got as far as  
Mossleigh. Looking for pos-  
sible markets for some of the  
ties, the railroad approached  
Jason Thornhill, owner of  
Aspen Crossing Nursery,  
located just west of the vil-  
lage, to see if he would be  
interested in buying some for  
his landscaping business.

Aspen Crossing Nursery  
is bordered on the south  
side by the CP tracks and on  
the north side by Highway  
24. It's part of the farm  
where Jason grew up. As a  
boy, he would wave to the  
train engineers as they  
passed through the farm and  
an abiding interest in all  
things railroad began to  
develop. And so, when  
Canadian Pacific came call-  
ing, Jason saw a unique  
opportunity. Instead of buy-  
ing a pile of ties, why not  
buy 25 kilometers of the  
railroad — ties, rails and  
right-of-way all included?

Canadian Pacific agreed  
and the railroad property  
added to a theme that Jason  
had been developing for  
some time. The nursery and  
gift shop are located in a  
building modeled after a  
typical prairie railway sta-  
tion. A few years before the  
purchase, Jason's colleague,  
Donna Biggar, suggested  
that it would be nice if nurs-  
ery customers could have a  
light meal when they came  
out to shop for plants.

By chance, the Sidetrack  
Café in Edmonton was try-  
ing to sell its heavyweight  
railway car that earlier in its

Continued on page 35

**IN MEMORIAM**



Join us in extending sym-  
pathy to the families  
of these Kerby Centre  
members and volunteers:

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- George Campion
- John H Essery
- George Lyle Hopkins
- Frank Kenna
- Florence M Markin
- Mary Marsden
- Agatha McEwen
- Patricia Edna Milner
- Jean Nelner
- Stanley Nelner
- Bernice Neville
- Olive Norquay
- Margaret R. Pankhurst
- Harry Radomsky
- Ruth Romney
- Kenneth Clayton Rundle
- Marcel Segal
- Mary Switzer
- Lois Thomson
- Lillian ('Diamond Lil')  
Wilson
- Anna "Marion" Wooden
- George (Major) Young

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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.



**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>	
	kltchen@kerbycentre.com
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
Thrive	403-234-6571
<i>Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.</i>	
	thrive@kerbycentre.com
Housing	403-705-3231
<i>Assists seniors in finding appropriate housing</i>	
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<i>The all in one seniors' information source</i>	
	info@kerbycentre.com
Kerby <sup>2</sup> East Village	403-470-6300
Kerby News Classified Ads	403-705-3249

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	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



# Skip the grains but not the treats this holiday season

Cardiologist, best-selling author shares two grain-free recipes

By Ginny Grimsley

At a time when we most want to look and feel our best, we seem to do everything possible to ensure we don't, says cardiologist Dr. William Davis.

"The weather starts to change and we reach for the pumpkin-spice cookies, cider doughnuts and beer, which launches us into processed carbohydrates season," says Dr. Davis, author of "Wheat Belly Total Health," (www.wheatbellyblog.com), the latest in his bestselling "Wheat Belly" series.

"They make us tired and sluggish when we especially need energy as we prepare for all the fun stuff, preparations leading up to Christmas and Hannukah. They cause us to gain weight, which we immediately pledge to shed come New Year's."

People have been taught that the refined, processed carbohydrates in foods like white rice, white bread and traditionally baked goods are "bad carbs." We're told we'll be healthier, happier and slimmer if we stick to the "good carbs" in fruits, nuts and whole grains.

Not true, Dr. Davis says – at least in the case of grains.

"Grasses and grains like wheat are a great food source for goats, cows and the like," he says. "But humans have a different digestive process and different nutritional needs. Grasses are not only responsible for unwanted weight gain, but also more serious conditions, including Crohn's disease and other autoimmune and inflammatory conditions. We just weren't meant to eat them."

That doesn't mean you have to do without your favorite treats during the holidays. Just make them a different way.

He offers these recipes:

• **Pumpkin Spice Muffins** (makes 12):

- 2 cups ground almonds
- 1 cup chopped walnuts
- 1/4 cup ground golden flaxseed
- Sweetener such as Truvia or stevia extract equivalent to 3/4 cup sucrose
- 2 teaspoons ground cinnamon
- 1 teaspoon ground allspice
- 1 teaspoon grated nutmeg
- 1 teaspoon baking powder
- Dash of fine sea salt
- 1 can (15 ounces) unsweetened pumpkin puree
- 1/2 cup sour cream or canned coconut milk
- 2 large eggs
- 1/4 cup walnut oil
- melted coconut oil or extra-light olive oil.

Preheat the oven to 325 degrees F. Grease a 12-cup

muffin tin. Stir together the almond meal, walnuts, flaxseed, sweetener, cinnamon, allspice, nutmeg, baking powder, and salt in a large bowl. Stir together the pumpkin, sour cream or coconut milk, eggs, and oil in another large bowl. Stir the pumpkin mixture into the almond meal mixture and mix thoroughly. Spoon the batter into the muffin cups, filling them about half full. Bake until a toothpick inserted in a muffin comes out dry, about 45 minutes. Cool the muffins in the pans 10 to 15 minutes, then turn out onto a rack to cool completely.

• **Wheat-free Cauliflower Mushroom Dressing:**

- 1 ounce dried porcini mushrooms

- 1 pound loose ground pork sausage
- 3 tablespoons olive oil, divided
- 2 stalks celery, chopped
- 1 medium onion, diced
- 1 head cauliflower
- 1 green pepper, chopped
- 4-ounce can/jar roasted red peppers
- 8 ounces Portabella mushrooms, sliced
- 2 tablespoons ground golden flaxseed
- 1 teaspoon onion powder
- 1 teaspoon ground sage
- 1 teaspoon ground thyme
- 1 teaspoon ground tarragon
- Sea salt and freshly ground black pepper.

Preheat oven to 350 degrees F. Bring approximately 12 ounces water to a boil in sauce pan. Toss in porcini mushrooms and turn

heat down to maintain below boiling. Stir every couple of minutes for 20 minutes. In deep saucepan, sauté sausage in 1 tablespoon olive oil, along with celery and onions, until sausage is cooked. Drain excess oil. Place saucepan back on low heat. Break cauliflower into small florets and add to sausage mix. Toss in drained porcini mushrooms along with approximately 4 ounces of the porcini broth, remainder of olive oil, green pepper, roasted red peppers, Portabella mushrooms and flaxseed. Add onion powder, sage, thyme, tarragon, salt and black pepper and stir. Transfer to baking dish and place in oven. Bake for 45 minutes.



Kerby Centre celebrated Diwali, the Hindu Festival of Lights, in the centre's auditorium recently with an afternoon of music, culture, food and dance.

Photo by Keith Callbeck

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# Unwrapping Christmas costs

'Tis the season for gifting and for many Canadians, that can mean getting carried away with the 'spirit of giving' and spending more than their budgets can bear. To avoid an avalanche of hard-to-pay bills in the months following Christmas, here are a few shopping and budgeting tips to help you enjoy the season and the debt-free months that follow.

### Ways to stretch your budget

These tips can help you reduce Christmas costs:

#### • Spend smart

Make a list that matches your budget and stick to it. For next year, start early and shop through the year when it's easier to make the most budget-conscious decisions.

#### • Be creative

Give crafty 'from the heart' gifts like scrapbooks, recipe books or photo albums. Use newspapers or cheaper brown paper instead of expensive wrapping paper and string or yarn instead of ribbon. Reuse wrapping paper and gift bags from gifts given to you.

#### • Seek out discounts

Take advantage of limited time offers. Check websites like WagJag and Groupon for money-off gift options. Look for discount coupons online or in your newspaper. And don't forget to check out discounted merchandise at your retailers of choice.

#### • Combine to save

Instead of buying individual presents for everyone in your family, get one present they can use together. Or join with another family member to purchase 'combined' gifts instead of going the 'individual' (and more expensive) route.

#### Use credit wisely

What is the real cost of a \$200 gift when you pay for it with a credit card instead of cash? If the annual interest rate on your credit card is 22% and you make the minimum payment of \$10 each month, it will take you

26 months to pay off the debt and your total cost will be \$251.43 That's why you should:

#### • Limit credit purchases

Avoid impulse buys and keep your cards in your pocket or purse unless you intend to pay off the balance each month. Don't take cash advances on your credit card because you'll be charged interest from the day you take the advance until the day you pay off the entire amount. If you are using your cards and do intend to pay them off fast, try to use cards that offer reward points that can reduce the cost of gift purchases.

#### • Make payments as soon as you can

Interest is charged daily so reduce your costs by paying promptly and always try to pay more than the minimum amount owing. If your balance is growing, stop using your credit card until you get that balance under control.

A realistic Christmas Shopping Plan combined with the right long-term financial plan will ensure you have a merry, debt-free Christmas every year. Here's a gift you can give to yourself: financial security. Talk to your professional advisor about the best ways of unwrapping that precious gift.

Contact Joanne Kirk or Daryl Standish at 403-253-4840 for more information and any questions you may want to talk about.

*This column, written by Investors Group Financial Services Inc. (in Québec – a Financial Services Firm), and Investors Group Securities Inc. (in Québec, a firm in Financial Planning) presents general information only and is not a solicitation to buy or sell any investments. Contact your own advisor for specific advice about your circumstances. For more information on this topic please contact your Investors Group Consultant.*

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Continued from page 32

life had served as John Diefenbaker's prime ministerial car. Jason bought it and moved it to the nursery where it continues to provide a unique dining venue. A fully serviced campground was built next, set amidst the trees of the nursery. True to the railway theme, three railway cabooses representing Canadian Pacific, Alberta Northland and Union Pacific railways were located within the grounds and refurbished into beautiful suites.

It's been six years since the railway property was acquired. Since then, a lot of work has been invested into setting it up to become an operating tourist line. A small industrial diesel locomotive was acquired, along with three or four passenger cars. Just recently, a larger locomotive was purchased and moved onto the property. Because CP occasionally uses the western portion of the rails for storing grain cars this engine, a 1952 Montreal Locomotive Works S3 model, had to be trucked to Aspen Crossing. A siding



A passenger car decorated for Christmas.

Photo by Tim Johnston.

was built from the rail line into the nursery yard and upgrades were made wherever the rails cross highways and county roads.

In May, Aspen Crossing Railway began operations as a tourist railroad offering themed trips along the right-of-way. Passengers could book on a number of special excursions including a circus train, champagne brunch train, "ales on the rails" excursions, dinner theatre trains, high tea excursions and prairie tour trains, amongst others. Four

wedding charters were booked, providing unique experiences for those who joined in matrimony aboard the train.

When I visited Aspen Crossing in early November, Jason and his crew were deep into preparations for the Railway's latest adventure, "The Polar Express". This theme train, operating in cooperation with Warner Brothers Films, will be a highlight of the holiday season for people in the

Calgary area. Following the story line in the book and film, Aspen Crossing trains will leave for the North Pole taking children and their families to see Santa Claus and to receive their first Christmas gift. The Polar Express will run on weekends starting December 5th and on the four weekdays prior to December 25. The response has been remarkable, so much so that three additional passenger cars as well as an electrical generating car had to be purchased to accommodate the demand.

I had a special pre-Christmas treat during my visit. Listening to a conversation between Jason and one of the engineers, I learned that several cars had to be moved in order to recouple them in the correct order for the Polar Express. "Would you like to ride along?" asked the engineer. He didn't have to ask twice. Rumbling along in the cab of the old locomotive, we moved out onto the main line and then pushed a string of passenger cars

down to the elevators at Mossleigh. There we picked up the cars that were needed and began our return to Aspen Crossing in the gathering darkness. The crossing lights on Highway 24 stopped a string of grain trucks and reflected off the flanks of the engine and passenger cars as we crossed the highway. The locomotive's horns and the crossing bells rang out an old familiar melody on these once-abandoned tracks.

The Polar Express is a fitting way to end the year for Aspen Crossing Railway. In the story, the children on board the train believe in the spirit of Christmas and can hear the music of the sleigh bells that Santa gives out at the North Pole. And Jason Thornhill had to believe in his vision of a little railway in order to hear the song of the highway crossing bells on that November evening at Mossleigh.

To contact Aspen Crossing Railway, visit their website at [www.aspencrossing.com](http://www.aspencrossing.com) or telephone 1-403-534-2129.



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