

Kerby News

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for the 55 plus

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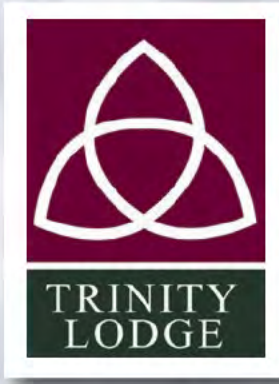


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President's Report

Kerby Centre introduces creative new courses in the New Year

By Hank Heerema

Happy New Year! We hope you enjoyed the holiday season and have been able to

stay warm so far this winter. Kerby Centre had a busy year in 2014, and we are excited to get this year underway by offering even

more services and programs in 2015.

Kerby Centre prides itself on running a wide variety of programs for older adults from fitness courses to life-long learning classes. In 2014, the Education and Recreation department offered 190 programs and activities over the course of the year, and will be introducing creative new courses in January to kick off 2015.

Courses are open to members and non-members, but I would encourage you to purchase a membership before signing up for a course, as members save \$20 per course.

Having good balance is a very important attribute in daily life, as it leads to better mobility, as well as prevention of accidental falls. Falls account for more than half of all injuries among Canadians 65 years and older, and it is extremely important to work on and improve our balance as we age. In January, we will begin a course called 'Building Blocks for Balance,' which will focus on core muscle strength and balance in a safe environment, with the goal of keeping you active and independent.

If your balance doesn't need to improve, you might want to look at our new class

that will run out of our gym called 'Fit Room Training'. This is for people interested in having a personal trainer, and the small class size in the course means that you'll be able to work individually with the instructor to focus on what you're interested in improving on.

With the success of our Murder Mystery dinner theatre in 2014, Kerby members have been asking for us to offer a class focusing on acting and improvisation. We will do that with our new course 'Drama: Make 'em Laugh', which will allow you to work on movement, character makeup, costume and voice, all part of drama. By taking this class, you will feel more comfortable presenting to small audiences, and find your inner clown.

Social media is a huge part of our society these days, and here at Kerby Centre, we want to ensure that you're aware of all the resources available to you in order to stay connected with your friends and family. We already offer a course on Facebook, and we will take this one step further in the new year with our course 'Social Media and Getting Connected.' Participants will learn how to use various

social media avenues such as Twitter, Skype, Pinterest, LinkedIn, and Instagram.

This past fall, we began a pilot program offering courses at an off-site location. This new program is called Kerby² (pronounced Kerby Squared), and ran at St. Andrew's Centre in south Calgary, near the Anderson LRT station. In the fall we ran two courses there, Ukulele and Yoga. These classes were a great success and both will be offered again in the new year, along with other new courses being presented throughout 2015.

These are just a few examples of the many new courses coming to Kerby Centre this year. A complete listing of our courses offered during the winter semester can be found online at www.kerbycentre.com, or in the December issue of the Kerby News, which can be found in Room 305 at Kerby Centre. For any inquiries or to register for a course, please contact the Education and Recreation Department at 403-705-3233.

We hope to see you at Kerby Centre, and wish you a Happy New Year!

JANUARY 2015

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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.

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News from City Hall —

Join upcoming Main Streets workshops

Evan Woolley



By Evan Woolley

Main streets are active areas that attract Calgarians to socialize, work, shop, dine and celebrate local events. They are also often important transportation routes. The City's Main Streets initiative is planning the future of Calgary's thriving main streets, and we want to hear from you!

The first phase is all about learning and understanding. We need to hear the local

perspectives of residents, business owners, industry representatives and experts to learn about the histories and characters of all of Calgary's main streets.

In January, we're hosting workshops in the following main street neighbourhoods: 1) 17 Avenue SW (Beltline, Lower Mount Royal, Bankview, Shaganappi, Rosscarrock, Killarney/Glengarry); 2) 14 Street S

(Beltline, Lower Mount Royal, Upper Mount Royal, South Calgary, Bankview, Sunalta, Downtown West End); 3) 37 Street SW (Rosscarrock, Glendale, Glenbrook, Killarney/Glengarry); 4) MacLeod Trail S (Parkhill, Erlton, Manchester, Manchester Industrial, Elboya, Windsor Park); 5) MacLeod Trail SE (Kingsland, Haysboro, Acadia, Fairview, Fairview Industrial).

At Main Streets workshops you can share your ideas with City planners and participate in a mapping exercise to identify the issues, opportunities and outcomes for your main street neighbourhood. The input shared will be used to understand local perspectives on the future success of Calgary's main streets.

There will be more events coming in February, as well

as online input opportunities. For full event details, visit calgary.ca or call 311.

Please share your ideas on how main streets you use can be even better. You can reach me at 403-268-2430, or by email at Ward08@calgary.ca.

Evan Woolley is the Calgary Councillor for Ward 8

This month in Edmonton —

Axing of Calgary HandiBus prompts thinking about citizenship

Kent Hehr



By Kent Hehr

Statistics Canada estimates that 14% of individuals in our society have a disability and this is only going to grow as our population ages. It should come as no surprise that governments at all levels need to find options to allow those citizens to lead as full lives as possible. Because many of our citizens with disabilities are not able to drive their own vehicle, a public option recognizing that need should be present.

Calgary HandiBus had probably provided service to many of my constituents young and old for the last 40 years. As many of you know, Calgary HandiBus has given notice that it will cease opera-

tions. Calgary HandiBus had supported citizens by providing 35,000 trips per month and served roughly 17,000 Calgarians. Hopefully, Access Calgary will be able to continue to provide many citizens with the service but given the challenges they face, I believe that as a result of Calgary HandiBus closing its doors, it will become even more difficult for our disabled population to get where they need.

I remember when I first became disabled how I could call HandiBus and get transportation across the city. It gave me mobility, a sense of control, and allowed me, then a young man, to experience life. Now that service isn't as flexible. Unless it's for work or

a medical appointment, folks don't get a booking, and many have to book their trips well in advance to guarantee a trip. Then, when the trip is booked, there are large multi-hour windows where people need to wait for their booking.

Like many non-profit and city-funded agencies, there is a severe, ever-constant financial crunch. With a fiscal structure that makes certain we splurge our province's oil wealth in a single generation, we shortchange social agencies and the non-profit sector. It's a self-defeating and short-term approach that undermines those who need these services most.

Although I do not have the exact solutions to the above

conundrum, having access to services, being able to live in a community, and fully participating as a citizen are the core pieces of being a Canadian whether you have a disability or not.

One idea that has been gathering steam lately is that of 'full citizenship.' Full citizenship is where people in a society are able to enjoy the same rights and privileges of others in that society. In the cases of Ontario and Manitoba, these full citizenship principles have been enshrined into law to support and protect the disabled and those least able to engage fully in society.

Making our public and private spaces accessible, making government accessible, and

having quality employment available and a variety of income supports are part of this idea of Full Citizenship. It's about an inclusive and positive way of making government, society, and private industry work in tandem to bring together a more inclusive society.

As always, you can drop by my office at #130, 1177 – 11 Avenue SW, call me at (403) 244-7737, or send me an email at calgary.buffalo@assembly.ab.ca.

Kent Hehr is MLA for Calgary Buffalo

This month in Ottawa —

Three pedestrian bridges reopened in Calgary after 2013 flood

Joan Crockatt



By Joan Crockatt

A year and a half after the devastating floods of June 2013, we continue to see signs that communities in Calgary are rebuilding. An example occurred in late November when three pedestrian bridges along the Elbow River washed out during the flood were reopened.

The bridges at Stanley Park, Rideau Park and

Riverdale Avenue are an important link to the city's recreational pathway system along the Elbow River, not only for local residents, but also for all Calgarians.

The new bridges are built stronger and include flood resistant features, such as higher bridge decks, which are better suited to withstand high river flows and the impact of flood debris.

During construction, contractors were required

to follow federal and provincial regulations surrounding waterways. Protecting the environment is very important to Calgarians and it was essential that work be done in a way that respects the natural environment.

Looking back, the completion of these projects is a great example of three levels of government and communities working together. In the days fol-

lowing the flood, the federal government approved \$2.8 billion in Disaster Financial Assistance Arrangements (DFAA). This funding is administered by the Alberta government and was used to help cover much of the rebuilding cost. The City of Calgary also contributed funds and was able to fast track preparation and construction. Of course, public feedback

was a key factor in the new designs. There was also tireless dedication from so many in the community that helped get this from planning to completion.

Joan Crockatt is the Member of Parliament for Calgary Centre

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Letters to the Editor

Memories should serve us well

Dear Editor,

My wife passed away about a year and a half ago. It was not unexpected as she had been ill for a number of years. There is a headstone at her grave but that was not enough for me. The only time any of us see headstones is when we go to cemeteries and that is rarely on happy occasions. I wanted some kind of reminder at some other place, a place where we went together and were happy

to be. What kind of place could that be? It could be a park or a mall. It could be almost anywhere we went together fairly frequently. While we didn't go there too often, I thought the Heritage Park would be a happy place to visit. But why would they want headstones there? Obviously they wouldn't, but I had noticed some seats there which have small memorial plaques on them. What a great idea! I contacted them and, sure enough, they have a "memorial bench" program. I read from its information sheet about the material the plaque is to be made from. Having had extensive experience with that material, I was

not happy and spoke with the park representative about changing that material to brass or bronze. It was not to be. The park had no flexibility in that area even though I offered to pay extra for a brass or bronze plaque. I cancelled my order and my deposit money was refunded to me.

Where next? How about a city park? I contacted the city, which also has a memorial bench program. According to the representative of the city with whom I spoke, the procedure was long, quite complicated and not something that attracted me.

Finally I came up with the idea that worked for me. At

least once per week and usually more, my wife and I used to go to our local shopping centre and bought groceries and other things. I contacted them and met with them. They were pleased to have me buying a bench for them with my bronze plaque on it. We found a mutually acceptable location for it. Now I and many others can take a rest on that bench. Obviously it has more meaning for my family, but others can enjoy a rest for as long as they wish.

The prices were quite the same at all the three locations. An idea came to me and I would like to get your help with it. Maybe other people

would like a "happy" or "useful" seat in a place where a loved one used to go? Maybe going to the cemetery is not attractive but going to the shopping centre is a weekly event, anyway?

L. Freedman

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Innovative solutions for retirement living offered

Mount Royal University is offering a course to study options for retirement living, "How Then Shall We Live?"

This is a workshop for people who choose to be the architects of their retirement housing and lifestyles. Using relevant statistics and descriptions of what exists now and a glimpse at what others are doing, the workshop will explore the options and examine key principles and concepts of lifestyle planning and retirement housing. Then, in small

groups, participants will generate ideas for what can be done locally, and personally. Aging in community and aging at home is being promoted by governments, societies and service providers who now foresee the need for all kinds of housing and care options. Improvements and innovations are needed to keep seniors safe, healthy and connected. There are wide variations in income among seniors, and many cannot afford the facilities that are now available. Seniors need

to plan ahead while they have the energy and assets, because it takes anywhere from three to 10 years to realize ideas, such as shared house, green house, 'sotel', small house, or integrated village.

The workshop leader is Rita Boehler-Wiebe, a lifestyle consultant and health care professional, who holds a Master's degree in architecture. She has worked in five Canadian provinces as well as Germany and the United Kingdom. She now lives in Powell River, B.C.

The workshop consists of two classes, on Friday January 30 from 6 p.m. to 9 p.m., and Saturday, January 31 from 9 a.m. to 5 p.m. The course number is CRN 31171, and the cost is \$199 plus GST. Mount Royal University is located at 4825 Mount Royal Gate SW.

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Timing off on bid to win back veterans

Bitter veterans have had to wait too long for help

The federal government's decision to invest \$200 million more in mental healthcare for Canada's veterans is tacit admission that the Conservatives have been giving this distinguished group short shrift until now. Why the sudden change of heart?

The need for more effort is hard to deny when you consider that 128 members of the regular forces and 32 reservists have committed suicide in the past decade, according to statistics from the military.

But it's not just soldier and ex-soldiers who have chosen to take their own lives. It is also those who labour on with deep emotional wounds. A Statistics Canada survey released in September suggested that nearly one in six full-time members of the Canadian Forces experienced symptoms of mental health or alcohol-related disorders over several months in 2013.

Of the 6,700 full-time members of the Canadian Forces surveyed from April to August 2013, the most

common disorder reported was a major depressive episode, with eight per cent of full-time members reporting symptoms in the 12 months prior to the survey.

The government's announcement of new funding came as a bit of surprise to me because it came shortly after I received a note from a Calgary MP, taking me to task for a column I wrote back in February. I wrote then, in part:

"For years now, our soldiers have been getting shoddy treatment from the country that asked them to put their lives on the line. Those who served in the Second World War or the Korean conflict are getting near to the end of their days. Younger soldiers who saw action in Kandahar are just now dealing with lives of pain and mental anguish that have driven too many of them to suicide."

I didn't hear from the feds until Nov. 22, when I received a polite but pointed email from the MP, who in a past life was a professional associate of mine. Expressing disappointment in my comments, the MP wrote: "In fact there are more mental health programs for members and veterans of the military than

there have ever been before in Canadian history and Canada has among the best programs in all of NATO."

It certainly did not appear that any changes were imminent. Did someone get their wires crossed?

One day after I got that email, however, the federal government announced its \$200-million program. "More must be done to combat mental illness in support of the Canadian Forces," explained Defence Minister Rob Nicholson. An additional \$16.7 million in funds will be available to support members of the Forces, veterans and their families.

The MP who wrote me alleged that the severity of the suicide problem is exaggerated by the media practice of not reporting on suicides among the general public, while widely reporting on most military suicides. "This creates a false perception that suicides are a problem only in the military and does those in the military a great disservice. In addition it misinforms the public."

There is no question that suicides are a serious problem in the general population. There are about 3,500 suicides per year, according

to a 2011 study. But the theory of media exaggeration of the military problem is challenged by data compiled by Statistics Canada. Those data show the rate of suicide in former military personnel was 46 per cent higher for males and 32 per cent higher for females than in the civilian population.

It's been widely reported that many veterans are not impressed with the feds. And then Veterans Affairs suffered another black eye this week when Auditor General Michael Ferguson issued a damning report. He found there are too many barriers to veterans getting mental-health services and benefits. The application process is too complex, he said, and that causes delays in

getting their records from the Department of National Defence (DND) and the Canadian Armed Forces.

All these statistics confirm what veterans already know - they haven't been getting the support they need. This week's announcement is a welcome change, but it also feels a bit like a government making a last minute effort to shore up its tarnished image before it goes to polls in the new year.

It's hard to imagine that these gestures will turn the tide. Bitter veterans have had to wait too long for help.

Doug Firby is Editor-in-Chief and national affairs columnist for Troy Media.

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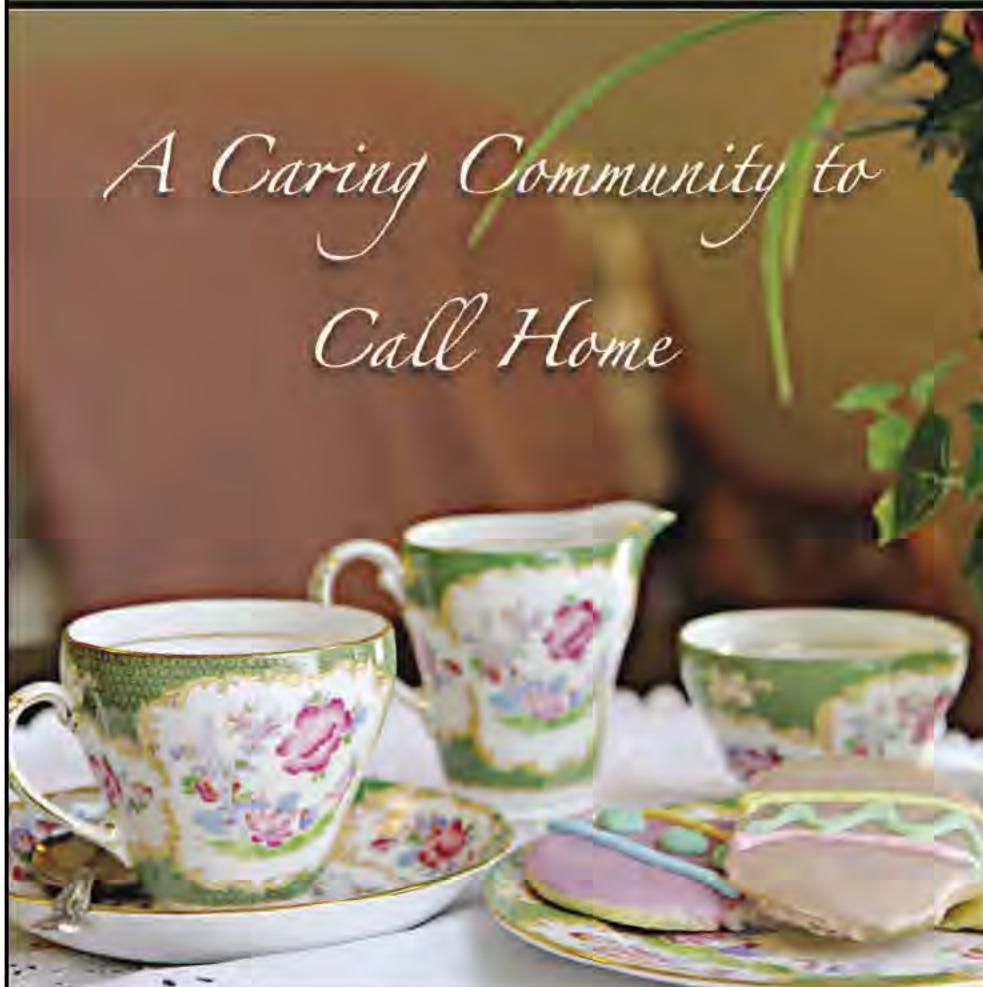
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It's been going downhill since 1978

The number of people presently living in abject poverty on the planet is equal to the total population of the world in 1900

By Ray Grigg

"The good ol' days", it seems, were 40 years ago. A recent study of global wealth by the Australian National University (it analyzed the quality of life in 17 countries representing over half the world's population) revealed that prosperity peaked in 1978 and has been declining ever since.

Gross Domestic Product (GDP), the sum of all the monetary transactions in an economy, has continued to rise. But this traditional measure of wealth fails to account for social and environmental conditions that compromise the quality of our lives. An oil spill, measured in terms of GDP, is counted as a net benefit to society because the cleanup costs constitute economic activity. Money spent on the prosecution of crime and the incarceration of criminals is similarly counted as a positive. Forest fires are expensive to fight so they are registered as beneficial. Water supplies contaminated by mining wastes and toxic legacies left by industrial activities incur restoration costs to society that are counted as pluses on the GDP ledger, as are health problems caused by pollutants. Damaged or destroyed property and infrastructure, wrought by extreme weather events such as storms and floods, must be repaired or replaced, so these disasters too are registered by GDP as initiators of useful spending. The so-called carbon econo-

my, a system of wealth production based the extraction and burning of fossil fuels, now causes an estimated \$1.2 trillion per year in costs from environmental damage and climate change (CCPA Monitor, July/Aug. 2014).

Pain, suffering and grief are not counted in this calculation.

The Genuine Progress Indicator (GPI), used by the Australian National University study, is a much more comprehensive and realistic assessment of prosperity. It employed 26 variables to measure the quality of human life. In addition to monetary expenditures, it considered security, contentment, healthy living conditions, income equality, crime levels, community support, healthcare, clean natural environments, and even such non-monetary activities as housework and volunteering. The study's conclusion is that "social and environmental woes have outpaced the growth of monetary wealth". In other words, "We're not making social profit," summarizes Robert Constanza, one of the authors of the sobering Australian study.

One of the most obvious "social woes" identified by the study was income inequality. This growing disparity in the distribution of wealth creates many unsettling social conditions: poverty, civic unrest, homelessness, crime, and a collective psychology of negativity, victimization, disengagement and cynicism. The many people without money cannot buy the goods and services that keep economies robust and diverse. But the few people with more money than they can spend are unable to correct this impairment - their superfluous cash just gets invested to generate more

capital, most of which does not translate into social prosperity.

A similar conclusion was reached independently by Thomas Piketty in his watershed book, *Capital in the 21st Century*. In a remarkably indicative statistic that concurs with the findings of the study by the Australian National University, Piketty discovered that in the U.S., "in terms of purchasing power, the minimum wage reached its maximum level nearly half a century ago, in 1969, at \$1.60 an hour."

Critics of the Australian study have noted that developing countries are wealthier than they were in the 1970s, that half a billion people have risen from poverty since that decade, and that global poverty rates have fallen from 42 per cent in 1990 to an expected 15 per cent in 2015, while life expectancy during the past four decades has increased by 12 years for women and 11 for men. This may be so. And the accomplishments are remarkable. But they don't refute the conclusions of the study. The world's population since 1978 has increased by over three billion, meaning that the efforts to improve humanity's quality of life — remarkable as they may

be - can only succeed if they outpace the burden of providing subsistence service to the rising number of people. The challenge of improving the prospects of a peak population of at least 10 billion is even more formidable.

The university study's general conclusion that global prosperity has been falling since 1978 suggests that we may have exceeded the carrying capacity of our planet given the present system used to define, generate and distribute wealth. The study also suggests that the diminishing prosperity on the planet is being distributed differently. Since 1978, the extremely poor are now marginally less poor, the extremely rich are now significantly richer, while everyone else in the middle is sacrificing prosperity. Whether this constitutes an improvement in humanity's condition is debatable. For a sense of perspective, Ronald Wright, in his book, *A Short History of Progress*, reminds us that the number of people presently living in abject poverty on the planet is equal to the total population of the world in 1900.

The second major cause of declining prosperity, accord-

ing to the university's study, is environmental degradation. For several decades now, the study concludes, the ecological costs of economic growth have been outweighing the benefits. These costs are hidden by the illusory assurances of GDP. But our individual and collective prosperity is being increasingly compromised by weather extremes, rising oceans, ubiquitous pollutants, species loss and invasive species, higher food and fuel costs, riskier resource extraction, food insecurity, climate refugees and the resulting political instability.

This Australian National University study gives academic credibility to the growing feeling among many that, for all our efforts, the quality of our lives is not improving, that the next generation will not be as prosperous and secure as the present one, and that — somehow — we have to change the way we do things.

Ray Grigg is the author of seven internationally published books on Oriental philosophy, specifically Zen and Taoism.

www.troymedia.com

Get a bigger tax credit on your gift to charities

(NC) December is one of the busiest months for donating to charities and this year your generosity could earn you a special tax credit.

You may be eligible for the First-Time Donor's Super Credit (FDSC) if neither you nor your spouse or common-law partner has claimed the charitable donations tax credit in the five previous tax years.

This could bring you real benefits when you donate to your favourite cause whether

it's a hospital, an animal shelter, or a human rights charity such as Amnesty International.

Potentially you could add an additional 25% to your 'federal charitable donations' tax credits for gifts of money up to \$1,000. (The new credit applies to monetary gifts only, not gifts of property such as investments.)

It works like this: The federal charitable donations tax credit for gifts up to \$200 is 15% and the new additional 25% FDSC brings the total credit up to

40%. For a gift between \$200 and \$1,000, the 29% charitable donations tax credit and the additional 25% FDSC brings the total credit to 54%.

So a \$600 gift might earn a credit of \$296 (40% x \$200 plus 54% x \$400).

On top of that, you may qualify for additional provincial tax credits.

Note that you can only claim the FDSC once during the 2013 to 2017 tax years.

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How to leave a legacy of real value

(NC) Among all the plans we envision for the New Year, why not resolve to make a real difference in 2015 for people in need? It is possible to make a major impact on generations to come by deciding on a legacy now. Simply choose a cause that you're passionate about and then take the steps to make it happen.

"Every year, more than 100,000 children come to our hospital with hopes that we can solve their health issues with life-saving care," says Ted Garrard, President

and CEO of SickKids Foundation. "All gifts to SickKids help these children immediately and also help the generations to come."

If creating a legacy this year sounds like the right idea, your gift can originate in a number of ways, such as these:

A Gift in Your Will: This allows you to make a larger donation than would be possible during your lifetime. By naming a charity as a beneficiary in your will, you can give a percentage of your estate, a sum of money, a gift of property, or a gift of securities. Your

estate receives a tax receipt for the value of the gift, which may reduce taxes payable on your estate.

Gifts of Securities: By donating appreciated stocks, mutual funds, stock options or flow-through shares, you pay no tax on the capital gains, receive a tax receipt for the fair market value of the securities and reduce your taxes. It gives you a cost-effective opportunity to transform a past investment into immediate and significant support.

Gifts of Life Insurance: This type of gift allows you to make

a large donation at a relatively low cost. You can simply designate the charity of your choice as a beneficiary. Or you may designate your charity of choice as owner and beneficiary of a new or existing policy to claim each future premium paid as a tax deductible donation, or give the charity a paid-up life insurance policy to receive an immediate tax receipt for its fair market value.

Gifts of RRSPs/RRIFs: Retirement funds are one of the best ways to grow wealth during your lifetime, but one of the worst ways to transfer

wealth to the next generation, as they are among your most heavily taxed assets. By naming a charity as a beneficiary of your registered plans, you can make a gift which will benefit your charity of choice and other beneficiaries in your estate, as the tax receipt will reduce taxes owed on the estate.

More information is available at www.planforsickkids.com, or e-mail your questions to gift.planning@sickkidsfoundation.com.

www.newscanada.com

ADVERTISING FEATURE

Untreated hearing loss tied to lower earning potential

Maximizing one's ability to hear well should be part of any smart career strategy. Individual performance in an organization is found to be directly related to listening ability or perceived listening effectiveness. In fact, listening is one of the top skills employers seek in entry-level employees and in those being promoted.

People who both hear and listen well are also more likely to establish positive working relationships with bosses, clients, and colleagues.

An alarming new study by the Better Hearing Institute (BHI) reveals a direct correlation between unaddressed hearing loss and earnings. The national survey, entitled "The efficacy of hearing aids in achieving compensation equity in the workplace," clearly demonstrates that hearing loss has a significant impact on people's ability to earn a livelihood. The study underscores how critically important it is for

workers to treat hearing loss early in order to maximize their job performance and earning potential.

According to Sergei Kochkin, PhD, author of the study: "The real tragedy in delaying hearing loss treatment is that when left unaddressed, hearing loss negatively affects individuals and their families for the rest of their lives in the form of lost wages, lost promo-

tions, lost opportunities, lost retirement income, and unrealized dreams. But when people with even mild hearing loss use hearing aids, they improve their job performance, increase their earning potential, enhance their communication skills, improve their professional and interpersonal relationships, stave off depression, and improve their quality of life."

The links between hearing loss and Dementia

Seniors who have untreated hearing loss may be at an increased risk for developing dementia, a loss of brain function that can affect memory, thinking, language, judgment and behavior. This is the finding of a study conducted by researchers from the Division of Otology at Johns Hopkins University School of Medicine.

The study included 639 people whose hearing and cognitive abilities were tested over a period of time, starting in 1990 and concluding in 2008. Researchers found that study participants who had hearing loss at the beginning of the study were significantly more likely to develop dementia by the end of the study. How might hearing loss and dementia be connected? Investigators aren't sure, but they think a common pathology may underlie both conditions, or possibly the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia.

The article concludes that, whatever the cause, these findings may offer a starting point for further research as to whether interventions, even as simple as hearing aids, could delay or prevent dementia by improving patients' hearing.

IS IT TIME FOR A HEARING TEST?

TAKE THIS QUIZ TO FIND OUT...

YES	NO	
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<input type="checkbox"/>	<input type="checkbox"/>	Do you feel that people mumble or do not speak clearly?
<input type="checkbox"/>	<input type="checkbox"/>	Do family or loved ones comment on your inability to hear properly?
<input type="checkbox"/>	<input type="checkbox"/>	Do you turn the TV up louder than others need to?
<input type="checkbox"/>	<input type="checkbox"/>	and back seat of cars?

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A pony named Midget: Part Two



RCAF Pilot Officer Tom Brown and Midget lead the Victory in Europe parade down Main Street in Parrsboro, Nova Scotia, with Midget sporting her No. 2 Wireless School parade blanket.

Editor's Note: As readers of the December issue of Kerby News recall, Tim Johnston's article, "A pony named Midget" related how R.C.A.F. airman Lloyd Willigar won a pony called Midget while stationed in Calgary at the Calgary Herald's 1940 Christmas draw. As Lloyd could not take the pony back to his Nova Scotia home, the horse was adopted as the mascot of the No. 2 Wireless school at Sait which Lloyd attended. Unfortunately, Lloyd was shot down and killed over Germany in 1942. Midget continued to remain in Calgary and Tim Johnston picks up the story from there.

A horse with no owner

For the remainder of the war years, Midget carried on as official mascot of No. 2 Wireless School. A month after Willigar's death, she gave birth to a stillborn colt. The daily diary of the school noted that much concern was felt for the pony's condition but with the help of the medical section she was soon back to her old self. In July, the school was given the honour of leading the Calgary Stampede Parade. The commanding officer marched along first, followed by the school's cowboy entry, Midget and her handler, the school drum and trumpet band and a wing of airmen. Perhaps in appreciation, Monty Montana and his Troupers, the North American champion trick riders, made a special appearance at the school and gave a show for the benefit of personnel. Throughout these years, Willigar's mother kept in contact with the school concerning the little pony her late son had won.

Midget was the subject of a lot of news coverage. In the March 29, 1944 issue of the Calgary Albertan, this headline appeared: "Airmen's Pony Mascot Listed among Missing." The school's daily diary quoted the entire article. "It's more than two years now since Sgt L E Willigar promised Midget, the No. 2 Wireless School Shetland pony mascot, that he would come back from overseas and return to Calgary to claim her. He was reported missing during operations over Germany on April 18, 1942, several months after he won Midge or Midget, the Herald Sunshine pony, in a raffle here and donated her to No. 2 Wireless School RCAF as official mascot. Midget was given her own little barracks block at the school. She had her own blanket, appropriately decorated with the RCAF insignia, and she led all the official parades at the

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Continued from page 12

school including the one in which her master received his wings before going overseas to join the 101st Bombing Squadron, Royal Air Force. Maybe Midget became tired of waiting for Sergeant Willigar, maybe she decided to look for him herself. At any rate, Midget left No. 2 Wireless School grounds Sunday night and hasn't been seen since. The boys at the school are anxious for the return of the pony. They have asked police to assist in locating her and now they are asking that anyone seeing a little black pony answering to the name of Midget and looking as if she was keeping an eye peeled for a sergeant wireless gunner, to notify the guard room at No. 2 Wireless School."

And then this: "Flash! Midget returns. She was found gaily tripping on her way to the flying squadron at Shepard, 12 miles out of the city. Maybe she has flying blood in her. Maybe it was the good-looking flying instructors or maybe it was pure mischievousness that prompted her into this thirst for travel."

Midget heads east

In the spring of 1945, with the war in Europe nearing an end and with a surfeit of highly trained aircrew on hand, most of the schools of the BCATP were in the process of winding down. The disbandment order for No. 2 Wireless School arrived on March 21 with instructions that classes 104 and 105 would graduate on March 29 with the school to be disbanded on April 14. During the first two weeks of April, entries in the daily diary reflected the coming of the end. All messes were merged into one; the final church parade was held; procedures were outlined by the commanding officer concerning the release of all civilian employees; the band was posted en masse to Gimli, Manitoba; the motor transport section at Shepard returned all vehicles to the Technical School; and "Midget the Shetland pony, Station mascot since 1941 when she was won in a raffle by the late LAC (later Flight Sergeant) Willigar, was shipped to his mother in Parrsboro, Nova Scotia."

The Calgary Herald wrote a wonderful farewell to the little pony.

"Discharged Midget—But Honourably"

"Mascot Service Career to End in Nova Scotia Pasture"

"Calgary will say goodbye to a gallant pony when "Midget," the mascot of No. 2 Wireless School, leaves this week for Nova Scotia. Stationed at No. 2 from December 1940 to August 1941, LAC Willigar of Parrsboro, Nova Scotia

took a chance on a Sunshine Fund raffle and found himself the possessor of a Shetland pony. No establishment could be found for the pony. Prepared for any emergency, however, the RCAF found a place for Willigar's win. Midget was installed as the official mascot of No. 2 Wireless School. She was stabled, groomed and fed by LAC Norrie (in later years) of the fire section. A blanket was even designed for her use on official occasions. She participated in the commanding officer's weekly station parades. She led the Victory Loan and Stampede parades and she was scheduled to be in the forefront of Calgary's Victory Day in Europe parade.

A year ago, Midge managed to sneak past the guard at the school and wandered two days undisturbed by Air Force blue. Found and returned to the school, a charge of being AWOL was

dismissed for it was proved she had not had either annual leave or a 48 (hour leave) for more than two years. LAC Willigar, owner of the pony, meanwhile completed his course and had proceed-

"maybe it was pure mischievousness that prompted her into this thirst for travel."

ed to the bombing and gunnery school at Fingal, Ontario, and thence overseas to active operations. On a flight over enemy territory, Flight Sergeant Willigar was killed. His mother, Mrs. E M Willigar of Parrsboro, Nova Scotia, continued to take an active interest in Midget. Upon disbandment of the wireless

school this week, the animal will receive her honourable discharge with the notation that her service conduct has been excellent."

Editors Note:

The story of Midget the Shetland pony, her owner Flight Sergeant, Lloyd Willigar, and No. 2 Wireless School might have ended there. But having read the daily diary of this and all other flight crew schools in the BCATP, Tim Johnston decided to see if anything else could be learned concerning the fate of the pony. A call was placed to directory assistance for Parrsboro, Nova Scotia and a helpful operator provided telephone numbers for a couple of listings for "Willigar" in the area. The first person on the list had no knowledge of Lloyd Willigar or of a pony named Midget. The second didn't either but suggested another name, that being Haley Harrington. A call was placed to Mr.

Harrington and when he answered, Mr. Johnston said he was seeking information about Lloyd Willigar and his pony. There was silence for a long moment and then Haley Harrington said, "Lloyd was my only cousin. I haven't thought about him for many years."

They had quite a wonderful conversation and learned more of Midget's history. She arrived in Parrsboro in fine shape, complete with her No. 2 Wireless School Blanket. "I think every child in Cumberland County had photographs taken with that horse." Mrs Willigar kept Midget at her house in Parrsboro and also at a small acreage she owned just outside of town. When the horse became old and infirm, Haley said that someone was asked to put her down. "She's buried on Aunt Ethel's little farm," he told me, "and I'm pretty sure she was wrapped in her wireless school blanket."

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Five tips for New Year's resolutions in 2015

By Ginny Grimsley

If you're one of the millions of Americans who will make a promise to improve yourself this New Year, there's bad news: You're 92 percent likely to fail in sticking to your resolutions, says a recent study from the University of Scranton's Journal of Clinical Psychology.

About 45 percent of Americans make resolutions. Ranking at the top is losing weight, and staying fit and healthy ranks No. 5.

"Of course, those statistics represent the average – you don't have to be average!" says Dr. Virender Sodhi,

founder of the Ayurvedic and Naturopathic Medical Clinic, (ayurvedicscience.com), which provides complementary and alternative medicine.

"There are plenty of things individuals can do to improve their odds of success if they resolve to become healthier and fitter."

Dr. Sodhi, author of the new guide, "Ayurvedic Herbs: The Comprehensive Resource for Ayurvedic Healing Solutions," (www.wayush.com) believes we can move much closer to a world of disease-free societies by following the laws of Mother Nature. Individual commitment to health via New Year's resolu-

tions is one path to take us there. Dr. Sodhi offers five tips for staying true to your goals.

- Get away from the instant-gratification mentality and avoid unrealistic goals. Don't expect to go from zero to 60 – 60 being your ideal body image – in just a few months, especially if you have little background in training. Unfortunately, most who have resolutions like losing weight and quitting smoking are used to easy snack foods and quick rewards. Health is a long-term labor of love; commit to the love and wait for results.

- Establish good habits! People make resolutions because they know they're important, but they're hard. With each passing week, more people drop their promises for self-improvement. You'll want to set the right goals; if you want to lose 100 pounds, focus on the first 10, and then the next. Make sure to establish new and good habits – it takes

about 28 days to stick. Once you train your mind with good habits, achieving your goals becomes much easier.

- What you should expect from your "labor of love." Frequency, intensity and time – these are the three investments you'll need for losing weight or gaining muscle. As a general rule, exercise at least 30 minutes three to four times a week. Make sure to start with the appropriate intensity for your health; too little intensity and you'll see little if any results, but too much and you'll be prone to quit. Don't think that it's always better to exercise for a longer duration. What matters is quality. Increase time and intensity once you comfortably meet goals.

- Solidify the gains with persistent positive reinforcement. Learn to reward yourself in a new way by paying attention to the gains in your body. Notice the improvement in stress levels, breathing, energy, sex life, mood and overall strength.

While these improvements are wide-ranging and palpable, they increase over time and can be subtle. Don't let these improvements occur without a personal recognition of your accomplishments.

- Embrace supplemental support. Of course, all health efforts are connected to your overall well-being. When you make the investment to eat more vegetables, you're reinforcing your commitment to exercise. Consider practices such as yoga and meditation, which will feed your health kick and provide unexpected benefits. Additionally, supplements such as kelp, green tea extract, Commiphora mukul (Guggul) and Bauhinia variegata (Kachnar) can yield even more health benefits. And, spices such as garlic, onion, black pepper, ginger, cinnamon, long pepper, and cayenne pepper all have important thermogenic properties, which stimulates metabolism. □

ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff



Do you or your loved one have hearing loss but are concerned about the cost of hearing aids?

EXPERT UPDATE:
Hearing aid financial assistance programs are available for **ALL seniors** and the subsidy from the Alberta government went **UP** on July 1st 2012. There are **NEW programs** available to help almost everyone with a hearing loss. These programs cover:

- Hearing aids, including advanced models.
- Assistive devices including FM systems which help individuals who have difficulty listening in a crowd.

Our clinic helps all individuals with hearing loss, regardless of income. We help our patients with funding programs and community support that they may not be aware of.

DON'T DELAY GETTING HELP WITH YOUR HEARING.

RESEARCH SHOWS:
It is important to identify and treat hearing loss as **EARLY** as possible in order

- for the auditory system to have the best success at adapting to hearing aids and to keep our listening skills active
- to prevent people from becoming socially withdrawn or isolated from activities they enjoy due to trouble hearing what is going on

If you would like **HELP** with your hearing loss, **CALL** our office, the leading experts in the field to find out more.

CALL 403-252-4722 TODAY to find out more and to make your appointment.



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Pictured here with her birthday cake is Elsie McNichol who recently celebrated her 104th birthday. The celebrations at Arbour Lake Retirement Home with more than 100 relatives, friends and residents lasted two days.

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Community Events

Dancing Parkinson's with DJD

Decidedly Jazz Danceworks and the University of Calgary Dance division offer a weekly dance program for people with Parkinson's and their spouses, friends and care partners.

The musical accompaniment is live, and the focus is on rhythm, body awareness, motor learning, and socializing.

Dancing Parkinson's occurs on Tuesdays from 12:45 p.m. to 1:45 p.m. at the DJD studios, starting on January 13, 2015 running to April 28, 2015. The DJD studios are located at 1514 4 Street SW.

For more information contact Kate Cunningham at 403-228-8188 or by email at dancingparkinsonsyc@gmail.com.

Chinook shows The Met

Scotiabank Theatre Chinook announces that it will broadcast two live performances in The Met Live in HD/Dance Series/National Theatre.

The Merry Widow will be shown on Saturday, January 17 at 10:55 a.m. and La Donna del Lago on Saturday, March 14, also at 10:55 a.m.



Ever popular with seniors, *Downton Abbey* returns for season five on January 4, 2015. The series, featuring the continuing saga of the Crawley family on their English country estate runs until March 1, 2015 on KSPS (PBS Spokane). Photo courtesy of Nick Briggs/Carnival Film and Television Limited 2014 for MASTERPIECE.

Programs for these events are available at the theatre. For more information contact Dino Campitelli by email: opera22hd@gmail.com

Birding in park

A winter birding course is presented as a fundraiser by the Friends of Fish Creek Park. The outings will be conducted by Gus Yaki, a lifelong birder and natural-

ist, and by other experienced birding instructors.

The course takes place in Fish Creek Park and other natural areas. The fee is \$60 for Friends members and \$100 for non-members, \$5 per youth with a registered adult. The 12-week course starts on Monday, January 5, 2015. Register early as each group size is limited to 12 participants.

For course availability and to register please visit www.friendsoffishcreek.org/birding-course.

Put pen to poetry

Invisible Publishing and Matrix Magazine are pleased to offer the 2015 Robert Kroetsch award for innovative poetry.

The prize is awarded annually for the best poetry manu-

script by an emerging Canadian writer (one who has published two books or fewer). This year the judge will be Karen Solie, a Griffin Prize-winning poet who recently released her Selected Poems in the United Kingdom. She is one of Canada's greatest living poets.

The deadline for entries is January 31. Entries may be submitted through Matrix Magazine's Submittable site at kroetsch2015@gmail.com, or may be sent to: The Robert Kroetsch Award for Innovative Poetry, Invisible Publishing's Snare Imprint, c/o Matrix Magazine, 1455 de Maisonneuve Boulevard W. LB 658, Montreal, QC, H3G 1M8.

Fully alive — a new way of aging

A presentation will take place on January 28, Wednesday, from 1:00 p.m. to 3:00 p.m., at Louise Riley Library, located at 1904 – 14 Av. NW. Come to expand your social networks and find new ways to get actively involved in the community now and in the long term.

Compiled by Margaret McGruther and Faye Wu



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From Bucharest to Budapest: a river cruise through the former colonies of Communism

Story and photos by Jerry Cvach

Page design and layout by Winifred Ribeiro



Belogradchick Fortress in Bulgaria has existed since Roman times. It was built between 1st and 3rd century to guard a trade and military route.

Everything goes in circles. Early man couldn't travel by airplane, car or train. If he didn't want to bushwhack through forests, he had to go by water. When the roads and railroads were built and airplanes started to fly, the waterways became a secondary mode of transportation. Recently, thanks to cruises, river travel is returning, and there is no better way to explore and relax at the same time. The circle is closing.

Usually I like to see everything, to the point of turning vacations into study trips, but

sometimes I prefer to take a cruise, preferably on a river. River cruises are more interesting because there are no "days at sea" with nothing but water to look at. The ships are small enough to fit into locks, and one is pampered yet not nickelled and dimed to death by additional charges as happens on ocean cruises. Shore excursions were included in the price of the cruise I took with Viking River Cruises.

For our 50th anniversary we chose the Passage to Eastern Europe, from Bucharest to



Peles Castle, built by King Carol I of Romania at the turn of the 20th century.



Budapest Parliament, even more ornamental than the British Parliament building.

membership in the European Union is a blessing and an issue at the same time. On the one hand there is money for fixing infrastructure and historical buildings; on the other, there is a tremendous brain drain. Professionals are leaving in droves for the West, where the wages are tenfold. But of course, time will heal everything. To a tourist, politics are secondary and one appreciates the beautiful countryside, history and culture.

We arrived at Bucharest International Airport and took a taxi to our hotel. We hired a cab by means of the information centre to guarantee an equitable fare, but it turned out that this was also useful since then there was a record of the driver. While checking into the hotel, we realized that we had left our backpack with prescriptions, laptop and my wife's jewelry in the cab. Knowing the cab company's name and the car's number, combined with the airport security cameras, we had the driver easily identified and he brought the pack back.

He was a personable, likeable guy and spoke English. According to him, I was lucky that he was so honest. Bucharest used to be the Paris of Eastern Europe and although it is recovering nicely, the ghastly big "parliament" building (once boasted to be the biggest in the world), built by Nicolae Ceausescu, and the grand avenue leading up to it, crudely carved out of the city, will be there most likely forever more.

For Romania and Bulgaria,



Viking cruise ship, Rinda.

yield this time. Nevertheless, we both did well. He got his 100 euros and we recovered our \$1,500 worth of property. I'll remember forever that I was lucky twice in Bucharest!

I really liked the city. The old town, as is typical in Europe, is the best part and the food in the restaurant close to our hotel was excellent. After all, Romanians are cousins of the French and it shows. Worth mentioning is a lovely heritage village located in the largest park in the city, which is a treat for people who like folk architecture.

Our pre-cruise visit to Transylvania in Romania was great but, sadly, not long enough. The Carpathian Mountains there are just high enough to be picturesque, but not as stark as the Rockies. What makes Transylvania famous is the Irish writer, Bram Stoker's tale about Vlad III Voivode of Wallachia, the putative inspiration for Count Dracula, the fictional character in the Dracula novel.

Nicknamed Vlad Tepes (Vlad the Impaler) and ruler of Wallachia at various times from 1456-1462, he was apparently quite bloodthirsty and fond of impaling people on sharpened poles. But which ruler wasn't like that in medieval Europe? "Bran Castle" in the vicinity of Brasov is now shown as Dracula's Castle although nobody really knows if that's the one in Stoker's story. Anyway, the story of Dracula is now bringing tourists to Transylvania, just as the movie Sound of Music brought people to Salzburg.

Another highlight of our three-day pre-cruise excursion was a visit to the town of Brasov itself, which was a German enclave settled in the 11th and 12th centuries. It was called Kronstadt when the Teutonic Knights built and held it, until they were evicted in 1225. The German colonists who came with them remained. Today Brasov is the only Romanian town with German schools, and although technically the population is 91% Romanian,



Casino in Constanta, Romania, on the Black Sea, showing signs of neglect from the Communist era.

the German orderliness, discipline and cleanliness are still in evidence.

Beautiful Peles Castle, not far from Brasov on the road to Bucharest, was built by King Carol I of Romania between 1875 and 1914. After King Michael I's forced abdication in 1947, the Communist regime seized all royal properties, including the Peles Estate. It served as a recreation and resting place for Romanian Communist and cultural elites. The castle was declared a museum in 1953 and is now open to the public.

We also took an excursion to Constanta, on Romania's Black Sea coast, but it was disappointing. The city is only now recovering from years of neglect, with the help from the European Union. Nearby Mamaia has an excellent beach, but the facilities are meagre. The industrious Romanians, however, are working hard to turn it into another Atlantic City complete with all the ghastly souvenir shops, ice cream parlors and beach bars.

After we returned to Bucharest we took a guided city tour. The cruise proper started with a transfer to Giurgiu, the nearest port town on the Danube. Overnight we crossed the river to Bulgaria. The tour to Velike Tarnovo, the former Bulgarian capital, was a visit into a different world. It looked much more like a Turkish than a Slavic town, and so did Arbanasi with its stately old residences and the Nativity church covered from floor to ceiling by murals.

The port of Vidin is unimpressive but is the gateway for an excursion to the Belogradchick Fortress. The fort is built right into rock formation taking full advantage of the terrain, quite an unusual concept.

The next day was the only full cruising day. We were traversing the Iron Gate on our way to Belgrade. Iron Gate is where the Danube broke through the mountain ranges on its way to the Black Sea. It used to be quite a treacherous section of the river, but since a dam was built between 1964 and 1972, the sailing is much safer,

albeit less exciting, but perfect for older folks, anyway. It is still a natural wonder, the narrow gorge with a spectacularly located church on one bank of the river and the huge ruins of the 14th century Golubac Fortress on the other bank further upriver.

The most impressive sight in the middle of the Iron Gate gorge is the 40m-high carving in rock of the face of Decebalus, the last king of Dacia, who fought against the Roman emperors Domitian and Trajan to preserve the independence of his country, a territory now known as Romania. It is the tallest rock sculpture in Europe.

Belgrade, the capital of Serbia, bears no scars of the 1990s bombing by NATO forces. It is a modern city sitting at the confluence of the Sava and the Danube and is dominated by the Kalemegdan Fortress, now converted into a park. Apparently there are many museums and an active nightlife, but I opted for a river walk.

An excursion to Kovacica, 47 km from Belgrade, was of special interest to me because of my Czechoslovakian background. Kovacica and a few villages around constitute a Slovak enclave in Serbia dating back to the 18th century. It is wholly Slovak, complete with schools, language and culture. One of the main attractions for tourists is its traditional folk art.

The next day we made the only stop in Croatia. It wouldn't



Slovak folk band play in a Kovacica, Serbia, art gallery, complete with pictures for sale, sweets and local spirits.



Main square in Brasov, Romania.

have been on my itinerary if I had been driving. Vukovar is a port where Viking cruise ships visit. The city was seriously shelled during the wars of secession in the 1990s. Clearly there is a lot of bad blood between the Serbs and Croats to this day. The local guides were vocal about what each side did to the other. Undoubtedly there were many hotheads on both sides, but my observation in the Croatian north and also from the trip to Dubrovnik the year before was that the Serbs had most of the firepower.

The last stop before Budapest was Kalocsa, where we attended a fabulous demonstration of traditional Pusztá horsemanship. There is not much difference between the Pusztá and the North American prairie, with scenes of grassy plains and the way the cowboys use their horses for rounding up cattle.

Budapest is truly one of the jewels among the great European capitals. It has it all: the great river; the Buda Castle on a high cliff of the west bank; the beautiful Chain Bridge; across the river the Parliament building on the Pest side, which is a rival of the British Parliament and was possibly patterned after it or vice versa; the Jewish quarter; the opera house; and a huge park with entertainment venues, a lake and a mini-castle.

Last but not least on this trip was a visit to Szentendre, a small town on the Danube just a few kilometres upriver from Budapest. It is a historic town



The face of Decebalus, king of Dacia, carved out of living rock in Iron Gate above the Danube River.



Partly subterranean country house in the Bucharest heritage park, called Skansens.

of narrow cobblestone streets, tight alleys, tiny downtown houses leaning against one another and fine baroque steeples. It is one of those little country places on the periphery of a huge metropolis, like Union Town in Toronto, Tlaquepaque in Guadalajara or Sausalito by San Francisco. A special treat was a visit to the

museum of Margit Kovacs, who was a potter and sculptor extraordinaire, an imaginative and unique world-class artist. Enchanted, my wife and I stayed in Budapest one extra day. We rented a car and drove back to Szentendre for one more visit and for a romantic dinner on the bank of the beautiful blue Danube. □



Pusztá, Hungarian cowboys showcasing their skills, a combination of wild riding and dressage.

The Kerby Centre annual tax clinic: assistance for low-income individuals

By Cheri McDougall,
Manager of Information
Resources, Kerby Centre

Every year, the Kerby Centre tax clinic offers much needed assistance with filing annual tax returns, as required by Canada Revenue Agency. Even if you do not earn an income, or if you do not pay tax, it is absolutely essential that you file your tax return. This will ensure your eligibility for the GST rebate is evaluated, and if you receive the Guaranteed Income Supplement (GIS), filing your tax return will ensure the supplement is not stopped.

Who qualifies for this assistance?

The Kerby Centre tax clinic is run solely with the assis-

tance of volunteers. For this reason, the Kerby Centre offers these services to individuals who are 55 years and over and with a gross income less than \$30,000. Kerby Centre can also file tax returns for couples with a combined household income of less than \$45,000. This \$45,000 combined income limit applies whether the returns are filed together or separately.

The Kerby Centre tax volunteers are trained to do basic returns and cannot do returns that include business income, self-employment income, farm income or Capital Gains trade summaries.

Rental income can be included in your tax return to be filed, but ensure you come prepared with all deductible expenses. If you

have rental income which must be included in your tax return, please notify Kerby Centre of this when booking an appointment. Kerby Centre tax volunteers may also be able to do returns for people who have passed on, if the returns are not complex. Unfortunately, they are not able to file estate tax returns.

How can you get this assistance?

There are two ways that Kerby Centre is assisting individuals with their tax returns.

To have your tax return e-filed (done online by the tax volunteer whilst you are with them), you must book an appointment. Kerby Centre will start booking appointments for

the Tax Clinic from Monday, February 2, 2015. Appointments can be made by calling (403) 705-3246. The 2015 tax clinic will begin Monday March 2, 2015 and will run on Mondays, Tuesdays, Wednesdays and Thursdays from 9am to 3pm (last appointment). This service continues until Thursday April 30, 2015.

Tax returns can also be dropped off at Kerby Centre beginning March 2, 2015. A drop-off form must be completed and will include all your important information including: date of birth, marital status, address, spouse's net income, contacts information, SIN number etc. Drop-off returns cannot be e-filed and are prepared by the volunteers as time permits. When your tax return is completed, you will receive a phone call to notify you that your tax return is ready to be collected. Drop-offs can be left in the Kerby Centre Information Resources Office in Room 206.

What to bring with you?

It is very important that you make sure that you have all the necessary documents with you for your tax appointment. If any documents are missing or incomplete, the tax volunteer will not be able to complete and file your tax return.

Your necessary documents may include:

- A copy of your income tax from last year if not prepared at the Kerby Centre and your Notice of Assessment
- All reporting slips (T-slips) for each type of income you receive
- Details and amounts of any foreign incomes (including foreign pensions, social security, interest or dividends)
- Details of any deductible items that you may be eligible to claim: medical receipts for prescriptions, services and medical devices, premiums to private medical plans, bus passes, charitable donations etc.
- Records of any tax installments paid for 2014
- Void cheque (if you are not already set up for Direct Deposit with CRA)

If you are unsure of what you should bring, please discuss this with Kerby Centre when making your appointment.


Canada Revenue Agency

Unfortunately, Kerby Centre is unable to provide a tax service in the home. Low-income individuals, who are unable to leave home, can get volunteer assistance from Canada Revenue Agency. To access this service, or for any general inquires, the Canada Revenue Agency can be contacted at 1-800-959-8281. □

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LEARNING 2015 - Winter Semester

- Registration opened on December 1st, 2014 for members and will remain open until the course is full or otherwise.
- You can register in person (Room 305), by telephone at 403-705-3233 or 403-705-3232, by mail, or online at www.kerbycentre.com
- Registration for non-members opened December 15th, 2014. Non-members must pay a non-refundable, non-member surcharge on each course/workshop fee, except for "E" (Evening) courses. No parking privileges are permitted.
- Payment is due at time of registration and can be made by cash, debit, cheque, MasterCard or VISA.
- You will only be notified if your class is cancelled.
- For a complete listing of courses, dates, fees, etc.; please visit the Kerby Centre website at www.kerbycentre.com

"A" Courses	"B" Courses & Workshops	"C" Courses & Workshops	"E" Courses
A01 – Joint Health	A19 – Fit Room Training 1	B17 – Streams, Trees, & Mountains	E01 – Monday Pilates
A02 – Gentle Seated Yoga	A20 – Fit Room Training 2	B18 – Clouds & Night Skies	E02 – Pilates Fusion
A03 – Gentle Seated Tai Chi	"B" Courses & Workshops		Drop In Groups
A04 – Yoga All Levels	B01 – Make Your Photography Zing	B19 – Purple Flowers	Internet Room
A05 – Yoga Level 2	B02 – Discover Photoshop	B20 – Winter Woods	Cribbage
A06 – Monday Fitness	B03 – Memoirs & Legacy Letters	B21 – Seaside Shorelines & Waves	Bridge
A07 – Wednesday Fitness	B04 – Drama: Make 'em Laugh	"C" Courses & Workshops	
A08 – Muscle Strength & Core Balance	B05 – Beginner Bridge	C01 – Level 1 – Intro to Basics	Recorder Group
A09 – Building Blocks for Balance	B06 – Intermediate Bridge	C02 – Level 1+ - Beyond the Basics	Artist's Group
A10 – Functional Strength	B07 – Bid & Play	C03 – Facebook Mastery	Spanish Conversation
A11 – Salsa Workout	B08 – Meditation Continued	C04 – How to Use Your Laptop – Windows 8	Writers Group
A12 – Zumba Gold	B09 – Beginner Spanish	C05 – Social Media and Getting Connected	Options 45
A13 – Belly Dancing	B10 – Intermediate Spanish	C06 – Website Design	Options 45 Evening Group
A14 – Line Dancing Beginners	B11 – Advanced Spanish	C07 – Setting & Basic Functions of Your iPad	Krazy Karvers – Wood Carving
A15 – Line Dancing Beyond the Basics	B12 – Beginner Spanish Conversation	C08 – All About Microsoft Word	Badminton
A16 – Tai Chi Monday	B13 – Advanced Spanish Conversation	C09 – Adventures in Email	Ping Pong/Table Tennis
A17 – Tai Chi Wednesday	B14 – The Singing Circle	C10 – Intro to the Internet	Pickleball
A18 – Qigong	B15 – Intermediate Ukulele: Amazing Yourself!	C11 – File Management	Movie Festival
	B16 – Acrylic Mediums	C12 – Hello Kijji	Peer Learning
		C13 – Managing Your Photo Library	

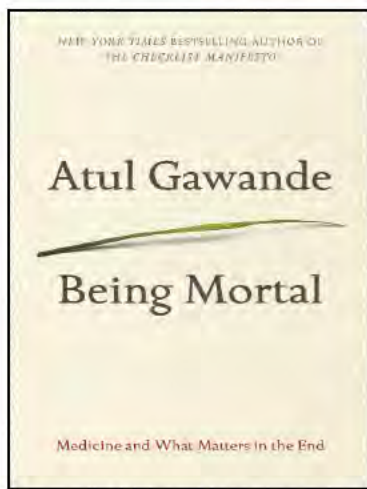
IN MEMORIAM

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

Hilda Bareskinoff
Loretta June Erickson
Edith Essery
Elaine Fleming
Doris May Haney
Catherine Harris
Stanley Hinsberger
Robert Jardine
Collin J McAllister
Roland Sylvio Pelletier
Prudence Alma Penley
Carmen Jeanette Simon

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

Book Review



“Being Mortal: Medicine and What Matters in the End”

By Atul Gawande
 c.2014, Henry Holt
 \$26.00 U.S. / \$32.95 Canada
 304 pages
 Reviewed by the Bookworm

Last night's dessert was spectacular. As with many finales, that perfect ending to a perfect meal left you satisfied for the rest of the evening. It

was, like some conclusions — a little nightcap, a final chapter, a last dance, the lingering notes of a favorite song — a thing to savor.

Can the end of life be so sweet? Perhaps; there are steps to make it so, as you'll see in the new book “Being Mortal” by Atul Gawande.

For about the last century, the average lifespan for North Americans has been increasing. Modern medicine has taught doctors how to save lives but, until relatively recently, it didn't teach them how to deal with life's end.

That, says Gawande, is unfortunate. In many cases, doctors feel extremely uncomfortable discussing the end of life with their patients. That often leads to protocol that precludes quality of life when there isn't much life left to have.

We've come to this point, this reluctance to face death, because we're no longer familiar with it. A century ago, people died at home, often after self-treating their ailments. Hospitals were not places to get better, says Gawande; medicine back then usually had little impact on life or death. When penicillin, sulfa, and other drugs became available, however, hospitals became places for cure. Nursing homes, he says, were for people who needed additional care before going home.

But medicine isn't the only thing that's changed: aging has, too. We live longer, we expect our parts to last longer, and we're surprised when health fails. But

does that make aging a medical problem?

To a geriatrician, it might be — but Gawande says there aren't enough doctors of geriatrics and, without them, we have a lessened chance to sidestep problems that could diminish the quality of life in later years. He says, in fact, that the elderly don't dread death, so much as they dread the losses leading up to it: loss of independence, of thought, of friends.

But long before that happens, Gawande says, there are conversations that need having; namely, what treatments should, or should not, be done? How far would you want your physician to go?

Let me tell you how much I loved this book: I can usually whip through 300 pages in a night. “Being Mortal” took me three.

Part of the reason is that author Atul Gawande offers

lingering food for thought in practically every paragraph — whether he writes about the history of aging and dying, one of his patients, or someone in his own family. I just couldn't stop thinking about the points he made with his anecdotes and with this information, how it could radicalize our lives, and how it fits for just about everybody.

We are, after all, not getting any younger.

I think if you're a caretaker for an elderly relative or if you ever plan on growing old yourself and want to maintain quality of life, this book is an absolute must-read. For you, “Being Mortal” is informative to the end.

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

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- On our website at www.kerbycentre.com/about/membership
- Mail this form with a cheque for payment and we will follow up by phone

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Kerby Centre

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The Healthy Senior

By Fred Cicetti

Q. I've had allergies my whole life and I'm thinking of going in for the shots. What do you think?

A. Immunotherapy, also known as allergy shots or vaccinations, can alleviate allergy symptoms. However, shots don't work on all allergies or all people.

Doctors advise against allergy shots if you take a beta blocker for high blood pressure or heart problems. If you're considering immunotherapy, seek the advice of a good allergist.

Allergy shots are a series of scheduled injections meant to desensitize you to specific

allergens — the substances that trigger an allergic response. The usual schedule is a shot once or twice a week for about three to six months. After that, you'll need a shot about once a month for three to five years.

Allergy shots are commonly used to treat allergic rhinitis (hay fever) and asthma. Allergy shots may also control allergic reactions to stinging insects, such as bees, yellow jackets, hornets and wasps. But the shots are not effective for food allergies.

If you have seasonal hay fever, you may be allergic to pollens from trees, grasses or weeds. If you have year-round discomfort, you may be sensitive to indoor allergens such as

dust mites, cockroaches, mold or pet dander.

The common symptoms of allergic rhinitis are itchy eyes, nose, or throat; nasal congestion, runny nose, watery eyes, chest congestion or wheezing. If your eyes also become red and swollen, you suffer from allergic conjunctivitis.

Before starting allergy shots, your doctor may use a skin test to confirm that you have allergies and determine which specific allergens cause your signs and symptoms. During the test, a small amount of the suspected allergen is scratched into your skin and the area is then observed for about 20 minutes. Swelling and redness indicate an allergy to the substance.

The shots won't give you immediate relief. You'll probably see improvement in the first year of treatment. The most noticeable improvement often happens during the second year. By the third year, most people are desensitized to the allergens contained in the shots.

For some people, successful treatment leads to a life without allergy symptoms. For others, shots must continue on a long-term basis to keep allergy symptoms at bay.

An allergic reaction is a complex chain of events that involves many cells, chemicals and tissues throughout the body. While there is no cure for allergic disease, there are many medications available to lessen symptoms.

About 50 million Americans suffer from an allergy.

Major allergic diseases include: allergic rhinitis, allergic conjunctivitis, asthma, atopic dermatitis (eczema), hives (urticaria), and reactions to substances such as food, latex, medications, and insect stings.

We don't know why some substances trigger allergies and others do not. We also don't understand why every person does not react to allergens. A family history of allergies is the single most important factor that predisposes a person to develop allergies.

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



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Snow Angels earn their wings

December marked the launch of this year's Snow Angels campaign. The City is encouraging everyone to be a good neighbour by helping others in need and instilling community pride.

"Snow Angels are just regular citizens who want to help out older adults and people with mobility or health issues by keeping

their sidewalks clear," says Chris Thomson-Hunter, program coordinator. "Helping out, and recognizing those who have helped, is what this campaign is all about."

It's important to keep walks clear of snow and ice so that everyone can move safely around their neighbourhoods during the winter. The Streets Bylaw

requires sidewalks adjacent to properties be cleared of snow and ice down to pavement within 24 hours after a snowfall stops. This work can be very challenging — even dangerous — for older adults and others with limited mobility.

"Taking a few extra minutes after a snowfall to help a neighbour isn't too taxing for many of us," says Thomson-Hunter, "but it means so much to those with physical limitations and others who need to access those walks. Snow Angels directly contribute to the well-being and safety of others and to strong, caring communities — communities people want to live in and be proud of."

Last winter, Calgarians showed their caring spirit in record numbers in response to snow falls. Over the 2013/14 winter season, there was a 137 per cent increase in people calling The City to have their Snow Angel officially recognized (up 721 nominations from 526 nominations the previous year).

If someone has cleared your sidewalk, you can contact The City to have them officially recognized as a Snow Angel. You can nominate your Snow Angel online, by calling 311, or mailing your nomination to: Snow Angels - #184, P.O. Box 2100, St M, Calgary, AB T2P 2M5. All nominated Snow Angels are officially recognized by Mayor Nenshi and entered into a prize draw.

The Snow Angels campaign has recognized 7,650 Snow Angels since its inception in 2004.

For more information visit Calgary.ca/snowangel.

Volunteer Spotlight



Theodora (Dora) White

Theodora started volunteering at Kerby Centre in 1989 and volunteered with the Tuesday Luncheon group: a social group who would get together and have lunch and then work on different craft projects such as embroidered nametags, cold water dyed items and greeting cards. She also joined the General Crafts Group and has contributed over 9,000 hours in these roles. As part of the General Craft group she crochets lots of items and says that she really enjoys socializing at Kerby and making new friends. Theodora has also participated in many activities at the Kerby Centre and particularly enjoyed calligraphy, line dancing and drama reading.

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

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Costa Rica
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dates (9 days)
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meals, entry fees, more
More itineraries available

Grand Tour of Italy
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Switzerland)
Choose January to April (13 days)
Dbl. pp. from \$2999 Sgl.
from \$3629 plus air
Escorted, 14 meals, door to
door pick up, entry fees,
more. Other itineraries
available

Day Trips

Please book trips early.
Trips will be cancelled if
the minimum number of
people are not booked
by the cut-off dates.

Stoney Nakoda-Resort & Casino

Date: Wed, Jan 21, 2015
Cost: Member \$13
Non-member \$18
Time: 10am - 3pm
Cut-off Date: Jan 7, 2015

Tour of Westjet Hangars

Date: Tues, Feb 17, 2015
Cost: Member \$15
Non-member \$20
Time: 9am - 2:45pm
Cut-off Date: Feb 3, 2015

Snowshoeing Trip

William Watson Lodge
Date: Wed, Feb 25, 2015
Cost: Member \$45
Time: 9am - 4pm
Cut-off Date: Feb 11, 2015

Jubilations Lunch Theatre

Date: Tues, March 24, 2015
Cost: Member \$58
Non-member \$63
Time: 10:15am - 2:30pm
Early Cut-off Date:
Feb. 23, 2015

**Trips/Times subject to
change.**

Spain's Classics
(From Madrid to
Barcelona)
Choose January to April
From Dbl. pp. \$2149, Sgl.
\$2669 plus air
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entry fees,
door to door pick-up.
Other itineraries available

Western Caribbean Cruise
(Special value) 4 islands
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Single available
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ance, tips, entry fees,
all meals on the cruise,
door-to-door pick-up

Victoria, BC
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March or April (18 days)
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from \$4087
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tea, entry fees, tips,
insurance, door to door
pick-up

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for early bookings

**Highlights of England &
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Sgl. \$7777
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some entertainment, insc.
Entry fees, tips,

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request. We will help you
arrange your tour

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SLOTS OF FUN (CASINO ADVENTURES)

Kootenai River Inn & Casino - 2015: Super Bowl - Jan 31 - Feb 3
2015 Casino Schedule just finalized - Includes Kootenay River Inn
7 trips, Camrose 2 trips, River Cree 1 trip, Deadwood 1 trip - Call for details

LOTS OF FUN DAY TRIPS (NO CASINO)

Check our website or give us a call for February & March trips

Jasper Spring Fling - April 13-16
Rosebud Theatre - "The Miracle Worker" - May 13
Rosebud Theatre - "The Wizard of Oz" - June 10

Note: Where would you like to go/do this spring? Leave us a message - if we
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NEW YEARS at the NORTHERN LIGHTS CASINO 4 days Dec 30 to Jan 2 \$355.00 3 breakfasts, \$95.00 casino package A-Star afternoon social Dakota Dunes Casino Enchanted Forest Light Festival	LAS VEGAS 9 days Jan 31, March 21, April 25, May 8 4 nights in Las Vegas The Golden Nugget or TheD 2 in Wendover, 2 in Helena, 6 meals, Slot Play and side tours The Golden Nugget - fun book \$140.00 TheD - \$20.00 in food coupons	LAUGHLIN, NV 12 days Feb 9, March 9, April 27 Includes: 6 nights in Laughlin 3 in Wendover, 2 in Helena, 9 meals, \$21 Slot Play & side tours
SEASON'S GREETINGS FROM A-STAR TOURS STAFF AND MANAGEMENT WISH EVERYONE A WONDERFUL FESTIVE SEASON AND ALL THE BEST IN 2015	WENDOVER, NV 7 days - Jan 25, March 29, May 3 Wendover Nugget Includes: 2 nights in Helena w/4 meals, 4 in Wendover with side tours. The Nugget includes: 4 buffets, \$28 slot play +	LAUGHLIN, NV 9 days Jan 10, April 11 Includes: 4 nights in Laughlin 2 in Wendover, 2 in Helena, 8 meals, \$14 Slot Play & side tours
TEMPLE GARDENS MINERAL SPA & CASINO MOOSEJAW 4 days March 22, May 31, June 28, July 26, Aug 23 and Sept 22 Includes \$20 Meal & \$40 slot play, city tour, optional day tour to Regina	COEUR D'ALENE CASINO 6 days April 15 and Oct 7 2 nights Kootenai River Casino 2 x \$5.00 meal coupons 3 night Coeur d'Alene Casino \$25.00 Slot Play \$45.00 Food & Bev Vouchers	RIVER ROCK RESORT & CASINO 6 days April 26 & Sept 27 Includes: 1 lunch, \$20 in slot play \$30 food & beverage, city tour, Granville Island, and Historic Stevenson
LAUGHLIN, CASINO DEL SOL (Tucson) And LAS VEGAS 14 Days Feb 10 to 23, 2015 \$1,299 Enjoy so much! Includes: 2 nights in Helena & Wendover, 2 nights in Laughlin 4 nights in Tucson @ Casino del Sol 3 nights in Las Vegas Sol Fest, London Bridge, Quartzsite Flea Market, \$14. slot play, 8 meals, \$15 meal coupons Optional Excursions with additional cost: Pima Air & Space with Museum, outside planes, and boneyard, Old Tucson, and Desert Botanical Garden	DEADWOOD, SD 7 Days May 7 & Sept 13 Includes: 3 nights in Deadwood at the Mineral Palace, 1 in Great Falls, 1 in Regina, 5 breakfast, \$10 Slot Play, \$5 food coupon, Wine & cheese reception, slot & blackjack tournaments with cash prizes, optional Keystone, Mt Rushmore and Crazy Horse	KOOTENAI RIVER INN & CASINO 4 days May 11 and Sept 28 Includes \$15 meal coupons, 1 lunch, 50% off day spa coupon, and shopping trip to Spokane
	YELLOWSTONE NATIONAL PARK 5 days - June 25 Includes: 2 nights in Helena, 2 in Yellowstone, 5 meals, Virginia City, Quake Lake, And 2 days discovering Yellowstone	DEADWOOD SUMMER SPECIAL 7 Days June 6, July 12, Aug 9
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Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo DIRECTION FINDING

ACROSS	51 Getting the airborne matter from, perhaps	85 — -buster (certain drug)	125 With 20-Across, epinephrine or cortisol	33 Capital of Angola	81 Calo's 52
1 Use for target practice, say	54 Sly	86 Track vehicle	126 "Moby-Dick" narrator	34 Jackal's kin	83 Flatbread of India
8 They're littler than mediums	55 Art Deco lithographer	87 One of 100 on the Hill	DOWN	35 Hex- ender	84 LAX abbr.
14 Mongol invaders	56 Kind of engine fuel	91 Hit song subtitled "To Be Loved by You"	1 — Na Na"	36 Flying stinger	87 Former jets to the U.K.
20 See 125-Across	57 Opening opera part	94 — daily basis	2 — polloi	39 Least bold	88 Sword variety
21 Dine at a restaurant	58 — -Cherry (Ocean Spray flavor)	95 High, elegant hairstyle	3 Bruin Bobby	41 Pizzeria unit	89 Juice drinks
22 Lucky charm	59 Hulk of pro wrestling	96 Voguish thing	4 "Wow!," in a chat room	42 Slip- — (pullovers)	90 Booze up
23 BB rifles	62 Flee with a flame	97 Polaris, e.g.	5 Fake locks	44 Say yes to	92 Is no more
24 One going from station to station	64 Residents of Japan's third-largest city	99 Weirdo	6 Bug	45 Winery tank	93 Expert finish?
26 Bohemian dance	65 "Am — blame?"	100 Arizona tribe members	7 Edison rival	46 Vanity	98 Whispers in stage acting
28 Icicle sites	67 Eight three-letter ones are found in appropriate places in this puzzle	103 American slices, e.g.	8 Reciprocal of cosine	47 It fits into a mortise	99 Place to pray
29 DVR giant	72 Staff sgt., e.g.	109 Budget Rent —	9 — jongg	48 Wandering	100 Lock parts
30 Oscar-nominated actress in "Victor/ Victoria"	73 Small mosaic tile	110 "A Bell for —" (Hersey novel)	10 — discount	49 Plate position	101 Eyelike windows
36 Censored-word sound	75 Revved thing	111 Japanese truck maker	11 Solitary sort	50 Tightening muscle	102 Of pontiffs
37 "I haven't —" ("Beats me")	76 Western flick	112 1980s game show	12 LEM part	52 Finch	103 iPod Touch, e.g.
38 Very old boys' school	78 French "she"	116 Sir Walter Scott's title	13 Comic Martin	53 Paella pot	104 Grates on
39 Eye	79 Befuddles	121 River dividing Nebraska	14 Itar- — news agency	57 Lhasa — (little dogs)	105 Initial stage
40 Mother of Zeus	82 City partition planners	122 Munchkin	15 — Darya (Asian river)	59 Like e-devices	106 Finch
41 Rue Morgue creator		123 Document repository	16 Sweater type	60 Verdi work	107 Persian Gulf sheikdom
43 Grow up and move away from home		124 Placed in a farm tower	17 2004 Jude Law title role	61 Inch along	108 Old autocrats
			18 Actor Christopher Barber's leather band	63 Actor Haley Joel —	110 Did like
			25 Film director Wiseman	65 Hit — spot	113 Road no.
			27 Heavily involved (in)	68 Pontificated	114 Be indebted
			30 Hog product	69 Mother, in Mexicali	115 Domicile: Abbr.
			31 Repeat	70 Be seepy	117 Unit of resistance
			32 Plethora	71 Smelted materials	118 Actress Vardalos
				74 Ignites	119 12/24, e.g.
				80 "True —" ("Indeedy")	120 — Aviv

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Solution on page 28

Ten ways to prepare for cold weather

Here are 10 important steps to help seniors and caregivers prepare for snow and ice, and stay safe and warm all winter.

1. Cold air can make anyone's skin sore and dry, but this is especially true for seniors. To avoid painful cracks and tears, start regularly moisturizing, especially after you shower or wash your hands. It also helps to install a humidifier in your bedroom and drink plenty of fluids.

2. Prepare for a power outage or broken heater. Make sure you have lots of blankets and warm clothes on hand, as well as candles, flashlights, canned food and bottled water.

3. Seniors are at a higher risk for depression in winter than any other time of the year. No matter how cold it gets, make sure you still keep busy and active, and don't forgo exercise or social events.

4. Turn on your heater to make sure it is in working condition. If you need any repairs or replacements, it's better to find out now, rather than when you need it for warmth.

5. It's always important to stretch and exercise regularly, but especially in the winter. Staying active and flexible during the cold months will improve your circulation and keep you warmer.

6. Hire someone to keep your driveway, pathways and

front steps shoveled and clear of ice, and keep a few bags of road salt on hand. By hiring someone now, you are guaranteed to be ready for the first snowfall and can often find a more competitive rate.

7. You don't want to be forced to go outside during a storm because you've run out of something important. Stock up on essential items in advance, such as food, medications and bottled water.

8. Make sure you have the proper gear to go outside. Invest in warm, low-heeled boots with good traction, as well as a high-quality winter coat, scarf, mittens and a hat.

9. Ice is especially dangerous for seniors. If you're going for a walk outside, make sure to bring a cane or walker to help you keep your balance. If you can, ask a friend, loved one or caregiver to come with you.

10. Be educated on the signs and symptoms of frostbite and hypothermia. Frostbite usually involves numb, waxy skin that has turned slightly grey, white or yellow. Hypothermia patients may feel confused, dizzy and sluggish, and have an irregular heartbeat, trouble breathing or slurred speech. If you suspect you might be suffering from either of these conditions, seek medical help immediately and keep warm.

Courtesy of Retire-At-Home Services

Calgary Immigrant Seniors

www.immigrantseniors.ca

Visit this website for new immigrant seniors in Calgary. Information is for immigrant seniors and their families. Learn about living in Alberta and Canada.

The site provides information on:

- Coming to Canada
- Sponsoring a Parent
- Learning English
- Housing Options
- Health and Wellness
- How to Apply for Benefits
- Transportation
- Calendar of Events
- Services for Immigrant Seniors

Languages on the website:

- Arabic
- Chinese
- French
- Hindi
- Korean
- Punjabi
- Russian
- Spanish
- Vietnamese

For more information call 403-705-3219



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Casual entertaining

Page design & layout by Winifred Ribeiro

The old adage, 'It's not what's on the table, it's who's at the table,' means more to home cooks as the stuffy, fussy, pretentious dinner party of the past disappears, making way for a new entertaining ideal.

Gatherings will appeal to those less inclined to spend money eating out, who are still interested in socializing or hosting more casual home parties, whether it be a special occasion or a means of reconnecting on a regular weeknight. It will benefit those who can't cook, have a small space, don't know how to mix drinks or easily decorate, or are intimidated by all that organizing a party entails, from estimating quantities to storing and serving. *Gatherings* makes social occasions easy and approachable, and strengthens relationships while building confidence in the kitchen.



*Gatherings:
Bringing People Together with Food*
by Jan Scott and
Julie Van Rosendaal
www.whitecapbooks.ca
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Roasted Brussels Sprouts with Walnuts and Grainy Mustard Sauce ©

Completely different from the mushy morsels we remember from our youth, these caramelized and slightly crunchy cruciferous veggies appear frequently on our dinner table, and we've converted quite a few people to this version of a restaurant favourite.

Serves: 6-8

8 cups (2 L) Brussels sprouts
olive oil
salt and pepper
2 Tbsp (30 mL) honey
2 Tbsp (30 mL) grainy Dijon mustard
1/2 cup (125 mL) walnuts, roughly chopped

- Preheat oven to 425°F (220°C).
- Slice ends off the bottoms of the sprouts and cut each sprout in half. Remove the outer leaves and the toss the rest onto a large, rimmed baking sheet, separating some of the leaves from the core.
- Add a few large glugs of olive oil, and season well with sea salt and lots of fresh ground pepper, massaging the oil and spices into the sprouts. Place the cut sides down on the pan and bake for 12–15 minutes, or until the leaves are a dark amber colour and the cores are nicely caramelized.
- Combine the honey and grainy Dijon mustard in a small bowl. Transfer the cooked veggies to a serving bowl, add the walnuts, drizzle the mustard sauce over and gently toss to combine.

Party Pointer: This dish is amazing as is, but for fun I like to replace the walnuts with chopped up bits of leftover ham (not the deli kind) and serve as a side for pizza night. The sprouts can be roasted up to 6 hours in advance and gently warmed before serving.



No-Bake Chocolate Pots de Crème with Orange Whipped Cream ©

Bypassing the traditional method of baking with a water bath, this quick, no-bake version of a French pot de crème delivers a rich chocolate confection that is smooth like a pudding, yet simultaneously airy and fluffy and reminiscent of a traditional mousse. I like to serve the little cups with a crisp cookie on the side of the plate, offering a little crunch for the dish, but if you choose to serve them just as they are you certainly won't be disappointed.

Makes: 2 large or 4 small portions

Pot de Crème.

1 cup (250 mL) good quality semisweet chocolate chips
2 tsp (10 mL) sugar
1 egg, at room temperature
1 tsp (5 mL) vanilla
pinch salt
1 cup (250 mL) heavy (whipping) cream, chilled

Orange whipped cream.

1/2 cup (125 mL) heavy (whipping) cream, chilled
1 tsp (5 mL) orange liqueur or orange juice
2 tsp (10 mL) sugar
1/2 tsp (2.5 mL) finely grated orange zest, for garnish

- Place the chocolate chips and sugar in the bowl of a food processor fitted with a steel blade and pulse until ground. Add the egg, vanilla and salt, and blend until smooth, about 1 minute.
- Meanwhile, heat the cream in a saucepan set over medium heat, until steam rises and bubbles begin to form around the perimeter of the pot.
- Scrape down the bowl of the food processor. Turn the motor on and slowly drizzle the hot cream into the machine. Blend for 1 minute or until smooth and the chocolate is completely melted.
- Divide the mixture into two coffee cups, ramekins or small jars. Cover with plastic wrap and chill for a minimum of 2–4 hours or overnight.
- To make the whipped cream, beat the whipping cream, orange liqueur and sugar in a medium bowl until peaks form. This can be done up to 2 hours in advance. Chill.
- Uncover the pots de crèmes and spoon a dollop of whipped cream topping over each. Garnish with the orange zest, dividing it evenly between the cups and serve.

Party Pointer: This recipe can easily be doubled or tripled to serve a crowd

Simple Slow-Cooker Chicken Chili ©

This is one of those meals that can almost always be thrown together using just everyday items from a well-stocked pantry. It's simple enough to serve as a casual weeknight family dinner, but flavourful enough to offer to guests when you're entertaining on the weekend.

Serves 6

1 medium onion, diced
2 lb (1 kg) boneless, skinless chicken breast or thighs, cut into 1/2-inch (1 cm) pieces
2 Tbsp (30 mL) lime juice
1 tsp (5 mL) ground cumin
1 Tbsp (15 mL) chili powder
1 tsp (5 mL) dried oregano
pinch of cayenne (optional)
1/2 tsp (2.5 mL) each: kosher salt and fresh ground pepper
one 19 oz (540 mL) can pinto beans, drained and rinsed
two 19 oz (540 mL) cans navy beans, drained, rinsed and slightly mashed
2 cups (500 mL) salsa
1 cup (250 mL) chicken stock

Combine all of the ingredients in a slow cooker and cook on low for 6 hours.

Serve with nacho chips, sour cream, grated cheese, lime wedges and fresh cilantro, if desired.

Party Pointer: This is a great dish to serve along with crisp nacho chips.

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Home safety guide for Snowbirds

Monitor your home while in the sun

(NC) When Snowbirds finally make their way down south for their annual vacation away from our brutal Canadian winters the last thing they need to worry about is the safety of their home.

According to Patrice De Luca, vice president of Marketing and Customer Care for Reliance Protectron Security Services, there are several key steps Snowbirds should take to ensure peace of mind when away from home. The following Protectron home safety tips for snowbirds can help you plan important safety measures before your departure:

- Suspend your newspaper and mail delivery; or have a neighbour collect them for you.
- Make sure your home looks lived in. Try not to draw the window treatments in every

window leave it looking somewhat natural.

- Have someone routinely shovel the walk, clear your car off if it snows, or park their car in your driveway if you're taking yours.
- Don't forget garbage collection day. Ask a neighbour to put a bag of garbage at your curb on garbage day so as not to tip off burglars.
- Set your lights on timers, in various rooms. With some timers, the lights go on and off at different times each day, which means a burglar can't pick up on a pattern.
- Look into installing motion sensor lights outside to help deter a burglar. Consider installing them in front and back.
- Ensure that all your doors and windows are locked and secure. Don't forget about the garage, make sure the door is secure. For additional security, place a bar or stick of wood in the lower track of your sliding doors or windows.
- Turn off the water-main and unplug the major appliances as an added precaution.
- Inform a neighbor when you're leaving and returning, and ask them to keep an eye out for anything suspicious. Leave them a phone number where you can be reached, and a spare set of your keys in case of an emergency.

• Consider investing in a home security system as it's a very effective deterrent. A home protected by a monitored security system with visible decals and signs is less susceptible to a break in than one without a system. Make sure your security system includes a loud inside alarm, detectors at all exterior doors, and motion sensors in the master bedroom and main living areas. The alarm system is linked to a remote monitoring centre that protects your home 24 hours a day against burglars, fire, carbon monoxide poisoning and floods by supervising the temperature, electrical system and point of entries of your home.

For ultimate control and peace of mind while you're away, De Luca recommends you look into the new fully interactive wireless security systems like Go! Control where you can arm and disarm your alarm, lock or unlock your front door, control lights and your home's thermostat at the touch of your smartphone or tablet. You could even have video monitoring and receive alerts to view the comings and goings of cleaning staff or house sitters. More information on protecting your home while you're away is available online at www.protectron.com.

www.newscanada.com



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**Adventures in Learning Monday, February 2 to
 Monday, April 13, 2014**
 10am to 12pm



Are you interested in making new friends, sharing knowledge and experience, learning in friendly, informal manner and participating in activities?

You are invited to drop in on Monday, Feb 2 at 10am in Room 301 at the Kerby Centre to learn about peer learning and other activities.

Peer Learning Activities: This is an opportunity to share knowledge, experience, and interests in small daytime groups led by participants. The discussion groups include a wide range of topics from politics, aging, health, history of Calgary, and interesting people. Group activities will also be considered. Everyone is welcome. Fees per 10 week term are \$20. Contact Cody at 403-705-3232 or email codyd@kerbycentre.com

Kerby Centre's Successful Ageing TV series now available on YouTube

Working with Shaw TV as part of its community programming on channel 10, Kerby Centre's Successful Ageing is a series of eight episodes each focusing on a different topic of interest to older adults. After a

well-received run on Shaw TV, the episodes are now available on Kerby Centre's YouTube channel.

Hosted by Kerby Centre CEO Luanne Whitmarsh, each half-hour episode features two guests who can speak to the week's subject. Episode topics include lifelong learning, elder abuse, mentorship, and protecting yourself from scams.

You can view and share all of the episodes at www.youtube.com/kerbycentre

Please SAVE THE DATE

First Annual Kerby Cares Gala Fundraiser

SUPPORTING MUCH NEEDED PROGRAMS AND SERVICES FOR OLDER ADULTS IN CALGARY

MARCH 13, 2015 AT THE KERBY CENTRE

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Preventing heart attacks from hockey

By Diamond Fernandes

Middle aged men are suiting up for hockey games but they may put themselves at the risk of heart disease. They are pushing themselves too hard and leaving themselves vulnerable to blood clots for heart attack. Now that professional hockey is well under way and recreational hockey players are well into the fall hockey season, the Heart Fit Clinic is introducing a new screening test to test how healthy and reactive people's arteries are, especially recreational hockey players.

Heart disease and stroke are the number one causes of death and unfortunately many times the first symptom is death. Everyone has heard of hockey players having heart attacks. Recently, Bob Suter, famous hockey player from the 1980 US Olympic team, died of a heart attack at the age of 57. Arenas all over Canada are starting to put automated external defibrillators (AEDs) in rinks, which are portable devices that check the heart rhythm and determine the need for electric shock to restore a normal rhythm.

The Heart Fit Clinic would prefer that the AEDs never even get used. "It is too late when an AED is getting used," says Diamond Fernandes, Director of the Heart Fit Clinic. It is especially important for people in recreational hockey, which is very popular at this time of the year, to truly understand their risk of a heart attack and get screened.

Why are arenas a recipe for heart attacks? Many people on the rinks are over-exerting themselves when they don't have the proper conditioning, creating an environment for vulnerable clots to form in their hearts. People playing hockey on the recreational level feel that hockey is their form of exercise, when in fact hockey players, especially the recreational ones, should be well-trained before getting onto the ice during the season. Also people are too busy to allow themselves adequate time for warm-up before rushing to the arenas. They then breathe in the cold air and cause their heart rates to go up and down quickly, which is a recipe for disaster.

But new technology is helping to prevent recreational hockey players from getting heart attacks. The Heart Fit Clinic is the first in Alberta and one of the first in Canada to introduce the Endothelial Function Test (EFT), a non-invasive procedure that can predict and help prevent heart disease. Monitors are placed on the patient's fingers and

then blood pressure cuffs are used to regulate blood flow. The endothelial function assessment accurately checks the health of the endothelium, the all-important lining of arterial blood vessels.

While it is important to know your risk factors for heart disease, over 50% of people with normal cholesterol still end up with heart attacks. The Endothelial Function Assessment predicts the likelihood of suffering a heart attack long before the event happens — years in advance. "Having this information is vital", says Diamond Fernandes. "Looking at cholesterol levels alone can't give you this head start or the most accurate data about your heart. The Endothelial Function Test can actually measure a person's risk of developing risk factor symptoms".

The Heart Fit Clinic can determine whether patients need to make more aggressive lifestyle changes, begin a medication therapy to reduce risk of a heart disease, or decide whether their condition is so serious it requires immediate attention from a cardiologist in Calgary.

Please contact the Heart Fit Clinic at (403) 870 - 4348 for further information.



We will do your Income Tax for free!!!

Kerby Centre income tax volunteers are available to help file tax returns for seniors 55+

Starting March 2nd to April 30th 2015

The income limit for this service is
\$30,000 per year for an individual or
\$45,000 per year for a couple (combined income)

By appointment only
You don't have to be a Kerby member!



We will start accepting appointment bookings on February 2nd
To book an appointment please call the Information Office at
403-705-3246

Our Address: Kerby Centre
1133-7 Avenue SW
T2P 1B2



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Doors Open at 5:00pm
Meal at 6:00pm
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Kerby Centre's Activities, Programs & Services

DATES TO REMEMBER

MalankaTues Jan 20
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 Kerby Centre Closed ...Wed Dec 24 – Sun Jan 4

Join in:

Education and Recreation Department (Rm 305)

January Movie: A Beautiful Mind Friday, January 30, 2015 at 1:00pm (Duration 2hr 15min) Price is \$1.00 and includes a drink and snack. After a brilliant but asocial mathematician accepts secret work in cryptography, his life takes a turn for the worse. Sponsored by The Lodge at Valley Ridge 403-286-4414

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

Kerby²: is a new program that ran this past fall in which the Kerby Centre offered several courses at a different location. This program will continue during the winter at St. Andrews Centre at 1-10601 Southport Road SW. If you are interested in receiving more information about the courses that will be offered, or if you know someone 55+ living in south Calgary that may be interested, please call (403) 705-3232.

Peer Learning: Are you interested in making new friends, sharing knowledge and experience, learning in a friendly and informal manner, and participating in activities? Then **Peer Learning** may be for you! This exciting group will be starting up once again in the New Year and will run every Monday from 10am-noon for 10 weeks, beginning February 2, 2015. The discussion groups include a wide range of topics from politics, aging, health, history of Calgary, and interesting people. Everyone is welcome!

What can be purchased at the Kerby Centre?

> Come in and visit 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 – 2:00pm.

> 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 – 11:30am and 1:30am – 2:30pm. Please call (403) 705-3218 for more information.

> Trekking/Walking Poles are now available through the Ed & Rec department! We have pairs that come in a variety of sizes and can be purchased in Room 305 for \$25 a pair.

Get Involved:

Information Resources (Rm 206)

Kerby Centre holds a tax preparation service for Low Income Seniors every year in March and April. We are currently recruiting for new volunteers to join our team. Kerby Centre provides all tools and resources needed to prepare tax returns, including training by Canada Revenue Agency and access to the computer system. If you are interested in becoming a tax volunteer for Kerby Centre, please call us at (403) 705-3220.

Tour of Kerby Centre

Tours are held every Thursday at 10:30am for approximately 1 hour. Please meet in the dining room. 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.

Weekly Clubs and Events

If you have an idea for a new group – or would like to join a current one – check with the Education and Recreation (403-705-3233) or Volunteer Department staff (403-705-3218)*

Monday	Tuesday	Wednesday	Thursday	Friday
Internet Room 9:00am -2:00pm 3rd floor Room 305 FREE	Internet Room 9:00am -2:00pm 3rd floor Room 305 FREE	Internet Room 9:00am -2:00pm 3rd floor Room 305 FREE	Internet Room 9:00am -2:00pm 3rd floor Room 305 FREE	Internet Room 9:00am -2:00pm 3rd floor Room 305 FREE
Knitting for a Cause* Dining Room 10:00am - 12:00pm 2nd & 4th Monday of the month FREE (Resumes Jan 12)	Tuesday Luncheon Group* Chandler Kennedy Room 11:15am-1:00 pm FREE	General Craft Group* Room 311 9:00am - 12:00pm FREE (Resumes: Jan 14)	Artists Group Room 313 10:00am - 3:00pm \$1.25 per half day	Spanish Conversation Group Room 311 10:00am-12:00pm \$1.25
Recorder Group Room 313 12:30pm- 2:00pm \$1.25	Options 45 - Evening Lounge 5:30pm - 7:00pm 4th Tuesday of the month \$2.00	Bridge Chandler Kennedy Room 1:00pm - 3:00pm \$1.25	Bingo* Room 205 11:00am - 3:00pm (Resumes: Jan 8)	Krazy Karvers Woodcarving Club Room 102 10:00am - 3:00pm \$1.00 per hour
Cribbage Chandler Kennedy Room 1:30pm -3:30pm \$1.25		Wednesday Dance* Lecture Room 205 1:00pm - 3:00pm \$1.25	Options 45 Lounge 1:30pm - 3:00pm 2nd Thursday of the month \$2.00	Badminton & Ping Pong Gym 10:30am-1:00pm \$1.25
Writers Group Room 307 1:30pm- 3:30pm \$1.25			Pickleball Gym 3:30pm - 5:00pm \$1.25	Monthly Movie Lounge 1:00pm Jan 30 \$1.00
Pickleball Gym 3:30pm - 5:00pm \$1.25				
Wii By appointment Room 305 \$2.50	Wii By appointment Room 305 \$2.50	Wii By appointment Room 305 \$2.50	Wii By appointment Room 305 \$2.50	Wii By appointment Room 305 \$2.50

KERBY CENTRE PRESENTS:

"Protect yourself" Four Month Speaker Series

February 9 - The Big Picture on Seniors and Scams
March 9 - Identity Theft
April 13 - Internet Fraud
May 11 - How to hire a contractor

Kerby Centre Lecture Room
 1133 - 7 Ave SW
 10:00am - 11:00am
Members Cost: \$2.00
Non-Members Cost: \$3.00
Refreshments Included
Only 100 spots available so call and Register today!
 (403) 705-3246

Please take note that classes at the Kerby Centre will not be running during our holidays. Kerby Centre will reopen on January 5th, 2015.

Need help? Just dial 2-1-1



www.ab.211.ca



Financial Supports • Health Services • Legal Services
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211 is your connection to the help you need

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CLASSIFIED ADS

TO PLACE YOUR AD CALL: 403-705-3249 • FAX: 403-705-3211

All ads must be pre-paid. Kerby Centre reserves the right to refuse any materials submitted and assumes no financial responsibility for errors or omissions in an ad. Kerby Centre accepts no responsibility for the performance or services offered by advertisers to their clients.

CLASSIFIED RATES
Starting at \$18.50* (50 characters 2 lines)
Classified Deadline for February issue must be received and paid by January 7.



Classified Ad Categories

- 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

10 HEALTH

WATER SOLUTION

Easier lifting 3 gallon water bottles, fits on all water coolers. Spring, RO, or distilled available. Delivery or pick up at #2835-23rd Street NE www.jugfree.com 403-569-8932. BBB member

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Portable Showers, Walk-in Tubs, Roll-in Showers
SILVER CROSS®
403-236-1338

CERAGEM Calgary Sales Service Parts
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11 FOOT CARE

No fluff and bluff here!

Sole sifting gives expert care to all feet. We provide complete foot, nail & skin analysis—specializing in diabetics, cancer patients, peripheral vascular patients & generic patients. We also offer cutting edge light therapy for fungal nails. You can come to me—or I can come to you with my mobile clinic. Call Marion at 403-620-7851 or marion.smith-olson@solesifting.com

Careco Innovative Health Advanced Foot Care in the comfort of your own home—diabetics, fungal, ingrown nails, corns & calluses VAC Health Identification cards accepted. Low-income & home bound rebates (see our large ad for other services) Call 403-570-5897 www.careco.ca

12 HOME CARE

Careco Innovative Health Private compassionate home care from 2 hrs to 24/7 support. Companion, meal prep, cleaning, transportation, live-in/out, pre/post hospital, shopping & more. Call 403-570-5897 www.careco.ca

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TO PLACE AN AD CALL
403-705-3249

B.L. Seniors Consulting Many years experience working with seniors, and their families at all levels of life changes. I have a passion and respect for seniors and their requirements for quality of life. Give me a call 403-540-9101 if you would like more information.

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The Home Care Difference Whether it be cleaning, cooking, or running errands, I can help. Call Marjorie 403-813-7703.

COMPANIONCARE.CA Accompany seniors to Dr/ shopping, helping you do daily tasks. Call Donna 403-276-1276.

just4familyservices.com housekeeping/meal prep, In/out of home companionship. Accompany appts shopping Corinne, Kathy 403-590-2122 just4familyservices@shaw.ca

20 HOME MAINTENANCE

A2Z General Contracting Bath, basement, door, drywall, elec, hardwood, painting, plumbing, tile, window. Basil 403-604-9058 (office) Naffie 403-390-0211

Total Home & Business Repairs (Ltd) 40 yrs exp Handyman & Renovations call RILEY 403-615-1621

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GLOBAL HOME ELECTRIC INC Residential Electric Services, house wiring, troubleshooting, lighting, receptacles, panel upgrades and much more. Licensed, bonded and insured. Call Mario-Master Electrician 403-619-6262 BBB Member

The Scottish Painter And Sons Over 30 yrs. exp. in residential painting, Seniors discount. Free estimate. Written contract. Ph 403-284-5154 403-875-8077 Refs avail. www.thescottishpainter.ca

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Home Repairs Eaves, repairs, clean, modify & screen (no warranty on eaves seals). Skylights, vents, windows caulked & repaired. Stucco, parging. Soffits & fascia repairs. 403-273-3496.

24 LANDSCAPING

“THE YARDIST LTD.” TREE & SPRAY SERVICE Tree pruning/tree removal /fertilizing/insect & disease control. Certified arborist. Licensed. Insured. Sr Discount. Ph 403-242-3332

26 SERVICES

Great friendly mobile barbering service. Please call Sandra at 403-288-5591

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Mobile barbering services Haircutting in your home. Not a hair dresser. 403-246-5620

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The Garbage Hauler 1 piece or whole bunch of garbage We do it all - low low rates. Call Don @ 403-383-9864

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Helping Hands Estate Services www.hhes.ca
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Optimum results!
No hidden cost. Call
Cecile Thorson 403-242-5639

30 FOR SALE

Cemetery plots for sale Very desirable location in Mtview Mem-Garden of Devotion, 2 plots for full burial, 2 additional cremation burials per plot. Flat markers only. Market value \$7000 Info &/or offers 613-347-1602

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New from **SILVER CROSS®**
Call 403-236-1338

Hosp. bed C/W matt, deluxe over-bed tbl, set crutches folding walker, wheelchair bed used 3 days. Paid \$6500 would like 65% OBO if sold as pkg, will sell separately. Contact Marilyn @ 403-250-3313 or nick@aaasupplyhouse.com

New hospital bed. Warranty Honored, 3 motors, Handheld adjustment control, 2 collapsible handrails, WAS \$2400 NOW \$1500 Tina 403-275-7555 403-990-9344

COZY YUMA AZ Mobile Home in MAY AVENUE PARK \$9000 OBO maryjoyh@gmail.com

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Recycled and New **Healthcare Equipment Stair Lifts, Porch Lifts, Scooters, Power Wheelchairs, Hospital Beds, Portable Showers, Ramps, Etc.** **SILVER CROSS®** 403-236-1338

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Wanted by Collector Antique & Modern firearms cartridges, reloading tools, military badges & insignia **Phone Larry 403-291-4202**

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45 FOR RENT

NO STEPS, NO STAIRS, NO BASEMENTS! ATTACHED GARAGE New homes in High River 2 bdrms + den maintenance free \$1250 + utilities John 403-830-8505 www.SunrisePlace.ca

One Bdroom walkout basement suite 750 sq ft NW Sage Hill area \$900/mnth NS No pets avail Jan 2015 Ph 403-815-7533

Sooke BC Pacific Coast Vancouver Island near Victoria small town/rural atmosphere but with all amenities. Bright 1 bdrm five appls fully equipped elec heat superb mountain/water view all incl 403-720-8609 From May to Sept \$995/month. Oct through Apr \$950/month No pets, no smoking.

48 REAL ESTATE

For your real estate needs. I am committed to provide personalized caring service to seniors. I am pleased to help find appropriate housing & coordinating with family members. For no obligation consulting please contact Richard Haener at 403-818-6491 or rhaener@telus.net Licensed Realtor with Remax First

ADULT ONLY CONDOS ARE YOU an EMPTY NESTER? Have your kids left home? Is your house getting to be too large? **FREE LIST** of “ADULT ONLY” villas and condos. **ALL PRICE RANGES and ALL AREAS** www.CalgaryAdultCondos.com **No Hassle. No Obligation** Debra & Peter Molzan Re/Max House of Real Estate 403-605-3774.

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50 RELOCATION SERVICES

AAA - Brother's Moving Co. “Seniors deserve a break” Brent 403-383-9586

Home helper, house cleaning, laundry services, grocery & personal shopping. All Star Moving specializing moving seniors. Call Stella @ 403-890-9861.

A-SAV-ON MOVING. Serving Kerby clients for over 10 years. Experienced reliable movers. **FREE ESTIMATES - SENIOR DISCOUNT 403-208-8060.**

Continued on page 28

New supportive living spaces for Alberta

What is being funded?

Alberta Seniors is announcing an additional \$120 million to support the building of 1,200 new supportive living spaces in Alberta, under the Affordable Supportive Living Initiative (ASLI). This is in addition to \$60 million announced by the Health Minister to open up to 300 spaces to accommodate patients currently waiting in acute care beds.

Continued from page 27

Downsizing and relocation services. Insured and bonded. BBB accredited Five Star Seniors Relocators. 403-233-7212.

ABC MOVING specializes in relocating seniors from one place to another. \$\$low low rates\$\$ call Don at 403-383-9864 www.abcmoving.ca

What are supportive living spaces?

Supportive living spaces are for people whose care needs mean they can no longer stay in their own homes. These can include seniors and those with disabilities. In supportive living spaces, residents have their own private rooms. Depending on their individual needs, they may receive meals, housekeeping, and 24-7 professional nursing care.

How does the Affordable Supportive Living Initiative (ASLI) program work?

ASLI funding is available as capital grants to municipalities, not-for-profits, Métis settlements, housing management bodies, local housing authorities, community groups, faith-based organizations and the private sector. ASLI funds typically cover 50 per cent of capital costs of new spaces,

with remaining amounts coming from the applicants.

Where will the new spaces be built?

New spaces will be built in communities with a demonstrated need for supportive living spaces. The goal is to ensure that those who are no longer able to stay at home will have choices in their own communities that support their independence and provide the care they need, with their families and friends close by.

Communities identified by AHS with the greatest need are Whitecourt/Mayerthorpe, Lac La Biche, Edmonton, Red Deer, Calgary, Cochrane, Airdrie, Canmore, Chestermere, Medicine Hat and Bassano.

How soon will the new spaces happen?

The successful applicants are expected to be announced the week of Jan. 25, 2015.

Crossword Solution

SHOOT AT SMALLS TATARS
 HORMONE EATOUT AMULET
 AIRGUNS CHANNELSURFER
 POLKA EAVES TIVO
 LESLEYANNWARREN BLEEP
 ACLUE ETON SEE
 RHEA POE LEAVETHENEST
 DOWNWINDOF CAGEY ERTE
 DIESEL ACTONE CRAN
 HOGAN ELOPE OSAKANS
 ITO COMPASSPOINTS NCO
 TESSERA MOTOR OATER
 ELLE ADDLES ZONERS
 CLOT TRAIN SENATESEAT
 HOWSWEETITIS ONA UPDO
 FAD STAR CREEP
 HOPI PROCESSED CHEESE
 ACAR ADANO ISUZU
 SUPERPASSWORD BARONET
 PLATTE PEEWEE ARCHIVE
 SILOED STRESS ISHMAEL

Puzzle on page 22

YES, I wish to make a contribution in support of Kerby Centre

Amount Enclosed \$ _____
 Monthly Pledge \$ _____



Kerby Centre

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

Please choose to make a difference today.

Payment by:

Cheque Visa Mastercard

Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

Name _____

Address _____

City _____ Province _____

Postal Code _____

Email _____

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

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

Charitable Registration #11897-9947-RR0001

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

**Main Switchboard
 403-265-0661**

www.kerbycentre.com

Accounting 403-705-3215
 Adult Day Program 403-705-3214
Socializing and health monitoring program for physically and/or mentally challenged seniors
 adp@Kerbycentre.com

Diana James Wellness Centre 403-234-6566
Health services including footcare
 wellness@kerbycentre.com

Dining Room 403-705-3225
Serving nutritious meals to everyone
 kitchen@kerbycentre.com

Education & Recreation 403-705-3232
Information source for programs at Kerby Centre
 program@kerbycentre.com

Fund Development & Research 403-705-3235
Work with members and community to provide funding for Kerby Centre's vital programs
 luannew@kerbycentre.com

General Office 403-705-3249
 generaloffice@kerbycentre.com

Grocery Delivery Program 403-234-6571
Shop and deliver groceries for housebound seniors
 grocerydelivery@kerbycentre.com

Housing 403-705-3231
Assists seniors in finding appropriate housing
 housing@kerbycentre.com

Information / Resources 403-705-3246
The all in one seniors' information source
 info@kerbycentre.com

Kerby News Classified Ads 403-705-3249
 Kerby News Editor 403-705-3229
 editor@kerbycentre.com

Kerby News Sales 403-705-3238
 advertising@kerbycentre.com
 or 403-705-3240
 sales@kerbycentre.com

Kerby Rotary House 403-705-3250 (24 hour)
Providing refuge for those over 55 fleeing family abuse, seniors in crisis and homeless seniors.
 shelter@kerbycentre.com

Volunteer Department 403-705-3218
Volunteers are the heart of Kerby Centre
 volunteer@kerbycentre.com

President Hank Heerema 403-705-3253
 president@kerbycentre.com

CEO Luanne Whitmarsh 403-705-3251
 luannew@kerbycentre.com

**The Kerby News
 Business and
 Professional
 Directory**

**Friends of Medicare
 Calgary Chapter**
 Invites you to our AGM
 and panel discussion with Q & A
 Dr. David Swann, MLA and Rachel Notley, MLA
 on "Creeping Privatization in Healthcare."
 Thursday, January 15, 7:00 - 9:00 pm
 Capitol Hill Community Centre
 1531-21 Avenue NW

**Book your
 Business Directory
 3 1/4" x 2"
 \$160**

Seniors Scene



Numerous activities were on offer at the Kerby Centre this holiday season. Pictured here are just three of them. From top to bottom: Amicus Singers entertained seniors with carol singing throughout the centre before performing a concert in the dining room; Kerby Centre's craft group put on a sale of crochet and quilted goods with unsold articles being donated to Bethany Care Centre; Children of Rundle College's Grade 7 classes socialized with clients of Adult Day Support Program over games and crafts as part of ADSP's inter-generational program.

Photos by Barry Whitehead

Social Dance Club

Contact Janice at 403-289-4780 for more information.

The Social Dance Club will hold a New Year's Eve Dance at Kerby Centre Gym on December 31, with the band Interlude playing music. Doors open at 6:00 p.m. and the dance lasts from 7:30 p.m. to 1:00 a.m. All tickets need to be purchased before December 5 at the Club's Saturday dances. Nonrefundable and to be paid in cash, they cost \$35 per person, including plenty of food and snacks, albeit no fancy meal, during the night.

Please dress in formal, semi-formal or casual wear, but no jeans. For more information, call 403-242-6957 or visit www.socialdanceclubcalgary.com.

Ogden House

Weekly pot luck lunches will be held on Wednesdays from 12:00 p.m. to 12:45 p.m., followed by games of carpet bowling for an hour or so. Bring a couple of sandwiches to share or pay \$3.

The Ogden House holds a TGIF Dinner on the third Friday of every month. A great social evening will be rounded off with fabulous food, great company and entertainment. Tickets are \$12 per person, to be purchased in advance.

There are table tennis games on Monday evenings at 7:00 p.m. and on the mornings of Mondays, Tuesdays, and Thursdays at 9:00 a.m. as well.

There are also drop-in art classes on Thursdays at 9:00 a.m., using mediums of oil, water color, pastels, and pen and ink. People at the beginner's level are very welcome. The cost is \$15 per person for a six-week course.

There are also a variety of weekly events at the Ogden House, including Move and Mingle Exercise, Fit to Age, Tai Chi, table tennis, oil painting, quilting, wood carving, etc.

For more information, call 403-279-2003 or email programs@ogden50plus.org.

Compiled by Faye Wu

Confederation Park 55+ Activity Centre

New Year's Eve Hogmanay will be held on December 31.

Drop by the Centre, weekdays between the hours of 9:00 a.m. to 3:00 p.m. to take part in one or more of the Centre's Winter Semester classes. One-hour classes cost \$8 for members and \$10 for non-members. For more information, please download the current Activity Brochure at www.confedpark55plus.ca.

The Centre is currently looking for volunteers to help customers in the Boutique, to serve light lunches and snacks in the kitchen, and to receive people at the front desk.



NORTH HILL DENTURE CLINIC

STEVE SAILER DD

DISCOVER THE NEW OPTIONS TO A CONFIDENT YOU.



Full Cosmetic Denture Services For A Personalized Smile, Implant Retained Dentures — The New Standard Of Care.

Free Consultations • All Dental Plans Accepted • Same Day Service On Repairs/Relines • Alberta Health Care Program For Seniors

403-282-6126

261B, 1632 - 14th Ave. N.W.
North Hill Shopping Centre



Seniors Grocery Delivery Program



Kerby Centre's - Seniors Grocery Delivery Program is available for older adults 55+ who are:

- Medically or physically frail
- Home bound
- Recovering from recent illness or hospitalization
- Having difficulty shopping for themselves
- Needing temporary or permanent assistance

And - Within the income guidelines of the program

We Will Deliver:

- Groceries from participating store - CO-OP
- Prescriptions
- Over the counter medication
- Personal and small household items if possible

To learn about the requirements contact Kerby Centre - Seniors Grocery Delivery Program @

403-265-6571/403-795-3222

Or

Email us at: grocerydelivery@kerbycentre.com

To assist older people to live as well as possible for as long as possible as residents in the community

Soup – a timeless favourite

Page design and layout by Winifred Ribeiro

Whether it's a bowl of chicken soup when you're sick, a thick and hearty gumbo in winter, or a refreshing gazpacho on a hot summer day, soup is a timeless favourite. In Soup of the Day, Ellen Brown presents more than 150 classic and inventive recipes, most of which were collected from top restaurants across the nation. With the recipes are explanations on how to create great stocks, cook perfect garnishes, and even bake delicious breads. Make your favorite or try something new—it's a soup lover's dream!

Excerpted from
Soup of the Day
by Ellen Brown ©
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permission.



Herbed Chicken Soup with Dumplings©

Adapted from *The Soupbox*, Chicago, Illinois

While Jewish delis might boast about their matzo balls, there are a lot of restaurants in the Midwest and South that have light, fluffy steamed dumplings as their chicken soup's claim to fame. Once you've tried this soup, which is a great way to use up leftover chicken (or turkey, you'll see why.

Serves: 6 to 8

Soup

12 tablespoons olive oil
1 large onion, diced
1 large carrot, diced
3 celery ribs, diced
2 garlic cloves, minced
2 quarts Chicken Stock (see right hand column) or purchased stock
2 teaspoons fresh thyme leaves
1 tablespoon chopped fresh rosemary
3 cups diced cooked chicken
Salt and freshly ground pepper to taste
1/4 cup chopped fresh parsley, for garnish

Dumplings

1 1/2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
3 tablespoons unsalted butter, cut into small bits
1/2 cup whole milk
1 large egg, lightly beaten



Heat the oil in a 4-quart soup pot over medium heat. Add the onion, carrot, and celery, and cook, stirring frequently, for 3 minutes, or until the onion is translucent. Add the garlic and cook for 2 minutes. Add the chicken stock, thyme, and rosemary and bring to a boil over high heat. Reduce the heat to low and simmer the soup, uncovered, for 15 minutes.

While the soup simmers, make the dumplings. Combine the flour, baking powder, and salt in a mixing bowl. Cut in the butter using a pastry blender, two knives, or your fingertips until the mixture resembles coarse crumbs. Add the milk and egg, and stir to blend. Knead the dough gently on a lightly floured counter.

Stir the chicken into the soup and season the soup to taste with salt and pepper. Form the dumpling dough into 12 to 16 portions, and place the dumplings on top of the soup. Cover the pot tightly, and cook the dumplings over medium-low heat for 15 to 20 minutes, or until the dumplings are puffed and cooked through. Do not uncover the pot while the dumplings are steaming.

To serve: Arrange the dumplings in bowls and ladle the soup around them. Sprinkle each serving with parsley, and serve immediately.

Note: The soup can be prepared up to 2 days in advance and refrigerated, tightly covered. Do not make the dumpling dough until just prior to serving.

The formulation of dumpling dough is almost identical to the biscuit dough used to top a fruit cobbler. Both use baking powder as the leavening agent, but the difference is that dumplings are steamed while cobbles are baked. To confuse matters more, if dumplings are steamed on top of fruit, the resulting dessert is termed a "slump."

Sweet Potato and Ham Chowder©

Here's another soup coming straight out of the South. Herbs balance the innate sweetness of the potato, and the addition of hearty ham elevates it to meal-in-a-bowl status.

Serves: 6

4 tablespoons (1/2 stick) unsalted butter, divided
2 tablespoons olive oil
1 medium onion, diced
2 celery ribs, diced
1 large carrot, diced
2 garlic cloves, minced
3 tablespoons all-purpose flour
1 quart Ham Stock/Chicken Stock (see below), or purchased stock
3 cups light cream
3 medium sweet potatoes (about 6 ounces each), peeled and diced
2 tablespoons chopped fresh parsley
2 teaspoons fresh thyme leaves
2 teaspoons chopped fresh rosemary
1 bay leaf
1 1/2 to 2 cups diced cooked ham
Salt and freshly ground black pepper to taste
1/2 cup sour cream or crème fraîche, for garnish
3 tablespoons snipped fresh chives, for garnish

Heat 2 tablespoons of the butter and the oil in a 4-quart soup pot over medium-high heat. Add the onion, celery, carrot, and garlic, and cook, stirring frequently, for 3 minutes, or until the onion is translucent. Reduce the heat to low, add the remaining butter, and stir in the flour. Cook, stirring constantly, for 1 minute, or until the mixture turns slightly beige, is bubbly, and appears to have grown in volume. Increase the heat to medium, and slowly whisk in the stock and cream. Bring to a boil, whisking frequently.

Add the sweet potato cubes, parsley, thyme, rosemary, and bay leaf. Bring to a boil, then reduce the heat to low and simmer the soup, partially covered and stirring it occasionally, for 15 minutes, or until the sweet potatoes are very tender. Add the ham and cook for 3 minutes.

Remove and discard the bay leaf, season the soup to taste with salt and pepper, and serve immediately, garnishing each serving with sour cream and chives.

Note: The soup can be prepared up to 2 days in advance and refrigerated, tightly covered. Reheat it over low heat, stirring occasionally. Add milk or cream if the soup needs thinning after reheating.

One of the wonderful things about ham stock is the smoky nuance it adds to soups. Another way to achieve that same undertaste is by substituting bacon grease for the butter and vegetable oil specified in the recipe.



Chicken Stock©

This is the most important stock, because it's used for pork and vegetable soups (assuming you're not a strict vegetarian) as well as with poultry. The good thing about this stock is that you actually get more flavor from the inexpensive parts of the bird, like the leg quarters and backs.

Makes: 4 quarts

5 pounds chicken bones, skin, and trimmings (including giblets)
4 celery ribs, cut into thick slices
2 onions, trimmed and quartered
2 carrots, trimmed, scrubbed, and cut into thick slices
2 tablespoons whole black peppercorns
6 garlic cloves, peeled
4 sprigs fresh parsley
3 sprigs fresh thyme
2 bay leaves

Place 6 quarts of water and the chicken in a large stockpot, and bring to a boil over high heat. Reduce the heat to low, and skim off any foam that rises during the first 10 to 15 minutes of simmering. Simmer the stock, uncovered, for 1 hour, and then add the celery, onions, carrots, peppercorns, garlic, parsley, thyme, and bay leaves. Simmer for 2 1/2 hours.

Strain the stock through a fine-mesh sieve, pushing with the back of a spoon to extract as much liquid as possible. Discard the solids, spoon the stock into smaller containers, and refrigerate when the stock reaches room temperature. Remove and discard the fat layer from the surface of the stock once chilled.

Note: The stock can be refrigerated and used within 3 days, or it can be frozen for up to 6 months.

Classic New England Clam Chowder©

About fifteen years ago I spent a few winter months developing this recipe, which became one of my signature dishes. The secret is a lot of reduced clam juice, so the sweet flavor of the mollusks emerges from the creamy broth

Serves: 6 to 8

1 pound chopped fresh clams
4 (8-ounce) bottles clam juice
6 tablespoons (3/4 stick) unsalted butter, divided
1 large onion, diced
2 celery ribs, diced
2 large redskin potatoes, scrubbed and cut into 3/4-inch dice
3 tablespoons chopped fresh parsley
2 teaspoons fresh thyme leaves
2 bay leaves
1/4 cup all-purpose flour
1 quart half-and-half, heated and divided
Salt and freshly ground black pepper to taste



1. Drain the clams, reserving the liquor. Refrigerate the clams until ready to use. Combine the drained clam juice and bottled clam juice in a 4-quart soup pot, and bring to a boil over high heat. Boil over medium-high heat until reduced by two-thirds.

While the clam juice boils, heat 2 tablespoons of the butter in a small saucepan over medium-high heat. Add the onion and cook, stirring frequently, for 3 minutes, or until the onion is translucent.

Add the onion, celery, potatoes, parsley, thyme, and bay leaves to the reduced clam juice. Bring to a boil, reduce the heat to low, and simmer the soup for 10 to 12 minutes, or until the potatoes are tender.

Heat the remaining butter in a small saucepan over medium-low heat. Stir in the flour and cook, stirring constantly, for 1 minute, or until the mixture turns slightly beige, is bubbly, and appears to have grown in volume. Increase the heat to medium, and slowly whisk in 2 cups of the half-and-half. Bring to a boil, whisking frequently. Add the thickened roux, remaining half-and-half, and the clams to the soup. Bring to a boil over medium heat, reduce the heat to low, and simmer the soup for 2 minutes. Remove and discard the bay leaves, season the soup to taste with salt and pepper, and serve immediately.

Note: The soup can be prepared up to 2 days in advance and refrigerated, tightly covered. Reheat it over low heat, stirring occasionally. Add additional milk if the soup needs thinning after reheating.

Police issue warning on grandparent scam

The Calgary Police Service is warning citizens about a scam that has appeared to have escalated in the past few months.

During 2014, police have become aware of 86 cases relating to what is often referred to as the Grandparent Scam.

In each case, con artists have been contacting potential victims over the phone, posing as a family member or friend in urgent need of cash.

Often the scenario involves an accident or arrest while travelling, with a request that cash be sent through a money transfer company, such as Western Union or Money Gram or by purchasing pre-paid credit or gift cards.

Better Business Bureau Serving Southern Alberta and East Kootenay President and CEO, Sandra Crozier-McKee says, "Typically we've seen scammers asking for wire transfers, but now we're starting to see scammers getting people to purchase grocery gift cards as a way of obtaining personal financial information. This is a new twist on an old scam that we want people to be aware of."

In the typical scenario, a grandparent receives a phone call from a con artist claiming to be one of his or her grandchildren.

The caller goes on to say they are in some kind of trouble – such as being in a car accident, needing bail money or money to cover vehicle damages. The emphasis is on needing money and immediately.

In the majority of cases, a second suspect makes a follow-up call to the victim claiming to be a lawyer representing their relative and provides the details of how the transaction should be made.

Victims are convinced by the callers, and rushed

into sending money because of an "emergency" only to find out afterwards they had been defrauded.

The caller specifically asks that their request be kept secret from other relatives, as they are embarrassed for calling, and do not want anyone else to know what has happened.

Between August and November of this year, there have been a total of 45 cases amounting to approximately \$74,000 being stolen. Fortunately in many cases the money transfers were cancelled, otherwise this number would have been much larger.

However, in one case alone, the suspects were

successful in conning someone out of nearly \$15,000.

Variations of this scam do exist, such as someone posing as an old neighbour or a friend of the family. Predominantly, however, the emergency scam is directed towards grandparents.

Anyone with information about this investigation is asked to call police at 403-266-1234 or Crime Stoppers anonymously using any of the following methods:

TALK: 1-800-222-8477

TYPE: www.calgarycrimestoppers.org

TEXT: ttTIPS to 274637

The Calgary Police Service suggests the following crime prevention tips:

- Do not feel pressure to respond to a request until

you have a chance to verify the story.

- Never transfer money, or give out credit card or other financial information, until you can verify the person's identity and the story, and determine whether it is legitimate.

- Ask the caller questions that only your family member would know the answer to.

- Ask for call back numbers in order to confirm the legitima-

cy of any call you receive.

- When in doubt, check it out. Verify the story with other friends or family members.

- Immediately report suspicious people to police.

For more information on this and other scams visit www.antifraudcentre.ca

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ADVERTISING FEATURE

Consider a move in 2015 to Assisted Living at Millrise Place

The HOME for seniors who value their independence.

By Neil Bousquet



Residents love to make and eat homemade cupcakes.



Visits from four legged friends are welcome at Millrise Place.

“It can be very difficult for aging parents and their family members to recognize when the time is right to consider moving out of their home,” explains Colleen Baxter, Marketing Director, Millrise Place, Seniors’ Assisted Living Residence. “With the increase in our aging population, we are seeing more and more children help their parents with this difficult decision. With little or no experience in this area, it’s understandable they may not be fully aware of the telltale signs that indicate it may be time to move mom or dad.”

“What I can tell you is that when seniors make the decision to move to an Assisted Living Residence like Millrise Place, they are delighted with their new home as well as their newly found personal independence and are often disappointed that they waited so long to make the move.”

Baxter pointed to a brief list of potential warning signs that may indicate that it’s time to consider moving a senior loved one.

1. Interior of the home is not well maintained. It may be cluttered and untidy.
2. Exterior of house is being neglected. Newspapers and

flyers at the front door. Over grown grass and shrubs.

3. An increase in mishaps around the house such as falls, bruises, cuts and unexplained injuries.

4. Personal hygiene. Not bathing. Clothes and hair may start to look unkempt. Noticeable weight gain or weight loss.

5. Rarely go out of their house on their own. Decrease in personal interests and social activities.

6. Banking and financial matters start to become daunting or confusing tasks.

“As part of their 2015 New Year’s Resolution, we are urging seniors and their family members to check out Assisted Living Residences. They can call us to book a personal tour and perhaps stay for lunch. We also encourage them to attend one of our many daily activities to experience first-hand, the Millrise Place community.”

Carole Kelly, a Registered Nurse and the Executive Director of Millrise Place, agrees that seniors should stay in their home as long as it makes sense. However, she also points out that family members need to be watchful of their parents and never assume that every-

thing is always ‘okay’.

“Many seniors can take care of themselves and are very independent. However, it’s important to constantly check on them in person to ensure that they are physically and mentally safe and secure. There comes a point when we will all need some assistance to help us with our daily lives.”

Kelly recommends that children of elderly parents, who may have concerns about their well-being and safety, should have them visit a physician to confirm or alleviate those concerns.

“If it’s determined that other options are required, then it’s time to find out what is available and go about selecting the right accommodation for them. In Calgary, there are numerous resources such as the Kerby Centre that have a wealth of information and knowledge to help make the right decision for each situation.”

Adds Baxter, “We often see seniors’ spirits lifted and their health improve soon after their move to our residence. Things like meeting new friends, having meals prepared, planned activities and available care truly help

our residents feel safe and that Millrise Place is their new home.”

When asked about the real difference one might expect when moving from a house to an Assisted Living Residence – Baxter explained, “It’s about being as independent as possible. Instead of relying on their loved ones to assist with daily tasks — we help them here.”

Family members of residents see the difference too.

“The staff at Millrise Place have made a big difference in our family. It feels so good to know that our parents are happy and

that they feel at home. We also feel relief that our folks have the medical attention they require and that help is always available when they need it. My Dad says they are treated like Kate and William of the Royal Family and they feel privileged to be living at Millrise Place.”

Adds Baxter, “Millrise Place stands out among Seniors’ Assisted Living Residences in Calgary. It has established a reputation of providing excellence in seniors’ care for almost 10 years. That excellence stems from genuinely caring about the family of residents under its roof and helping them maintain their independence.” □



Outdoor activities include raising and releasing butterflies in the landscaped courtyard at Millrise Place.



We Take Care to Heart

For more information about Millrise Place visit www.millriseplace.ca or call 403-888-6540.
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