

Kerby News

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for the **55** plus

2015
July

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The Peking Acrobats perform at the Calgary Stampede on Western Heritage Day, 2014. To find out what's on tap at this year's Western Heritage Day, see page 16.

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1 July, 2015 Canada Day
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President's Report



Kerby Centre makes programs and services available to East Village seniors

By Hank Heerema

The June closure of the Golden Age Club in Calgary's East Village has left a large number of seniors in our community

seeking new programs and services. The Kerby Centre, in co-operation with the City of Calgary and other community organizations, is making

arrangements to expand its programming and make space available for many of the services formerly offered by the Golden Age Club.

bingo, crib, and other drop-in activities.

The Kerby Centre will offer programs and services in the East Village through Kerby2: East Village, a satellite location.

Kerby2 was created as a pilot project at the St. Andrews Centre in south-west Calgary and currently offers several courses and bi-weekly information resources appointments at that location. The location of Kerby2: East Village is still being negotiated.

The Kerby Centre announced at a Seniors Week event on June 5 that popular programs such as

the Create in the East Village art program and the Move 'n' Mingle events will be continuing at new locations within the East Village.

An Advisory Committee is being formed to help guide programming for seniors in the East Village. The Kerby Centre will be the coordinating agency.

There are approximately 1,000 older adults living in the East Village community. This advisory group will include members from other seniors' service agencies and members, including seniors, of the East Village community. □

JULY 2015

Front page: Photograph courtesy of the Calgary Stampede
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 –

There is lots to do in Calgary this summer

Evan Woolley



Summer has arrived and I love my city especially this time of the year. It's a great chance to get to know Ward 8 a little better and to share some great times with you as well.

The City of Calgary offers numerous fun and free and community-based programs and services for children, youth and families in Calgary each summer.

Some of these programs include Park n' Play, Stay n' Play, Summer Adventures, Kids at Play Summer Club, Community Camps, Youth Days, and Lawn Chair Theatre. You can visit clagary.ca/cns to check out what's happening in your area.

If you would like to participate in City of Calgary's programs and services in

another way, join Citizen's View, an online panel that encourages citizen engagement through occasional surveys and discussions. As a member, you can:

- Participate in surveys approximately once or twice a month;
- Access online discussions;
- Provide valuable input on a variety of topics;
- Receive information and

updates on upcoming events and service improvements.

You can sign up to join the panel at www.citizensviewcalgary.ca.

I plan to visit neighbourhoods this summer, stopping in at Stampede breakfasts and barbeques and a number of other community events. I look forward to seeing you all there. In the meantime, take some time

off, connect with your friends and family, try something new, and enjoy the summer. □

Evan Woolley is the Calgary Councillor for Ward 8

This month in Edmonton –

Events highlight communities working together

Kathleen Ganley



It's been a busy month since I was privileged to be sworn in as MLA for Calgary Buffalo as well as named the Minister of Justice/Solicitor General and Minister of Aboriginal Relations. In the midst of preparing for our first legislative session I have had the opportunity to attend and participate in a number of inspiring community events.

In my first official speaking engagement I was able to visit and recognize the good work of the Mustard Seed as they celebrated the opening of the 1010 Center, a sustainable apartment building that provides housing for men and women

who might otherwise be homeless. It was wonderful to hear the stories of residents and people who contributed to the creation of the centre, and to see the positive results of so many Calgarians working in partnership to support others in the community.

I also had the pleasure of presenting seven Community Justice Awards to individuals and organizations from across Alberta. Recipients were acknowledged for their work leading local community safety and crime prevention initiatives.

The work done by these individuals and organizations to keep our neigh-

bourhoods safe is invaluable and deserves our appreciation and recognition. The recipients also help to inspire others to make positive contributions of their own. One such recipient is Calgary's Maggie MacKillop. She is the executive director of HomeFront, a non-profit organization that collaborates with the justice system, police and various community partners to reduce domestic violence in Calgary and surrounding areas.

A four-legged award winner by the name of Lucy stole the show. The black lab and her handler Michelle Hauser, received

an award for their work with victims of crime attending court. Michelle is the coordinator for the Camrose and District Victim Services Unit which provides 24/7 supports to victims of crime and tragedy. Upon becoming certified in the spring of 2013, Lucy became Alberta's first court assistance dog.

Most recently I got to experience some of the cultural activities that Calgary has to offer, attending the Chao Chow Benevolent Society Dinner. The event showcased many aspects of Chinese cultural heritage as well as the individual

achievements of a number of remarkable individuals.

All these events highlighted the importance of individuals and groups working to support communities, and the community in turn supporting those individuals and groups. It was an honour to participate in events with so many dedicated Albertans, and I hope to attend many more in the future. □

Kathleen Ganley is MLA for Calgary Buffalo

This month in Ottawa –

Implementing initiatives to support seniors

Joan Crockatt



Once again it is that exciting time of the year when our city readies itself to welcome its century old tradition of the Calgary Stampede. I know that you are all looking forward to our "Greatest Outdoor Show on Earth", when we pull our cowboy hats out of the back of the closet, eat pancakes for 10 days straight, and fill the streets with that special Calgary spirit. We will be celebrating the spirit of perseverance and facing challenges with confidence and ingenuity, the very attitudes which helped pioneers settle the Canadian West.

Just as Calgarians have faced challenges in our past, we continue to face the challenges of today head on. Our government shares the belief that in times of economic uncertainty, especially with the fall in oil prices, we must continue to pursue government policies that are sensible and stable. This helps to ensure that the economy continues to grow and create jobs for Canadians. Part of encouraging economic growth means lowering taxes so you have more money to invest and making important government investments in areas like transit

and infrastructure. This provides the means for more efficient movement of people and goods. This is why in the spring balanced budget our government created the new Public Transit Fund which will invest \$750 million in 2017 and 2018, and \$1 billion per year in following years in public transit projects for cities like Calgary.

In addition to supporting public infrastructure, I am proud to support the initiatives that our government has championed to support Calgary seniors. In this budget specifically, we have introduced two new, impor-

tant measures for seniors. The change we have made to Registered Retirement Income Funds reduces the minimum required withdrawal and enables seniors to have more freedom managing their retirement savings. Also, for those seniors who face accessibility challenges, we have introduced a permanent Home Accessibility Tax Credit, which provides a 15% credit on eligible expenditures, up to \$10,000 per year.

And yes, flood mitigation is also still on our agenda. We recently announced flood mapping plans to give insurance companies the

information they need to provide home flood insurance — that's something you've asked for. We all want to build a strong future for our country and we want to ensure that Canada remains the true north, strong and free.

Please share your thoughts at (403)-244-1880 or by email at joan.crockatt.c1@parl.gc.ca. □

Joan Crockatt is the Member of Parliament for Calgary Centre

Disclaimer:

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

Cancer-fighting properties of the buffalo bean being investigated by University of Lethbridge research team

Biology professor and cancer researcher Dr. Roy Golsteyn may have found the building blocks to a new cancer-fighting drug — and it was growing in the prairie landscape outside his University of Lethbridge lab all along.

Golsteyn says the need for new cancer drugs is constant and, as a scientist who's worked in the pharmaceutical industry, he knows some of the best drugs come from plants.

Dr. Sophie Kernéis-Golsteyn, fellow researcher and married to Roy, was the principal investigator in a study that examined extracts of the buffalo bean (*Thermopsis rhombifolia*) for anti-cancer effects.

"In the lab, the buffalo bean showed anti-cancer activity right away," says Golsteyn. "Because it was such a great candidate, we were able to identify how we think the buffalo bean will be able to stop cancer cells. We predict it will limit cell growth by inhibiting an enzyme that's needed for some types of cancer cells to grow."

Pharmaceutical companies have identified which types of cancers depend on

the enzyme and they've developed synthetic compounds to inhibit it. However, the synthetic compounds aren't performing the way researchers hoped they would.

"Now, here's a natural plant compound that appears to do what an oncologist would like it to do. So, were we lucky? Absolutely, but you have to look first to be lucky and that's why Alberta plants are so interesting — no one has really ever looked," he says.

Golsteyn's lab is currently working with Pierre Fabre Laboratories, a French pharmaceutical company with expertise in natural products chemistry, to do further analysis to identify the chemical compound that gives the buffalo bean its cancer-fighting properties.

"Together, we hope to know precisely what the chemical is and then a decision can be made whether this is valuable medicine or not. Even if it doesn't work as we hope, then we'll learn something and if it does work, we'll see how far it goes. It would be quite nice if our little area

in Alberta can give rise to a much-needed cancer drug," says Golsteyn.

At the request of Pierre Fabre Laboratories, Golsteyn and his team recently harvested 10 kilograms of buffalo bean plants growing on university property under the watchful eye of Dr. John Bain, a biology professor and director of the U of L's herbarium, to ensure the harvest was done in a sustainable fashion. After the plants have been dried and processed, they'll be shipped to France for further analysis.

After the French lab purifies compounds from the buffalo bean, Golsteyn's lab conducts further tests. Depending on the results, both research partners decide whether the compound can be further developed as an anti-cancer drug.

"I want to thank people who donate to charities like the Alberta Cancer Foundation and the University of Lethbridge because those funds have helped us undertake this important research," says Golsteyn. "It has also given us opportunities to train the next generation of cancer scientists here in Lethbridge."

The U of L's unique location may yield other cancer-fighting plants as well. Golsteyn's team is also looking at another flower that is a member of the sunflower family. Animals won't eat this flower and First Nations recognized it as traditional medicine. Previous research has shown the plant is toxic to cancer cells and Golsteyn and his team of researchers want to know why. The plant has gone through a battery

of tests in the lab and the results show promise. A natural product chemist at the University of British Columbia is conducting detailed analysis of the plant compounds.

"We're very excited about it," says Golsteyn, adding a publication on the results should be forthcoming sometime this year.

He also invites community members, including ranchers, to contact him if they know of other interesting plants. □



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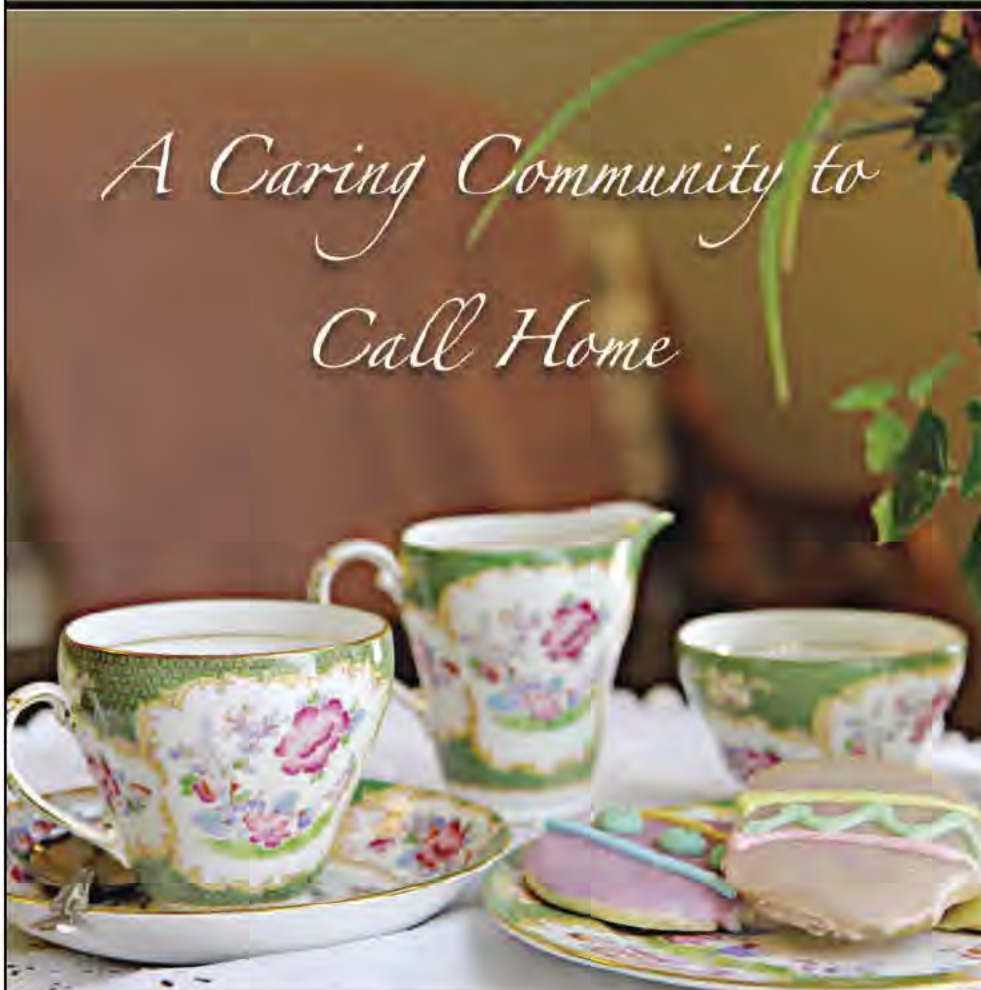
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Are public appeals for a live organ donor fair?

Public appeals help raise awareness of the great need for live donors to come forward

By Jennifer Chandler
Expert Advisor
EvidenceNetwork.ca

The public response to the appeal on behalf of Eugene

Melnyk, owner of the Ottawa Senators hockey team, for a liver donor has been a heart-warming demonstration of the generosity of our community. Fortunately, a donor was found and the transplant was performed in time to save his life.

But is it fair that he received a donation when many others are waiting, and dying, on the waitlist

for a transplant? This is one of the common themes in the commentary in the news over the past few days.

It is entirely understandable for those in desperate need to give up on the waitlist for a deceased donor and to reach out to their friends and family, and, if they are able to do so, to the public to find a live donor. There is perhaps an inescapable unfairness in all such appeals for live donors. Those with larger families and social circles may have a higher chance of locating a suitable donor. As for appeals to the public, those with wealth, fame, charisma or a particularly compelling story are likely to do better than those without these attributes because they are more appealing to the public or because they have better access to the means of effective mass communication.

Although some are critical of public appeals for live organ donors, it is important to note that refraining from launching these appeals does nothing to help anyone. In fact, it may actually harm both people like Mr. Melnyk who hope to find a donor as well as others on the waitlist. There are several ways in which public appeals to help one specific individual might indirectly benefit others waiting for a transplant.

When the topic of organ donation and transplantation attracts the public's attention, as it has done this week, more people tend to register their willingness to donate after death and to speak to their families about donation. This benefits everyone by increasing the availability of organs from deceased donors.

It is important to remember that wealth and fame do

not play a role in the allocation of organs from deceased donors in Canada, even if these factors might offer a platform from which to launch more successful appeals for live donors.

Second, some of those who have come forward to help Mr. Melnyk may be willing to help one of the other unknown Canadians facing a similarly desperate plight. In other words, Mr. Melnyk's public appeal may well save the lives of others who are less well-placed than he to command public attention.

According to the most recent annual statistics from the Canadian Institute for Health Information, 374 Canadians were awaiting a liver transplant in 2012. In the same time period, 111 in need of a liver transplant died or were removed from the waitlist. It is hard not to notice that in only a couple of days, 2,000 people responded to the appeal on Mr. Melnyk's behalf, and more than 500 sent in donor applications. This level of support could go a long way toward meeting the need for liver transplants in Canada.

The ideal outcome in this case is a healthy recovery for Mr. Melnyk and for the person who donated to him, as well as – and as important – spill-over benefits for the many others awaiting a transplant. This could be in the form of increased registration for deceased donation and perhaps live donation from some of the many people who stepped forward for Mr. Melnyk. In fact, 20 of the many potential donors who stepped forward are reported to have told surgeons they would like to donate to others in need.

It is in our hands as members of the public to act to help the many unknown Canadians who are living among us desperately but quietly and anonymously awaiting a transplant. If we are troubled that the overwhelming response to celebrity appeals for live donors leaves these others unaided, there are steps we can take to help them too. It is a simple matter to register to donate after one's death. □

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Jennifer Chandler is an expert advisor with EvidenceNetwork.ca, holds the Bertram Loeb Research Chair in Organ and Tissue Donation, Canadian National Transplant Research Program and is an Associate Professor, Faculty of Law, University of Ottawa.
www.troymedia.com

A lifelong Stampeder



By Kenneth Appleby

Rick Smith has attended the Calgary Stampede every year since he was born. “Our western lifestyle is an important part of our heritage,” says this Stampede fan, and having the opportunity to share the Stampede’s rich history is something he enjoys.

His early professional involvement with the Stampede was through his work as General Manager of Heritage Park, and when he retired he was eager to take up an offer to join the Stampede Historical Committee.

According to the Stampede’s official website “the historical committee preserves, presents and promotes the history of the Calgary Stampede starting from its earliest days as a fair in 1884, to the first Stampede in 1912, all the way to present day. Its annual activities include: maintaining and creating exhibits on and off Stampede Park, assisting with the preservation of artifacts in the Calgary Stampede Archives and hosting historic events on and off Stampede Park.”

Smith enjoys volunteering with this committee: he enjoys working with different people, and said it is a nice group to be associated with. He also likes helping uncover the past, and teaching about the rich and diverse history of the Stampede.

“The Stampede is a part of the fabric of the city,”

Smith likes presenting to children because they “really enjoy learning about our western culture,” he says.

He thinks it’s also important to involve seniors with the Stampede, because they have great memories of past Stampedes, and have experienced the growth of the show over its 100-year life.

He said people should know how the Stampede grew from just a rodeo and chuck wagon races to an event that takes a whole year to prepare, involving hundreds of people working to create a memorable experience.

Smith said Calgarians can help preserve Calgary and Stampede history by supporting and attending events and by recognizing the cultural importance of the Stampede. The Historical Committee is always looking for artefacts to complete their collection, because they are still missing pictures, and other items. These missing pieces are important to telling the story of the Stampede.

“There’re lots of artefacts out there, that’s a great way to get involved,” he says, adding that if anyone has

anything that they would like to donate to the Stampede, they should get in contact with Christine Leppard the Stampede’s archive/historical specialist.

Smith is also excited about the construction of a new facility coming to the Stampede grounds in five to 10 years: the SAM Centre. This will be a western heritage interpretive centre, a permanent place for Calgarians and visitors to learn more about our history and heritage.

“This is a big step forward for the committee,” says Smith. The new facility will give them more space and storage, and they will be able to do a more effective job of presenting. “This will create a real cultural experience for youngsters,” he commented.

Another role that Smith plays within the Historical Committee is grave keeper of Guy Weadick, instigator of the Calgary Stampede.

Smith volunteered for the position when he learned that the committee was looking for a new grave keeper, and he takes his job seriously.

Every spring he goes to the grave for a big clean up

and then returns three to four times over the summer to make sure it’s still in good shape and to replace flowers.

He said lots of people visit the grave which is located at the Highwood cemetery in High River.

And what’s in store for 2015? The historical committee will be helping run a booth that celebrates the 30th birthday of Harry the Horse, the Stampede’s mascot, as well as hosting a display in the Quirk Cabin in Weadickville on the Stampede grounds.

Smith enjoys it all. He finds personal satisfaction from doing what he does, but along the way he’s been the recipient of a number of awards for his work, including the Queen’s Golden Jubilee Medal (2002) and the Queen’s diamond Jubilee Medal (2012). Recently he was honoured with a Lifetime Distinguished Achievement Award.

Being involved with the Stampede is time well spent, says Smith. He enjoys everything about his work.

said Smith, “Everyone is a cowboy for 10 days.” It’s not just a large aspect of Calgary culture and heritage, but he feels it’s an event known to the world. It brings recognition to the community. “People are generally interested in this,” he says.

He is the co-chair of the committee’s Traveling Displays: a compilation of festival images that show what the Stampede is all about and promote Stampede history.

“It’s a real engaging and fun presentation,” says Smith.

Three volunteers run these 45 to 60 minute presentations at seniors’ homes, and to children’s groups.



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Entrance to the Calgary Stampede Ranch.



Brood mares with future rodeo stars.

Bounded by Hanna in the west, Consort in the north, Oyen in the east and Empress and Base Suffield to the south, Alberta's Special Areas encompass more than two million hectares and support a population of 5,000. I travelled to this vast swathe of land, which received special provincial attention after the ravages of the Depression, in search of those residents, seniors who

are themselves special to the ongoing success of the Calgary Stampede.

South of Hanna in Area Two and just north of the junction of Highways 502 and 36, on the northwest corner of Range Road 272, sits a chuck wagon with a tarp emblazoned with the "C lazy S" brand of the Calgary Stampede. This is the gateway to the Calgary Stampede Ranch. In a territory of vast expanses, the ranch holds

its own, encompassing approximately 9,300 hectares of rangeland, the beautiful and natural home of the Stampede's bareback and saddle broncs that number nearly 700 horses.

Ken Rehill, lead hand, met me at the ranch headquarters, situated on the bank of Bullpound Creek. On the morning of my arrival, Rehill was working with ranch manager Tyler Kraft and another hand sorting bucking horses into pens for the upcoming Hand Hills Lake Stampede. "We provide Calgary Stampede horses to a lot of rodeos, both in western Canada and in the United States," Rehill told me. The demand for the ranch's horses comes about because of the unique breeding and training programs in place there. "Our champion bucking mares are inseminated with sperm from some of the best bucking stallions in North America. After 14 days, the embryos are implanted into recipient mares that birth the foals. This process allows the champion mares to continue doing what they are meant to do — bucking off cowboys at stampedes."

Ken explained that of all the horses on the ranch, only about 150 or so are sent out to rodeos each year. No horse goes onto the circuit before its fourth year. Novice horses are eased into the rodeo life by starting out at rodeo schools and smaller local rodeos around the province. Horses past their prime and retired from rodeo live out their days on the vast and natural expanses of the ranch, cared for by the ranch staff and local veterinarians, just like the horses in the prime of their rodeo careers.

There was a big red Volvo semi-trailer parked near the ranch entrance. I asked Rehill about it. He told me that the

truck was his home for a good portion of each year. "In January, I take three loads of stock down to Denver, Colorado for the National Western Stock Show and Stampede. Then in February, I'm with the horses at the San Antonio Rodeo. March finds me at rodeos in Dallas and Houston, Texas." Ken travels some.

Come April, Rehill returns to his home ranch, just north of Hanna, and back to work at the Stampede Ranch. He has been driving for the Ranch for 22 years, the last 12 of which have seen him working full time. But the movement of rodeo rough stock doesn't cease. Local rodeos start just after his return and Rehill finds himself and his Volvo on the



Tyler Kraft and Ken watch a bronc heading to a sorting pen.



One of the ranch's Brahma bulls, completely unimpressed by the photographer.





(Above and right) Calf roping event at the Hand Hills Stampede.

Grant Veno sporting a fine Stetson hat.

road to events in Ponoka, Sundre, Innisfail, Hand Hills, Marwayne, Airdrie and Strathmore as well as Prince Albert, Saskatchewan and Dawson Creek, B.C. Come July 3, Rehill will have transported his spirited passengers to the main event, the Calgary Stampede.

But he will still have miles to go: the Canadian Finals Rodeo in Edmonton, National Finals Rodeo in Las Vegas and a whole string of local rodeos in Oregon and Washington, which will pretty much fill his calendar for the remainder of the year. At 62 years of age, Ken still finds his career fulfilling and completely enjoyable. "There's a lot of travelling, but the people I meet and work with on my journeys are like members of a big and far-flung family. I look forward to meeting up with them each year."

After my Stampede Ranch visit, I set off in search of another veteran ranch hand, Grant Veno. Kraft had told me Grant was likely at the Hand Hills Lake Stampede helping with events. I was given general directions to Hand Hills Lake and struck out in a northwesterly direction. Getting to the ranch in the first place had taken me across some beautiful but empty prairie, but at least I'd had pavement for most of the trip. Between the

ranch and Hand Hills Lake, there was no more pavement but lots more open prairie. Navigation to the stampede was aided by a helpful ranch wife — "Head six miles north then west to the lake. Can't miss it!" — and a couple of rough and ready road signs.

With a billowing plume of road dust following me, I finally spotted Hand Hills Lake and what appeared to be hundreds of campers and trailers tightly parked around a modern stampede grounds. People at the admissions gate told me this was the 99th consecutive stampede held at this venue. That's quite an achievement but not the record for oldest rodeos. The first rodeo in Canada was held at Wood Mountain, Saskatchewan in 1890. Alberta's oldest stampede began in the town of Raymond in 1902.

Walking down to a group of pens at the north end of the grounds, I encountered Willard Cardinal and Larry McDonald. Cardinal has worked as a hand at the Calgary Stampede Ranch and at the Stampede for 25 years. McDonald works at the nearby Sheerness power plant and part-time for the Stampede. Their task when I met them was to guard the gate that separated wayward spectators like myself from charging rider-less horses belonging to recently departed steer wrestlers. Cardinal pointed out a Chev pickup truck with a fifth wheel trailer manoeuvring

into its parking spot. "There's Grant now."

Amidst a gaggle of great-nieces and nephews, Grant Veno emerged from the other side of the truck. "That's a fine Stetson you're wearing," I commented, by way of opening the conversation. Leaning on the rail of the racetrack, Veno told me something of his association with the Stampede Ranch. "I began there part-time when I was 15 years old," he said. "Even though it was the Calgary Stampede Ranch, my mother wouldn't let me go into Calgary for the stampede until I was 18." For more than 50 years, Grant has worked for the ranch two to three days a week. He also runs his own ranch located about 11 kilometres away. A lot of his work has involved trailing horses from across the ranch to the main corrals. "It's been a great place to be, but lately I've cut my time down to a day or two a week. Helping out at events like the Hand Hills Stampede has been a source of great enjoyment." I photographed Grant with his great-niece Neala-Rea Veno.

The drive home took me through Drumheller, Dalum, Hussar and Strathcona. I had plenty of time, and lots of pavement, to think about my day in Special Area Two and the folk I met along the way. I thought of Veno's niece and how enriched her life must be by the experiences of her Uncle Grant. Fellows like Veno, Ken Rehill and Cardinal are workaday

cowboys and ranchers who have put lots of years into a lifestyle that many of us envy. Because of what they and other men and women like them do, we can all connect to the roots of our western heritage, enjoy spectacular rodeos and appreciate the preservation of spaces and species in places like the Calgary Stampede



Ken Rehill with bridles belonging to champion broncos.



Ranch cemetery for star rodeo stock.



Have you ever been to the other Stampede parade?

By Barry Whitehead

Have you ever wanted to be in a Stampede Parade? Or, if you're not in the parade, do you like to guarantee an unobstructed view curbside, right up front, in your very own folding chair?

Well, at the Bowness Stampede Parade, depending on your preference, you can do either.

Sometimes known as the other Stampede Parade, the parade is held the day after the official Calgary Stampede Parade.

"It's got a small town atmosphere that people like," says Harold Graham who had the idea for a parade 26 years ago.

A scout master at the time, Graham says that Bowness had a Stampede breakfast but, "I thought it would be a good to get the kids involved."

The first parade was led by kids on bikes and included a few antique cars, joined by local businesses supported by the Bowness Lions' Club, which continues to organize and sponsor the event to this day.

Although the parade has grown and changed considerably over the years, Graham admits, "We're still kinda unknown and need word of mouth. A lot of locals attend."

Nowadays there are up to 400 participants in the

parade and according to Graham 3000 to 6000 people come out to watch.

"I never thought it would get this big," Graham says. "We now prepare six months in advance," he says while jokingly adding, "I've created a monster."

However, you can still join in the parade, with your bike or on foot at the Shouldice Park Bridge where the parade starts.

"Some seniors get in the parade with their wheelchairs dressed up like chuck wagons," says Graham.

A tradition of participants in the parade tossing out candy treats to kids by the wayside continues.

"It's better than Halloween," says Graham. "The kids just have to stand there and catch."

Graham says the parade usually has several floats which have been in the official Stampede parade as well as a couple of marching bands. Kids riding on bicycles no longer lead the parade. Following the lead official police car there are usually several cars with major sponsors and Lions' Club members. Graham himself is this year's parade Marshall.

The parade lasts about one and a half to two hours and marches for about five kilometres end-

ing at the Bowness shopping plaza on 77th Ave. S.W. At 11 a.m. there's a

stampede breakfast with musical entertainment, all for free.

Everyone is welcome, even if you're not from Bowness. □



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Onan the Bull

By Sterling Haynes, MD

In British Columbia, many Cariboo ranchers say that one bull is 50 percent of a herd. After treating a Hereford bull with a broken foreleg. I would say one bull is more a majority of a herd.

On a cold February in 1963, on a Tuesday afternoon, my friend John, a Williams Lake veterinarian, asked me, a GP anaesthetist, if I could give an anaesthetic to a prize bull with a broken leg. The bull was in a paddock south of “the Lake” in central British Columbia. This animal, in its prime, had become entangled in a few old strands of barbed wire. Then it had fallen and broken its foreleg. The wire was still wound around the leg and the bull was mad. The owner had named the bull Onan, a dastardly character from biblical times. The mounted cowboys were very scared of this large horny animal.

The ranch owner was a God-fearing Baptist from Texas. He had taken the name Onan from Genesis 48:9. This biblical man went to be with his brother’s wife one night and he, like the bull in the pasture, spilled his seed upon the ground. This active bull had carelessly serviced 60 cows in November before he broke his leg. This was one raunchy bull with a badly broken leg.

John had been informed that the paddock was close to the San Jose River, known among the Caribooites as the San Josey River. Luckily, there was a large snubbing post in the centre of the field beside the water.

John drove us out to the ranch in his Land Rover. We were loaded for bull. Arriving at the ranch house, we parked next to a new pink Cadillac. The owner met us with, “Hi y’all. Doing all right? Just call me Tex. That there Onan is worked up some. Most of the boys stay clear of him, me included. It looks like his right foreleg is busted, cain’t even get the barbwire off o’his leg – he’s a mess.”

Dr. John had dealings before with this ranch owner. He said, “I’ll need at least three cowboys, your best ropers with their best horses. We can’t operate on Onan’s leg without good help, you understand?”

“No need to get uppity about it, Doc. My best boys will give you a hand – that’s for damn sure. The bull is in the paddock north of the barn by the snubbing post. Boys, show the doc the way.”

“Thanks, Tex. You must be doing well. I like your new pink Cadillac.”

We followed the three cowboys and their mounts to the pasture. There was Onan standing on three legs, bellowing. We could see the barbed wire entanglement and the angled broken radius of the foreleg.

“Now listen carefully, you men”, said John. “I want three lariats to lasso the bull. The one around the neck is to be snubbed to the snubbing post. The other two are to be secured – one around each hind leg and the slack taken up and the rope secured to your saddle horns.

“Your job is to spread the bull, but don’t put him down. I have large, soft cotton ropes that I’ll secure to the neck and the three undamaged legs. These soft ropes will be used to pull him down after he has a little anaesthetic.”

“We understand, Doc.” said the foreman.

“Now, I’ll need four pails of clean water to wash in along with washing the bull’s leg. I’ll need a pair of fencing pliers to get the barbed wire off. My Coleman stove’s flame will be used to sterilize the steel rod. Understand, boys?”

“We’s got it, Doc.”

It was to be a long, cold afternoon. The three cowboys managed to get the lariats around the bull’s neck and his hind legs. With a great deal of swearing and cajoling, the animal was strung out from the large snubbing post as two of the ropes were fastened around the saddle horns. Then John and I used the large, soft ropes to doubly secure the animal and get it down on the large white tarps we had placed around the hitching post.

The Coleman stove was started and the veterinary instruments boiled in a pail.



Not all bulls are destined to become rodeo stars.

Photo courtesy of the Calgary Stampede.

The intramedullary steel rod was sterilized by flame and left to cool on the stove. With Dr. John’s precise instructions, I mixed up a solution of chloral hydrate in a gallon of sterile water. My garden hose was ready to be used as an endotracheal tube. A bent garden fork had been fashioned into a McIntosh laryngoscope, sort of. We further snubbed the bull’s neck to the post. I was poised with my number eight needle by a huge jugular vein. The bull’s bellows were awesome.

Whap. I shoved the sharp end of the needle into the vein. Then I started the drip of chloral hydrate solution through this huge vein. As the bull became groggy, all five of us gradually lowered the massive beast onto the clean canvas. It was a struggle. John had taken off his parka and shirt. He now

wore a sleeveless fleece vest. He washed his hands and huge arms in a chloride of lime solution and anti-septic soap. He had everything in readiness.

With much difficulty, I finally managed to get the endotracheal garden hose through the bull’s larynx as the cowboys extended it’s neck by pulling on the horns. We were ready.

With the broken foreleg raised higher than the rest of Onan, John clipped the barbwire, then scrubbed and paired away part of the hoof. He lined up the fractured radius manually. Giant lion jaw orthopaedic clamps held the fractured ends. With John’s alacrity and skill, the sterilized intramedullary rod was hammered carefully up the broken radius shaft. The fracture appeared solid. The wounds were sutured

and closed. The massive dressing smeared with antibiotic ointment was applied under a sleeve of cowhide and tied in place with binder twine.

Then, the bull started to wake up.

I removed the IV as we prodded and pulled the animal to its feet with the help of the horses. The beast was a big groggy as it awakened, but the bellowing stopped. The animal seemed content to stand on its three good legs. With the fracture reduced, Onan the bull seemed pain free in his recovery space.

I got a little careless at the end of the arduous procedure and managed to catch a few splatterings from a shower of bull s*#t as I packed up my garden hose, pail and modified garden spade, my home-made laryngoscope.

We were shivering as we drove back to the ranch house. There was no mention of even a cup of coffee or thanks from the Texan.

“That bull should be okay now but I’ll keep checking,” said John. “Keep him in a clean stall with clean bedding straw. That will be a hundred dollars, Tex, please.”

“Well, I don’t have a hundred bucks, Doc.”

“You better get it, Tex. And right now! Have you ever seen how these diabolical little clamps work for gelding stallions? I can place two clamps, just like these, in one minute, Tex, guaranteed.”

Tex opened his wallet and passed a crisp new hundred dollar bill into John’s massive hand.

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

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The Community with Heart ♥

Party outside: Entertaining Al Fresco

Page design and layout
by Winifred Ribeiro.

One of the best ways to enjoy summer is to move the meal outdoors and dine al fresco. Try some of these recipe ideas for outdoor dining. Whether summer picnics, reunions, tailgate parties, camping trips, or a backyard barbecue — all these offer us a chance to have fun and eat food with family and friends outdoors. The featured cookbook titles offer a wide selection of recipes for every palate. Happy Canada Day! *The Salad Bowl* offers vibrant & healthy recipes for light meals, lunches, simple sides & dressings.

101 BBQ and Grill Recipes has a selection of mouthwatering ways to flame-grill, smoke, and sizzle.

Last, but not least, *Flavors of Summer* has a selection of delicious food from salads, mains, desserts and drinks to enjoy throughout summer.

New potato, radish & chive salad with feta dressing

• Excerpted from *The Salad Bowl*.
• By Nicola Graimes • Photo by Matt Russell

SERVES: 4

Full of the flavours of summer, this side dish would go well with poached salmon, roast chicken or griddled lamb steaks. If the chive stems are topped with their delicate purple flower heads, use them too, as they add both colour and flavour.

500 g (1 lb 2 oz.) baby new potatoes, scrubbed and halved
100 g (3 3/4 oz.) radishes, thinly sliced into rounds
1/2 cucumber, quartered, seeded and sliced
3 large handfuls of watercress, tough stems removed, torn into small sprigs
a handful of chives, including flowers if available

FETA DRESSING
150 g (5 oz.) feta cheese, crumbled
125ml (1/2 cup) natural/ plain low-fat yogurt
freshly squeezed juice of 1 lemon
1 large garlic clove, crushed
2 large handfuls of mint leaves, finely chopped
sea salt and freshly ground black pepper

Cook the potatoes in plenty of boiling salted water for 12–15 minutes until tender, then drain and transfer to a large serving bowl.

Meanwhile, to make the dressing, blend the feta cheese, yogurt and lemon juice in a blender until smooth and creamy, then pour it into a bowl. Stir in the garlic and mint and season with pepper; you won't need any salt as the feta cheese is salty enough.

Add the radishes, cucumber and watercress to the bowl containing the potatoes. Snip half the chives over and add enough of the dressing to generously coat everything. Toss until thoroughly combined, and serve the salad with the remaining chives (and flowers, if any) arranged over the top.



Sticky spare ribs

• Excerpted from *Flavors of Summer*
• By Annie Rigg • Photo by Steve Baxter

SERVES: 4-6

Finger-licking good! You'll need a pile of napkins for these.

1 kg (2 lbs.) short or loin pork ribs/
country-style pork spare ribs
4 garlic cloves, crushed
2 tablespoons grated fresh ginger
4 tablespoons clear honey
2 tablespoons soy sauce
2 tablespoons hoisin sauce
2 tablespoons sweet chilli/chili sauce
2 tablespoons tamarind paste
1/4 teaspoon Chinese five-spice powder

Place the ribs in a saucepan of water, bring up to the boil and simmer for 5–10 minutes, then drain.

Mix the remaining ingredients together in a large bowl, add the ribs and stir thoroughly to coat. Let cool and allow to marinate for about 30 minutes.

Preheat the oven to 190°C (375°F) Gas 5.

Tip the ribs and marinade into a large roasting pan, cover with foil and cook on the middle shelf of the preheated oven for about 20 minutes. Remove the foil, turn the ribs over, basting them with the marinade, and cook for 20 minutes more until sticky and browned all over. Allow to rest for a couple of minutes before serving with plenty of napkins.



The Salad Bowl
Ryland Peters & Small,
CAD\$30.95;



Flavors of Summer
Ryland Peters & Small,
USD\$24.95
(priced higher in Canada);



101 BBQ and Grill Recipes
compiled by Dan Vaux-Nobes
Dog 'n' Bone Books,
US\$19.95
(priced higher in Canada);

www.rylandpeters.com

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Feta, watermelon & lime salad

• Excerpted from *The Salad Bowl*.
• By Nicola Graimes • Photo by Matt Russell

SERVES: 4

A firm favourite – you can't beat the combination of salty, crumbly feta cheese with sweet, juicy watermelon and the zing of fresh lime.

1/2 small watermelon
250 g (9 oz.) feta cheese, cut into bite-sized cubes
1/2 small red onion, thinly sliced
freshly squeezed juice of 1 lime
extra virgin olive oil, for drizzling
pared zest of 1/4 lime, cut into fine strips
a generous handful of mint leaves
freshly ground black pepper

Slice the watermelon away from the skin, remove any seeds and cut into bite-sized cubes; you should have about 500 g/1 lb 2 oz. of fruit.

Divide the watermelon between 4 serving plates and top with the feta cheese and red onion. Squeeze the lime juice over and drizzle with a little olive oil. Garnish with the lime zest and mint leaves, and season with black pepper.

WATERMELON: Despite watermelon's high water content, it is particularly rich in vitamins A and C. Nutritional benefits aside, you really can't beat its incredible colour and sweet juiciness.



Asparagus and salmon frittata

• Excerpted from *Flavors of Summer*
• by Tori Finch • Photo by Georgia Glynn-Smith

This is a wonderful dish that uses fresh, seasonal produce, The crunchier the asparagus the better. You can find hot smoked salmon fillets in most supermarkets, but if you can't find them, a poached salmon fillet works just as well, or you could also try this recipe with smoked trout for a different flavour combination

Serves: 6

200 g (7 oz.) trimmed asparagus
6 large eggs
2 tablespoons cream cheese
finely grated zest and freshly squeezed juice of 1 lemon
150 g (5 1/2 oz.) hot smoked salmon, broken into bite-sized chunks
a handful of chopped fresh dill (or parsley, if you prefer)
2 shallots, diced
olive oil, for frying
sea salt and freshly ground black pepper
a 23-cm/9-inch ovenproof frying pan/skillet

Bring a pan of salted water to the boil and blanch the asparagus for about 1 1/2–2 minutes, until just tender. Drain, then immediately plunge the asparagus into iced water to refresh. Drain again and leave to dry.

In a large mixing bowl, combine the eggs, cream cheese, lemon zest and juice, salt and black pepper. Stir in the salmon, most of the herbs, and the blanched asparagus.

Preheat a grill/broiler to high.

Heat a little olive oil in a frying pan/ skillet set over a medium heat. Add the shallots and sauté until translucent, but do not brown. Pour the frittata mixture over the shallots and make sure the asparagus is evenly distributed and lying flat in the pan. Cook for about 4–5 minutes.

Drizzle a little olive oil over the top of the frittata, then transfer the frying pan/skillet to under the hot grill/broiler and cook for a further 4–5 minutes, until golden on top and puffed around the sides. Remove from the heat and allow to cool before running a spatula around the edge of the frittata and removing from the pan. Slice into wedges to serve.



Souvlaki in pita

• Excerpted from *101 BBQ and Grill Recipes*
• Recipe by Clare Ferguson • Photo by Martin Brigdale

SERVES: 4

The tzatziki yogurt, garlic and cucumber dressing is absolutely essential so totally smother your souvlaki in that. Get the good quality pita not the dry-as-a-bone variety — trust me and make it good.

4 large pita breads
water and olive oil, to moisten the bread
2 teaspoons chopped fresh oregano,
or 1 teaspoon dried oregano, crushed
2 tablespoons freshly squeezed lemon juice
1/2 onion, coarsely grated
2 tablespoons extra virgin olive oil
1 lb. (500g) lean pork or lamb (usually leg meat),
cut into 3/4-inch (2-cm) cubes

SALAD:

lettuce or cabbage, thinly sliced
cucumber, sliced
red bell pepper, sliced
tomatoes, cut into wedges
radishes, cut in half
red onion, sliced into rings

Brush or sprinkle the pita breads all over with the water and oil and either broil (grill) or bake in a preheated oven at 350°F (180°C) for 3–5 minutes, or long enough to soften the bread, but not dry it. Cut off a strip from the long side, then pull open and part the sides of the breads to make a pocket. Push the strip inside. Keep the breads warm.

Prepare the grill/barbeque. Put the oregano, lemon juice, onion, and olive oil in a bowl and mash with a fork. Add the cubed meat and toss well. Cover and let marinate for 10–20 minutes. Drain, then thread the meat onto metal skewers. Cook on a preheated grill/ barbeque for 5– 8 minutes, or until golden outside and cooked through.

Put your choice of salad ingredients in a bowl, toss gently, then insert into the pockets of the pita breads.

To make the dressing, put the yogurt in a bowl, then beat in the garlic, cucumber, and salt.

Add a large spoonful to each pocket.

Remove the hot, cooked meat from the skewers, then push it into the pockets. Serve immediately, while the meat and bread are hot and the salad cool.

English summer punch

• Excerpted from *Flavors of Summer*
• Recipe by Ben Reed
• Photo by William Lingwood

Apples and cherries are a great flavour pairing and work as well in a punch as they do in a cobbler or a crumble.

SERVES: 10

1.5 litres (6 cups) cloudy apple juice
125 ml (1/2 cup) freshly squeezed lime juice (about 4 limes)
200 ml (3/4 cup) sparkling mineral water, to top up
10 fresh cherries, to garnish
CHERRY-INFUSED SYRUP
125 g (1 cup) cherries, pitted
400 g (2 cups) sugar

To make the cherry syrup, put the cherries in a blender and blitz for 1 minute. Put the blended cherries, sugar and 250 ml (1 cup) water in a saucepan set over low heat. Heat gently, stirring frequently, until the sugar is dissolved. Remove from the heat and leave to cool.

Add the cherry syrup, apple juice, lime juice and mineral water to a large punch bowl filled with ice and stir gently to mix.

Serve in tall, ice-filled glasses garnished with fresh cherries.



Goat's cheese, strawberry & basil salad

• Excerpted from *The Salad Bowl*.
• By Nicola Graimes • Photo by Matt Russell

SERVES: 4

This is an unusual, pretty, fragrant and light salad, which makes the perfect conclusion to a meal on a hot summer's day, especially if you can't decide between dessert or cheese! Greek basil has much smaller leaves than regular and just suits the look of the dish, but you can use the latter if easier.

350 g (12 oz.) strawberries, hulled
150 g (5 oz.) chevre blanc, crumbled
freshly squeezed juice of 1/2 lemon
1–2 tablespoons light olive oil
4 tablespoons Greek basil leaves
freshly ground black pepper

Halve or quarter the strawberries, if large, and arrange on a serving plate. Sprinkle the chevre blanc on top and squeeze the lemon juice over.

Drizzle with olive oil, sprinkle the basil leaves over and finish with a grinding of black pepper. Serve at room temperature.



Open Tex-Mex burger with chile relish

• Excerpted from *101 BBQ and Grill Recipes*
• Recipe by Louise Pickford • Photo by Martin Brigdale

The state of Texas and its neighboring country, Mexico, have combined their culinary know-how to provide you with this tasty exotic burger. and we've added this Caribbean chile burger variation for extra flavour.

SERVES: 4

1 1/2 lb. (750 g) ground (minced) chuck steak
1 small red onion, finely chopped
1 garlic clove, crushed
2 teaspoons dried oregano
1 1/2 teaspoons ground cumin
2 burger buns, halved
1 cup (100 g) shredded iceberg lettuce
1/4 cup (100 g) grated Cheddar cheese
sea salt and freshly ground black pepper
olive oil, for brushing

CHILE RELISH

1 lb. (500 g) tomatoes, coarsely chopped
1 red onion, coarsely chopped
2 garlic cloves, crushed
2–4 jalapeño chile peppers, coarsely chopped
2 tablespoons Worcestershire sauce
1 cup (200 g) soft brown sugar
2/3 cup (150 ml) red wine vinegar
2 teaspoons sea salt

To make the chile relish, put the tomatoes, onion, garlic, and chiles in a food processor and blend until smooth. Transfer the mixture to a pan, add the Worcestershire sauce, sugar, vinegar, and the 2 teaspoons of salt. Bring to a boil and simmer gently for 30–40 minutes until the sauce has thickened. Let cool completely and refrigerate until required.

Put the beef, onion, garlic, oregano, cumin, and some salt and pepper in a bowl and work together with your hands until slightly sticky and evenly mixed. Divide into 4 portions and shape into patties. Cover and chill for 30 minutes.

Preheat the grill/barbeque. Brush the patties lightly with olive oil and cook for 4–5 minutes on each side until lightly charred and cooked through. Keep them warm. Lightly toast the buns. Top each half with shredded lettuce, a patty, some grated cheese, and relish. Serve hot.

For a Caribbean twist, replace the jalapeños in the relish with 1 Scotch Bonnet chile, seeded and chopped. If you're a wuss, add a layer of avocado to temper the heat.

Western Heritage Day – July 7, 2015

Mark your calendars! July 7 signifies Western Heritage Day, a Calgary Stampede tradition sponsored by Loram 99, devoted to the city's senior community.

Seniors can start the day off right at 9 a.m. with free Park admission and mosey on over to the Agrium Western Event Centre to enjoy free coffee and donuts (while supplies last).

At the Agrium Western Event Centre, guests should make it a point stop by the arena at 9:15 a.m. for a free show starring Canadian Trick Rider, Nikki Flundra, a feature performance by the Calgary Stampede Showriders and the music stylings of Herb Williams and Trevor Panczak. If that alone isn't enough entertainment, seniors are welcome to exclusive concerts by B.J. Thomas in the Nashville North tent at 12:30 p.m. and 3 p.m.

If seniors are feeling lucky, they can try their hand at North American Midway Entertainment Bingo at the top of every hour.

While there's no shortage in entertainment, Western Heritage Day also provides seniors a chance to get off their feet, relax and get a



There's no telling what you might see on Western Heritage Day.

Photo courtesy of the Calgary Stampede

bird's eye view of the Park with free West Jet Skyrides at any point during the day.

To round-up the experience at The Greatest Outdoor Show on Earth, seniors will

be able to enjoy standing room Rodeo and evening show tickets (while supplies last). Tickets must be picked up at the main Ticket Office

or at the Agrium Western

Event Centre Coat check both which open at 11 a.m.

Agrium Western Events Centre. Unique to North America, members of the Calgary Philharmonic

Orchestra play selected performances while the horses perform. The horses move to the music, it is the musicians' favourite gig and you will love it! □

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- Daily recreation and leisure activities
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Success Story

- Our Aging in Place Philosophy

"I am very happy and enjoyed living in the Residence for seven years. After two falls and a hip operation, my care requirements increased. Since then, I have required the long term care provided in the Court. The staff throughout are most helpful and caring." - Annie Ballyk, Resident

Pay for photos

The Friends of Fish Creek is holding a photo contest this summer entitled Capture Nature.

The photos must be taken in Fish Creek Park. Registration is required; \$15 youth and \$25 adults. Winners will be eligible for prizes. Deadline is August 15.

Photographs will be judged by a panel of volunteer jurors.

More info www.friendsoffishcreek.org/programs/capturenature or phone 403-238-3841.

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Wentworth Manor in Christie Park

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Call for your personal tour
403-242-5005



Virtual tours at www.wentworthmanor.com

Seniors Scene

Free Pancake Breakfast

The Renfrew Community Association will hold Renfrew Stampede Day on July 4, Saturday. Free pancake breakfast will be offered from 9:00 a.m. to 11:00 a.m. and Kids Carnival from 10:00 a.m. to noon, together with live music, canteen, and 50/50 draws. Outdoor Saloon will begin at 4:00 p.m. and last through midnight (adults only after 8:00 p.m.), together with beer gardens, chow wagon (BBQ), live music and dancing, and horse-shoes. It will be greatly appreciated if you bring your own plates to all these activities.

Social Dance Club

The Saturday dance on July 18 will give a free Rumba lesson with paid admission. Doors open at 7:00 p.m. and dance, to the music of Joel Spire, is from 8:00 p.m. to 11:30 p.m. For the Sunday dances on July 12, July 19 and July 26, doors open at 5:00 p.m. and dances, to the music of Interlude, Joel Spire and Interlude respectively, are from 6:00 p.m. to 9:30 p.m. Admission is \$12 for members and \$14 for guests, inclusive of snacks, 50/50 draws. For more information, call Sharon at 403-242-6957 for recorded message or visit www.socialdanceclubcalgary.com.

Alberta 55-plus Summer Games

Winners of the Calgary 55-plus Summer Games in June will now go on to the Alberta 55-plus Summer Games to be held in Strathmore, Alberta, from July 16 to July 19. Spectators are welcome to attend.

Ogden House

The Ogden House welcome people to come and watch a live broadcast on its big TV screen of the Stampede Parade on July 3, followed by a Stampede Lunch (beef on the bun, coleslaw and dessert).

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



It's In Our Jeans is a collaborative artwork from artists at Garrison Green Seniors' Community. Through the use of mixed media on denim the artists have created independent works that have been combined to portray important elements of life in this province. This piece tells stories that are personal, but undeniably, of Alberta's collective heritage. It's In Our Jeans will be on display at the 2015 Calgary Stampede. Artists: Joyce Doolittle, Quenten Doolittle, Betty Earle, Mary Fenwick, Ned Gilbert, Alice Graham, Jack Haston, John Kubik, Hugh Kuwahara, Kay Kuwahara, Marnie McColloch, Les Points, Hertha Reich, Carlo Romano.

Once every month an acoustic jam is held at the Ogden House. If you are interested in attending as a musician, both seasoned or up-and-coming, please call Debbie at 403-279-2003 for more information.

Thursday Game Night is back on every Thursday evening from 7:00 p.m. to 9:00 p.m. Come and join our dart and pool league.

The Ogden House also offers other weekly events, such as Move and Mingle exercise group, Fit to Age, Tai Chi, table tennis, oil painting, quilting, Wood Carvers group, etc. For further information, call 403-279-2003 or email programs@ogden50plus.org.

Greater Forest Lawn

Five Star Bingo will be held on July 3 and July 17, beginning at 12:15 p.m., at 4980-25th Street SE. For more information, please call 403-248-8334.

On July 4, there will be a Stampede Breakfast (hot cakes, sausages, bacon, juice and coffee) from 9:00 a.m. to noon at Greater Forest Lawn, 3425-26th Avenue SE, with For Olde Tympe Sake playing live music. Presold tickets are \$5 and free for children under 6.

Silver Threads

On July 3, the Inglewood Silver Threads will be hosting its annual Stampede Breakfast/Lunch. All members are welcome to drop in for pancakes, sausages, and a homemade chili lunch. Doors open at 7:00 a.m., breakfast is served between 8:00 a.m. and 10:00 a.m. and lunch between 12:00 p.m. and 1:00 p.m. or while quantity lasts. Free to members, the event will ask nonmembers to make a minimum \$2 donation.

On August 7, the Inglewood Silver Threads will visit Pioneer Acres for its annual summer festival. The cost to members is \$20, including a packaged lunch. Nonmembers are welcome for an additional cost. Sign up before July 28.

The Inglewood Silver Threads is looking for crafters and bingo, shuffleboard, and crib players. For more information about its activity centre, please call Wendy at 403-264-1006.

British Pensioners

The British Pensioners Association of Western Canada holds its monthly meeting on the first Tuesday of each month at Forest Lawn Legion #275, Calgary.

Compiled by Faye Wu



Lodge Living For Seniors



Mountain View Seniors' Housing is currently accepting applications for our lodges in the Towns of Carstairs, Didsbury, Olds and Sundre.

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Community Events

Friends of Fish Creek

Join us this summer at the Bow Valley Ranch, Fish Creek Provincial Park (south end of Bow Bottom Trail SE), for outdoor Raja (or Royal) Yoga sessions, led by experienced Yoga instructors Naomi Parker and Gwen Draude Woolverton. The sessions run from July 8 to September 30 on Wednesday evenings and selected Saturdays. Each session is \$10 or purchase the Yoga Bonus card for 12 sessions for \$100, on sale until July 29. Drop in or register at www.friendsoffishcreek.org/programs/wellness-clinics.

The Friends of Fish Creek also invites you to experience Creekfest, a free one-day celebration of water at the Bow Valley Ranch, Fish Creek Provincial Park, on July 19 from



The perennial favourite, "The Canadian Badlands Passion Play" plays in Drumheller on: July 10 at 6 p.m., July 11 at 6 p.m., July 12 at 3 p.m., July 17 at 6 p.m., July 18 at 6 p.m., July 19 at 3 p.m., July 24 at 6 p.m., July 25 at 6 p.m., July 26 at 3 p.m. For tickets and more information phone 1-888-823-2001 or 1-403-823-2001 or consult the website: canadianpassionplay.com Photo by Ron Nickel Photography

12:00 p.m. to 5:00 p.m. An important component of the Friends' Watershed Public Awareness Campaign, Creekfest will feature musi-

cal acts by Juno Award-winning Peter Puffin's Whale Tales, the award-winning theatre troupe Parks Canada's Mountain WIT,

the Coyote Kids Theatre's The Muskrat's Tail, interactive games and activities for kids and families to learn about local watersheds, a

special visit from Boston Pizza's mascot Lione, a raffle draw, and more. To this free fun event the whole family will be welcome.

Whyte Museum of the Canadian Rockies

On July 12 and August 2, Bow Valley Musical Matinees, beginning at 2:30 p.m. will be presented at the Whyte Museum, located at 111 Bear Street, Banff. The best emerging musicians of our time will perform at these two 45-minute concerts, surrounded by the thought-provoking Water exhibition. Admission to the Whyte Museum is \$8 for adults, \$4 for students and locals (Banff, Lake Louise, Canmore and Morley), and free for members and children under 12.

Poetry Institute of Canada

The Poetry Institute of Canada is announcing its 22nd annual open-age Poetry Contest for Fall 2015, which will award cash and other prizes to winners. Poets of all ages, previously published or not, may send poems on any subject or of any style (including prose poems) for the contest without an entry fee. The poems should be original and consist of 32 lines or less. Besides winning cash prizes, the best poems will also be published in a hardcover anthology of verse. To enter, please send, postmarked no later than July 31, only one original poem, typed or neatly written, to: Open Ages Poetry Contest (P), P.O. Box 44619 – RPO Gorge, Victoria, BC, V9A 7K1. Or email to poetryinstitute@shaw.ca. Name, age and address should be included on the same page as the poem.

The Poetry Institute of Canada also welcomes writers previously published or not and yet at least 18 years old to enter its Creative Writing Contest. Besides cash prizes, the best pieces of writing will be published in a top-quality anthology. Send your short stories, essays, anecdotes, and poems—all either fictional or nonfictional—to Adult Creative Writing Contest (P), P.O. Box 44169 – RPO Gorge, Victoria, BC, V9A 7K1. Or email to poetryinstitute@shaw.ca. Works should be no longer than 850 words and postmarked no later than July 31. Name, age and address must be included on the front page of the work (one entry per person). Authors will be contacted by letter.



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Continued on page 24

Life and liberty – On letting things go from bad to worse



By liberty forrest

Have you ever sat and listened to someone gripe about his or her problems? Have you been that "ear" for someone in the throes of misery who felt compelled to share it with the nearest listener? Of course you have. Have you ever offered suggestions for these people, perhaps an idea, an opinion, a new perspective, something that could help them to move on from the negative and shift them to a more positive place?

If you're like pretty much anyone else on the planet, yes, you will have done your level best to take someone out of a negative place of anger, hopelessness or worry. And you will have

learned that on way too many occasions, those people don't take your advice, don't try your suggestions, don't seem to want to do anything at all to help themselves. They just want to whine and complain, full stop.

The truth is that we don't ever do anything without some sort of reward. It doesn't have to be conscious (and more often than not, it isn't). But there will always be "something in it for us," whatever choices we make in our lives. And as difficult as it is to believe, it is the same with The Complainers.

Why on earth would anyone not want to feel better? Why would people choose to be unhappy or stuck, rather than enjoy the many incredible blessings that are available for them to discover in the world? There are numerous reasons for this and to be honest, they are all irrelevant for the purposes of this article. It doesn't really matter whether they need to feel like victims or remain helpless or they never learned another way to be — or whatever else might be at play.

And the reason it doesn't matter is that you cannot

change them or make them want to choose happiness, peace or healing.

So what do you do with these people? Well, that's up to you but I can tell you this: The more you allow yourself to listen to their self-pitying and self-destructive rubbish, the more you are allowing negative energy to adversely affect your life, your happiness and ultimately your health.

Think that's a bit of a stretch? It isn't. There's a reason why you feel drained, exhausted and perhaps even sick after those heavy, miserable conversations that do not seem to allow any chance for a positive outcome. It's because you have been impacted by a good dose of negative energy.

Now, you're probably thinking, "Oh, good grief. Woo-woo stuff." Nope, I swear we're having a scientific moment. We know that everything is made up of energy. Even Einstein said it and I don't think anyone would call him "woo-woo." We know that our bodies perceive stressful situations as "fight or flight" scenarios, during which all growth and healing processes are halted because all energy and bodily processes are meant to be used for fighting or running. There is no energy for growing, restoring or healing. Think of it as attempting to drive with the brakes on.

So during stress, hormones such as adrenaline and cortisol are continuously being released into your body — usually without being "burned up" during a fight or a long-distance sprint away from danger. Mostly, we carry on with our relatively sedentary lives, choking on stress. Adrenaline increases heart rate and blood pressure. Cortisol diminishes the immune system's ability to function, and it suppresses the digestive and reproductive systems, as well as the growth processes. Long-term exposure to these stress hormones can cause several problems, such as heart disease, depression, obesity, sleep problems, digestive troubles and more.

When miserable people use you as a toxic waste dump and they blast you with their negativity, listening to it can create a stress response. Therefore, when you're on the receiving end of those blasts, if you are feeling anxious, worried, irritated, annoyed, frustrated or anything else that doesn't feel good, your body is going to start releasing stress hormones that can seriously damage your health over the long-term. The more time you spend being that toxic waste dump, the more you are putting yourself at risk.

Am I suggesting you should never listen to anyone with a problem? No, of

course not. It's wonderful to be able to help people in need, to offer a much-needed shoulder or a bit of guidance or just to "be there."

I'm talking about those people who just want to moan and complain but don't ever want to do anything about their problems. The ones who comes to you repeatedly griping about the same old thing — the abusive spouse, the tyrant boss, the awful job — whatever it is, the situation never changes but still they gripe, gripe, gripe.

It is in your best interests to find a tactful way to let them know that unless they are willing to do something to change the situation, you are really not prepared to listen to it any longer. And it's in their best interests, too, because it might push them to do something about it (although I suspect in most cases, it won't — because they need their complaining for some less obvious issue).

The bottom line is that it doesn't matter who those people are: your best friends, your children, your parents. If they choose to immerse themselves in misery and risk damaging their own health, that's their business. But if you are repeatedly being subjected to their unproductive blasts of negativity, you might be paying just as high a price as they are. □

Volunteer Spotlight



Jack Dupont

Jack started to volunteer at the Kerby Centre in January of 2012. After he retired and travelled a bit he didn't want to stay home and do nothing; he played Cribbage here at the Kerby Centre and thought he should start volunteering. He spent 3 years as a dishwasher in our kitchen and helped out whenever he could with our special events and this past January he moved to the Adult Day Program, where he now volunteers two days per week. Jack really enjoys volunteering with the Adult Day Program as he likes the interaction and socialization with the clients and says he is learning a lot through the program and even gets to play games and trivia with the clients! Jack has given over 1,500 hours to the Kerby Centre!

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

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 More itineraries available

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 (11 days)

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 More itineraries available

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 Fly home from Vancouver.
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 insurance, tips, door to
 door pick up, air fare

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 Escorted, 19 meals,
 Combine with Bucharest
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Wonders of Waterton

September 17 (3 days)
 Dbl. \$625, Sgl. from \$835
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 Buffalo Jump, lake cruise,
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 Museum, more
 Escorted, 3 meals

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Minot Norsk Hostfest

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 Tour includes 7 breakfasts,
 daily transport
 to/from fairground,
 reserved seating for five
 shows and the Closing
 Performance. Book early

Rocky Mountain Thanksgiving

October 11-13 (2 nights)
 Banff and Lake Louise
 Includes 2 breakfasts,
 1 dinner
 From Dbl. pp. \$475
 plus GST, Sgl. from
 \$605 plus GST

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Date: Thurs July 21, 2015
 Member - \$37;
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 Add \$7 for a beer sampler
 Includes transportation and
 tour (lunch not included)
 Time: 8:15AM -3:30 PM
 Cut Off Date: July 7 2015

Arrowwood Hutterite Colony

Date:
 Tuesday August 11 2015
 (SOLD OUT –
 wait list Only)
 2nd Date: Tuesday August
 25 2015 (SOLD OUT –
 wait list Only)
 Includes transportation,
 lunch and a tour
 of the colony
 Time: 9:45AM – 3:00PM
 Cut off Date: July 28, 2015

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Thursday July 30, 2015
 4 km return.
 Elevation Gain: 80M
 Cut-off date: July 15, 2015

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



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9 Days - October 10 - \$654.00
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LAUGHLIN, NV 12 days, Oct 5, Nov 16 Includes: 6 nights in Laughlin 3 in Wendover, 2 in Helena, 9 meals, \$21 Slot Play & side tours	DEADWOOD SUMMER SPECIAL 7 Days, Aug 8 Includes: 4 nights in Deadwood at the Mineral Palace, 1 in Great Falls, 1 in Regina, 5 breakfast, Wine & cheese reception, Badlands National Park, World-Famous Wall Drug Store, D.C. Booth Historic Fish Hatchery, Crazy Horse, Mt Rushmore, Trial of Jack McCall slot & blackjack tournaments, Optional Casino Regina Package \$10 Slot Play, \$5 food coupon	TEMPLE GARDENS MINERAL SPA & CASINO MOOSEJAW 4 days \$339.00 July 26, Aug 23, Sept 22 Includes \$20 Meal & \$60 slot play, city tour, optional day tour to Regina
LAUGHLIN, NV 9 days, Oct 3 Includes: 4 nights in Laughlin 2 in Wendover, 2 in Helena, 7 meals, \$14 Slot Play & side tours	RIVER ROCK RESORT & CASINO 6 days - Sept 27 \$589.00 Includes: 1 lunch, \$20 in slot play \$30 food & beverage, city tour, Granville Island, and Historic Stevenson	NORTHERN LIGHTS CASINO Prince Albert, SK 4 days \$299.00 Sept 20 Includes \$85. Casino package, 3 breakfasts, optional day trip to Dakota Dunes Casino with \$10 slot play
WENDOVER, NV 7 days Sept 27, Oct 18 Wendover Nugget Includes: 2 nights in Helena w/3 meals, 4 in Wendover with side tours. The Nugget includes: 4 buffets, \$28 slot play +	YELLOWSTONE NATIONAL PARK & DEADWOOD, SD 10 days - Sept 10 Includes: 9 nights, 8 breakfasts, Historic Virginia City, Quake Lake Old Faithful Geyser & Visitor Center, Buffalo Bill scenic by-way, Dam & Visitor center, Bighorn Scenic Byway, Shell Canyon & Falls, Devils Tower, Wine & cheese reception, Badlands National Park, World Famous Wall Drug Store, D.C. Booth Historic Fish Hatchery, Crazy Horse, Mt Rushmore, slot & blackjack tournaments, Optional Casino Regina Package \$10 Slot Play, \$5 food coupon	CASINOS OF WINNIPEG 6 days - Sept 13 \$464.00 \$25 meal coupons, 1 breakfast, up to \$105 slot play, visit South Beach Casino with lunch
CASINO OF THE ROCKIES 4 days Aug 30 \$339.00 St. Eugene Resort Includes: 3 nights St. Eugene Resort 1 Lunch, \$15. Meal vouchers, \$30. Slot Optional side trip to Ft Steele Heritage Town and Kimberley the Bavarian Village	KOOTENAI RIVER INN & CASINO Bonners Ferry, ID 4 days, Sept 28 Includes \$15 meal coupons, 1 lunch, 50% off day spa coupon, and shopping trip to Spokane	BLACK FRIDAY SHOPPING Great Falls, MT 4 Days Nov 26 to 29
DISCOVER NEVADA 12 days Sept 23 2 nights Helena, 1 night each in Jackpot, Ely and Wendover and 3 nights each in Laughlin and Las Vegas	BLACK FRIDAY SHOPPING Spokane, WA 4 Days Nov 26 to 29	
SAN FRANCISCO 13 days Nov 8 2 nights Helena, 1 night Wendover, 3 nights Reno 5 nights San Francisco and 1 night Jackpot	For detailed information of tours please Call, E-Mail us or Visit our website JOIN OUR ONLINE CONTEST! You could WIN \$250.00 worth of travel.	

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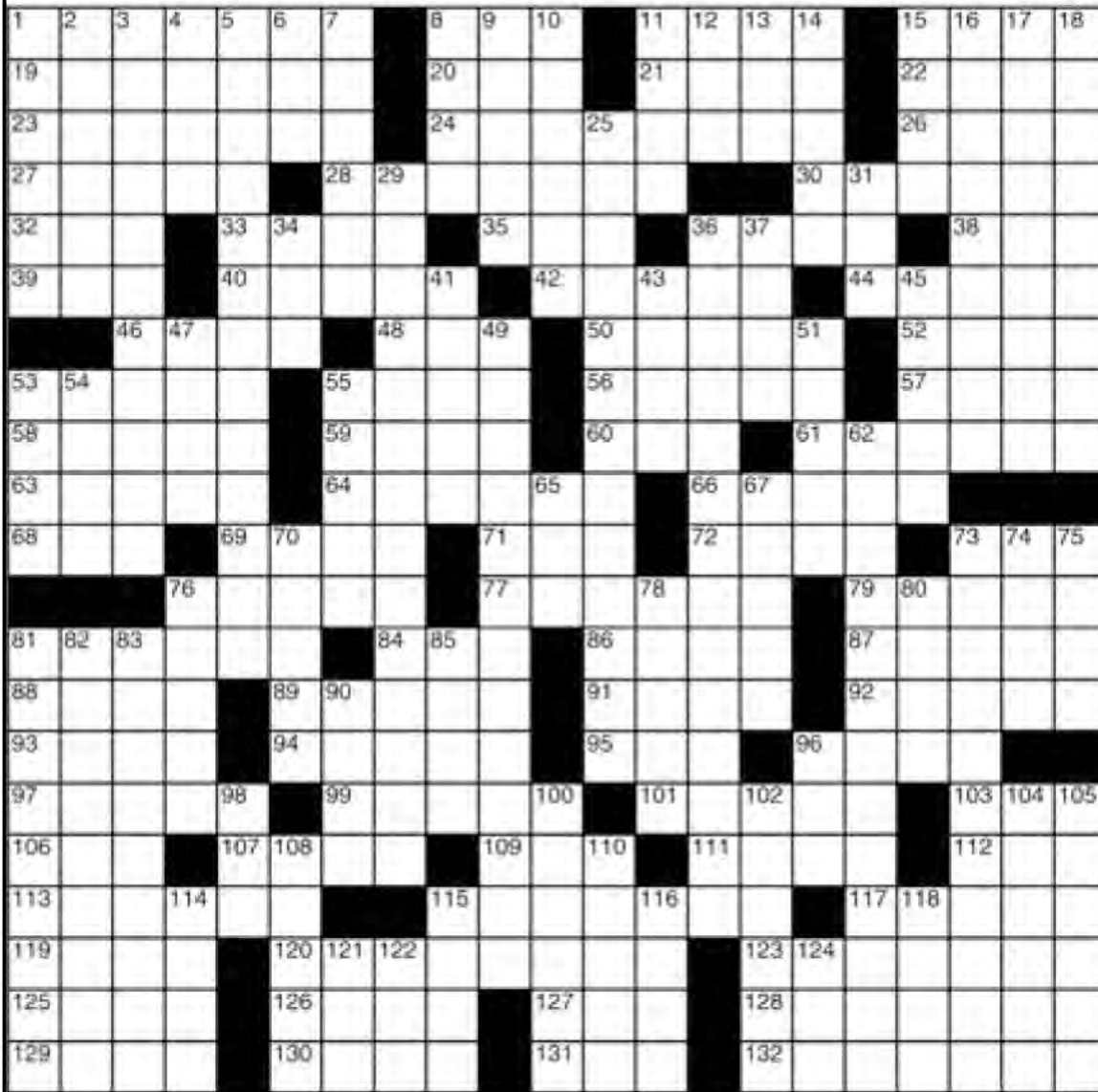
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Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo **FALLING RAIN**

- | | | | | | |
|-----------------------------------|-------------------------------------|---|----------------------------|------------------------------|-----------------------------------|
| ACROSS | 46 Unlucky day for Caesar | 77 12-step support group | 113 Metal bars | 16 Much like | 73 Bathroom stall outlet |
| 1 Runs in | 48 "Mass — Minor" (Bach work) | 79 Detox center | 115 More hammy | 17 Many Handel works | 74 California wine area |
| 8 Swiss skyline sight | 50 Dirties | 81 Skier's hut | 119 Like both-sex colleges | 18 Fall right onto one's mug | 75 Do as bid |
| 11 Open a tad | 52 Opera piece | 84 C times ill | 120 Examination | 25 Port on the Black Sea | 76 Cruel cousin |
| 15 Since | 53 Did very little | 86 Modest response to praise | 123 Early Greeks | 29 Vocational college | 78 A-bomb trial |
| 19 Pork in a pastry case, perhaps | 55 Growl like a mad dog | 87 Skier's locale | 125 Writer Brontë | 31 Driver's r/o, displayer | 80 Fashion mag since 1945 |
| 20 Copa's city | 56 "Speed up," in mus. | 88 "Whatever — Wants" | 126 Sultry singer | 34 Propane. | 81 Like Mozart music |
| 21 McEntire of Nashville | 57 Oceans | 89 Cymbal pair in a drum kit | 127 Actor Wallach | 36 Pielike | 82 Gaffer's ace |
| 22 Sorvino of "WiseGirls" | 58 Puccini title role | 91 Cruel Roman emperor | 128 Recluse | 37 Prefix with conference | 83 Dander and dust, often |
| 23 Rod used by a bartender | 59 San José, Costa — | 92 Broncos great John | 129 Not including | 41 Light meal | 85 Dial up |
| 24 Meted out | 60 Show people to seats, informally | 93 Tell- (exposés) | 130 Castle trench mis | 43 Scrip writers | 90 "— shame" |
| 26 Apple line | 61 Approach boldly | 94 Vodka brand, briefly | 131 Notes before | 45 Racial equality org. | 96 ISP choice |
| 27 Itchy skin problem | 63 Sing softly | 95 That, to Juanita | 132 Placed a burden on | 47 1920s-'30s art style | 98 Bar fixture? |
| 28 Ski resort near L.A. | 64 Straighten, as a twisted hose | 96 "A Death in the Family" novelist James | DOWN | 49 An EEG records it | 100 Pencil topper |
| 30 Set fire to | 66 Prevent, in court | 97 Hunts for | 1 Lager brand | 51 Bluish gray | 102 Actress Hemingway |
| 32 Suffix with Midwest | 68 — Solo (sci-fi role) | 99 Decode | 2 Go to sleep | 53 Craving | 104 Grosse —, Michigan |
| 33 Horror-film lab assistant | 69 Simlan "King" | 101 East — (country of Asia) | 3 "The Office" actor | 54 "Explorer" of kiddie TV | 105 Bollixed (up) |
| 35 Runner-turned-lord Sebastian | 71 Oslo loc. | 103 LP letters | 4 To be, to Brigitte | 55 Hog's sound | 108 Chapel song |
| 36 Swab brand | 72 — guilt trip on | 106 "Dear" man | 5 Often-iced injury | 62 Rough in texture | 110 Like acrobats |
| 38 Hack off | 73 — -cone (cold treat) | 107 Girasol, e.g. | 6 Rail holder | 65 Old Cambodian leader | 114 Extolling poems |
| 39 Treasury secretary Jack | 75 Heelless shoes | 109 Lyricist Gershwin | 7 Message from a pulpit | 66 Old Lon — | 115 Louver strip |
| 40 Pops' moms | | 111 "The Lion King" lioness | 8 Meccan, e.g. | 67 Zenith rival | 116 Osiris' wife |
| 42 Give credit where credit — | | 112 Female hare | 9 Spring bloom | 70 Swearwords | 118 Light coin |
| 44 Growl like a mad dog | | | 10 Hoi — | | 121 Prefix with 81-Down |
| | | | 11 Chichi | | 122 California's Santa — River |
| | | | 12 767, e.g. | | 124 "... good witch — bad witch?" |
| | | | 13 '60s prez | | |
| | | | 14 Pizza cut edges, e.g. | | |
| | | | 15 Exiled Idi | | |



Solution on page 24



THE REWRITE
 Released February 2015 (1 hour & 47 minutes)
 Unrated Comedy/Romance
Friday, July 31, 2015
at 1:00 PM in the
Kerby Centre Lounge
 Tickets are \$1.00 from the
 Education and Recreation Department, Room 305
 Price includes snack and a drink!
Sponsored by The Trinity Lodge

Book Review



"Dead Wake: The Last Crossing of the Lusitania"

By Erik Larson

c.2015, Crown
 \$28.00 U.S. / \$32.50
 Canada
 431 pages
 Reviewed by the Bookworm

It almost scared you to death. That's what it seemed like: heart pounding, palms sweaty, legs weak – but still in one piece, breathing again, thankful that you only had a near-miss. History, however, is not so benign, as you'll see in "Dead Wake" by Erik Larson.

William Thomas Turner "excelled" at his job.

Though no one would call him charming – he hated pretending as such – Turner had steadfastly worked through the ranks to become Captain of the Cunard Steam-Ship Company's Lusitania, a premiere ocean liner. With over 200 successful trips across the Atlantic Ocean, "The ship endured."

That record was important to her 1,265 passengers. Each of them appreciated the luxury (lengthy menus, gardens, and "20 cubic feet" of luggage allowed), and speed (up to 25 knots) that the Lusitania promised. And since Germany had issued warnings to all ships entering British waters, passengers appreciated the ships' safety, and they scoffed. "The Lusitania was simply too big and too fast" for any real threat.

In Washington D.C., President Woodrow Wilson was doubly-bereft: with his wife Ellen dead not quite a year, he'd fallen in love again. Edith Bolling Galt gently discouraged him as was war waged between Britain and Germany, but Wilson would do "all he could to keep America neutral" ... and to get Edith to marry him.

To those who served with him, Kptlt. Walther Schweiger was a conundrum: known for his sense

of humor with those aboard Unterseeboot-20, Schweiger was also renowned for his "callousness." Life aboard a German U-boat was not pleasant, but Schweiger ensured that his men were happy.

He had much less compassion for anyone on a ship in his sights.

On May 1, 1915, the Lusitania prepared to leave New York City en route to Liverpool but first, it had business to tend to: a nearby British luxury liner had been conscripted and its passengers re-assigned. Getting them aboard took an extra two hours; the Lusitania, therefore, was late getting out to sea.

Says Larson, "Even the briefest delay could shape history."

So you think you know what happened nearly a century ago. So did author Erik Larson but as he researched, he "quickly realized how wrong" he was about the Lusitania. And so will you, as you immerse yourself inside "Dead Wake."

This story of a ship, however, wouldn't be nearly as fascinating without the story of those hating it, in charge of it, on it, and not on it. Indeed, as Larson tells a thousand tiny stories of passengers and foes, bravery and duty, we become wrapped up in each tale, needing to know each individual fate. It's also, therefore, easy to become uneasy: menace is like fog here because we know. Larson's account of this historic event made me want to scream "Watch out!" loud enough to be heard 100 years ago.

While it's a sure-bet for historians, I also think thriller fans will love this book, too. If your heart doesn't pound while reading "Dead Wake," in fact, get it checked. You might be dead, too.

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

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Kerby Centre's Activities, Programs & Services

DATES TO REMEMBER

Kerby Centre ClosedWed July 1
 Kerby Centre ClosedFri July 3
 Options 45 1:30pm - 3:00pmThurs July 2 & 9
 Kerby Centre's Stampede Breakfast ...Fri July 10
 Health PresentationMon July 20
 Options 45 5:30pm - 7:00pmTues July 21 & 28
 Monthly Movie "The Rewrite"Fri July 31

Join In:

Membership: (Rm 208)
 Being a Member at the Kerby Centre has several perks such as Ed & Rec course discounts, a monthly issue of the Kerby News, fit room discounts, AGM voting privileges and more. Annual Membership only \$22.00 and with \$3 onsite parking for the year!

Free access available to the internet terminals. Monday to Friday, 9:00am to 2:00pm.

Options 45: (lounge)
 This is a drop-in group for people 45 years of age and older. The group involves networking and speakers on topics such as resume building, LinkedIn, encore careers, connecting with recruiters, dressing for suc-

Internet Room: (Rm 305)

Weekly Clubs and Events

Monday	Tuesday	Wednesday	Thursday	Friday
Recorder Group Room 313 1:00pm- 2:30pm \$1.25		Bridge Room 307 1:00pm - 3:00pm \$1.25	Artists Group Room 313 10:00am - 3:00pm \$1.25 per half day	Spanish Conversation Group Room 311 10:00am -12:00pm \$1.25
Cribbage Chandler Kennedy Room 1:30pm -3:30pm \$1.25	Keep your face to the sunshine and you cannot see a shadow. Helen Keller		Bingo* Room 205 11:30am - 3:00pm	Krazy Karvers Woodcarving Club Room 102 10:00am - 3:00pm \$1.00 per hour

cess, job finding, skills and abilities along with much more! Drop in fee of \$2.00

Craft Group:
 Craft Group will resume September 16th.

What can be purchased at the Kerby Centre?

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

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

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

Get Involved:

Tour of Kerby Centre:
 Tours are held every Thursday at 10:30am for

approximately 1 hour. Starting in the dining room, you will learn about Kerby Centre's programs, services and volunteer opportunities. No registration required.

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

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

Be Active:

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

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

Pickleball:
 Stay fit and have fun by play-

ing Pickleball in the Kerby Gymnasium. Every Monday and Thursday the nets will be set up between 3:30pm – 5:00pm. Cost \$1.25

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


Walk About:
 This will be a brand new program beginning during the summer and will run once per month, dates to be determined. The club will consist of a monthly tour to one of the many interesting locations around the downtown area. Participants will meet at the Kerby Centre and either walk or a combination of free downtown transit and walking to reach the destination, which could include locations such as Devonian Gardens, Peace Bridge, City Hall, one of the various downtown festivals throughout the year, etc. The locations will be announced before the group meets each month, and a facilitator will lead the group to and from the point of interest. For more information about how to join and when it will start, please call 403-705-3233.

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Kerby Centre Presents...
BRAIN TRAINING
 By Dr Vina Goghari

Dr Goghari is a professor of psychology and a registered clinic psychologist. The study of basic cognitive and affective process of the brain as we age

July 20th, 2015
 11:00am
 Kerby Centre Lecture Room
 1133 7th Ave SW

No Cost, No Registration





Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

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

Please choose to make a difference today.

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

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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 August issue must be received and paid by July 9.



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

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

Gov't Funded (AADL) Bathroom, bedroom, walkers, wheelchairs. SILVER CROSS® 403-236-1338

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11 FOOT CARE

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12 HOME CARE

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just4ufamilyservices.com housekeeping/meal prep, In/out of home companionship. Accompany appts shopping Corinne, Kathy 403-590-2122 just4ufamilyservices@shaw.ca Stella the care helper. No job too small. Specializing in cleaning for srs: laundry serv, windows, move in/ out, grocery & personal shopping 403-890-9861

13 MOBILITY AIDS

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24 LANDSCAPING

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Continued from page 23

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Community Events

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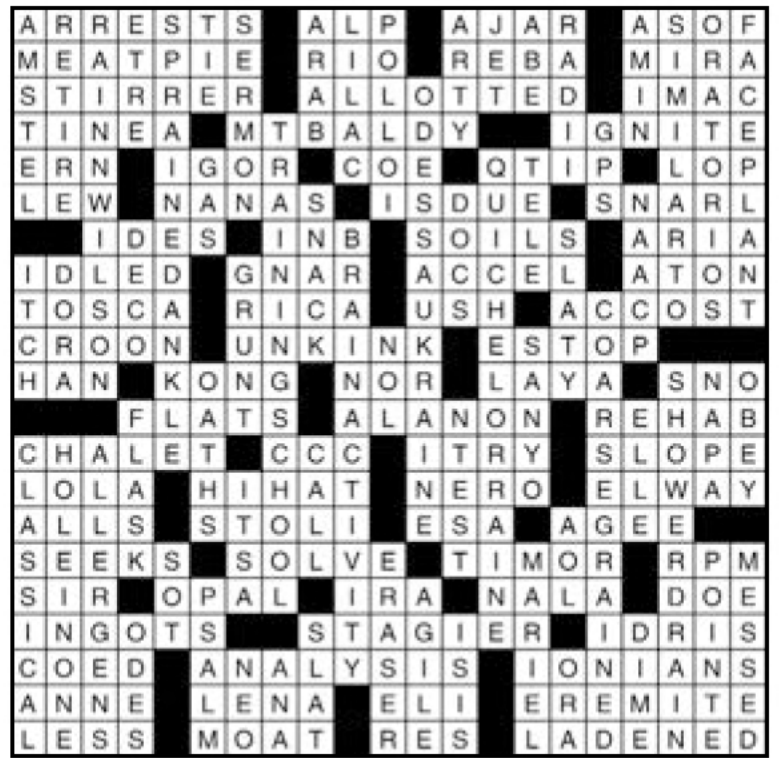
Free Stampede Breakfast

The Bridgeland Campus of Centre Street Church, in partnership with local businesses and agencies, is hosting its annual free Stampede Breakfast on July 5 between 9:00 a.m. and 11:30 a.m. in between Bridgeland Sport and

Soine and La Brezza Ristorante (990 1st Avenue NE). Come and enjoy boot-stomping fun, fantastic flapjacks, live music, face painting, and more.

Compiled by Faye Wu

Crossword Solution



Puzzle on page 21

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.

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

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

Charitable Registration #11897-9947-RR0001

Kerby Centre Department Directory

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

Main Switchboard
403-265-0661

www.kerbycentre.com

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

Education & Recreation	403-705-3232
<i>Information source for programs at Kerby Centre</i>	
	program@kerbycentre.com
Fund Development	403-705-3235
<i>Work with members and community to provide funding for Kerby Centre's vital programs</i>	
	funddev@kerbycentre.com
General Office	403-705-3249
	generaloffice@kerbycentre.com
Grocery Delivery Program	403-234-6571
<i>Shop and deliver groceries for housebound seniors</i>	
	grocerydelivery@kerbycentre.com
Housing	403-705-3231
<i>Assists seniors in finding appropriate housing</i>	
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Kerby Rotary House	403-705-3250 (24 hour)
<i>Providing refuge for those over 55 fleeing family abuse, seniors in crisis and homeless seniors.</i>	
	shelter@kerbycentre.com
Volunteer Department	403-705-3218
<i>Volunteers are the heart of Kerby Centre</i>	
	volunteer@kerbycentre.com
President Hank Heerema	403-705-3253
	president@kerbycentre.com
CEO Luanne Whitmarsh	403-705-3251
	luannew@kerbycentre.com

Six ways reading brings joy to our lives

A good book can transport us to other worlds, or reveal more about this one, author says

The options for latching onto a great book – whether a classic by Victor Hugo or the latest bestseller by John Grisham – appear limitless these days.

Printed books remain popular, but e-readers provide additional choices. We can still visit bookstores and libraries, but a seemingly infinite selection of titles is available for ordering online.

And, despite periodic worries about the reading habits of the young, a Pew Research Center study released last year showed that young adults, ages 18-

29, were the group most likely to have read a book in the previous 12 months.

It's not surprising people are still eager to lose themselves in a richly plotted novel, a well-researched biography or any title on a favorite topic, says Darlene Quinn, an author whose latest novel, "Conflicting Webs" (www.darlenequinn.net) is the fifth in her standalone Webs Series, which features stories steeped in family issues in today's rapidly paced world.

"Reading is beneficial for everyone, whether we do it for entertainment, to pass the time or to learn," Quinn says. "We can grow and change from the first page to the last page, and anywhere in between. A love for reading can open a lot of doors."

Quinn, a lifelong lover of books, suggests six ways reading brings joy to our lives:

- Relaxation factor. After a busy day, down time with a book can be a rewarding way to segue into bedtime. "Putting up your feet with a cup of tea and a timeless story can make the stress melt away," Quinn says. "What better way to unwind?" The beauty of ending the day with a good book is that you can still have mental stimulation even as you seek a distraction from personal issues, work concerns and the unexpected complications of life.
- Universal appeal, personal experience. People can read the same book, yet come away with an experience that is distinct for them, Quinn says. That puts her in agree-

ment with Edmund Wilson, the American literary and social critic, who observed that "no two persons ever read the same book." Quinn says we often alter what is written – or at least our interpretations of it – to reflect our situations, personalities and opinions.

• Tech savvy welcome, but not required. E-readers are popular these days and it's not hard to understand why, Quinn says. They bring numerous benefits to the reading experience, such as the ability to instantly download new books or change the type size on the screen. But tried-and-true print versions of books remain strong and it's nice to be able to grab a book without charging its battery or bringing along a power cord, Quinn says. "And as far as I'm concerned, you just can't beat the intoxicating aroma of fresh book pages," she says.

• To infinity and beyond. Trains, planes and automobiles all have limits on where they can take us. Books don't. A science fiction novel can whisk us away to an alternate universe. A historical novel can plunk us down in the middle of the Salem witch trials. In the movie "Toy Story," Buzz Lightyear's catchphrase was "to infinity and beyond." That aptly describes the reach of books and the power they have to

transport us. "Right in our hands we have the passageway to a new world, a new language or a new understanding," Quinn says. "We can be anywhere and we can be there at any time."

• Lessons within the pages. The opportunity to expand our creativity and knowledge is what reading is all about, Quinn says. Name a topic and a book exists that can help you learn more about it. The options are numerous – music, history, art, geography, exploration, science, nature, religion and more. "My goal has always been to be a lifelong learner and books are a fantastic asset for achieving that," Quinn says.

John Green, author of such works as "The Fault in Our Stars" and "Paper Towns," has said, "Great books help you understand, and they help you feel understood." Quinn says that might be the best reason of all to read.

"The feeling that someone else knows our struggles and relates to our lives can give us a sense of completeness, and help us realize we aren't the only ones who feel or think the way we do," she says.

"Reading can make us happy when we are sad. It can make us laugh when we are depressed. And it can excite us when we are disheartened. Those are great accomplishments for such a simple activity."

What to do after hail damage from a storm

(NC) While hail storms do not happen frequently, they can cause significant damage to both your home and your vehicle. With hail that can reach the size of golf balls falling from the sky, it is not uncommon for hail to break windows, dent cars and damage the siding on your home.

"If you experience damage from a hail storm, call your insurance company immediately. All of the details of the storm and the damage caused will be fresh in your mind," says Achiel Goossens, Senior Manager of Auto Claims with Aviva Canada.

If you have any questions about the claim process, talk to your insurance bro-

ker or insurer. They will be able to guide through the claim process. But, here are some important tips that everyone should follow if they experience damage from a hail storm:

1. Take photos: Photos are your proof that damage occurred. It will also validate your claim and move the claim process along quicker.

2. Record all details: Take note of all the specifics of the hail storm. Write down the time, location, and date of the storm and make note of all the damage that occurred to your home or vehicle.

3. File immediately: File your property damage claim

as close to the event as possible. It is easier to file a claim when all the details are fresh in your mind, allowing you to complete the claim process quickly and efficiently.

Following these three easy steps will make your auto or property damage claim significantly easier. No one wants to experience damage from a hail storm, but knowing how to file a claim properly will make the process smoother and ensure that things go back to normal.

More information is available from your insurance broker or at aviva.com.

www.newscanada.com



Talisman Choir entertained seniors in Kerby Centre's dining room at the end of May. Photo by Barry Whitehead

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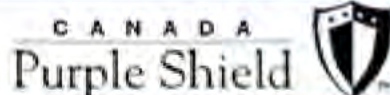


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The Healthy Geezer

By Fred Cicetti

Q. Aneurysms are pretty scary things. Do they have any symptoms?

A. Aneurysms are artery bulges. And, yes, they are scary because, if they burst, they are lethal. Many victims of a ruptured aneurysm die before they get to a hospital.

The type and location of

the aneurysm will determine the symptoms.

Chest aortic aneurysms, which occur in the large blood vessel (aorta) that carries blood from the heart to other parts of the body, may cause shortness of breath, a raspy voice, backache, or shoulder pain.

Abdominal aortic aneurysms may cause

pain or tenderness below your stomach, make you less hungry, or give you an upset stomach.

Cerebral aneurysms may produce headaches, pain in your neck and face, or trouble seeing and talking.

Ventricular aneurysms in the heart's main pumping chamber (the left ventricle) may cause shortness of breath, chest pain, or an irregular heart beat.

Fortunately, aneurysms can be detected by a physical examination, x-ray, ultrasound and modern

imaging systems such as a CAT scan or an MRI.

The size and location of the aneurysm determines the treatment method. For example, aneurysms in the upper chest are usually operated on immediately. Aneurysms in the lower chest and the area below your stomach are watched at first. If they grow too large or cause symptoms, surgery may be required.

The standard treatment for aneurysm once it meets the indications for surgery is replacement of that weak-

ened portion of the aorta with an artificial graft.

The following increase the risk of getting an aneurysm: being older than 60, plaque in the arteries (atherosclerosis), high blood pressure, smoking, injuries or infections of the blood vessels, a congenital abnormality, and inherited diseases.

Most aneurysms are caused by a breakdown in the proteins that provide the structural strength to the wall of the aorta. These proteins can gradually deteriorate with age. But inflammation that is associated with atherosclerosis can accelerate this process. There are also naturally occurring enzymes that cause the breakdown of the proteins. An excess of these enzymes or other conditions that activate these enzymes may also contribute to the formation of an aneurysm, or its sudden growth. In rare cases an aneurysm may be caused by infection.

The combination of early diagnosis with safer, simpler, and ever more successful treatments can prevent needless deaths due to ruptured aneurysms. If you think you or one of your family members might have an aortic aneurysm, see a doctor without delay. □

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



Anita St. Lawrence is pictured at Kerby Centre with the nests she has knitted for baby birds and animals that are being treated at the Alberta Institute for Wildlife Conservation. Kerby Centre members of the general crafts group are amongst those who have been participating in the project. If you are interested in knitting nests call 403-946-2361. Photo by Barry Whitehead.

Airline luggage crackdown has you down?

Use these 10 tips or traveling with carry on luggage

It has been in the news recently that airlines are enforcing their rules for carry on luggage. A problem began when airlines started charging customers for a checked bag, and travelers started jamming their carry on bags full, and pushing the size and weight limit to avoid extra costs. Travel blogger Marc Smith has fantastic tips on travelling with just a carry on bag.

Ten Tips for Carry-On Luggage Travel

Travelers can save money and time by using the following 10 tips.

1. Make sure your carry-on bag is the right size – no exceptions. This is important because if the bag is rejected, the traveler is stuck with a charge for a checked bag fee. Wheels and handles are included in the height!
2. Make a list of the activities you will be doing and what kind of clothes and shoes are needed.
3. Don't pack toiletries you can get at your hotel. Soap,

shampoo, conditioner and lotion is typically provided by hotels.

4. Pack clothes that don't wrinkle or that iron quickly.
5. Take two pairs of shoes, and wear the bigger, bulkier pair onto the airplane.
6. Roll up clothes in your carry-on to conserve space and reduce wrinkles.
7. Place all technology and books into a separate small purse or backpack to stay at your feet during the flight while your clothing is in the overhead compartment
8. Plan to wear your dressier clothes more than once. If you are attending a fancy dinner or concert, change into your more formal clothing just before you leave and change back out immediately after the event.
9. Pack clothes that are versatile and can be worn during the day and evening.
10. Do laundry. It takes very little time and extends the clothes that were brought. There are hotel laundry services and almost always laundromats nearby. □

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IN MEMORIAM

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

Jane Louise Boston
Maurice William Buck
Charles Glenn Chinneck
Mary Betty Dahlie
Evelyn Celia Donlevy
Joyce May Folk
Alvin (Al) William Griswold
John (Jack) Leong
Horst Leseberg
Doris May Lyttle
Elisabeth Agnes Miller
Katherine (Kay) Williams
Sydney Young

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

CELEBRATING THE WORLD OF SENIORS



Kerby Centre's gym was alive with dance, music and song during Seniors' Week with live cultural performances as part of "Celebrating the World of Seniors" afternoon. While the \$2 Beef-on-a-Bun helped attract a sizable crowd, the highlights were cultural performances by a Korean choir, Chinese and Korean dance groups and a Punjabi folk dance ensemble. Photo by Jayson M. Lizardo

Will yours work? Do you have one?

Good financial planning must include providing for your loved ones and ensuring they are taken care of after your death. It should also include taking the right steps to ensure that your wishes for your finances and medical treatment will be respected even if you become incapacitated. The essential basis for all this is a valid, up-to-date will.

Your will should name your executor (sometimes called a Personal Representative) to take charge of your estate. Ensure your legacy is passed on according to your wishes – if you die without a will (i.e. intestate) your estate will be distributed according to provincial legislation, which may not be consistent with your intentions. Make suitable arrangements for minor children and other dependants, and in particular, name guardians for them. Minimize delays, costs and the complexities of passing on your estate. Reduce taxes to the extent possible, in some cases by creating testamentary trusts for beneficiaries who are in higher tax brackets.

It is not absolutely necessary to have a lawyer prepare your will – but it is

certainly recommended. You should also create a Living Will and a Power of Attorney that designates person(s) of your choice to make financial and/or health-related decisions on your behalf should you become too ill to do so on your own. Generally speaking, the purchase of will kits and Power of Attorney kits at various retail stores or on line is not recommended, as it's easy to make mistakes. A holograph will is one prepared by you in your own handwriting and signed by you, without witnesses. Such a will can raise many problems and should be avoided except in an emergency. The bottom line: when it comes to wills, professional advice is well worth the cost.

Your will should be reviewed at least every five years or when there has been a significant change in your personal circumstances like: change in marital status, expecting a child, your financial position changes significantly, move to a different province, territory or country, etc.

Wills become more complex if you own a business, are in a blended family, want to set up a trust, have

specific bequest objectives, or want to structure your assets to minimize estate taxes and probate fees. That's why it makes good sense to speak with a financial advisor about the best way to pass on your legacy. Something to consider:

A philanthropic gift no matter the size is an important decision when updating or finalizing your will.

To make the best use of your contributions, to preserve your legacy, and to minimize taxes and/or estate fees, a sound charitable giving plan is the way to go.

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

There are many other options available. We can help you choose the most efficient and best option to fit your wishes and goals.

This column, written and published by Investors

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Contact a financial advisor for specific advice about your circumstances. For more information on this topic please contact your Investors Group Consultant

Financial Planning Today

Topic: Charitable Giving Strategies

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

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

Please **RSVP** to Rob Locke
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Door prize awarded to one lucky attendee

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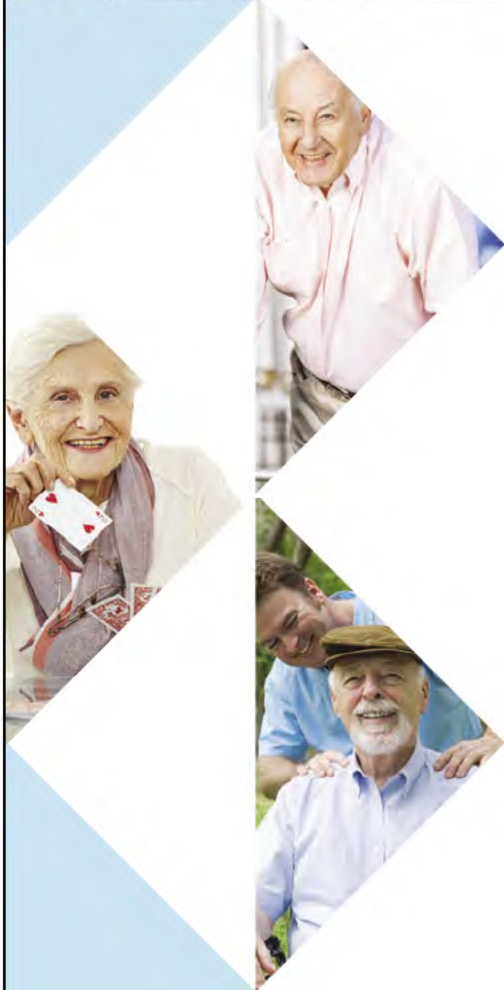


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