

# Kerby News

Published by  
Kerby Centre

for the **55** plus

2015  
June

Volume 31 #6



Calgary poet Sheri-D Wilson sounds out on poetry on page 20 as Kerby News celebrates Seniors' Week with a feature issue on poetry.

## Inside

- HandiBus help .....Page 8
- Kerby Centre's Summer Programs.....Page 10-12
- Poems, poems, poems .....Page 13-17
- Family trees uprooted .....Page 24



1-7 June, 2015 Seniors' Week  
21 June, 2015 Summer Solstice  
21 June, 2015 Father's Day



1133 - 7th Ave. S.W.  
Calgary AB T2P 1B2  
403-265-0661

Kerby Centre

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

Happy Father's Day

PO # 0040064604

**GORDON LIGHTFOOT** JUNE 29

**CHARLIE PRIDE** JULY 05

**MARTINA MCBRIDE** JULY 24

**NITTY GRIDDY DIRT BAND** JULY 31

BUY YOUR TICKETS AT [WWW.GREYEAGLERESORTANDCASINO.CA](http://WWW.GREYEAGLERESORTANDCASINO.CA)

**GREY EAGLE**  
EVENT CENTRE  
ON THE BEAUTIFUL TSUU TINA NATION





## PRINCE OF PEACE MANOR

### Wellness FAIR

WEDNESDAY, JUNE 10<sup>TH</sup>  
FROM 1:00 PM - 4:00 PM

We are holding a Health & Wellness Fair with a variety of community vendors providing information & education promoting a healthy lifestyle. "we have you covered"!



403-285-5080

285030 LUTHER ROSE BLVD. NE  
info@popcampus.ca  
www.popmanor.ca



PRINCE of PEACE

# Manor

Senior Care Residence

## TRINITY LODGE

### Chinook Country LINE DANCERS

SATURDAY, JUNE 27<sup>TH</sup>  
AT 2:00 PM

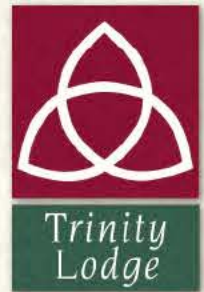
Come and enjoy an afternoon of dancing and refreshments. We'll be tapping our toes to this live performance!

Please **RSVP**



403-253-7576

1111 GLENMORE TRAIL SW  
info.tl@diversicare.ca  
www.trinitylodge.ca



## THE LODGE AT VALLEY RIDGE

# SUMMER Open House

Featuring The Chinook  
Line Dancers!

THURSDAY, JUNE 4<sup>TH</sup> FROM 2:00 PM - 4:00 PM

A parade of suites and guided tours will be available. Refreshments & goodies will be served.

Please **RSVP** at 403-286-4414 Ext 104

403-286-4414

11479 VALLEY RIDGE DR. NW  
info.vr@diversicare.ca  
www.lodgeatvalleyridge.ca



## LAKE BONAVISTA VILLAGE



### Native Fancy Shawl Dancing PERFORMANCE

FRIDAY, JUNE 12<sup>TH</sup> AT 2:30 PM

403-258-1849

11800 LAKE FRASER DR. SE  
info.lbv@diversicare.ca  
www.lakebonavistavillage.ca





# The Manor Village at Rocky Ridge

**\*\* Offering a New Lifestyle... Assisted Living \*\***



## Assisted Living / Rejuvenation Plus includes:

- 24 hour Health Care
- 3 Nutritious Meals per day
- Weekly Housekeeping
- Laundry Service
- And Much More!

450 Rocky Vista Gardens NW  
**403.239.6400**

Call Now! Select Suites Available

**Preserving  
 Independence With  
 Compassion & Expertise**  
 The Community with Heart ♥



**SIGNATURE PARK**  
 1858 Sirocco Drive SW  
 403.249.7113

**STAYWELL MANOR**  
 174 Ypres Green SW  
 403.242.4688

**\*GROVES OF VARSITY**  
 5353 Crowchild Trail NW  
 403.399.5570



THE MANOR VILLAGE  
**LIFE  
 CENTERS**

**HUNTINGTON HILLS**  
 6700 Hunterview Drive NW  
 403.275.5667

**GARRISON WOODS**  
 2400 Sorrel Mews SW  
 403.240.3636

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



# Embark on the journey of a worry-free style of living

Starting from the **\$200's**



**1 & 2 Bedroom Suites are NOW available!**

**SUNDANCE ON THE GREEN**   
A CARING COMMUNITY BY BETHANY

Sundance on the Green is a 99-suite life lease adult community for seniors to live actively and independently. A life lease purchase with a guaranteed buy back provides a sense of security, community and quality of life.



- Life lease holder has full control of the length of leasing agreement
- Guaranteed buy back at fair market value
- Well maintained property and grounds
- A pet-friendly building with a lot of common areas for activities
- Spacious open-concept apartments offer up to 1,205 square feet
- Plenty of windows to allow natural light into each room

**Open Houses**  
11:00am to 3:00pm  
**Wednesdays**  
June  
3, 10, 17, 24

**403.254.9800**

3 Sunmills Green SE Calgary, AB T2X 3N9  
sundance@bethanyseniors.com  
www.bethanyseniors.com





**President's Report**



# The good news about the Kerby News

By Hank Heerema

From time to time, I am asked about why there is advertising in the Kerby News. There is not one answer to that, there are many.

Kerby News began as a newsletter for Kerby Centre but has grown through the decades to be an invaluable resource for older adults throughout Southern Alberta with

30,000 copies distributed free every month.

Our editor and contributors endeavour to bring you interesting, informative, and enlightening stories each and every month. We pride ourselves on feedback from our readers about how integral our newspaper is to their lives and to their connection to their community.

At a time when many print publications are struggling, Kerby News continues to gain advertisers and reach more readers.

Our advertisers enable us to create, print and distribute our paper for free from Red Deer to Lethbridge. Without the support of our advertisers, Kerby News simply would not exist.

Kerby News is what is called a social enterprise. This means that it is run with a goal of generating more money than its expenses, and the money goes to support the programs and services of a

non-profit organization, in this case Kerby Centre.

Along with our other publications, the Kerby Centre Housing Directory and the Directory of Seniors Services, Kerby News uses advertising opportunities to bring in money to support Kerby Centre's operations. That money helps us continue vital programs such as our grocery delivery for older adults who cannot shop for themselves, wellness services, and our shelter.

When you see an advertisement in Kerby News,

know that the client is using their advertising dollar to reach out to older adults, while also supporting programs and services vital to Alberta's older adults.

If you choose to use the products or services of our advertisers, be sure to let them know that you heard about them in the Kerby News.

Thank you for reading Kerby News and we look forward to entertaining and informing you for many years to come.

## JUNE 2015

**Front page:** Photo courtesy of Sheri-D Wilson  
Design by Winifred Ribeiro

### Kerby Centre Board of Directors 2015 - 2016

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

#### EXECUTIVE

**President:** Hank Heerema  
**1st Vice President:** Philip Dack  
**2nd Vice President:** Phil Hochhausen  
**Treasurer:** Donna Gee  
**Secretary:** Richard Hehr

#### Directors

Larry Allen, Dixie Bain, Gary Ellis, Marion Narum, Zane Novak, Richard Parker, Tara Weber, David Yu Song, Celia Zhou

#### KERBY CENTRE'S MISSION:

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

### Kerby News

Published monthly by Kerby Centre  
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2  
(403) 265-0661 • Fax (403) 705-3212  
**Kerby Centre Website:** [www.kerbycentre.com](http://www.kerbycentre.com)  
e-mail: [editor@kerbycentre.com](mailto:editor@kerbycentre.com)

**Co-Publishers:** Keith Callbeck and Luanne Whitmarsh  
**Editor:** Barry Whitehead  
**Production Manager:** Winifred Ribeiro  
**Typesetter:** Montanna Clark  
**Sales Consultants & Distribution:** Jerry Jonasson (403) 705-3238  
David Young (403) 705-3240  
**Classified Ads:** (403) 234-6568 Fax (403) 705-3212

The following volunteers assist our professional staff in the production and distribution of Kerby News each month. We are indebted to them for their help:

**Editorial Assistants:** Kathleen Burke, Margaret McGruther, Faye Wu

**Proofing:** Margaret McGruther, Anita Dennis, Mansoor Ladha

**Mailing:** Murray Beck, Don Sharpe, Anita St. Lawrence, Ellen Hansell, Judith Klement, John Lamb, Ryan Robertson, Wayne Orpe, Joanne Dennis, Margaret Walker, Anna Davidson, Peter Meyer.

Kerby News is the official publication of Kerby Centre. Of the 30,000 copies printed monthly, 3,200 copies are mailed to its members. In addition, 26,800 copies are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies. Non-members can subscribe for \$25.00 per year, inclusive of postage and GST.

Printed in Canada by CentralWeb-Calgary.  
Canadian Publications Mail Product Sales, Agreement # 40064604.

Return undeliverable Canadian addresses to:  
1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

Material published in the editorial columns of the Kerby News is protected by the Canada Copyright Act and may not be copied or reproduced by any means without the written consent of the Publisher.

Although every precaution is taken to monitor advertising placed in the Kerby News; claims made by advertisers are theirs and are not necessarily endorsed by Kerby Centre. Kerby Centre reserves the right to refuse any advertising materials submitted.

**NOTE:** Display advertising is accepted on the condition that, in the event of a typographical error, the advertiser will be issued a credit toward future advertising. If the advertisement is for a one-time event or limited time sale, the advertiser will be refunded.

### By-Your-Side Probate Services



Helping you to wrap up  
a loved one's estate.  
With or without a will.

**Carolyn Lawrence**  
President

403-293-5488  
403-478-2089

[probatecoach@gmail.com](mailto:probatecoach@gmail.com)

Save Time & Money! Reduce Stress!

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

### The Alex Mobile Health Bus

9:30 am to 11:30 am

every Monday at Kerby Centre  
(except holidays)



Kerby Centre

For people who do not have a family Medical Doctor, who are mobile, and not in medical distress.

The Alex Mobile Health Bus offers:

Check-ups  
Assessments  
Testing (STIs, Diabetes, Cholesterol, etc.)  
Referrals  
Non-Judgmental Support

No appointment needed

Note: The bus is not a mobile lab service



## Stampede Breakfast

### Kerby Centre's 23<sup>rd</sup> Annual Breakfast

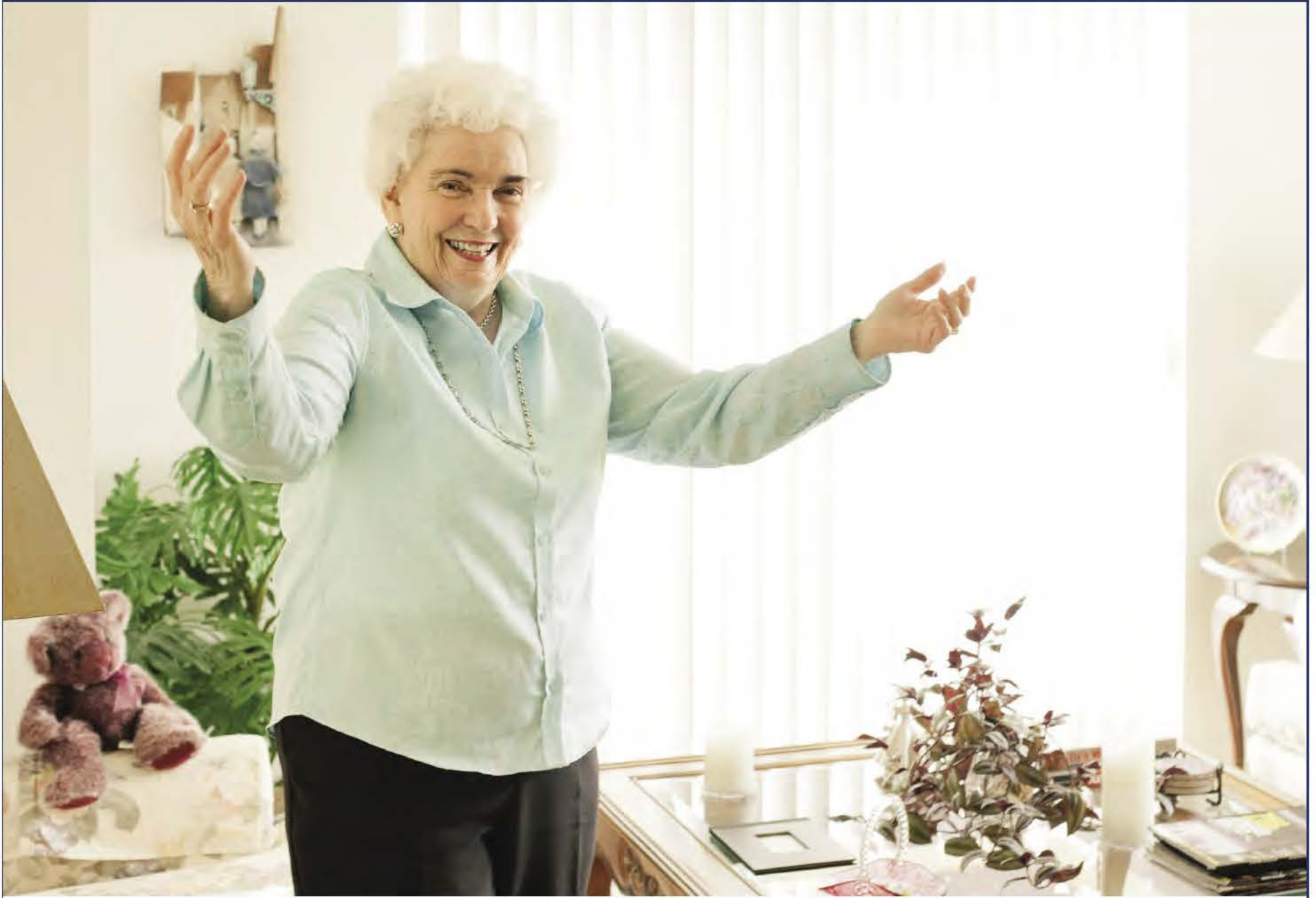
Friday July 10, 2015  
8:00am - 11:00am

No Cost, No Registration

Back by Popular Demand  
"The Gordie West Band"

Kerby Centre Auditorium 1133, 7<sup>th</sup> Avenue SW Calgary





## Simplify your life.

Right-sizing frees up room for living! When you live at an Amica retirement community you eliminate the worry of home maintenance and upkeep. And you enjoy fresh-prepared meals and lively social activities. Simply tour to find out more.

**VISIT US  
TODAY**

**Move in this Spring! Call to  
arrange your personal tour and  
complimentary lunch!**

All-Inclusive Retirement Living • [www.amica.ca](http://www.amica.ca)

Amica at Aspen Woods  
10 Aspenshire Drive SW, Calgary, AB  
403.240.4404



**AMICA™**  
at Aspen Woods



## News from City Hall —

**It's time to open Calgary's cycle track network**

Evan Woolley



Construction is nearly finished and soon we'll be launching Calgary's new cycle track network. Please join me to celebrate this great step forward for Ward 8 and for our city. We'll have live music, food trucks, family-friendly activities and plenty of bicycle parking. So get on your bike and make your way to Barb Scott Park in the Beltline (9 St & 12 Ave SW) on Sunday, June 21, from 11 a.m. to 3 p.m.

The cycle track network is a pilot project that builds on the existing regional pathway network and current track on 7 Street SW. The new bike lanes are protected by a physical barrier from moving cars, parked cars and sidewalks, thus providing a predictable space for cyclists, increasing safety, and making it easier to get around downtown Calgary on bike. The network includes the following new cycling

routes: 1) 5th Street, from 3rd to 17th Avenues SW; 2) 12th Avenue, from 11th Street SW to 4th Street SE; and 3) 8th & 9th Avenues, from 11th to 3rd Streets SW from Macleod Trail to 4th Street SE.

Calgary is a big city now, and we're only going to get bigger. It is therefore crucial that we provide more travel choices, especially for getting in and out of downtown, and that these options are safe, convenient, acces-

sible and permanent. There are currently 11,000 cyclists who cycle in and out of downtown every day – this number will increase, and the new routes in the city core are an excellent step in preparing for Calgary's bike-friendly future.

Let's demonstrate the value of this project and give credit to the City staff and engaged citizens who made the cycle track network a reality. I hope you'll join me on Sunday, June 21.

If you have any questions about cycling in Calgary, the pilot of cycle tracks, or the event, you can call my office at 403-268-2430, send email to ward08@calgary.ca or visit my website [www.calgary.ca/ward8](http://www.calgary.ca/ward8).

*Evan Woolley is the Calgary Councillor for Ward 8*

## This month in Edmonton —

**Please allow me to introduce myself**

Kathleen Ganley



I am honoured to introduce myself to Kerby News readers as the MLA-elect for Calgary-Buffalo. I am excited to be a part of this new government, to bring change that Albertans have been waiting for, and for this opportunity to represent such a vibrant and diverse community in the heart of Calgary.

A little about me: I was born in Edmonton and grew up in Calgary, where I attended Western Canada High School right here in

Calgary Buffalo. Prior to the election I was working as a labour and employment lawyer in here in Calgary. I live with my husband and two cats, and in my free time I enjoy theater, yoga, and spending time with my friends.

When not working, I have been active in the community. I believe that volunteering is a great way to connect with a community and have worked as a pro bono lawyer, a stage manager, and a hospital volunteer.

Since the election I have been familiarizing myself with my new job and working hard to get my office set up and ready to receive visitors. Thanks to the help and support of my colleagues, we hope to have the office up and running early this summer. I look forward to meeting many of you in the weeks and months to follow.

This election was incredibly exciting, representing the first change in government in Alberta in 44 years. It was so

wonderful to see so many people interested in the issues that face us, and hear so many ideas and thoughts while out knocking on doors and canvassing the streets. Now the hard work really begins!

Our new government is made up of people who work hard, are dedicated to their communities and devoted to public service. We are from different backgrounds from across the province and together we represent the diversity of the people of Alberta.

I am honoured to work with them, and to serve you. I hope that in the months and years to come, we can hold on to the excitement that swept through Alberta this election.

I look forward to hearing from, and working for, all of you.

*Kathleen Ganley is MLA for Calgary Buffalo*

## This month in Ottawa —

**Initiative to produce results for seniors' organizations**

Joan Crockatt



On Friday May 8th, I was thrilled to introduce my colleague Minister of State for Seniors Alice Wong, who highlighted the Government of Canada's work to tackle issues facing seniors in a speech delivered at the Korean Canadian Seniors Conference hosted in Calgary. In her remarks, Minister Wong highlighted the re-aligning of a number of programs and activities to address the issue of social isolation of seniors—a growing issue that can have substantial impact on seniors' lives.

I am always encouraged by our government's continued commitment to Canadian seniors and their issues. A call for proposals (CFP) for pan-Canadian

projects funded through the New Horizons for Seniors Program (NHSP) will be launched on May 29, 2015. Using collaborative partnership approaches and with an emphasis on results, pan-Canadian projects funded through this call will be focusing on the reduction and prevention of social isolation of seniors.

The government and I feel strongly that Canadian seniors, who have contributed so much to our society, should be supported so that they do not become socially isolated. It has always been of great importance that seniors have the opportunities to remain active in their communities and with their family and friends. As such

this program is designed to alleviate the pressing issue of social isolation of seniors. This also helps to avoid resulting problems including harm to social, mental and physical well being; not to mention the increased risk for abuse.

I am very pleased that this funding has been made available so that seniors' organizations in Calgary can pursue the opportunities that this program aims to support. These aims are: promoting volunteerism among seniors, facilitating the mentorship of young people by seniors, raising awareness on elder abuse, supporting recreational and social activities for seniors, as well as providing financial assistance for

other new or existing seniors programs.

Specifically, this initiative can provide up to \$750,000 for each funding applicant. My hope is that this money will produce results for organizations like the Kerby Centre and others which already do such valuable work for seniors in Calgary. I am confident that every dollar invested in our seniors' communities will produce results of great benefit to individuals in Calgary Centre.

In addition to this announcement, I am proud of our government's long standing record of advocating on behalf of seniors in Parliament. We have provided \$2.7 billion in addi-

tional tax relief to Canadian seniors and last year alone four million people received \$27 billion in retirement benefits. Personally I am proud of every contribution I can make in this area and every time I can represent seniors from Calgary Centre.

If you would like to learn more about this program or any other seniors' initiative, I invite you to visit <http://www.seniors.gc.ca> or call my Constituency Office at (403)-244-1880.

*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.*



# Calgary HandiBus employees joining Calgary Transit family

Calgary HandiBus will now be operating under Calgary Transit's Access Calgary following a successful union ratification vote.

The City of Calgary and ATU Local 583 have been in negotiations over the past few months regarding the future of HandiBus operations. The decision to transfer bus operations to Calgary Transit comes after a recent independent study commissioned by HandiBus found its current business model for operating

buses is unsustainable.

The union voted 93 per cent in favour of having HandiBus operators and support staff join the City of Calgary during the Tuesday, May 5 ratification vote.

The transition of operations is still being finalized but is expected to begin during summer.

Customers can be assured their service won't be affected, says Director of Calgary Transit Doug Morgan. "We are looking forward to hav-

ing the HandiBus operators become Calgary Transit employees and to continue delivering great accessible service to the citizens of Calgary," said Morgan.

"This will provide even more focus on delivering high-quality accessibility on all Calgary Transit services. Customers will continue to receive the same excellent service."

Access Calgary is already the first point of contact for customers with disabilities

who require service. It will continue serving the city's 15,000 registered customers.

"I am pleased that the Union was able to negotiate an agreement with The City that will see members of the Union become City employees and continue having members serve customers," said Rick Ratcliff, President of the Amalgamated Transit Union Local 583.

Calgary HandiBus will continue as a registered charity with its focus on

raising funds to purchase buses to help provide special needs transportation services to the community, said Calgary HandiBus Chairman Jim Brown.

"First and foremost, we are happy that customers will continue receiving the high quality service they rely on in a more sustainable organization, provided by the same HandiBus drivers and staff in their new role as part of Calgary Transit's Access Calgary," said Brown.

## Letters to the Editor

### From liberty springs hope

Dear Editor,

I just read an article in

the Kerby News written by liberty "Coming to terms with change in later life requires adaptability". I could really relate to this well written

column. liberty's personal story was very interesting and many of us definitely have difficulty with change. She has given us hope that

we can get through this. Looking forward to reading liberty's next column. I also want to thank you for such great news information for seniors.

All the best,

Sharon Stanchfield

### Missing in action

Dear Editor,

I wanted to tell you how much I enjoyed reading your article on your trip to New Brunswick and all the details that you included. My husband and I took a trip to the Maritimes in 1997, but from your experiences it appears we missed a few of the things that we should have seen in New Brunswick. We did see the Hopewell Rocks, the Magnetic Hill and a few of the other things you mentioned, but your writing made me want to return and see it again and make sure I don't miss out on some of these other places and things. Thanks for all the details and the beautiful photos.

Mary Martens

#### Disclaimer

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

# A Place to Call Home. Carefree, Comfortable and Safe.

We set the standard for Age-In-Place living by delivering support services needed to ensure ongoing quality of life throughout the years at our beautiful residence.

### Ask About our Secure Memory Care Unit

Providing a Continuum of Care and Support to seniors in an elegant community that is safe, secure and comfortable.

SHOW SUITES OPEN DAILY  
Call or Drop By For A Tour!

### OPEN HOUSE

Saturday, June 13<sup>th</sup>  
1pm to 4pm  
Free Rose for all guests

### STAMPEDE BREAKFAST

Monday, July 6<sup>th</sup>  
8am to 11am  
Free Pancakes  
RSVP to all events appreciated

## Auburn Heights

Retirement Residence™

21 Auburn Bay Street, S.E., Calgary, AB  
403.234.9695

#### "At Your Service" Amenities:

- Well-Designed Spacious Suites with Large Balconies or Patios
- Delicious Home Cooked Meals
- Daily Activities and Outings
- Indoor Pool and Fitness Studio
- Individualized Resident Care through Specialized Assessments
- Visiting Physician
- 24 Hour Nursing Staff
- Secure Memory Care Floor

ALL SENIORS CARE™  
LIVING CENTRES

Where Caring is Our Number One Concern™

www.allseniorscare.com



PROUDLY CANADIAN



## BL Braden Denture Clinic

### FULL DENTURE SERVICE

Wheelchair Accessible

609 - 14 St. NW  
OFFICE NO. 168  
GROUND FLOOR

SENIORS may qualify for special health care assistance

403 283-1134



# The Canadian baby boom years are different from the U.S.

We still have time to plan for its impact on the economy

By Robert L. Brown

As a retired demographer, I do indeed tire of the endless articles in the Canadian press that either just quote U.S.-based stories about the baby boom or make the incorrect assumption that the Canadian baby boom mirrored that south of the border.

Defining the Canadian baby boom as being parallel to that in the United States is both wrong and dangerous.

While it is fairly accurate to define the U.S. baby boom as having taken place in the period between 1946 and 1964, that is definitely not true for Canada. When one graphs the number of live births in Canada, it is quite clear that the "boom" years went from 1952 to 1965 (inclusive). Those are also the only years in Canadian history when live births in Canada exceeded 400,000. Interestingly, the number of live births in Canada has not exceeded 400,000 since 1965 despite our rapidly growing base population.

Our baby boom births peaked in 1959 versus 1957 for the U.S. The number of live births in Canada in 1946 was 343,504 – well below our 400,000 criterion.

Why does this matter?

I was born in Canada in 1949, which means I am not a member of the baby boom. I did not experience overcrowding when I went to school. Getting into university (in 1967) was pretty easy and getting a job in 1971 was not a problem at all.

I bought my first house in 1975 just before prices skyrocketed and before mortgage rates exploded. And I started to receive my Old Age Security cheque when I turned 65, exactly as promised.

But those born several years later (1952-65 – Canada's actual baby boom) did face a lot of problems because of their birth year. They went to school in shifts or in portables. The marks required to get into university rose rapidly. When they graduated from university, youth unemployment rates exceeded 25 per cent. By the time they bought their first homes, prices were already up and mortgage rates were 18 per cent or more. And, if you were born in 1958 or later, you will have to wait as much as two more years for your Old Age Security benefits.

So assuming that Canada's baby boom years mirrored the

U.S. in this important statistical demographic is wrong. But why is it dangerous?

First, assuming that the baby boom is a post-war phenomenon means that we jump to the wrong conclusion when guessing the cause. The baby boom was not the result of frisky soldiers returning to Canada. It was, instead, the result of the very good economic times in the period 1952 to 1965 which made it possible for stay-at-home moms and large families.

Second, it leads to other erroneous conclusions. If you use as a single age the birth cohort of 1946 to define the baby boom, you will picture this demographic as turning 69 in 2015. That is, 'old.' But if you correctly anchor the baby boom around its peak and mid-point in 1959, then the baby boom will, in

fact, turn 56 in 2015. That means the bulk of the baby boom is still in the labour force and the explosion in our dependency ratio will not peak until 2024 – a decade from now. Further, the average age of exit from the labour force has been steadily increasing since 2001 and many Canadians now retire after age 65, which means this

major shift in our labour market may actually happen post-2024.

So, the tidal wave is not upon us – yet. We still have time to plan for its impact on the economy in terms of both lower GDP growth and in terms of rapidly rising costs for health care and social security.

And the ski hills can still look forward to a few

more good years before heading downhill.

*Robert Brown is an expert advisor with EvidenceNetwork.ca, a Retired Professor of Actuarial Science, University of Waterloo and Immediate Past President of the International Actuarial Association.*  
www.troymedia.com

## From a grandkid's perspective

1. Grandparents are a lady and a man who have no little children of their own. They like other peoples.
2. A grandfather is a man and a grandmother is a lady!
3. Grandparents don't have to do anything except be there when we come to see them.
4. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.
5. When they take us for walks, they slow down past things like pretty leaves and caterpillars.
6. They show us and talk to us about the colours of the flowers and also why we shouldn't step on 'cracks'.
7. They don't say, 'Hurry up.'



Discover the freedom of independent living.

We take care of life's daily details so you can focus on what matters most.

As a resident, you'll enjoy:

- Three meals a day prepared by our executive chef
- A full calendar of engaging activities and social events
- Friendly and attentive 24-hour staff
- Weekly housekeeping service
- Scheduled local transportation
- Pets warmly welcomed

Join us for a complimentary lunch. Call to schedule a visit.

—  —  
**ARBOUR LAKE**  
*Avia Retirement Canada*

900 Arbour Lake Road NW  
Calgary, Alberta  
888.817.6676  
www.ArbourLakeRetirement.ca

—  —  
**CANYON MEADOWS**  
*Avia Retirement Canada*

12 Deerview Terrace SE  
Calgary, Alberta  
877.692.9184  
www.CanyonMeadowsRetirement.ca





# Summer LEARNING 2015 – SUMMER SEMESTER




Summer 2015 registration opens June 1<sup>st</sup>, 2015 at 9:00am for members.  
Registration for non-members opens June 15<sup>th</sup>, 2015.

**CONDITIONS OF REGISTRATION**

<p style="text-align: center;"><b>HOW TO REGISTER</b></p> <ul style="list-style-type: none"> <li>In person at the Kerby Centre in room 305.</li> <li>By telephone at (403) 705-3233 or (403) 705-3232.</li> <li>Online at <a href="http://www.kerbycentre.com">www.kerbycentre.com</a></li> <li>By mail with the Kerby Centre address: 1133 - 7<sup>th</sup> Avenue S.W. Calgary AB, T2P 1B2 Attn: Education &amp; Recreation</li> </ul> <p><b>**Please ensure you have your 2015 membership before registering for courses. Contact Information Department to renew or to apply for a membership. 403-705-3224**</b></p>	<p style="text-align: center;"><b>REFUNDS</b></p> <ul style="list-style-type: none"> <li>All refunds are subject to an administration fee.</li> <li>Request for refunds must be made before the date of the second class.</li> <li>Computer courses/workshops are non-refundable.</li> <li>All refunds <b>MUST</b> be picked up in the same semester the course was offered.</li> <li>For full refund policy see Education &amp; Recreation Department Staff in room 305.</li> </ul>
---	--

<p style="text-align: center;"><b>PAYMENT OPTIONS</b></p> <p style="text-align: center;">*Required at time of registration*</p> <ul style="list-style-type: none"> <li>Cash</li> <li>Cheque</li> <li>Debit</li> <li>VISA/MasterCard</li> <li>PayPal</li> </ul> <p>If cost of courses is a concern, please contact the Manager of Education &amp; Recreation at (403) 705-3232 for discussion of payment options.</p>	<p style="text-align: center;"><b>MEMBERSHIP</b></p> <ul style="list-style-type: none"> <li>2015 Kerby membership does NOT guarantee course availability.</li> <li>Non-members must be 55 years of age. Proof of age may be requested.</li> <li>Registration for non-members opens June 15<sup>th</sup>, 2015.</li> <li>Non-members pay a non-refundable, non-member surcharge on each course/workshop enrolled in.</li> <li>Non-members do not have parking privileges.</li> </ul>
--	---

<p style="text-align: center;"><b>PLEASE NOTE:</b></p> <ul style="list-style-type: none"> <li>Save these pages as this is the <b>ONLY</b> complete advertisement of courses. Next month only the list of courses is displayed.</li> <li>Courses/workshops are designed for seniors of varied abilities. The instructor, in consultation with the Manager of Education &amp; Recreation will make a determination about suitability for the particular course. Kerby Centre reserves the right to cancel registration and the remainder of the cost will be refunded.</li> <li>If you need clarification of which course is appropriate, please contact the Manager of Education &amp; Recreation at (403) 705-3232.</li> </ul>	<p style="text-align: center;"><b>TICK... TOCK... TICK... TOCK...</b></p> <ul style="list-style-type: none"> <li>Waiting to the last minute to register means missing out on great opportunities.</li> <li><b>We will cancel under subscribed courses one week prior to first day of class. Remember to register early!!!</b></li> <li>You will only be notified if a course is cancelled.</li> </ul> 
--	---

<p><b>MAUNDER'S MCNEIL PROGRAM</b></p> <ul style="list-style-type: none"> <li>This is a group of courses partially funded by the Maunder's McNeil Grant.</li> <li>These programs are targeted to those living with challenges as a result of illness, stroke, arthritis, cardiovascular disease or other physical and mental health challenges.</li> <li>Program is for those who enjoy a slower pace environment and the camaraderie of others in a relaxed atmosphere with a definite purpose in mind.</li> <li>When you register, you may be asked about your health issue to ensure you are placed in the appropriate class.</li> </ul>
---

**LEARNING 2015 – SUMMER**

**MAIL TO: Kerby Centre, 1133 7<sup>th</sup> Avenue S. W., Calgary AB T2P 1B2**

**PHONE: (403) 705-3233/705-3232**

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

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

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

Courses you wish to register for:

Course # _____ Course Name: _____	Course # _____ Course Name: _____
Course # _____ Course Name: _____	Course # _____ Course Name: _____
Course # _____ Course Name: _____	Course # _____ Course Name: _____

Method of Payment:

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

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

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

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









# ACTIVE LIVING COURSES “A” Courses



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

Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
A01 Joint Health Maunder's McNeil	Learn and practice proper form of specific exercises for major joints of the body. Discover the difference with certain joints and how they should be able to move with ease and fluidity to aid in our mobility of daily functioning. Anyone interested in keeping joints healthy or those individuals with joint restriction and movement are welcome. If you are designated for joint replacement, then you would definitely benefit.	Bonnie Field	Friday July 10 – Aug 28 <b>No class Aug 7</b>	10:15 – 11:15 am Room 205	\$25.00	\$45.00
A02 Gentle Seated Yoga July Maunder's McNeil	Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.	Caroline Bees	Tuesday July 7 – July 28	1:30 – 2:30 pm Room 205	\$20.00	\$40.00
A03 Gentle Seated Yoga August Maunder's McNeil	A continuation of the above course.	Caroline Bees	Tuesday Aug 11 – Sept 1	1:30 – 2:30 pm Room 205	\$20.00	\$40.00
A04 Monday Yoga All Levels July	Learn the fundamentals of yoga through body awareness, breath and movement. This class is self-paced. Getting to the floor easily is required. Please bring your own yoga mat & yoga block.	Caroline Bees	Monday July 6 – July 27	2:30 – 3:30 pm Room 205	\$30.00	\$50.00
A05 Monday Yoga All Levels August	A continuation of the above course.	Caroline Bees	Monday Aug 10 – Aug 31	2:30 – 3:30 pm Room 205	\$30.00	\$50.00
A06 Monday Fitness July	Traditional aerobics class with emphasis on cardiovascular training. Minimal strength training, using weights or resistance bands. You are encouraged to work at your own pace.	Dan Leung	Monday July 6 – July 27	10:05 - 11:00 am Gymnasium	\$26.00	\$46.00
A07 Monday Fitness August	A continuation of the above course.	Dan Leung	Monday Aug 10 – Aug 24	10:05 – 11:00 am Gymnasium	\$22.00	\$42.00
A08 Wednesday Fitness July	Same course listed above offered on a different day.	Dan Leung	Wednesday July 8 – July 29	10:05 - 11:00 am Gymnasium	\$26.00	\$46.00
A09 Wednesday Fitness August	A continuation of the above course.	Dan Leung	Wednesday Aug 12 – Sept 2	10:05 - 11:00 am Gymnasium	\$26.00	\$46.00
A10 Muscle Strength & Core Balance	Strong core balance is necessary for good posture, balance, mobility and safety around the house. Available equipment will be used to train muscles associated with activities for daily living.	Dan Leung	Friday July 17 – Sept 4 <b>No class July 31 &amp; Aug 7</b>	9:30 – 10:20 am Gymnasium	\$37.00	\$57.00
A11 Salsa Workout July	Moving to Salsa music, this aerobic workout will focus on increasing functional mobility of hips and shoulders.	Bonnie Field	Monday July 6 – July 27	1:00 – 2:00 pm Gymnasium	\$24.00	\$44.00
A12 Salsa Workout August	A continuation of the above course.	Bonnie Field	Monday Aug 10 – Aug 31	1:00 – 2:00 pm Gymnasium	\$24.00	\$44.00
A13 Rhythms & Grooves! July	This class is guaranteed to loosen up those stiff areas of the body and awaken your sense of fun with rhythms and music! Participants will have use of rhythm sticks, shakers, and other percussive instruments to make up a fun-filled experience. Different movements of the body will be paired up with the use of the instruments to make this a well-rounded workout!	Bonnie Field	Monday July 6 – July 27	2:15 – 3:15 pm Gymnasium	\$24.00	\$44.00
A14 Rhythms & Grooves! August	A continuation of the above course.	Bonnie Field	Monday Aug 10 – Aug 31	2:15 – 3:15 pm Gymnasium	\$24.00	\$44.00
A15 Summer Line Dance Multilevel July	No one to dance with? Need exercise? This class will teach you the basics of line dance in a fun and educational setting.	Bonnie Field	Thursday July 9 – July 30	1:00 - 2:00 pm Room 311	\$24.00	\$44.00
A16 Summer Line Dance Multilevel August	A continuation of the above course.	Bonnie Field	Thursday Aug 13 – Aug 27	1:00 – 2:00 pm Room 311	\$20.00	\$40.00
A17 Tai Chi Monday July	Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.	Adrian Buczek	Monday July 6 – July 27	9:00 – 10:00 am Gymnasium	\$22.00	\$42.00
A18 Tai Chi Monday August	A continuation of the above course.	Adrian Buczek	Monday Aug 10 – Aug 31	9:00 – 10:00 am Gymnasium	\$22.00	\$42.00
A19 Tai Chi Wednesday July	Same Tai Chi course listed on Monday's, but offered on a different day.	Adrian Buczek	Wednesday July 8 – July 29	1:30 – 2:30 pm Lounge	\$22.00	\$42.00
A20 Tai Chi Wednesday August	A continuation of the above course.	Adrian Buczek	Wednesday Aug 5 – Sept 2 <b>No class Aug 12</b>	1:30 – 2:30 pm Lounge	\$22.00	\$42.00



 <b>ACADEMIC COURSES</b> “B” Courses 						
Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
B01 Bid & Play	This is a fun two-hour weekly course for those who have a basic knowledge of bridge, and want to expand their playing ability. Hands will be dealt and students will attempt to reach the best contract with the help and encouragement of a Life Master Instructor. Short lessons will be given when needed.	Rae Haaland	Thursday July 9 – Aug 27 <b>No class Aug 6</b>	10:00 – 12:00 pm Room 311	\$64.00	\$84.00
B02 Feel Good and Speak Spanish	This course will help students boost their communication skills by building confidence and fluency when speaking. This is an opportunity to practice the language through discussion of topics of interest. The course will focus on pronunciation, listening and building vocabulary, as well as hands on experience through field trips around the city. Beginner and/or Intermediate Spanish Grammar is a prerequisite.	Norah Hutchinson	Tuesday July 7 – July 28	10:00 - 12:00 pm Room 311	\$40.00	\$60.00

 <b>COMPUTER COURSES</b> “C” Courses 						
--	--	--	--	--	--	--

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

Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
C01 Pinterest Posting	Want to know what tweeting, Pinterest and Instagram are all about? Participants will learn how to log onto Twitter, Pinterest and Instagram. Instruction on how to create profiles, find friends and interests. Discover how to upload photos, have discussions online and research things that interest you.	Lea Storry	Tuesday July 28	10:00 – 1:00 pm Room 312	\$44.00	\$64.00
C02 Setting Up And Basic Functions of Your iPad	Want to know how to register and configure your new iPad? Learn basic functions and how to connect to the Internet using WIFI. Find and install "Apps" such as phone book, music stations and video games. Use built in features like the camera and calendar. Search for, preview and download music on I-tunes.	Pat Seifert	Wednesday August 5	12:30 - 3:30 pm Room 301	\$44.00	\$64.00
C03 Introduction to the Internet	The internet is a wonderful resource. It can be used to keep in touch with family and friends, read the news, follow your hobbies, pay bills, and much more! In this class, you will learn how to find what you are looking for on the World Wide Web and discover the difference between an ISP, a browser and a search engine.	Pat Seifert	Wednesday August 12	12:30 - 3:30 pm Room 312	\$44.00	\$64.00
C04 Managing Your Photo Library	Are you over run with photographs on your computer? Learn how to keep track of your photos through filing and how to change the size, crop and other techniques.	Pat Seifert	Wednesday August 19	12:30 - 3:30 pm Room 312	\$44.00	\$64.00
C05 PowerPoint for Beginners	Don't let your summer festivities/holiday photos linger in your camera. Share them with PowerPoint. Participants will learn how to create slides, add photos and images and write content. Bring your own project or start with a new idea. Anyone can create stunning presentations with Power Point that look like it was designed by a professional.	Lea Storry	Tuesday September 8	10:00 – 1:00 pm Room 312	\$44.00	\$64.00

 <b>EVENING COURSES</b> “E” Courses 						
--	--	--	--	--	--	--

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

Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
E01 Monday Pilates	Strengthen abdominal and back muscles, gain total body flexibility and improve your posture. All exercises are done lying down on a padded mat. Options given for all levels.	Caroline Bees	Monday July 13 – Aug 31 <b>No class Aug 3</b>	4:15 - 5:15 pm Room 205	\$60.00	\$60.00
E02 Pilates Fusion July	Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options given for all levels.	Cathy Morrison	Wednesday July 8 – July 29	4:15 - 5:15 pm Room 205	\$35.00	\$35.00
E03 Pilates Fusion August	A continuation of the above course.	Cathy Morrison	Wednesday Aug 12 – Sept 2	4:15 - 5:15 pm Room 205	\$35.00	\$35.00



# A Celebration of Readers' Poetry

### Editor's Note:

Kerby News periodically receives poetry from its readers which for various reasons is only used occasionally. To redress this situation and in celebration of Seniors' Week in June Kerby News invited its readers to submit their poems for prospective publication. We were pleasantly pleased with the response and the number of submissions we received, not to mention the quality. As this was not a poetry contest, with only the best being published, we print over the next several pages a selection of the poems we received (yes, several poets have more than one poem published). Please excuse any errors of punctuation, spacing or grammar, as most of the poems printed here have been edited as little as possible, in order to give the poets the necessary "poetic license." Unfortunately, space limitations are the major reason we are not able to print more. *Enjoy!*

### Excerpt From My Heart

*Tears sit like limpid pools in my eyes, trying desperately not to fall.  
Once again I have allowed my memory to drift back in time to a very special person.  
Back then he was the only one that truly loved and cared for me.  
"My someone special"  
I can still see his face in every crowd, as years ago I would see him standing across a busy street  
and then suddenly, wildly, he would be dodging in and out of busy traffic.  
Only moments later he would be beside me holding me tightly in his arms.  
Never caring who was to see us.  
Our days were filled with laughter and sunshine that we thought would last forever.  
Though he is now gone he will never leave my heart or my mind.  
Many times on a crowded street I see his face and know that if I avert my eyes he will be gone.  
"Remembering hurts so much"*

Lyla V. Byers

### Old Folk, The First Generation

*You are the older, you are the wiser, you are the reliable old folk,  
You are the generation susceptible to a heart attack and a severe massive stroke.  
You have come this distance in stride with elegance and finesse,  
You have conquered these awesome ages, doing your absolute best.*

*You are the masters of your own destiny now, and the soul survivors of the far past,  
Your struggle for recognition did not come easy and in some cases didn't last.  
Your family have left you by now, you are on your own,  
Some of your children are probably deceased, grandkids all grown.*

*But overall, you have managed to erect a living legacy, befitting a King and a Queen,  
Your sensitivities may have been damaged once or twice, you took it in stride with esteem.  
You are indeed a valuable individual, give yourself a pat on the back,  
For memories of you will live on forever, and that's a natural fact.*  
Derek W. Newell



## A new home for the whole family.

At Symphony Senior Living, we understand that some treasures have four legs.

That's why we welcome not only you, but your beloved pet as well. It's just one of the unique ways in which Symphony works to make our home your home. You continue to do all the things you love, while we take care of tiresome chores. Now that's the retirement both you and your pet deserve!

Inquire at your local Symphony residence today. We'd be pleased to have you as our guest for a complimentary lunch and tour. Bring along your pet if you'd like – furry friends are always welcome at Symphony!!

Symphony Aspen Ridge  
(403) 341-5522  
3100-22nd St, Red Deer

Symphony Evergreen  
(403) 201-3555  
2220-162nd Ave SW, Calgary

Symphony Inglewood  
(403) 346-1134  
10 Inglewood Dr, Red Deer



*Symphony Senior Living*  
www.SymphonySeniorLiving.com



Independent Living • Assisted Living • Memory Care • Respite • Trial Stays



# A Celebration of Readers' Poetry

## Thoughts

Ruby throated hummingbirds  
 hovering while they drink  
 Butterflies with black tipped wings  
 darting to and fro  
 Orange and yellow tiger lilies  
 row after row  
 Wild roses fresh with Sparkling dew;  
 Deer standing, staring, bounding  
 Eagles soaring high  
 A Rainbow's brilliant colours  
 In the evening sky

Betty Stuber

## Untitled

'Tis a labour, a labour I do  
 And I do much labour for you  
 The hours roll by, and the  
 minutes, too  
 But it be true, the sky is still blue.  
 Doreen Halpen

## Will d'Amour Helen

There are light years between  
 "I miss you" and  
 "I will miss you"!

The minuscule word "will" encompasses  
 All my Yesterdays, Today, and Tomorrows.

Never to harvest the joys of memory—  
 to extinction.

My gratitude for letting me breeze through your life—  
 ever so briefly.

Still so much to say; so much to do; so little time to share.

A mental flight will occupy me  
 until the music cannot be heard.

But, before the last note fades,  
 A smile will crease my lips!

Michael Sidorenko

## The Duck Debate

Today there was a meeting down at the local pond.  
 Ducks for miles and miles around had slowly gathered round  
 Everyone was quacking their hellos and how are you?  
 When suddenly a loud splash disturbed the do.  
 Mr. Ronald Duck was the first to take the chair  
 He loudly quacked that he would open the affair.  
 In case anyone had forgotten they were here for a debate  
 To talk about their flight down south before it gets too late.  
 Daniel Duck was next to get up and have his say  
 He thought they all should have left today  
 Next Roger Duck got up and loudly proclaimed  
 The weather is so nice and warm I think we should remain.  
 Now it was time for Mrs. Martha Duck to have her say  
 Since no one can decide if we should go or stay  
 I proclaim we take a vote and since it's getting late  
 I think we should call a close to this debate  
 Tomorrow morning when we wake and everyone is fresh  
 We hope that we can put an end to all this mess  
 We'll count the votes and if it's no we'll have to start all over  
 And hope that in the meantime the weather will not get colder

Lyla V. Byers



# SHALEM HAVEN

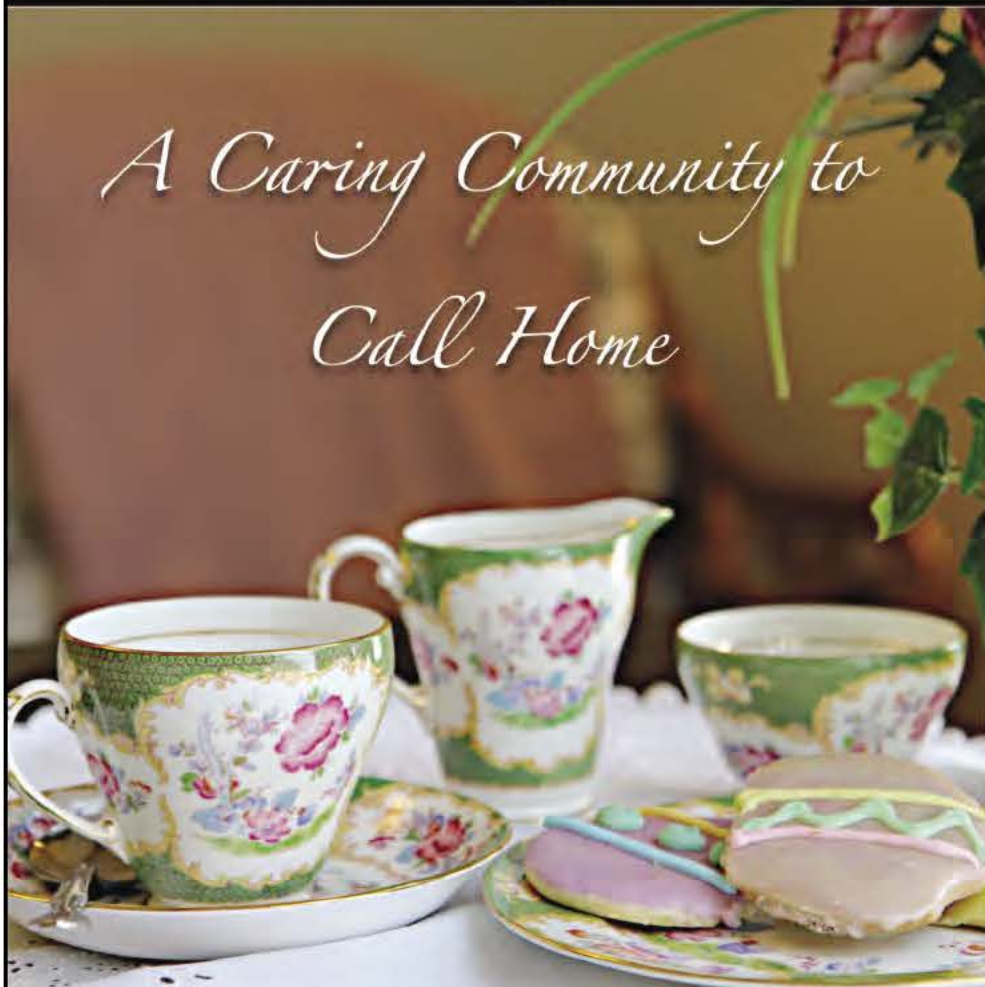
www.Shalem.ca

3008-51 Street SW Calgary, AB T3E 7V9

403-240-2800

Affordable Supportive Living in a Christian Seniors Community

*A Caring Community to  
 Call Home*



- Comfortable, accessible studio suites
- Excellent dining services program
- Weekly light housekeeping and linen laundry service
- Wide selection of recreational and social opportunities
- Overnight Guest Suites for visiting family or friends
- 24 hour emergency response

For more information contact  
 Deanna Kirk: 403-246-5519  
 Deanna@shalem.ca

*Now Renting!*



# A Celebration of Readers' Poetry

## Untitled

Write a poem I heard them say  
 Just for fun there is no pay  
 Write about anything you wish  
 From flying saucers to swimming fish  
 Three hundred words, it may be under  
 What topic to choose...I wonder  
 The South with fields of shimmering wheat  
 And meadowlarks singing across the creek  
 Or the North and its aurora borealis displays  
 Where teams of dogs pull people on sleighs  
 Or the East with the syrupy maple tree  
 Ablaze with colour for all to see  
 But the West has roaring water trickling to streams  
 Where you can sit on a rock and enjoy the scenes  
 Too many choices for my small brain  
 It is thinking, isn't this all a little mane.  
 So better stop, before I kaput  
 But thanks a lot, it has been a hoot.  
 Audrey Call

## A Day Or So Into Fifty

Let's not have a rift between us  
 Never ate Jiff  
 In a fifty  
 I'll make you some cupcakes  
 I really don't like a tiff  
 I'm more into torture  
 Did I tell you I'm a lefty?  
 Problems arise when someone  
 Gives me a lift  
 Sometimes my hips are stiff

My allowance is gone  
 I get a whiff of candy and gifts,  
 but I've stopped blowing it  
 I'm a spendthrift  
 at fifty  
 I can be quite shifty  
 Not snuff you out  
 I'll snuff you out  
 Beware  
 When I'm miffed  
 or shift into low gear  
 I don't even sift the flour  
 Kathy M. Austin

## Repeat Performance

Lust is a three-second look  
 That's all it took  
 To drop her drawers on the  
 floor  
 To leave her blouse before  
 She launched her bra in the air  
 And at last laid bare  
 She looked at him with love  
 The man who stood above  
 And realized he stared  
 Not at the body she'd bared  
 His lust-filled look so strong  
 She realized how wrong  
 She'd been about her look  
 For a second it now took  
 To see the truth she must  
 And recognize the lust  
 Apparent from his gaze  
 Was fixed upon the glaze  
 Of a pastry on a plate  
 Now she was in a state  
 Mortified she cried  
 Not again! Her hopes had died  
 For misinterpreting the look  
 She'd jeopardized and took  
 A chance to slake her lust  
 Now pastry she cussed!  
 Cindy Morris

## Today Is Now (Or Live in the Moment)

All these regrets over wrong decisions  
 are plotting together to huge boulders,  
 rolling into my thoughts,  
 flattening my mind and heart.  
 Guilt grows like night shadows,  
 grasping me with long arms,  
 suffocating my energy flow,  
 until a voice erupts from the volcano.

Don't look back over your shoulders,  
 where shattered pieces of yesterday  
 stare into your eyes.  
 Don't stir your fingers in the lifeless ruins  
 or you shall freeze to a rigid column.  
 But touch the flowers before they wilt,  
 breathe their fragrance, their splendor.  
 For tomorrow might be a long winter's night.

Today is now.  
 I float with the current of consciousness,  
 collect my silent thoughts,  
 submerge them into a cool stream of memories,  
 where they glide like colourful fishes.  
 I watch them through a glass surface –nothing more.  
 My breath is now, today I am.  
 I live in the moment, and life shall be mine.  
 Edelgard Graber

## Metamorphosis

You resent that women have changed  
 from loving cats to roaring lions.  
 Men are afraid of lion safaris.  
 Wild game is not everyone's goal.

You would prefer purring cats  
 as your mothers once were.  
 But son, we were fools  
 too soft, too tame, to taste  
 the sunshine of the wild.

Lion stalks his territory,  
 is fearless of intruders.  
 He watches over open space.  
 No shadow shifts his trail.

Women fill glasses with various wines,  
 climb ladders in pursuit of success.  
 They ride horses through sun brushed valleys,  
 their hair fluttering in the wind.

We wore braids, breathed stale house air,  
 swept storm clouds off the sky.  
 We sang smoothly with the seasons.  
 We rarely felt rain on thirsty skin.  
 Edelgard Graber



# Celebrate Seniors' Week

June 1-7, 2015



2014/2015  
 Annual Report  
 available for  
 download on  
 our website!

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

## Enriching Our Community for 70 Years

Bethany Care Society has been improving the lives of Alberta seniors and adults with disabilities for 70 years. Seniors are a vital part of Bethany's mission of "creating caring communities" and we'd like to acknowledge the contributions of seniors to our communities.

403.210.4600 or 1.888.410.4679

[info@bethanyseniors.com](mailto:info@bethanyseniors.com)





# A Celebration of Readers' Poetry

## Inertia

*If I were an emotion, what would I be?  
I would be content, but not dated.  
I would be settled, but not bored.  
I would be what people say they strive for,  
but actually never enjoy.*

*I am the solid, unchanging state of being  
that feels a little like inertia –  
that state of being we fight against.  
An object at rest tends to stay at rest;  
an object in motion tends to stay in motion.*

*I am inertia – mostly at rest these days.  
It used to be in motion when I was younger  
and responsible for other lives not my own.  
Then, I would wake and start the motion,  
gathering momentum as the hours slipped past me.  
Mornings of lunch-packing and transporting,  
working and coffee infusion.  
Afternoons of working and transporting and meal-making.  
Evenings of homework and meetings and orchestra or teaching.  
I dreamt through the short nights, too –  
of bear chases and popcorn and magicians.  
Of flying and running and swirling in whirlpools.  
Then the cycle of motion would begin again.*

*Now I wander slowly through a house that is not mine,  
in a life I never imagined as empty as this.  
Inertia is me.*

*I sit and allow life to settle around me like dust.  
I imagine what it was like when things mattered more –  
when I was the grease to the wheels of others.  
Now I am inertia.  
I wait, still, for the dusting of others' lives to settle on me.  
I wait for the smile of the grandson who has stolen my heart, yet does not belong to me.  
I wait for the stranger at the bus stop to speak before I do.  
I wait for the sun to start the birds chirping in the morning  
and wait for it to set to allow others' words to reach me in artificial light.  
I am inertia.*

Karen Ashton

## Introduction to Jorge Luis Borges

*I stand by the window with peeling paint,  
wearing gloves, and clutching the Book of Sand.  
Maria is somewhere between crying and  
screaming in her toddler boredom.*

*Anna speaks Spanish to match the rhythm  
of her hands washing the windows.*

*The radio plays "Broken Wings" and  
"Break Out" from another smelly room of  
Barbara's new house.*

*My wings have been clipped and I wanted to  
break out before Barry handed this book to me.*

*The intoxicating fuel oil massages my  
stomach without warming my feet and makes me feel  
dreamy, nauseous, and a bit unreal. Jerry mows  
the lawn. Barry rakes up his scattered thoughts  
of political activism.*

*I stand by the window with peeling paint,  
wearing gloves, and reading Borges' story  
"The Other." What if I met "my other?"*

*The 76-year-old writer and conqueror of all  
that was possible and some that was not? She  
would praise me for sticking to my writing, even  
if it was a dirty old house at times. She would  
scold me for dwelling on the absence of mutual  
love and cold loneliness. I'd ask her if she had  
any sight left and if she ever made it to the  
Peace Corps.*

*"How is your health, Ma'am?" I'd inquire.*

*"Much better, thank you, Miss. Your  
sacrifices and careful diet helped," She'd reply.*

*"Did you see the world?"*

*"Times over, dear. I saw the real world  
from ocean to ocean and went onto the moon and  
worlds you never thought of. You have an  
undiscovered universe in your mind. Don't let  
your broken wings keep you from breaking out and  
flying above the frustration and discouragement.  
Excuse me, my chauffeur awaits. I'm giving a tea  
at the chateau today for the Borges readers."*

Kathy M. Austin



# Are low GIC Interest Rates forcing you to change your retirement plans?

For free information on how you can benefit from the gains in the markets and still have a guaranteed rate of return, contact:



Sandy Mamona,  
ABEX Brokerage Services Inc.  
(403) 277-8822 (ext.225)



THE ABEX GROUP

ABEX Brokerage Services Inc – Serving Canadians for over 29 years.

## Memory Room

Empty of life  
No sign of strife

Memories lost  
No thought of cost

Heritage gone  
No legacy's bond

Just wrinkles and pleats  
In grandma's white sheets

An absence of ghosts  
No lingering hosts

Left to mourn on its own  
Mahogany, stone

Left standing to rot  
With time we forgot

Ancient triumphs held dear  
And now it is clear

I remain in the gloom  
Of my lonely old room

Cindy Morris



# A Celebration of Readers' Poetry

## The Gift

*A gift she gave,  
One she did not know  
She gave  
And one I did not know  
I received.  
Those years ago  
A small-town Sunday-school teacher  
Weeping  
Over the Easter story  
As she read the familiar  
Bible words  
To a restless class of nine-year-olds,  
Wondering perhaps  
How she could ever explain to them*

*What made her cry still  
Over a story she had known  
Since her early years,  
And never knowing  
How that day  
Those tears  
Wept over the Saviour  
Gave the gift  
Of wonder and belief  
To a small child's heart,  
A gift she gave*

Karen Collin

## Our Saviour

*He came as a baby, so tiny was He, sent to save sinners like you and me  
He grew up so quickly soon was a lad, with a lot of respect for his mom and his dad.  
Soon He'd leave home as a man of the Lord, to fight many battles but not with a sword.  
His words spoke of hope, and forgiveness and love, He was sent by his Father, the one up above.  
He walked across water healed the lame and the blind, to show us his goodness and keep it in mind!  
He suffered and died on that cross he was pinned, He hung there to wipe out the way we had sinned.  
We remember Him dearly, His lessons His love, God lifted Him home in the sky up above.  
Times have changed so much it is clear, for now we remember Him but once a year.  
He's been torn out of schools near and far, since the day we were lead by that shining star.  
Yes I love you Jesus, there are a lot here who do, we try to sing praises and send them to you.  
The Ten Commandments that were written in stone are not hard to follow humbly atone  
Some say we are silly some call us fools; they say you can't live with so many rules.  
For the life that was given has made us all see, we can shout out His name in this land of the free!  
So help us Dear Jesus to somehow make it right, with Your love to guide us we will end this plight!  
We invite you back into our lives and our schools, if others don't like it then they are the fools.  
Amen.*

Alexandra Kram

## Unlegacy

Through the dream catcher  
I see a vision of Tonka and Spirit Bear  
Flying off the buffalo jump.

## Still on land

A rushing warrior drags his woman  
Both screaming.

## In the drug-dazed alley

Low life holds a gun  
To the kneeling temple.

## A baby carriage

Leans against the shade  
Of a dumpster.

## Overhead

The teary Eagle cries  
And cries, and cries.

## Drums are silent,

No songs are sung,  
No ghost dancing.

## Chief Bellegarde

Angrily adjusts  
His warbonnet.

## Mother Earth

Continuously  
Moans in pain.

## I wake laughing,

Then thought,  
Who really cares?

Michael Sidorenko

### Disclaimer:

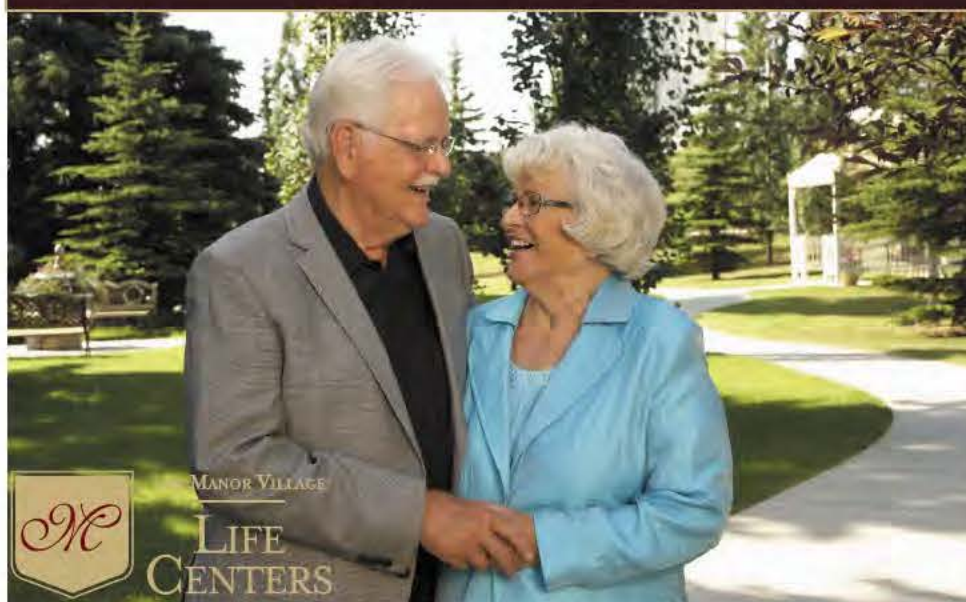
*All poems published here  
are used by permission.  
Kerby News runs them with good faith  
and does not hold copyright.*

## Sunday Morning Walk

Sun's sparkle spreading  
Sky blue clearing  
Bare branches bending  
Slick ice crunching  
Dog ticky-tacking  
Collar clinking clanking  
Coat smoothly swishing  
Tiny birds twittering  
Leaves crunch crackling  
Car vroom zooming  
Shoes brushing scuffing  
Breeze whisper tickling  
Metal gate grating  
Truck engine grumbling  
Old man cap lifting  
Door click banging  
Window glass glimmering  
Dog muffled barking  
Sunday morning walking.

Karen Collin

## The Manor Village at Signature Park Elegant Assisted Living



MANOR VILLAGE  
LIFE  
CENTERS

1858 Sirocco Dr. SW  
Calgary, AB  
www.themanorvillage.com

**CALL NOW!**  
(403) 249-7113

- Large 1 & 2 Bedroom Suites
- Assisted Living Services
- Full In-Suite Kitchens
- Elegant Dining Room
- Flexible Meal Program
- Limo/Bus Transportation
- Wellness Center
- Lease or Buy-In Options
- Fitness Program
- And Much More!

The Community with Heart ♥



# GAS FOOD LODGING (AND ENTERTAINMENT) LAS VEGAS STYLE



The heart of the Las Vegas Strip features a half-scale Eiffel Tower and the fountains of Bellagio.

By Barry Whitehead

Photos courtesy of Las Vegas Convention and Visitors Authority

Page design and layout by Winifred Ribeiro

If there's a constant in Las Vegas it's change. Over the last 15 years I've visited on several occasions and each time it's always a little bit different. And, that's what I like about it. But, for a newcomer to Vegas, or even a return visitor, the city can be an overwhelming place. So here are a few thoughts and perhaps helpful tips to navigate that ever-changing Las Vegas landscape and keep you at least, temporarily, *au courant*.

**Gas** — Literally, the only time you'll need gas is if you use your own car or a rental to drive in town. I've done this on a couple of visits as the huge hotel parking lots are free. If you want even more convenience there's also valet service. However, in recent years the strip has become increasingly gridlocked; there's no real need to have a car and taxis are everywhere. In recent years, bus service along the strip has really improved and reasonably priced double decker eco-friendly buses regularly ply the Las Vegas strip between the airport and down-town. I highly recommend them. The short monorails between certain combos of hotels such as the Excalibur-Luxor — Mandalay Bay line are also useful for shorter distances. Your main mode of transportation will probably be your feet. Just getting from one end of your hotel to another can take you 20 minutes. And there's nothing finer than strolling down the Strip on a warm summer's night drinking in all that neon and excitement. Most people fly to Las Vegas and the airport is

probably as close to your final destination as anywhere you'll ever go — you land at the southern end of the Strip. Then, you can conveniently grab a taxi to the nearby strip hotels, or if your party is two or less, I'd take the frequent and cheaper mini-buses into town. And, of course, some hotels have their own shuttle buses.

**Food** — Las Vegas is famous for its inexpensive all-you can eat buffets. I have survived on a midday buffet for the entire day. While this money saving measure is still viable, gone are the days of \$5- \$10 buffets, at least on the strip (try downtown or off the Strip for cheaper, lower quality buffets). You can still eat all you want, but the price has gone up, but fortunately so has the quality. The last buffet I had was just off the Strip at the Carnival World Buffet at the Rio — excellent, as it should be for over \$20. For cheap eats many hotels have your standard food courts and fast food chains are everywhere. Vegas is now highly regarded for its variety of cuisine, upscale restaurants and celebrity chefs. People now come here just for the fine dining. I'm no gourmand myself but I've gone the a la carte route a couple of times, most notably at Luxor's steak house, Tender, where I had probably the best meal I've ever had in my life. Not cheap, but definitely worth the splurge. Last time I was in Vegas I had a particularly meaty time, with an all-you-can-eat-meal at Planet Hollywood's Pampas Brazilian Grille and a lunch at the Fat Burger chain.

**Lodging** — Where would Vegas be without its hotels? Hotels are at the heart of the Vegas experience. Whereas at most travel destinations the hotel is where you stay in order to experience the city, in Vegas

the hotel is the experience. It's their exteriors which will first grab your attention — there's nothing like the sensory overload of the Las Vegas strip and gazing on its visual extravaganza at night (forget the daytime), especially that of the theme hotels: the Eiffel Tower at Paris, the skyline of Manhattan at New York, New York, the canals and bridges of Venice at the Venetian, the medieval castle of Excalibur. In recent years, the trend has been to non-theme hotels and the generic ultramodern glass and chrome sophistication of City Center with Aria and Vdara and The Cosmopolitan next door, and the towering skyscrapers of Encore and Wynn. Although their exteriors are impressive they don't really capture my imagination until I go inside. At these newer behemoths the visual wow factor is inside rather than outside. I have to admit I prefer the older, non-theme hotels such as the Mirage, the Flamingo and the last time

I was in town, the newly renovated Tropicana, which has beautiful Miami-Beach inspired rooms. The last two hotels I particularly favour as you don't have to walk through acres of the hotel's gambling casino before getting out to the Strip. In addition, as I've often visited in summer when room rates are lowest (but the temperature is often above 100F) they have two of the best swimming pool complexes in Vegas (the Tropicana even has real grass around the pool and retains its classic swim-up gambling table). In recent years, as the city has marketed itself to a younger clientele, rather than the all ages family visitor of the 90s, the pumped in music factor has gone up poolside. At some of the trendier hotels the pool area is even a night club. When choosing a hotel find out what kind of clientele and age group a hotel caters for. If you want cheaper accommodations, off-Strip casino hotels and downtown (where I once stayed) are your best bets.

**Entertainment** — Of course gambling is the main distraction in Vegas. You can't move in your hotel without walking through acres of slot machines, but being a non-gambler, for me, it's perfectly avoidable. I get my kicks elsewhere, sucker. You should know you can entertain yourself quite handsomely in Vegas and hardly spend a penny. Just wandering around your hotel and the Strip, people-watching and just checking out the scene is often entertainment enough. I've gone into most of the hotels on the strip and each one has its own unique features and distinctive environment: a fresh and surprising experience will often catch you unaware. My favourite free thing is watching the

Bellagio fountains weave their balletic magic, set to music any time of day, but especially at night. It's always worth going downtown to catch the spectacular overhead light shows of the Fremont Street Experience. These are just a couple of the free shows available. However, it's the big time shows that Vegas is renowned for and at which it excels. And these are definitely not free; sometimes, mind-blowingly expensive, in fact. The variety is staggering and like the food and hotels, has dramatically changed and improved over the years. It's no longer the homeland of washed up lounge singers (although you can still seek them out) however, magic shows still feature. These days the hot ticket might be an Elton John, Celine Dion or Shania Twain performance. It's impossible not to find a show that suits you. For the most popular shows it's probably best to phone in advance of arriving. I was once lucky enough to get tickets to the most in demand show in town Cirque de Soleil's "O" at Bellagio on the day of performance (however this was just after 9/11 and there were many cancellations). These days there's always about half a dozen Cirque de Soleil shows in town. Those topless revues you've heard about still survive but at fewer venues and performed with more class. Last time I was in Vegas I saw "The Rat Pack is Back" a tribute to well, the Rat Pack, of course. It was an almost a perfect re-enactment of a night at the Sands in the 60's with Frank, Deano et al. Some seniors might even have been in Vegas for the original shows. Bellagio even has a small art gallery where I saw several European masters. ●



In the pedestrian-only downtown there's no telling who you'll meet. Photo by Barry Whitehead.



The Fremont Street Experience light show is the best reason for checking out downtown Las Vegas.



# Bring the flavours of Mexico to your dinner table

Page design and layout by Winifred Ribeiro

With its alluring blend of flavors and aromas, combined with a relatively simple and colorful presentation style, it's no wonder Mexican food is one of the most popular and influential cuisines enjoyed today.

Inspired by authentic dishes, these foolproof recipes bring the flavors of Mexico into your home kitchen, made with ingredients that can be found at your local grocery stores. They're quick to make, easy to serve and affordable.

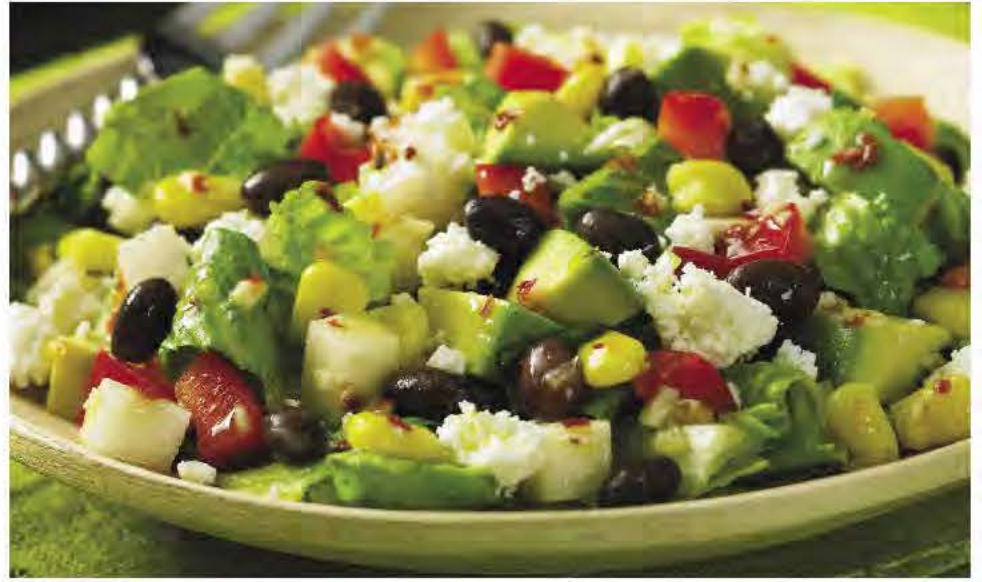
In addition to all the fabulous and exciting dishes she has created, Kelley offers a wonderfully interesting account of the traditions and culture surrounding Mexican cuisine, along with a comprehensive glossary depicting the flavors of Mexico, an ingredient list and a list of handy tools and equipment.

These recipes are quite simply some of the best Mexican dishes you're ever going to savor at home. If you like Mexican food this title is worth adding to your cookery collection.

"Buen provecho"



Courtesy of **200 Easy Mexican Recipes** by Kelley Cleary Coffeen © 2013  
www.robertrose.ca  
Reprinted with permission.  
Available at all major bookstores and online.



## Chopped Mexican Salad<sup>©</sup>

Fresh goodness and colour are at the heart of this fresh chopped salad. A citrus marinade refreshes these chopped veggies. This is a wonderful vegetarian meal but can be topped with chicken or steak as well.

**Tips:** Instead of canned corn, you can use 1 1/2 cups (375 mL) thawed frozen corn kernels or cooked fresh corn in this recipe. Grilled or fire-roasted corn will add additional flavor.

Cotija is a crumbly, sharp Mexican cheese. You could substitute feta or goat cheese. Dressing is best served at room temperature.

**Makes:** 4 to 6 servings

### DRESSING

2 1/2 cup (125 mL) freshly squeezed lime juice

1/3 cup (75 mL) olive oil

1 tbsp (15 mL) minced cilantro

1 tsp (5 mL) hot pepper flakes

2 cloves garlic, minced

2 tbsp (30 mL) liquid honey

6 cups (1.5 L) chopped romaine lettuce

1 can (14 to 19 oz/398 to 540 mL) black or pinto beans, rinsed and drained

1 cup (250 mL) chopped peeled jicama

1 can (14 to 15 oz/398 to 425 mL) corn kernels, drained (see Tips)

1 yellow or red bell pepper, seeded, cored and diced

2 ripe avocados, peeled and diced 2

1/2 cup (125 mL) crumbled Cotija cheese (see Tips)

**DRESSING 1.** In a small bowl, whisk together lime juice, olive oil, cilantro, hot pepper flakes, garlic and honey.

2. Spread lettuce evenly across a large serving platter. Arrange beans, jicama, corn, bell pepper and avocado side by side on top of lettuce. Garnish with cheese. Cover and refrigerate until chilled, for at least 1 hour before serving.

3. Drizzle with dressing before serving.



## Grilled Shrimp with Avocado Butter<sup>©</sup>

Lightly marinated shrimp are simple but amazingly flavorful. Rich avocado butter adds a balance in texture and taste.

**Tip:** I like using a blend of spices to shorten my ingredient list. Creole seasoning has a combination of onion, garlic, cayenne pepper, oregano, salt and pepper. There are many good blends on the market, so you can find a favourite.

**Makes:** 4 servings

### Avocado Butter:

3 (30 mL) avocados, cut in quarters or into chunks

2 clove garlic, minced

2 tbsp freshly squeezed lime juice

2 tbsp (30 mL) olive oil

Kosher or sea salt

Juice of 2 limes (about 1/4 cup/60 mL)

1 clove garlic, minced

1 tbsp (15 mL) Creole seasoning (see Tip)

1/2 tsp (2 mL) cayenne pepper

2 tbsp (30 mL) olive oil

16 jumbo shrimp, peeled and deveined

**Avocado Butter:** In a food processor, combine avocados, garlic, lime juice and olive oil and process until smooth. Add salt to taste. Serve immediately or transfer to an airtight container and refrigerate, stirring occasionally, for 30 minutes or for up to 2 hours.

2. In a medium bowl, whisk lime juice, garlic, Creole seasoning, cayenne and oil until well blended. Add shrimp and toss gently. Cover and refrigerate for at least 30 minutes or for up to 2 hours.

3. Meanwhile, preheat barbecue grill to medium-high.

4. Remove shrimp from marinade and discard marinade. Thread 4 shrimp on each skewer.

5. Grill shrimp, turning once, until shrimp are pink and opaque, 3 to 4 minutes per side. Transfer to a platter. Gently remove from skewers and serve with Avocado Butter.



## Margarita Pie<sup>©</sup>

Refreshing, simple flavours of a margarita infused into a dessert are exceptional. This margarita pie is light and luscious and quick to make!

**Tips:** Use a high-quality prepared liquid margarita mix with a medium sweet-sour balance.

**Makes:** 6 servings

Preheat oven to 350°F (180°C)

2 eggs

2 egg yolks

1/4 cup (60 mL) freshly squeezed lime juice

1 can (14 oz or 300 mL) sweetened condensed milk

1/3 cup (75 mL) liquid margarita mix (see Tip)

3 drops green food coloring

1 (9-inch/23 cm) store-bought vanilla-flavored cookie crumb crust

1 cup (250 mL) heavy or whipping (35%) cream

1/2 cup (125 mL) granulated sugar

1 lime, thinly sliced

1. In a medium bowl, using an electric mixer, beat eggs and egg yolks until thick and pale, about 2 minutes. Continue mixing and add lime juice, condensed milk, margarita mix and food coloring and beat for 2 to 3 minutes.

2. Pour into pie shell and bake in preheated oven until center is firm, about 25 minutes. Let cool completely. Cover and refrigerate until chilled for at least 1 hour or for up to 4 hours.

3. Just before serving, in a medium chilled bowl, using an electric mixer on medium-high speed, beat whipping cream and sugar until soft peaks form, 6 to 8 minutes. Serve slices of pie on individual plates topped with whipped cream and garnished with lime slices.



# Sheri-D Wilson — ON POETRY

By Mary Ann Kurucz

*Born and raised in Calgary, Sheri-D Wilson is a poet, educator and activist. She has written nine collections of poetry and is Founder and Director of Calgary Spoken Word Festival (2003-2014) and the Banff Centre's Spoken Word Program (2005-2012). In 2009, CBC called her one of the top 10 poets in Canada. Kerby News sat down with her recently to talk about her poetry and life.*

**Q.** Should poetry matter to readers of the Kerby News?

**A.** Poetry is a way to see, a way to be. If you read poetry, you'll be given the gift of perspectives on any stage of life — birth, death, life — and the magic of spirit. Poetry teaches us about ourselves. It is an elegant way of receiving those perspectives in an eloquent way. Who wouldn't want to experience it?

**Q.** From whom do you draw inspiration?

**A.** I go to the fount to drink. I learn from poets before me. They received the gift of vision. They shared it as a gift for free. The words of other poets and authors help me expand the world of

experience and provide new ideas and questions to consider in my own life and writing.

**Q.** Are friends and relationships also important to the writing process, particularly in creating poetry?

**A.** I have great friends. They inspire me. They are experienced. They have knowledge. I don't need just one relationship. I need lots of relationships — a lot of them to keep growing.

**Q.** Does reading prose and poetry broaden your field of vision?

**A.** I'm an avid reader and learner and have had many good teachers throughout my lifelong learning journey. That journey has led me to explore other areas of interest. More recently, these readings include philosophy, alchemy and hermetics. I'm defining hermetics as a view of nature.

**Q.** How has aging affected your reading and research?

**A.** I attended the "Second Half of Life" workshop that included the late Angeles Arrien as a featured speaker. Arrien, then in her 80s, spoke for

three hours without notes, drawing upon her rich treasure trove of gathered wisdom and experiences. She provided numerous examples of individuals who discovered their passions and pursued them in the second half of their lives. For example, Dr. Seuss, did not begin producing books until he was in his mid-50s. The storyteller, Oru Namamu, was in his late 80s when he created placards that asked "What are your dreams today?"

**Q.** How do you feel about looking for new dreams and passions as we age?

**A.** It's sad when we let go of our dreams and passions and don't look so much for new ones. I work now from the base, "Who am I now? What is my passion? And what makes me hot?" By that I mean WHAT makes me hot, not who.

**Q.** But with regard to the erotic, is there still room for that in the second half of life?

**A.** Erotica changes so much with age. The notion of erotica is attached to the framework of the mind. Nature becomes more erotic as we age.



We see how we and all things live together and are the breath of the erotic. It seems that in the second half of life we all have the opportunity to experience our world by smelling the roses, listening to bird songs, feelings the wet sand between our toes, seeing the colors of autumn, and touching a newborn baby's skin, all framed as erotic experiences. What your passion will be is on the inside of you. Society wants us to put things on the outside. You don't have to share it if you don't want to.

**Q.** What have you added to your life as you have become older?

**A.** Poetry is how I live, but I've added daily meditation. As we age, we also need to meditate.

It's part of poetry — the contemplation and the way we want to live from a simpler perspective. Meditation helps us get rid of the junk and the chatter of our minds.

**Q.** What advice do you have for Kerby News readers?

**A.** Come to a poetry reading. Check it out. It may surprise you. Take the opportunity to change your life. Before you say "I don't like it," try it. If you do try it, you just might like it.

**NOTE** – If you want to see Sheri-D perform one of her video poems, go to Google and punch in "Spinsters Hanging in Trees."

Enjoy!

**Elite 55 Club**  
**Now over 1300 members!**

Welcome to **Seniors Week** June 1st-7th!

Be here for our slot tournaments June 1st-5th when we give away a trip for two to Laughlin, Nevada at 11am EVERY DAY! Plus, join us for \$5 lunch on Wednesday, June 3rd at 11:30am.

Register for these exciting events with Jane at 403-514-0900 ext 7076 or [jszabo@cowboyscasino.ca](mailto:jszabo@cowboyscasino.ca)

**COWBOYS CASINO**

[www.cowboyscasino.ca](http://www.cowboyscasino.ca) **cowboyscasino**

421 12 Ave SE 403-514-0900

## It's never too late to start saving money

(NC) It is best if you can start saving early for your golden years because every little bit helps.

According to a national survey conducted for the Chartered Professional Accountants of Canada (CPA Canada), a significant number of respondents, aged 55 and older, find managing their personal finances a challenge.

The survey found that 50 per cent of respondents appear to be meeting their monthly expenses with relative ease. However, one quarter of those surveyed are experiencing some level of difficulty.

Respondents also were asked to forecast their financial situation in 10 years. Twenty-two per cent expect it to improve, 38 per cent anticipate it will be the same and 31 per cent predict their personal situation will deteriorate.

Kelley Keehn, author of CPA Canada's A Canadian's Guide to Money-Smart

Living, says the good news is that while there are obvious advantages to saving earlier, it is never too late to make financial gains.

With the expenses of child-rearing and the bulk of mortgages managed, Keehn says, "many individuals don't really start to save aggressively until their 50s and older."

With age, of course, comes wisdom.

Survey respondents were asked what they would have done differently to prepare for their later years. Saving more money was the top response cited by just under half (46 per cent) of the participants. Respondents were provided several options relating to turning the clock back and the next two most common wishes were making better investments (40 per cent) and taking better care of their health (37 per cent).

The telephone survey involving 1,022 Canadians was conducted between August 21 and September 2, 2014. [www.newscanada.com](http://www.newscanada.com)



**Life and liberty —**

*By liberty forrest*

**A journey of a thousand miles begins with a single step**

It is said that, "A journey of a thousand miles begins with a single step." This is attributed to Lao-Tzu, a brilliant Chinese philosopher who wrote a lot about the Tao.

More correctly, the proper translation from Chinese is "The journey of a thousand miles begins beneath one's feet."

I love both of these statements. At first glance, they might seem to have almost identical meanings. They are thought to be interchangeable but in fact, each is quite different from the other.

Let's take a look at the less well-known but correct translation first: "The journey of a thousand miles begins beneath one's feet." This is such a beautiful statement. It's filled with optimism and hope. It's about looking at where you are, right here, right now, accepting what is, accepting where you're standing now, and not looking behind you, leaving the past where it belongs.

It's about seeing what needs to change in yourself or your life. It's about preparing for forward movement, for growth. It's brilliant. It's exciting. It's empowering. It's filled with anticipation.

It leads straight to the more widely known version: "A journey of a thousand miles begins with a single step." This is also very beautiful. It teaches patience, determination and perseverance in the face of a goal that seems so far away. It teaches gentleness in the art of change. You don't have to do it all at once.

It offers hope and encouragement to anyone who is on a difficult path, especially when there is the temptation to give up, or not even start in the first place.

There are many reasons why you might hesitate about taking that first step. You might question what's down that path. What if it isn't good? What if you don't like it? What if it's painful? What if you wish you could be back where you are now, but it's too late?

It is natural for us to fear the unknown; it's part of our built-in survival mechanism. It's what keeps us safe. But it can also keep us stuck and stagnant. It is easy to become set in our ways, not allowing growth, newness, or movement. We find comfort in the familiar, but we can also find that life becomes dull, small and flat.

There are several versions of a fable involving a tree (such as oak or olive) that

taunts a humble reed for being so weak and frail. The tree stands firm and strong, deeply rooted and never moving and of course the reed is flimsy and is seemingly lacking in substance. But when the storms come, it is the reed that bends and the tree that breaks.

We can learn a lot from that fable, whichever version you might have heard. Life is about movement and change. The more we are willing to be adaptable and "go with the flow" the better our chances of withstanding whatever difficulties or challenges might turn up along the path, and the better our chances of finding happiness and personal fulfillment.

But what is it that fuels taking that first step, and all the others that follow? What

is it that looks past the fear or disconcerting feelings that bubble up as we make that decision to start down that path?

It could be determination. It could be courage. It could be curiosity. Or perhaps it is hope, because whatever else you might be feeling, it is quite likely the catalyst for your decision to lift your foot and set it down as the first step on that new path. Hope for something better. Hope for something different. Hope for renewal, forgiveness, love, peace, redemption, salvation - or whatever else might be behind your decision to move forward. It is the fuel that keeps that spark alive, the one that can mean the difference between life and death, between growth and stagnation, between joy and misery.

Hope is not an emotion that washes over you; it is a choice. It is a decision to see possibilities and potential, and to be willing to explore them, even if you're not sure what that means. The important bit is to have a vision, a dream, a goal.

Being aware of what's beneath your feet, and what's at that thousand-mile point will help you to decide where to place your foot with that first step, and all the others that follow. That first step begins taking you away from where you are now, from what lies beneath your feet.

And if you just keep lifting your foot and putting it down, one foot in front of the other, you will continue to move further away from where you are now, and with each step, a little closer to where you want to be.

Do not fear putting your foot down in the wrong place. This happens sometimes when you look down at your feet, rather than ahead at your destination but you can correct the problem. Keep focused on the destination; your feet will follow your eyes.

First: take a good look at what lies beneath your feet. Where are you now? What do you need to accept about your situation? What is your current reality? What do you want to change about it?

Second: It begins with that first step. Once you know your destination and you have a clear vision of it in your mind, lift a foot and set it down again. Keep putting one foot in front of the other and in time, you will be where you want to be.

**Wentworth Manor**

*Independence • Dignity • Choice*

**You Deserve the Best!**

We provide a broad range of personal and health care services for all levels of retirement living. From private independent suites to care center rooms, Wentworth Manor provides a secure, supportive environment allowing you to establish a home for years to come so that you can "Age-In-Place."



**WENTWORTH MANOR - THE RESIDENCE**

- Independent, Assisted Living
- Studio or One-Bedroom Suites

**WENTWORTH MANOR - THE COURT**

- Long term care center

**Some of our amenities**

- 5.6 acres of park-like grounds including walking paths
- Unrestricted city views
- Chef prepared meals & healthy snacks
- Happy hour with live entertainment
- Daily recreation and leisure activities
- Free shuttle coach to local malls & day trips in & out of town

**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*



Wentworth Manor is a division of The Brenda Strafford Foundation. The Foundation was established in 1975 and is a Registered Canadian Charitable Organization. As a charity, the Foundation directs all funds to the service of humanity.

**Wentworth Manor in Christie Park**

**5717-14th Avenue SW  
Call for your personal tour  
403-242-5005**



**Virtual tours at [www.wentworthmanor.com](http://www.wentworthmanor.com)**







# Four tips to improve your writing skills

(NC) Online instant messaging and texting have become some of the most frequent forms of communication in our society. We convey words through short forms and abbreviations and express our complex emotions with emoticons and symbols. Though this technology has increased the speed, frequency and reach of our communication, it could be having a negative impact on the quality of our writing. For young people trying to develop their career, learning to express yourself well in writing is a necessary skill.

To prevent your writing from turning into a blur of symbols, happy faces and LOL's, keep these tips in mind to ensure your writing skills stay as sharp as ever.

## 4. Make a presentation on something you care about

Learning to write well is about organizing your thoughts, and planning carefully what you want to convey to your audience by writing it down in advance. Preparing to speak to an audience or a group of friends on something you care about is a great way to practice good writing and communication skills.

In an era where so many digital media limit the number of characters we can use to express our thoughts, make sure to use other methods to keep your writing up to par.

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

## 1. Start a blog

Creating a blog on a topic that you're passionate about or have an active interest in will keep you motivated and excited to put some effort into your writing. It builds creativity to determine new and exciting topics that will engage readers and encourages consistent writing on a regular basis to increase traffic and views.

## 2. Write a letter

With today's instant methods of communication, many of us have forgotten what it feels like to pick up a pen and paper, stuff and seal an envelope. One meaningful way to do more letter writing and practice your writing abilities is through Amnesty International's global letter writing campaigns. Amnesty's Urgent Action Network members stand by ready to send letters to authorities around the world for individuals at risk of abuses such as torture, imminent execution or unlawful arrest. To learn more about the Urgent Action Network, visit [www.amnesty.ca/get-involved/urgent-action-network](http://www.amnesty.ca/get-involved/urgent-action-network).

## 3. Get back to reading

The best writers are also avid readers and reading on a regular basis is a simple way to develop and build your writing skills. Reading can expand your horizons to increase vocabulary, sentence structure, and overall flow. Whether you prefer a classic printed book or have moved onto the digital age with tablets, and e-readers, spend your next lazy Sunday cozied up with a good book.

## Who will pay for your funeral expenses?

CANADA  
Purple Shield 

- ✓ Pays immediate CASH at time of need! Up to \$15,000.
- ✓ Protects against inflation!
- ✓ Plans increase in value.
- ✓ Accepted by funeral directors everywhere.
- ✓ No medical required!
- ✓ Travel plan assistance.
- ✓ Low monthly premium rates to fit any budget
- ✓ Plans available to age 85
- ✓ Serving Canadians since 1963.

Call (403) 257-2279 for more information or visit our website at [www.purpleshieldplan.com](http://www.purpleshieldplan.com)



## NORTH HILL DENTURE CLINIC

STEVE SAILER DD

DISCOVER THE NEW OPTIONS TO A CONFIDENT YOU.



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

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

403-282-6126

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



## CO-OP Home Health Care



Products and exceptional service for better health and healing.



Our staff is certified to provide consultations and professional fittings.

### Post Surgical Needs

Compression Garments  
Drain Containment Camisoles

### Lymphedema Support

Sleeves  
Gloves  
Donning Aids  
Medical Compression Stockings

### Mastectomy Needs

Breast Forms  
Swimwear  
Sports Solutions

### Sports Injury Recovery

Compression Garments  
Braces (ankle, knee, etc.)  
Hernia Supports  
Air Casts

Two Calgary locations to serve you.

9309 Macleod Trail SW 403-252-2266  
4938 Richmond Road SW 403-299-4488

## CO-OP Pharmacy



Strengthen your muscles to increase metabolism.

Resistance band exercises have been shown to reduce blood sugar levels and promote weight loss.

Get your resistance band and training from our Certified Diabetes Educator. Ask your Pharmacist about our clinic dates and locations.

[calgarycoop.com](http://calgarycoop.com)



# Family trees have moved online

By Kevin Yates

Online blogging has made it easy to create and maintain an online family tree to chronicle your family's history with music, pictures, videos and stories.

Family trees traditionally only show the genealogical connections in a family by creating an illustration using a conventional tree. Blogging allows the user to create a family tree that not only shows the relationships between the family members but can also tell their story.

"After my kids left home I've had to use Facebook to see what's going on in their lives, and I hate it," says Grace Pilzecker, a 59-year-old mother of three.

Blogs are internet websites designed for individuals or companies to regularly publish their own news articles or personal thoughts. Publishing your news to a blog allows you to give up-to-date information to your family during celebratory or emergency times, whereas information published on sites like Facebook and Twitter can be missed among irrelevant status updates.

By using a blog as your platform for the family tree you can create a place where other family mem-

bers may add and share their stories, simply by creating accounts for them to post to the site. Letting your family members add to the tree will let you see different perspectives on the family and enrich the experience.

"I'd like to be able to see my children post their accomplishments as they continue to grow," says Pilzecker. She herself has kept extensive photo albums of her children while they were growing up.

To create an interactive family tree you first have to map out the relationships of your family generation by generation. The

**"To create an interactive family tree you first have to map out the relationships of your family generation by generation."**

easiest way to accomplish this goal is to start with organizing everyone in your generation and working your way out from there. After everyone is organized and you have decided who you want to



Searching online can be done from the comfort of your own study. Photo by Kevin Yates

include in the family tree you have to decide on how you want it to look.

There are several ways to accomplish this aspect of the family tree: every generation could have its own page that links to each person; the family tree could be a traditional tree illustration with each branch linking to that person's page; each immediate family in the tree could be on their own page. The possibilities are endless.

When you have decided on how you want your family tree to look you have to choose which way you will host your blog. This decision should be based on your technological experience. Programs like Adobe Dreamweaver

are for the more experienced user, while websites like WordPress.com and LiveJournal.com are easier to use.

WordPress offers multiple background themes that you can either use for

**"you can create a place where other family members may add and share their stories"**

free or purchase to customize the overall appearance of your family tree. The different themes are merely cosmetic, and they determine where the navigational menus will be placed and what features are available.

Make sure that you continue to update and add to your tree. Use places like Facebook and Instagram to collect photos for picture galleries, invite other family members to share their stories and continue to grow your tree.

"I don't think it's something I could do on my own but it would be a good thing for me and my daughter to do," says Pilzecker.

There are many sites on the internet that offer to create a family tree for you. However, these services are rarely without cost and they simply use public databases to assemble your genealogy. Although they do all the work for you, they rely only on public information about your family, and that only pertains to people to whom you have no real connection to other than blood.

Ancestry.ca offers a subscription service of \$14.99 a month for access to their Canadian database and \$29.99 a month for their worldwide database.

This is still not comparable to hosting your own website using a hosting service like GoDaddy where the cost can be as little as \$30 a year or you can use free services like LiveJournal.com or WordPress.com.

Creating your family tree online can be an enriching experience and a way, if you wish, to share your family's history with the world.

CEO Retirement Concert  
**THE BEST IS YET TO COME:  
 SINATRA AND BEYOND**

**JUNE 12 & 13**  
 Jack Singer Concert Hall

*New York New York, The Lady Is a Tramp, The Best is Yet to Come, Copacabana, Two Sleepy People, and many more!*

Enjoy classic hits with modern flair from Frank Sinatra and beyond. The Season Finale features extraordinary Pops conductor **Steven Reineke**, guest Broadway and Jazz vocalists **Montego Glover** and **Tony DeSare** and your Calgary Philharmonic Orchestra.

**SENIOR PRICING AVAILABLE!**

Calgary Philharmonic Orchestra  
 CALGARYPHIL.COM | 403.571.0849

**cash casino**  
 Cash Casino Calgary  
 4040 Blackfoot Trail SE  
 Calgary, AB  
 403-287-1635  
 cashcasino.ca

Come join us at Alberta's friendliest casino

**FULL BREAKFAST  
 ONLY \$2.99 PLUS GST  
 DAILY IN TERRACE**

**JOIN US IN  
 EMBERS DINING ROOM,  
 OPEN DAILY FROM 4 P.M.  
 EVERY MONDAY AND THURSDAY IS  
 PRIME RIB NIGHT!**

**COME SEE US FOR OTHER DAILY SPECIALS!**



# KERBY TRAVEL



1133 7 Avenue SW,  
Calgary, T2P 1B2  
Phone (403) 705-3237  
Fax (403) 705-3211  
E-mail:  
travel@kerbycentre.com

## Cruising the Yangtze River

From Shanghai to Beijing  
Choose July to October  
(16 days)  
Dbl. pp. from \$3099, Sgl.  
from \$4199 plus air  
Escorted, 34 meals, door to  
door pick-up

## Deadwood, Summer Special

July 11, August 8 (7 days)  
Dbl. pp. \$595, Sgl. \$ 829  
plus GST on Canadian  
portion. Escorted, 4 break-  
fasts, wine and cheese

## Italian Vistas

(Rome, Pompeii, Sorrento,  
Isle of Capri, Florence,  
Venice & more)

Choose any month in 2015  
(13 days)

Dbl. pp. \$3549, (call for  
Sgl. rates) plus air  
Escorted, 18 meals, door-  
to-door pick-up, entry fees  
More itineraries available

## Spain's Classics

(From Madrid to  
Barcelona)

Choose any month in 2015  
(11 days)

From Dbl. pp. \$2149, Sgl.  
\$2669 plus air  
Escorted, 14 meals, entry  
fees, Door-to-door pick-up.  
More itineraries available

## Canadian Rockies & Beautiful BC

Includes Fraser Canyon,  
Vancouver, Victoria, Jasper  
July 30 or September 3  
(10 days)

Dbl. pp. \$3197, Sgl. \$3987  
Escorted coach tour. Fly  
home from Vancouver.  
17 meals, entry fees, insur-  
ance, tips, door to door  
pick-up, air fare

Travel Presentation  
NO PRESENTATION IN  
JUNE

## Explore Transylvania Walking Tour

Choose July to October (7  
nights)

Dbl. pp. \$1480 plus air  
Escorted, 19 meals,  
Combine with Bucharest  
city-stay or river cruise  
**Wonders of Waterton**  
June 18 and September 17  
(3 days)  
Dbl. \$625, Sgl. from \$835  
Includes Head-Smashed-in  
Buffalo Jump, lake cruise,  
Remington Carriage  
Museum, more  
Escorted, 3 meals

## Alaska Midnight Sun

June 22, 29 (19 days)  
Dbl. pp. from \$4081, Sgl.  
from \$5715  
Includes two-night Inside

Passage cruise, narrow-  
gauge railroad, salmon  
bake and sternwheeler river  
voyage  
Many other cruise and land  
itineraries available

## Eastern Canada

Many dates and itineraries  
to choose from  
Guaranteed departures  
Prices vary depending on  
length of tour

## Baltic Cruise Adventure

(Copenhagen, Germany,  
Estonia, St. Petersburg, more)  
July 19-July 31 (12 days)  
Dbl. pp. from \$3586 plus air  
Escorted, free offers for  
early bookings

*Continued on page 26*

## Five tips to amplify your solo travel experience

(NC) Canadians have defi-  
nitely embraced solo travel  
over the past few years – and  
the travel industry has fol-  
lowed suit. According to tour  
operator G adventures, women  
in particular are leading this  
trend with a 148 per cent  
increase in solo travel since  
2008. In fact, did you know  
that women aged 42 or older  
are twice as likely as men to  
vacation alone? It can be an  
exciting, freeing, and even  
transformative experience to  
see the world that way, and  
if the memoir and movie, Eat,  
Pray, Love isn't enough to con-  
vince you, the folks at Comfort  
Inn hotels have some helpful  
tips for your solo adventure:

### 1. Enjoy freedom and flexibility

Don't be afraid to be selfish;

one of the best things about  
travelling solo is that you call  
the shots. Take advantage of the  
fact that you get to pick your  
next stop and restaurant for din-  
ner. Not having to compromise  
with somebody allows time to  
enjoy your own list of what you  
want to see and do.

### 2. Make safety a priority

Since you don't have some-  
one looking out for you, plan-  
ning ahead is crucial. Choose  
accommodation with 24-hour  
staffing and leave a copy of  
your itinerary with a loved one,  
making sure to check in regu-  
larly. Pack copies of your travel  
documents and, most impor-  
tantly, trust your instincts,  
they're usually right.

### 3. Live like a local

Travelling alone makes it  
easier to blend into your sur-

roundings and ditch the tourist  
look. Take this opportunity to  
get an authentic experience.  
Get recommendations from  
the locals on where to eat and  
what to see, shop at the local  
farmer's market and become a  
regular at a new favourite café.

### 4. Meet new people

This is the perfect opportu-  
nity to meet new people. You  
may be pleasantly surprised at  
the individuals you encounter  
through your travels, so con-  
sider striking up a conversa-  
tion. It could even lead to a  
new lifelong friendship.

### 5. Explore your home country

With the dollar in a bit of

a slump, consider travelling  
around Canada to avoid the  
exchange rate. Since  
accommodation won't be  
shared, getting your dollars  
to stretch further is a great  
incentive to stay local.  
Joining a hotel loyalty pro-  
gram like Choice Privileges  
is another easy way to earn  
free accommodation for  
your travels.

Regardless of where you  
go, solo travel is all about  
you. So enjoy your time  
away and travel without  
regrets. As British explorer  
and travel writer, Dame  
Freya Madeline Stark, once

said: "To awaken quite  
alone in a strange town is  
one of the pleasantest sensa-  
tions in the world."

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

**Escorted Motorcoach Tours**

**BRITISH COLUMBIA CIRCLE**  
Includes Inside Passage Cruise & train ride!  
8 days, August 7, September 8

**MARITIMES by MOTORCOACH**  
Several Tours to Choose From!

**MINOT NORSK HOSTFEST**  
Five Celebrity Concerts!  
8 days, September 28 guaranteed

**NASHVILLE & BRANSON**  
Several Tours to Choose From!

**NAGEL TOURS**  
[www.nageltours.com](http://www.nageltours.com)

**38 YEARS OF SERVICE**

**403-717-9999 or  
1-800-562-9999**

## How to avoid bringing bedbugs home from your trip

(NC) Bedbugs are show-  
ing up everywhere – in five-  
star hotels, buses, and in  
private residences – and  
some locations have been  
harder hit than others.  
Although not known to  
transmit disease, their bites  
can cause itchy welts, and  
some people may experi-  
ence more serious skin irri-  
tation.

About the size and shape  
of a small apple seed, bed-  
bugs can hide in the tiniest  
of cracks and come out to  
feed at night. Black or  
brown spots on a mattress,  
sheets, bed frame, or walls  
are signs of a bedbug infes-  
tation. Bedbug eggs (which  
are usually laid in cracks)  
are white, about one mil-

limetre long and almost  
impossible to see on most  
surfaces.

Here are some tips to  
avoid bringing bedbugs  
home when travelling:

- Don't bring your pillow with you.

- Thoroughly inspect your hotel room before allowing children or pets in.

- Place your luggage on a tile floor (like in the bathroom), away from any upholstered (soft) surfaces. After inspecting the luggage stand straps, keep your luggage on the stand and pull the stand slightly away from the wall (instead of unpack-

*Continued on page 26*

It's not just a tour . . . It's a holiday . . .

A-STAR TOURS

403-262-9234

<p style="text-align: center; font-weight: bold; font-size: small;">LAS VEGAS 9 days</p> <p style="font-size: x-small;">July 25, Sept 5, Sept 19 4 nights in Las Vegas The Golden Nugget or TheD 2 in Wendover, 2 in Helena, 5 to 6 meals, Slot Play and side tours The Golden Nugget - fun book \$140.00 TheD - \$20.00 in food coupons</p>	<p style="text-align: center; font-weight: bold; font-size: small;">DEADWOOD, SD 7 Days Sept 12, Oct 10</p> <p style="font-size: x-small;">Includes: 4 nights in Deadwood at the Mineral Palace, 1 in Great Falls, 1 in Regina, 5 breakfast, Wine &amp; cheese reception, slot &amp; blackjack tournaments, optional Keystone, Mt Rushmore and Crazy Horse Optional Casino Regina Package \$10 Slot Play, \$5 food coupon</p>	<p style="text-align: center; font-weight: bold; font-size: small;">COEUR D'ALENE CASINO 6 days Oct 7</p> <p style="font-size: x-small;">2 nights Kootenai River Casino 2 x \$5.00 meal coupons 3 night Coeur d'Alene Casino \$35.00 Slot Play \$45.00 Food &amp; Bev Vouchers</p>
<p style="text-align: center; font-weight: bold; font-size: small;">LAUGHLIN, NV 12 days Oct 5, Nov 16</p> <p style="font-size: x-small;">Includes: 6 nights in Laughlin 3 in Wendover, 2 in Helena, 9 meals, \$21 Slot Play &amp; side tours</p>	<p style="text-align: center; font-weight: bold; font-size: small;">DEADWOOD SUMMER SPECIAL 7 Days June 6, July 11, Aug 8</p> <p style="font-size: x-small;">Includes: 4 nights in Deadwood at the Mineral Palace, 1 in Great Falls, 1 in Regina, 5 breakfast, Wine &amp; 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 &amp; blackjack tournaments, Optional Casino Regina Package \$10 Slot Play, \$5 food coupon</p>	<p style="text-align: center; font-weight: bold; font-size: small;">TEMPLE GARDENS MINERAL SPA &amp; CASINO MOOSEJAW 4 days \$339.00</p> <p style="font-size: x-small;">June 28, July 26, Aug 23, Sept 22 Includes \$20 Meal &amp; \$60 slot play, city tour, optional day tour to Regina</p>
<p style="text-align: center; font-weight: bold; font-size: small;">LAUGHLIN, NV 9 days Oct 3</p> <p style="font-size: x-small;">Includes: 4 nights in Laughlin 2 in Wendover, 2 in Helena, 7 meals, \$14 Slot Play &amp; side tours</p>	<p style="text-align: center; font-weight: bold; font-size: small;">RIVER ROCK RESORT &amp; CASINO 6 days - Sept 27 \$589.00</p> <p style="font-size: x-small;">Includes: 1 lunch, \$20 in slot play \$30 food &amp; beverage, city tour, Granville Island, and Historic Stevenson</p>	<p style="text-align: center; font-weight: bold; font-size: small;">NORTHERN LIGHTS CASINO Prince Albert, SK 4 days \$299.00 Sept 20</p> <p style="font-size: x-small;">Includes \$85. Casino package, 3 breakfasts, optional day trip to Dakota Dunes Casino with \$10 slot</p>
<p style="text-align: center; font-weight: bold; font-size: small;">WENDOVER, NV 7 days June 21, Sept 27, Oct 18</p> <p style="font-size: x-small;">Wendover Nugget Includes: 2 nights in Helena w/3 meals, 4 in Wendover with side tours. The Nugget includes: 4 buffets, \$28 slot play +</p>	<p style="text-align: center; font-weight: bold; font-size: small;">YELLOWSTONE NATIONAL PARK &amp; DEADWOOD, SD 10 days - Sept 10</p> <p style="font-size: x-small;">Includes: 9 nights, 8 breakfasts, Historic Virginia City, Quake Lake Old Faithful Geyser &amp; Visitor Center, Buffalo Bill scenic by-way, Dam &amp; Visitor center, Bighorn Scenic Byway, Shell Canyon &amp; Falls, Devils Tower, Wine &amp; cheese reception, Badlands National Park, World Famous Wall Drug Store, D.C. Booth Historic Fish Hatchery, Crazy Horse, Mt Rushmore, slot &amp; blackjack tournaments, Optional Casino Regina Package \$10 Slot Play, \$5 food coupon</p>	<p style="text-align: center; font-weight: bold; font-size: small;">CASINOS OF WINNIPEG 6 days - Sept 13 \$464.00</p> <p style="font-size: x-small;">\$25 meal coupons, 1 breakfast, up to \$105 slot play, tour the Canadian Mint, visit South Beach Casino with lunch</p>
<p style="text-align: center; font-weight: bold; font-size: small;">CASINO OF THE ROCKIES 4 days Aug 30 \$339.00</p> <p style="font-size: x-small;">St. Eugene Resort Includes: 3 nights St. Eugene Resort 1 Lunch, \$15. Meal vouchers, \$30. Slot Optional side trip to Ft Steele Heritage Town and Kimberley the Bavarian Village</p>	<p style="text-align: center; font-weight: bold; font-size: small;">DISCOVER NEVADA 12 days Sept 23</p>	<p style="text-align: center; font-weight: bold; font-size: small;">KOOTENAI RIVER INN &amp; CASINO Bonners Ferry, ID 4 days Sept 28</p> <p style="font-size: x-small;">Includes \$15 meal coupons, 1 lunch, 50% off day spa coupon, and shopping trip to Spokane</p>
<p style="text-align: center; font-weight: bold; font-size: small;">SAN FRANCISCO 13 days Nov 8</p>	<p style="font-size: x-small;">For detailed information of tours please Call, E-Mail us or Visit our website JOIN OUR ONLINE CONTEST! You could WIN \$250.00 worth of travel.</p>	

[www.a-startours.com](http://www.a-startours.com)      [info@a-startours.com](mailto:info@a-startours.com)      [a-startours@telus.net](mailto:a-startours@telus.net)



# KERBY TRAVEL

**Continued from page 25**

**Minot Norsk Hostfest**

September 28-October 5 (8 days) From Dbl. pp. \$1785. Tour includes 7 breakfasts, daily transport to/from fairground, reserved seating for five shows and the Closing Performance. Book early

**Christmas Cruise**

Civitavecchia, Genoa, Katakolon, Piraeus, Rhodes Haifa (overnight), Crete Fly home from Rome December 16-27 (12 days) Dbl. pp. from \$1555, Sgl. from \$3110 plus air, Unescorted, includes meals on the ship

**Cruises & River Cruises to any destination**

Tell us your destination/date. We can help. All inclusive trips to any destination. Unescorted or escorted. Call us with your destination request. We will help you arrange your tour. Don't see the tour you want? Please call us. Book with us. Help yourself, help Kerby

**Kerby Travel Day Trips**

**June Trips**

**Trochu Arboretum & RCMP Dog Training**  
Date: Wednesday June 17 2015

Cost: Member - \$57  
Non-member - \$62  
Includes transportation, admission to arboretum, lunch and police dog training demonstration  
Cut-off date: June 3, 2015

**Sheep River Valley Hike**  
Date: Thursday June 25, 2015  
Cost: Member - \$46  
Non-member - \$51  
Includes transportation & guide by naturalist John McFaul. Bring your own lunch. Time: 9 AM – 4 PM  
Cut-off date: June 10, 2015

**July Trips**

**Canmore Tour of Grizzly Paw Brewery**  
Date: Thurs July 21, 2015

Cost: Member - \$37;  
Non-Member \$42  
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

**Brown-Lowery Provincial Park**  
Date: Thursday July 30, 2015  
Cost: Member - \$46  
Non-member - \$51  
Includes transportation & guide by naturalist John McFaul  
Bring your own lunch  
Time: 9 AM – 4 PM  
Cut-off date: July 15, 2015

**August Trips**

**Arrowwood Hutterite Colony**  
Date: Tuesday August 11, 2015  
Call Kerby Travel for details – 403-705-3237

**Troll Falls**

Date: Thursday August 27, 2015  
Cost: Member - \$46  
Non-member - \$51  
Includes transportation & guide by naturalist John McFaul  
Bring your own lunch  
Time: 9 AM – 4 PM  
Cut-off date: August 12, 2015

**Continued from page 25**

ing your belongings and placing them in drawers).

• Slowly lift up each corner of the mattress and examine all crease and tufts of the mattress and box spring. Check all the bed linens, behind the headboard, and any items near the bed such as an alarm clock.

• Use a flashlight to inspect the inside of the closet, paying special attention to any cracks.

• Place your shoes in an open area and do not store anything under the bed. If you find signs of bedbugs, notify the front desk and ask for another room or stay somewhere else. If you change rooms in the same hotel, make sure your new room is not next to, above or below the possibly infested room. Inspect your new room.

**When you return home:**

• Before bringing your luggage in, place it on a hard, light-coloured surface, and check it carefully.

• Unpack your clothing and inspect personal items, including your hairbrush and cosmetic case.

• Wash all clothing and fabric items in hot water, even if you didn't wear them.

• Place non-washable items in the clothes dryer on the highest heat for 30 minutes.

• Vacuum your luggage. Discard the vacuum bag in a sealed garbage bag right away. For a bagless vacuum cleaner, empty the dust collector into a garbage bag and throw out the bag immediately. Afterwards, wash any vacuum attachments you used and the dust collector in hot water with detergent.

For assistance in dealing with bedbug infestations, contact your local public health office. Up-to-date information on how to prevent and deal with bedbugs is posted at [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca).

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

## Are you covered for medical emergencies in other provinces?

(NC) Many Canadians will venture outside their home province to visit other parts of the country this summer – and while insurance is seen as a must-have for international travel, it is often overlooked for shorter trips.

But make no mistake. No matter whether you're going to P.E.I. on a golf holiday, visiting family in B.C., or taking a quick trip to a neighbouring province, it is important to be prepared and protected for emergencies.

RSA, a leading insurer in Canada, offers some helpful reminders before you leave home:

Get the right coverage: Your provincial health insurance plan won't necessarily provide all the out-of-province coverage you might need should something unfortunate happen while you're away. While the cost of visiting a public hospital and seeing doctors would generally be covered by provincial health plans, many out-of-pocket medical expenses are not. Travel medical insurance can help cover emergency medical costs and incidental expenses that are not included under your provincial plan, including extra costs that may be needed to get you home.

Check with the appropriate government agency for what your provincial or territorial medical insurance covers when you are

travelling within Canada, and supplement it with additional coverage as necessary.

You may also benefit from having trip cancellation and interruption insurance. Without it, a flight cancellation or an unexpected return home for an emergency in the middle of your trip could be costly.

Carry the right documents: Pack light, but be sure to take important information such as identification, your provincial health insurance card, and your travel insurance wallet card, which contains a number for 24/7 assistance should you ever need it. Take a list of emergency contact information of family or friends. Find a policy that suits your needs: If you travel more than once or twice during the year, look into a multi-trip annual travel insurance plan. Multi-trip plans can provide coverage for every trip you take, and save you the cost and hassle of shopping for and buying a single trip policy every time. Understand your policy: Whatever the destination, take some time before you travel to read over your insurance policy so that you understand the coverage it provides and what to do if you have a claim. If you have questions, talk to an experienced travel insurance expert for guidance.

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



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

**SAN FRANCISCO - NAPA VALLEY**

14 Days - September 12 - \$1999.00  
13 nights accommodation, Plus many meals,  
Guided tour of San Francisco, Alcatraz, Cable car ride, 4 winery tours & tastings, Redwood Forest, Spectacular 17 mile drive that includes Pebble Beach & more!!

**KOOTENAY - OKANAGAN TOUR**

6 Days - September 20 - \$699.00  
1 night Radium, 1 night Rosslund, 2 nights Vernon 1 night 3 Valley Gap, Boat cruise, winery tour & tasting, Orchard tour & lunch, steak bar-b-q, Italian dinner

**MINOT HOSTFEST**

8 Days - departing September 28 - \$1578.00  
Includes 7 nights superior accommodation, 5 deluxe breakfasts, \$30 Casino pkg, bus shuttle passes, admissions to all performances & pavilions.

**LAS VEGAS**

9 Days - October 10 - \$654.00  
2 nights Helena, 2 Nights Wendover, 4 in Vegas, 5 meals, \$14 slot play \$125 coupon book, Hoover dam

**LAUGHLIN**

9 Days departing October 24 - \$599  
2 nights Helena, 2 nights Wendover, 4 nights Laughlin 7 meals, \$14.00 slot play, trip to the Grand Canyon

Prices based on per person double sharing + GST on Cdn. portion

**TOLL FREE 1-866-460-0777**

## LIFETIME HIGHS INC.

**YOUR ESCORTS ARE A TEAM THAT CARES!**

**SLOTS OF FUN (CASINO ADVENTURES) 2015**

River Cree Resort & Casino: (Edmonton) – 2015 June 14-16  
Kootenai River Inn & Casino – 2015: – Sept 15-18, Nov 1-4, Dec 6-9  
Cranbrook Casino of the Rockies – (4 Days/3 Nights), Sept 15-18, Nov 1-4, Dec 6-9  
Deadwood – 2015 Oct 3-8 (6 Days/5 Nights)  
Camrose – 2015 Oct 18-19  
Stoney Nakoda Casino - Call for details

**LOTS OF FUN DAY TRIPS (NO CASINO) 2015**

Berry Farm Visit - June 8  
RCMP Dog Training & Hutterite Colony Visit- June 3 & 17  
Rosebud Theatre - "The Wizard of Oz" - June 10  
Waterton Overnighter - The Barn & Remington Museum and all meals (6) - June 19-20  
Rosebud Theatre - "Mass Appeal" - Sept 30  
Jasper Fall Fling - Oct 26-29  
Rosebud Theatre - "Wind in the Willows" - Nov 25  
Golf Anyone - Coeur d'Alaine or Cranbrook (St Eugene)- Call for details  
\*Do you require a bus for your activity; eg. your own lunch or shopping trip??? Let us help! We can arrange transportation for any size group. Please contact us.

**INTERNATIONAL ADVENTURES AND CANADIAN TOURS**

Grizzly Bears- 2015 One Day Adventure - Saturday June 6, June 20, and July 18, 2015  
Polar Bears - 2015 One Day Adventure – Oct 23, Nov 1 and Nov 14 - Call for details  
Ladies Only - Safari to Tanzania - Jan 2016 – The only Maasai owned safari company in East Africa. If you or anyone you know has an East African Safari on your bucket list contact us and we will assist in fulfilling your African dream.

**GIFT CERTIFICATE AVAILABLE**

To register or for more information visit our website or contact us:

LIFETIME HIGHS INC. [www.lifetimehighs.com](http://www.lifetimehighs.com)

ph:403-282-5734 f:403-220-0689 [lifetimehighs@shaw.ca](mailto:lifetimehighs@shaw.ca)



# Alberta NDP draws young votes, but spends on retirees

Follows the pattern set by the Progressive Conservatives when it comes to support for younger Albertans

By Paul Kershaw

Alberta's recently elected NDP enjoyed more support among younger Albertans than any other party, according to polls. Perhaps these younger voters had a hand in deciding the historic result.

There is some irony, then, that the NDP platform will substantially grow spending on retirees, while doing much less to address challenges faced by those under 45. Such generational disparity in provincial budgeting actually worsens the pattern of the former governing party, the Progressive Conservatives.

Under the PCs, Alberta had the largest age gap in social spending in Canada. The bulk of Alberta's 2015/16 spending is delivered through health-care (\$18.9 billion), education (\$7.5 billion), postsecondary (\$5.8 billion) and human services, including services for the elderly, disabled and social assistance (\$4.2 billion). Of this money, approximately \$17,129 was budgeted for each Albertan age 65 plus. Only \$7,489 is spent on each Albertan under 45.

Premier Rachel Notley plans to grow this age gap. Her platform increases yearly spending per retiree to more than \$18,000, while leaving spending on those under 45 around \$7,800. Alberta will soon spend \$3,000 more per senior than Saskatchewan, the next most generous province, and \$7,000 more than British Columbia. All the while, Alberta will spend less than Saskatchewan per younger citizen, and only moderately more than B.C.

No political party in Alberta, or elsewhere in Canada, breaks down spending by age.

As a result, Notley may not yet recognize that the NDP aspiration to grow medical care spending faster than other parties without growing revenue by a corresponding amount disadvantages younger citizens in two ways.

First, 41 per cent of the NDP's \$20-billion healthcare budget will go to services for the 11.5 per cent of the population age 65 plus. Medical spending on retirees adds up to more than Notley's entire K-12 budget; one-third more than the entire post-secondary budget; and nearly double the entire human services budget.

Such health spending might be justifiable if Albertans were getting bang for the buck, because we want the best for

our aging parents and grandparents. Alas, evidence shows Canadians spend more on medical care than many other rich countries, but get only middling or below average access to doctors, CT scans, MRIs and patient satisfaction. All the while, doctors get above average remuneration.

Revenue is the second problem with the NDP approach to medical care, repeating a long-standing pattern in Canadian politics. People aged 65 and older grew from nine per cent of Canada's population in 1976 to 15 per cent today, provincial and federal governments added \$32.5 billion in annual medical care spending for this age group. But governments did not increase revenue to pay for it.

Instead, governments held inflation-adjusted postsecondary spending relatively constant since 1976, even though twice as many young people pursue extra education to compete for jobs. Similarly, governments didn't build a child care system, even though young Alberta women increased their labour force participation by 42 per cent.

The NDP platform continues the national tradition of making trade-offs between medical care spending for retirees and investments in services that younger Albertans need more and more. A year from now, the NDP anticipates collecting an extra \$815 million in revenue. More than 80 per cent will fund their commitment to even more medical care services for retirees, leaving little left over.

Small wonder Notley's platform budgets only modest extra spending for grade school, postsecondary or child care by comparison with her healthcare increases.

In this, she aligns with the federal NDP. Federal leader Thomas Mulcair is running for national office on a platform that would entrench the same generational inequity.

The Alberta election proved big political change is possible - inspiring evidence for younger Canadians who deserve a better deal from political parties. To get this better deal, we need to build a lobby to influence all parties well in advance of voting day. That's the only way we will get political alternatives that don't grow intergenerational unfairness.

Dr. Paul Kershaw is the Founder of Generation Squeeze, and a policy professor in the University of BC School of Population Health. [www.troymedia.com](http://www.troymedia.com)

The opinions expressed represent the views of the correspondent and are not necessarily endorsed by Kerby News or Kerby Assembly.

# Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

BETWEEN THE EXTREMES

- |                                |   |  |                                  |   |                                |
|--------------------------------|---|--|----------------------------------|---|--------------------------------|
| <b>ACROSS</b>                  | 52 Fictional Scarlett                           | 99 Enchilada kin                                       | 7 U2's genre                     | 44 With 94-Down, restless                     | 82 Trim (down)                 |
| 1 Like humans                  | 56 Pitch-perfect                                | 101 Gumbo, e.g.  | 8 Flamenco dance cry             | 46 Mail-slot spot                             | 83 Pack away                   |
| 7 Turn about                   | 57 Science also known as                        | 102 Proton's place                                     | 9 Dance from Buenos Aires        | 47 Evaluations of resistance to sudden impact | 85 Puzzle with pictures        |
| 13 Bundt holder                | 59 Fire on                                      | 106 Drillmaster's syllable                             | 10 Take a stab at                | 49 Adjusted, as floor tiles                   | 87 Ideas                       |
| 20 Extreme folly               | 61 Comic actor Kevin                            | 108 Rent payer   | 11 Louise's film sidekick        | 50 Up in years                                | 89 "ER" extras                 |
| 21 86-Across in eastern Kansas | 63 What melts in a meltdown                     | 109 Hogs' pens   | 12 More weird                    | 51 Win — hair                                 | 90 Samovar                     |
| 22 Constructed in advance      | 65 Lawyer's assignment                          | 110 Simple exercise to work the abs                    | 13 "— Sharkey" (old sitcom)      | 53 Oodles                                     | 91 "The Swimmer" author John   |
| 23 Site of many a yoga class   | 68 Airport rental                               | 115 Coifs  | 14 Inverse trig function         | 54 One-in-a-million                           | 93 Detroit of "Guys and Dolls" |
| 25 Fiji's part of the world    | 69 Stir in, say                                 | 117 Card that's an apt alternate title for this puzzle | 15 — cool head                   | 55 Suit to —                                  | 94 See 44-Down                 |
| 26 Like some braking systems   | 70 "Listen up!"                                 | 119 "Swing Time" co-star Fred                          | 16 Online missives               | 58 Mandate                                    | 95 "La Isla —" (Madonna hit)   |
| 27 Freezing cold               | 71 Patella site                                 | 120 Lifelessness                                       | 17 Mexico's — Villa              | 59 Climb aboard                               | 97 Pretends to be              |
| 29 One adding seasonings       | 72 Like the social class that includes managers | 121 Totally ripped                                     | 18 Farewells, to François        | 60 Oscar de la —                              | 98 Patron                      |
| 30 Gentle — lamb               | 75 Move beyond                                  | 122 Least sloppy                                       | 19 Close                         | 62 Vertex                                     | 100 Master cook                |
| 31 Mumbai, vis-à-vis India     | 77 Prepared                                     | 123 Brook, e.g.  | 24 Wound result                  | 64 Count — (cereal brand)                     | 103 "—/Sade" (1967 film)       |
| 33 "Blow" co-star Johnny       | 78 Razor brand                                  | 124 Passed quickly                                     | 28 Producer for Eminem           | 65 Snarly dogs                                | 104 Not from a major studio    |
| 37 Bicolor whale               | 80 Subs in offices                              | <b>DOWN</b>  | 31 Began airing                  | 66 Adopt- — (kennel program)                  | 105 "Please, I'd like to help" |
| 39 Reprieve                    | 84 Give a coil to                               | 1 Notes following re                                   | 32 Runner-turned-baron Sebastian | 67 Fix, as a dog                              | 107 Before-surgery             |
| 40 Clearasil competitor        | 85 Comic actress Charlotte                      | 2 Major Norse deity                                    | 33 Erté's genre                  | 69 Balm plant                                 | 110 Potting soil               |
| 41 Selfishness                 | 86 San Rafael, vis-à-vis Marin                  | 3 Film director Martin                                 | 34 Designer von Furstenberg      | 73 French for "nothing"                       | 111 Swiss river to the Rhine   |
| 43 Forget to include           | 88 Invest (with)                                | 4 Literature Nobel                                     | 35 Bacon, e.g.                   | 74 Biotech material                           | 112 Made angry                 |
| 45 Papyrus plants, e.g.        | 91 Furnace fuel                                 | 5 Fast Amtrak offering                                 | 36 Certain evergreen dropping    | 75 Says "I told you so!"                      | 113 Ticket leftover            |
| 48 Bit attached to a cob       | 92 Different: Prefix                            | 6 Enzyme-filled cell organelle                         | 38 Capital of New Hampshire      | 76 Eyelid woe                                 | 114 Notice                     |
| 50 Civil War prez              | 93 Slap cuffs on                                |  | 42 Terrier type                  | 79 Writer Umberto                             | 116 In position                |
|                                | 96 Actor/singer Jerry                           |  |                                  | 81 Satisfy                                    | 118 Vardalos of the screen     |

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
20							21						22							
23							24						25							
26									27			28		29						
				30					31					32						
33	34	35	36		37		38			39							40			
41				42			43		44			45			46	47				
48							49				50	51			52		53	54	55	
56							57			58			59	60						
				61		62				63			64							
65	66	67			68				69			70				71				
72				73					74			75			76					
77									78		79				80		81	82	83	
84							85				86			87						
				88		89	90				91			92						
93	94	95			96				97	98			99	100			101			
102			103	104							105			106		107				
108									109					110			111	112	113	114
115							116			117			118							
119										120						121				
122										123						124				

Solution on page 30



## THE TRIP TO ITALY

Released April 2014 (1 hour & 48 minutes)  
Rated PG Comedy/Drama

Friday, June 26, 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





# Kerby Centre's Activities, Programs & Services

## DATES TO REMEMBER

**Seniors Week - Celebrating the World of Seniors**  
 .....Tuesday June 2  
**Options 45 1:30pm - 3:00pm ...Thurs June 4 & 11**  
**World Elder Abuse Day** .....Mon June 15  
**Health Presentation** .....Mon June 15  
**Options 45 5:30pm - 7:00pm ...Tues June 16 & 23**  
**Monthly Movie "The Trip to Italy"** .....Fri June 26

### 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!

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

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

**Peer Learning:** (Rm 301)  
 Are you interested in making new friends, sharing knowledge and experience, learning in a friendly and informal manner, and participating in activities? Then Peer Learning may be for you! The discussion group includes a wide range of topics from politics, aging, health, history of Calgary, and interesting people. Every Monday for 8 weeks, starting May 4th ending June 29th between 10:00am-12:00pm. Cost \$16 or \$3 Drop in. For

more information please contact (403) 705-3233.

**Craft Group:**  
 Join us in Room 311 every Wednesday between 9:00am - 12:00pm to show off your creative skills. This group is a free and open to those who enjoy spending their spare time doing crafts. *Please note that craft group will have their last session on June 10th and will resume meeting on 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

## Weekly Clubs and Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Recorder Group</b> Room 313 1:00pm- 2:30pm \$1.25	<b>Tuesday Luncheon Group*</b> Chandler Kennedy Room 11:15am-1:00 pm FREE	<b>General Craft Group*</b> Room 311 9:00am - 12:00pm FREE	<b>Artists Group</b> Room 313 10:00am - 3:00pm \$1.25 per half day	<b>Spanish Conversation Group</b> Room 311 10:00am-12:00pm \$1.25
<b>Writers Group</b> Room 307 1:30pm- 3:30pm \$1.25		<b>Bridge</b> Room 307 1:00pm - 3:00pm \$1.25	<b>Bingo*</b> Room 205 11:30am - 3:00pm	<b>Krazy Karvers Woodcarving Club</b> Room 102 10:00am - 3:00pm \$1.00 per hour
<b>Cribbage</b> Chandler Kennedy Room 1:30pm -3:30pm \$1.25	<p>My father used to say that it's never too late to do anything you wanted to do. And he said, "You never know what you can accomplish until you try."  <b>Micheal Jordan</b></p>			

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

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

**Knitting for a Cause:**  
 Do you love knitting or crocheting? Do you enjoy meeting new people? Then come join us for the Volunteer Departments "Knitting for a Cause" group in the Chandler Kennedy Room between 10:00am – 12:00pm! *The last Knitting for a Cause meeting before summer will be on June 8th. After summer the group will resume on September 14th.* For further infor-

mation contact the Volunteer Department at (403) 234-6570

### 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)  
 Join your peers in the Lecture Room every Wednesday between 1:00pm and 3:00pm. Cost \$1.25 *Wednesday Dances last day will be Wednesday June 24th for Summer*

*Holidays. Dance will resume in September.*

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

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



## 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.

For Information please contact Rob Locke at [robl@kerbycentre.com](mailto:robl@kerbycentre.com)



Kerby Centre

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

Please choose to make a difference today.

## Strategies for Living with Fibromyalgia

Monday, June 15, 2015

11:00am - 12:00pm

Lecture Room #205

**Pre - Registration not required**

Dr. Stein will cover what you can do in your everyday life to improve sleep, activity levels, energy & pain



Kerby Centre




# CLASSIFIED ADS

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

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

**CLASSIFIED RATES**  
 Starting at \$18.50\* (50 characters 2 lines)  
 Classified Deadline for July issue must be received and paid by June 4.



**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.

**@Home Reflexology**  
 Rest, relax, Rejuvenate!! Be pampered with gentle natural therapy, in the comfort of your own home. Your whole body will benefit & thank you! With a decrease in stress & pain and better circulation & sleep! call/email **Therese (RCRT) Tel#: 403-257-0908** email: tdonlevy@shaw.ca

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

**CERAGEM Calgary Sales Service Parts 403-455-9727**

**11 FOOT CARE**

Certified Advanced Foot Care Nurse. In Home Service. \$65 Holistic Mindset to Medical treatment. Discounts Available! (403)-604-3069 www.SoothingSolesFootcare.com

Careco Health Services Advanced foot care in the comfort of your own home. Diabetics, fungal, ingrown nails, corns & callouses. VAC Health identification card accepted, call 403-973-0333 or www.carecohealthservices.com

**No fluff and bluff here!** Sole sifting gives expert care to all feet. We provide complete foot, nail & skin analysis — specializing in diabetics, cancer patients, peripheral vascular patients & geriatric patients. We also offer cutting edge light therapy for fungal nails. You can come to me—or I can come to you with my mobile clinic. Call Marion at 403-620-7851 or marion.smith-olson@solesifting.com

**12 HOME CARE**

Established since 2009, companionship, downsizing, accompanied transportation, transition consultation & personal care. Free consultation & reasonable rates. Call 403-828-0550 or www.granddaughters.ca

**TO PLACE AN AD CALL 403-705-3249**

**ALL STAR CARE**  
 We specialize in companionship for seniors at home or care facilities. Improving quality of life. Maintain safe & independent lifestyle. Affordable rate. Call Claire 403-805-9562 All-starcare.com

Do you need a cleaner, shopper or person to run errands? I am a mature lady with 20+ yrs business exp. I am reliable, insured & have references. Seniors discount avail. Henny 403-242-5806 or 403-560-1078

**SENIORS HOMECARE BY ANGELS** The best private duty in-home care; affordable, reliable, compassionate & professional. 403-338-2040 www.seniorshomecarebyangels.com

**Respite care for seniors in my home.** Mt Pleasant call Nelda 403-289-6769

Mature lady with many yrs of exp offering driving to apts, cooking, light cleaning & companionship, reasonable rates. Call Brenda 403-277-1302

**Private Care Nursing** in home or facility palliative care, personal care, nursing care and companion will accompany to appointments and shopping, meal prep, 20 yrs exp Joy 403-235-5813.

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

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

**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**

**It's SCOOTER Season! New & recycled. SILVER CROSS® Call 403-236-1338**

**20 HOME MAINTENANCE**

A2Z General Contracting Bath, basement, deck, door, drywall, elec, fence, hardwood, painting, plumbing, tile, window. Basil 403-604-9058 403-390-0211

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

**Quality Painting**  
 Responsible & senior friendly over 25 yrs exp on residential paint. Senior Disc. Reliable, Personal Service. Reasonable rates. Free Est. Call Les 403-863-0212

Senior working for seniors - will do small repairs, electrical, plumbing, carpentry work. Call Jim 403-249-4180 cell 403-519-8761

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

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

All home renovations especially bathrooms. Serving Calgary since '83 **Regent Const. 403-730-8262.**

**LONDONDERRY PAINTING** Int. & ext. painting, ceilings, wallpaper. Sr. disc. Free est. Howard 403-226-3456.

**ACS Plumbing & Heating**  
 • Furnace & water heater  
 • Service & replacements  
 • Tap & toilet repairs  
 • All plumbing services  
 • Seniors disc. 403-253-0103.

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

**24 LANDSCAPING**

Need help in the garden? Call Brian 403-230-7729

Book now for weekly biweekly or holiday lawn cutting, edging, aeration, hedge trimming also avail. Opening only on Eastside of Deerfoot btw Pegian Tr & 64 Ave NE. Few openings in Acadia. Call now 403-248-0357 A-Plus Lawn Service

**Action Lawn Care Seasonal Clean Up** aeration, eavestrough cleaning, power rake, fertilizing, hedge trimming, branches removed. **Karl/Frank 403-651-3900**

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

**26 SERVICES**

**TO PLACE AN AD CALL 403-705-3249**

Would you like to stay in your own home? I can help you. I'm a certified P.C.A. with 18 yrs exp. I'm a mature Canadian lady with excellent refs & highly recommended, licensed, insured, bonded. Gayle 403-618-9259

**Best Deal Junk Removal** All trash incl. dirt, sod, yard clean up, tree trimming. Free est 403-813-1157

Branko's Painting Int/Ext Drywall repairs. Seniors discount. Ph (403) 690-0847 249-2468

**\*HOME ELEVATORS\* SILVER CROSS® Call 403-236-1338**

**Computer lessons & repair services!** Competence, reliability & trustworthiness without breaking the bank. Visit www.xentas.ca Call Chris 403-481-8080

New to or frustrated with computers? Call **The Computer Helper** for customized private help for adults. Services include: email, Skype, internet security, online accts, other electronic devices & more. With 30 yrs exp, Michele Madsen is **The Computer Helper.** Call 587-894-9487 for your in-home appt.

**GEEK COMPUTER PC Repair, Setup Audio, Netflix, LCD TV. Serving Canada over 20 years, Senior Discount Available 403-560-2601**

**Mister Clean-up** "A trash removal service" Enviro-friendly. Homeowners, landlords, industrial. Serving Calgary area. Clean-ups, tennant clean-ups, carpet removal & disposal, garage & basement clean-ups, trash removal, junk removal, appliance & scrap metal, electronic recycle program, special consideration for seniors. Security clearance, bonded. Ask for Jim. Bus 403-452-4157 Cell 403-479-6565

Eavestroughs: clean, repair & install. 403-630-3066 **The Gutter Patrol**

**Coralyn's Window Cleaners** Sparkling clean results Satisfaction guaranteed. Free est. 403-836-2113

Available for: lawn maintenance. Call for Special Package price: power raking or aerating, spring fertilizing, lawn cutting, flower beds & hedges cleaned, eaves cleaning, painting, debris/junk removal, odd jobs/handyman jobs. Reliable & affordable 403-612-3893 (Brian)

Dog sitting pets up to 50lbs pickup/delivery service licensed insured 30+ yrs exp Brenda 403-933-5798

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

**MAJOR APPLIANCE & REFRIGERATION**, Prev. maintenance & cleaning. Seniors discount Pat 403-714-9561

Professional Seniors moving & packing 20 yrs exp Sr. Discount call 403-831-2492 BBB Member

**HAIRSTYLIST IN MOTION mobile hair care** in the comfort of your own home, hospital, nursing home, anywhere. Pls call Brenda 403-471-7500

**Meticulous cleaning**, grocery shopping, organizing, errands. Insured and bonded. Call Cynthia 403-612-2993.

**That Handy Guy Property Service** General repairs, painting, drain cleaning, floors, plumbing fixtures, water softeners, filtration installs and so much more. Guaranteed work. Reasonable rates. Service with a smile! 403-860-3043 Now accepting Visa/Mastercard.

Electronics and computer repairs. Ph: Gyanel 403-242-6263

**TIC TOC CLOCK SHOP**- quality repairs Rudy 403-460-4273 tictocclockshop49@gmail.com

Aga's cleaning business 403-969-3711

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

**30 FOR SALE**

**FOR RENT OR SALE Recycled and New Healthcare Equipment, Stair Lifts, Porch Lifts, Scooters, Power Wheelchairs, Hospital Beds, Portal Showers, Ramps... SILVER CROSS® 403-236-1338**

Burial Plots 2 SXS at Eden Brook Cemetery. Corinna 403-560-7383

Cemetery plots for Sale Very desirable location in Mtview Mem-Garden of Devotion, 2 plots for full burial, 2 additional cremation burials per plot. Flat markers only. Market value \$7000 Info &/or offers 1-613-347-1602

Casitone CT350 with stand. Asking \$60. OBO Ph. John/Alice 403-233-2199

**Sell Your Stair Lifts Porch Lifts Etc. SILVER CROSS® 403-236-1338**

**33 WANTED**

\$\$\$ FOR PRE-'80 TOYS SPORTS ADVERT ITEMS, COMICS, MEN'S MAGS. DON 403-827-4713

Fishing tackle computer marketer PT wanted. Call Louis 403-284-2353 balonova1935@gmail.com

*Continued on page 30*



**Continued from page 29**

Sr. lady requires help in exchange low rent can be employed, female only. 403-282-9855

**Wanted Radio Cotrolled Model airplanes: airplane electronics, parts and/or complete airplane models. Reg @ 403-271-1119**

**Collector pays cash for pocket watches, military, police, sterling & gold items. Coins & stamp collections. Phone 403-239-2273.**

**Buying antiques, jewellery, china, books, rustics, watches, toys, historical items, collectibles, lighters. Higher prices paid. Call Kevin P 403-281-4998**

**Top prices paid for antiques & collectables including teak furniture, military items, medals, old guns, old toys, trains, radios, etc. Kevin R 403-554-1653**

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

**45 FOR RENT**

Large clean bright 2 bdrm suite \$800+ 1/2 util. NS, 50+ 403-283-1091

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

**48 REAL ESTATE**

For your buying and selling Real Estate needs. I am committed to provide personalized caring service to seniors. For no cost consultation pls contact Richard Haener at 403-818-6491 or rhaener@telus.net Licensed Realtor with Remax First

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

**Thinking of moving but need to sell first?**

Free Home Evaluation – Find out what homes in your neighbourhood sell for. Call Debra or Peter Molzan Remax House of Real Estate. 403-605-3774 www.PriceMyCalgaryHome.com **No Hassle – No Obligation.**

**50 RELOCATION SERVICES**

**PLATINUM MOVERS – LOW RATES** Very Reliable, Experienced. Call William 587-436-8477

**TO PLACE AN AD CALL 403-705-3249**

**ADVERTISERS' INDEX**

Advertiser	Pg No.....	Advertiser	Pg No.....
ABEX Brokerage .....	16	Diversicare .....	2
Alberta Blue Cross .....	31	Grey Eagle .....	1
All About Seniors .....	31	Johnson Law Office .....	31
All Seniors Care .....	8	Lawrence Gerritsen .....	33
Amica .....	4	Legacy .....	28
Andrea Whiteley .....	9	Lifetime Highs .....	26
A-Star Tours .....	25	Manor Village .....	3, 17
Assurant Life of Canada .....	23	Millrise Place .....	36
Atria Retirement Canada .....	9	Mountainview .....	31
Bethany .....	4	Nagel Tours .....	25
Bethany Corporate .....	15	North Hill Denture Clinic .....	23
B.L. Braden Denture Clinic .....	8	Pony Express Transport .....	33
Bowbridge Manor .....	33	Promotional Tours .....	26
By your Side Probate .....	5	Royal Denture Clinic .....	35
Calgary Co-op .....	23	Ruby Haines Patterson .....	35
Calgary Philharmonic .....	24	Sandra Sebree .....	32
Calgary Stampede .....	22	Shalem Society .....	14
Chinook Denture .....	33	Symphony Senior Living .....	13
City of Calgary .....	32	Talisman .....	35
Cowboys Casino .....	20	Wentworth Manor .....	21

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

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

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

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

**80 ANNOUNCEMENTS**

Seniors Table Tennis Open House Enjoy happiness to move balls. June 3 (11-1pm) Info 403-860-9838/403-295-9553 www.fitpong.ca

**TO PLACE AN AD CALL 403-705-3249**

**Crossword Solution**

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

**Puzzle on page 27**

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

Amount Enclosed \$ \_\_\_\_\_  
Monthly Pledge \$ \_\_\_\_\_



**Kerby Centre**

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

Please choose to make a difference today.

Payment by:

Cheque  Visa  Mastercard

Credit Card Number \_\_\_\_\_

Expiry Date \_\_\_\_\_ Signature \_\_\_\_\_

Please send tax receipt to (Please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Email \_\_\_\_\_

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

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

Charitable Registration #11897-9947-RR0001

**Kerby Centre Department Directory**

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

**Main Switchboard  
403-265-0661**

**www.kerbycentre.com**

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

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

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

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

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

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

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

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

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

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

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

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

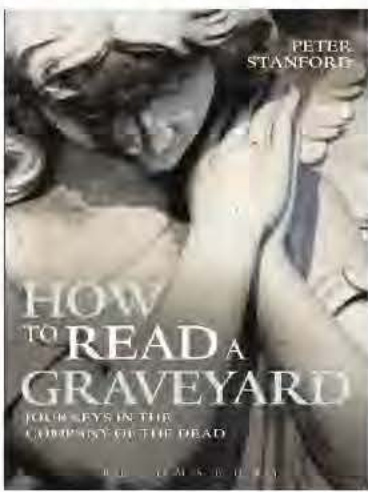
Accounting 403-705-3215  
Adult Day Program 403-705-3214  
Socializing and health monitoring program for physically and/or mentally challenged seniors  
adp@Kerbycentre.com

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

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



## Book Review



### “How to Read a Graveyard”

By Peter Stanford

c.2014, Bloomsbury  
\$15.95 U.S. / higher in Canada  
263 pages

Reviewed by the Bookworm

Angels watch over your grandmother.

Many of them, in fact, and there's also a lamb nearby, a boy with a stone baseball, and a couple of sharp-topped towers. It's always so quiet where she is; few visit that section of the cemetery any more these days.

And that's too bad, says author Peter Stanford. In his book, “How to Read a Graveyard,” he proves that cemeteries are interesting places.

When his kids didn't exercise the dog they begged to have, it was up to Peter Stanford to do it. That was when he began a daily pilgrimage to the closest walk-space available: the lanes of a British cemetery.

“Once we were so good at grief,” Stanford muses. We used to invite it in our homes. It was part of our culture, complete with parameters and rules but today, most people try to completely forget about it: research “suggests that after 15 years most graves are no longer visited.”

Purposeful burial, of course, happened long before humans kept records of this sort of thing, but cemeteries themselves differed throughout history. Before the time of the Roman Empire, the Etruscans buried their dead in clusters. Fourth-century Romans built a cathedral atop ancient graves. Long-ago Parisians layered bodies in large open pits in churchyards, until Napoleon returned the care of the dead to the state once again and changed the way we see graveyards.

In his quest to know more about these places for departed loved ones, Stanford visited the Scavi in

Rome, to see the place where St. Peter is believed to be buried. He explains how cemeteries came to be, and he visits one in Edinburgh that's guarded by a statue of a little dog – which is good, since that cemetery was once known for its grave robbers. He walked through a Paris graveyard known for its famous inhabitants, examined Victorian mourning rituals, and dropped in on a Jewish cemetery that's been nearly forgotten for decades. Near a poppy field, he talked with a member of a Commission that “tends 1,700,000 graves in 134 countries,” and he visited the place where he hopes his own bones may lie someday...

Sounds a little gruesome? Yes, it is a bit – but “How to Read a Graveyard” is also impossible to tear yourself away from, especially if you're the touristy type.

And that's the biggest surprise in this book: author

Peter Stanford doesn't tell you much about “reading” a graveyard; in fact, that aspect of this book is included in a slim few pages in the back. Instead, Stanford takes readers on a lengthy tour of cemeteries (both notable and ignored), graves (both famous and infamous), and funeral practices (both past and present). That could have the curious effect of whetting the appetites of inquisitive travelers everywhere.

And so, I'm glad to see that this book is now out in paperback, which makes it easy to tuck into a backpack or carry-on. If you're fascinated with cemeteries and their marble statuary, then “How to Read a Graveyard” could be monumental.

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

**Companionship care for seniors**  
*Specializing in companionship care for seniors residing in their own homes or in assisted living centres*

**All About Seniors**  
www.allaboutsensors.ca  
**403-730-4070**

**All About Seniors can help:**

- Maintain independence
- Increase confidence and assurance
- Reduce workload for supporting family

**Licensed - Insured - Bonded - WCB**

**ACT NOW!**  
Already 50% Sold

**Sundre Life Lease Lifestyle Suites for Independent Seniors**



**Enjoy an Ideal Blend of Security & Freedom in Sundre AB.**

Sharing many amenities with Sundre Lodge, our unique Life Lease Suites include one and two-bedroom suites that are larger than the lodge units and include full kitchens equipped with 5 appliances and storage room.

These suites are specifically designed for independent seniors who want the flexibility and freedom to come and go as they please, with the security and comfort of knowing individual needs will be met as their lifestyle and health needs change over time.

**Life Lease Suites - Floor Plans**



1 Bedroom  
645 Sq.Ft.



2 Bedroom  
828 Sq.Ft.

Only 10% deposit to hold with the balance on occupancy.

To find out more about Life Lease suite options, please contact:

Sam Smalldon, CAO  
Mountain View Seniors' Housing  
Phone: 403-566-2957  
Cell: 403-586-2702  
E-mail: sam.smalldon@msh.ca  
Website: www.mvsh.ca

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



<p><b>Real Estate</b></p> <p><b>Mortgages</b></p> <p><b>Wills &amp; Estates</b></p> <p><b>Powers of Attorney</b></p> <p><b>Personal Directives (Living wills)</b></p> <p><b>Notary Public</b></p> <p><b>Dependant Adult</b></p> <p><b>Corporations</b></p>	<p>Home and Hospital Visits available Over 30 years experience</p> <p><b>Ph: 403-270-7290</b> <b>Fax: 403-270-7218</b></p> <p><b>DEREK L. JOHNSON</b> BA, LL.B. Barrister Solicitor Notary</p> <p>#221, 1632 - 14th Ave. N.W. North Hill Centre (Professional Centre) Calgary, Alberta T2N 1M7 djljlaw@shaw.ca</p>
--	--

**Affordable coverage for Albertans ages 65+**



If you're an Albertan age 65 or older, consider the benefits of a Seniors Plus plan from Alberta Blue Cross.

Our plans top up government-sponsored coverage, giving you practical benefits—without a medical review.

*Within your reach*

Call us today for a free information package!

**403-294-4032** Calgary

**1-800-394-1965** toll free



dental care | vision care | podiatrist | chiropractor  
preferred hospital accommodation | accidental death benefit

ABC63315\_201501

Become a member today!

Kerby Centre

for the 55 plus

**Membership benefits include:**

- Member rates for:
  - Education and Recreation Programs
  - Select Events
  - Fit Room Membership
  - Foot Clinic
  - Travel Desk Trips
- Kerby News mailed directly to your home
- Access to our parking lot for only \$3.00 per year while using Kerby Centre programs, services, facilities and activities
- Voting rights for Annual General Meeting




To purchase a membership:

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

Kerby Centre 1133 - 7 Avenue SW Calgary, Alberta T2P 1B2

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_

Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_

Email \_\_\_\_\_ License Plate \_\_\_\_\_

Membership for 2015 is \$22.00 plus \$3.00 for an annual parking tag

Membership is for a calendar year (expires December 31).

MEMBERSHIPS ARE NON-REFUNDABLE



Kerby Centre



# The Healthy Geezer

By Fred Cicetti

**Q.** Should I be worried about bird flu?

**A.** The risk from bird flu is low for most people, because the viruses do not usually infect humans.

Animal diseases that can be transmitted to humans are known as “zoonoses.” Seniors are among the most vulnerable to zoonoses. You can get one of these diseases from a household pet.

Speaking of birds... Psittacosis is a common bird disease known as “parrot fever.” It occurs frequently in birds such as parakeets and cockatiels. Bacteria in bird droppings and nasal discharges can be inhaled. Psittacosis can

develop into pneumonia and other health problems.

To help prevent transmission of psittacosis, don't let birds fly around the house. Wash your hands after contact with birds. Wear a dust mask and gloves when cleaning a bird cage. Antibacterial drugs are used to treat the disease in birds and people.

Cats can carry a parasite that causes the disease toxoplasmosis. You can get it from cat feces. Wearing gloves while gardening or changing a cat's litter box is important. Washing your hands afterward is advised.

Few people who carry the toxoplasma parasite become ill. Those who get sick may suffer from swollen glands and muscle

aches. Antimicrobial drugs are available to treat infected people.

Worms can infect dogs, cats, and humans. Worms live in the intestines of animals and are expelled in the stool. Yards and homes can become contaminated from worm eggs that are passed in animal feces and hatch in the soil.

Just one roundworm larva has been known to damage the retina of the eye and cause blindness. Hookworm larvae can cause painful inflammation where they crawl just below the skin's surface. Drugs are available to destroy worms that infect dogs, cats and people.

People usually get salmonellosis by eating contaminated food. But it can also be

transmitted to people through pets, particularly reptiles, baby chicks, and ducklings, which commonly pass the Salmonella bacterium in their feces.

People have to be especially careful around reptiles. You should not let them roam freely through the house. Always wash your hands with hot, soapy water after handling reptiles or anything they contact.

Most persons infected with Salmonella develop diarrhea, fever, and abdominal cramps. Most victims recover without treatment. The elderly are likely to have more severe symptoms.

Ringworm, a skin and scalp disease, is caused by fungi. People get it by touching an infected animal. Ringworm can infect cats, dogs, horses and other animals. In humans, ringworm may produce ring-shaped, reddish, itchy rash. Topical and oral medications may be used to treat ringworm.

Cat-Scratch Disease (CSD) may cause fever, fatigue, headache and swollen lymph glands. Most people get better

on their own in about three weeks. Most cat scratches don't develop into CSD. If you are bitten or scratched, wash the area immediately with soap and water.

Rabies, a deadly viral disease, is transmitted through the saliva of a rabid animal, usually by a bite. Domestic animals account for less than 10 percent of the reported animal rabies cases. If you are bitten, immediately wash the wound with soap and water, let the wound bleed, and get medical help at once.

Mycobacterium is one of the main infectious germ families associated with fish and aquarium water. A common route of this infection in humans is through cuts or scrapes on hands or feet. People should wear rubber gloves when cleaning the fish tank and wash their hands well afterwards.

If I haven't mentioned this before, wash your hands often when you are around animals.

*If you would like to ask a question, write to [fred@healthygeezers.com](mailto:fred@healthygeezers.com).*



## Come Join the Wellness Team Reception and Clinic Assistant volunteer positions available

- Receptionist must have computer skills/ strong communication, able to multitask in a fast pace work environment.
- Sterilizer for foot care medical tools and spa chairs must be physically fit, able to stand for long periods of time.

Contact Kerby Centre's Volunteer Department  
403-705-3218

## Calgary Counselling Centre launches initiative to tackle mental health issues

The Calgary Counselling Centre (CCC) is pleased to announce the launch of an initiative designed to help people overcome their struggles through posting their written stories or videos on a website.

YourStories.ca allows people to talk about their struggles through writing or by submitting a video through their YouTube account.

“The YourStories initiative serves as an excellent resource where people struggling with mental health issues can see that others who have felt the same, have changed their lives,” explains Dr. Robbie Babins-Wagner,

CEO for the Calgary Counselling Centre, adding many clients have said that hearing people with similar stories is helpful. “As we recognize and support the Canadian Mental Health Association's 64th annual Mental Health Week, we felt it is an ideal time to let Calgarians know that they are not alone in their struggles and that YourStories.ca is just one of many resources to help them improve their lives.”

Stories currently on the site include a variety of experiences including those who have struggled with bullying, eating disorders, depression and anxiety.

## HELP IS AVAILABLE



## Do you qualify for property tax assistance?

Find out if you or a family member is eligible for a credit at [calgary.ca/ptap](http://calgary.ca/ptap) or by contacting 311.

The Property Tax Assistance Program is available to assist low-income homeowners, with the increase in residential property taxes from 2014 to 2015.

**Please note:** Even if you apply to the Property Tax Assistance Program all property taxes must be paid in full by June 30, 2015 to avoid a 7% penalty.

**Application deadline Dec. 1, 2015.**

[calgary.ca](http://calgary.ca) | contact 311



**Onward!** By 2036, 95 per cent of Calgarians will enjoy positive and supportive living conditions.



**Sandra G. Sebree** Lawyer  
*Serving our community for over 20 years*

1610 17 Ave SW  
Calgary, AB  
Ph. 403.228.8108  
Fax. 403.228.8109

Wills & Estates  
Real Estate  
House Calls Available

*Proud supporter of the Royal Canadian Legion*  
email:[sandrasedree@sebreelaw.ca](mailto:sandrasedree@sebreelaw.ca) [www.sebreelaw.ca](http://www.sebreelaw.ca)



## Community Events

### Friends of Fish Creek

In the coming months Minibus Photography Course outings will take place from 6:00 p.m. to 8:30 p.m. on June 11, June 27, July 23, August 11, September 10, September 24, and October 10. Come and learn how to capture the Fish Creek Park's beauty with your digital SLR camera in this course for beginners, instructed by Bob Bakker, a film and digital photography enthusiast. Participants gather first at the Bow Valley Ranch (south end of Bow Bottom Tr. SE). Space is limited to 8 participants per session

and registration is required. Fee is \$25 per outing. To register, visit [www.friendsoffishcreek.org/event/camera-in-fish-creek](http://www.friendsoffishcreek.org/event/camera-in-fish-creek).

### Whyte Museum of the Canadian Rockies

From June 14 to October 18, the Whyte Museum in Banff will host the following two exhibitions: 1) Water, featuring stunning compilations of historic and contemporary paintings, videos and installations that examine the beauty and peculiarity of the earth's greatest resource and inviting, through the works of art presented, the viewer to contemplate alternative

perspectives in the face of changing climatic conditions; and 2) Legacy in Time, featuring Henry Vaux Jr.'s rephotography of glaciers, waterfalls, lakes and mountains his ancestors captured on glass plate negatives a century before to show the impact of climatic of change has had on the grand, iconic mountains. The opening receptions for these exhibitions, in conjunction with Back to Banff Day, will be held on June 14 from 1:00 p.m. to 4:00 p.m.

The museum will also conduct the following two programs: 1) Heritage Homes Visits, which runs through August 30 at 10:30 a.m., 11:30 a.m., 12:30 p.m., 1:30 p.m., 2:30 p.m., and 3:30 p.m. daily, featuring the homes of Peter and Catherine Whyte, the Museum's founders, and community leaders and collectors Philip and Pearl Moore. 2) Historic Banff Walk, from July 4 to August 30, starting at 10:30 a.m. daily, for participants to learn during a 90-minute walk the colourful stories of the pioneers who built the town of Banff.

\$4 for students and locals (Banff, Lake Louise, Canmore and Morley), and free for members and children under 12.

### Death debate at Self Connection

Self Connection Books is hosting a Death Café on Sunday, June 24, 2015 from 2:00-4:00 p.m. at 4611 Bowness Road, NW Calgary.

Enrich your life by talking about death. All perspectives welcome: no agendas.

Admission to the event is free. Refreshments will be served.

RSVP by June 5, 2015 to [deathcafealgary@outlook.com](mailto:deathcafealgary@outlook.com)

Compiled by Faye Wu and Mansoor Ladha

## Volunteer Spotlight



**Carole James**

Carole started volunteering in the spring of 2012 at Kerby's Membership Desk; she then moved to the Education & Recreation department where she volunteered as a receptionist and then took a bit of a break. She recently came back this year to help as a receptionist for the income tax clinic. She enjoys volunteering because she likes to keep busy and likes to work with the other volunteers; she enjoys the variety of people she meets at Kerby Centre. Carole is also a member of the Elder Service Corp and was a part of a partnership to run the Seniors Film Festival in 2013. Carole has contributed over 250 hours and plans on continuing her volunteer work here.

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

### IN MEMORIAM



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

- M. Evelyn Barton
- Margaret Frances Beames
- Jeannette Evelyne Betker
- Alan Denton Campbell
- Monie Davies
- Ronald George Doherty
- Jeanne Louise Fredeen
- Thelma May Geary
- Maxine Vivian Geck
- Romeo Joseph Gratton
- Robert Earl Holmes
- Alice Emma Sophia Honkala
- Patrick James House
- Shih Sheng Hu
- Peter Angus Maitland
- Archibald Robert Mattinson
- Berna Louise Meeking
- Williamina M Nicholls
- Stanislaw Olszowy
- Ernest Waldo Ormon
- Watler (Roy) Prather
- Madge Rinn
- Charles Siferd
- Margaret Spreadbury
- Patrick Lewis Wright

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.



### Need a car? Tight Budget?

Lease one today for \$125/month!

HASSLE FREE, FIXED BUDGET, GUARANTEED TRANSPORTATION

Call us today for availability 403-701-9213



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

### Travel Insurance DON'T PACK WITHOUT IT!

Whether you're planning a trip or expecting visitors to Canada, it's wise to obtain emergency travel coverage like

**Manulife Financial Travel Insurance.**

For a free quote and to find out more call:

**Lawrence Gerritsen**

**403-804-4460 in Calgary or**

**1-888-804-4460 Toll Free**

**email: [lgerritsen@telus.net](mailto:lgerritsen@telus.net)**



### Bowbridge Manor

3139 Bowwood Dr. N.W. Calgary, AB

**403-288-4014**

- must be 50+ to qualify for 1 bedroom only
- concrete construction
- two elevators
- large atrium area
- laundry facilities on each floor
- large kitchen and eating area for functions
- games room and lounge
- on-site manager

## FREE DOOR-TO-DOOR SHUTTLE SERVICE!



[CHINOOKDENTURECLINIC.COM](http://CHINOOKDENTURECLINIC.COM)

- CONVENTIONAL & DIGITAL DENTURES
- COMPUTER PRECISION FIT

- SOFT SILICONE FOR SENSITIVE GUMS
- MINI-IMPLANTS COORDINATION

CALGARY SOUTH →

(403) 253-9050 →

700 CHINOOK CENTRE PROF. TOWER

CALGARY NORTH →

(403) 289-4323 →

936 NORTHMOUNT DR. NW





# Take pleasure in cooking fresh meals everyday

Page design and layout by Winifred Ribeiro

**P**opular food and television personality Curtis Stone brings ease to the kitchen by elevating everyday meals to an experience that can be enjoyed as much for the process as for the beautiful end result.

Stone shares 120 recipes for quick, modern versions of classic dishes that will appeal to the whole family. Effortlessly, he delivers solutions to people who want to eat healthy, interesting meals that don't take all day to cook. This book shows that fast recipes don't have to feel hurried or rushed, and encourages people to take pleasure in the process of cooking at home. Stone's natural style in the kitchen inspires readers to connect with textures, sounds, smells, and tastes that make up the culinary journey.



## Penne with Sausage and Broccoli Rabe<sup>©</sup>

The perfect example of the delicious simplicity of rustic Italian fare. I often eat a big bowl topped with a healthy amount of shredded Pecorino, then slink back to the skillet where the leftovers are waiting and pick away until there is none left. You could substitute the broccoli rabe with kale — either of these dark, leafy winter greens will provide great texture, earthy flavor, and a boost of nutrients. This is a true à la minute dish; it takes just minutes to make and should be enjoyed as soon as it comes together.

**SERVES:** 4 **PREP TIME:** 5 minutes **COOK TIME:** 15 minutes

**4 sweet Italian sausages (about 1 1/3 pounds total), casings removed**

**1/2 bunch broccoli rabe, trimmed and sliced (about 2 cups)**

**2 garlic cloves, chopped**

**1/2 cup dry white wine**

**1 1/4 cups tomato sauce**

**10 ounces penne**

**Kosher salt and freshly ground black pepper**

**2 tablespoons freshly shredded Pecorino cheese**

1. Bring a large pot of salted water to a boil over high heat. Meanwhile, heat a large heavy skillet over medium-high heat. Add the sausages and cook, breaking the meat up with a wooden spoon, for about 6 minutes, or until golden brown. Add the broccoli rabe and garlic and cook for about 4 minutes, or until the broccoli rabe leaves are wilted. Add the wine and then the tomato sauce, bring to a simmer, and cook for about 3 minutes, or until the liquid is reduced by one-fourth.

2. When the water comes to a boil, add the penne and cook, stirring often so the pasta doesn't stick together, for about 8 minutes, or until tender but firm to the bite. Drain, reserving about 1/2 cup of the cooking water.

3. Toss the penne with the sauce, adding enough of the reserved cooking water to thin the sauce to the desired consistency. Season to taste with salt and pepper. Sprinkle with the cheese and serve immediately.



## Maple-Glazed Planked Salmon<sup>©</sup>

Brining the salmon in the maple-saltwater gives it a sweet-salty flavor and moist texture. Cooking the fish on the cedar plank imparts a woodsy, smoky flavor and eliminates any worry of the fish sticking to the grill. Cedar planks are inexpensive and can be found at your local barbecue store or online.

**SERVES:** 4

**PREP TIME:** 20 minutes, plus at least 1 hour for brining the salmon

**COOK TIME:** 20 minutes

**MAKE-AHEAD:** The salmon can be brined for up to 1 day.

**3 cups warm water**

**3/4 cup packed light brown sugar**

**1/3 cup pure maple syrup**

**1/4 cup kosher salt**

**one 1 1/2 pound skinless salmon fillet (from the head end)**

**Olive oil, for brushing**

**SPECIAL EQUIPMENT**

**1 14 x 5-inch untreated cedar plank, soaked in water for 2 hours**

**2 tablespoons (30 mL) vegetable oil**

**1 small onion, finely diced**

**1/2 teaspoon (2.5 mL) salt, divided**

**3 cloves garlic, minced**

**1 teaspoon (5 mL) minced fresh ginger**

**2 tablespoons (30 mL) tomato paste**

**one 28-ounce (796 mL) can diced tomatoes**

**3 cups (750 mL) chicken stock**

**1 cup (250 mL) smooth peanut butter**

**1/4 teaspoon (1 mL) freshly ground pepper**

**3 green onions, thinly sliced**

**1/2 cup (125 mL) roasted peanuts, coarsely chopped, plus more for serving**

**1 tablespoon (15 mL) Tabasco sauce**

**juice of 2 limes**

**lime wedges**

1. In a 13 x 9-inch glass or ceramic baking dish, stir the water, brown sugar, syrup, and salt until the sugar and salt dissolve. Set aside until completely cool.

2. Place the salmon fillet in the brine. The brine should completely cover the salmon. Cover and refrigerate for at least 1 hour.

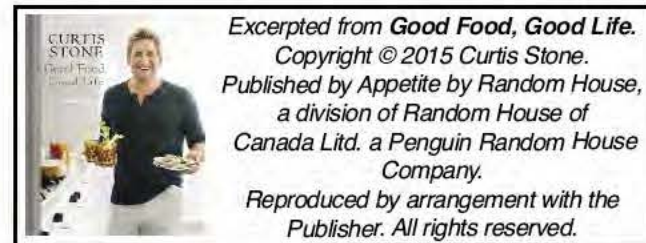
3. Prepare a grill for cooking over indirect heat: For a gas grill, heat one burner on high heat; leave the other burner(s) turned off. For a charcoal grill, place all of the lit briquettes in one side of the grill, leaving the other side empty.

4. Remove the salmon from the brine and transfer it to a rack set over a small baking sheet. Pat dry.

5. Remove the cedar plank from the soaking water and pat dry. Place the plank on the grill grate over the fire for 2 minutes, or until the plank is heated through. Flip the plank over and move to the other (cool) side of the grill grate. Brush the plank lightly with olive oil and place the salmon on the plank.

6. Close the grill lid and cook the salmon for about 15 minutes, rotating the plank 180 degrees midway through cooking, or until the salmon feels flaky on the outside but has a rosy center. Using oven mitts, remove the plank from the grill and set it on a baking sheet. Let stand for 3 minutes.

7. Using a metal fish spatula, transfer the salmon to a platter, or cut into 4 pieces and transfer to plates. Alternatively, serve the salmon from the plank.



Excerpted from *Good Food, Good Life*.  
Copyright © 2015 Curtis Stone.  
Published by Appetite by Random House,  
a division of Random House of  
Canada Ltd. a Penguin Random House  
Company.  
Reproduced by arrangement with the  
Publisher. All rights reserved.

## Sunday Berry-Almond Pastries<sup>©</sup>

These pastries ooze with warm syrupy berries, and the crumbly almond paste becomes smooth and creamy when baked.

**SERVES:** 8

**PREP TIME:** 10 minutes **COOK TIME:** 18 minutes

**MAKE-AHEAD:** The pastries will keep for up to 2 days, stored airtight at room temperature.

**All-purpose flour, for dusting**

**1 17.3-ounce package frozen puff pastry, (2 sheets), thawed**

**1 7-ounce package almond paste**

**3 cups assorted fresh berries (about 1 pound)**

**1 large egg, beaten to blend**

**1/2 cup powdered sugar**

**2 tablespoons (1/4 stick) unsalted butter, melted**

**1 tablespoon water**

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.

2. One at a time, on a lightly floured work surface, roll out each sheet of pastry to an 11-inch square and cut into 4 squares (for a total of 8 squares). Turn a pastry square so one corner is toward you and crumble one-eighth of the almond paste over the bottom half of the square, leaving a 1/4-inch border along both edges. Top with one-eighth of the mixed berries and fold the top half of the pastry square over the filling to form a triangle. Press the edges together, crimp with a fork to seal, and transfer to the prepared baking sheet. Repeat with the remaining squares and fillings.

3. Using a pastry brush, brush the tops of the pastries with the beaten egg. Cut 3 slits in the top of each one. Bake for about 18 minutes, or until the pastries are golden brown and the filling is starting to bubble. Remove from the oven.

4. In a small bowl, whisk the powdered sugar, butter, and water until smooth. Drizzle over the pastries and serve warm.





## So nice to come home to.

- Spacious studios, and 1 and 2 bedroom suites
- 24/7 nursing staff
- Three meals a day, housekeeping, laundry
- Daily social activities and special events
- Now welcoming long term care

Come see what Millrise Place has to offer.

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



We Take Care to Heart

**Senior Assisted Living Residence and Long Term Care**

Book a personalized tour: 403-888-6540

14911 - 5th Street SW, Calgary, Alberta



A Retirement Concepts Community