

Kerby News

Published by
Kerby Centre

for the **55** plus

2015
March

Volume 31 #3



Swimming is just one of many sports that seniors can participate in to keep fit and healthy. To find out what activities Kerby Centre is offering this Spring, check out the programs on pages 9-14.

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- Preventing hospitalization..... Page 13
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- Identify theft and fraud alert Page 24



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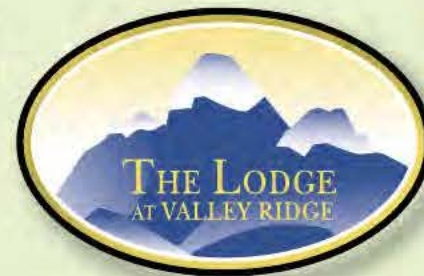


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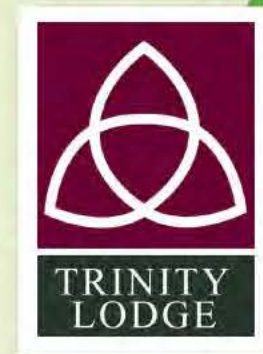
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President's Report



Create kilometres for Kerby at 2015 Charity Challenge

By Hank Heerema

Kerby Centre is gearing up for our third year in the Scotiabank Charity Challenge, in conjunction with the Scotiabank Calgary Marathon. Last year 28 walkers and runners participated in the 5k, 10k, half-marathon and full marathon distances representing members, volunteers and staff. The team raised over \$19,000 for Kerby Centre's shelter!

This year we hope to have even more participants on Team Kerby and raise at least \$20,000. Funds raised will support Kerby Centre's programs and services including our Education and Recreation courses.

The Education and Recreation Department has been a part of the Kerby Centre since the 1970s. The department was created to provide lifelong learning, active living, and socialization opportunities to older adults in the community.

A member recently told us, "When people leave the

work force they are often at loose ends and their identities are lost. What Kerby does is allow people to transition to their new life, their new self, by offering a wide variety of programs. For me, classes have opened up a brand new life. I have made many new friends at a time of life that is supposed to be very difficult. I have gained much self-respect and self-confidence. One could not ask for anything more."

Last year, there were 2,064 participants in over 170 courses/workshops offered to those 55 and older, and we hope to increase those numbers in 2015 by continuing to provide new and exciting programs.

In addition to the courses that will run over the year, the Kerby Centre is currently developing a Falls Prevention program to provide older adults with information and exercises to help prevent a fall from happening.

Participating in the walk or run is not only a great way to support Kerby Centre, but

it's also a great way to stay active! Ed & Rec will be hosting a Race Launch available to our walkers/runners which will include an arrangement of healthy snacks and fundraising tips, along with important information on how to prepare for the big day! Information will cover: running gear such as footwear, healthy eating options to boost your energy, and other training tips.

Now in its 51st year, the Scotiabank Calgary Marathon is a challenging, competitive and fun event with a race designed for everyone. There is a full marathon, half-marathon, 10 km, 5 km family walk or run, and a kids' marathon.

How to Get Involved

There are several ways to get involved with the Charity Challenge this year. We are looking for more participants to join the Kerby team by signing up for a walk or run of their choice and pledging to raise funds for Kerby

Centre. To sign up for the run/walk and join Team Kerby, please call Nicole at 403-705-3178.

You can also get involved by sponsoring our individual walkers and runners or the Kerby team as a whole. Visit www.kerbycentre.com

or call 403-705-3178 to donate. Help spread the word to those who would like to participate or donate to the cause.

MARCH 2015

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

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

Kerby News

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The Kerby Centre would like to thank The Samaritans Club of Calgary for the kind and generous donation of \$25,000 to help fund "The Kerby Shelter Move Out Fund." The Samaritans grant will allow us to assist vulnerable seniors in the Shelter address their financial barriers, provide a fresh start and a new life back in the community. The Samaritans grant is the key that will open the door to a brighter future for vulnerable seniors. Kerby Centre is committed to enhancing the ability of older adults to live healthy productive lives with a focus on their mental, physical, social and emotional wellbeing. In photo: (back row, from left) From The Samaritans Club of Calgary - Chris Sutton, Monique Weiling, Gwyneth Gilette; Rob Locke, Kerby Centre (front row, from left) Berkley Shea, Kerby Centre; Ingrid, Shelter client, Gwen Fujino, The Samaritans Club of Calgary; Deb Runnalls, Kerby Centre.

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News from City Hall —

Restoration of urban forest continues

Evan Woolley



By Evan Woolley

Last September Calgary experienced the largest snowfall prior to the fall equinox in 130 years. Since it occurred before the trees had shed their leaves, the weight of the snow caused widespread damage to trees – as a result, there were power outages, traffic signal failures and debris spread across the City. We estimate that 50% of Calgary’s 500,000 public trees were damaged.

Here’s what we at the City did and are continuing to do.

During the response phase immediately following the snow fall, the City:

- handled more than 47,000 calls via 3-1-1, which is the largest number of calls ever received for a single event and even surpasses calls from the 2013 flood;
- received more than 10,000 tree emergency service requests through City of Calgary Parks, compared to the usual 2,000 they get in one year;
- completed preliminary risk assessments in all impacted communities by Nov 6th;

- addressed more than 14,500 high-risk trees and limbs by January 16th;
- cleared and sent more than 26,000 tonnes of tree branches and debris to City landfills for mulching.

Then, during the recovery phase, City workers started with pruning elm trees because they are susceptible to Dutch Elm Disease and pruning must happen when the beetles are inactive between October and March. There is a pruning ban on elm trees in Calgary from April 1 to September 30. You may have noticed that other types

of trees that required pruning were skipped until a later time while we were concentrating on the elms.

The City will plant an estimated 1,600 new trees each year from 2015 to 2018 in addition to the annually budgeted 5,000 trees. Recovery from this storm will take many years, but Calgary is well positioned to make informed, community-centred decisions that will lead to the restoration, recovery and increased resiliency of our urban forest, and improved capability for dealing with future snowstorms.

You can keep updated on our progress in your community by visiting www.calgary.ca/treerecovery. And, of course, you can always contact my office by phone (403-268-2430), email (ward08@calgary.ca) or on our website (www.calgary.ca/ward8).

Evan Woolley is the Calgary Councillor for Ward 8

This month in Edmonton —

Going from provincial to federal

Kent Hehr



By Kent Hehr

This may very well be my last newsletter to the Kerby News. As many of you know I am not running again to be the representative of the heart of Calgary. With rumors of imminent election, a new Member of Legislative will be elected to represent the district of Calgary-Buffalo along with it.

I’m taking the show on the road to Ottawa and I am running for the Liberal Party of Canada in the upcoming federal election. Hopefully the interruption of my regular column at Kerby News will be a few short months.

Looking back at the last seven years it has truly been a pleasure representing you in the Legislature. I have had the blessing of sharing my life with the 50,000 constituents of Calgary-Buffalo each and every day. It is here in Calgary-Buffalo that many Calgarians play, share, and care for one another as we move through our lives in one of the greatest cities on earth.

I know that most of the constituents don’t always agree with me, as in the last two elections most of them didn’t even vote for me.

All that aside, the fact that we could disagree without being disagreeable, listen to

one another, and solve problems together has been a blessing. Between the flood, issues surrounding education and healthcare, and championing issues near and dear to many Albertans’ hearts, I have enjoyed serving in this role and being your representative. It has truly been a pleasure representing the Kerby Centre in the heart of downtown Calgary and all its great members.

As the Legislature starts again in March for its spring sitting, we are faced with some very serious issues. At the time of submission for this letter I’ll have an event on February 26th that will host

constituents from across the riding to discuss the numerous issues facing Calgarians.

I have been an advocate in these last seven years of reforming our broken fiscal structure – and particularly our over-reliance on oil royalties to fund basic programs. Of course, with the drop in oil prices, so did roughly 1/8 of Alberta’s revenues drop, creating a massive gap as to how to pay for programs such as healthcare, seniors care, and education.

There’s going to be budget planning during the spring sitting of the Legislature and you need to make your voice heard. I

hope you will choose to do so and involve yourselves in the political process.

I am proud to be your representative and look forward to hearing from you as issues come up in the Legislature. As always, you can drop by my office at #130, 1177 – 11 Avenue SW, call me at (403) 244-7737, or send me an email calgary.buffalo@assembly.ab.ca.

Kent Hehr is MLA for Calgary Buffalo

This month in Ottawa —

Canadian women embody heroic ideals

Joan Crockatt



By Joan Crockatt

February 15 was declared National Flag of Canada Day in 1996, as it marked the day in history when Canada’s red and white maple leaf flag was first raised over Parliament Hill in Ottawa, in hundreds of communities across the country as well as overseas.

It was 1965, and Queen Elizabeth II proclaimed the maple leaf flag we know today as our National Flag. Prior to this time, Canadians had flown a variety of flags — from the flags of England and France carried by explorers, to

the distinctive Red Ensign flag flown under Sir John A. Macdonald, Canada’s first Prime Minister.

Through the designation of Flag Day, we have been given an opportunity to celebrate our National Flag, and to recall that we as Canadians have many symbols, historical events and citizens to be proud of.

Examples of such citizens to be proud of are our hard-working men and women of Canada’s Armed Forces, Veterans, and their families who, for the lifetime of the

country of Canada, have been taking a stand and making sacrifices for the values that Canadians hold dear.

This was what Prime Minister Stephen Harper had in mind in 2011 when he began a new tradition on Flag Day 2011, by presenting outstanding Canadians with flags that had flown on the Peace Tower in Ottawa. That year, Lisa Miller and Karen Boire were presented with flags for spearheading a grassroots movement to support our men and women in uniform through

the wearing of the colour red every Friday. Dubbing them “Red Friday Ladies,” Prime Minister Harper said, “Our Canadian flag represents the ideals of freedom, democracy and justice — it’s these values that are upheld each day by the brave men and women of the Canadian Armed Forces, and their families members — like Lisa and Karen — who support them as they do their heroic work.”

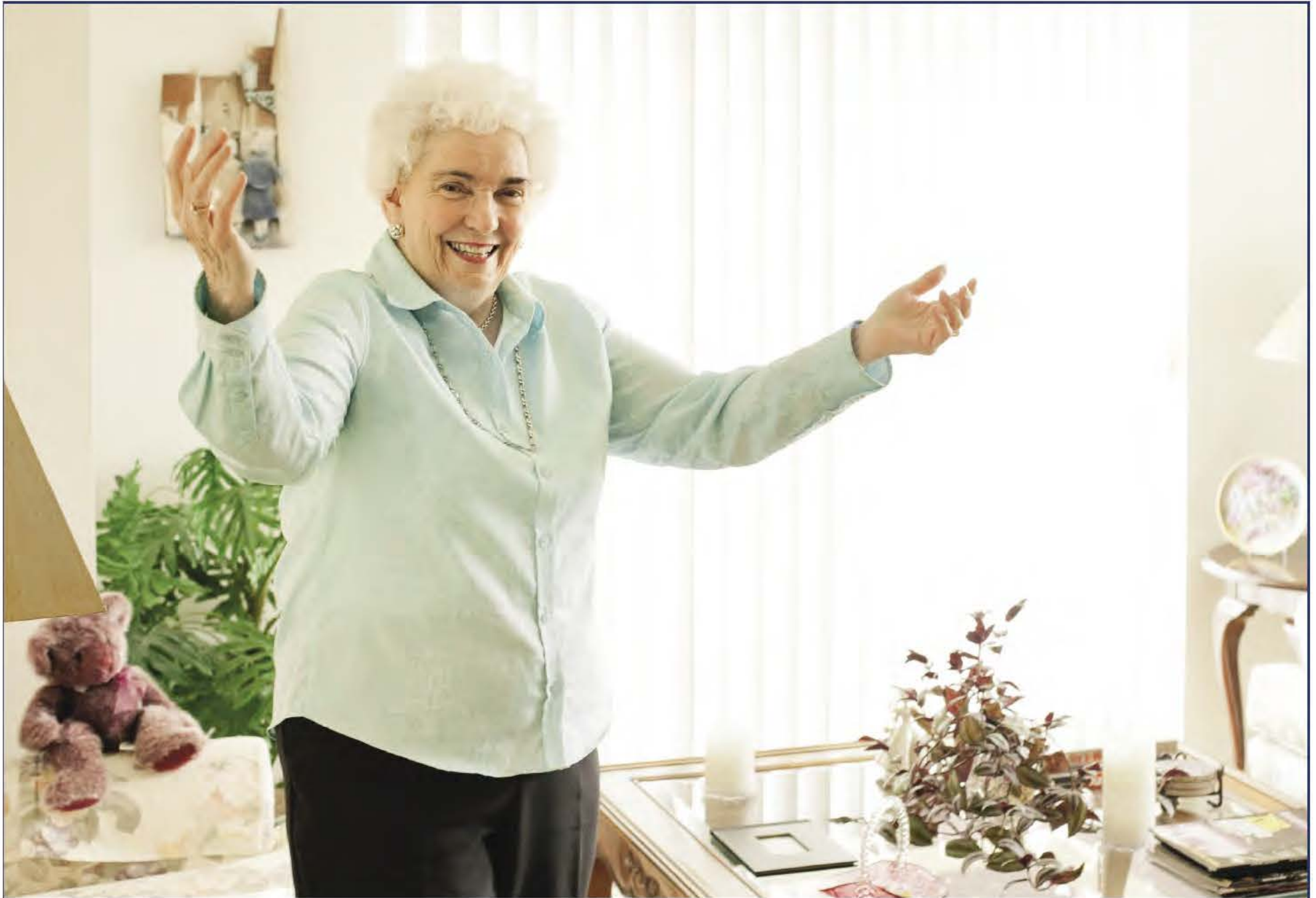
This past Flag Day, our very own Luanne Whitmarsh, Chief Executive Officer of the

Kerby Centre was presented a flag for all her years of service. Luanne has been there for many of Calgary’s seniors in the downtown core, keeping them engaged and helping them avoid isolation and marginalization. So the next time you see Luanne, make sure to congratulate her, she is what keeps Calgary and Canada strong!

Joan Crockatt is the Member of Parliament for Calgary Centre

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End-of-life care in Canada needs another look

When is it OK for doctors to let someone die?

By Charles Wright
Expert Advisor
EvidenceNetwork.ca

The long overdue public, medical, legal and political debate on end-of-life care is now well underway in Canada. Medical journals and the general press are commenting regularly on the subject, the Canadian Medical Association is changing its ethics guidelines, Quebec has decriminalized assisted dying and the Supreme Court of Canada recently ruled that the law banning assisted suicide is unconstitutional (which means an assisted suicide law must be drafted by our legislators soon).

One of the most difficult and poorly understood issues

in end-of-life care is the use of cardiopulmonary resuscitation (CPR). Surveys of the general public's knowledge about the success rate of CPR reveal a wide gap between the perception and the reality. Two major factors are responsible for this misapprehension: public education by TV programs rather than by accurate medical information, and the fact that CPR has come into common hospital practice, even in very inappropriate circumstances. Let's take a look at the facts.

The techniques used for CPR were developed 50 years ago to deal with the fatal abnormal heart rhythm with cessation of blood circulation, often caused by a major heart attack. The brain can only survive three to four minutes when there is no blood circulation so the

only hope for survival is prompt application of chest compressions and artificial respiration.

If you had a severe heart attack like this while in hospital or passing the door of a hospital emergency department, you would have a 20 per cent chance of survival. In all other situations, the success rate of CPR is very small and reaches zero in patients with terminal chronic disease. In spite of this reality, CPR has become usual practice in North American hospitals for all patients dying in hospital from whatever cause unless a specific doctor's order – do not resuscitate (DNR) – is on the chart. If there is no DNR order hospital policies, written or unwritten, currently require nurses and doctors to respond to

death (often called cardiac arrest) with CPR. This is an inexplicable development, based on no medical evidence of benefit.

The adverse effects, physical, mental and emotional, of CPR attempts are common and serious. Fractures of the sternum and ribs are a usual occurrence. If "successful" resuscitation does occur, the patient may suffer a variety of mental difficulties ranging from impaired brain function or changed personality, to serious permanent brain damage, regarded by most people as a fate worse than death.

For the family, CPR creates a chaotic scene in which they usually must leave the room just at the time they feel most in need to be with their loved one. The nurses and doctors are sometimes very uncomfort-

able, feeling trapped into applying a therapy that they know is not in the patient's best interest. This conflict between good professional judgment and current policy may cause what is called a "slow code," where CPR is performed, but without enthusiasm, when it is known to be futile. This is the invidious result of a policy that is as disrespectful to the care team as it is medically useless for the patient. This policy puts physicians in an absurd position, directing them to behave unethically by giving treatment that they know is both harmful and of no benefit.

Fortunately better communication with patients on these issues is now being emphasized throughout the medical profession so that an appropriate chart notation and better decisions about DNR decisions can be made. The need for people also to make advance directives (often called living wills) and to discuss them with family is greater than ever as medical technology advances, but there is a serious legal problem. You may have an advance directive signed in perfect health clearly stating your wishes, but if and when you become incompetent, current law in some provinces permits your next of kin or power of attorney to ignore it. Surely new legislation must recognize and prevent this potential abuse that most people would find offensive and unacceptable.

Patients and nurses may fear that a DNR order will mean that the patient does not receive all other aspects of appropriate care and attention from the healthcare team. There have been unfortunate examples of this in the past, but the growing emphasis on better end-of-life care includes ensuring that a no-CPR order has no effect on the full extent of care the patient receives in any aspects other than the acceptance of death if and when it occurs.

The attitudes, policies and practices surrounding the current misuse of cardiopulmonary resuscitation need open public, professional and legal education and debate. CPR was designed to help patients with very specific cardiac problems, not to attempt to deny and prevent death in all circumstances.

Charles J. Wright is an MD and consultant in medical and academic affairs, program planning and evaluation. He is an expert advisor with EvidenceNetwork.ca. www.troymedia.com

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Our current MLA, Donna Kennedy-Glans has announced that she will not be seeking re-nomination in the Calgary Varsity riding.


As a registered nurse for 22 years and a lawyer for the past 10 years, Donna Gee has been advocating for seniors and family for over 20 years and knows your issues and is ready to work hard for you.

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Donna Gee



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Nearly half of senior hospitalizations can be prevented

Calgary expert encourages families to take action to help keep seniors out of the hospital.

As Alberta plunges into the end of the winter season, the risk of local seniors being hospitalized spikes to its highest of the year, despite the fact that almost half of these hospitalizations (49%) can be avoided with proper prevention. According to a new study of nurses who work primarily with seniors, by Home Instead Senior Care, January, February and March are the height of hospitalization season for seniors due primarily to respiratory infections, such as flu or pneumonia, and other winter hazards.

The critical factor in reducing this spike in area hospitalizations this winter is family involvement. Nearly all nurses (99%) surveyed say that the role families play in keeping seniors out of the hospital is just as important as the role of the medical community.

Knowing that a hospital stay can actually lead to more serious health declines, local senior care experts are mounting an informational campaign to educate families and decrease hospitalizations so that seniors may remain at home and healthy year-round.

“Keeping seniors safe at home and out of the hospital starts with family intervention,” said Fred Franchuk, owner of the Home Instead Senior Care® franchise serving Calgary. “It could be as simple as making sure your parents are using assistive equipment to avoid falls or suggesting they see a doctor for any new aches or symptoms.”

The most common action by seniors that puts them at risk of hospitalization is waiting too long to seek medical attention, according to the nurses surveyed. They estimate that nearly half of all seniors (47%) put off medical appointments or have problems accessing medical care.

“Not following doctor’s orders also puts seniors at risk,” Franchuk said. “Families play a critical role in making sure they fully understand and comply with medical instructions.”

To help families identify and act on potential warning signs, Home Instead Senior Care is offering The Five Ways to Prevent Senior Hospitalizations guide, which was developed with the expert assistance of Norma Mamaril

R.N, BSCN, GNC at Windsor Regional Hospital’s Ouellette Campus in Ontario.

The free guide includes information about common risk factors and the steps that families can take to help ensure a healthy lifestyle.

The recommendations include:

- Make sure the senior is taking preventative health measures – like getting a flu shot or shingles vaccination.
- Encourage the use of assistive equipment.
- Monitor and/or assist with medications.
- Attend doctor’s visits and be a medical advocate for your senior.
- Assess your senior’s balance.
- Make sure your senior is

able to drive safely.

- Check on aging loved ones regularly.

Additional free resources can be found at www.preventseniorhospitalizations.ca. To obtain a copy of the Five Ways to Prevent Senior Hospitalizations guide, please call 403-984-9225.

Home Instead, Inc. completed telephone interviews with a random sample of 100 Canadian nurses and 300 American nurses who work with seniors. The nurses surveyed work in the following community-based settings: hospitals; doctor offices and clinics; adult day care; and home health companies.

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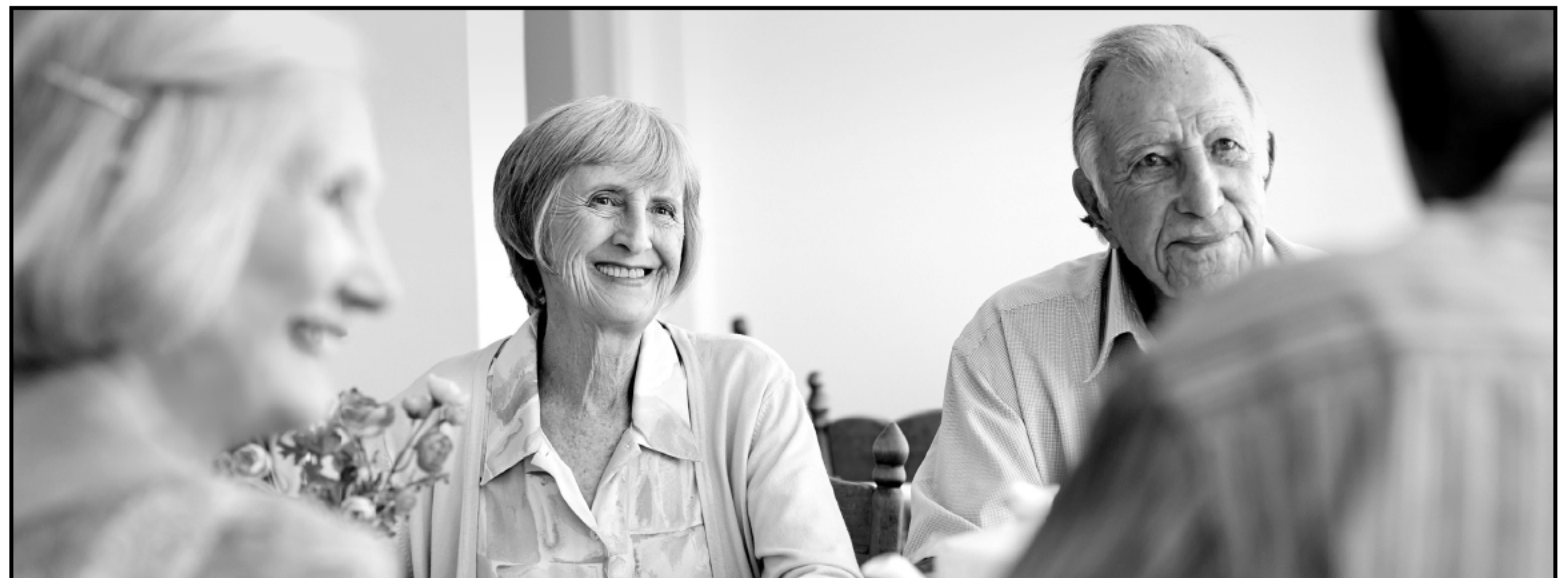
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Margaret Duddy, 71, has always had a passion for the outdoors and still spends her Tuesdays and Fridays climbing the Rockies with friends and family.



Lillian Leonard, 77, says that it is important to be thankful for what you already have, "because it could have been a whole lot worse over the years."



Iris Hillenbrand, 73, believes that helping others and volunteering is a great way to find happiness. She has volunteered at the Calgary Public Library for over 20 years.

How to be happy — look no further than your friends

Three Calgary seniors share thoughts on age-old question

By Sarah Comber

Remember the days when happiness meant spending lunch hours swinging off monkey bars with your best friend? Or maybe happiness meant swapping Pokémon cards after school or dressing up Barbies together?

Maybe you grew up with that best friend, maybe they fell out of your life and you didn't find best-friendship until later, but a 2007 study "Looking To Happy Tomorrows With Friends: Best And Close Friendships As They Predict Happiness," published in the Journal of Happiness Studies has found that — while the monkey bars certainly had their appeal — the friendships you develop are an important factor in establishing happiness.

The study surveyed 280 college students and found

that having a strong relationship with a best friend was the only significant predictor of happiness. The study additionally states that individuals are happier when they experience close friendships and have a best friend.

So naturally, the Calgary Journal sat down with three friends to chat about happiness. However, these three women have lived well past both their monkey bar swinging days and their turbulent 20s.

Margaret Duddy, 71, Lillian Leonard, 77, and Iris Hillenbrand, 73, were just finishing their lunch at downtown's Kerby Centre. Earlier that day, the three friends had enjoyed an exercise class.

Duddy and Hillenbrand have known each other for over twenty years, they met while working in administration at the University of Calgary.

"She left the department I was working in and someone said to me, 'Oh you'll have

to meet Iris, she's from Saskatchewan too," Duddy said about Hillenbrand with a chuckle. "And it was just a perfect match."

Hillenbrand nodded affirmatively, "Yes, Margaret's always upbeat and energetic and you can feed off that. Lillian is steady as a rock."

Duddy and Hillenbrand met Lillian Leonard just about three years ago. Hillenbrand and Leonard had been taking a spirituality course together at the University of Calgary.

"We got to having a chat," said Leonard with a smile. "And I thought, my goodness, a Prairie Flower — that's because I am from Manitoba — and here I am with these Saskatchewan people."

The trio giggled good-naturedly.

When it came to discussing happiness, the three friends had a few pieces of advice.

"I think, in life, you have to look at people and take them as they are," said Leonard.

"Accept it and worry about the things that really matter. Health, wealth — that's a biggie — that type of thing."

Hillenbrand said that: "You make your own happiness. You

are as happy as you choose to be. I think that's about it." She added that being active, eating well, getting plenty of sleep, being involved with the community and being social all add to finding happiness.

"Or climb up a mountain in your red outfit — that's Margaret," Hillenbrand added.

As for Duddy, she said that happiness is about taking each day as it comes.

"When one day seems like a crisis you've just got to sleep on it. Then the next day you can have a better view of it and you can move on. No matter what. You're boyfriend dumps you, you break your knee..."

"Which Margaret did," interrupted Hillenbrand with a laugh.

Indeed, Leonard added she thinks it is important to remember that when things aren't good for you, they could always be worse for someone else.

"You have to be optimistic all the time," Leonard said. "And have the belief that when something bad happens something good will also come about." She additionally feels that when dealing with something negative,

sitting and moping will never help.

Hillenbrand and Duddy agreed. "If you want to drive people away just complain all the time. You'll send them running and hiding," said Hillenbrand pointedly.

As for Leonard, she said that she does not inflict how she is feeling on others.

"Because I do not think that is fair either — to cloud up their lives."

Courtesy of the Calgary Journal

The following answers came from a Catholic elementary school test:

- In the first book of the Bible, Guinessis, God got tired of creating the world, so he took the Sabbath off.
- Adam and Eve were created from an apple tree. Noah's wife was Joan of Ark. Noah built an ark and the animals came on in pears.
- Sampson was a strongman who let himself be led astray by a Jezebel like Delilah.
- Samson slayed the Philistines with the axe of the Apostles.
- Moses led the Jews to the Red Sea where they made unleavened bread which is bread without any ingredients.
- The Egyptians were all drowned in the dessert. Afterwards, Moses went up to Mount Cyanide to get the Ten Commandments.
- The first commandment was when Eve told Adam to eat the apple.
- The seventh commandment is thou shalt not admit adultery.
- Moses died before he ever reached Canada then Joshua led the Hebrews in the battle of Geritol.
- The greatest miricle in the Bible is when Joshua told his son to stand still and he obeyed him.

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The Healthy Senior

By Fred Cicetti

Q. I get a lot of stomach aches. Do you have any tips to prevent them?

A. If you are having recurring abdominal pain, you should see a doctor immediately. This kind of discomfort can be a symptom of a serious ailment. However, if you're talking about the kind of stomach aches we all get occasionally, there are some things you can do to prevent them.

- Eat small meals more frequently.
- Make sure that your meals are well-balanced and high in fiber.
- Drink plenty of water each day.
- Exercise regularly.
- Limit foods that produce gas.

The following are gas-generating foods:

- Legumes, especially dried beans and peas, baked beans, soy beans, lima beans.
- Dairy products such as milk, ice cream, cheese.
- Vegetables such as cabbage, broccoli, Brussels sprouts, cauliflower, cucumbers, sauerkraut, kohlrabi, asparagus, potatoes, rutabaga, turnips, radishes, onions.
- Fruits such as prunes, apricots, apples, raisins, bananas.
- Foods containing

wheat such as cereals, breads and pastries.

- Fatty foods such as fried chicken and anything in cream sauces and gravies.
- Any carbonated beverage.

Abdominal pain is often caused by overeating. Sometimes an infection is responsible. But pain may be a symptom of something that requires emergency treatment: There are quite a few organs in your abdominal area. The location of the pain is informative to your doctor.

Pain near your navel can be a sign of appendicitis or something wrong in your small intestine.

Stomach problems are found in the upper middle section of the abdomen. Persistent pain in this area may also signal a problem with your gallbladder, pancreas or the upper part of your small intestine.

It's unusual to feel pain in the upper left abdomen. Pain in this area may be caused by a problem in the colon, stomach, spleen or pancreas.

Intense pain in the upper right abdomen is often related to inflammation of the gallbladder.

Pain in the lower middle abdomen may be caused by

the colon. Women with pelvic inflammatory disease or a urinary tract infection may experience pain in this area.

The lower right abdomen is where inflammation of the colon may cause pain. Appendicitis pain may also spread to this region.

If you feel pain in the lower left abdomen, you usually have a problem at the end of the colon.

Don't rely on self-diagnosis based upon these pain guidelines. Abdominal pain has a way of moving around. For example, gallbladder pain can move to your right shoulder. And abdominal pain can be caused by the lungs and heart. Or it may be caused by muscle strain.

The following are some of the danger signs associated with abdominal pain. If you experience any of the following, get immediate medical attention:

- Sudden and sharp pain
- Pain that radiates to your chest, neck or shoulder
- Severe, recurrent or persistent pain
- Pain that worsens
- Vomiting blood
- Blood in your stool
- A swollen and tender abdomen

- Shortness of breath
- Dizziness
- High fever

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



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Heart disease touches more than one in two Canadians

The 2015 Heart and Stroke Foundation Report on the Health of Canadians looks back on 60 years of life-saving, ground-breaking research, revealing astonishing improvements in diagnosis, treatments, and outcomes between then and now. However, these gains will be threatened as our population changes and some risk factors for heart disease are set to rise sharply.

"We have made incredible progress in improving the heart health of Canadians since the 1950s and 1960s," says David Sculthorpe, CEO, Heart and Stroke Foundation. "Back then of those who made it to hospital after a heart attack, 30 – 35 per cent did not survive. Today that number is down to five per cent. Or put another way, 95 per cent of Canadians who have a heart attack will now survive – thanks to research."

According to a new Heart and Stroke Foundation poll* Canadians are not aware of the progress that has been made – less than one-quarter realize that survival rates are now so promising. And yet, heart disease has an extensive reach across our country. In fact, according to the poll, more than half of Canadians report that someone close to them has had heart disease.

Decades of progress

The Foundation interviewed 16 of the country's leading car-

diovascular experts, who agree that the greatest accomplishment regarding heart disease has been in survival rates. In 1952, cardiovascular disease (heart disease and stroke) was responsible for almost half (46 per cent) of all deaths in Canada. Today it accounts for just over one quarter (27 per cent) of all deaths. Sixty years ago, fewer than 20 per cent of infants born with complex heart defects reached adulthood, but today, more than 90 per cent do.

This success is directly related to research advances in prevention, diagnosis, treatment and care including:

- Identifying, treating and managing risk factors such as high blood pressure and cholesterol.
- Cutting smoking rates by much more than half to 16 per cent today from about 50 per cent in the 1950s.
- Understanding the physical causation of the disease; for example, identifying the role that clots play in acute myocardial infarctions (heart attacks) led to effective clot-busting drugs.
- Developing and continually improving medications to manage risk factors and heart disease such as:
 - Beta blockers, which protect the heart from subsequent attacks.
 - ACE inhibitors, which cause blood vessels to relax, leading to lower blood pressure.
 - Statins, which are used to

lower cholesterol and are effective at preventing cardiovascular disease as well as treating those who have it.

- Anticoagulants and anti-platelets such as acetylsalicylic acid (ASA, commonly referred to as Aspirin), which can be used to prevent dangerous blood clots from forming.
- Producing sophisticated imaging equipment, such as magnetic resonance imaging (MRI) scanners and CT (X-ray) scanners, has made diagnosis faster and more precise.
- Discovering and improving new procedures; for example, open-heart surgery has more and more been replaced by less invasive procedures such as angioplasty, a non-surgical technique.
- Improving recovery time and quality of life for the 1.6 million Canadians living with the effects of cardiovascular disease.
- Collecting and analysing data to measure practices and improve treatments and outcomes for patients.
- Translating knowledge to make the most effective use of evidence collected, by sharing it with the right players, and putting it into action. For example, sharing evidence about the harms of second-hand smoke with policy-makers resulted in smoke-free policies.

Much of the discovery noted above – as well as pacemakers,

"blue baby" surgery and clot-busting drugs – are breakthroughs that started with Heart and Stroke Foundation research. Since its inception in 1952, the Foundation has invested more than \$1.4 billion in vital heart and stroke research, making it the largest contributor in Canada after the federal government. Last year we invested almost \$34 million in research across Canada and we have committed to raise \$300 million for research over the next decade.

New challenges threaten advances

Despite the amazing accomplishments, we are in danger of losing the gains we have worked so hard for.

"We cannot underestimate the progress we have made, but we still have an enormous task in front of us," says Sculthorpe. "Heart disease and stroke continue to be the second leading cause of death in Canada and a leading cause of disability, responsible for 66,000 deaths each year. And we know we are facing a new set of challenges that will require more research and new solutions."

While we have made improvements in managing some risk factors, we have also lost incredible ground in other areas:

- Diabetes rates in heart attack patients have skyrocketed to 31 per cent from 17 per cent in a matter of decades.

- Sixty per cent of adult Canadians are overweight or obese and obesity rates in children have tripled over 30 years.
- The population is aging and as people get older, their chances of developing cardiovascular disease increases.

Poor diets and lack of physical activity are leading risk factors.

- Nine out of 10 Canadians have at least one risk factor for cardiovascular disease, but according to the poll only 12 per cent of Canadians are aware of this fact.

Smoking rates have decreased but 16 per cent of adult Canadians still engage in this behaviour that is the leading cause of preventable disease, disability and death, and the proliferation of e-cigarettes poses new challenges.

The changing face of heart disease

The portrait of the typical heart patient has changed dramatically. Dr. Eldon Smith began practicing cardiology in the 1960s and has seen a shift in the typical heart patient over his long career.

"Back then, 75 per cent of my patients were male. The average age was 55; they were married, employed, smokers, overweight and sedentary. They usually had other risk factors such as high cholesterol and high blood pressure, which may have been diagnosed but were

Continued on page 19



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Continued from page 18

likely not being managed – the drugs were so awful they would not take them," says Dr. Smith.

This contrasts with what is seen today. Dr. Smith notes the average patient is substantially older, and still likely to be male – although the numbers of women with heart disease has risen. Patients still tend to be overweight, and while many have high blood pressure and elevated cholesterol, these are most likely diagnosed and well managed. Fewer are smokers, but if anything, heart disease patients are even more sedentary than in the past.

A revolution in recovery

Comparing the quality of life in heart disease survivors between "then" and "now" also reveals a true transformation, according to Dr. Smith. Fifty years ago if someone survived a heart attack, they were often very sick and lived a life of restriction. They convalesced for months and were sent home and often advised to buy a rocking chair and watch TV; they were told not to return to work and to avoid physical activity, including sex. Their lives never went back to normal. Survivors today are often discharged home within a few days and can be back to work in a few weeks, and many return to a normal life.

'I almost regret I don't have a mark to show'

Four years ago Tim McEown, 52, was at home when he suffered a heart attack. Tim was rushed to the hospital, had stents inserted in his heart arteries through a three-quarter inch incision in his wrist and felt immediately better. From the time the ambulance arrived to the surgery being completed was less than an hour and a half, and Tim was home three days later.

"The contrast between my heart attack and my father's triple bypass more than 20 years ago could not be more profound," says Tim. "His surgery was invasive and traumatic while my experience, incredible as it may seem, left no more of a mark than having my blood taken. My dad was in hospital for more than a week and he was on the table for several hours. I was out of surgery in less than 70 minutes and home in three days. I almost regret I don't have a mark to show for my near-death experience whereas Dad had his chest spread wide open and the scars to prove it."

Research into a healthier future – we can get there from here

What Canadians say:

When asked how important research is to our heart health, 98 per cent of Canadians polled say they feel it is somewhat or very important.

When asked to identify the top three factors that could

improve heart health, a large majority specified healthier lifestyle choices as most important. The other two most popular choices were more information to help manage risk factors, including telephone hotlines and other types of support, and better diagnostic tests and tools.

Canadians identified the top priorities for heart health research as:

- Better individualized assessment and treatment plans based on someone's medical history, lifestyle and genetics.
- Better tools and support to help people make healthy lifestyle choices.
- Better understanding of the genetic causes of heart disease and how to address them.
- New tests to diagnose heart disease.

What the experts say:

The experts interviewed by the Foundation agree. Dr. Paul Dorian points to research as the best hope for identifying how to help Canadians make healthy changes. "We need a better understanding around how to change behaviour across the population. Many of the diseases we treat are in theory preventable by activities that do not require a doctor."

The experts identified a number of exciting research possibilities for the future, which could have a major impact on continuing to improve the heart health of Canadians:

Restoring function to damaged hearts.

Heart failure is on the rise as more people survive heart attacks and other acute heart conditions. As people with damaged hearts are living longer, they become more susceptible to heart failure. Work continues into finding new ways to repair damaged hearts by repairing muscle- using stem cells, and other therapies to stop cells from dying or to regenerate new cells.

Predicting the future.

Imagine a world where the chances of developing heart disease can be predicted. Work is being done to identify genetic markers that will reveal which genes predispose a person to cardiovascular disease – information that could help stop the disease before onset or halt its progression. Breaking down the DNA code could help explain why heart disease runs in families, and will help develop the individualized drug treatments of tomorrow.

Putting knowledge into action.

Knowledge translation is an area that holds immense potential of further progress in heart health. It involves sharing information with all the right players, and using information to inform decisions about prevention, care, treatment, rehabilitation, and creating the systems and policies to support this. "Tobacco control is a great example of translating evidence," says Dr. Scott Lear.

Promoting recovery. With more Canadians surviving and living with the effects of cardiovascular disease, more research is needed to support them to make the best recoveries possible and improve quality of life.

Creating healthy public policy.

Research is the basis for important policy decisions that affect the population – for example, policies around building neighbourhoods that support physical activity, availability of healthy food and healthy eating through nutrition labelling and smoke-free policies.

Quick stats – Canada

- Every seven minutes in Canada, someone dies from heart disease or stroke.
 - 1.6 million Canadians live with the effects of cardiovascular disease.
 - Heart disease and stroke are two of the leading causes of death in Canada.
 - Heart disease and stroke cost the Canadian economy \$20.9 billion every year, and are the biggest drivers of prescription drug use.
 - 500,000 Canadians live with heart failure.
 - One in 100 babies is born with a congenital heart defect.
 - More women are dying from cardiovascular disease than men.
- * The poll was conducted by Environics Research Group by telephone with 2,006 Canadians in November 2014.

Reprinted courtesy of the Heart and Stroke Foundation



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In Argentina's land of the warrior angels

Story and photos by Elizabeth Haynes
Page design and layout by Winifred Ribeiro



Quebrada del Toro, a mountain pass.

Someone has rear-ended my taxi on the way from the airport in Salta, Argentina. Since I have experienced violent robberies in other parts of Latin America, I look around nervously, hoping the "accident" isn't a pretense to rob me. However, to my relief, my taxi driver has a quiet discussion with the other driver and we continue on our way. An early morning flight on Aerolíneas Argentinas from Buenos Aires brought me to Salta, Northwest Argentina's "city of perpetual spring." I plan to use Salta in the foothills of the Andes, one of the country's first Spanish colonial

cities, as a base to explore the area's mountains, mining towns, 17th century churches, salt lakes, flora, fauna and indigenous and pre-Hispanic culture. The steps up to the reception area of the Aldaba hotel are steep, but the front desk clerk rushes down to help me with my suitcase. Clad in a traditional red-striped poncho, he shows me to a simple but clean room, one of six in this small boutique hotel. On my pillow the usual chocolate has been replaced by a typewritten note: *que su nuevo día acompañe un dulce despertar* (may each new day

bring a sweet awakening). I smile, remembering that most days in Argentina do that. Breakfasts, typically included in the room price, feature syrup-drizzled *media lunas* (croissants) and other delicious pastries. I spend the rest of this sunny fall day in May at the Museo de Arqueología de Alta Montaña, the Archeology Museum of the High Mountains, located a 30-minute walk from my hotel in the central Plaza 9 de Junio. The museum displays the mummified bodies of three children discovered by members of an expedition to Mount



Cemetery near Tilcara.



The road winding down from the salt lakes.



Archeological site at Pucara de Tilcara.

Llullaillaco, in the Andes west of Salta, in 1999. The three are thought to be high-born children, sacrifices to the Inca gods. For 500 years they lay six feet beneath the earth, frozen and preserved. The day I visit, the boy mummy is on display: swathed in red from head to knees, small hands curled beside his moccasin-shod feet. Also displayed is the Reina de Cerro, the queen of the hill, a mummy originally stolen from an Inca tomb in 1920. Later, I sit in one of the cafes surrounding the palm-lined square, sipping hot chocolate and gazing at the ornate pink 19th century cathedral and 17th century colonial town hall. I discover that Salta is very walkable, if you remember to stop at each intersection (there are few stop signs), and cross when the locals do. The next morning I stroll over to the Pajcha Museum of Ethnic American Art, five minutes from my hotel. The museum features indigenous art and artifacts from the pre-colonial and colonial periods. The only visitor, I wander through the rooms: the world of the Andes, world of beliefs, the Mapuche world, world of the inhabitants of the mountains and plains, examining the elaborately carved masks, clay figures, dolls, indigenous jewelry and textiles. Diego, the elegantly dressed Vice-Director, appears and offers me a free English tour. He talks at length about the *ángeles arcabuceros*, warrior angels painted by European-trained indigenous artists of the Cuzco school. These brightly coloured paintings feature men in aristocratic 17th century Spanish dress: elegant coats, breeches and wide feathered hats. No ordinary gentleman, however, they sport angel wings (as in the imagination

of the Spanish Catholic conquistadors) and carry muskets. Intrigued by the warrior angels, I sign up for a day trip with a local company to the Unesco World Heritage Site Quebrada de Humahuaca, which includes a visit to a church with paintings of the *ángeles arcabuceros*. We are on the road by seven a.m., our van speeding up the highway to the outdoor handicrafts market in Purmamarca. After wandering past stalls selling ponchos, weaving, and miniature wooden llamas ("*llamitas*"), I climb the narrow streets for a view of the seven beautiful coloured hills which surround the village. Before leaving town, we pick up Katya, a Russian graphic artist who has spent the night in Purmamarca. She enthuses about her quiet, rustic hotel and the starry night sky, but warns that the temperature drops precipitously when the sun goes down. Our van continues up through the Quebrada de Humahuaca. This narrow valley is on the Camino Inca (Inca road) from Lima to Buenos Aires, and once connected Salta with the rich silver and gold mines at Potosi and Oruro, Bolivia, to the north. It was also the first part of Argentina to be colonized by the Spanish. The valley follows the Rio Grande River and has been a trade route from the Andes Mountains to the temperate plains for tens of thousands of years. I'm struck by the colourful striations of the sedimentary mountains that line our route. They remind me of Drumheller — that is, as if nature had painted the badlands with alternating zigzag swaths of sage and emerald green, lilac, cream, magenta and carmine. At 2989 metres, the town of Humahuaca, a stopping point enroute to the high altiplano, is



Decorative murals on house in Santa Rosa de Tastil.



Llamas grazing on the way to the Salt Lakes (Salinas Grandes).

warm in the sun but chilly in the shade. Gaston, our guide, hustles us down the street to a restaurant where we eat lunch, entertained by a poncho-clad trio performing traditional folk music. Gaston then announces that we have "free time for shopping." I prefer to walk the cobbled streets to visit the white Iglesia de la Candelaria y San Antonia with its 17th century rococo altarpiece and the twelve prophets painted by Marcos Sapaca of the Cuzco school. Nearby are cactus-lined stone steps leading to the monument to the heroes of the Independence Movement. The centrepiece of the large sculpture is a local indigenous leader, his bronze arm raised in victory in the 19th century war for independence from Spain. Nine paintings of *ángeles arcabuceros* line the walls of the pretty white San Francisco de Paula church in the nearby village of Uquía. I sit in a simple wooden pew, admiring the paintings and gilded seventeenth-century altar. The church is surrounded by hills containing the bones of mammals such as giant sloths that migrated from North America when the two Americas were connected. On the way back to Salta, we stop at the Pucara de Tilcara, the fortress ruins of the Tilcara people. The site was populated by indigenous shepherds and farmers from 1000 until the conquistadors arrived and arrested Chief Viltipoco in 1594. The Tilcara bred llamas and hunted their cousins, vicuñas and guanacos, until they were forced into indentured labour by the infamous Spanish *encomienda* system, which effectively enslaved the native people. From the pyramid-shaped monument that honours two

archeologists who excavated the site, there are fine views across the valley. Many local tour companies offer day trips to Las Salinas Grandes or great salt lakes. The cost is 250 pesos, about \$31 Canadian. I am alternately entertained and terrified by Gabi, our frenetic driver and guide, who provides a commentary in Spanish (for the two Argentines on the tour) and English (for Katya and me), fiddles with his iPod, and turns completely around to answer our questions, all the while negotiating the steep and winding roads up the Quebrada del Toro. We stop in the village of Santa Rosa de Tastil, wandering through a small handicraft market where local women sell alpaca wool scarves, hats, gloves, sweaters and blankets. Gabi points out a small building where the local shaman meets with residents. The sign above the door instructs people to "wait in silence."

We continue up to the mining town of San Antonio de los Cobres, a highland town located at 3775 metres. The dirt streets and adobe houses are surrounded by colourful



A market in Purmamarca.

mountains containing copper, iron and lead. After a lunch of *milanesa*, breaded steak stuffed with ham, mashed potatoes, and a sweet Incan desert of polenta with lime and sugar, we walk the streets tailed by children selling *llamita* dolls. Above the town is the train station where the famous tourist *tren a las nubes* (train to the clouds), stops on its weekly run from Salta to the viaduct soaring above a desert canyon at La Polvorilla. Soon the pavement ends and our drive continues on a dirt road. Gabi stops so that we can photograph the llamas wandering the plains. One hundred dusty kilometres later, we arrive at the Salinas Grandes, lakes covered in salt up to half a metre thick. Donning sunglasses to protect our eyes from the blinding white of the lakes and the bright blue sky, we watch salt miners working in rectangular basins. According to Gabi, they make 35 pesos, less than five dollars, for a ton of salt, two days of back-breaking work. We hop back into the car, and Gabi is soon swerving down the curving but well-paved roads back to Salta. Thirteen hours after we started, I am back at the Aldaba, dining on the famous local empanadas, tasty dough pockets stuffed with meat, olives, raisins, and vegetables, washing them down with a mellow red wine, Mendoza malbec.

Another morning finds me at the sixty hectare Huaico nature reserve, in the cloud forest above the village of San Lorenzo, six kilometres from Salta. I called ahead to arrange for a guide. My taxi drops me at the entrance gates, but no guide awaits me. I begin walking on a path through the trees until I encounter a friendly man who summons a teenager with his brush-clearing machete. For two hours we climb the muddy and leaf-strewn paths, my guide pointing out yellow-bellied tico-tico birds and *pavos* (turkeys). The reserve boasts over 100 birds, with the spring months of September to December being the best time to view them. Local guans, parrots, hummingbirds and woodpeckers, and migratory springtime species such as flycatchers and tanagers can be seen. The reserve may be visited on a private tour or through Clark Birding Expeditions in Salta.

"Optical illusion" crafted on the salt lakes.



"Don't Touch", sign in a store in Purmamarca.



17th century Iglesia de la Candelaria, Humahuaca.



Monument to the heroes of the Independence Movement.



"Optical illusion" crafted on the salt lakes.



"Don't Touch", sign in a store in Purmamarca.

Ireland's first hero used shrewd image management to become king

For this St. Patrick's Day, a look back at Brian Boru, high king of Ireland

By Pat Murphy

With St. Patrick's Day imminent (March 17), my thoughts go back to being a Dublin schoolboy in the 1950s, and to history lessons about Ireland's first hero. He was a fellow called Brian Boru.

Brian's claim to fame is tied to the dominant recurring theme of Irish history as it's popularly told – the perpetual struggle against invading foreigners. In his case, the Vikings were the enemy. And his rendezvous with destiny happened a thousand years ago, at the 1014 Battle of Clontarf.

Born around 941, Brian came from what a recent biographer has described as "a dynasty on the make," a

family that sought power by all necessary means. Eventually, it paid off with the grand prize – the high kingship of Ireland.

Shrewd image management

"since the Vikings often travelled without women, they also married into the local population"

was part of the equation. This was a talent that ran in the family, having been most cleverly demonstrated when his immediate ancestors reinvented themselves by manufacturing a relationship with legendary royalty.

Then there was the church. Appreciating the value of influence in ecclesiastical

circles, Brian ensured that members of his family filled high church offices, while cultivating a particularly close association with the most symbolically important one. In 1005, he reputedly deposited 20 ounces of gold at the altar of the primatial seat of Armagh. If the story's true, it displayed an especially deft touch.

Still, the most important element in Brian's success was military talent. Whether it was his use of naval power, his fortification-building, or just his plain ability to win far more battles than he lost, he was very good at the art of making war.

As for the Vikings, they'd been established in Ireland well before Brian's birth. Initially no more than coastal raiders, they'd evolved into traders and urban developers, building port settlements in places

like Dublin, Waterford, Wexford, Cork and Limerick.

And since the Vikings often travelled without women, they also married into the local population, sometimes going so far as to adopt Christianity. In the process, settlements like Dublin became ethnic hybrids rather than pure Viking enclaves. To borrow a phrase from today's vocabulary, they were multi-cultural.

But Brian and the Vikings weren't always enemies. When it suited, they were allies.

There were even family ties. Indeed, at the time of the climactic battle at Clontarf, Brian's third daughter was married to Sitric Silkenbeard, the Viking king of Dublin who was the main leader on the other side. And to further complicate matters, Sitric was the son – from a previous marriage – of one of Brian's wives.

Over the centuries,

Clontarf 1014 came to take on multiple meanings, the most significant of which was as a great battle between the indigenous Irish and foreign invaders. In addition, there was the religious dimension of the martyred Brian – the aging Christian king praying in his tent was

"they survived as one of the few old Gaelic families to form part of the post-Reformation landed elite"

accosted and killed by a fleeing heathen Viking. And for further symbolism, it all happened on Good Friday.

In fact, though, there were Irish and Vikings on both sides at Clontarf. So, rather than a repelling of the foreigners, Brian's victory was really the suppression of a rebellion against his own expansionary power.

Mind you, the sort of myth-making that surrounds Brian isn't a uniquely Irish characteristic. Everyone does it in their own way. Take the legend of Richard the Lionheart, England's heroic 12th century king.

Ethnically and culturally French, the real Richard regarded England as merely a source of revenue, and spent as little time there as possible. His vast hereditary French possessions took precedence. But you'd never guess this from the popular stories or the imposing 19th century statue outside the Houses of Parliament.

When Irish history moved on, new and more durable intruders came from across the Irish Sea, and Brian's descendants found a way of living with this reality. Consequently, they survived as one of the few old Gaelic families to form part of the post-Reformation landed elite. One wonders what Brian would have made of it all.

No doubt the legendary figure – the bane of the foreigners – would have been scandalised by their accommodations. But then again, perhaps the pragmatist, the man who extended personal and family power through a combination of military and political means, would have understood that you do what you have to do.

Troy Media columnist Pat Murphy worked in the Canadian financial services industry for over 30 years. Originally from Ireland, he has a degree in history and economics.

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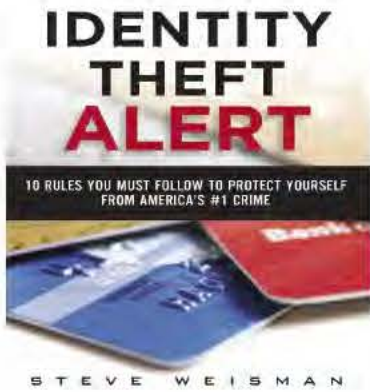
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Book Review

More Than 200 Million People at Risk Right Now...



“Identity Theft Alert”

By Steve Weisman

c.2014, FT Press
\$16.99 U.S. / \$19.99
Canada
174 pages
Reviewed by the
Bookworm

Your credit card was declined.

Such an annoyance. You paid your bill, the expiration date was right, your signature was on the back, and it should've worked.

Eventually it did, much to your relief, but that made you think. Is your credit report, your privacy, your identity safe from criminals? Find out if it is - and what you can do to keep it safe - by reading “Identity Theft Alert” by Steve Weisman.

Hacking and spamming and theft — oh, my! Every time you hear another report of credit information breached (and the attendant hassle involved), it might seem like thieves are everywhere these days — and that suspicion might not be too wrong.

“Identity theft is one of the most pervasive and insidious crimes of today,” Weisman says; in fact, more than 12 million people became victims last year.

So what can you do to avoid joining them? Weisman lists the ways...

Online, use strong passwords and encryption and beware of sites you visit. Never open a link in an email unless you're certain it's “legitimate,” and have your antivirus program up-to-date at all times. By the way, Mac users shouldn't feel safe anymore; hackers are purposefully creating Mac viruses now.

Also, be cautious when clicking on links you see online. “Curiosity killed the cat,” says Weisman. “Let the cat live.”

When answering the phone, remember that your bank will not ask you for debit card or PIN numbers. Neither will the FBI or the IRS; the general rule of thumb is not to release any personal information unless you initiated the call. That's especially true

if the person on the other end of the line seems to have half of your information. Chances are they're only waiting for you to get flustered and fill in the rest.

Monitor your credit rating and your monthly bills with eagle-eyes. Keep those eyes on your credit card as much as possible when it's not in your possession. Know where the safest ATMs sit and why you should never use public copiers for important document duplication. And finally, remember that it's almost impossible to guarantee complete safety of your identity — even after you're dead...

Though it sometimes seems a little sensational, and though it leans toward repetitiveness, I found the information in “Identity Theft Alert” to be overwhelmingly good.

Part of the reason is that, while you've been warned at great length about iden-

tity safety, author Steve Weisman offers tips I doubt the average person would generally consider. Weisman is, after all, an expert in this category — something you'll notice, once you get past the commonsensical and into the quieter threats that exist.

It's also helpful that Weisman doesn't assume anything about his readers; instead, his advice is methodical and simple to understand. The info is especially senior-friendly, although beware that the print-size isn't.

I think this is a book to read and refer to often. Buy “Identity Theft Alert,” highlight it, flag it, heed it, and you may avoid the worst this season. Why would you decline?

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

How seniors can protect themselves against fraud

(NC) By adopting basic, but effective habits, seniors can keep the fraudsters at bay.

Why are they such a target? Many have generous natures, are at home more often, some may be isolated, and there are those that may be less technology-savvy than they'd like to be.

For protection, here's a little guidance:

Follow the news to become more aware of schemes and scams. Never give money at the door, and post a ‘no solicitation’ sign near your entrance. Get call display and don't answer unfamiliar numbers. Friends and family will leave a message. If you do speak with someone on the phone, don't be afraid to ask numerous

questions or, if suspicious, just hang up.

“Better to be safe than sorry,” explains Cairine Wilson, a vice-president with the Chartered Professional Accountants of Canada, who oversees the organization's financial literacy efforts. “Seniors must keep their guard up.”

Whether on a phone or computer, seniors should never share personal details, like SINs, credit card or bank details, passwords, PINs and so on. And don't be afraid to ask for help, adds Wilson.

The Canadian Anti-Fraud Centre has a special support program for seniors. Call 1-888-495-8501 or visit www.antifraudcentre.ca for details.

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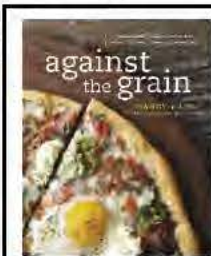
Gluten free treats

Page design
& layout by
Winifred Ribeiro

Nancy Cain the owner of Against the Grain Gourmet, came to gluten-free cooking simply enough: Her teenage son was diagnosed with celiac disease. After trying ready-made baking mixes and finding the results rubbery and tasteless, she pioneered gluten-free foods made entirely from natural ingredients — no xanthan or guar gums or other mystery chemical additives allowed. That led her to adapt many of her family's favorite recipes, pizzas, pastas, and more, to this real food technique. In *Against the Grain*, Nancy shares 200 groundbreaking recipes for achieving airy, crisp breads, delicious baked goods, and gluten-free main dishes.

For any of these cookies, cakes, pies, sandwiches, and casseroles, you use only natural ingredients such as buckwheat flour, brown rice flour, and ripe fruits and vegetables. You'll be able to use ingredients already in your pantry or easily found at your local supermarket.

With ample information for gluten-free beginners and 100 colorful photographs, this book is a game changer for gluten-free households everywhere.



Excerpted from *Against The Grain: Extraordinary Gluten-Free Recipes Made from Real, All-Natural Ingredients* by Nancy Cain. Copyright © 2015 Nancy Cain. Photographs by Jennifer May. Excerpted by permission of Clarkson Potter, a Penguin Random House company. All rights reserved.

NOTE: Cup measures provided by author (metric measures translated as near as possible.) We advise you use the original measures if possible.



hot cross buns

This recipe is a pretty old-fashioned one, warmly spiced with bits of dried fruit. My favorite part is the smell of them baking, and oh yes, eating them warm, even without icing.

Makes: 8 hot cross buns

2 1/3 cups (330g) tapioca starch
1 tsp (5 mL) salt
1 tsp (5 mL) ground cinnamon
1 tsp (5 mL) ground allspice
1/4 tsp (1 mL) ground cloves
1/4 tsp (1 mL) freshly grated nutmeg
1 cup (225 mL) plus 2 tps (10mL) milk
1/2 cup (118 mL) canola oil
1 tbsp (15 mL) granulated sugar
2 large eggs
1/4 cup (59 mL) chopped dried pineapple
1/4 cup (59 mL) chopped fruit-sweetened dried cranberries
1/2 cup (118 mL) golden raisins
1 tbsp (15 mL) honey
1/2 cup (59 mL) powdered sugar
1/2 (2 mL) teaspoon vanilla extract

1. In a food processor, combine the tapioca starch, salt, cinnamon, allspice, cloves, and nutmeg and pulse to combine.

2. In a medium saucepan, bring 1 cup (225 mL) of the milk, the oil, and granulated sugar to a boil, stirring constantly. Immediately pour the hot mixture into the flour and process until it is moist with a sand-like texture. Allow the dough to cool for 20 minutes.

3. Add the eggs to the dough and process until smooth. The dough will be both sticky and runny, with the consistency of pancake batter. Scrape the dough into a bowl and fold in the dried fruits. Allow the dough to rest for 15 minutes. It will absorb more of the moisture and become thicker.

4. Meanwhile, position an oven rack in the center of the oven and preheat to 325°F. Line a baking sheet with parchment paper.

5. Using a spoon dipped in water, drop 8 spoonfuls of the dough onto the baking sheet. Wet your hands and smooth the top and sides of the buns as you round them.

6. Bake the buns for 55 minutes, or until the tops are lightly browned. Remove the buns from the oven and immediately brush the tops with the honey. Allow to cool completely on a cooling rack.

7. In a small bowl, combine the powdered sugar, vanilla, and remaining 2 tps (10 mL) milk and stir until all the lumps are dissolved. Spoon the icing into a pastry bag or sealable plastic bag with a corner cut off. Pipe crosses on the tops.

Variation: gingery orange hot cross buns: Substitute 1/4 cup (59 mL) chopped crystallized ginger for the pineapple, and add 2 tbsp (30 mL) of orange zest. Substitute 1/2 tsp (2 mL) orange extract for the vanilla extract.

chocolate-orange bark

Simple, yet impressive. In just over a half hour, you'll have gourmet gluten-free bark in the freezer.

Makes: 25 to 30 pieces

8 tbsp (120 mL) salted butter (or substitute 100g coconut oil)
1/2 cup (118 mL) packed brown sugar
2 tps (10 mL) orange extract
1 large egg yolk
1/2 cup (70g) tapioca starch
2/3 cup (80g) light buckwheat flour
1 1/4 cups (284 mL) semisweet chocolate chips
2 tbsp (30 mL) chopped candied orange peel

1. Position an oven rack in the center of the oven and preheat to 350°F.

2. In a large bowl, with a hand mixer, beat the butter, brown sugar, orange extract, and egg yolk until well blended.

3. Fold in the tapioca starch and buckwheat flour until they are moistened, and then beat the dough again until it is well blended. The dough may seem crumbly, with the texture of oatmeal, but it will come together when spread and compressed.

4. Spread the dough evenly in an ungreased 10 1/2 x 15 1/2-inch rimmed baking sheet. Using a rolling pin and your fingers, press down while rolling out the dough until the dough is evenly spread over the entire pan. Make sure there are no holes. At first, it will seem like you have way more surface area than dough, but it will eventually cover the entire pan.

5. Bake for 12 to 15 minutes, or until the crust is set and lightly browned. It will look like a gigantic cookie.

6. Remove the crust from oven, sprinkle it evenly with the chocolate chips, and return it to the oven. Bake the bark for 3 to 4 more minutes, or until the chocolate chips are softened.

7. Remove the bark from the oven. Working quickly, spread the chocolate chips with a spatula until the surface is evenly and completely coated with chocolate. While the chocolate is still soft, sprinkle the top with candied orange peel; pat the pieces lightly into the chocolate to anchor them and allow the bark to cool fully.

8. Place the baking sheet in the freezer for 15 minutes to allow the bark to become brittle. Break it into uneven pieces of bark and store in a cookie tin or any airtight container.

Variation: Although this recipe is for orange bark, there are many possibilities for flavor substitutions and garnishes. Some of my favorites include:

- Cherry bark: use 1 tsp (5mL) almond extract and top with 1/2 cup (118 mL) chopped dried cherries.
- Peppermint bark: use 2 tsp (10mL) peppermint extract and top with 1 cup (225 mL) of crushed candy canes or peppermint candies.
- Pecan bark: use 1 tsp (5mL) vanilla extract and top with 1/2 cup (118 mL) chopped pecans.

cashew "cheesecake"

There are some desserts that are probably far better for you than a bowl of cereal, and this cashew "cheesecake" is one of them. Made from only a few ingredients and no refined sugar, it is a sweet, protein-filled dessert. With almost four times the starch content of most tree nuts, cashews meld with water and are highly effective as a thickener. Cashews are also lower in fat than most other nuts; their oil content is similar to that of heart-healthy olive oil.

Makes: one 9-inch cake

2 cups (450 mL) raw cashews
4 large eggs, separated
1/8 tsp (pinch) cream of tartar
1/2 cup (118 mL) maple syrup
1/2 cup (118 mL) coconut cream (skimmed from the top of a 13.5-ozs can of full-fat coconut milk)
2 tps (10 mL) vanilla extract

1. To make cashew "cheese" combine the cashews and 1 cup (225 mL) water in a food processor or high-speed blender and process until silky smooth (see Note). (Blend in several batches if you are having difficulty attaining a smooth texture.)

2. Position an oven rack in the center of the oven and preheat to 375°F. Grease the bottom and sides of an 8- or 9-inch springform pan with coconut oil.

3. In a medium bowl, with a hand mixer, beat the egg whites until stiff peaks form, adding the cream of tartar near the end. Set aside.

4. In a separate bowl, with the hand mixer, beat the maple syrup and yolks together. Add the cashew cheese and beat it until light and foamy; add the coconut cream and vanilla and beat for 2 minutes. Gently fold in the egg whites by hand.

5. Pour the batter into the pan and bake for 55 minutes, or until the center of the cake is set and the top is lightly browned. Allow the cake to cool for 10 to 15 minutes on a cooling rack before releasing the sides of the springform pan. Use a sharp knife to gently loosen the sides if you find they are sticking. Chill the cheesecake completely, preferably overnight, before serving.

Note: If you want to increase the cheese's tanginess, add either 2 tps (10 mL) lemon juice or 4 capsules acidophilus (found in health food stores and some pharmacies).



Most Canadians don't understand food nutrition labels

How simplifying and standardizing food labels can help with better food choices

By John Millar
Expert Advisor
and Mélanie Meloche-
Holubowski Intern
EvidenceNetwork.ca

Many of us who vowed to eat better in 2015 have probably already given up by now. That's not surprising, considering that most people grossly underestimate both the amount of calories they consume, and their fat, salt and sugar consumption, even after consulting nutrition labels.

According to Statistics Canada, half of women and about seven in 10 men in Canada consume more calories than needed and as many as 25 per cent have fat intakes above the recommended value.



FUTURE FULL DISCLOSURE OF SUGAR CONTENT THROUGH LABELLING, COURTESY OF HEALTH CANADA

The truth is, even when Canadians want to make healthier choices, many don't know how to begin. And our food labels don't help.

Studies show that most Canadians don't comprehend the per cent daily value or the variety of units (g, ml, percentages) common on food nutrition labels. One Canadian study showed that less than half of participants could identify the number of calories in a soft-drink bottle even after consulting the nutritional labels. Half of participants who saw a "110 calories per serving" label believed this was the number of calories for the entire bottle, when, in fact, the bottle in question contained several servings (264 calories).

Pre-packaged foods in Canada are required to display a nutrition facts table. But regulation does not apply to foods served in restaurants, serving sizes are not standardized, and front-of-packaging logos and health claims are mostly unregulated.

Nutrition labels are relatively inexpensive to implement and give consumers the autonomy to choose what they will eat, while being informed. Small changes could go a long way to improving public understanding, and possibly, public health.

Modifying regulations to simplify nutritional information on food products and imposing standardized and nutrition labelling at restaurants could increase consumer understanding, positively affect food choices and reduce caloric consumption. However, we need governments to ensure that these claims are evidence-based and easily understood.

In a step in the right direction, the federal government recently asked Canadians what they would like to see on food product labels. It turns out, quite a lot.

Canadians want easier-to-read labels, more legible fonts, simpler terms and the use of colours and symbols. The government is considering making adjustments,

such as regrouping all sugars, changing font sizes and standardizing portion sizes. These are welcome changes, but more comprehensive solutions are needed.

The U.K. adopted a colour-coded-system: traffic light colours indicate if a product contains a little or a lot of a certain nutrient. As a result, supermarkets noticed an increase in the sale of fruits and vegetables. One study showed that putting the number of minutes of walking it would take to burn off calories consumed on product packages helped reduce caloric consumption.

Unfortunately, in Canada, front-of-package symbols and health claims are mostly designed by the food industry, are often confusing and some are not based on proper scientific evidence. Seven years ago, the Canadian Standing Committee on Health asked the federal government for mandatory, standardized, simple, front-of-package labelling. They are still waiting. Instead, in 2012 the government chose to stop policing nutrition claims on food labels for budgetary reasons.

Regulations for restaurant nutrition information also need policy reform. Consider this: Canadians

consistently underestimate the calories in restaurant meals, sometimes by up to 900 calories, says one study. Even registered dietitians underestimated the calories in a restaurant meal by 200 to 600 calories. With nearly 40 per cent of Canadians eating out a few times per week, regulating menu labels should be a priority.

The food industry is in business to make money. Many are constantly creating and marketing products that encourage overcon-

sumption of sugar, fat and salt, which contribute significantly to the obesity epidemic. Mandatory labelling will possibly be helpful to motivated, educated consumers who want to make healthier choices, but there is also a need for stronger environmental 'nudges' such as increased pricing on sugar-sweetened beverages and reduced-portion sizes to more fully address the obesity epidemic.

But we can at least begin with proper food nutrition labels so Canadians can make informed decisions about their food choices.

John Millar is a Clinical Professor at the School for Population and Public Health at the University of British Columbia where he is involved in teaching and research in public health leadership, health policy and international health. Mélanie Meloche-Holubowski is a journalist intern for Evidence Network.ca and is a webmaster and journalist for Radio-Canada in Montreal. www.troymedia.com

IN MEMORIAM



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

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- Sharron Forrest
- Eleanor Gordon
- Marjory Jean Haidar
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- Anne Kincaid
- Francis Savario (Frank) Manzara
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- Marjorie Gwendolyn Neuert
- Lucille Grace Roxburgh
- Jean Florence Sawyer
- Walter Allan Scott
- Lorna Marlene Smith
- Lynn Stodalka
- George Gottfried Trithart
- Hikka (Kay) Wallis
- Phyllis Evelyn Ziegler

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.



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Continued on page 27

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Rosebud Theatre - "The Wizard of Oz" - June 10
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<p>LAUGHLIN, NV 12 days \$679.00 March 9, April 27, Oct 5 Includes: 6 nights in Laughlin 3 in Wendover, 2 in Helena, 9 meals, \$21 Slot Play & side tours</p>	<p>DEADWOOD SUMMER SPECIAL 7 Days \$589.00 June 6, July 11, Aug 8 Includes: 4 nights in Deadwood at the Mineral Palace, 1 in Great Falls, 1 in Regina, 5 breakfast, Wine & cheese reception, Badlands National Park, World-Famous Wall Drug Store, D.C. Booth Historic Fish Hatchery, Crazy Horse, Mt Rushmore, Trial of Jack McCallslot & blackjack tournaments, Optional Casino Regina Package \$10 Slot Play, \$5 food coupon</p>	<p>TEMPLE GARDENS MINERAL SPA & CASINO MOOSEJAW 4 days \$339.00 May 31, June 28, July 26 Includes \$20 Meal & \$40 slot play, city tour, optional day tour to Regina</p>
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KERBY TRAVEL

Continued from page 26

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 Cost: Member: \$62
 Non-Member: \$67
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 Time: 8:00AM-4:30PM
 Cut off Date: April 8 2015

May's Day Trip: Saskatoon Farm

Wed. May 20
 Members \$44.00
 Non-members \$49.00
 includes lunch Call Kerby Travel for more information – 403-705-3237

More information to follow for upcoming trips; trips subject to change. Call 403 705-3237 to book any of the trips.

Did you miss our trip to the Westjet Hangar? Call the travel desk and get on the priority list to reserve a spot when we begin booking for the repeat tour (anticipated May 2015).

Beware of charitable tax shelter schemes

(NC) Don't be one of the Canadians that get caught up in gifting tax shelter schemes.

Gifting tax shelter schemes provide little or no benefit to the charities involved or to their intended beneficiaries. Instead, many of these arrangements exploit a registered charity's receipting privileges for the private gain of the promoters and participants.

How do you spot a gifting tax shelter scheme? Typically, participants invest a small amount of money and receive a tax

receipt for an amount several times higher than what they actually spent. Examples of these schemes include buy-low, donate-high schemes; gifting trust arrangements; and leveraged cash donations.

The Canada Revenue Agency (CRA) warns you not to become involved in gifting tax shelter schemes. Taxpayers should be aware that if they receive an official donation receipt for an amount higher than the value of property donated, the receipt is not valid and cannot be used

to claim a tax credit. Registered charities can jeopardize their registered status by participating in such arrangements.

The CRA audits every gifting tax shelter that offers official donation receipts in excess of the value of any property donated and to date has not found a single arrangement that complies with the Income Tax Act.

As of March 31st, 2014, the CRA has reassessed more than 190,000 taxpayer returns denying in

excess of \$6.3 billion in donation claims.

They have also assessed more than \$162 million in third party penalties against promoters and tax preparers.

Remember, if it sounds too good to be true, it probably is. Think twice before participating in a gifting tax shelter scheme. More information is available on the CRA website at www.cra.gc.ca.

www.newscanada.com



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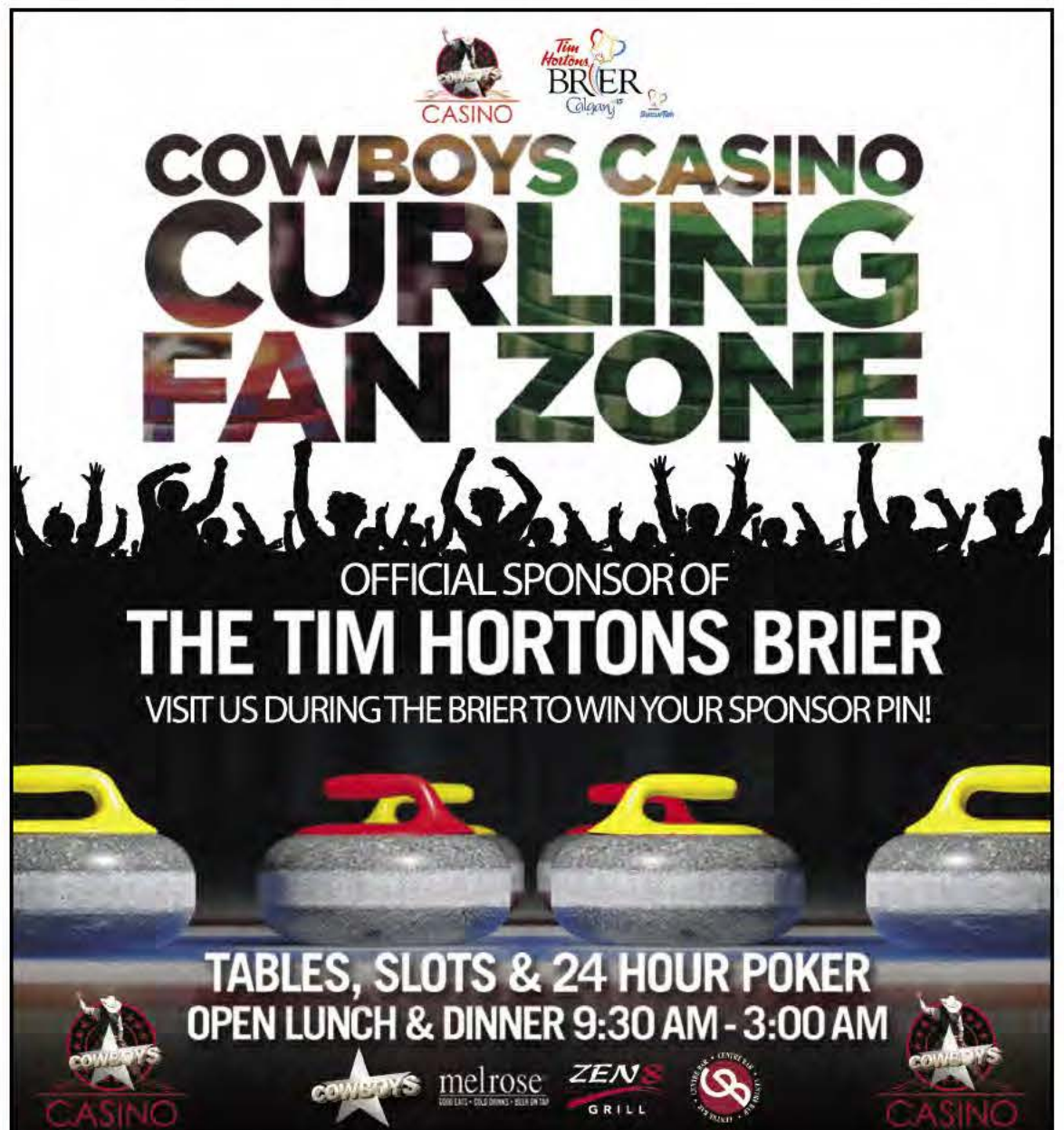
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Making the best of Ukrainian traditions at Kerby Centre's Malanka Festival

In late January, Kerby Centre celebrated Malanka 2015, a Ukrainian New Year's tradition with over 120 guests. The festivities included entertainment by the Absolute Dance Band followed by headliners, the Surirya Ukrainian Dance Theatre, who wowed seniors with a series of energetic, traditional Ukrainian dances. The evening also featured Ukrainian food including kolbasa, cabbage rolls and perogies. Thanks is also due to all those who attended, volunteered and supported this event.

Photos by Nicole Fernell

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Very Punny

1. When cannibals ate a missionary, they got a taste of religion.
2. If you jumped off the bridge in Paris, you'd be in Seine.
3. A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, 'I'm sorry, sir, only one carrion allowed per passenger.'
4. Two fish swim into a concrete wall. One turns to the other and says 'Dam!'
5. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the draft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.
6. Two hydrogen atoms meet. One says "I've lost my electron." The other says 'Are you sure?' The first replies, 'Yes, I'm positive.'
7. Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcendental medication.
8. There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.
9. Broken pencils are pointless.
10. When you get a bladder infection, urine trouble.
11. I wondered why the ball was getting bigger. Then it hit me!
12. What do you call a dinosaur with an extensive vocabulary? A thesaurus.
13. A dirty-blond walks into a bar and asks the bartender "Give me an entendre, no wait, make that a double." The bartender gives it to her.

How to eliminate MRI wait lists in the Alberta health system

And save millions of dollars a year in the process

By Nick Mohtadi
Expert Advisor
EvidenceNetwork.ca

Value for money appears to be finally getting the attention it merits as Alberta's new health minister, Stephen Mandel, takes the reins of the portfolio that is close to consuming 50 per cent of the province's operating budget.

This is an area of magnificent opportunity. Public healthcare offers many examples of value waiting to be tapped. Near the top is magnetic resonance imaging (MRI). It is a highly valuable diagnostic tool for many conditions, but it is expensive technology. Waiting times for non-urgent MRI are long, and more than half the MRIs taken in Alberta may be unnecessary.

It's the last point that offers opportunity to increase value for money in public healthcare.

A recent study by Alberta and Ontario researchers found more than half of MRIs on low back pain patients were inappropriate or of questionable value. This suggests about 13,000 lower back MRIs conducted in Alberta annually are not necessary.

My research at the Acute Knee Injury Clinic in Calgary suggests similar waste occurs in diagnosing knee injuries. This work found almost two-thirds of the knee-injured patients who had an MRI could have been accurately diagnosed using other more readily available and significantly less expensive techniques and tools. Provincially, this translates to about 4,000 knee MRIs annually.

In these two areas alone, there may be 17,000 unnecessary MRIs every year in Alberta, representing a cost exceeding \$15 million.

This does not suggest that MRIs find nothing. It does, however, suggest that an accurate diagnosis and effective treatment plan could be put in place without an MRI. In the case of acute knee injury, we concluded that applying evidence-based guidelines on MRI use and training healthcare providers in effective examining techniques could cut MRI use by two-thirds.

A lower-back MRI costs the public health system approximately \$1,000 while a knee MRI costs around \$550. Latest provincial figures show the median wait for a non-urgent MRI in Alberta was 18 weeks.

Long waits have spawned a thriving private MRI business in Alberta. Next-day private MRIs are available at a cost to the patient ranging from approximately \$750 to \$2,450. This generates no value to patients if the MRIs they purchase are unnecessary.

The root of the problem is the 'system gap' and relative 'knowledge gap' that exist in Alberta and, most probably, across Canada. The system gap is in the form of slow access to specialty opinion and the absence of guidelines that would help primary care providers know when an MRI should be requisitioned. The knowledge gap relates to lack of training in how to accurately diagnose knee injuries, low back pain and other common bone and joint conditions without expensive tests.

Bridging these gaps with provincial MRI guidelines and training in diagnostic techniques is not necessarily a difficult undertaking, and it can be done cost-effectively. This approach aligns with the Choosing Wisely Canada campaign organized in partnership with the Canadian Medical Association to reduce unnecessary medical tests, treatments and procedures.

Most MRI requisitions in Alberta come from family doctors. Training two or three physicians in a Primary Care Network in diagnostic techniques for musculoskeletal conditions and having them apply new MRI guidelines routinely in practice could eliminate the majority of the inappropriate MRIs in this large area of medicine alone.

Introducing incentives tied to provincial benchmarks for the efficient use of public resources could add motivation for training. The savings could be huge. In 2012, Canadians had 1.7 million MRIs - double the number in 2004. Demand for MRI will continue climbing as our population ages and grows.

It is not inconceivable that, with these changes, there will be no wait lists for MRI in the public system. Private MRI would be unnecessary, and Albertans would see quantifiable value returned for their healthcare dollars.

Nick Mohtadi is an advisor with EvidenceNetwork.ca, an orthopaedic surgeon practicing in Calgary, a clinical professor at the University of Calgary and Director of the Acute Knee Injury Clinic.

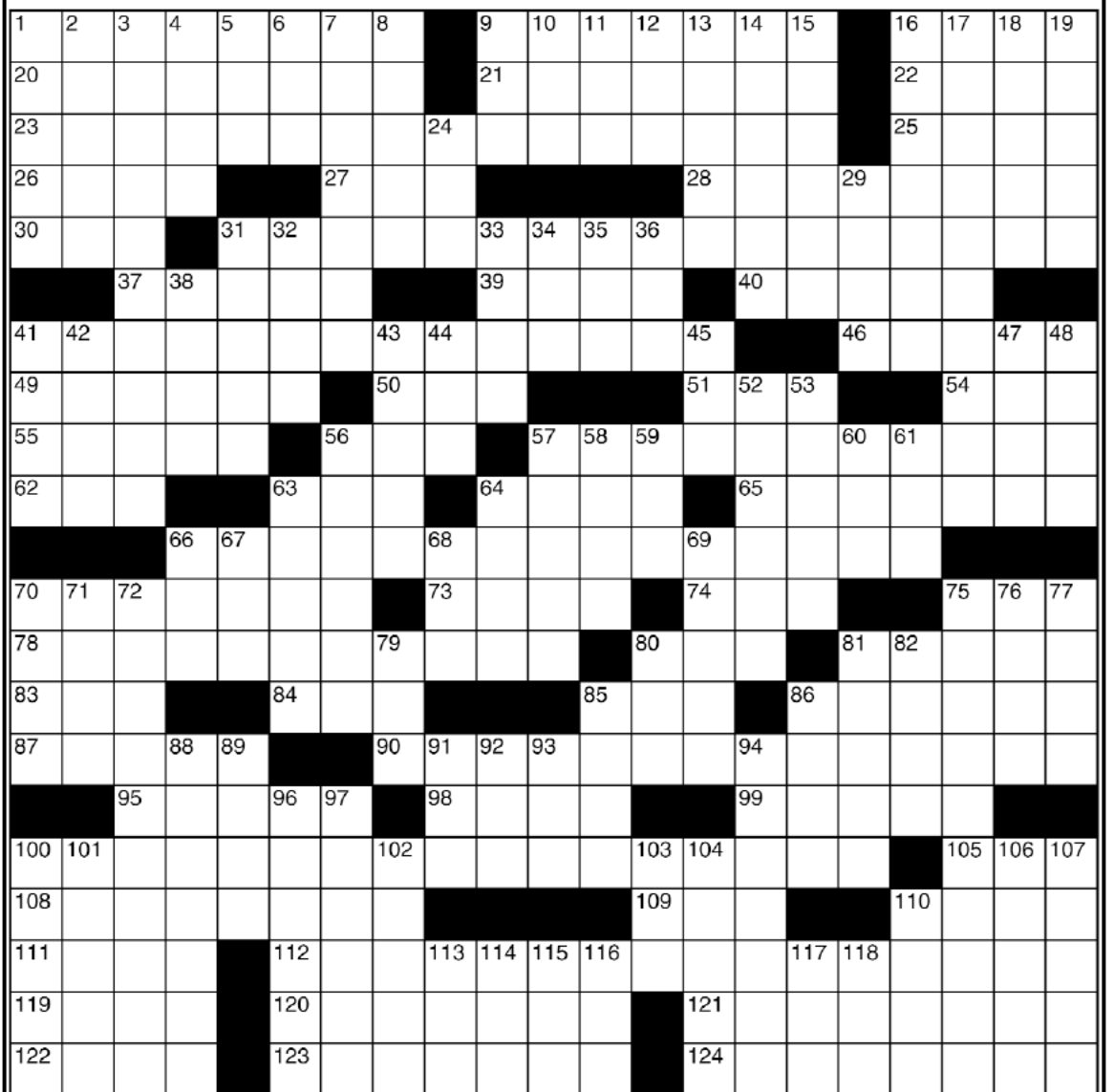
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Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

SPLITTING SIMPLE SUBSTANCES

- | | |
|--|----------------------------|
| ACROSS | DOWN |
| 1 Auto-theft deterrent | 1 Pent-up |
| 9 Nickname for Ireland, with "the" | 2 As straight as — |
| 16 "— to say?" | 3 "The Twilight Zone" host |
| 20 Formal written defense | 4 Jessica of "Sin City" |
| 21 Informer | |
| 22 Lend a hand | |
| 23 1941 hit for Billie Holiday | |
| 25 "Would — to you?" | |
| 26 "Frozen" snow queen | |
| 27 Athenian H | |
| 28 Of volcanic activity | |
| 30 Subpar grade | |
| 31 Kind of shipping with smallish freight | |
| 37 O'Hara's Butler | |
| 39 Kind of sword | |
| 40 Give rise to | |
| 41 One watching unobtrusively | |
| 46 See 87-Across | |
| 49 Fly jets, say | |
| 50 Lend a hand | |
| 51 Telly initials | |
| 54 Bear, in Tijuana | |
| 55 Countries | |
| 56 Home pest | |
| 57 Xeroxing supply | |
| 62 Common B.A. major | |
| 63 Orly jet, once | |
| 64 Soprano | |
| 65 California's region | |
| 66 Legendary king of Camelot | |
| 70 Little-by-little | |
| 73 Morales of movies | |
| 74 High trains | |
| 75 Stein quaff | |
| 78 Pilot's direction detector | |
| 80 Nada | |
| 81 Made even | |
| 83 Gp. of G.P.'s | |
| 84 One-wd. definition, essentially | |
| 85 2005 Best Director Lee | |
| 86 Plod along | |
| 87 With 46-Across, pancake pour-on | |
| 90 Like a technology in development | |
| 95 Singer Clark or Gibbs | |
| 98 Bowl game org. | |
| 99 Believer in a "God of reason" | |
| 100 Ayatollah Khomeini led it in 1979 | |
| 105 "Give — try!" | |
| 108 Forbearance | |
| 109 Yank enemy | |
| 110 "— all a favor and ..." | |
| 111 Luc's gal pal | |
| 112 Simple substances split in eight long answers in this puzzle | |
| 119 Pop singer | |
| 120 One hanging in the air | |
| 121 Sherpa, e.g. | |
| 122 E-mail status | |
| 123 Fifty percent | |
| 124 "The way things look to me ..." | |
| 5 Texting titter | |
| 6 Census stat | |
| 7 Meets the challenge of | |
| 8 Jib holders | |
| 9 Burnt residue | |
| 10 Salt Lake City collegian | |
| 11 Place: Abbr. | |
| 12 Homer's cry | |
| 13 More guileful | |
| 14 Slick offering at a spa? | |
| 15 Infer | |
| 16 County in Kentucky or Indiana | |
| 17 Reddish purple color | |
| 18 Ex-Twin Tony | |
| 19 Swiftiness | |
| 24 Pic on a pec, perhaps | |
| 29 UPS items: Abbr. | |
| 31 Pre-Easter periods | |
| 32 Kitchen extension? | |
| 33 Pay mind to | |
| 34 Tax mo. | |
| 35 Ut. neighbor | |
| 36 Golfing peg | |
| 38 Skull's place | |
| 41 Outlet event | |
| 42 Writer Bunin | |
| 43 Zulu's group | |
| 44 Plop (down) | |
| 45 Fenway stat | |
| 47 Functions | |
| 48 Cruise stop | |
| 52 Happen to | |
| 53 Rocky peaks | |
| 56 Wynonna Judd's sister | |
| 57 Unsoiled | |
| 58 Luxury hotel chain | |
| 59 Hip dwelling | |
| 60 NHLer, e.g. | |
| 61 Barley | |
| 63 Sharp pains | |
| 64 Lhasa — (dog breed) | |
| 66 Nabokov heroine | |
| 67 Classic Karel Capek play | |
| 68 — center (play area) | |
| 69 Be in power | |
| 70 Unit of fat | |
| 71 "— Lama Ding Dong" | |
| 72 Film version, e.g. | |
| 75 Person reading for a role, say | |
| 76 Big name in toy bricks | |
| 77 Place of bliss | |
| 79 Heart rocker | |
| Wilson | |
| 80 Wind dir. | |
| 81 Choo-choo | |
| 82 Furrows | |
| 85 "— in Calico" (old song) | |
| 86 Smartphone of the 2000s | |
| 88 Merciful | |
| 89 Iroquois tribe | |
| 91 Suffix with ethyl | |
| 92 95, to Nero | |
| 93 Asian ideal | |
| 94 Food | |
| 96 Western cattle farm | |
| 97 Korean city near Seoul | |
| 100 Apple tablets | |
| 101 Flaxlike fiber | |
| 102 Superman portrayer | |
| Christopher | |
| 103 WWW bookmark | |
| 104 Singer — Marie | |
| 106 People of Rwanda | |
| 107 Benefit | |
| 110 Galley mark | |
| 113 "Ho-hum" | |
| 114 401(k) kin | |
| 115 Bit of cartoon art | |
| 116 Whelp's yelp | |
| 117 Prefix with center | |
| 118 Family VIPs | |



Solution on page 36



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Four reasons why retirees don't need a nest egg

Conventional wisdom has its flaws for America, says president of advisory firm

By Ginny Grimsley

We are quickly coming to a reckoning in this country regarding the well-being of retirees, says Jeff Bucher, a financial advisor who helps working-class Americans plan their golden years.

"I suppose it's cliché for the head of a financial firm to say that he cares for his community, but we really do put our money where our mouth is," says Bucher, who, through his firm, Citizen Advisory Group, (www.citizenadvisory.com), has contributed to the local Boys & Girls Club, the Make-A-Wish Foundation and to development of an Olympic training center for wrestling at Ohio State University, his alma mater, where he earned a wrestling scholarship.

"My clients represent the bulk of America: honest, hard-working and typically blue collar or middle class. Most of them weren't executives at Fortune 500 companies, and many are stressed out when they first come to us because they've been sold this idea of needing x-amount for a retirement nest egg."

In reality, you don't need a hulking nest egg to get by in retirement, and you may be better off without one, says Bucher, who explains why.

• Lifetime income vs. nest egg; reconsider what wealth means to you. What's preferable to you: stockpiling money throughout the entirety of your earning years so that you can have a large nest egg for retirement, or investing your money wisely so that you can both use it during your younger years and receive paychecks during retirement?

"Two million dollars in savings is not the optimal perspective for true wealth," Bucher says. "True wealth is

not serving money; it's having your money serve you. I'm more interested in offering folks true wealth via ethical financial structures suited to individual goals."

• Obsession with a nest egg prevents you from doing things. Consider the mentality of an obsessive nest-egger: Hoard your hard-earned money your entire life, decade after decade, straight through retirement. Don't spend anything on travel, or a vacation home, or anything else you may enjoy, because you have to protect the egg. Life is short, and by the end of it, these folks haven't done anything but work and save money.

"You don't have to be a millionaire to do so many things for yourself, family and community with your money," he says.

• Consider supplementing smaller savings with a part-time job – seriously. You hear the scare tactics – Grandma doesn't want to spend her golden years greeting shoppers at Walmart.

"That's nonsense; retirees are some of the most talented people in our country, working as a greeter is not their only option," he says. "Most of us have something we'd like to do that we couldn't during our earning years. Retirement is the perfect time to indulge that passion! People are better off staying active, no matter who or how old they are."

Supplemental income through a fun, part-time job cuts the income needed from a retirement nest egg and adds healthy activity. Teach swimming at the local YMCA, work at a golf course or as an

usher at a sports venue. Or start a small business selling the crafts you've developed a skill for creating.

• Volunteering actually saves retirees money. When you're at a job, you don't have much opportunity to spend money. You won't run up the electric bill at home, nor go to the movies, amusement parks, shopping or use much money getting there. While working, you're too busy, and the same is true when folks volunteer somewhere. Volunteering at the hospital or elsewhere gives retirees purpose, engages their minds and bodies, gives them the happy knowledge that they're helping others, and prevents them from spending money on entertainment to keep from being bored!

Playoffs for Calgary 55 plus Summer Games

Attention all 55 plus Calgarians! The Provincial Alberta 55 plus Summer Games will be held in Strathmore July 16–19, 2015. Calgary (Zone 3) will be holding their qualifying play-offs starting April 9 and running through June 14. There are 15 different activities scheduled, along with Visual Arts and Crafts as well as

Creative Writing. There is an activity suitable for everyone, from card games to cycling, swimming and tennis.

The complete schedule of events and registration dates is posted on our website www.calgary55plus.com and is included in our Zone 3 newsletter.

All participants must have a 2015 Alberta 55 plus

membership which costs \$30 per year. In addition to your participation in these summer games playoffs, this annual membership allows your participation in any or all of the 13 different activities in our 2015 Winter Fun Games which are held in the fall of 2015, the schedule to be published in late summer.



Kerby News 2015 Reader Survey

We request your help to improve the quality and content of the Kerby News. Please fill out the survey below. Please complete the survey by March 31, 2015.

Thank you for your support of the Kerby News!

Drop it off at the front desk at Kerby Centre. Or mail to 1133 - 7 Ave SW Calgary, AB T2P 1B2. Or fill out the survey online at www.kerbycentre.com/survey



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for the 55 plus

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 - Travel Desk Trips
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- 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
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Membership for 2015 is \$22.00 plus \$3.00 for an annual parking tag

Membership is for a calendar year (expires December 31) and is open to those 55 years and older. MEMBERSHIPS ARE NON-REFUNDABLE



Kerby Centre

Top six ways to get the most out of your doctor visit

It makes a difference when you prepare ahead of time, ask questions, and recap what was discussed.

It's easy to feel rushed at a doctor's appointment or unsure of the information and instructions you're given. But with a little preparation you can become your own health advocate and feel like you're getting the most out of your doctor visit.

"The medical system is complex and can be overwhelming. In order to get the best possible outcomes, it really helps to be an active consumer," says Dr. Karen Joynt, a health policy researcher and a cardiologist at Harvard-affiliated Brigham and Women's Hospital.

Use the following tips to take a more active role in your health care.

1. Prepare for the visit

How many times have you left a doctor's office only to think of a question you wish you had asked during the appointment? To avoid that, make a list of questions in the days leading up to your visit. The questions can be about

something complicated, such as your treatment, or simple, such as whether you should get a flu shot, Dr. Joynt says, "Make sure you write down your questions. It's so easy to forget what you wanted to ask when there's time pressure and lots of things happening at once."

2. Share your symptoms

Volunteer information about your symptoms and other health concerns, even if you're not asked. "The physician needs to know why you're there and what's bothering you," Dr. Joynt says. "If it's a general follow-up, think about the things that are health issues for you. Are you struggling with insomnia, or feeling sad all of the time, or having more heartburn than usual?" The more information your physician has, the better he or she can get to the bottom of what's causing your ailment.

3. Ask questions

Don't hesitate to ask questions and voice concerns as they occur to you during the appointment. Dr. Joynt says patients often want to seem cooperative, and not appear

pushy or ask what seems like a "dumb" question. "But remember, it's your body and you are the person who needs to understand the plan," she says. "It's far better to be pushy than not know what to do to take the best possible care of yourself. It's okay to say to your doctor, 'Wait, I want to make sure I understand what you're saying. This is important and I want to get this right.'" Make sure you write down the answers.

4. Bring a friend

Because appointments can be a little confusing at times, it helps to have an extra set of ears to pick up on instructions and other information. Dr. Joynt recommends bringing a friend, spouse, or adult child to an appointment. "It's not because you can't make your own decisions," she explains. "It's because it's just so hard to keep track of all the information. Having someone who can take notes and be your scribe can be helpful, because it can be overwhelming to hear news about a new diagnosis or complicated changes to your medications."

5. Bring medications

Dr. Joynt says everyone should have a current list of medications to show the doctor, but many don't. An upcoming appointment is a good reason to put your list together.

"It helps you get organized and helps the doctor understand what you're taking," Dr. Joynt says. "For example, your physician may not know that another doctor has started you on a new medication." Include the names of the medications, the doses, and the schedule of when you take those medications. Include vitamins, supplements (such as calcium), and over-the-counter medicines (such as heartburn remedies). Dr. Joynt adds that you could also simply put all of your pill bottles and other medications in a reclosable plastic bag. That's easier for you because you don't need to write down complicated names and doses.

6. Get a recap

Before leaving your appointment, ask for a recap. "Ask the doctor to repeat the instructions you're supposed to follow," Dr. Joynt advises, "and make sure you're both on the same page. Write things down, so

you can remember what you talked about after the appointment." Finally, be sure you know how to contact your doctor's office if you have further questions. How are you supposed to let them know if the treatment is—or isn't—working? How do you get in touch with someone?

Courtesy of Harvard Health Letter

Winter Walk in Fish Creek Park

A winter walk in Votiers Flats, Fish Creek Park, will be led by Wayne Meikle, a founding member of the Friends of Fish Creek and retired Fish Creek Provincial Planner. Topics covered will be the history, ecology and wildlife of the area.

The entrance to Votiers Flats is at the south end of Elbow Drive SW.

The walk will take place on Saturday, March 14 from 1 p.m. to 2:30 p.m. The cost is \$5 per person.

For more information or to register visit: www.friendsoffishcreek.org/event/winter-walk.



On February 11, 2015 Kerby Centre welcomed the Rotary Club of Calgary South to walk through the Kerby Shelter. Recently, Kerby Centre completed a major renovation project for its shelter, funded by a capital improvement grant of \$100,000 from Rotary Club of Calgary South. Kerby Centre would like to thank Rotary Club of Calgary South for their continued support."

Photo from left: Chad Geiger (Kerby Centre), Gail McDougall, Ken Farn, Rod Bower, Steve Mason, Luanne Whitmarsh (Kerby Centre), Ben Steblecki.

The Diana James Wellness Clinic Needs Your Support



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Crystal Adams — Manager, Diana James Wellness Clinic

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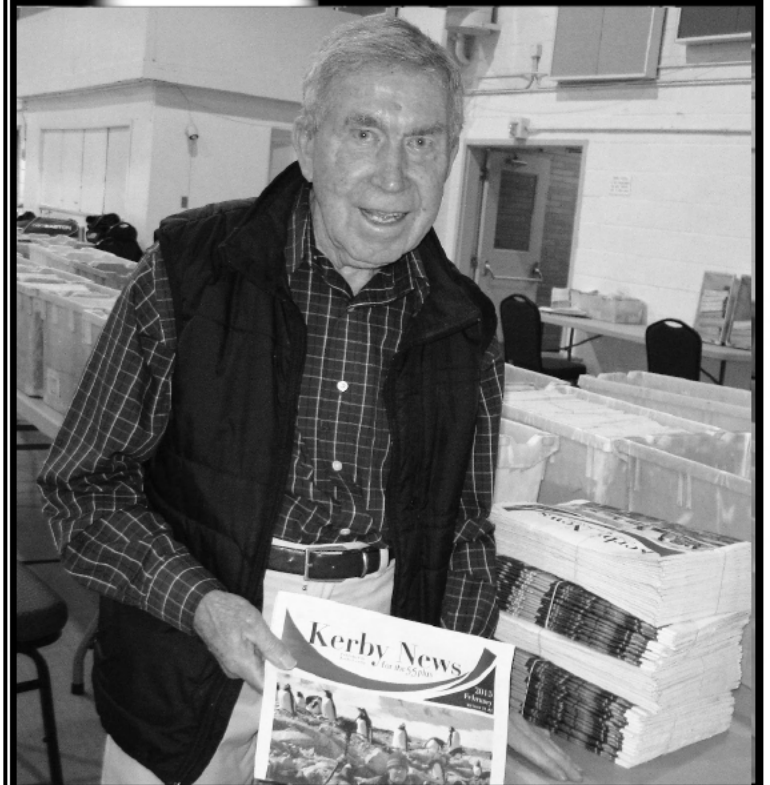
I can't say enough about the wonderful care the staff provided me and my family".

Please support the Wellness Clinic today.

Visit www.kerbycentre.com/donatenow

or call 403-705-3235

Volunteer Spotlight



John Lamb

John started volunteering at the Kerby Centre almost ten years ago after he moved here from Vancouver. He started in the Grocery Delivery Program for a brief period of time and then decided Kerby News was a better fit for him. He enjoys the challenge Kerby News brings and the people he meets along the way. John has contributed nearly 600 hours helping out with the Kerby News! He volunteers once a month now to help with the mail-out of the paper and enjoys the time he gets to spend there. He loves to stay active in his spare time and says he is also quite a risk taker! Just up until last year John would go for bike rides around his neighborhood multiple times a week!

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

Kerby Centre's Activities, Programs & Services

DATES TO REMEMBER

Chinese New Year Tues Mar 3
 Options 45 1:30pm- 3:00pmThurs Mar 12
 Kerby Cares Gala FundraiserFri Mar 13
 Health PresentationMon Mar 16
 Death CafeFri Mar 20
 Options 45 5:30pm- 7:00pmTues Mar 24
 Monthly Movie "And So it Goes".....Fri Mar 27

Kerby Player Auditions!

The Kerby Players are holding auditions for "Funeral Tea", a Murder Mystery Dinner Theatre production taking place on the evening of Thursday, May 21st, 2015. The Murder Mystery requires 7 men/women who will rehearse in April and May, Mondays and Wednesdays, 2:30pm-4:30pm. Auditions will be Wednesday, April 1st between 2:30pm-4:30pm in Room 308 at Kerby Centre. For more information please contact Cody at 403 705-3232.

Join In:

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

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

Options 45: (lounge)
 This is a drop-in group for people 45 years of age and older. The group involves networking and speakers on topics such as resume building, LinkedIn, encore careers, connecting with recruiters, dressing for success, job finding, skills and abilities along with much more! Drop in fee of \$2.00
 2nd Thursday of every month, 1:30pm – 3:00pm
 4th Tuesday of every month, 5:30pm – 7:00pm

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 10 weeks, starting February 2 from 10:00am-12:00pm. Cost \$20 for the 10 weeks or \$2 Drop in. For more information please contact (403) 705-3233.

What can be purchased at the Kerby Centre?
 ⇒ **The Next-to-New Store** (Rm 203): This store has a variety of second-hand

clothes for men and women at low prices. Open Monday-Friday, 10:00am – 2:30pm.

⇒ **The Wise Owl Boutique** (Rm 214): This consignment shop features unique handmade items by seniors. Open Monday – Friday, 10:00am – 3:00pm. Consignments are only accepted on Wednesdays from: 9:30am – 1:30pm. Please call (403) 705-3218 for more information.
 ⇒ **Trekking/Walking Poles** are available through the Ed & Rec department! We have pairs that come in a variety of sizes and can be purchased for \$25 a pair.

Get Involved:

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

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

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

Knitting for a Cause:
 Do you love knitting? Do you enjoy meeting new people? Then come join us for the Volunteer Departments "Knitting and Crocheting for a Cause" group! On March 9

Weekly Clubs and Events

Monday	Tuesday	Wednesday	Thursday	Friday
Recorder Group Room 313 12:30pm- 2:00pm \$1.25	Tuesday Luncheon Group* Chandler Kennedy Room 11:15am-1:00 pm FREE	General Craft Group* Room 311 9:00am - 12:00pm FREE	Artists Group Room 313 10:00am - 3:00pm \$1.25 per half day	Spanish Conversation Group Room 311 10:00am-12:00pm \$1.25
Writers Group Room 307 1:30pm- 3:30pm \$1.25		Bridge Chandler Kennedy Room 1:00pm - 3:00pm \$1.25	Bingo* Room 205 11:00am - 3:00pm	Krazy Karvers Woodcarving Club Room 102 10:00am - 3:00pm \$1.00 per hour
Cribbage Chandler Kennedy Room 1:30pm -3:30pm \$1.25	<i>Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.</i>			Francis of Assisi

and 23 join this free activity in the Chandler Kennedy Room between 10:00am – 12:00pm. For further information 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

Pickelball:
 Stay fit and have fun by playing Pickelball in the Kerby Gymnasium. Every Monday and Wednesday 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

Save the Date

The Summit Big Band Dance
 Friday, April 24
 7:00pm-10:00pm
 Kerby Centre Gymnasium
 1133 7th AVE SW Calgary
 Music from the Swing Era

Kerby Centre Presents...
 Healthy Feet
Monday March 16, 2015
11:00am – 12:00pm
Lecture Room #205
Pre – Registration not required
 Presentation will cover the changes in our feet as we age, foot diseases and strategies to maintain healthy feet.
 *All Attendees will receive one entry for a door prize!

Kerby Centre Presents:
"Protect yourself"
 Four Month Speaker Series

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

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

Kerby²:
 This program will be held at St. Andrews Centre at 1-10601 Southport Road SW. If you are interested in receiving more information about the courses that will be offered, or if you know someone 55+ living in south Calgary that may be interested, please call (403) 705-3232.

Course	Date	Time	Cost
S01 Yoga For You	Thursdays January 29 – April 9	9:00am – 10:00am	Member \$115 Non-Member \$135
S02 Ukulele Magic Introductory	Tuesdays January 27 – April 7	10:00am – 11:00am	Member \$120 Non-Member \$140
S05 How to use your Laptop Windows 8	Tuesday March 10 - 24	11:30am – 1:00pm	Member \$100 Non-Member \$120

Save tax in retirement with the right account

(NC) Who doesn't want to have "a little extra" during retirement? The Tax-Free Savings Account (TFSA) is the perfect complement for your Registered Retirement Savings Plan (RRSP) financial advisors tell us – and it's a great option for retirees, in particular.

Here are a few details outlined by Investors Group:

- A TFSA adds to your financial plan. It does not reduce or impact the benefits and credits you've earned like the Age Credit, OAS and GIS.
- Instead of an age maximum, there's an age minimum of 18 years old. You

can continue to save for your later years in a TFSA for as long as you'd like.

- You may receive more money than you need to live on in retirement, from your RRSPs, pensions, OAS and CPP. Putting the excess amounts in a TFSA will build a non-taxable reserve you can withdraw anytime, for any reason.
- Maxed out your RRSP? No problem. A TFSA will likely deliver better returns over the long term than other non-registered investments, because the income is not taxed.
- Unlike RRSPs or RRIFs, on the death of the second

spouse, TFSA proceeds do not become taxable, so children may inherit the total amount tax-free.

Although the investments held in a TFSA can be the same as the investments available in an RRSP, such as mutual funds, money market funds, GICs, publicly traded securities and government and corporate bonds, your TFSA does not replace your RRSP. In fact, many Canadians have both in their financial plan. A contribution to a TFSA does not affect RRSP room, and vice versa.

And as advisors point out: just like peanut butter

and jelly, the RRSP and the TFSA are terrific on their own and terrific when combined.

Additional information on this topic is available at

www.investorsgroup.com and be sure to talk to your financial advisor for professional assistance.

www.newscanada.com



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Tips for claiming charitable donation tax credits

(NC) Tax filing season is here and that means doing everything you can to make the most of your income tax and benefit return. If you've made a donation to a registered charity or other qualified donee and received an official donation receipt, you could be eligible for the charitable donation tax credit.

Here are some tips from the Canada Revenue Agency (CRA) for claiming charitable donation tax credits:

- Determine first whether your donation is eligible.
- Official donation receipts can only be issued by registered charities and other qualified donees. Search for registered organizations on the CRA website at www.cra.gc.ca/charitylists.
- Determine the total amount you wish to claim. In any one year, you may claim:

Donations made by December 31 of the applicable tax year.

Any unclaimed donations made in the previous five years.

Any unclaimed donations made by your spouse or common-law partner in the year or in the previous five years.

- Check to see if you are eligible for the First-Time Donor's Super Credit. The credit provides an extra 25 percent federal tax credit on top of the Charitable Donation Tax Credit.

• Use the CRA's charitable donation tax credit calculator at www.cra.gc.ca/donors to calculate your tax credits.

- Keep your official donation receipts, supporting documents, and proof of payment for five years in case the CRA asks to see them.

Charitable donation tax credits are non-refundable tax credits, which means they are used to reduce tax owed. So, if you do not owe any income tax, you will not get a refund.

Put money back in your pocket this tax season by claiming your charitable donation tax credits. More

information is available on the CRA website at www.cra.gc.ca/donors. www.newscanada.com

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Seniors Scene

Greater Forest Lawn

Greater Forest Lawn's Five Star Bingo will be held on March 5 and March 19 at 12:15 p.m. at 4980 – 25 St. SE. For more information call 403-248-8334. The available bus routes are Circle 72 or 73.

There will be dances on March 7 and March 21, with music by Treble Tones and Country Travellers respectively. Doors open at 6:30 p.m. and the dance

starts at 7:30 p.m. The cost of tickets for members is \$12 and \$13 non-members.

Military Whist will be held on March 13 at 7:00 p.m. Everyone is welcome but please be aware that you should have a team of four people.

Cash Bingo will be held on March 14, doors open at 11 a.m. with pre-call at 12:15 p.m. and early bird at 12:30 p.m. Concession will be open.

On March 24 there will be a day trip to Jubilations Dinner Theatre (It's Elementary Sherlock). Pick up will be at Greater Forest Lawn Society at 9:30 a.m. return is scheduled at approximately 3:00 p.m. The cost of tickets for members is \$60 and \$65 for non-members.

The Monthly Birthday Supper will take place on March 26. Dinner begin at 6:00 p.m., followed by entertainment. The cost of tickets for members is \$12 and \$13 for non-members. Seats have to be reserved.

Every Sunday there is a Sunday Morning Jam Session and Breakfast from 9:00 a.m. to 12:00 p.m. The cost is \$7 per person.

Ogden House

Ogden House is hosting its annual St. Paddy's Day dinner and dance. The cost is \$15 per person.

For Thursday Night Game Night a Dart and Pool League is being organized. For more information on this please call Colleen Whelan at 403-471-4234.

Ogden House is located at 2102 - 69 Avenue SE. For

more information for these and other events, telephone: 403-279-1009.

Confederation Park

Confederation Park 55+ Activity Centre presents the Sasi Seniors' Star Search Finals on March 5 from 1:30 p.m. to 3:00 p.m. Everyone is welcome to come out and watch the finals.

Saturday night dances will be held on March 14 and March 28, music supplied by Badlanders and For Old Tyme Sake respectively. The cost is \$12 per person and doors open at 6:30 p.m. Dance starts at 7:30 p.m.

Register now for the Sasi Jaunt fun walk/run through Confederation Park being held on June 6. Check-in time is 10 a.m. The top pledge raiser will win a Fitbit Surge. For more about this event information visit www.sasi-jaunt.com.

For more information about these events or the Centre, phone 403-289-4780 or visit www.confedpark55plus.ca.

Social Dance Club

The Social Dance Club holds Saturday night dances at the Kerby Centre. On March 14 the band will be Joel Spire. Wear green for St. Patrick's Day. Doors open at 7:00 p.m. Dancing begins at 8:00 p.m. and tickets are \$10 for members and \$12 for guests, including a snack.

On March 28 the Annual General Meeting of the Social Dance Club will be held between 6 p.m. and 7 p.m. Doors open at 5:30 p.m. Members will be charged half price before 6 p.m. The band will be Interlude.

Social Dance Club events are held in the Kerby Centre gymnasium located at 1133 – 7 Avenue SW. For more information please call Sharon at 403-242-6957 or visit the website: www.socialdanceclubcalgary.com.

Inglewood Sliver Threads

Inglewood Sliver Threads is hosting their Annual General Meeting on March 27 starting at 12:00 p.m. Members are encouraged to come out and vote and lunch will be served in lieu of potluck.

Inglewood Silver Threads is located at 1311 – 9 Avenue SE. If you are interested in joining the board or have any questions regarding the meeting please phone Wendy at 403-264-1006.

Compiled by Margaret McGruther and Bryony Fortune



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The following answers came from a Catholic elementary school test:


1. David was a Hebrew king who was skilled at playing the liar. He fought the Finkelsteins, a race of people who lived in Biblical times.
2. Solomon, one of David's sons, had 300 wives and 700 porcupines.
3. When Mary heard she was the mother of Jesus, she sang the Magna Carta.
4. When the three wise guys from the east side arrived they found Jesus in the manger.
5. Jesus was born because Mary had an immaculate contraption.
6. St. John the Blacksmith dumped water on his head.
7. Jesus enunciated the Golden Rule, which says to do unto others before they do one to you. He also explained a man doth not live by sweat alone.
8. It was a miricle when Jesus rose from the dead and managed to get the tombstone off the entrance.
9. The people who followed the Lord were called the 12 Decibels.
10. The Epistels were the wives of the Apostles.
11. One of the Opposums was St. Matthew who was also a taximan.
12. St. Paul cavorted to Christianity, He preached Holy Acrimony which is another name for marriage.

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48 REAL ESTATE

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Continued on page 36

Community Events

Live theatre at Chinook

The following Stratford Festival Shakespearian plays will be shown at the Chinook Theatre Chinook Mall, Calgary: King Lear, on Saturday, March 7, at 12:55 p.m., and Sunday, March 22, at 12:55 p.m. King John, on April 9, at 7:00 p.m., and Sunday, April 12 at 12:55 p.m.

The Metropolitan Opera Live: La Donna del Lago (The Lady of the Lake) will be shown live on Saturday, March 14, at 10:55 a.m.

National Theatre Live: Behind the Beautiful Forevers on Thursday, March 12 at 7:00 p.m. A View from the Bridge on Saturday, April 18 at 12:55 p.m. The Hard Problem, on Thursday, April 16, at 7 p.m.

Mozart goes to church

The Calgary Concert Opera presents Mozart's Cosi fan Tutte in March.

On March 25 they will perform at Scarborough United Church, On March 27 at Airdrie Faith Baptist Church, and on March 29 at Okotoks United Church. All performances will be at 7:00 p.m.

For more information please contact Dino Campitelli at opera22hd@gmail.com .

Barn dance at Thorncliffe

The 6th Annual Ol' Fashion Family Bam Dance hosted by the Calgary Fiddlers Association

is on Friday, Mach 13 from 7:00 p.m. to 10:00 p.m. at Thorncliffe Greenview Community Centre.

Leslie Gotfrit, dance caller, will teach the steps to each dance.

Tickets are \$20 for adults, \$15 for seniors/students/children or \$60 per family of 4 and can be purchased by visiting <http://do-sido.brownpapertickets.com/>. For more information please call 403-257-4666.

Compiled by Margaret McGruther

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Crossword Solution

C	A	R	A	L	A	R	M		A	U	L	D	S	O	D		W	H	O	S	
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Amount Enclosed \$ _____
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Contact us at 403-705-3235 or email to funddev@kerbycentre.com

Charitable Registration #11897-9947-RR0001

Kerby Centre Department Directory

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

Main Switchboard
403-265-0661

www.kerbycentre.com

Accounting	403-705-3215
Adult Day Program	403-705-3214
Socializing and health monitoring program for physically and/or mentally challenged seniors	
	adp@Kerbycentre.com
Diana James Wellness Centre	403-234-6566
Health services including footcare	
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Education & Recreation	403-705-3232
Information source for programs at Kerby Centre	
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Fund Development	403-705-3235
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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

Could “the astronaut workout” be the next training trend?

(NC) On Earth, it could already be the next workout craze. Months after his videos of science experiments and everyday tasks such as shaving, brushing teeth and making a sandwich in space took off, Chris Hadfield's YouTube clips about health and exercise have quietly gained their own devoted fan following.

From pumping iron and running to simply sleeping, Hadfield's workout videos have gotten more than 3.6 million views on the Canadian Space Agency's YouTube channel.

Not only are people watching with interest as astronauts exercise, some are even copying those space voyagers' training routines. To date, over 24,000 people have participated in NASA astronaut Mike Hopkins' “Train like an astronaut” program.

So why work out like a space cadet? For one thing, astronauts train as if their lives depend on it: To stay alert and useful during the strains of launch, re-entry and spacewalks, career astronauts need to be in good physical shape.

They also need to exercise just to keep their muscles and bones from shrinking. Without having to 'fight' against gravity, humans can lose 1-2 per cent of their bone mass every month.

“From the moment you get into space, you are literally peeing out your skeleton,” Hadfield has said, of the accelerated bone-loss that happens on modern space missions.

To help make up for this, astronauts on the International Space Station are required to exercise two hours a day. During their workout, ISS crew have their choice of a stationary bike, a micro-g treadmill, or a one-of-a-kind resistance machine that simulates training with weights.

And astronauts don't just flop on the couch when they're not in space. A sample training day to prepare for a mission might involve a jog, work with a medicine ball, pull-ups, box jumps, and a series of sprints.

While it's not a program you can buy on DVD or Blu-ray (yet) training like an astronaut could be an Earthly new way to shoot for the stars.

For more on how astronauts exercise check <http://www.asc-csa.gc.ca/eng/astronauts/living-exercising.asp>

Top 5 space exercise feats:

1971 – Apollo astronaut Alan Shepard hits two golf balls on the Moon (using a 6 iron head attached to a soil sample scoop handle).

1976, 2013 – The Olympic flame is “transmitted” as a series of electric pulses from a Greek satellite to Canada

for the Montreal Games; the Olympic torch (unlit) travels into space on a Russian Proton rocket as part of the Sochi torch relay.

2001 – U.S. astronauts Susan Helms and Jim Voss spend nine hours rearranging space station module parts – to this day, it is still the longest spacewalk in history.

2007 – NASA's Suni Williams runs the Boston Marathon from the International Space Station; in 2012 she becomes the first person to complete a triathlon in space.


2013 – Canadian Chris Hadfield premieres “the Hadfield shake” – an orbital exercise “music video” which gets almost half a million views on the Canadian Space Agency's YouTube channel.

www.newscanada.com



Kerby Centre Presents...

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Friday, March 20, 2015
2:00pm-4:00pm
Lecture Room (Rm 205)
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or 1.888.410.4679

www.bethany seniors.com



Bethany Care Society is one of western Canada's largest faith-based, not-for-profit providers of health, housing and community services for people across the continuum of adult aging.

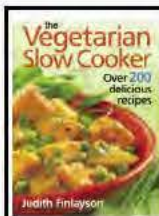
Delicious and dependable vegetarian slow cooker recipes

Page design and layout by Winifred Ribeiro

More people than ever are choosing to reduce their consumption of meat, instead, eating a diet rich in vegetables, legumes, whole grains, and fruit. A varied vegetarian diet can lead to a healthier, more vibrant life and is more environmentally friendly.

There are few experiences more pleasurable than coming home to be greeted by the appetizing aroma of a meal simmering in the kitchen. Recipes from *The Vegetarian Slow Cooker* will appeal to anyone looking to eat well without spending hours hovering over a hot stove. Cookbook author, Judith Finlayson, proves that vegetables are both healthy and delicious and has created a vast array of wholesome, satisfying, and meatless recipes for today's favorite kitchen appliance: the slow cooker.

This diverse collection of slow cooker recipes from Judith Finlayson's previous books features innovative and delicious dishes that are easy to prepare, yet provide gourmet results.



Courtesy of The Vegetarian Slow Cooker by Judith Finlayson © 2010 www.robertrose.ca. Reprinted with permission. Available at www.robertrose.ca



Mixed Vegetables in Spicy Peanut Sauce

You will look forward to eating your vegetables, as long as you don't have peanut allergies — cook them in a spicy sauce made from peanut butter and add a garnish of chopped roasted peanuts. All you need to add is some steaming rice or brown rice noodles.

Serves: 8 **Can Be Halved:**

Tips: If you prefer, substitute fresh green beans for the frozen. Blanch in boiling water for 4 minutes after the water returns to a boil and add to the slow cooker along with the cabbage.

Some curry pastes contain products such as shrimp paste or fish sauce, which vegetarians may wish to avoid. Check the label to ensure that yours is fish- and seafood-free.

If you are halving this recipe, be sure to use a small (approx. 2 quart) slow cooker.

Make Ahead Complete Step 1. Cover and refrigerate for up to 2 days.

When you're ready to cook, complete the recipe.

Variation: Add 2 cups (500 mL) cooked broccoli florets along with the cabbage.

• **Medium to large (3 1/2 to 5 quart) slow cooker**

- 1 tbsp (15 mL) oil
- 2 onions, finely chopped
- 6 medium carrots, peeled and thinly sliced (about 4 cups/1 L)
- 4 stalks celery, diced (about 2 cups/500 mL)
- 2 tbsp (25 mL) minced gingerroot
- 4 cloves garlic, minced
- 1/2 tsp (2 mL) cracked black peppercorns
- 1 cup (250 mL) vegetable broth
- 3 cups (750 mL) frozen sliced green beans (see Tips above)
- 1/2 cup (125 mL) smooth natural peanut butter
- 2 tbsp (25 mL) soy sauce
- 2 tbsp (25 mL) freshly squeezed lemon juice
- 1 tbsp (15 mL) pure maple syrup
- 2 tsp (10 mL) Thai red curry paste (see Tips)
- 4 cups (1 L) shredded Napa cabbage
- 2 cups (500 mL) bean sprouts
- 1/2 cup (125 mL) finely chopped green onions white part only
- 1/2 cup (125 mL) chopped dry roasted peanuts

1. In a large skillet, heat oil over medium heat. Add onions, carrots and celery and cook, stirring, until softened, about 7 minutes. Add ginger, garlic and peppercorns and cook, stirring, for 1 minute. Transfer to slow cooker stoneware. Add vegetable broth and stir well.

2. Add green beans and stir well. Cover and cook on Low for 6 hours or on High for 3 hours, until vegetables are tender.

3. In a bowl, beat together peanut butter, soy sauce, lemon juice, maple syrup and red curry paste until blended. Add to slow cooker stoneware and stir well. Add Napa cabbage, in batches, stirring until each addition is submerged in liquid. Cover and cook for 10 minutes, until heated through. Stir in bean sprouts. Garnish each serving with a sprinkle of green onions, then peanuts



Beet Soup with Lemongrass and Lime

This Thai-inspired soup, which is served cold, is elegant and refreshing. Its jewel-like appearance and intriguing flavors make it a perfect prelude to any meal.

Serves: 6 **Can Be Halved** **Tips:** I often use coconut oil when making this soup because its pleasantly nutty taste complements the Thai flavors.

If you are halving this recipe, be sure to use a small (approx. 2 quart) slow cooker.

Make Ahead: Ideally, make this soup the day before you intend to serve it so it can chill overnight in the refrigerator.

Medium to large (3 1/2 to 5 quart) slow cooker

- 1 tbsp (15 mL) olive oil or extra virgin coconut oil (see Tips)
- 1 onion, chopped
- 4 cloves garlic, minced
- 2 stalks lemongrass, trimmed, smashed and cut in half crosswise
- 2 tbsp (25 mL) minced gingerroot
- 2 tsp (10 mL) cracked black peppercorns
- 6 cups (1.5 L) vegetable broth, divided
- 6 beets (about 2 1/2 lbs/1.25 kg), peeled and chopped
- 1 red bell pepper, diced
- 1 long red chile pepper, seeded and diced, optional
- Grated zest and juice of 1 lime
- Salt, optional
- Coconut cream, optional
- Finely chopped fresh cilantro

1. In a skillet, heat oil over medium heat. Add onion and cook, stirring, until softened, about 3 minutes. Add garlic, lemongrass, ginger and peppercorns and cook, stirring, for 1 minute. Add 2 cups (500 mL) of the vegetable broth and stir well. Transfer to slow cooker stoneware.

2. Add remaining 4 cups (1 L) of vegetable broth and beets. Cover and cook on Low for 8 hours or on High for 4 hours, until beets are tender. Add red pepper, and chile pepper, if using. Cover and cook on High for 30 minutes, until peppers are tender. Discard lemongrass.

3. Purée using an immersion blender. (You can also do this in batches in a food processor or stand blender.) Transfer to a large bowl. Stir in lime zest and juice. Season to taste with salt, if using. Cover and refrigerate until thoroughly chilled, preferably overnight.

4. Ladle into bowls, drizzle with coconut cream, if using, and garnish with cilantro.

Poached Eggs on Spicy Lentils

This delicious combination is a great cold-weather dish. Add the chiles if you prefer a little spice and accompany with warm Indian bread, such as naan, and hot rice.

Serves: 4 **Can Be Halved**

Tips: To poach eggs: In a deep skillet, bring about 2 inches (5 cm) lightly salted water to a boil over medium heat. Reduce heat to low. Break eggs into a measuring cup and, holding the cup close to the surface of the water, slip the eggs into the pan. Cook until whites are set and centers are still soft, 3 to 4 minutes. Remove with a slotted spoon.

If you are halving this recipe, be sure to use a small (1 1/2 to 3 1/2 quart) slow cooker.

Make Ahead: Complete Step 1. Cover and refrigerate for up to 2 days. When you're ready to cook, complete the recipe.

Variation: Substitute 4 to 6 hard-cooked eggs for the poached. Peel them and cut them into halves. Ladle the curry into a serving dish, arrange the eggs on top and garnish.

Medium (approx. 4 quart) slow cooker

- 1 tbsp (15 mL) oil
- 2 onions, finely chopped
- 1 tbsp (15 mL) minced garlic
- 1 tbsp (15 mL) minced gingerroot
- 1 tsp (5 mL) ground coriander
- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) cracked black peppercorns
- 1 cup (250 mL) red lentils, rinsed
- 1 can (28 oz/796 mL) tomatoes with juice coarsely chopped
- 2 cups (500 mL) vegetable broth
- 1 cup (250 mL) coconut milk
- Salt
- 1 long green chile pepper or 2 Thai birds-eye chiles, finely chopped, optional
- 4 eggs
- Finely chopped fresh parsley, optional

1. In a large skillet, heat oil over medium heat. Add onions and cook, stirring, until softened, about 3 minutes. Add garlic, ginger, coriander, cumin and peppercorns and cook, stirring, for 1 minute. Add lentils, tomatoes with juice and vegetable broth and bring to a boil. Transfer to slow cooker stoneware.

2. Cover and cook on Low for 6 hours or on High for 3 hours, until lentils are tender and mixture is bubbly. Stir in coconut milk, salt, to taste, and chile pepper, if using. Cover and cook for 20 to 30 minutes until heated through.

3. When ready to serve, ladle into soup bowls and top each serving with a poached egg (see Tip) Garnish with parsley, if using.



Get physical for quality, healthy years

By Matt Mayer, MSc

(NC) – Canadians are living longer on average. But research shows there is a 10-year gap between how long we live and how long we live in health. This gap is largely due to heart disease, stroke and other chronic conditions.

We know that 9 in 10

Canadians have at least one risk factor for heart disease and stroke, but did you know that nearly 4 in 10 have three or more risk factors?

To reduce that 10-year gap, the Heart and Stroke Foundation recommends physical activities, healthy eating, smoke-free lifestyle, stress reduction, and avoidance of excessive drinking.

Being physically active can be a lifesaver—literally. Inactivity can shave over two years off a person's expected lifespan and result in the loss of nearly four quality years of life. Yet 85 per cent of Canadian adults do not get the recommended 150 minutes of physical activity each week.

To start on the path to shrinking this 10-year gap,

take these tips of staying physically active to heart:

Find your sweet spot. Not a gym rat? No problem, since any activity can have a positive impact, including gardening, dancing, and more.

Mix it up. Mix and match your activities, varying your level of intensity. Do an hour of yard work one day, bike with the kids the next, and head to a yoga class the day after that.

Hang ten. Short on time? Exercise in bouts of 10 minutes. For instance, a quick stroll burns 47 calories.

Create your cubicle gym. Find a space at work for yoga poses, chair squats, running in place, and stretches.

Get into child's play.

Have fun and rediscover your youth. Throw a Frisbee, go for a swim, or paddle a canoe.

Walk the sidelines. Don't just watch your kids on the field. Get up and walk around.

Step it up. Get off the bus or subway a stop early, or park a few blocks from the office and walk the rest.

Do the home stretch. Do some stretches when you get home tonight.

Want to find out about your personal risk? Take the free Heart and Stroke Risk Assessment and get personalized tips of setting goals for a healthier you at www.makehealthlast.ca.

www.newscanada.com



This past Christmas, Amica at Aspen Woods generously donated gift baskets to all of Kerby Centre's Grocery Delivery clients. These baskets, filled with household items and treats, were a welcome gift for Kerby's clients.

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Ground Level at Brentwood Village Mall NW, 313A 3630
Brentwood Road NW, Calgary Ground Level




Kerby Centre Presents... Kilometres for Kerby

Support Kerby Centre as staff members, volunteers and others participate in the Charity Challenge at the Scotiabank Calgary Marathon on May 31, while we strive to raise funds for the Kerby Ed & Rec Department

To Donate contact 403-705-3178 or visit www.kerbycentre.com


Call (403) 705-3178 to find out how to register to walk/run on Kerby's Team




Funds raised will support Kerby Centre Services and Programs for the 55+

New Opportunity

Information and pre-sale of life lease suites for occupancy July 2016



Sundre Life Lease Lifestyle Suites for Independent Seniors



Sundre Life Lease Suites provide all the comforts of home—and then some.

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: 403-556-2957
Cell: 403-586-2702
E-mail: sam.smalldon@mvsh.ca
Website: www.mvsh.ca

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




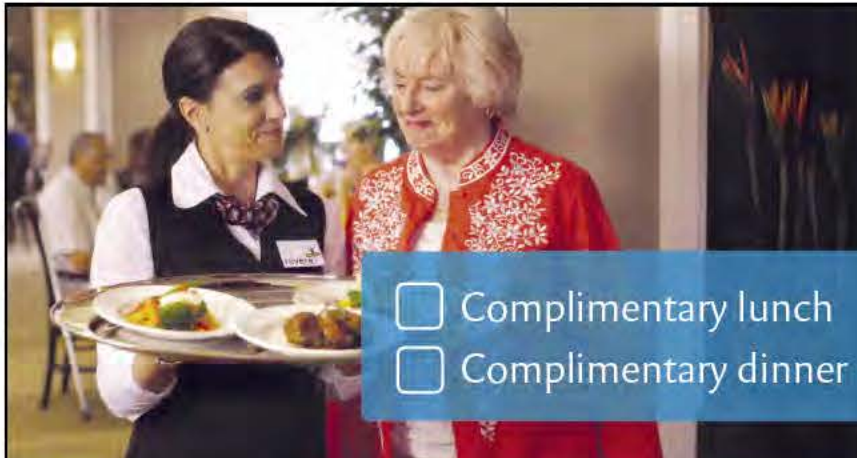
1 Bedroom
645 Sq.Ft.



2 Bedroom
828 Sq.Ft.

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A Retirement Concepts Community

Spring LEARNING 2015 – SPRING SEMESTER




**Spring 2015 registration opens March 2, 2015 at 9:00am for members.
Registration for non-members opens March 16, 2015.**

CONDITIONS OF REGISTRATION

<p style="text-align: center;">HOW TO REGISTER</p> <ul style="list-style-type: none"> • In person at the Kerby Centre in room 305. • By telephone at (403) 705-3233 or (403) 705-3232. • Online at www.kerbycentre.com • By mail with the Kerby Centre address: 1133 - 7th Avenue S.W. Calgary AB, T2P 1B2 Attn: Education & Recreation <p>**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**</p>	<p style="text-align: center;">REFUNDS</p> <ul style="list-style-type: none"> • All refunds are subject to an administration fee. • Request for refunds must be made before the date of the second class. • Computer courses/workshops are non-refundable. • All refunds MUST be picked up in the same semester the course was offered. • For full refund policy see Education & Recreation Department Staff in room 305.
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<p style="text-align: center;">PAYMENT OPTIONS</p> <p style="text-align: center;">*Required at time of registration*</p> <ul style="list-style-type: none"> • Cash • Cheque • Debit • VISA/MasterCard • PayPal <p>If cost of courses is a concern, please contact the Manager of Education & Recreation at (403) 705-3232 for discussion of payment options.</p>	<p style="text-align: center;">MEMBERSHIP</p> <ul style="list-style-type: none"> • 2015 Kerby membership does NOT guarantee course availability. • Non-members must be 55 years of age. Proof of age may be requested. • Registration for non-members opens March 16, 2015. • Non-members pay a non-refundable, non-member surcharge on each course/workshop enrolled in. • Non-members do not have parking privileges.
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<p style="text-align: center;">PLEASE NOTE:</p> <ul style="list-style-type: none"> • Save these pages as this is the ONLY complete advertisement of courses. Next month only the list of courses is displayed. • Courses/workshops are designed for seniors of varied abilities. The instructor, in consultation with the Manager of Education & Recreation will make a determination about suitability for the particular course. Kerby Centre reserves the right to cancel registration and the remainder of the cost will be refunded. • If you need clarification of which course is appropriate, please contact the Manager of Education & Recreation at (403) 705-3232. 	<p style="text-align: center;">TICK... TOCK... TICK... TOCK...</p> <ul style="list-style-type: none"> • Waiting to the last minute to register means missing out on great opportunities. • We will cancel under subscribed courses one week prior to first day of class. Remember to register early!!! • You will only be notified if a course is cancelled. 
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<p>MAUNDER'S MCNEIL PROGRAM</p> <ul style="list-style-type: none"> • This is a group of courses partially funded by the Maunder's McNeil Grant. • These programs are targeted to those living with challenges as a result of illness, stroke, arthritis, cardiovascular disease or other physical and mental health challenges. • Program is for those who enjoy a slower pace environment and the camaraderie of others in a relaxed atmosphere with a definite purpose in mind. • When you register, you may be asked about your health issue to ensure you are placed in the appropriate class.

LEARNING 2015 – SPRING

MAIL TO: Kerby Centre, 1133 7th 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.



		<h1 style="text-align: center;">ACTIVE LIVING COURSES “A” Courses</h1>					
<p>No classes on Monday, May 18th, 2015. Kerby Centre is closed for Victoria Day. There may be other cancellations in individual rooms due to other activities at Kerby Centre.</p> <p>**Appropriate workout attire and footwear are required for all fitness classes.**</p>							
Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price	
A01 Joint Health Maunder's McNeil	Learn and practice proper form of specific exercises for major joints of the body. Discover the difference with certain joints and how they should be able to move with ease and fluidity to aid in our mobility of daily functioning. Anyone interested in keeping joints healthy or those individuals with joint restriction and movement are welcome. If you are designated for joint replacement, then you would definitely benefit.	Bonnie Field	Friday Apr 24 – Jun 19 No class May 22	10:15 - 11:15 am Room 205	\$28.00	\$48.00	
A02 Gentle Seated Yoga Maunder's McNeil	Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.	Caroline Bees	Wednesday Apr 22 – Jun 24	1:00 - 2:00 pm Room 308	\$36.00	\$56.00	
A03 Monday Yoga All Levels	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 Apr 20 – Jun 22 No class May 18	2:30 - 3:30 pm Room 205	\$51.00	\$71.00	
A04 Friday Yoga All Levels	Same course listed above offered on a different day.	Caroline Bees	Friday Apr 24 – Jun 19	9:00 - 10:00 am Room 205	\$51.00	\$71.00	
A05 Monday Fitness	Traditional aerobics class with emphasis on cardiovascular training. Minimal strength training, using weights or resistance bands. You are encouraged to work at your own pace.	Dan Leung	Monday Apr 20 – Jun 22 No class May 18	10:05 - 11:00 am Gymnasium	\$45.00	\$65.00	
A06 Wednesday Fitness	Same course listed above offered on a different day.	Dan Leung	Wednesday Apr 22 – Jun 24	10:05 - 11:00 am Gymnasium	\$49.00	\$69.00	
A07 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 Apr 24 – Jun 19	9:30 - 10:20 am Gymnasium	\$45.00	\$65.00	
A08 Building Blocks for Balance	Having good balance and strong support muscles are key in fall prevention. This class will focus on core muscle strength and balance in a safe environment, with the goal of keeping you active and independent.	Julie Meier	Tuesday Apr 21 – Jun 23	2:30 – 3:30 pm Room 205	\$40.00	\$60.00	
A09 Functional Strength	Emphasis is placed on maintenance and enhancement of strength and range of motion of major muscle groups and joints. Will also work on balance and agility.	Joyce Slone	Friday Apr 24 – June 26	12:30 – 1:30 pm Room 205	\$42.00	\$62.00	
A10 Salsa Workout	Moving to Salsa music, this aerobic workout will focus on increasing functional mobility of hips and shoulders.	Bonnie Field	Monday Apr 20 – Jun 22 No class May 18	2:00 - 3:00 pm Gymnasium	\$41.00	\$61.00	
A11 Zumba Gold	Zumba Gold® is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted!	Maaik Seaward	Thursday Apr 23 – Jun 11	10:00 – 11:00 am Gymnasium	\$35.00	\$55.00	
A12 Nia: Experience the Joy of Movement! 	The Nia Technique is a brilliant blend of dance, martial arts and healing arts that connects mind, body and spirit. Each Nia class offers you safe, guided, dance-based movement that is suitable for all ages, all body types, and fitness levels. Come move to great music to relieve stress, get in shape and have fun!	Tina Thrussell	Thursday Apr 23 – May 21	11:15 – 12:15 pm Gymnasium	\$38.00	\$58.00	
A13 Nia: Experience the Joy of Movement!	A continuation of the course above.	Tina Thrussell	Thursday May 28 – June 25	11:15 – 12:15 pm Gymnasium	\$38.00	\$58.00	
A14 Belly Dancing	Take this fun opportunity to learn some elementary hip liberating moves. Learn to move and sway your hips and shoulders to middle eastern music.	Angela Grell	Tuesday Apr 21 – Jun 23	12:30 – 1:45 pm Room 205	\$55.00	\$75.00	
A15 Line Dancing Multi-Level	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 Apr 23 – Jun 25 No class May 21	1:00 - 2:00 pm Gymnasium	\$41.00	\$61.00	
A16 Rhythms & Grooves! 	This class is guaranteed to loosen up those stiff areas of the body and awaken your sense of fun with rhythms and music! Participants will have use of rhythm sticks, shakers, and other percussive instruments to make up a fun-filled experience. Different movements of the body will be paired up with the use of the instruments to make this a well-rounded workout!	Bonnie Field	Thursday Apr 23 – Jun 25 No class May 21	2:15 - 3:15 pm Gymnasium	\$41.00	\$61.00	




Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
A17 Tai Chi Monday	Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.	Adrian Buczek	Monday Apr 20 – Jun 22 No class May 18	9:00 – 10:00 am Gymnasium	\$38.00	\$58.00
A18 Tai Chi Wednesday	Same course listed above offered on a different day.	Adrian Buczek	Wednesday May 13 – Jun 24	1:30 – 2:30 pm Lounge	\$32.00	\$52.00
A19 Qigong	Qigong is a system of self-healing that has been used in China for thousands of years to achieve health and longevity. Qigong exercises combine three elements: abdominal breathing, slow movement, and visualization - to harmonize the body, mind and spirit. Qigong's main purpose is to cultivate the life force energy within you, to optimize health and well-being.	Cloti Rodrigue	Monday Apr 20 – Jun 22 No class May 18	10:00 – 11:00 am Room 308	\$38.00	\$58.00
A20 Urban Pole Class: A Total Body Workout 	Urban Poling is simply walking using poles that have been specifically designed for walking in the city. The poles have been designed to have very little vibration, no noise due to the rubber "bootie" and good traction grip on pavement or sidewalks. Urban Poling decreases the stress through knees and hips, improves stability and mobility, as well as many more health benefits! If you do not own poles, you may call 403-705-3233 for rental and purchasing options.	Yvette Claveau & Celia Gjosund	Tuesday May 12 – Jun 16	9:30 – 10:30 am Gymnasium	\$55.00	\$75.00
A21 Ballroom Dancing	Challenge your body and mind through dance! This easy to follow class will focus on waltz, rumba, and cha cha. Through these dance styles you can improve coordination, balance and memory.	Cathy Morrison	Wednesday Apr 22 – Jun 24	3:00 – 4:00 pm Room 205	\$55.00	\$75.00








ACADEMIC COURSES "B" Courses

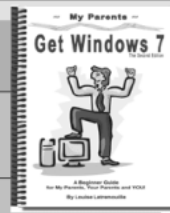
No classes on Monday, May 18th, 2015. Kerby Centre is closed for Victoria Day.
There may be other cancellations in individual rooms due to other activities at Kerby Centre.



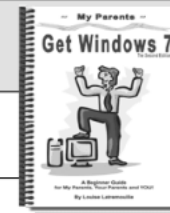
Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
B01 Make Your Photography Zing	This course will cover different aspects in camera operations and artistic expression. Take your photography from snapshot to spectacular. Classes will also include field trips for photo opportunities as well as critiques and feedback sessions. Open to all level of experience and all camera types. Instructor Patrick Kornak has over 40 years of experience and teaches photography at SAIT continuing education.	Patrick Kornak	Wednesday Apr 22 – June 17	1:00 – 3:00 pm Room 311	\$69.00	\$89.00
B02 Visualization & Ink 	Creative visualizations will be followed by a writing prompt to encourage healthy thinking and positive visualization. This class will work as a sort of guided meditation using colours, emotions or memories to invoke an idea. You will create positive emotions that can be activated any time.	Jen Kunlire	Friday May 22	12:30 – 3:00 pm Room 311	\$22.00	\$42.00
B03 Body, Sound & Poetry 	This workshop focuses on using body and vocals as sound poetry. Participants will engage in impromptu activities that allow their vocal imagination to flow. Improv activities and soundscapes will be used to encourage participants to explore vocal ranges and body movements.	Jen Kunlire	Friday June 12	12:30 – 3:00 pm Room 311	\$22.00	\$42.00
B04 Character Masks 	Discover the world of character masks! By covering our faces, masks guide us back to the roots of our body expression. Participants will have fun exploring various character half masks and will choose a Character Mask to develop. Through exploratory mask work, physical character development and Improvisation games, players will develop a fully dimensional character and achieve a greater sense of confidence with imagination and expression.	Tanya Lukenoff	Wednesday Apr 22 – Jun 10	9:30 – 11:00 am Room 205	\$77.00	\$97.00
B05 Beginner Bridge	Learn the basics of bridge in this ten week course. This is a fun, social game that will keep your mind sharp!	Rae Haaland	Tuesday Apr 21 – Jun 23	10:00 - 12:00 pm Room 308	\$85.00	\$105.00
B06 Intermediate Bridge	For those who have a basic understanding of the game of Bridge. Overcalls, Take-out Doubles, Pre-emptive Bidding & Stayman will be covered in detail. If time allows, the Strong 2-Club Opening will also be covered.	Rae Haaland	Monday Apr 20 – Jun 22 No class May 18	12:00 – 2:00 pm Room 308	\$79.00	\$99.00
B07 Bid & Play	This is a fun two-hour weekly course for those who have a basic knowledge of bridge, and want to expand their playing ability. Hands will be dealt and students will attempt to reach the best contract with the help and encouragement of a Life Master Instructor. Short lessons will be given when needed.	Rae Haaland	Thursday Apr 23 – Jun 25	10:00 – 12:00 pm Room 311	\$85.00	\$105.00

LANGUAGES						
<ul style="list-style-type: none"> The textbook that will be used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. The textbook is available at www.amazon.com and takes about 2 weeks for delivery, and may also be found on www.ebay.ca 						
Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
B08 Beginner Spanish Grammar	A comprehensive course for students with no prior knowledge of Spanish. Will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered. See above for textbook.	Norah Hutchinson	Monday Apr 20 – Jun 15 No class May 18	10:00 - 12:00 pm Room 311	\$72.00	\$92.00
B09 Intermediate Spanish Grammar	A continuation of Beginners Spanish with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Beginners Spanish or equivalent. Chapters 6-8 will be covered. See above for textbook.	Norah Hutchinson	Monday Apr 20 – Jun 15 No class May 18	1:00 - 3:00 pm Room 311	\$72.00	\$92.00
B10 Advanced Spanish Grammar	For those with intermediate or advanced level Spanish who want to improve their written, conversational and listening skills. Students will be able to deal with most situations likely to arise when travelling or living in an area where Spanish is spoken. Chapters 10-12 will be covered. See above for textbook.	Norah Hutchinson	Tuesday Apr 21 – Jun 9	10:00 - 12:00 pm Room 311	\$72.00	\$92.00
B11 Beginner Spanish Conversation	This course will help students boost their communication skills by building confidence and fluency when speaking. The course will provide an opportunity to practice the language through real situations and topics of interest. It will focus on pronunciation, listening, and building vocabulary. Prerequisite: Intermediate Spanish Grammar course or equivalent.	Norah Hutchinson	Tuesday Apr 21 – Jun 9	1:00 – 3:00 pm Room 311	\$72.00	\$92.00
B12 Intermediate/Advanced Spanish Conversation	Designed for intermediate to advanced students to provide them with an opportunity to practice the language through discussion of selected material and topics of interest with a focus on pronunciation, listening and building vocabulary.	Norah Hutchinson	Thursday Apr 23 – Jun 11	1:00 - 3:00 pm Room 311	\$72.00	\$92.00
B13 French for Travelers	Going To Paris or Montreal? Or just stuck on a French word in your crossword? Join us this spring at the Kerby Centre for some fun learning French. Without traveling anywhere, you will open new pathways in your mind - keeping it an exciting place to think.	Georgette Pare	Friday May 8 – Jun 26	10:00 – 12:00 pm Room 308	\$82.00	\$102.00
MUSIC						
B14 The Singing Circle Maunder's McNeil	Bring your joy of singing to a dynamic circle of men and women. Sing out strongly on songs old and new (mostly old), and be prepared to have minds calmed, hearts uplifted, and funny bones tickled! "From this valley they say you are going".	Barry Luft	Thursday Apr 23 – Jun 25	10:30 - 11:30 am Room 308	\$38.00	\$58.00
B15 Ukulele: Play & Sing 	Here's a chance to hone your ukulele skills in a class of mostly playing and singing. These facilitated jam sessions will include some instruction, but the focus will be on having fun and gaining more experience with songs, strums and chords. A great way to head into summer! Prerequisite: An Introductory course or equivalent.	Barry Luft	Wednesday Apr 22 – Jun 24	10:30 - 11:30 am Room 308	\$61.00	\$81.00
FINE ARTS						
B16 Fairies & Forest Friends 	Have fun with drawing and painting fairies as well as some other forest friends. Transform your artistic style to create a cute fairy painting using colour pencil or watercolour pencil.	Sendy Issanti	Monday Apr 20 – May 4	10:00 – 12:00 pm Room 313	\$28.00	\$48.00
B17 Decorative Wood Painting 	Using pre-mixed acrylic crafts such as Folk Art, Americana, Jo Sonja and others, learn some basic brush strokes and techniques and then use it to create a piece of decorative painting on wood.	Sendy Issanti	Monday May 25 – Jun 15	10:00 - 12:00 pm Room 313	\$36.00	\$56.00
B18 Intro to Portraits 	Using a variety of media over the course of 5 weeks, we will explore techniques for portraiture. Over the course of 4 weeks we will utilize pencil, charcoal and conte'. During the last couple of classes everyone will render their own 8x11 portrait of their choice.	Murphy Mason	Tuesday May 5 – May 26	10:00 – 12:00 pm Room 313	\$36.00	\$56.00
B19 Creative Expressions 	The ultimate in creative playtime for adults! Each session provides a new outlet for your creative expression! From Intuitive Painting (absolutely no talent or skill required!!) to sculpting with clay to intuitive collaging to spontaneous music-making ... each week you have a chance to expand your creativity in a fun, safe and sacred (Judgment-free!) environment.	Tina Thrussell	Tuesday Apr 21 – May 26	2:30 – 4:00 pm Room 313	\$62.00	\$82.00
B20 Mountains & Landscapes	Working with acrylic or watercolour, we will work on start to completion of paintings, all while working out the problems of various media and how to solve these issues.	Katy Morris	Wednesday Apr 22 – Jun 10	10:00 – 3:00 pm Room 313	\$124.00	\$144.00

Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
B21 Birds, Cats & Dogs	Learn how to paint 3-dimensional animals using line and tonal value. If you wish to work on your own painting, please bring a clear coloured photo of a picture or pet to the first class. Watercolour, pen, and watercolour pencils will be used.	Katy Morris	Friday Apr 24 – Jun 12	10:00 – 3:00 pm Room 313	\$124.00	\$144.00



COMPUTER COURSES “C” Courses







No classes on Monday, May 18th, 2015. Kerby Centre is closed for Victoria Day.
There may be other cancellations in individual rooms due to other activities at Kerby Centre.

Required computer manual for all courses is available in Ed & Rec office at a cost of \$13.00.

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

Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
C01 Level 1 Intro to Basics	Starts at “where’s the ON button” to creating, saving, and retrieving your files. Learn parts of a computer, description of keyboard, how to use a mouse and the setup of your desktop. Also learn the difference between hardware and software Time is given to review tasks and practice work.	Pat Seifert	Mon/Wed Apr 20 – May 4	10:00 – 11:30 am Room 312	\$122.00	\$142.00
C02 Level 1+ Beyond the Basics	A review and expansion on Intro to Basics course. Learn about other parts of the ‘file edit view’ and ‘home, insert format’. Learn to create, copy and delete documents and folders. Also learn proper file management. Time is given to review tasks and practice work.	Pat Seifert	Mon/Wed May 11 – May 27 No class May 18	10:00 – 11:30 am Room 312	\$122.00	\$142.00
C03 Facebook Mastery	Start as a beginner and finish as an expert. Learn how to create a profile, use privacy options and get connected with this popular social networking site. As you progress through the course you will learn how to add new people, activate a game, find old friends, and download pictures. Must have an email address.	Pat Seifert	Mon/Wed Apr 22 – May 6	12:30 – 2:00 pm Room 312	\$122.00	\$142.00
C04 How to Use Your Laptop Windows 8	Bring your own laptop to class with Windows 8 and learn hands-on how to use it effectively. Maximum in this class will only be 5 students. Basic computer skills required. No Macs.	Pat Seifert	Mon/Wed May 25 – Jun 8	12:30 – 2:00 pm Room 312	\$165.00	\$185.00

WORKSHOPS

C05 Setting Up And Basic Functions of Your iPad	Want to know how to register and configure your new iPad? Learn basic functions and how to connect to the Internet using WIFI. Find and install "Apps" such as phone book, music stations and video games. Use built in features like the camera and calendar. Search for, preview and download music on I-tunes.	Pat Seifert	Monday April 20	12:30 - 3:30 pm Room 318	\$44.00	\$64.00
C06 Speaking Skype 	Are you interested in connecting with family and friends over the computer? Want to know how to Skype and use Google to see and talk to people? Kerby Centre will take you through the steps signing up and navigating this easy-to-use technology. Bring your own laptop with a built-in camera and we'll set you up.	Lea Storry	Tuesday May 5	10:00 am – 1:00 pm Room 301	\$44.00	\$64.00
C07 Search Engines 	Search engines are a great tool when researching or looking for any information on the Internet. Explore the differences between Google, Bing, Ask, Yahoo and other search engines to find which one is the best for you. We will also discuss some of the history of search engines, what does being pirated mean, and how to avoid or fix this.	Pat Seifert	Monday May 11	12:30 - 3:30 pm Room 312	\$44.00	\$64.00
C08 Adventures In Email 	Using Gmail, Hotmail, Telus or Shaw, discover how to jazz up your email message. Learn basic etiquette, how to send a friend a link, block annoying junk mail, minimize spam, print a message and create a unique signature.	Pat Seifert	Wednesday May 20	12:30 – 3:30 pm Room 312	\$44.00	\$64.00
C09 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 May 26	10:00 am – 1:00 pm Room 312	\$44.00	\$64.00
C10 Hello Kijiji	Kijiji is a website that people use to buy and sell items, like an online garage sale. You will learn to look for items on Kijiji, and how to respond to an ad. You will also be taught how to create an ad and learn how to sell items that you want to get rid of.	Lea Storry	Tuesday June 2	10:00 am – 1:00 pm Room 312	\$44.00	\$64.00
C11 File Management	What to do when you can't find anything in your “My Documents” folder? Learn how to copy, move, and delete files as well as create folders to get organized.	Pat Seifert	Wednesday June 10	12:30 - 3:30 pm Room 312	\$44.00	\$64.00

EVENING COURSES “E” Courses

No classes on Monday, May 18th, 2015. Kerby Centre is closed for Victoria Day.
There may be other cancellations in individual rooms due to other activities at Kerby Centre.

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

Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
E01 Monday Pilates	Strengthen abdominal and back muscles, gain total body flexibility and improve your posture. All exercises are done lying down on a padded mat. Options given for all levels.	Caroline Bees	Monday Apr 20 – Jun 22 No class May 18	4:15 – 5:15 pm Room 205	\$73.00	\$73.00
E02 Pilates Fusion	Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options given for all levels.	Cathy Morrison	Wednesday Apr 22 – Jun 24	4:15 - 5:15 pm Room 205	\$79.00	\$79.00

KERBY² Courses

The following courses will be held during the Spring at St. Andrews Centre with exact dates, times and cost to be determined. For further details, please call (403) 705-3233. The address for this location is 1 – 10601 Southport Road SW, Calgary, AB, T2W 3M5.

Course # & Name	Course Description	Instructor
Yoga for You	In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor easily, and a chair will be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.	Angie Friesen
Ukulele: Play & Sing <small>NEW</small>	Here's a chance to hone your ukulele skills in a class of mostly playing and singing. These facilitated jam sessions will include some instruction, but the focus will be on having fun and gaining more experience with songs, strums and chords. A great way to head into summer! Prerequisite: An Introductory course or equivalent.	Barry Luft
Visualization & Ink <small>NEW</small>	Creative visualizations will be followed by a writing prompt to encourage healthy thinking and positive visualization. This class will work as a sort of guided meditation using colours, emotions or memories to invoke an idea. You will create positive emotions that can be activated any time.	Jen Kunlire
Upcycle Greeting Cards <small>NEW</small>	Using scrapbooking technique ideas and some creativity, you will learn how to turn old greeting cards into a new handmade card and gift tag.	Sendy Issanti
Intro To Drawing <small>NEW</small>	Over the course of 5 weeks, we will utilize a variety of media including charcoal, pencil and conte as we learn the basics of drawing. We will cover composition, perspective and tonal values. Toward the end of the course everyone will render a drawing from a photo or still life of their choice.	Murphy Mason
Setting Up & 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



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