

Kerby News

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for the **55** plus

2015
May

Volume 31 #5



Growing your own food can be an option for seniors. See articles on pages 15, 17 and 23.

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10 May, 2015 Mother's Day
18 May, 2015 Victoria Day



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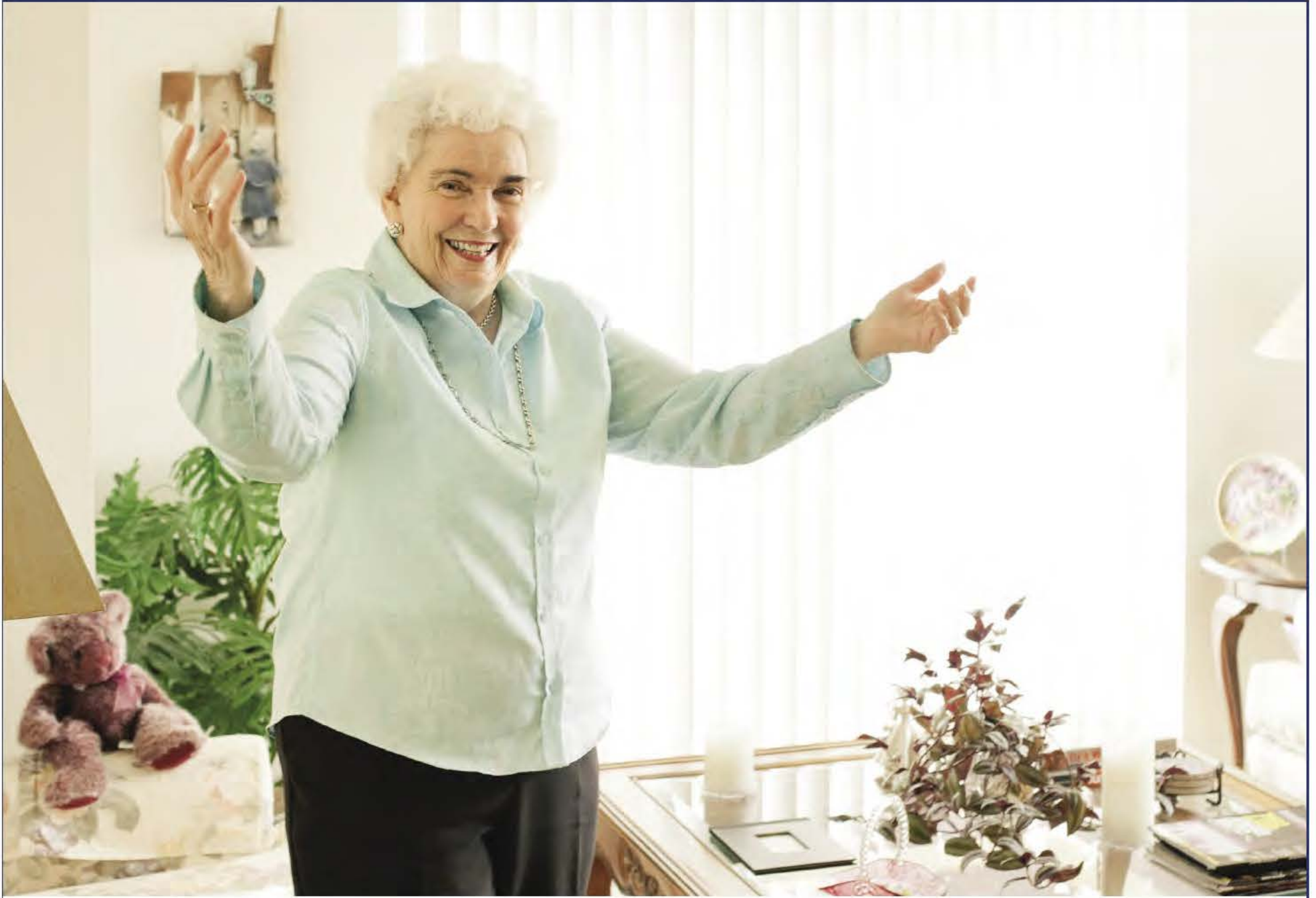


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President's Report



Stories of seniors become the story of Kerby Centre

By Hank Heerema

In April, the Kerby Centre held our Annual General Meeting and shared with our members, stakeholders and friends a few stories from the past year at the Kerby Centre. We invite you to read our Annual Report on our website, www.kerbycentre.com, and learn more about the impact the Kerby Centre has made on people's lives.

Every day at Kerby Centre, we hear the stories of the lives of older adults. Those stories can be happy or sad, celebratory or challenging, up-lifting or heart-breaking. They move us to change, act, feel and support. We are grateful to be able to support those whose stories have left them feeling the need for support — and we are equally grateful for those whose stories have endings that bring on smiles and inspiration.

The Kerby Centre's mission is to help older adults live as well as possible, for as long as possible, as residents in the community. We fulfil this mission through services and programs both at the Kerby Centre and in the community. We help older adults plan for the future, find the supports they need in times of challenge, and encourage an engaged and healthy lifestyle. Additionally, our many community

partnerships help us work together to meet the needs of vulnerable people.

The secret that we want to share with Calgarians is that what they do today can change the stories yet to be told. Small, defined steps toward re-writing their personal lives will result in clear, future stories.

Study after study shows that the keys to a long and healthy life are: an active lifestyle, social connections, and a sense of purpose. The Kerby Centre provides all of these through our many recreational and educational events, as well as volunteer programs.

As we continue to plan for a new Kerby Centre location, we are always aware of the changes to come in the area of supporting older adults. The research and planning we have been undertaking will enable us to create the best possible organization in the future. We will continue to engage our stakeholders in the coming year.

We are proud that every day our team sets the standard for supporting older adults and that our work has led to recognition at the municipal, provincial, federal, and even international levels. We take great pride that Kerby Centre is part of the story of older adults, our staff, our volunteers, our partners,

and our friends.

On behalf of the Board of Directors, thank you for being part of the Kerby Centre's story, and we look forward to new chapters of the story.

Kerby Centre needs your participation and feedback

To all Kerby Centre members and clients, now is your time to make a big difference to this organization's future. Starting May 1, the Kerby Centre will be launching a Client Engagement Exhibit, inviting Kerby participants to provide input on various aspects of our agency's relocation plans by responding to specific questions regarding a new Kerby Centre facility. The purpose of this exhibit is to collect participants' feedback to help frame our vision for the future and lead us toward better informed decisions about the relocation project.

All responses must be written and submitted anonymously on post-it notes placed on our exhibit panel for all to see and ponder. Questions will be changed on a weekly basis over several months to give our participants the opportunity to contribute to different aspects of the Kerby Centre's future plans.

In addition to the question panel, the exhibit will also include a community map inviting participants to place pins on the com-

munities where they reside. Placement of these pins will give the Kerby Centre an idea of where participants live within the city.

We encourage all of our members and participants to get involved and make a contribution to this great

organization's future. Look for our exhibit near major entrances, reception, or at large events. We look forward to your participation!

MAY 2015

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

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2015 - 2016**

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KERBY CENTRE'S MISSION:

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

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Kerby Centre honours past President

Past President of Kerby Centre, Maureen Wills, received an honorary membership from Luanne Whitmarsh, the CEO of Kerby Centre, at the Annual General Meeting of Kerby Centre in April. In more than 40 years only 15 honorary memberships have been awarded for outstanding contributions to Kerby Centre. Maureen recently officially retired after 10 years on Kerby Centre's Board of Directors, five of them as Board President. Maureen also received a bouquet of flowers in recognition of her service to Kerby Centre.

Photo by Barry Whitehead

Ambulance fees obstacles on the road to care

One survey revealed that 19 per cent of Canadians did not call an ambulance due to cost.

By Ryan Meili and Carolyn Nowry

Imagine you're a physician seeing a six-month-old child in clinic. She has a fever and cough, she's working hard to breathe and her oxygen levels are falling. You know she needs assessment in the emergency room and requires transportation in an ambulance in case her condition worsens en route. Her family understands the urgency of the situation, but asks, "Could we take her there in our car?"

Experiencing a medical emergency is an incredibly stressful experience for patients and their families. This stress should not be compounded by worries about getting an ambulance bill they can't afford. As physicians, we know the importance of the first few minutes of an emergency situation, and the crucial role of Emergency Medical Services (EMS) in saving lives. And yet ambulance fees remain a significant barrier to people receiving necessary care across Canada.

One young mother recently spoke to the Saskatchewan press about receiving a bill for \$7,000 after several ambulance trips were required for her severely-ill daughter. Connie Newman of the Manitoba Association of Seniors Centres recently described to reporters the plight of an elderly woman who walked to the hospital in -40C weather because she could not afford an ambulance. How often are people forced to choose the unsafe

"an elderly woman...walked to the hospital in -40°C weather because she could not afford an ambulance"

option of driving themselves or their loved ones to hospital simply because they cannot afford to pay?

A recent CBC Marketplace survey revealed that 19 per cent of Canadians did not call an ambulance due to cost. Clearly, this is an issue that our provincial and territorial health ministers need to address.

A look across our provinces and territories

reveals a patchwork system for financing ambulance services. New Brunswick has recently removed ambulance fees for anyone who does not have private insurance coverage. All other provinces and territories in Canada — with the exception of the Yukon — charge ambulance fees. The burden of cost to patients is highest in the prairies: Manitoba charges up to \$530 per trip, and Saskatchewan tacks on fees for inter-hospital transfers on top of the \$245 to \$325 fee for an ambulance pick-up from home.

In Ontario, the cost is typically much lower at \$45 per trip, but increases to \$240 if the receiving physician deems it unnecessary. The reality on the ground violates the spirit, if not the letter, of the Canada Health Act: equal access to physician and hospital services means little if safe passage to them is anything but.

There are a variety of options to reduce this inequity in access. One option is to follow New Brunswick's lead, and offer full coverage. An alternative would be to only charge users if the ambulance ride is deemed medically unnecessary. However, differentiating 'appropriate' from

'inappropriate' ambulance use isn't straightforward, and can vary between providers. What's more, evidence suggests that institutions — schools, long-term care facilities, hospitals and police services — more often initiate potentially unnecessary ambulance services than do individuals, as a result of compliance with internal policy or protocol.

As with other areas of healthcare, user fees are a blunt tool: they reduce both

"ambulance fees remain a significant barrier to people receiving necessary care across Canada"

necessary and unnecessary use of services. The risk of footing the bill could deter people, especially those living in poverty, from calling for help. This would deny them not only safe transport to hospital, but also the initial emergency interventions by paramedics that can mean the difference between life and death. Public education and enhanced availability of primary care are

more effective ways to decrease unnecessary ambulance use.

Ideally, ambulance services should be fully covered for everyone. This would, however, require provincial governments to take on more of the costs. In Nova Scotia, that cost is an estimated \$9.7 million, according to the Nova Scotia Citizens' Health Care Network. This is a drop in the bucket compared to the \$6.2 billion Nova Scotia healthcare budget; a small investment to ensure that everyone, regardless of income, has access to vital emergency care.

The variety and inequity of ambulance charges in Canada is a policy mess. Canada's Health Ministers should work together to establish a consistent and compassionate approach that balances cost with the need to remove barriers to care.

Ryan Meili is a family physician in Saskatoon and founder of Upstream: Institute for A Healthy Society. @ryanmeili. Carolyn Nowry is a family physician in Calgary, Alberta. They are both board members with Canadian Doctors for Medicare. www.troymedia.com



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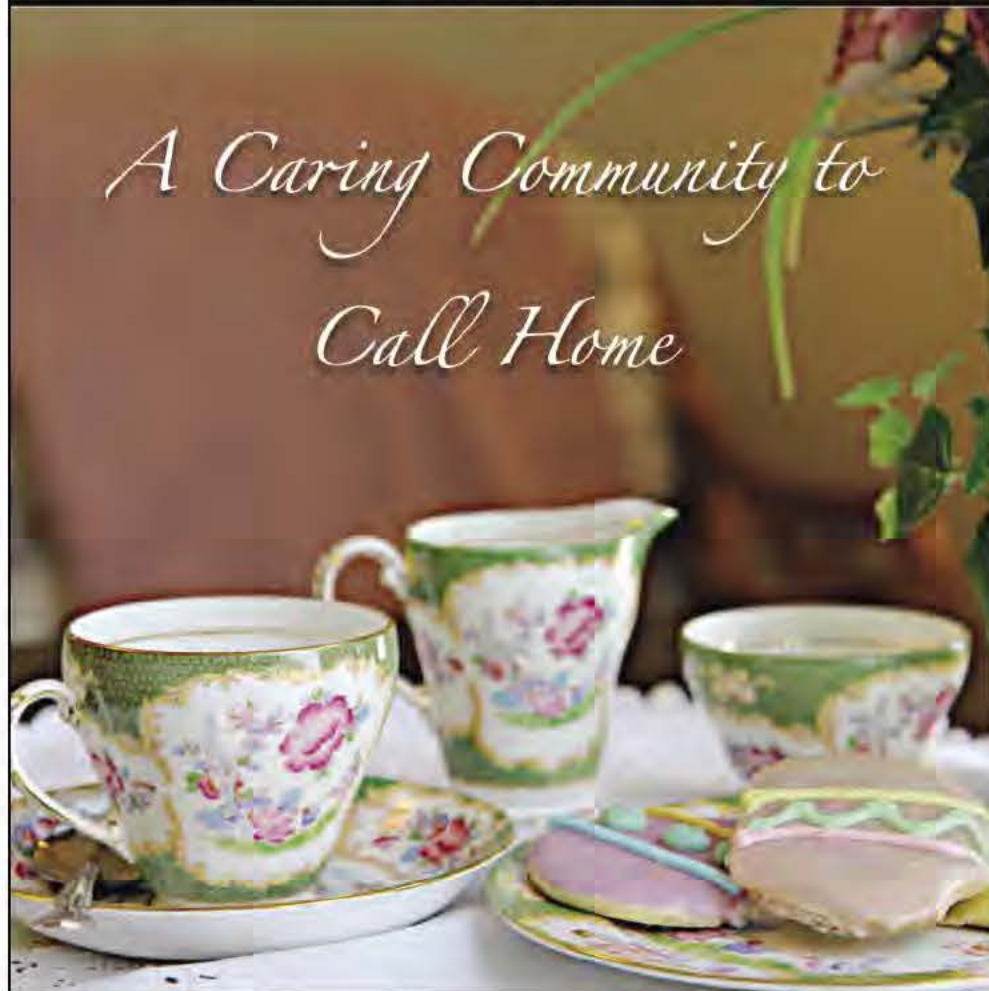
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News from City Hall —

The future of secondary suites is under scrutiny

Evan Woolley



On May 11 Calgary City Council will vote on a proposal to reform and improve the process by which homeowners in wards 7, 8, 9 and 11 can build safe and legal secondary suites. Currently, many who wish to build a legal suite must first apply directly to Council to change their land use designation before being able to move to the development and building permit stage. Partly as a result of this burdensome procedure, approximately 16,000 Calgarians have decided to skip the proper process entirely and build illegal, often very unsafe suites, about which the

City knows little. In fact, there may be many more than 16,000 illegal suites — but because they are illegal, we just don't know. We do know, however, that only 550 citizens have gone through the hoops and built legal ones.

The bylaw amendment to come before Council in May will remove the first step of going to Council, and it's just one part of a larger reform. At the end of March we approved the recommendations of a Council working group to make the legal process easier, faster and more accountable for secondary suites. These recommendations include a

registry, reduced red tape, and better enforcement.

However, I'll be the first to admit that reform of secondary suites in Calgary is not an easy subject. While I campaigned on this issue, and fought hard since taking office to cut red tape, improve and expand our affordable housing supply, and bring thousands of unsafe living spaces up to code, I still recognize that the issue is complex, difficult and divisive. Many residents in areas with R-1 or R-C1 zoning fear that their neighbourhoods will change irrevocably, that the increased density will cause traffic problems, or that parking

will become more and more restricted. These problems are already occurring because of the existence of illegal suites, and as a result we have a much harder time dealing with them.

I believe that the reforms that have been passed and those that are being proposed are fair and reasonable, and form a good start in making secondary suites better for homeowners, renters and communities. Indeed, if Council votes for the bylaw amendment on May 11 to implement the process for the reform of secondary suites, we will be acting upon the advice of dozens of reports, and upon the evidence from

virtually every other major city in North America.

We've been behind the ball on secondary suites for far too long. It's time to move forward now, and move intelligently.

I hope you'll support me on this reform. If so, or if not, I want to hear from you. As always, you can contact my office by phone (403-268-2430), email (ward08@calgary.ca) or on my website (www.calgary.ca/ward8).

Evan Woolley is the Calgary Councillor for Ward 8

This month in Edmonton —

Every vote counts in the provincial election

Kent Hehr



For the last three decades Albertans have increasingly chosen to opt out of the democratic process by not voting. This is a worrisome trend that pundits say will continue in this election cycle. Although there are a great many ways to build a better society, such as volunteering, contributing to a local charity, or simply being a good neighbour, real and substantial improvements are accomplished in our society by government action.

In my time in the legislature I have seen decisions

made that affect groups of individuals, families and communities in different ways. I can also tell you that it does matter who gets elected: political parties are not the same and will institute public policy differently.

Voting matters to both the health of Alberta's political system and to the people who participate. Whoever votes, counts. Elected officials know who votes either intuitively or through statistics. If your community is turning out to vote in fewer

numbers than in other neighborhoods, elected officials pay less attention, make fewer appearances, and fewer appeals to your neighborhood. Voters have a powerful impact on public policy — in both a crass way but in a very substantial, very long term shift in the sense of who gets what attention from government.

Constituents have policy and political concerns that won't be heard if they don't vote. Think about this in terms of the Kerby Centre needing a

new location and dollars to support that transition.

Voting also carries benefits to those who participate. Those who vote are associated with a host of positive civic, health, and social factors. Being a voter is sexy. The act of voting seems to lead individuals to get more informed, contact their officials, volunteer, and contribute to their neighborhoods, all at a higher degree than non-voters. Voters are more concerned about their communities and have a

larger sense of their ability to impact the world around them. Voting matters, so make sure that you cast your ballot this May 5th.

As the French say — a la prochaine. Until next time. Get out and vote. I know I will.

Kent Hehr is MLA for Calgary Buffalo

This month in Ottawa —

Promoting healthy living and aging

Joan Crockatt



In fall 2014, my colleague Alice Wong, Minister of State for Seniors, released the Government of Canada Action for Seniors report to highlight federal programs and services that can be accessed by seniors, their families, and caregivers. I am thrilled that our government is recognising and acting upon comments I hear from constituents every day!

Seniors, such as Kerby Centre residents, are now living longer and healthier lives than previous generations. Despite this increased longevity, research shows that 90 percent of Canadians aged 65 and over still live with at

least one chronic disease or condition. Our federal government refuses to sit idly by in response to this alarming statistic and has taken proactive action by committing to steadily increase health transfer payments to our provinces and territories to at least \$40 billion by 2020-2021. These health transfer payments will support research and initiatives to develop innovative care support systems, promote healthy aging, and help prevent and manage chronic diseases and conditions.

In supporting health care innovation to improve patient care, our government has made investments of over \$1

billion in various programs. The funding has supported the development of community-integrated palliative care models and the provision of training for front-line health care providers. Funding has also been provided to organizations to help improve care for seniors by promoting best practices in hip fracture care and preventing fall-related injuries.

Furthermore, our government is working to raise awareness and increase knowledge about seniors' mental health including depression, dementia, and Alzheimer's disease by partnering with the Canadian Coalition for

Seniors' Mental Health and the National Initiative for the Care of the Elderly. Research investments by our government in learning about and treating Alzheimer's disease and other dementias, aim to identify methods for early detection and increase our understanding of the linkages between Alzheimer's disease and other diseases of the nerves and brain.

Besides promoting healthy living and aging, the *Government of Canada Action for Seniors* report also highlights several other federal programs and services available to ensure the financial security of seniors,

enable their active participation in the labour force and the community, and combat elder abuse. You can find a full copy online here: <http://www.seniors.gc.ca/eng/report/index.shtml>

If you would like to learn more, please do not hesitate to my Constituency Office by calling (403) 244-1880.

Joan Crockatt is the Member of Parliament for Calgary Centre

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Time ripe for a national drug plan

Any perceived barriers appear to be unjustified

By Livio Di Matteo

A new study in the Canadian Medical Association Journal, with health economist Steve Morgan as lead author, argues that a national universal care drug program would not result in substantial tax increases. Indeed, such a plan reduces public and private spending on prescription drugs by \$7.3 billion annually — or by 32 per cent.

According to Morgan and his co-authors, the private sector would save \$8.2 billion (worst-case scenario \$6.6 billion, best-case scenario \$9.6 billion), whereas costs to government would increase by about \$1 billion which represents a worst-case scenario of \$5.4 billion net increase, or a best-case scenario of \$2.9 billion net savings.

The authors suggest that any perceived barriers to the implementation of a national universal care drug plan appear to be unjustified. Given that a national drug program is the forgotten child of Canadian public healthcare and was also advanced in the 2002 Romanow Report, the time may finally be ripe for such a plan.

With the federal government close to balancing its budget and future surpluses possible under the current federal tax structure, new resources may become available without the need for tax increases. Also, aside from the fact that it is going to be a federal election year, another reason why now might be the appropriate time to consider implementing a national drug care program is that the costs of public drug spending have actually been

declining, making it even more attractive to introduce such a plan.

According to expenditure numbers from the Canadian Institute for Health Information (CIHI), it is estimated that, in 2014, provincial-territorial governments spent \$10.4 billion on drugs. Despite past concerns of escalating public drug plan costs, the growth rate of this spending has declined remarkably.

Pharmaceuticals used to be one of the fastest growing parts of healthcare spending in Canada. Between 2000 and 2005, the average annual nominal growth rate of provincial-territorial government drug expenditure was 11.7 per cent. This dropped to an average 6.3 per cent annually for the 2005 to 2010 period while the average since 2010 is approximately 1 per cent annually. Indeed, the esti-

mated growth rate for this spending in 2014 is actually negative.

“the savings have resulted from government regulation of drug prices, increased use of less-expensive generic drugs as well as a slowdown in innovation of new pharmaceutical products”

As a result, the share of drug expenditures in provincial-territorial health spending has been on a decline since peaking in 2006 at just over 8.4 per cent and now stands at 7.4

per cent. Per capita nominal drug spending by provincial and territorial governments has also been on the decline, peaking in 2011 at approximately \$300 per capita and estimated at \$292 in 2014, a 2.6 per cent decline.

The prospect of federal surpluses removing the need for any tax increases given the modest outlay projected in the report, best case scenario, combined with the demonstrated declining cost of drug spending, suggests that this may indeed be an ideal time for a national drug plan.

The caveats? First, basing decisions on best-case scenarios may be an overly optimistic way in which to implement public policy changes. It would be more fiscally prudent if any planning for a national drug plan made use of the worst case cost scenarios. Cumulative federal surpluses over the next five years have been estimated by TD Economics at as much as 56 billion dollars — an average surplus of 11.2 billion dollars annually. Even if we consider the impact of the recent slowdown on federal revenues, the worst-case scenario of 5.4 billion dollars in annual spending still appears quite affordable.

Second, the recent decline in drug spending may be transitory. The savings have resulted from government regulation of drug prices, increased use of less-expensive generic drugs as well as a slowdown in innovation of new pharmaceutical products. However, there are likely fewer savings from generics on the horizon that to date have led to spending declines in some medicines to treat common conditions such as cholesterol-lowering drugs and anti-hypertensives. As well, while there are fewer new drugs coming onto the market, the average cost of these new drugs in specialty areas like cancer and rheumatoid arthritis is actually quite high.

Despite these caveats, it seems that the time is ripe to finally complete our universal system of public healthcare coverage by adding a national public drug plan. If anything, the aforementioned cautions should serve as guideposts to make sure a new national drug plan is not only effective but also designed in a fiscally sustainable manner. □

Livio Di Matteo is Professor of Economics at Lakehead University and an expert advisor with EvidenceNetwork.ca



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Coming to terms with change in later life requires adaptability

By liberty forrest

I'm excited to be able to introduce myself as a new columnist for the Kerby News. My name is liberty forrest (and yes, I spell it with lower case for a reason. Feel free to ask!).

As the author of several books, I can safely say that writing is one of my greatest passions. So I feel blessed to have been given this space, where I will be sharing some thoughts and information with you every month.

Currently, I write and publish mini-biographies for people who want to preserve their family history and memories. And because my life has been rather, um, "colourful", I'm an inspirational speaker and mentor, sharing what I've learned in an effort to help others overcome obstacles and move forward in life.

My background is in social work and counselling, during which I added hypnosis to better assist my clients. Later, I became a homeopath and had a thriving practice in this alternative medicine until I moved to England, where I lived for several years. It was an idyllic life, like being on permanent holiday, tucked away in a 500-year-old stone cottage in the peaceful countryside. I wrote books, had art exhibitions, and explored parts of the UK and Europe just because I could.

I became a British citizen and intended to live in the peace and beauty of rural England for the rest of my life but there came a time when the universe had other plans. The economy collapsed, leaving me unable to find work and having no choice but to return to Calgary where I was brought up.

To be honest, I felt traumatized. My dream life had shattered into a million pieces. I'd lost the most perfect home I could have ever imagined loving and was forced to leave a country I adored, the only place I'd ever truly felt I belonged. There was no part of me that wanted to live in Calgary again, yet somehow I was going to have to adapt to the many changes that were thrust upon me.

For months, night after night I dreamed that I was back in my beautiful stone cottage, embraced by its safety and solitude, immersed in its tranquillity, listening to the cheerful birds or the gentle clip-clop of horses' hooves as they made their way down the lane past my cottage. And

sometimes in those dreams, I was driving along the fragrant, winding country lanes, weeping tears of joy at being home again.

But dreams can be cruel. Over and over again, I woke up slammed with the realization that I was in a small, plain apartment in the

“There comes a time when it is no longer a safe or reasonable idea for seniors to remain in their homes and they are pushed to move in with family members or perhaps into some sort of residence, depending upon circumstances and the level of care they require.”

bustling city of Calgary. Traffic zoomed noisily along the nearby Macleod Trail. I hated the truth. Thoroughly, completely, with every bit of my body and soul, I hated it. And I had no idea how I would ever come to grips with being here. I ached. I cried. It was all I could do to face each day without my beloved England and the life I loved so dearly.

Days slid painfully into weeks. And the weeks melted quietly into months.

Eventually, there came a day when it was not so painful to open the blinds and see my reality.

That was my turning point. It was the moment when finally — mercifully — everything began to change.

On contemplating how painful it was to return to Calgary, I am reminded that often seniors — and their families — face the same kinds of decisions. There comes a time when it is no longer a safe or reasonable idea for seniors to remain in their homes and they are pushed to move in with family members or perhaps into some sort of residence, depending upon circumstances and the level of care they require.

No one wants to leave home because it is so much more than just walls and furniture, knick-knacks and that favourite armchair. It is a haven, a safe place. It is familiarity, comfort, security.

It is memories, independence and freedom.

Leaving all of this — and more — is one of the most difficult decisions we could ever make for ourselves or for our loved ones. Our survival instinct kicks in, the fear of the unknown sometimes swallowing us whole as some unnamed threat hangs thick and ominous in our minds. Yet sometimes, we must accept that it is the best thing — the right thing — and we must trust that wherever we go next, it will also become 'home'. Once again, we will find familiarity, comfort and security. We can keep the old memories, remembering that we will also make many new ones.

And although some of that independence and freedom are gone, they are replaced with the relief that comes with safety and security.

Everything has pros and cons, including giving up independence. If you think about it, our senior years should be as carefree as possible. After a lifetime of worrying about making sure bills are paid on time, or seeing to home repairs, doing the shopping, the cooking, the cleaning, shouldn't we think of it as a huge blessing if we don't have to do all of that?

It is really a matter of perspective. It's okay to grieve the loss of your home and the life you have come to

know. It's okay to be afraid of big changes — whatever those changes might be. And if you choose to see those changes as opportunities to try something new or to live a new experience, it makes all the difference in the world.

If you are facing great change, or are in the throes of change, remember that we are adaptable. Trust in that; it's a survival mechanism that keeps us alive.

And remember this, too: Change is not painful. Resistance to change is painful. *liberty forrest* is an award-winning author, an inspirational speaker and mentor. Currently, her focus is writing mini-biographies for people who want to preserve their family history and memories. And she is always on the hunt for profiteroles!

Contact: freespirit@libertyforest.com

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How Canada fails people with mental illnesses

Canada needs improved access to mental health-care services

By Paul Kurdyak and Sanjeev Sockalingam

In any developed country, politicians and clinicians are struggling to improve quality of care while reducing costs of healthcare systems. To remedy this, groups of doctors across North America — including here in Canada — have banded together to create lists of medical procedures

or tests that are likely to be of no benefit (at best) or can possibly do harm while adding unnecessary costs.

The goal of this initiative, called Choosing Wisely, is to improve quality of care and to address rising healthcare costs. This campaign hopes to inspire a dialogue between clinicians and patients about making good, evidence-based, cost-effective choices about their health and healthcare.

But the big dilemma for those working in the field of mental health is not about overuse or misuse, but how difficult it is to get any

treatment at all. You can't choose wisely if you can't access care.

There is overwhelming evidence that access to mental healthcare across Canada is poor. Only one in five people with depression get appropriate treatment. And shockingly, only one in three patients discharged from a psychiatric hospitalization sees a primary care physician or psychiatrist within a month in Ontario as reported by Health Quality Ontario. This poor post-discharge follow-up rate is far worse than the nearly 100 per cent of patients who see a physician following a hospitalization for heart failure.

So why do we do so poorly for people with mental illnesses?

The answer to that question is complicated, but mental illness is one of the biggest predictors of inequitable access to care in this country. We know that having a mental illness means that you are far less likely to get the healthcare you need than someone without a mental illness and that mental illness is a bigger predictor of poor access to care than low income.

This is truly bad for patients with psychiatric illnesses, but it's also bad business and costly to taxpayers — the price of a physician visit following hospitalization is far less than the cost of ending up

back in the hospital because you had no hope of continuing the treatment that helped you get better.

The good news is that we often know what works for people with mental illnesses. There are many types of treatment, both drugs and psychological (talk) therapies, that are well-tested and effective. But in the mental health realm we need to start 'Working Wisely' before we can 'Choose Wisely.'

What would 'Working Wisely' look like?

Cancer care is an example of a system of care that is largely efficient across Canada. It works because most people with cancer get a good diagnostic work-up to measure the cancer severity and, based on those tests, get the cancer treatment they need. In most provinces, we know what the population burden of cancer is and can create systems of care accordingly. Outcomes are also constantly measured and processes of care are modified based on continuous quality feedback.

We have nothing close to this in mental health across the country, which means we don't have a good sense of population-based need. And if we don't have a clear sense of need, we won't be able to align existing resources with present demand.

'Working Wisely' for mental healthcare in Canada would mean investing in the

capacity to screen and triage for mental illnesses, to create care pathways based on the burden of illness highlighted by the screen and triage process, and to measure meaningful patient outcomes to constantly improve the way care is delivered. The Mental Health Commission of Canada's National Strategic Framework, and virtually every province with a mental health strategy, has called for better performance measurement in the past five years. This is a daunting task — nothing less than the creation of a system of care where none currently exists.

One of the reasons we are hearing more about mental illness in the media these days is because there is less stigma thanks to courageous individuals who are willing to share their stories. People are no longer willing to suffer in silence and we literally can't afford to ignore the burden of mental illness.

But as people come forward seeking help for the first time, they need a system that is ready, responsive and able to meet their needs. Without that, we will simply continue to read the depressing headlines on a weekly basis.

Paul Kurdyak is an expert advisor with EvidenceNetwork.ca, a psychiatrist and clinician scientist at CAMH (the Centre for Addiction and Mental Health).

Sanjeev Sockalingam is a psychiatrist and Deputy Psychiatrist-in-Chief at the University Health Network and Associate Professor at the University of Toronto.

www.troymedia.com

Calgary Seniors' Week

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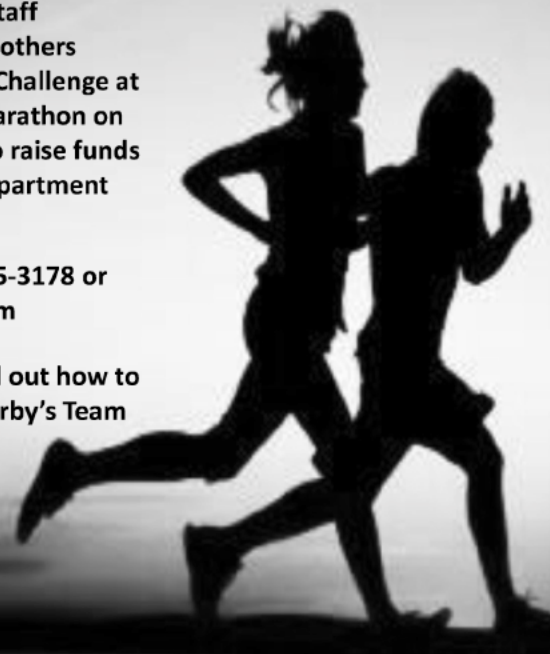
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Community Events

Have your say with Toastmasters

Joining a Toastmaster Club provides the opportunity to both talk and write and thus enables one to “have one’s say”. There are over 100 Toastmaster clubs across Calgary. Toastmasters International is now in its 90th year. It is a worldwide organization and continues to grow.

The club provides a friendly, supportive, and social atmosphere where individual members can speak to a group and get feedback on what they did well, and helpful tips on how to do better. The development program provides manuals which contain projects in which members prepare their own speeches. On completion of the first set of ten speeches, recognition comes in the form of a certificate and a lapel pin. After ten speech projects, most new members are amazed at their own progress.

The ages of club members can range from 18 to 80 and more. Some clubs meet early in the morning—Breakfast Clubs—while others meet at lunchtime or in the evening. Morning

and lunchtime clubs usually last one hour and evening clubs two hours. Members find themselves not only having their speaking and writing skills improved but also enjoying an active social meetup with a variety of interesting people.

To find a club near you, visit <https://calgarytoastmasters.wordpress.com/clubs/how-do-i-find-a-club/> and follow the directions there. It costs nothing and requires no pre-arrangement to attend a club meeting before joining the club. It’s possible to visit several clubs before finding one that suits the individual. (When searching for the right club for you, why not visit, say, the 3500 Foot Club who meet on Wednesdays at 6:30 p.m. at the St. Andrews Centre, 1060 Southport Road SW.)

Calgary on view at Lougheed House

Coinciding with its 10th anniversary of being open to the public, the historic Lougheed House is sponsoring the exhibition *Your Town Is Our Town* until June 14.

Open to all ages and curated by the creator of *Swerve Magazine*, Shelley Youngblut, the exhibition showcases 11 top editorial photographers who work nationally and internationally but call Calgary home and capture in their works the wonder-inspiring images of the city’s changing landmarks.

Admission is \$8.50 for adults, \$6.50 for seniors and students, \$5 for children 6 to 12 years old, and \$25 for a family. Lougheed House is located at 707 – 13 Avenue SW and is open on Wednesday to Friday from 11:00 a.m. to 4:00 p.m. and on Saturday and Sunday from 10:00 a.m. to 4:00 p.m. For more information, please call 403-244-6333, email info@lougheedhouse.com, or visit www.lougheedhouse.com.

Quilt festival at Park

Heritage Park’s Festival of Quilts, western Canada’s largest outdoor quilt show, will celebrate its 20th Anniversary this year on May 23 and 24 from 9:00 a.m. to 5:00 p.m. This year’s theme is *Something Borrowed, Something Blue* and will feature collections of vibrant, blue and white quilts. There will also be a special display of “Dear Jane and Nearly Insane” quilts. Meanwhile, the works of the festival’s past Quilters of Distinction will have a special exhibit, too, while young quilters will show their talents in the Creative Kids Challenge. Over 500 quilts will be on display during this weekend event, creating an array of colours, patterns and artistic expressions for the eyes of quilters and non-quilters alike to feast on.

A one-day general admission (ages 15-64) is \$25.75 and a consecutive two-day admission is \$32.25, both of which provide unlimited access to the Festival of Quilts and Heritage Park, including all exhibits, activities and rides.

The first 500 guests through the gates before 10:30 a.m. on both days can enjoy a complimentary pancake breakfast, served hot off the grill in Gunn’s Dairy Barn, with regular admission or an annual pass. For more information, please visit www.HeritagePark.ca or call 403-268-8500.

In addition to the quilt displays, a Merchant Mall will feature the latest and greatest from the quilting community. Presentations will be held throughout the weekend, and visitors will have the oppor-

tunity to meet this year’s Quilter of Distinction Darlene Hockaday. There will also be a Festival Dinner and Entertainment Evening on Saturday night and a two-day workshop on May 21 and 22. Guests can register for these by calling 403-268-8500.

Burnt Thicket presents thriller

The Burnt Thicket Theatre will present the world premiere of award-winning playwright Andrew Kooman’s psychological thriller *We Are the Body* from May 13 to 23 at the Pumphouse Theatres, located at 2140 Pumphouse Avenue SW. Performances begin at 7:30 p.m. nightly with 2:00 p.m. matinees. Admission is \$25 in advance and \$30 at the door. Tickets are also available online at www.burntthicket.com.

Vocal Latitudes sings the world

The Vocal Latitudes World Music Choir will hold its 10th Anniversary Concert, themed “Vocal Latitudes: A Decade of Worldly Attitudes”, on May 1 and 2 at the Unitarian Church of Calgary, 1703-1st Street NW. The concert will feature vocal music from around the world: traditional African, Brazilian Portuguese Gospel, Jazz, folk, Renaissance, Iroquois,

and contemporary songs. Doors open at 7:05 p.m. and the concert begins at 7:30 p.m. The ticket is \$15 and free for children under 12. Low-income guests pay what they can. Tickets are available through choir members and at the door.

Conservation and meditation at Fish Creek

As part of the Fish Creek Speaker Series, the Fish Creek Conservation Officer Melanie Pachkowski will present “Springtime in Fish Creek—Wildlife, Conservation Officers and you” on May 27 from 7:00 p.m. to 8:00 p.m. at the Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (13931 Woodpath Road SW – access via 130 Avenue SW and 37 Street SW). Participation is free to Friends members and \$5 for nonmembers. Registration is required. To register or for more information, please visit www.friendsoffishcreek.org/event/spring or contact Chris Lalonde by phone at 403-238-3841 or by email at chris@friendsoffishcreek.org.

The Friends of Fish Creek Park Society also invites you to participate in the Guided Meditation Sessions this spring and summer led by experienced instructor Hetty Laidlaw. The first session “Connecting with Nature Meditation” is on **Continued on page 12**

Volunteer Spotlight



Joe Duer

Joe started volunteering at the Kerby Centre over a year ago in the kitchen. He volunteers every Monday and Tuesday helping with food preparation, and on Wednesdays he helps with washing dishes. Joe enjoys the kitchen because the people are very friendly and the work environment is always welcoming, respectful, and together everyone works as a team. During his extra time, Joe volunteers for our special events and just recently attended Chinese New Year, which he really enjoyed. Joe continues to volunteer at the Kerby Centre because the other staff and volunteers keep him wanting to come back. Joe has contributed over **750** hours to Kerby Centre.

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

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Community Events

Continued from page 11
 May 19 from 7:00 p.m. to 8:00 p.m. Meet at the Bow Valley Ranch, Fish Creek Provincial Park (south end of Bow Bottom Trail SE). To register for this and upcoming meditations (on June 16, July 7 and 21, August 4 and 18, and September 15), visit www.friendsoffishcreek.org/programs/wellness-clinics.

For more information, please contact Christ Lalonde, whose contact information is shown above.

Cooking can be murder
 The Symons Valley Players will present the comedy

“Cooking Can Be Murder!” from May 7 to May 10 at Symons Valley United Church, 38 Kincora Rise NW. Ticket prices and show schedules vary as follows:

May 7: doors open at 6:30 p.m. and dessert begins at 7:00 p.m.; tickets are \$25 each and a table of six costs

\$125. May 8: doors open at 6:00 p.m. and chicken dinner and dessert begins at 6:30 p.m.; tickets are \$45 each and a table of six costs \$250. May 9: doors open at 6:00 p.m. and roast beef dinner and dessert begins at 6:30 p.m.; tickets are \$45 each and a table of six costs \$250. May 10: doors open at 1:30 p.m. and dessert begins at 2:00 p.m.; tickets are \$25 each and a table of six costs \$125.

Tickets can be purchased at the church or by calling 403-274-2361. Credit cards are accepted on the phone. There is full access for guests with mobility issues and hearing assistance is available.

Whyte hosts spring photo exhibitions

The Whyte Museum in Banff is holding the following three exhibitions, which will all run through June 7: “Camera Obscura”,

by the Calgary-based photographer Colin Smith; “Creative Obsession: A Celebration of the RCA Members of the Alberta Society of Artists”, showcasing the eleven members of the Alberta Society of Artists who are inductees in the Royal Canadian Academy; and “A Rocky Mountain Childhood”, showcasing materials from the Whyte Museum’s archives, library, art, and heritage collections. Admission to the museum is \$8 for adults, \$4 for students and locals (Banff, Lake Louise, Canmore and Morley), and free for museum members and children under 12. The museum is open daily (except for the wintertime) from 10:00 a.m. to 5:00 p.m. For more information, please visit whyte.org or call 403-762-2291, extension 335.

Compiled by Margaret McGruther and Faye Wu



Tips for a healthy recovery after a heart attack

(NC) Tim McEown, 52, was at home with his girlfriend when he had a heart attack. His girlfriend called 9-1-1 and Tim was rushed to the hospital. In less than 70 minutes, he had stents implanted to reopen his nar-

rowed arteries. The procedure was done through a three-quarter-inch incision in his wrist.

Tim is one of the estimated 1.3 million Canadians living with the effects of heart disease. Thanks to

research advances since the 1950s, many more people are surviving heart attacks – as many as 95 per cent of those who make it to hospital.

While that is great news, these survivors face challenges returning to good health and avoiding future episodes. For Tim this has meant quitting his two-pack-a-day smoking habit, plus taking medication to control high blood pressure and high cholesterol. Four years after his heart attack, he feels great and is more fit than he has ever been.

If you or someone you love has had a heart attack, there are steps you can take to make a fuller recovery, working closely with your doctor.


Start rehab: Cardiac rehabilitation programs have shown to help survivors recover to the fullest. Talk to your doctor about how you can join a program near you.

Get active: After a heart attack, exercise is key to recovery. Regular physical activity improves cardiovascular health and can reduce your risk of a second heart attack.

Go smoke-free: Within a year of quitting smoking, your added risk of heart disease will drop to half. Being smoke free also reduces high blood pressure, the number-one risk factor for stroke.

Continued on page 26

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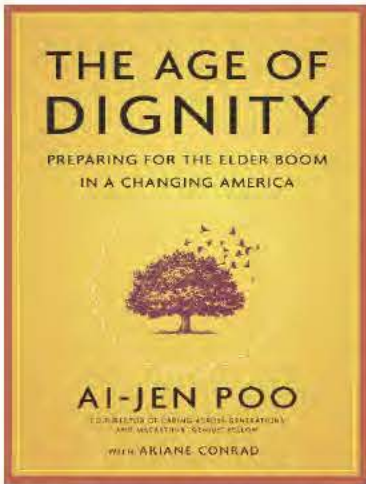
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Kerby Centre



“The Age of Dignity”

By *Ai-Jen Poo*

(with *Ariane Conrad*)

c.2015, The New Press

\$25.95 U.S. / \$32.50

Canada

230 pages

Reviewed by the

Bookworm

The plates you ate from years ago are still stacked neatly in the cupboard.

Below them, instruments of love: cookbooks propped up by a battered mixing bowl, an ancient percolator, and a cookie jar that’s filled, as it should be.

Those are scraps of your childhood but to your mother, they represent home — and you’re hoping, as she ages, that you can keep her there. In “The Age of Dignity” by Ai-Jen Poo (with Ariane Conrad), you may find the strength to do it.

As her beloved grandfather lay dying in a nursing home, Ai-Jen Poo felt tremendous guilt. He’d been a vibrant, active man who hadn’t wanted that kind of death — but it’s what he got, much to the chagrin of his family.

“The great majority of us want to live and age at home,” Poo says, and most want to be there as long as possible. So why do we treat getting older as “a crisis” — an expensive one, at that — by putting our elders in care facilities they don’t want?

Part of the issue, she notes, is with a rising population: a hundred years ago, one in 25 Americans was over sixty-five. Five years from now, that number will be one in six, and over a million elders will be without family to care for them.

“These are,” says Poo, “astonishing statistics.”

But along with a rising population, we lack enough gerontologists and home health care workers; the former, because it “isn’t profitable;” the latter, because it’s a job with “innumerable challenges, among them low wages... and inadequate training.” Still, says Poo, “taking full responsibility for the care of an aging relative is... not necessarily a real option....” That can leave children and spouses frustrated and trapped —

especially if they’re women, upon whom the burden traditionally falls.

What can be done, she believes, is to change our attitudes toward immigration; two-thirds of child-care and eldercare workers are foreign-born; “half of them are undocumented.” Embracing the Village Movement can help, as can investing in “The Care Grid” and utilizing technology where appropriate.

But first, it all starts “with

respectful communication in our own homes.”

“*The Age of Dignity*” is a unique take on an issue that, if you’re over the age of 40, you’ll likely face soon enough. It’s filled with anecdotal evidence of success and other ideas that may prove viable, but this book is not without its controversy.

Through the use of dozens of stories and (alas!) repetition, author Ai-Jen Poo (with Ariane Conrad) advocates keeping elders at home as

long as possible — something few of us can argue against. The quarrel may be in the idea of employing, among others, undocumented immigrants and in the creative rearranging of government dollars — neither of which are popular topics in some circles.


Even so, no matter where you stand on the greater issues, this book is a starter

for conversations that are long overdue. If you are someone’s child, a spouse, or concerned about yourself someday, “*The Age of Dignity*” will give you food for thought.

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

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Kerby Centre recognized 135 of its volunteers at its recent Volunteer Appreciation Day in April with a smorgasbord of food and activities. The food featured pulled meat sliders, pasta, salad and a variety of desserts. Activities included tarot card readings, caricature portrait painting by an artist, henna tattoo and hand painting, as well as a photo booth for those who wanted their photos taken in costume. Draws were also made for prizes provided by Calgary organizations. That all-important dance party atmosphere was enhanced with music by the well-received Awesome Brothers. Photos by Barry Whitehead



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Seniors lead Calgary's community garden movement

By Paul Heidebrecht

In 2004, there were nine community gardens in Calgary.

Today there are over 150. Tiny or huge, private or public, edible or ornamental, they all have one thing in common—people in a neighbourhood join together to grow vegetables, fruit and flowers.

Seniors are at the forefront of this explosion of urban agriculture in Calgary.

JoAnn Mulligan helped to launch Calgary's largest community garden, located in Inglewood. It has over 100 individual plots plus a communal garden that produces a surplus of food to donate to the needy. JoAnn's active years of leadership in Inglewood's garden are ended, but she still remains active.

"I have my little plot where I can grow fresh vegetables," she says, "for me, it's the simple pleasure of harvesting my garden and cooking healthy meals, and of course, sharing the experience with my wonderful friends at the garden."

Bert Einsiedel retired from an academic career to take up his passion for conservation and gardening. He helped to organize the Community Garden Resource Network, now a project of the Calgary Horticultural Society.

"There's a lot of satisfaction in just successfully growing something like a tomato," he says. "Many of us senior gardeners are motivated by a sense of achievement in our gardens."

Einsiedel, who taught organizational management at the University of Alberta,



Cheryl Mohler harvesting potatoes.

Photo by Bert Einsiedel

says there are two sides to community gardening. "One side is understanding how to grow vegetables or ornamental plants in this climate and how to care for the soil. In a community garden, you meet knowledgeable people who help you learn."

"Then there's the human side. A community garden is a volunteer-based organization. It takes proper management of the enterprise so that everyone gets along and conflicts are resolved in a positive way. If we learn how to share the experience, we all gain far more than if each of us just had a garden in our own backyard."

Einsiedel calls community gardens "a real-life setting in which to practice participatory democracy." He urges the boards of community gardens to be clear about membership expecta-

tions and to enforce them gently but firmly. It's never easy dealing with members who neglect their gardens, leave water running or the communal tools lying out, or who even steal other people's crops. "Good will is the name of the game," he says.

Gael Blackhall is the present coordinator of the Community Garden Resource Network, and she has witnessed the phenomenal growth of community gardens across the city. Her network concentrates on educating gardeners to maintain productive and sustainable community gardens. She even tracks the reasons that people give for participating in community gardens.

The primary reason most people join a community garden is what JoAnn Mulligan described as the source of her pleasure. It's

all about growing and eating fresh vegetables, pesticide-free, organic, and homegrown. It's not cheaper, especially when you consider the labour expended on a garden, but the harvest from a local garden is healthier and just tastes better.

The social aspects of community gardens rank high on the list as well. These gardens are community hubs where people get to know their neighbours. "In some community gardens," Blackhall notes, "there are seniors who come to visit just to be with their neighbours. They don't even have plots."

Though no census has been taken of the Community Gardening population, Blackhall acknowledges that seniors make up a significant segment of participants. Often seniors are living in apartments and condos and

have no backyards of their own for a garden.

Another reason seniors engage in community gardening is the physical exercise they get. In fact, in Canada, gardening is the second most popular form of exercise after walking. As any veteran gardener will attest, gardening utilizes muscles that walking doesn't and provides more general conditioning.

Many seniors are motivated by a desire to beautify the landscape, restore abandoned and weed-infested property and encourage local biodiversity. The community garden at Fort Calgary actually grows plants brought by the early settlers.

Immigrants sign up for plots in community gardens in order to grow vegetables more common in their countries of origin, and then enjoy their own native cuisine. International students at the University of Calgary are among these gardeners as are older adults living in immigrant neighbourhoods around the city.

In many ways, seniors engaged in community gardening are reconnecting with their rural past and perhaps even exploring ancient traditions of working with the soil and respecting the environment. Urban life has lost connection with the land, and gardening is one way back to a healthier relationship with nature.

Community gardens can be found in every part of Calgary. If you stop by one this summer or fall, you are likely to spot one or two seniors on their knees or holding a hoe. It's a movement worth joining.



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Tulips colour the lives of hospice patients and their families



Dawn prepares his tulips for the 2015 season.

He took me on a walking tour of the place, through natural Aspen groves, past small greenhouses and composting boxes and finally ended up at the garden located just beside his house. Stepping into the garden and carefully walking between planters and pots of tulips deeply embedded in the soil was like walking on dense foam. Dawn explained that the garden soil has been built up over 40 years, as the contents of the composting boxes have been worked in every growing season.

Each autumn, tulip bulbs are densely planted inside the planter boxes and pots, which in turn are buried up to their rims in the rich loam. The bulbs are watered in to start the development of their roots, and then left for the winter. Each box and pot is numbered and identified by a strip of lath that indicates the exact position it will occupy on the grounds of the hospice. When I visited, tulips for the first of three rotations of floral displays were emerging from the soil. These will be lifted from the garden then taken and placed at Rosedale later in April. Subsequent deliveries of later emerging tulips will be delivered in late spring and early summer. As new plants are delivered, planters and pots of tulips on the wane at the hospice are returned to Dawn's home and their contents emptied into one of the three composting boxes, each about the size of the box of a large gravel truck.

I spoke with Allen Kroeker, operations manager for Hospice Calgary, and asked him what the blossoms mean to hospice residents. He explained that people coming to Rosedale are in the terminal stages of cancer.



Tulips on display at Rosedale Hospice.

Story and photos by
Tim Johnston

Upon retiring from a long and successful career as an engineer and entrepreneur in the oil and gas industry, Dawn (not Don) Sharpe decided to enroll in the master gardener course offered by the Calgary Zoo and Botanical Garden. Dawn was a serious gardener all during his petroleum career and for many years had practiced his craft on his home acreage west of downtown Calgary. As a child back in his home in New Brunswick, Dawn's mother had encouraged his interest in plants, soil and horticulture. When he was only 10, Dawn was already ordering seed catalogues.

The culminating activity for members of Dawn's master class was to take on a volunteer project within the community. As it happened, the Rosedale

Hospice had asked the Zoo's program administrators if assistance could be obtained for the upkeep and maintenance of the hospice's plants and gardens. Dawn and his fellow graduates responded to the request. That was 15 years ago and most of those folk have continued to plan and maintain the gardens ever since.

Dawn, however, undertook to provide potted blossoming flowers throughout the spring and summer and, for some years, cold-hardy plants in the fall. He does this partly because he has the space and facilities to grow large numbers of plants, and partly because of his desire and that of his wife, Susan, to provide additional volunteer services to the hospice. His spring flowers of choice are tulips.

In early April, I visited Dawn on his own piece of Eden.

It is a frightening and highly emotional time for patients and their families. The presence of the garden and the abundance of flowering plants help to ease the transition from home to the hospice and contribute to the sense of a peaceful sanctuary. "With the delivery of the first batch of tulips, Dawn and his wife Susan give the place an instant hit of spring that is greatly welcomed by everyone," said Allen.

After we had explored the garden, Dawn invited me inside for a cup of coffee and to carry on our conversation. We shared stories of our respective careers, places we had travelled and reminiscences of our youth. In the background as we spoke was the chortling symphony of a variety of about two dozen baby chicks, starting their lives in

the warmth and safety of the house. The chicks dwelt in a sophisticated nursery complete with warming lamps, food and water dispensers and a special floor material that is regularly changed and sent to the composting boxes. Memories of my childhood in Lethbridge came to mind, recalling trips with my mother each March to bring home two dozen baby chicks to our coal-stove heated kitchen.

In addition to his intensive gardening activities, Dawn serves as a volunteer at the Kerby Centre. Upon the publication of each issue of the Kerby News, Dawn organizes the labeling and distribution of bundled batches of the newspaper. The half-ton truck that he uses to deliver and retrieve planters and pots of tulips is pressed into use throughout the year as a newspaper delivery vehicle.

Just before I left his home, Dawn brought me a copy of a unique family photography album. Produced from a vast selection of images made on a family safari to the Okavango Delta in Botswana, Africa, the book is mainly concerned with the wildlife of the area. In addition to the photographs contributed by Dawn, his wife Susan, and their two grown children and spouses, there are detailed captions identifying and describing the birds and animals depicted. For me, the book illustrated something else — another facet of Dawn Sharpe's productive and creative life.

I promised to return the volume when I visit again to see pots and planters of tulips in full and colorful bloom. □

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Lowe's Seasonal Plants expert, Karey O'Halloran, provides quick points on selecting and growing the right edible plants for your garden.

- Most (but not all) vegetable and fruit plants require full sunlight — at least 4-6 hours/day.

- Full sun vegetables and fruits that grow on the vine generally produce most colour. Consider an assortment of bell peppers, eggplant, hot house tomatoes, strawberries, and blueberries.

- Cool season plants such as cabbage, kale, spinach, broccoli, cauliflower, peas, and beans are versatile and can tolerate some shade.

- Vegetables and fruits will not grow in full shade.

- Salad greens make for great edging plants as they are lush in colour and foliage.

- For small spaces — window boxes, hanging baskets, potted plants, and raised garden beds are versatile and can allow for great growing.

- Need shade? Consider planting a fruit tree in your yard. Apple, peach, pear, or apricot varieties are all great choices for Canadian climate and produce beautiful flowers. Keep in mind that falling fruit can be messy, and could attract pests such as flies and bees.

- To control pests, plant garlic bulbs sporadically throughout your garden. This will help to ward off spiders, flies, and slugs.

- If you love flowers, consider growing edible varieties, such as pansies, borage or even squash.



Community gardening is an option for growing edible plants.

Photo by Bert Einsiedel

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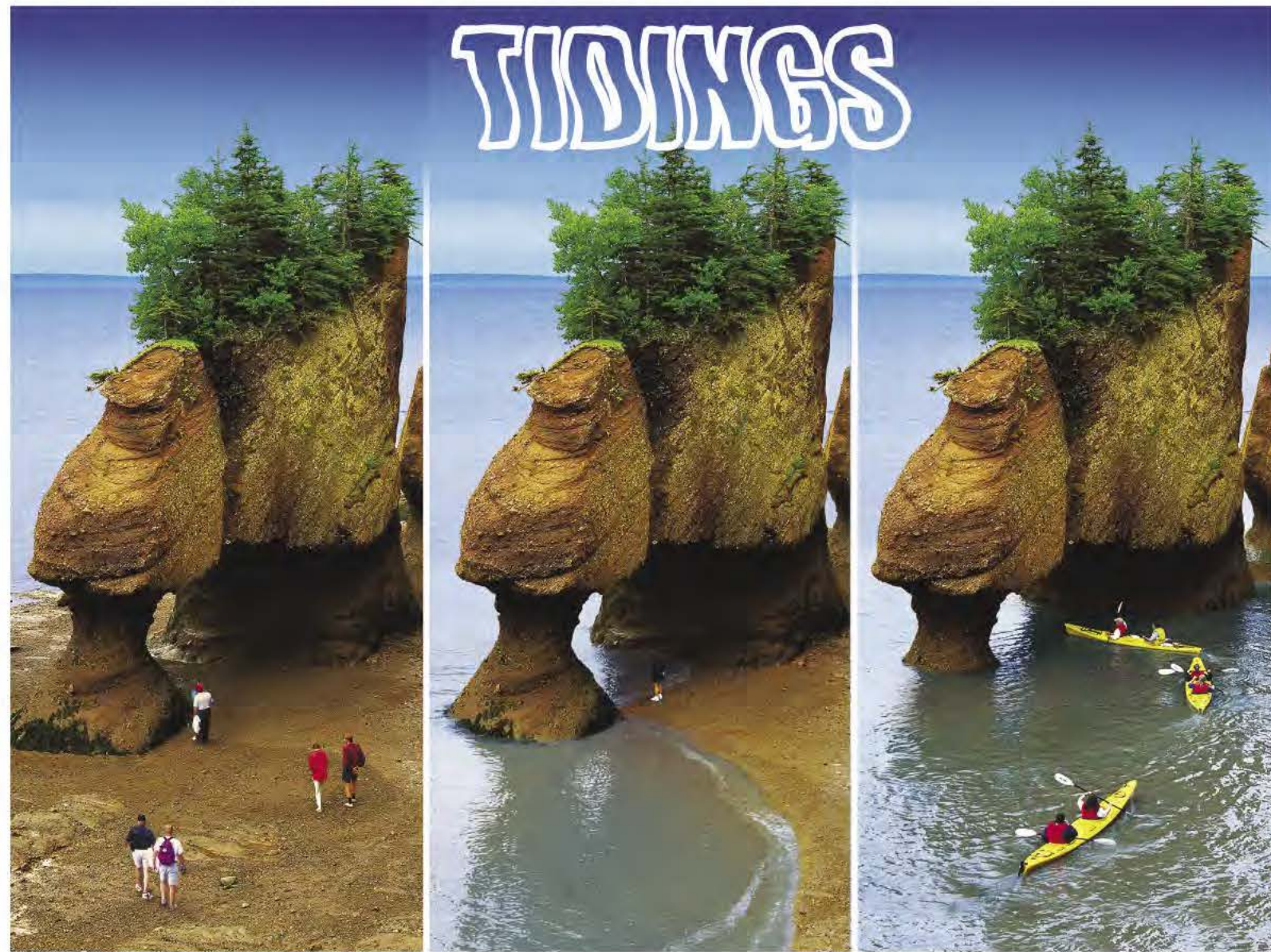
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TIDINGS



Iconic Hopewell Rocks dramatically illustrate the great tides of the Bay of Fundy which are the highest in the world and can reach over 16 metres high.

FROM NEW BRUNSWICK

• By Barry Whitehead • Photos courtesy of Tourism New Brunswick • Page design and layout by Winifred Ribeiro •

As Calgarians, unless we've got relatives there, we probably don't give the maritime provinces of Nova Scotia, PEI and New Brunswick too much thought.

While I could also admit to not knowing much about the Maritimes either, I had come closer than most Calgarians to actually visiting there. As a kid living in southern Ontario my family would take summer vacations on the Atlantic beaches of southern Maine, with New Brunswick being just up the coast.

However being "close to" a place isn't good enough for a travel completist such as myself. The Maritimes were the only region of Canada I hadn't visited south of the 60th latitude, so I was naturally curious to discover what they were all about. So, last summer, for the first time in half a century, I found myself on the north eastern Atlantic seaboard, only this time making definite landfall in New Brunswick.

Like most travelers to the province I zoomed in on the south, on a road tour which started inland at Fredericton in the Saint John River Valley before heading south and eastward along the Bay of Fundy and Acadian coastlines and ending in Moncton.

Perhaps the least known of the maritime provinces, I discovered that uncrowded, unspoiled and unheralded New Brunswick could be Canada's best kept travel secret. And with the Canadian dollar on the downturn, now might just be the best time to visit.

Fredericton and King's Landing

Landing at Fredericton International Airport via Toronto, I disembark the old-fashioned way by walking across the tarmac to the terminal. From the single baggage carousel I can practically swing my bags right around to the car rental desk just feet away. Within minutes I'm on the road to Fredericton. The drive into town follows the Saint John River with handsome 19th century mansions on the inland side, as well as the provincial Legislative Assembly. With hardly any traffic I'm at my downtown hotel, the Crowne Plaza Lord Beaverbrook Hotel,

in next no time. If New Brunswick continues to be this stress free, I'm going to like it here. My first stop is the Beaverbrook Art Gallery with over 2000 pieces of fine art donated by Fredericton's most famous son, Lord Beaverbrook. Spread over two floors there are masterpieces by classic British portrait and landscape painters such as Constable and even works by Winston Churchill. Cornelius Krieghof's scenes of Atlantic Canada's Acadian community are central to the collection, along with more modern paintings by Atlantic

Canadian painters such as Alex Colville. A couple of blocks away along downtown's main shopping thoroughfare, Queen Street, is the historic Garrison District, established in 1784 for the British Army. I was just in time to catch the last tour of the area with a costumed guard who explained the garrison's life and the prominence of Lord Beaverbrook to the city. The nearby Officers' Quarters now house numerous artisan outlets — apparently, Fredericton has the most working artisans per capita in Canada. In the evening I catch the Changing of the Guard at Officers' Square. The Canadian Army was born here in 1884 and I watch period-dressed guards re-enact a drill ceremony to the skirl of pipes and beat of a drum. The ceremony was followed by a free outdoor music concert.

The attractions of Fredericton are mostly within a few downtown blocks of each other, with fine historical buildings and shops with character backed by an attractive river setting. It's a small city with a quiet, genteel appeal and easily walkable.

The next morning the curving, rolling Saint John River Valley

road is a pleasure to drive, punctuated by well-tended homes, gardens and beautiful river views. My destination half an hour away is Kings Landing Historical Settlement, which is a recreated living history community representing the Loyalists, who immigrated to the region in the aftermath of the American Revolution. Informative, costumed "residents" re-enact life in the 1800s and there are daily demonstrations of rural crafts such as horseshoeing and weaving. I found the site convenient to stroll or ride around on a horse-drawn wagon. And you can't beat the idyllic waterside location.



Cat Person sculpture by Ellen Scobie in Kingsbrae Gardens. Photo by Barry Whitehead



The Grand Manan car ferry sails by rocky outcrops and herring weir farms and takes 90 minutes from the mainland to the island of Grand Manan.

St. Andrews by the Sea and Grand Manan

It's just over an hour's drive from King's Landing to New Brunswick's premier summer resort, St. Andrews by the Sea, situated on a narrow peninsula in the far southwest corner of the province just across from the state of Maine. The waters which surround the town are an offshoot of the Bay of Fundy and the next morning on an excursion to Minister's Island Historic Site I experience for the first time the great tides which prevail here. The island, which I nervously reach by car across a rocky sand bar exposed only at low tide, is where Canadian Pacific magnate William Van Horne (he's seen standing in the famous photograph of the driving of the last spike on the CPR railroad near Roger's Pass in 1885) built his summer retreat. I take a guided tour of his rustic mansion (included in the island's entrance fee) and the grounds.

The barn, built in 1903, was the largest structure in Canada at the time. There are a number of hiking trails to explore as well. Just be sure you're off the island before high tide sets in! From maritime-style Water Street, which follows the shoreline downtown, to the streets which stretch up the hill from the bay, St. Andrews is an historic treasure. Many New England style buildings in town are over 100 years old. At the top is the Fairmont Algonquin Resort, where I am staying, and renowned for its golf course. Within walking distance are the award-winning Kingsbrae Gardens. There are over 2000 species of plants and flowers here and even the non-green-fingered such as myself, enjoy strolling the pathways. The sculpture garden, full of whimsical creations, was a highlight for me, as was taking lunch on the outdoor patio of the Garden Café.

Perhaps the most popular excursion at St. Andrews is whale watching which I take in the evening. Island Quest Whale Watching Adventures guarantees sightings and I am not disappointed. Finbacks, which are the world's second largest whale, breach the nearby waters on a number of occasions. I also learn about the ubiquitous aquaculture, such as floating salmon farms, as we sail through the archipelago of the Fundy Isles south of St. Andrews. The furthest south of the Fundy Isles is Grand Manan Island, my next destination. It's reachable by car ferry from Black's Harbour, a 40 minute drive from St. Andrews and I am on the island by late morning the next day. Grand Manan is a quiet, laid-back kind of place (it does seem popular with an older clientele judging by my own impressions) even at the start of the Labour Day weekend. Driving the main coastal road from one end of the island to the other, which only takes half hour even at the 60km speed limit, friendliness prevailed with people waving a greeting from their verandas and porches. Grand Manan is maritime picturesque, with villages on rocky coves dotted with white clapboard houses, stacks of lobster traps and fishing boats on the water, or sunk into low-tide mud. Whereas I only saw one gas station and supermarket on the whole island, every few miles a headland seemed to have a red lighthouse. Although it is a warm day with the sun sparkling on the ocean, my sea kayaking trip is cancelled due to high winds. In ocean environments appearances can definitely be deceiving. However, this gives me the remainder of the day to explore. I visit Southwest Head Lighthouse which looks out towards the open Atlantic over steep sea cliffs and crashing waves. I take the road out to Dark Harbour where Dulse, a purple seaweed rich in iodine and iron washes in on the shore. After harvesting and drying it becomes a popular local snack, although to my taste it's very salty. I overnight in North Head at the Marathon Inn, a former 19th century retired sea captain's residence.



A whale breaks the water on a whale watching excursion off the coast of St. Andrews.

Saint John and the Upper Fundy Coast

Back on the mainland, it's less than an hour's drive the next day to Saint John, the province's major port. When I arrive there's a giant cruise ship dwarfing its downtown mooring. During the seafaring prosperity of the 19th century, Saint John became known as the Liverpool of America. The streets, which slope steeply down to the harbour, are on the site of the original Loyalist town and much of downtown is a national heritage preservation area. Arriving on a Labour Day Saturday the heart of downtown by Loyalist Plaza is full of street entertainers. That's reserved for my evening enjoyment and I spend the afternoon in the New Brunswick Museum perhaps the province's best resource on the natural and commercial history of the province. The museum has informative dioramas exemplifying the province's most important formative industries, shipbuilding and logging. The Hall of Great Whales with its ceiling displays of whale skeletons seems especially popular with kids.

Later, I make my way to the top of downtown via gently sloped indoor shopping mall ramps to the Old City Market. Once outside I check out the nearby Loyalist Burial Ground and King's Square, the site of summer concerts, with its 1908 bandstand, before winding my way down to the harbour past funky red-brick Victorian buildings to my hotel, the Hilton Saint John.

The next day, a short drive eastward from Saint John brings me to the Upper (or eastern) Fundy Coast. The town of St. Martins, with its two covered bridges, is the gateway to the Fundy Trail Parkway, the most scenic stretch of highway along the entire Fundy coast. The parkway hugs the shoreline for 16 kilometres with numerous viewpoints along the way. Guided by the daughter of the

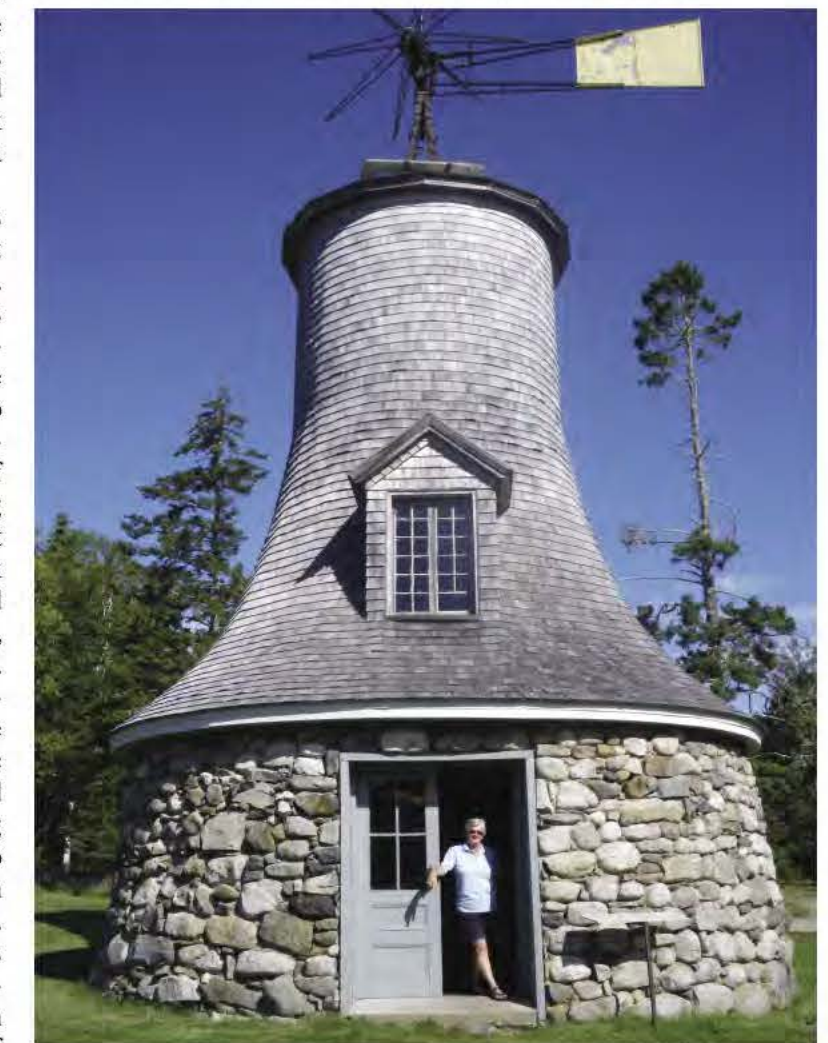
Fundy Trail's founder, I am introduced to coastal scenery at its best, with waterfalls, rugged wooded headlands framing sandy beaches and views extending across to Nova Scotia. There's an interpretive centre here which explores the area's logging history. Although I drive the parkway, you can also bike or hike the coastal trails at a more leisurely pace. The parkway is still being extended; eventually you'll be able to drive along the entire coast. But for now all traffic has to backtrack to St. Martins and drive inland before getting back to the coast further east via Fundy National Park.

Fundy National Park is only 206 square kilometers but packs a lot within its confines. Driving in from the north its topography is a forested downslope as I descend towards the coast. The woods are home to deep valleys, rivers and numerous hiking trails. I notice lots of cars at the trailhead parking lots. At park headquarters, right on the Bay of Fundy, the park becomes more domesticated with a nine-hole golf course, tennis courts and lawn bowling. Beside the heated outdoor salt-water swimming pool on the edge of the bay I have a picnic on conveniently provided Adirondack chairs, before taking a short stroll on a boardwalk to a viewpoint overlooking an inlet at Point Wolfe Beach. Staying in the park means camping, while four-wall lodging is just outside the park in the small fishing village of Alma, where I stay at the Parkland Village Inn right on the water.

The next morning fog rolls in, however it's perfect weather to experience my next destination, the lighthouse at Cape Enrage. Situated atop a 150 foot rocky promontory, the lighthouse has been protecting shipping since 1838. The misty silence is punctuated by three automated blasts of horn every



With spectacular views across the Bay of Fundy to Nova Scotia just a few kilometres away, zip-lining is a popular activity at Cape Enrage.



On Minister's Island William Van Horne's regimen of self-sufficiency required a windmill to pump running water to his residence from an underground storage tank. Photo by Barry Whitehead

45 seconds, so loud that the hearing of visitors is protected by forbidding close access to the lighthouse. The site now functions primarily as an outdoor adventure centre. Popular activities include rock climbing and rappelling on the cliffs and beachcombing, at low tide, for fossils on the beach below. The former keeper's house is now a restaurant with a patio. A chalkboard at its entrance verifies my opinion that I have chosen a good day to visit: "without fog there would be no lighthouses." Following a tasty lunch of lobster poutine, it's less than an hour drive to New Brunswick's most photographed site — the Hopewell Rocks. The Hopewell Rocks are giant precarious rock formations which the Bay of Fundy tides have carved out of the shoreline. The free-standing stacks become islands twice a day as the tide rises. It's only

possible to walk around these "flower pots" from three hours before low tide to two hours after. When I arrive the water is just beginning to lap at their bases. I scurry down a steep staircase with just enough time to stand on the beach at the foot of these sea-sculpted marvels and snap a couple of photos before the tide begins to encircle my shoes. Hopewell Rocks is easily the most popular tourist destination in New Brunswick and the only place I experienced crowds—however it was Labour Day. The appeal here includes a large visitor centre where exhibits describe the rocks' geology and relationship to the tides plus a large cafeteria. After a full day on the bay, fortunately it's only 35 kilometres up the Pettaodiac River to Moncton where I am staying for the next three nights at the Marriott Residence Inn.

Continued on page 20



In Fredericton's historic Garrison District 19th century guards march during the summer months.



King's Landing provides period entertainment outside the King's Head Inn while inside you can eat hearty traditional fare such as venison stew and maple brandy squash pie.



You can experience the essence of Acadian culture at Le Pays de la Sagouine.

Continued from page 19

Moncton and the Acadian Coast

Moncton is the largest metropolitan area in New Brunswick and less than a half hour drive to the province's eastern shoreline along the Northumberland Strait, the body of water which separates it from Prince Edward Island. The region is home to many of the province's French speaking inhabitants including the Acadians, the original French speaking inhabitants of the region.

The next morning I set out to discover Acadian culture in the coastal town of Bouctouche, at Le Pays de la Sagouine. Situated on an islet, it is an authentic reproduction of a prohibition — era Acadian fishing village inspired by international award winning novelist Antoine Maillet and her celebrated character, La Sagouine. During the summer months you are invited to discover Acadian culture through their cuisine and numerous theatre, music and dance performances. However, arriving just after Labour Day, I am only able to explore the village with a costumed guide who tells me about the survival of Acadian traditions during times of their suppression and subsequent revival in the last century. On my way back to Moncton, I explore the back roads of the rural Acadian coast between scenic Bouctouche Bay and the town of Shediac. Along here, Acadian flags flutter in pretty towns

with French names and the pace of life seems of a bygone era with people chatting road-side. Offshore there's the periodic sight of oyster farms.

In the afternoon I continue my Acadian education at the University of Moncton's Acadian Museum, devoted to explaining the history of the Acadians since 1604. While there are Acadian historical artifacts and church art, my attention is drawn to more modern exhibits such as the "fighting fisherman" Yvon Durelle's boxing gloves from his world light-heavyweight fight versus Archie Moore in 1958 and cartoons of a superheroine nun protecting the rights of the persecuted.

I cut short my visit in order to catch Moncton's tidal bore, a lead wave up to 60 cm high which rushes upriver from the Bay of Fundy. It's a tourist attraction and has been surfed to international attention, but I just miss it. However, I keep in mind that many locals call it a Total Bore. But, then again, locals do take the formidable Fundy tides for granted as well.

Moncton is considered a family destination with many of its attractions centered near Magnetic Hill. Here, an optical illusion of altitude difference gives the impression that when one's car is set in neutral it appears to coast backward up the hill — I find the phenomenon a little disorienting.

At Magnetic Hill Zoo, which bills itself as the largest zoo in Atlantic Canada, I was able to see the highly touted and newly-opened "Amur" big cat exhibit, as well as fresh evidence of the zoo's further expansion. It seems everything sticks to Magnetic Hill, surprisingly, even a winery. At Magnetic Hill Winery I tried eight complimentary tasting wines ranging from dry to dessert with a definite emphasis on the fruity. They ship to anywhere in Canada; I saw a crate whose destination was the Yukon.

Moncton is one of the host cities of the 2015 FIFA Women's World Cup between June 9-21. The city celebrates its role as the Maritimes' transportation hub at downtown's Resurgo Place, home to the Moncton Museum and Transportation Discovery Centre. It has lots of fun, interactive exhibits such as showing how submarines work and airplanes fly. Moncton's modern downtown is compact and packs a surprising number of restaurants along its active and narrow main street, including Catch 22 lobster bar where I have a crab cakes lunch on my final day.

Afterwards, I head out to Parlee Beach. Only a 20 minute drive away, it's Moncton's



Biking and hiking are the best ways to savour the beauty of the Fundy Trail.



The mock-Tudor Algonquin Resort is the place to stay in St. Andrews.



Spanning a whole city block, Saint John's City Market is the oldest common-law market in Canada in continuous use since 1876.

favourite beach. Mid-week, I virtually have the expansive sands to myself. Right on Northumberland Strait, the protected waters of the Gulf Stream are responsible for water temperatures as high as 24 C in mid-summer. I found the extremely shallow waters still invitingly warm.

Nearby Shediac is the self-proclaimed lobster capital of the world (there's a well-known giant lobster sculpture in town) so what more natural

thing to do than take a lobster dinner cruise on Shediac Bay. On a Lobster Tales' two and a half hour cruise I see lobster traps pulled out of the water and the lobsters' claws safely bound before our captain shows everyone (including seniors from all over the world) the delicate process of properly cracking open and eating fresh lobster. It's a tasty and entertaining way to end my stay in New Brunswick. □

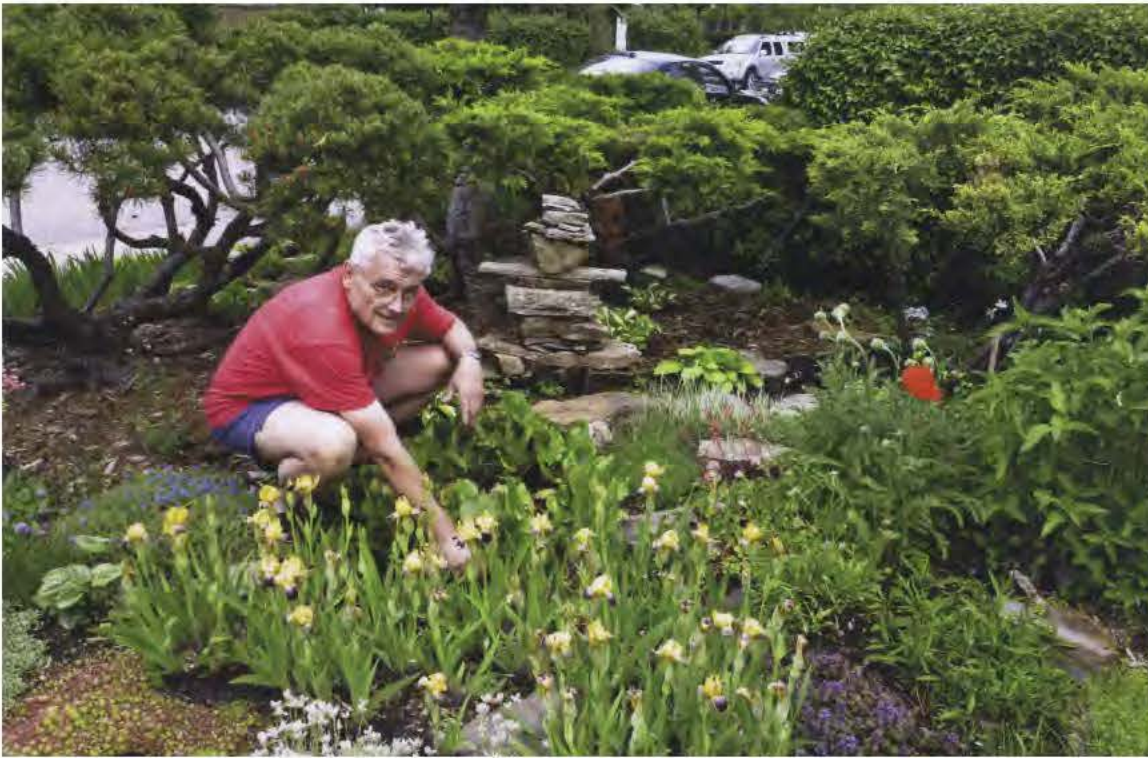


Kingsbrae Gardens has something for everyone, even Alpacas to pet, if you're bold enough. Photo by Barry Whitehead



A roadside shrine to the Virgin Mary along with the Acadian flag with a backdrop of the Northumberland Strait. Photo by Barry Whitehead

You don't have to be a horticulturalist to have a nice garden!



Jerry Cvach working in his rock garden.

Story and photos by Jerry Cvach

Already in my teen years, whilst living in Czechoslovakia, I was “into” rock gardens. My father built a cabin in a rustic village on a lot that for many years had been a source of clay for the locals to make their own adobe bricks. The entire property was an old pit cut into the side of a hill. Behind the cabin the slope had to be terraced and stabilized by rocks and retaining parapets. The soil was pure clay, ideal for brick making, but terrible for gardening. The only things we could grow were rockery plants and a few birch and pine trees.

Shortly after my wife, Judy, and I came to Canada 40 years ago, we bought our current house. We had the builder bring us a few extra loads of loam to build a mound on our flat front yard to make a small rock garden on the slope facing the house. Since we wanted to blend into the neighborhood we graded the other side of the slope more gradually and put down some sod. In due time the grass figured out that we knew nothing about growing lawns (since we were not English), so we started to bring in more rocks from our hiking expeditions. The lawn was eventually converted into a rockery and it now covers the front yard all the way to the sidewalk. Even in the back yard the lawn was replaced by a perennial garden and a large wooden patio.

The front yard is my domain, while my wife prefers the privacy of the back. As a result the two gardens are quite different. Judy's is orderly and always immaculate while mine is, well, different. For one thing, she can grow hens-and-chickens better than anyone else I know. She has zillions of them and we call her “netreskova baba”

(loosely translated as hens-and-chickens granny).

When I woke up on the first official day of spring and looked out of the living room window my rock garden was still looking very sad indeed. However, in only a few weeks it will change dramatically. Perennial gardens in general are very good that way. Unlike the annuals that need time to develop their full glory, perennials flower profusely right from the start. Even though they bloom just once in the year, and last for one to three weeks, they do this at different times. The primulae and phloxes arrive first and the irises follow. Then come the lilies, echinacea, hostas and last of all the asters. There others in between, too many to list. The appearance of the garden changes daily. It seems like a mad rush from the get-go to the finish in October.

I love gardening, the challenges, creativity and beauty of it, but I'm not a gardener in any proper and well-educated sense, not even a good

one. I don't know what I'm doing, don't know the English names of most of my plants, and in Latin not at all; and particularly not of those plucked from the wilds. I've no idea how to make them really happy. If a plant doesn't prosper, I give it a second chance by moving it a little distance away. This is surprisingly effective in many cases. Sometimes I may bribe the plant a bit with some sea soil or compost. If that doesn't help they get the boot, are replaced by something else and the experimentation continues.

There was a time when I was ambitious and studied gardening manuals, but found their instructions and suggested remedies confusing and ineffective. When the experts don't recommend watering more, they recommend watering less and there is always some problem with the soil. So I water, fertilize, and weed or trim my bushes when I have time. If my plants don't like the soil, I mix in more from whatever



Siberian irises with bluebells in full bloom.

bag of miracle soil I have on hand because it was on sale. The kind doesn't matter. If it is nutritious it usually helps. One outcome from the use of different soil can be surprising. The hens-and-chickens in particular tend to change their colour and sometimes and even their appearance. One unwanted outcome of my ignorance is that I'm evasive when passersby ask advice. I give an off-hand reply and they think me haughty.

After all those years and a great deal of stubbornness on my part, though, the plants that survive the treatment and thrive are now outnumbering the experimental ones and the yard is starting to look darn good. To the point that a sneaky member of our community garden enthusiasts, God bless her soul, nominated me one year for their annual competition without my knowledge. I won the

first prize, I believe for the Curb Appeal. The judging was done by a Garden Centre employee and the only criticism was that the garden hose and tools weren't put away on the day of judging. Serves them right, they should have told me!

Our house is close to an off-leash area and we get a lot of traffic from the dog people who are a happy breed (I mean the people), and make encouraging comments. It was one of the ladies who observed that the changeability of my perennial garden makes her daily walk enjoyable. We derive a great deal of satisfaction from gardening, one of the last vestiges of simpler times before electronics. It doesn't take much knowhow, or much money, but a little bit more of your time.

It is not complicated. I bet you can do it also and it's worth it! □



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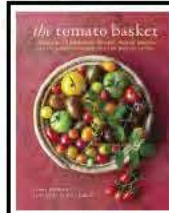
Tomatoes — the fruit that acts like a vegetable

Page design & layout
by Winifred Ribeiro



Whether you refer to a tomato as a fruit or a vegetable, there is no doubt that a tomato is a nutrient-dense super-food that most people should be eating. This fruit that acts like a vegetable is loaded with health properties and is referred to as a "functional food," one that goes beyond providing just basic nutrition, additionally preventing chronic disease and delivering other health benefits, due to beneficial phytochemicals such as lycopene. Packed with antioxidants, dietary fiber and vitamins, tomatoes are a rich source of vitamins A and C and folic acid. Tomatoes form an integral part of many cuisines around the world.

The Tomato Basket cookbook by Jenny Linford celebrates the tomato in all its glorious varieties, with deliciously simple recipes for soups and salads; canapés and dips; poultry, meat and fish dishes; vegetarian plates; and ideas for using tomatoes in pasta, rice, bread and pastry. Whether you enjoy raw tomatoes in a summer salad or always reach for a tin of chopped tomatoes for winter mid-week meals, there are plenty of recipes in this book that you will use time and time again. From staple family dinners to impressive feasts for entertaining, Jenny has collected and created recipes with flavours from all over the world, because when it comes down to it, there are not many who do not love a tomato?



The Tomato Basket ©
by Jenny Linford
Ryland Peters & Small,
\$21.95; www.rylandpeters.com
Photography by Peter Cassidy



Tomato ginger spare ribs ©

Spare ribs, braised in an aromatic tomato ginger sauce, make a rich, flavourful dish. Serve with steamed rice and a vegetable side dish, such as blanched Chinese greens.

Serves: 4

- 450 g / 1 lb. ripe tomatoes
- 2 tablespoons oil, plus extra for shallow frying
- 2 onions, peeled and finely chopped
- 2 garlic cloves, peeled and chopped
- 2 x 5-cm / 2 in. pieces of fresh ginger, peeled and finely chopped
- 1 teaspoon Chinese five-spice powder
- 1 tablespoon sherry or rice wine
- 2 teaspoons dark soy sauce
- 1 tablespoon tomato purée/paste
- 1 tablespoon brown sugar
- 300 ml / 1 1/4 cups chicken stock
- 12 pork spare ribs (about 1.2 kg / 2 1/2 lbs.)

Begin by scalding the tomatoes. Pour boiling water over the ripe tomatoes in a heatproof bowl. Set aside for 1 minute, then drain and carefully peel off the skin using a sharp knife. Roughly chop, reserving any juices, and set aside.

Heat the oil in a frying pan / skillet set over a medium heat. Add the onions, garlic and ginger, and fry gently, stirring often, for 2–3 minutes until softened.

Mix the five-spice powder with 1 tablespoon of cold water to form a paste. Add this to the pan with the onions, garlic and ginger, and stir in, frying briefly. Add the sherry and cook, stirring often, for 1 minute. Add the chopped tomatoes, soy sauce, tomato purée / paste, sugar and chicken stock and mix together. Bring to the boil and cook, stirring occasionally, for 10–15 minutes, until the sauce has thickened and reduced.

Preheat the oven to 200°C (400°F) Gas 6.

Heat enough oil for shallow frying in a large frying pan/skillet set over a medium heat. Cook the spare ribs in batches and brown on all sides. Transfer the ribs to a roasting pan and pour over the tomato sauce to coat.

Bake in the preheated oven for 45 minutes until the ribs are cooked through. Remove and serve hot.



Greek rice-stuffed tomatoes ©

Evolve summer holidays on Greek islands with this Mediterranean dish, in which a few simple ingredients are transformed into a tasty and satisfying meal.

Makes: 4 servings

- 4 – 6 large tomatoes
- 3 tablespoons olive oil
- 1 small onion, peeled and finely chopped
- 150 g / 3/4 cup long grain rice, rinsed
- 1 teaspoon tomato purée / paste
- salt and freshly ground black pepper
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh mint
- 1 teaspoon grated lemon zest

Preheat the oven to 200°C (400°F) Gas 6.

Cut the tops off the tomatoes and carefully scoop out and reserve the soft pulp. Put the tomato shells in a baking dish large enough to hold all tomatoes upright. Set aside with the caps until ready to bake.

Heat 2 tablespoons of the oil in a frying pan/skillet set over a low heat. Add the onion and fry until softened, without allowing it to brown. Add the reserved tomato pulp, the rice and tomato puree / paste. Season well with salt and pepper. Bring the mixture to the boil and continue to cook for 10 minutes, stirring often. Stir in the parsley, dill, mint and lemon zest.

Fill the tomato shells with the rice mixture and top with their caps. Drizzle with the remaining oil, cover with foil and bake in the preheated oven for 1 hour, until the rice is tender.

Serve warm from the oven or at room temperature.



fried green tomatoes ©

A classic American brunch dish, the fresh juiciness of the tomatoes works nicely with their crunchy coating here. Serve with fried bacon and eggs for brunch, or as a side dish.

Makes 8 servings

- 4 green tomatoes
- 3 tablespoons fine cornmeal
- salt and freshly ground black pepper
- the leaves from 1 sprig of fresh thyme, plus extra to garnish
- 15 g / 1/2 tablespoon butter
- 2 teaspoons olive oil
- 1 egg, beaten
- seasoned crème fraîche or sour cream, to serve
- tomato ketchup, to serve

Slice each tomato into 3–4 even-sized thick slices.

Season the cornmeal with salt and pepper, adding in the thyme leaves, if using. Set aside.

Heat the butter and oil in a heavy-bottomed frying pan/skillet until it begins to froth. Meanwhile, dip the tomato slices first in the beaten egg, then in the cornmeal mixture, lightly coating them on both sides.

Add the coated tomato slices to the hot pan and fry for 2–3 minutes. Turn them over and fry until golden on both sides.

Serve at once, garnished with thyme, with a dollop of seasoned crème fraîche or sour cream and tomato ketchup on the side.

Window farming: is it feasible for seniors?

By Kevin Yates

Window farming is a relatively new concept that has been in practice around the world for the past few years. It enables people to grow fresh greens in recycled bottles to supplement their diets.

“We were actually able to grow a salad each week from a typical New York apartment window,” says Britta Riley, co-founder of Research and Do-It-Yourself (R+D-I-Y), a web-based organization that has brought the idea to the public. R&D-I-Y works toward the development of the window farm system. It maintains control of patents so that anyone may have access to the necessary knowledge and equipment.

“We have 18,000 people and we have window farms all over the world,” Riley said.

Window farms were designed for use in combating food-insecurity, a problem where people lack adequate food due to money or other restrictions. Seniors commonly lack adequate food, often due to fixed incomes, sometimes to the extent where the individual must choose between heating their home and eating.

But the verdict is still out. Critics are skeptical of the ability of bottle gardens to bring an end to food-insecurity because of the complicated nature of the system, the quality of parts used in construction, and the amount of food the systems can actually produce.

“They seem pretty difficult I’ve never seen an uncomplicated one,” says Mark Sutherland of Quick Grow,

a Calgary hydroponics dealer. “I think they would be efficient, but there are better methods.” Sutherland believes that the system would not be easy for seniors to learn and recommends using traditional hydroponic equipment because of its proven record in the growing community.

R+D-I-Y argues that they focus on removing the complexity so that anyone can harvest food throughout the year, which could lead toward an end to hunger.

“It’s precisely when we hand over the responsibility to specialists that we cause the kinds of messes that we see with the food system,” says Riley. “My core team and I are able to concentrate on improvements that really benefit everyone and we take care of the needs of newcomers.”

Regardless of opinions for and against, here is a list of the items needed to build a window garden system, and a description of how it is done.

Items needed are: three large pop bottles, one tube of silicone, one power drill, one 3-inch coring bit, one 1-inch coring bit, one 1/8-inch drill bit, one foot of twine or string, one sponge, one small bag or a few scoops of Lightly Expanded Clay Aggregate (LECA) stones, which can be found at any hydroponic store and at most gardening stores, one package of seeds or seedlings, one bowl, one can of paint or duct tape.

The first step is to fill the bottles with water and freeze completely. Freezing allows for a firm grip on the bottle, and gives a solid



Flowers can also be grown using window farming techniques.

Photo by Kevin Yates

backing to protect the bottle during drilling.

Next, using the 3-inch coring bit, drill a hole in the side of the bottle, down approximately one third of the length of the bottle from the cap. The drilling process will be messy, so

take precautions and use a towel to catch any ice.

Using the 1-inch coring bit, drill a hole through the centre of the base of each bottle. This is where the bottles are connected in a line and the nutrient-rich fluid is poured through to feed the garden.

The 1/8-inch bit is used to drill two to four holes through each of the caps to allow drainage through the bottles. A small cube of sponge will be placed in the top of each bottle under the cap to help to slow drainage, to stop any of the stones from falling through, and to allow the plants to absorb more nutrients.

Drill four holes around the 1-inch hole in the top bottle using the 1/8-inch drill bit. These holes will be used to tie the garden to a hook or rod.

When all the drilling is finished, drain the water and ice from the bottles and allow them to dry completely.

Apply silicone to the rim of two of the bottles and connect them to the base of another bottle by pushing them through the 1-inch hole. Make sure that the silicone forms a good seal. Place the small cube of sponge in the top of each bottle and then screw on the caps.

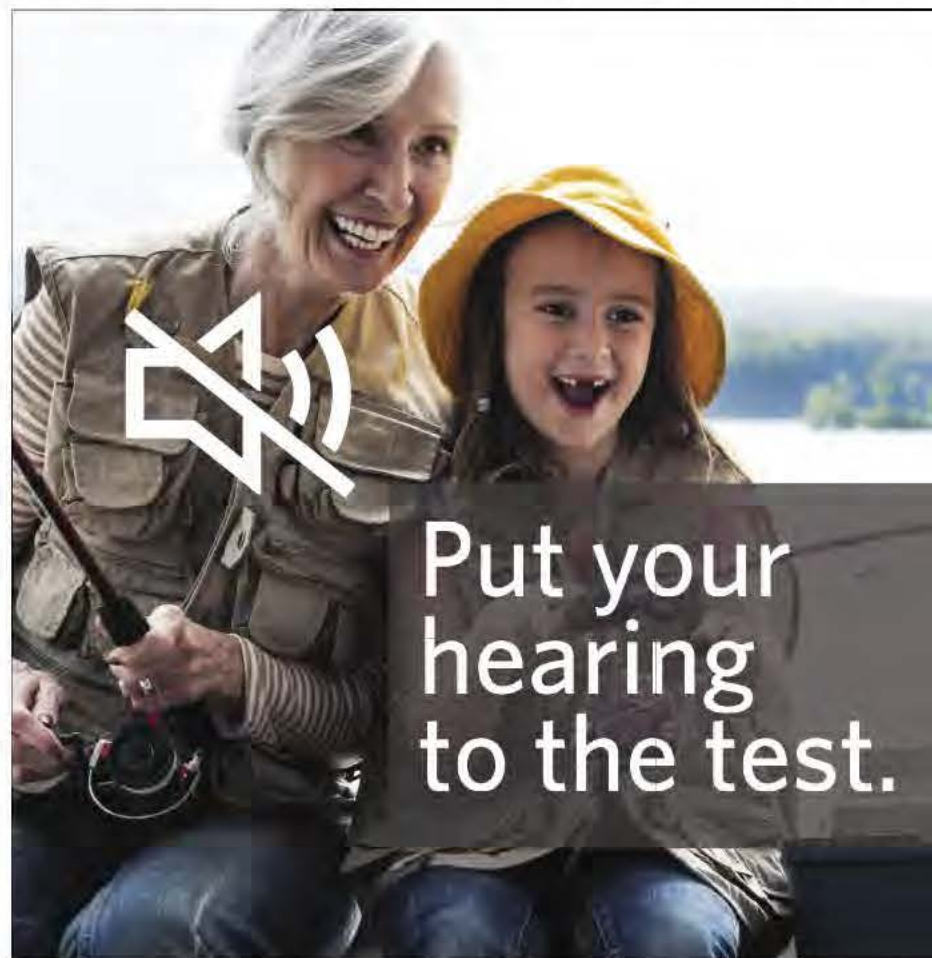
Fill each bottle with LECA stones until they reach the base of the 3-inch hole. Tie the garden to the desired fixture, and place a bowl beneath the garden to collect any water that drips through the system.

Paint the parts of the bottles where the LECA stones are visible, or apply duct tape in this area. Covering these parts will prevent the growth of algae, which would kill the crop. The bowl underneath should also be kept out of sunlight.

Water the stones and plant the seeds. Ensure that the stones are always damp by watering twice a day.

Some of the plants that are grown in bottle gardens include: mint, strawberries, cherry tomatoes, lettuce, basil or flowers.

□



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Betty Dargie gets big air with a long jump.

Getting ready for the Alberta 55 plus Summer Games in Strathmore

Every other year participants from eight different zones across Alberta compete to qualify for the Alberta 55 plus Summer Games. This year Strathmore is looking forward to hosting the Games from July 16 to 19, 2015. Over one thousand 55 plus Albertans will come together for this event.

Calgary (Zone 3) will be holding qualifying playoffs through to June 14. Competition is scheduled in 15 different events plus five

categories for creative writing and 46 for Arts and Crafts. There is something for everyone from card games such as cribbage, bridge and whist to bocce, horseshoes, cycling, swimming, 8-ball pool, golf, pickleball, tennis, floor curling and floor shuffleboard, track and field events and slo-pitch. The complete schedule of events and registration dates is posted on the web at www.calgary55plus.com or call Mary Martens at 403

256 4508 for additional information. Anyone 55 and over is welcome to participate in any or all of the events. Different age categories allow participants to compete with others of their own age level.

The Alberta 55 plus Summer Games were first held in Camrose in 1980 and have been held every two years to provide all 55 plus Albertans with an opportunity to get together in friendship and competition.

Seniors Scene

Silver Threads

On May 26, Silver Threads will be visiting Pasu Farm, north of Calgary. The visit will include a hot lunch, shopping and interacting with lambs. The cost to members is \$20. Guests are welcome but there will be an additional charge. For more information on this and other activities, contact Wendy at 403-264-1006 or write to inglewoodsilverthreads@hotmail.com.

Confederation Park

An annual garage sale will take place on May 30 from 8:00 a.m. to 3:00 p.m. at the Confederation Park 55+ Activity Centre. Donations can be dropped off at the Centre from May 27 to May 29 between 9:00 a.m. and 2:00 p.m.

On June 2, the 2nd Annual Sasi Jaunt, a 5k run/walk through the pathways of Calgary's Confederation Park, will be held. The family event will kick off at 10:00 a.m. and finish with an after-race festival featuring music of the Well Mannered Thieves, food from the Perogy Boyz, balloon art from Euan's Balloons, face painting by Amber, great prizes and a lot more. All funds raised through this Sasi Jaunt will go directly toward funding the Tea and Conversation program, a weekly event that gives isolated seniors an opportunity to socialize, dance, and enjoy active and fun-filled afternoons.

Ogden House

Come and join us for our weekly pot luck lunch on Wednesdays from 12:00 p.m. to 12:45 p.m. Bring a couple of sandwiches to share or pay \$3. After lunch there will be games of carpet bowling for an hour or so.

Ogden House is now hosting an Acoustic Jam once a month. The first Jam saw over 35 different musicians—seasoned artists and new talents—playing music ranging from traditional country to jazz. Interested musicians can call Debbie at 403-279-2003 for further information.

A TGIF dinner is hosted on the 3rd Friday of every month. Tickets are \$12 per person. Reservation is required.

On every Thursday

evening, drop in for the Thursday Game Night from 7:00 p.m. to 9:00 p.m., for which a Dart and Pool League has been put together.

Drop-in self-directed art classes are offered on Thursdays at 9:00 a.m. These classes, covering oils, water color, pastels, and pen and ink—are each \$15 for 6 weeks. Beginners are welcome.

For more information on all the above, please call 403-279-2003 or email programs@ogden50plus.org.

Social Dance Club

Two Social Club dances will be held in May at the Kerby Centre as part of the Saturday Night Dances program. The "Mothers' Day" program on May 9 will be to the music of Joel Spire and the "Hawaiian Days" program on May 23 to that of Stan Foster with participants dressed Hawaiian. Doors open at 7:00 p.m. and dance begins at 8:00 p.m. Tickets, inclusive of snacks and 50/50 draws, are \$12 for members and \$14 for guests. The Kerby Centre is located at 1133 7 Avenue SW. For more information, call 403-242-6957 for recorded messages or visit www.socialdanceclubcalgary.com.

Greater Forest Lawn

Greater Forest Lawn Five Star Bingo will be held on May 2 and 21 at 12:15 p.m. at 4980 25 Street SE. For more information phone 403-248-8334. The available bus routes are Circle 72 or 73.

Military Whist will be on May 8 at 7 p.m. Everyone is welcome, but please be aware that you should have a team of four people.

Dances will be held on May 2 to the music of Treble Tones, and on May 16 to the music of Country Travellers. Doors open at 6:30 p.m. and dance starts at 7:30 p.m. Cost is \$12 for members and \$13 for non-members.

For more information about these and other activities please call 403-248-8334 or go to www.gfls.org. Greater Forest Lawn 55+ Society is located at 3425 26 Avenue SE.

Compiled by Faye Wu and Margaret McGruther

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14 Days - September 12 - \$1999.00

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KOOTENAY - OKANAGAN TOUR
6 Days - September 20 - \$699.00

1 night Radium, 1 night Rossland, 2 nights Vernon 1 night 3 Valley Gap, Boat cruise, winery tour & tasting, Orchard tour & lunch, steak bar-b-q, Italian dinner

MINOT HOSTFEST
8 Days - departing September 28 - \$1578.00

Includes 7 nights superior accommodation, 5 deluxe breakfasts, \$30 Casino pkg, bus shuttle passes, admissions to all performances & pavilions.

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

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to any destination
Tell us your destination/date. We can help

All inclusive trips to any destination.
Unescorted or escorted.

Call us with your destination request.
We will help you arrange your tour

Don't see the tour you want? Please call us.
Book with us. Help yourself, help Kerby

Kerby Travel Day Trips

May Trips

Saskatoon Farm
Wednesday May 20
Member - \$44

Non-member - \$49
Includes transportation, lunch (with Saskatoon pie) and time to browse the gift shop & garden
Cut-off date: May 5
Sold out wait list only

Bow Valley Hike
Friday May 29
Member - \$46
Non-member - \$51
Includes transportation & guide by naturalist John McFaul. Bring your own lunch.
Cut-off date: May 13

June Trips

Trochu Arboretum & RCMP Dog Training
Wednesday June 17
Member - \$57
Non-member - \$62
Includes transportation, admission to arboretum,

lunch and a dog training demonstration
Cut-off date: June 3

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

July & August Hikes
Brown-Lowery Provincial Park
Thursday July 30
Member - \$46
Non-member - \$51
Includes transportation & guide by naturalist John McFaul Bring your own lunch

Are you a poet and didn't know it?

Kerby News invites readers over 50 to submit their poetry on any subject.

Please limit poems to 300 words maximum. Individuals may submit up to three poems.

Send by email or email attachment to editor@kerbycentre.com, or mail (or by hand) to the editor at Kerby Centre, 1133 7th Ave. S.W., T2P 1B2. Include name and phone number. Do not send original-please send a copy.

The deadline is Wed., May 13. Poets chosen will be notified in advance of publication. No remuneration will be provided, however, you will enjoy the thrill of seeing your work in print.



Time: 9 AM – 4 PM
Cut-off date: July 15

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

Travel Presentation
May 12 at 1.00 pm
Expedia CruiseShip Centers, Mount Royal, in the Lounge.
\$2 includes snacks
No obligation to purchase
No presentation in June

Tips for a healthy recovery after a heart attack

Continued from page 12

Eat well: Your body needs the right type of fuel to recover. Aim for between five and 10 servings of vegetables and fruit each day. Make at least half of your grains whole grains, and limit salt and sugar.

Ask for help: It's normal to feel different emotions when you return home. In some cases, cardiac events can trigger depression. If you're feeling overwhelmed, reach out for help. Recognizing the signs and starting treatment early can help speed up recovery.

More information is available online at heartandstroke.ca/heartdisease.

www.newscanada.com

LIFETIME HIGHS INC.

YOUR ESCORTS ARE A TEAM THAT CARES!

SLOTS OF FUN (CASINO ADVENTURES) 2015
Kootenai River Inn & Casino – 2015: – May 25-28, Sept 15-18, Nov 1-4, Dec 6-9
Cranbrook Casino of the Rockies – (4 Days/3 Nights), May 25-28, Sept 15-18, Nov 1-4, Dec 6-9
River Cree Resort & Casino: (Edmonton) – 2015 June 14-16
Deadwood – 2015 Oct 3-8 (6 Days/5 Nights)
Camrose – 2015 Oct 18-19
Stoney Nakoda Casino - Call for details

LOTS OF FUN DAY TRIPS (NO CASINO) 2015
Yodelfest - A Unique Airdrie Concert - May 9
Rosebud Theatre - "The Miracle Worker" - May 13
Berry Farm Visit - June 8
RCMP Dog Training & Hutterite Colony Visit - June 3
Rosebud Theatre - "The Wizard of Oz" - June 10
Waterton Overnighter - The Bam & Remington Museum and all meals (6) - June 19-20
Rosebud Theatre - "Mass Appeal" - Sept 30
Jasper Fall Fling - Oct 26-29
Rosebud Theatre - "Wind in the Willows" - Nov 25
Golf Anyone - Coeur d'Alaine or Cranbrook (St Eugene)- Call for details
*Do you require a bus for your activity; eg. your own lunch or shopping trip??? Let us help!
We can arrange transportation for any size group. Please contact us.

INTERNATIONAL ADVENTURES AND CANADIAN TOURS
Grizzly Bears- 2015 One Day Adventure - Saturday June 6, June 20, and July 18, 2015
Polar Bears - 2015 One Day Adventure - Oct 23, Nov 1 and Nov 14 - Call for details
East African Safari – We have partnered with Boutique Safaris, the only Maasai owned safari company in East Africa. If you or anyone you know has an East African Safari on your bucket list contact us and we will assist in fulfilling your African dream.

GIFT CERTIFICATE AVAILABLE
To register or for more information visit our website or contact us:
LIFETIME HIGHS INC. www.lifetimehighs.com
ph:403-282-5734 f:403-220-0689 lifetimehighs@shaw.ca

Kerby Centre Department Directory

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

<p>Main Switchboard 403-265-0661</p> <p>www.kerbycentre.com</p>	<p>Education & Recreation 403-705-3232 <i>Information source for programs at Kerby Centre</i> program@kerbycentre.com</p> <p>Fund Development 403-705-3235 <i>Work with members and community to provide funding for Kerby Centre's vital programs</i> robl@kerbycentre.com</p> <p>General Office 403-705-3249 generaloffice@kerbycentre.com</p> <p>Grocery Delivery Program 403-234-6571 <i>Shop and deliver groceries for housebound seniors</i> grocerydelivery@kerbycentre.com</p> <p>Housing 403-705-3231 <i>Assists seniors in finding appropriate housing</i> housing@kerbycentre.com</p> <p>Information / Resources 403-705-3246 <i>The all in one seniors' information source</i> info@kerbycentre.com</p>	<p>Kerby News Classified Ads 403-705-3249</p> <p>Kerby News Editor 403-705-3229 editor@kerbycentre.com</p> <p>Kerby News Sales 403-705-3238 advertising@kerbycentre.com or 403-705-3240 sales@kerbycentre.com</p> <p>Kerby Rotary House 403-705-3250 (24 hour) <i>Providing refuge for those over 55 fleeing family abuse, seniors in crisis and homeless seniors.</i> shelter@kerbycentre.com</p> <p>Volunteer Department 403-705-3218 <i>Volunteers are the heart of Kerby Centre</i> volunteer@kerbycentre.com</p>
<p>Accounting 403-705-3215</p> <p>Adult Day Program 403-705-3214 <i>Socializing and health monitoring program for physically and/or mentally challenged seniors</i> adp@Kerbycentre.com</p> <p>Diana James Wellness Centre 403-234-6566 <i>Health services including footcare</i> wellness@kerbycentre.com</p> <p>Dining Room 403-705-3225 <i>Serving nutritious meals to everyone</i> kitchen@kerbycentre.com</p>	<p>President Hank Heerema 403-705-3253 president@kerbycentre.com</p> <p>CEO Luanne Whitmarsh 403-705-3251 luannew@kerbycentre.com</p>	

Four plants with the healing power to cure what ails you

Doctor says more Americans realize the effectiveness of remedies found in nature

By Ginny Grimsley

A fever, stomach pains or a simple case of the sniffles can send people rushing to the pharmacy for a drug to battle their symptoms.

But Mother Nature provides a number of medicinal plants with healing properties that also can nurse you back to health, a fact more Americans are beginning to discover.

“The use of herbal medicine, although traditional in many Eastern cultures, had been only a minor fad in Western medicine until recent decades,” says Dr. Virender Sodhi, founder of the Ayurvedic and Naturopathic Medical Clinic (ayurvedicscience.com), which provides complementary and alternative medicine.

That trend has been shifting as a growing body of studies and research has demonstrated the effects of traditional remedies on chronic diseases, such as diabetes and hypertension, says Sodhi, author of the new guide, “Ayurvedic Herbs: The Comprehensive Resource for Ayurvedic Healing Solutions” (www.ayush.com).

That’s not necessarily news to ailing people in other parts of the world, such as Asia and Africa. For centuries, they have found relief through herbal medicines derived from shrubs, vines, trees and other plants, Sodhi says.

Here are four examples, a couple of which are recognizable by better known names and purposes.

- **Glycyrrhiza glabra.** Most people would recognize this plant by its more common name – licorice. It has been used for centuries in the traditional and folk medicines of Asia and Europe to treat ailments ranging from the common cold to liver disease, Sodhi says. Most Americans likely encountered licorice as children because the sweet root of the plant is used to make candy. Licorice can cure more than a sweet tooth, though. It can protect people from the influenza virus. In cell line studies

it was shown to reduce titer of the influenza virus by 90 percent and have strong immune modulation properties. It’s an important ingredient in many herbal preparations, Sodhi said, especially for bronchial conditions. Because of its expectorant properties, powdered licorice has been used for centuries to treat coughs. Modern cough syrups often contain licorice extract.

- **Piper nigrum.** This flowering vine’s berries, when still unripe, are used to produce black pepper, but spicing up food isn’t its only talent. Piper nigrum has anti-inflammatory, anti-microbial and anti-spasmodic properties that make it ideal for treating digestive disorders, Sodhi says. It doesn’t stop there. Drug resistance is a major concern in cancer patients. Piper nigrum can reverse multiple drug resistance many fold and significantly increase the apoptotic effect of many pharmaceutical drugs.

- **Boswellia serrate.** Commonly known as Frankincense. This herb has powerful anti-inflammatory effects. Several patients with ulcerative colitis and Crohn’s colitis have gone into remission using a Boswellia preparation. In brain tumor patients it has reduced cerebral edema by 75 percent. Sodhi has mentioned case studies of many patients with rheumatoid arthritis, psoriatic arthritis, polymyalgia rheumatica and ulcerative colitis who went into remission.

- **Bael.** This fruit-bearing tree indigenous to the hills and plains of central and southern India has numerous uses. The fruit promotes healthy digestion and is used medicinally to treat such conditions as diarrhea, dysentery and cholera. The leaves, roots and bark of Bael also have medicinal value. They help relieve acute bronchitis, heart palpitations, intermittent fevers and many other ailments. Dr. Sodhi has observed 100 percent success in treating patients of clostridium difficile, who did not respond to standard medical protocol of metronidazole (Flagyl), Difucid (fidaxomicin), or vancomycin. □

Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

VOWELS ON VACATION

ACROSS	51 Cooking contest since 1949 [IUYAEO]	85 “G’day” sayer	134 The, to René	36 Bygone emperors	82 Central points
1 Throat ailment	52 Study of bonds between atoms [OEUYAI]	88 Shower with flowers, e.g.	135 Suffix with disk	37 “Peanuts” boy Linus —	84 The head honcho
6 Rial earner	59 Poker-pot promise	90 “Sicko” and “Super Size Me,” e.g. [OUEAYI]	136 Palace of Paris	40 Radio-switch letters	86 Capri, e.g.
12 Final Four inits.	60 Of an average	92 “Dear Abby” is one [YIAEOU]	137 For — (dirt-cheap)	41 Sidewalk eatery	87 Inside: Prefix
16 “It was only OK”	62 Episodic drama	98 Mazar of “Entourage”	DOWN	45 Fraternity letters	89 Verse tribute
19 English dramatist George	63 Basic human intelligence	99 From sunup to sundown	1 UV-blocking stat	46 “Silicon Valley” airtel	91 Sole, for one
20 Singer/fiddler Krauss	66 U. URL ending [IEOAUJ]	101 Follower of “had a farm”	2 — Aviv	48 Arab chiefs	93 Obstructs
21 MP3 player attachment	69 Hunter constellation	102 Morris, e.g.	3 Johnnie Walker blend	50 No — traffic	94 Blue color
23 Took a big step to relieve debt [IEOAUJ]	71 Fencing move	105 Gone up	4 Pixie-like	52 Wishes away	95 Preface
25 Worker “standing by”	72 Spanish for “that”	108 Naval clerk	5 Livens (up)	54 Been abed	96 Skirt style
26 Enjoy	73 President before Rutherford Birchard Hayes [UYEIOA]	110 Flutter	6 TV chef Martin	55 Obstructs	97 Both-hands-up time
27 Surpasses	77 “Imagine!”	111 In great demand [IYOUAE]	7 Caribou kin	56 Burn slightly	100 Rhapsodic
29 Wanton man	78 Disney movie	114 Trapped by a blizzard	8 Joan of art	57 Zoo pens	102 Small church
30 Carry on, as business	80 Daughter of Desi Arnaz	117 Sheltered, nautically	9 NBA broadcaster	58 Wintry mix	103 Blazing
34 Mind-altering chemical substances [YOAIEU]	81 Posed (for)	118 Plaza Hotel girl	10 Steno’s aid	61 Ding-a-lings	104 Hurdle for a grad student
38 Rip off	82 Suffix with Oktober	121 Leslie Caron musical	11 Ear bone	63 Online health info site	106 E’erlasting
39 Musical gourd	83 Zedong’s theories	122 Seder time	12 Kansas river	64 Stern with a violin	107 Titans’ org.
42 Composer of many marches		126 Thwarters of Boris Badenov [OYAUIE]	13 Upper limit	65 May greeting card opener	109 Longtime Steelers coach Chuck
43 Withdrawn		131 Neighbor of a Sudanese	14 Consist of	67 Fast Net svc.	112 In case that
44 Hebrew “A”		132 “SOS!”	15 Wet mo.	68 Normal	113 Musical Mel
47 Transformed		133 “So do I”	16 Part of GMC	70 Gun org.	115 Wife of Fred Flintstone
49 Tirade			17 Adequate	73 People itemizing	120 Outer limits
			18 Joan of Arc’s crime	74 Bathtub gunk	123 Mined metal
			22 Like steel	75 — beat (hesitate)	125 Devour
			24 Joist or lintel	76 Abbr. on a food label	127 2000 Peace Nobelists Kim — Jung
			28 Windows boxes?	79 Tough spot	128 “Toodles”
			30 Web, to flies		129 “— -Tiki”
			31 Bun		130 Ship record
			32 Low- — diet		
			33 Major hike		
			35 Perm part		

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134											136							137		

Solution on page 30



The 100-Foot Journey

Released August 2014 (2 hours & 2 minutes) Rated PG
Comedy/Drama

Friday, May 29, 2015
at 1:00 PM in the
Kerby Centre Lounge

Tickets are \$1.00 from the

Education and Recreation Department, Room 305

Price includes snack and a drink!

Sponsored by Lake Bonavista Village



Kerby Centre's Activities, Programs & Services

DATES TO REMEMBER

Options 45 1:30pm - 3:00pm ..Thurs May 7 & 14
 Kerby Centre Closed "Victoria Day"...Mon May 18
 Murder MysteryThurs May 21
 Health PresentationMon May 25
 Options 45 5:30pm - 7:00pm ..Tues May 19 & 26
 Housing SeminarTues May 26
 Talisman Choir 12:00pm-1:00pm(Dining Room)..
Wed May 27
 Monthly Movie "The 100 Foot Journey"...Fri May 29
 Scotiabank Charity ChallengeSun May 31
 Amicus Singers Choir 12:15pm-1:15pm (Dining
 Room).....Sun May 31

Join In:

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

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

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

Peer Learning: (Rm 301)
 Are you interested in making new friends, sharing knowledge and experience, learning in a friendly and informal manner, and participating in activities? Then Peer Learning may be for you! The discussion group includes a wide range of topics from politics, aging, health, history of Calgary, and interesting people. Every Monday for 8 weeks, starting May 4th ending June 29th between 10:00am-12:00pm. Cost \$16 or \$3 Drop in. For more information please contact (403) 705-3233. Please note no session on May 18th.

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. **BAG SALE** Monday May 11 – Friday May 15. Fill the provided grocery bag and pay only \$3 per bag!!

⇒ **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 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

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 11:30am - 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 think the most important thing is to keep active and to hope that your mind stays active. Jane Goodall			

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



Kerby Centre Presents...

A presentation on

"Palliative Care"

Crystal Adams will distribute resources and information on Palliative Care

Monday May 25 2015

11:00am – 12:00pm

Lecture Room #205

No Registration Required!



Kerby Centre Presents...

Housing Seminar

Assisting Seniors and their Families

Presented by Kerby Housing Department
 Peter & Debra Molzan, Senior Real Estate Specialists
 Russell Kane, Financial Consultant

You should attend this seminar if you are interested in knowing about the types of housing that will suit your lifestyle or if you are planning on retirement and you want to know how to get ready or how to invest your money for retirement housing.

Kerby Centre, Lecture Room:
Tuesday May 26, 2015 10am – 11:30am
Members \$2, Non-Members \$3 (Pay on the day).
Register to secure your place by phoning 403-705-3246 or stop in at Room 206



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

CLASSIFIED ADS

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

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

CLASSIFIED RATES

Starting at \$18.50* (50 characters 2 lines)

Classified Deadline for June issue must be received and paid by May 7.




Classified Ad Categories

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

10 HEALTH

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

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

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

CERAGEM Calgary
Sales Service Parts
403-455-9727

11 FOOT CARE

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

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

12 HOME CARE

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

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

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

At Home Healthcare- Companionship + more. Tanya 403-890-9455
p_ana2006@yahoo.ca
English, Russian

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

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

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

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

just4ufamilyservices.com
housekeeping/meal prep, In/out of home companionship. Accompany appts shopping Corinne, Kathy 403-590-2122 just4ufamilyservices@shaw.ca

Stella the care helper. No job too small. Specializing in cleaning for srs: laundry serv, windows, move in/ out, grocery & personal shopping 403-890-9861

13 MOBILITY AIDS

Small almost new scooter 4 wheels \$1500 403-239-3702

Evolution Walker Piper series: Aluminium frame, suitable for indoor/outdoor use, vibrant red \$325 OBO Call 403-286-9705 Eves

2 stair chair lifts for straight staircases. Incl. installation + 3 mo. warranty. Holds 280 lbs. \$2100ea / \$4000 for both. musicann@telus.net 403-208-0430

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

Compass Sport GP605 Power Wheelchair used 5 mo. Asking \$2500 ph. 403-242-0463

20 HOME MAINTENANCE

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

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

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

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

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

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

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

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

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

24 LANDSCAPING

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

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Continued from page 29

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Recognize an outstanding volunteer

(NC) Whether it's a neighbour who volunteers at the local soup kitchen or the person you always see helping out at the hockey arena, we all know someone filled with genuine goodness who makes a difference in our community. A recent study commissioned by Post Foods Canada Inc. shows that currently 90 per cent of Canadians think it's important to give back, and over

half of them volunteer their time, with almost 60 per cent doing this at least once a week or more.

"Volunteers are vital to the social fabric of communities across this country and their tireless efforts have a significant positive impact on facilities, services, organizations and, most importantly, people," says Amy Bernstein, the Senior Product Manager of Shreddies & Shredded

Wheat, at Post Foods Canada Inc. "It's wonderful to see data that confirms just how filled with genuine goodness our fellow Canadians are. Almost half of those surveyed have been giving their time for at least five years."

The survey also sheds light on what motivates people to make their communities better places in which to live. Impressively, the data reveals that we feel that it's important to volunteer because helping others is the right thing to do (68 per cent) and it makes us feel good about ourselves (45 per cent). Goodness is exemplified in our nation's attitude of selflessness.

"There are so many ways you can contribute to your community," says Greg Epp from Saskatoon, who was recognized by Post Shreddies "Search for Goodness" in 2013 for his selfless commitment to his community hockey rink. "Every community, no matter how big or small, needs the support of people who care. I do it because it helps me to feel connected to my community."

Like Greg, many spoke about community when they were asked about volunteering, and stated that they volunteer due to

a strong sense of community (53 per cent), a belief in the organizations' goals and objectives (58 per cent), and that helping those in need is the right thing to do (49 per cent).

Volunteerism is an important aspect in building a strong community and society, and Canadians are in agreement with this (91 per cent). But it's not just the community that benefits. When we do good, we feel good, and this holds true with almost everyone. Almost 80 per cent believe genuine goodness is strongly associated with those who volunteer, and over 90 per cent feel a sense of pride and goodness after they have donated their time for a cause.

Do you know someone who goes above and beyond for their community? If you do, this is your opportunity to recognize the good they do by nominating them in this year's Post Shreddies "Search for Goodness," a national search for people who spread genuine goodness. More information is available online at searchforgoodness.ca. The winning story will be told in a Shreddies' ad, and a donation will be made to the winner's charity of choice.

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ADVERTISERS' INDEX

Table with 4 columns: Advertiser, Pg No., Advertiser, Pg No. listing various businesses and their page numbers.

Crossword Solution

Crossword grid solution with letters filled in.

Puzzle on page 27

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A fire in your dryer is more common than you think

(NC) Did you know that laundry room clothes dryers are the cause of around 15,000 house fires across North America every year? It is essential, therefore, to put this hard-working appliance on your springtime to-do list. "The reality is that dryer fires are fairly preventable with proper maintenance and safety precautions," says Ryan Michel, senior vice president and chief risk officer at Allstate Canada.

Most people know you should clean the lint trap after every dryer use and shouldn't overload your machine. However, here are six other tips you can follow to ensure it is operating safely:

- 1. Don't leave your dryer running if you're not at home. 2. Make sure there's proper ventilation for dryers located in closets or enclosed rooms.

- 3. Never operate your dryer with a damaged or missing lint filter. 4. Keep the area around the dryer free of combustible items. 5. Never dry fabrics that have been saturated by oils, gasoline or chemicals. And don't put rubber coated or foam items in your dryer either. 6. Always refer to the owner's manual for proper operating instructions.

And once a year be sure to:

- Hire a professional to service your dryer. • Check that the dryer duct is clear of lint and connected to a vent outdoors. This can also help to reduce energy costs. • Replace plastic venting pipes with flexible aluminum or steel material to sustain proper airflow and avoid crimping.

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Assisted suicide not the only response to suffering

It is false to equate suffering arising from disease, illness or disability with a loss of dignity

By Louise McEwan

It is eloquent, persuasive and based in law; it almost had me convinced that physician-assisted dying is the correct response to suffering.

In the Carter decision, the Supreme Court of Canada ruled that a competent adult

who consents to death, and has a "grievous and irremediable medical condition (including illness, disease or disability) that causes enduring suffering that is intolerable to the individual in the circumstances of his or her condition" has a right to physician-assisted dying. The ruling does not restrict physician-assisted dying to those who are terminally ill.

The Court found that a total ban against physician-assisted dying is broader than necessary to achieve its objective of protecting "vulnerable persons from being induced to commit suicide at a time of weakness". In the view of the Court, the consequences of the prohibition impinge on the individual's right to life, liberty and security of the person.

In the words of the Court, "the prohibition deprives some individuals of life, as it has the effect of forcing some individuals to take their own lives prematurely, for fear they would be incapable of doing so when they reached the point where suffering was intolerable. The rights to liberty and security of the person, which deal with concerns about autonomy and quality of life, are also engaged. An individual's response to a grievous and irremediable medical condition is a matter critical to their dignity and autonomy. The prohibition denies people in this situation the right to make decisions concerning their bodily integrity and medical care and thus entrenches on their liberty. And by leaving them to endure intolerable suffering, it impinges on their security of the person."

As I read through the lengthy decision, it was difficult not to let the logic of the Court inform my belief on the matter. It is hard to argue against the individual's right to autonomy and dignity when I like to make my own decisions, and have no wish to endure suffering, nor watch someone else endure it.

Still, I have issues with physician-assisted dying.

My attitude toward suffering differs from the negative approach toward suffering implied in the term "dying with dignity", and endorsed in the Carter decision. In my view, the human person is created in the image and likeness of God. This divine stamp on the individual sanctifies every human life, and gives each of us an innate and inviolable dignity.

We operate under a false premise when we equate the suffering arising from disease, illness or disability with a loss of dignity. I have known people to endure each

of these with great dignity, allowing their suffering to transform them, and in the process, their relationships and those who cared for them. Rather than losing their dignity, they grew in graciousness.

Archbishop Antonio Mancini of Halifax-Yarmouth, in a homily I happened to hear while visiting Halifax a few days after the Supreme Court decision, addressed our struggle to make sense of suffering. "When there is no meaning to suffering, it is only pain, and of course people are afraid . . . But where there is meaning, where there is love and proper care, where there is community support, suffering can become sacrifice. Sacrifice is not just another word for 'put up with'. It literally means . . . to make something "sacred". To take suffering and to transform it with meaning is to make the reality of suffering a manifestation of the holy and the sacred."

While this view of the relationship between suffering and dignity differs from that of the majority of Canadians and of the Supreme Court, there is the same desire to act compassionately towards those who suffer. From this standpoint, the compassionate response begins with a willingness to share, not to avoid, the suffering of another, and encompasses support and care.

For those who do not applaud this decision as one giant step forward for Canadians, and who seek an alternate response, the Canadian Conference of Catholic Bishops has issued a statement that may be helpful. The bishops recommend that legislators interpret the decision as narrowly as possible so as not to open the door to euthanasia. They urge governments and professional

associations to implement policies that will protect the freedom of conscience of health-care workers who oppose physician-assisted dying. And, they renew their call for universal access to quality hospice-palliative care.

Undergirding these action points is an unshakeable belief in the sanctity of human life as a reality that

defines the human person, and in the power of love to ease the transition from life to death in even the most difficult of situations. □

Troy Media columnist Louise McEwan is a catechist and former teacher, with degrees in English and Theology.
www.troymedia.com

IN MEMORIAM



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

- Jean Alice Beaton
- Martha Ellen Bedford
- Gordon Henry Borroughs
- Roger Gowland Bowles
- Patrick Gordon Carroll
- Marjorie Joan Craig
- Yvonne Currie
- Nan Dowhaniuk
- Roberta Farkas
- Joan Fitt
- Kathleen Alice Genoway
- Thelma Godwin
- Muriel Marion Goodridge
- Simon Peter Herauf
- Pearl Matilda Hoolihan
- Helen Mary Huff
- Elwin Frank Jensen
- Alfred G Johnson
- John Allan Matile
- Alexander Campbell McEwan
- William Milton McLennan
- Mary Kathleen McPhail
- Terrence (Terry) McPhee
- Lawrence Milan
- Earnest (Ernie) Waldo Ormon
- Willard Pederson
- Elizabeth (Bety) Redgrove
- Samuel (Sam) Ernest Richter
- Curt Ryder-Cook
- Peggy Sandall
- John Schellenberg
- Elsie Anne Shykula
- Anne Spatuk
- Peter Strilchuk
- Carolyn Irene Sutherland
- Dorothy Thring
- Gysbert (Bert) Van Reekum
- George Stuart Whitman

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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Task Force on Aging needs to focus on Generation Squeeze

Making Canada work once again for all generations

By Paul Kershaw, Founder, Generation Squeeze

Nobody wants unearned inequality between older and younger Canadians. I don't. My mom doesn't. Nor does my grandmother. Problem is, this inequality is on the rise.

A study by the Conference Board of Canada reports that Canadians age 50 to 54 earn 64 per cent more today than do 25 to 29 year olds. In the mid-80s, the age gap in earnings was only 47 per cent.

The BMO group published a study showing that the typical senior now enjoys nearly nine times more wealth than the typical 25 to 34 year old. In the early 1980s, the wealth gap was only four times.

In August, RBC released a study concluding that the near-doubling in housing prices over the last decades has generated much more wealth for Canadians age 55+, while leaving those age 35 to 44 especially burdened with debt, and most vulnerable to interest rate hikes and drops in housing prices.

A recent Maclean's magazine cover story summarized these trends, stating: "We're

treating seniors like they are financially frail. In fact they're the most prosperous generation."

Sadly, my research as a professor at the University of British Columbia and Founder of the Generation Squeeze campaign shows that governments are largely ignoring the deteriorating economic circumstances facing younger Canadians.

Provincial and federal governments combine to spend between \$38,000 and \$45,000 per Canadian age 65 and older, compared to approximately \$12,000 per person under 45. As the population ages, maintaining these spending levels per senior is no small task, yet provincial governments representing all parties, as well as the federal government, found billions of new dollars in 2014 to pursue this goal. At the same time, they generally claim that public coffers are too bare to do much more than tinker around the edges for Canadians in their mid-40s and under (including children) who are squeezed by lower incomes, higher housing costs, less time and a deteriorating environment.

Given this context, you

might excuse me for being underwhelmed when the Premiers recently agreed at the Council of the Federation to establish a new national Task Force on Aging. What the Premiers didn't mention is that we've been talking about and adapting to Canada's aging population for decades. That's a major reason why we spend around \$50 billion more annually on medical care today than we would have had we maintained spending levels from 1976. And it's also why we spend around \$30 billion more each year on the Canada/Quebec Public Pension Plan and Old Age Security.

So if we need a new Task Force on Aging, let it focus on what has been much less considered in political circles: "Generational Equity and Aging." The new Task Force would be useful if it asks: Have Canadians found the right balance in adapting policy to the contemporary realities of old and young alike? How do we finance policy adaptations that reduce the squeeze on younger generations while simultaneously adapting to the needs of an aging population?

Although hopeful, I'm not confident these questions about generational equity will become the Task Force's primary focus. Younger generations influence politics less than our parents and grandparents. Not only because we vote less, but also because we're less organized in between elections when political parties design platforms, and refine government priorities.

By contrast, the Canadian Association of Retired Persons (CARP) has lobbied for decades on behalf of people like my grandmother and retired mom.

Generation Squeeze speaks up for those of us who are younger, growing the clout of younger generations in both the marketplace and politics.

In the market, we will urge employers and unions to revisit what they can do to reduce the age-related inequalities in salaries and benefit packages to which they are contributing, as illuminated by the Conference Board study. We'll also pursue price reductions on products and services that matter to younger Canadians much like there are seniors' discounts.

In the world of politics, we are mobilizing to encourage all political parties to commit to a better generational deal, one that safeguards retirement income subsidies and medical care for our parents and grandparents - but not at the expense of adapting to challenges like the erosion of income, rising housing prices, and environmental degradation that disproportionately affect their kids and grandchildren. That's how we will make Canada work once again for all generations.

Dr. Paul Kershaw is the Founder of Generation Squeeze, and a policy professor in the UBC School of Population Health. www.troymedia.com

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Yodelfest

The Swiss Yodel Club will hold their annual festival on Saturday May 9, beginning at 1.30 p.m.

This year's fest will honour members of the RCMP who lost their lives while on active duty.

The event takes place at Town and Country Centre, 275 Jensen Drive, Airdrie.

Tickets are \$33 (presold) and \$35 at the door. Senior group tickets for 12 or more are \$30 each, and there is no charge for children under 10.

Tickets can be obtained by calling (403) 948-1961 or email: yodelgirl@telus.net.

The Healthy Senior

By Fred Cicetti

Q. I'm a senior who's having surgery and the one thing that scares me more than anything else is the anesthesia. Can you tell me anything to reduce my fear?

A. There are probably several sources for your fear. The first is that you're older and wonder if you're at greater risk than someone younger. The second is that anesthesia can be dangerous to anyone. The third is that you'll lose total control when you're under. I hope some of the facts about anesthesia will help with all of your fears.

Anesthesia is risky, but today it is safer than ever for all age groups. Your age is not as important a risk factor as your medical condition and the type of surgery you are having.

Safer drugs and major advances in the monitoring equipment that doctors use in surgery have reduced anesthesia complications. In the last decade alone, deaths caused by anesthesia have dropped 25-fold, to 1 in 250,000.

In addition, shorter-acting drugs, more specific drugs and new intravenous drugs can minimize the nausea and vomiting that sometimes occur after anesthesia.

There are three main types of anesthesia: general, regional and local.

General anesthesia makes a person unconscious so that the entire body is pain-free. Regional anesthesia is used to block sensation in one area of your body. Local anesthesia numbs a small part of your body.

General anesthesia is used for extensive surgeries. The drugs used in general anesthesia are given intravenously or are inhaled. They act as hypnotics, painkillers and muscle relaxants, and they block your memory of the surgery.

Regional anesthesia is injected around a single nerve or a network of nerves that branches out and serves an area. For example, spinal, epidural and caudal anesthesia are injected into or near the spinal fluid, effectively numbing nerves that serve the lower half of your body.

Local anesthesia may be used to numb only a small area of nerves at the site where the surgeon plans to operate, such as for cataract surgery. Local anesthesia is also used for minor procedures such as skin biopsies and stitching a cut.

During local and regional anesthesia, patients often

receive intravenous drugs for sedation so that they can be comfortably drowsy during surgery and remember little of their time in the operating room.

Before your surgery, you can also expect questions from your doctors regarding your anesthesia. The following have to be considered: medical problems you might have, medications you take, whether you smoke or drink alcohol, any allergies you have, previous negative experience with anesthesia, and adverse reactions to anesthesia by other family members.

The information collected by your doctors guides them in their treatment. For example, smoking or alcohol consumption can influence the way an anesthetic works in your body during surgery. Knowing whether you smoke or drink alcohol allows your anesthesiologist to choose anesthetics that are suited to you. And, some anesthetics include components of certain foods, such as albumin from eggs. Discussing food and drug allergies beforehand helps your anesthesiologist make important drug choices.

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William Wordsworth (1770-1850)

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Olive-braised Chicken©

Basic braised chicken showcases the simplicity and deliciousness of Spanish cooking. Serve it with roasted potatoes, crusty bread or wilted green vegetables.

Serves: 4

- 4 chicken legs, about 1 lb total
- 3 tsp smoked paprika
- 2 tsp salt
- 1/4 cup olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 8 cherry tomatoes
- 1 bay leaf
- 1 cup pitted green olives, with 1/2 cup brine
- 1 cup dry white wine (Albariño works well)
- 3 cups chicken stock
- Zest of 1 lemon

Season the chicken with 1 tsp of the smoked paprika and salt, and set aside for 20 minutes at room temperature to cure.

Preheat the oven to 350°F. Heat olive oil in a large braising pan on medium. Add chicken and sear until golden on all sides, about 10 minutes. Transfer to a plate and set aside. To the same pan, add the remaining 2 tsp smoked paprika and cook for 1 minute, then stir in onions, garlic, tomatoes, bay leaf and olives (and brine) and cook until onions are soft, about 10 minutes. Deglaze the pan with white wine and chicken stock and reduce by 1/2, about 15 minutes. Return the chicken to the pan and add lemon zest. Bake, uncovered, for about 2 hours, or until chicken is fork tender. Allow to cool for 1 hour, then gently re-warm before serving.



Dover Sole with Sauce Grenobloise ©

Herbed potatoes and delicately flavoured butter-fried sole topped with a lemony, buttery, briny Grenobloise sauce—yum. Serve with a dry French Chablis for an elegantly impressive dinner.

Serves 4

- 2 shallots, finely diced
- 1/4 cup finely minced fresh chives
- 2 Tbsp olive oil
- 1 lb fingerling potatoes
- 1 cup + 2 Tbsp butter
- 4 sole fillets, each 1/4 lb
- 2 Tbsp capers, drained
- Juice of 1 lemon
- 1 handful fresh Italian parsley, chopped
- 1 lemon, in wedges, for garnish

In a medium bowl, combine shallots and chives, then add just enough olive oil to moisten them, about 1 Tbsp. Set aside. Bring a medium pot of salted water to a boil on medium-high heat. Peel potatoes and slice lengthwise, then add to the pot and cook until tender, about 15 minutes. Drain, add to the shallot-chive mixture and toss to coat. Cover and set aside.

Warm a large serving platter in the oven at 350°F. In a frying pan, heat the remaining 1 Tbsp olive oil and 2 Tbsp of the butter on medium-high. When the butter is browned, add sole in a single layer (cook in batches, if necessary). Cook for 3 minutes per side, then remove from the heat and transfer to the warmed serving platter.

To the frying pan, add the remaining 1 cup butter and all of the capers. Stir in lemon juice and parsley. Cook on medium-high heat until butter has melted and capers are sizzling. Pour the sauce over the sole. Garnish the platter with wedges of lemon, and serve with the potatoes.

Kale Caesar Salad ©

This kale concoction started as a garnish at Una. People loved it so much that we turned it into a full salad. It's been the number one seller at Una ever since.

Serves 4.

Kale salad:

- 2 Tbsp olive oil, plus more, if needed
- 4 thin slices prosciutto, julienned
- 1/2 cup panko crumbs
- sea salt and black pepper (Maldon if possible)
- 2 bunches kale, leaves only, julienned
- 1 cup grated Pecorino Romano cheese
- 2 hard-boiled eggs, peeled and halved (optional)

Caesar dressing:

- 1 clove garlic
- 4 anchovy fillets
- 1 Tbsp Dijon mustard
- Zest and juice of 1 lemon
- 1/2 cup olive oil

Caesar dressing: Using a fork, crush garlic and anchovies against the inside of a large bowl. Add mustard, lemon juice and zest and olive oil and whisk until well emulsified. Pour the dressing into a glass jar and set aside.

Kale salad: Line a plate with paper towels. Heat olive oil in a medium frying pan on high. Add prosciutto and pan-fry until crispy, about 5 minutes. Transfer to the paper towel-lined plate and set aside. Reduce the heat to low.

Add panko crumbs to the pan, adding a little oil if required, and toast until golden, about 2 minutes. Scrape the panko into a small bowl, season to taste with salt and set aside.

Place kale in a large bowl, pour in the dressing and toss well. Season with salt and black pepper. Transfer to a serving bowl and top with Pecorino Romano, toasted panko and crispy prosciutto. Serve with the boiled eggs on the side, if desired.

Medical alarm monitoring services giving 'sandwich generation' peace of mind

(NC) They're known as the "sandwich generation"—working adults who have taken on the role of caring for an aging or ill parent while still raising their own children and pursuing a career. Membership to this group is growing every year as the Canadian population ages.

In fact, according to Statistics Canada, more than 2 million Canadians, mostly women between 35 and 44 years old, are "sandwiched" between caring for their young children and aging parents at the same time.

This can sometimes mean their resources, both mental and physical, are spread too thin which can also lead to worry and guilt when it comes time to leave the senior home alone.

Part of the worry is for potential medical emergencies or falls that could occur since seniors are at a much greater risk of falling. According to Health Canada every year, one in three seniors will fall at least once and falls account for more than half of all injuries among Canadians 65 years and over.

These were some of the concerns sandwich generation member Lisa Fazari of Richmond Hill, Ontario had as she looked for solutions to help care for her 83-year-old mother Ursula Calderon while also caring for her teenage daughters.

Fazari's mother's activity level had decreased dramatically since the Osteoarthritis in her legs caused her to slow down and be more cautious, yet she was adamant that giving up her independence of living alone wasn't an option.

"My concern for my mom living on her own was the fact that even though she's aging she's very determined to live independently, she loves to main-

tain her regular routine and do her own thing," explained Fazari. "But the fact is, she can have an accident any time and I'm very concerned that nobody would reach her fast enough to help her out should she fall."

So Lisa looked into LifeCall, a personal medical alert device to help give her and her family the peace of mind they need to know her mother will be assisted if ever she experiences a medical emergency while home alone.

LifeCall, a division of Reliance Protection Security Services, can assist seniors or those who are physically or chronically ill. It can be worn as a bracelet or as a pendant.

Coupled with the two-way

voice communicator that is installed in Calderon's home, Fazari now has the assurance that comes with knowing her mother will receive emergency assistance in a timely manner if necessary and that

she will be notified.

"The key features that I love about LifeCall are the panic button and its ability to determine if she's fallen or not. It's the solution that we've been looking for for a long time," she added. The device features a built-in panic button as well as an optional intelligent pendant with fall detection.

As an additional layer of protection, the fall detection

option works by sensing a sudden vertical acceleration. A short delay following a fall allows the person to cancel the alarm if they can recover. If the fall alarm is not cancelled and help is needed, the individual is immediately connected with an operator in the monitoring centre. More information about senior safety at home is available at lifecall.ca.

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