

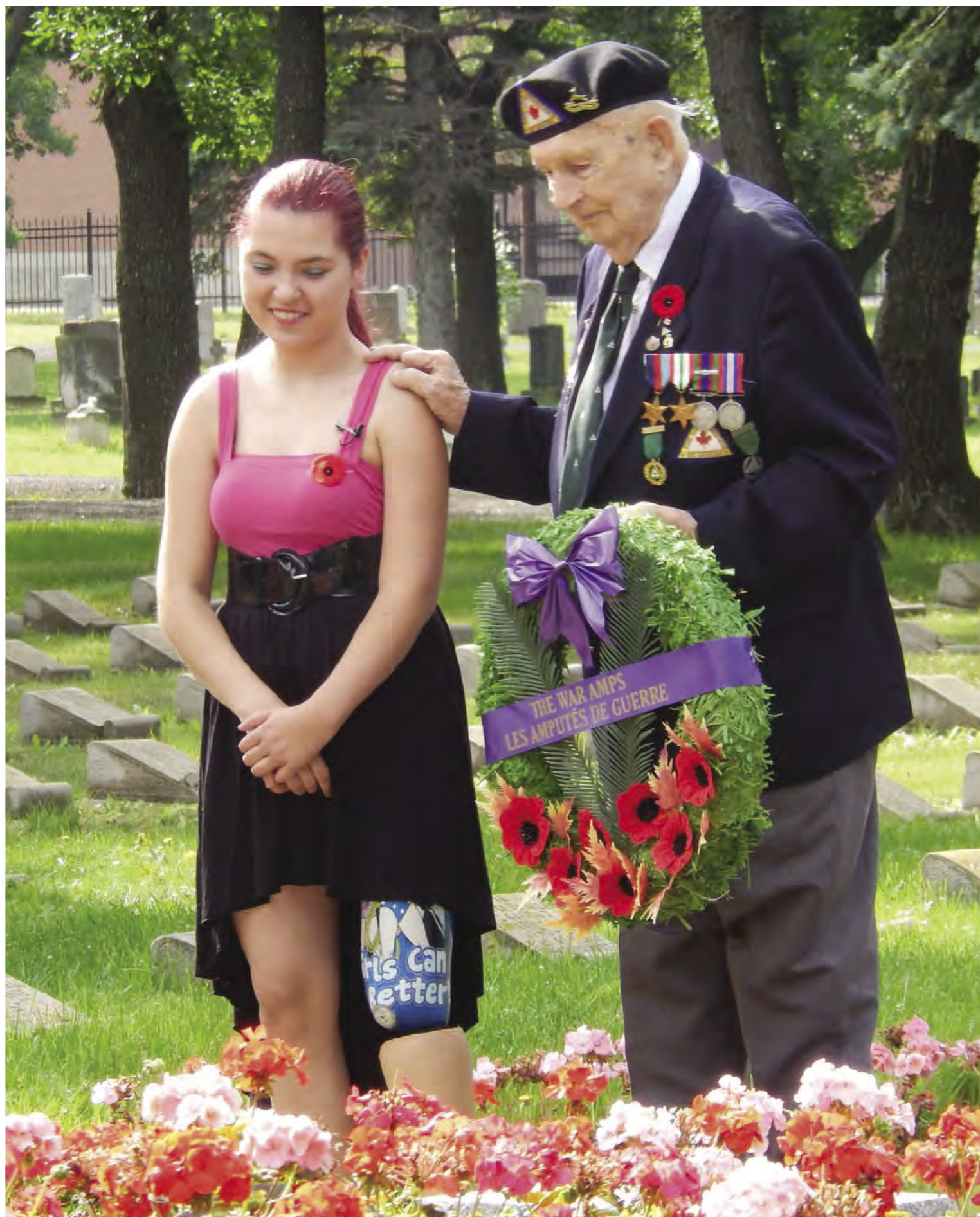
# Kerby News

Published by  
Kerby Centre

for the **55** plus

2015  
November

Volume 31 #11



Doug Cushway and Angie Ducharme laying a wreath on behalf of The War Amps. The association continues to serve war amputees, and all Canadian amputees including children. For more on The War Amps see page 26.

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*Sunday, November 1, 2015 2:00 AM  
clocks are turned backward 1 hour  
to 1:00:00 AM local standard time*

*11 November, 2015 Remembrance Day*



Kerby Centre

1133 - 7th Ave. S.W.  
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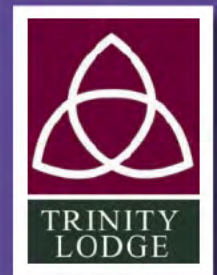
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Remembrance Day  
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## President's Report

# It's Practically Christmas at Kerby Centre

By Hank Heerema

The days are getting shorter, and the nights colder, while we at Kerby Centre continue to work hard to keep the older adults of Calgary and surrounding area engaged in their community.

Kerby Centre provides nationally- and internationally-recognized programs and services for older adults in the community. We are one of Canada's leading agencies

for older adults and we set the standard for community-based solutions to healthy aging.

Kerby Centre relies on your generous support to keep our essential programs and services available. Your support will transform lives and help older adults to remain active and continue to be contributing members of the community.

There are many ways you can donate to Kerby Centre. Every gift makes a difference in the lives of older adults. During the holiday season, it is inspiring to have many individuals and organizations approach us to ask how they can help.

Kerby Centre's Practically Christmas campaign has kicked off and we look forward to the partnerships and supporters who will help us assist many older adults to have a happier holiday season.

The most effective donations are cash or pre-paid credit cards or dollar-value gift cards from coffee shops, restaurants, gas stations, grocery stores, large retail stores, or shopping malls (which can be used at any store).

That help continues beyond Christmas also, when some of the donations of gift cards and money go to replenish our crisis fund. Kerby Centre maintains a crisis fund to help older adults who have had a temporary setback in their lives. This fund has been in high demand in recent years and is in need of replenishing.

If you donate gift cards you will receive a tax receipt

from Kerby Centre for the full amount on the card.

Donations can be dropped off at Kerby Centre, 1133 - 7 Ave SW,

Calgary, AB. Please contact Kerby Centre at (403) 265-0661 for more information on how to help.



## NOVEMBER 2015

Front page: Photograph courtesy of The War Amps  
Design by Winifred Ribeiro

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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.

## Kerby News

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1133 - 7th Avenue S.W., Calgary, AB T2P 1B2  
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The following volunteers assist our professional staff in the production and distribution of Kerby News each month. We are indebted to them for their help:

**Editorial Assistants:** Faye Wu

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

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Kerby Centre supports many older adults for whom Christmas is a time when their needs are keenly felt. For those older adults, the best gifts are those that will provide basic human needs that will ease their minds.



### You can help!

**Drop off a grocery store card, Walmart card, book of bus tickets, or cash donation to Kerby Centre and we will get it into the hands of an older adult in need.**

Kerby Centre's Crisis Fund assists older adults year-round with emergency expenses.

Drop off donations until Dec 23 at Kerby Centre  
1133 7 Ave SW Calgary Or call (403) 265-0661

Donors of cash or gift cards will be issued a tax receipt.



## Remembrance Day Service

Wednesday, November 11  
Kerby Centre Gymnasium  
1133 7<sup>th</sup> Ave SW  
Doors Open at 10:30am  
Service to start at 10:50am  
Refreshments to follow

Everyone Welcome



## News from City Hall – November is budget month

Evan Woolley



At the end of November, City Council will release a productivity report that will discuss the successes of the first year of Calgary's Action Plan 2015–2018. The Action Plan outlines how much we have been able to implement our long term priorities and goals into everyday action, as well as how we will continue to provide a diverse and superior set of services while maintaining affordable tax rates for all Calgarians.

The Action Plan considers two key sections of our budget:

**Operating Budget:** the funding gained through tax dollars and user fees that go toward providing fundamental services to everyone in the City.

**Capital Budget:** government grants, reserves, and new borrowing that is invested into infrastructure and city capital.

While changes in the

operating budget were released in September, Council will be focusing on the Capital Budget. Here the finances of all projects that will commence or continue in 2016–2018 will be evaluated.

Visit [www.calgary.ca/action](http://www.calgary.ca/action) plan to learn more about the status of projects and Council priorities. Citizen engagement sessions are held throughout the year. We encourage you to

attend and voice your opinions on the direction you want to see taken by Ward 8 and Calgary.

Every November we should take a moment to remember those who have sacrificed for our country. I encourage you to attend one of the many Remembrance Day ceremonies that take place across the city on November 11.

If you have any ques-

tion about anything happening in Ward 8, please contact me by email ([ward08@calgary.ca](mailto:ward08@calgary.ca)), phone (403-268-2430) or on my website ([www.calgary.ca/ward8](http://www.calgary.ca/ward8)).

*Evan Woolley is the Calgary Councillor for Ward 8*

## This month in Edmonton – What's in the provincial budget?

Kathleen Ganley



October has been a month full of meaningful discussions with my colleagues in the Legislature and constituents in the riding. On October 3, I attended a monumental announcement at the Central Library celebrating the Shaikh Family's \$1 million donation to the Calgary Public Library Foundation. These funds established the Welcome Gallery at the current Central Library and will enhance the new Central Library in the East Village. Did you know that all residents can get a free Calgary

Public Library card? Calgary-Buffalo is home to the Central Library (616 Macleod Trail SE), and the historic Memorial Park Library (1221 2 St. SW). While at the event, I took the opportunity to renew my library card for another year and I encourage all residents to do so. Cardholders have access to computers, educational programs and the full public library catalogue including books, ebooks, music, movies and periodicals. Libraries are an invaluable community gathering

space and all residents should take advantage of the world-class libraries we have in our area. To find out more about how you can get a free library card, please don't hesitate to connect with my constituency office or call 403-260-2600.

On October 27th, our government released its first budget and outlined three main priorities. First, we presented a plan to diversify the economy, and stimulate economic growth and job creators as we build a sustainable economy for the

future. Second, we will stabilize front line services that Albertans depend on, such as health care and education. Finally, we presented a plan to return to fiscal balance. Budget 2015 will start Alberta down a new pathway to an economy that creates good jobs and benefits all Albertans.

In November, I will be attending ceremonies at the Western Canada High School, the Cenotaph, Mewata Armory, Calgary Tower and the #1 Royal Canadian Legion. I look forward to con-

necting with residents as we mark the unparalleled sacrifice and dedication of our veterans on November 11th.

As always, I welcome your feedback and can be reached through my constituency office at 403-244-7737, or [calgary.buffalo@assembly.ab.ca](mailto:calgary.buffalo@assembly.ab.ca).

*Kathleen Ganley is MLA for Calgary Buffalo*

### Please note

*Due to the recent Federal Election, Kerby News is unable to provide a column from the Member of Parliament for Calgary Centre.*

### Disclaimer:

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

## Kerby Centre Department Directory

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

**Main Switchboard**  
403-265-0661

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

Accounting	403-705-3215
Adult Day Program	403-705-3214
<i>Socializing and health monitoring program for physically and/or mentally challenged seniors</i>	
	<a href="mailto:adp@kerbycentre.com">adp@kerbycentre.com</a>
Diana James Wellness Centre	403-234-6566
<i>Health services including footcare</i>	
	<a href="mailto:wellness@kerbycentre.com">wellness@kerbycentre.com</a>
Dining Room	403-705-3225
<i>Serving nutritious meals to everyone</i>	
	<a href="mailto:kitchen@kerbycentre.com">kitchen@kerbycentre.com</a>
Education & Recreation	403-705-3232
<i>Information source for programs at Kerby Centre</i>	
	<a href="mailto:program@kerbycentre.com">program@kerbycentre.com</a>

Fund Development	403-705-3235
<i>Work with members and community to provide funding for Kerby Centre's vital programs</i>	
	<a href="mailto:funddev@kerbycentre.com">funddev@kerbycentre.com</a>
General Office	403-705-3249
	<a href="mailto:generaloffice@kerbycentre.com">generaloffice@kerbycentre.com</a>
Thrive	403-234-6571
<i>Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.</i>	
	<a href="mailto:thrive@kerbycentre.com">thrive@kerbycentre.com</a>
Housing	403-705-3231
<i>Assists seniors in finding appropriate housing</i>	
	<a href="mailto:housing@kerbycentre.com">housing@kerbycentre.com</a>
Information / Resources	403-705-3246
<i>The all in one seniors' information source</i>	
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Kerby Rotary House	403-705-3250 (24 hour)
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Volunteer Department	403-705-3218
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President Hank Heerema	403-705-3253
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CEO Luanne Whitmarsh	403-705-3251
	<a href="mailto:luannew@kerbycentre.com">luannew@kerbycentre.com</a>

## The ins and outs of phoning 911

Living in Alberta, citizens of all ages have access to the services provided by our first responders. You're not feeling well and you're unable to get to your doctor or hospital? A simple phone call to 9-1-1 will connect you with paramedics who can transport you to a medical facility. You think you may have been a victim of fraud or elder abuse? Call the non-emergency line and your local police will be more than happy to investigate. Your carbon monoxide alarm goes off in the middle of the night? Fire fighters will gladly come out at any hour of the day to ensure your home is safe. Or perhaps you've been in a car accident. One phone call to 9-1-1 and police officers, paramedics and fire fighters will all arrive on the scene to help.

The bottom line is this – our first responders love to help. That is why they chose their respective careers. But they can only do their job if someone asks for help. And there is never any shame in asking for assistance.

Each year, Calgary's 9-1-1 centre receives over one million emergency and non-emergency calls. It takes a team of over 300 employees,

working in a 24-7 environment to answer those calls and get citizens the help they need. As the first of the first responders, the 9-1-1 centre's Emergency Communications Officers relay important information provided by the caller to police officers, fire fighters and paramedics for dispatch. If you need to call 9-1-1 or a non-emergency line always remain calm, answer all the questions the 9-1-1 officer asks you, and stay on the phone line until they tell you to hang up.

The most important piece of information that a 9-1-1 emergency communications officer needs is your location. If you don't know where you are, there may be a delay in getting the help you need. Many citizens assume that emergency responders can find them based on cell phone GPS. This is not true. While the 9-1-1 officer may receive your approximate location, it's not always accurate. That is why it is so important to always pay attention to your surroundings and know your location – whether you're at home, on the highway, or in a park.

Another way you can help emergency responders



Responding to a 911 call.

Photo courtesy of the City of Calgary

is by avoiding accidental 9-1-1 calls. Each day in Calgary, the 9-1-1 centre receives over 300 accidental calls. Not only does dealing with these calls take up a lot of time, but they may also tie up emergency lines when someone who desperately needs help is trying to get through.

You can help by ensuring that your cell phone is locked before placing it in your purse, pocket or backpack. Finally, if you do accidentally dial 9-1-1, do not hang up. Stay on the line and tell the officer what

happened so that they don't have to call you back.

### When to call 9-1-1

- Call 9-1-1 if someone is seriously injured or very sick.
- Call 9-1-1 if you smell smoke, see fire, or your carbon monoxide alarm goes off.
- Call 9-1-1 if you hear or see fighting, screaming, gunshots or a motor vehicle accident with injuries.
- Call 9-1-1 if you see a crime in progress including vandalism or an impaired driver.
- Call 9-1-1 if you know of a serious crime that has just occurred including assault or robbery.

### When to call the non-emergency number

- To report a crime with no suspect, or when no suspect is present, such as fraud.
- For any non-emergency event such as discovering missing property.
- To report suspicious circumstances which may indicate ongoing criminal activity such as a grow-op.
- If you have questions about your fire pit.
- For health advice in a medical situation that is not an emergency.

Courtesy of the City of Calgary



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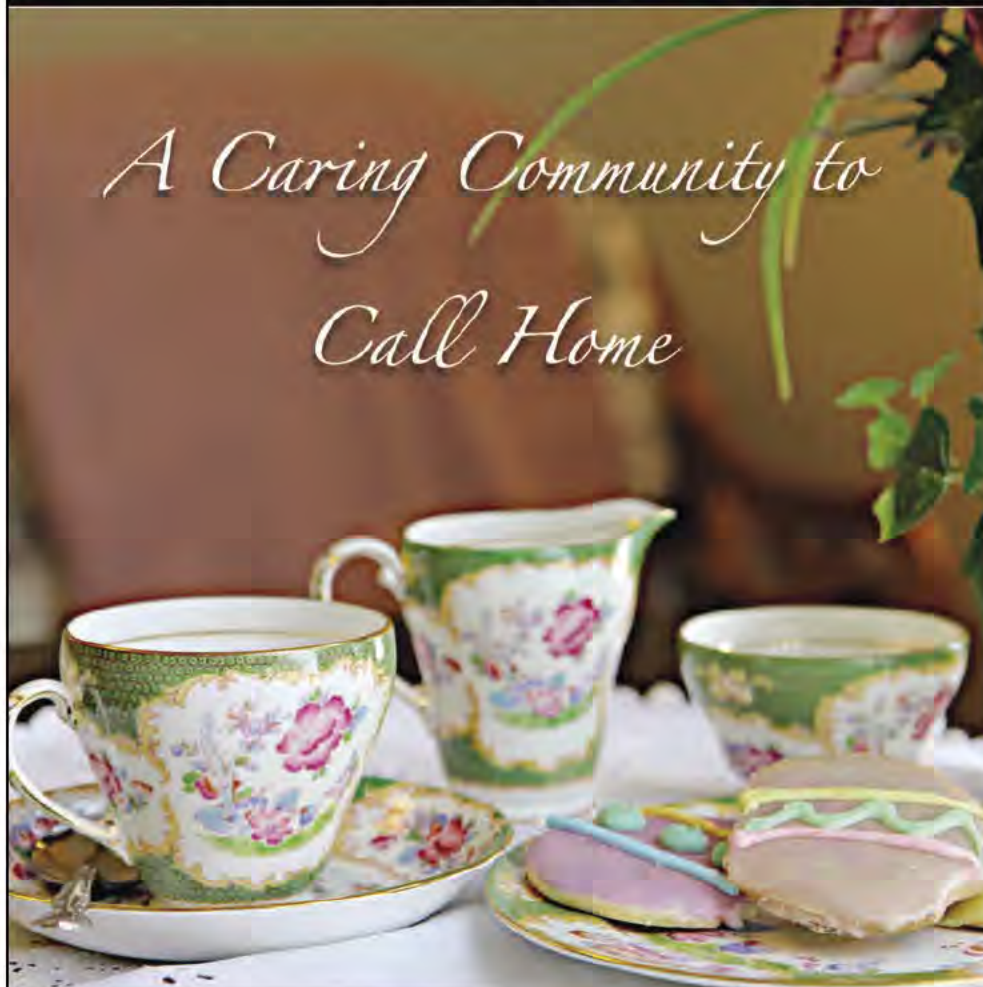
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# I met a Holocaust survivor one day . . .

**. . . who reminded me why we can never forget**

By Louise McEwan

I met a Holocaust survivor one warm August day in Chamonix, France as we were doing the tourist thing, wandering about in the shadow of Mont Blanc, and searching for a place to eat.

We finally decided upon a bustling café that had a large outdoor terrace. As

my mother took her seat amongst the cramped tables, she accidentally knocked her fork onto the ground. A soft-spoken older gentleman at the table beside us reached down to pick it up, politely suggesting that she might like to ask the server for a clean one. A conversation ensued.

We learned that the man lived in Paris, and was visiting Chamonix with his grandson, who had taken the gondola up one of the mountains. As the conver-

sation progressed, we learned that the man was Polish. Two years before the end of the Second World War the Nazis had imprisoned him in a concentration camp. He was 14 years old at the time. Of the 29 members of his family sent to the death camp, only he and his father survived.

Even though he mentioned this horrific period of his life in passing, 70 years later the power of the memory caused his eyes to fill with tears, and he fell

silent, lost for a moment in the past.

When I think about this gentle man, wearing a long-sleeved shirt on a warm August day, perhaps to conceal a number tattooed into his flesh, my mind wanders to the past, to a dark period in human history that I had previously encountered only in books and film. Then, with a jolt, my mind returns to the present, and I think of the son of a friend, who served as a peacekeeper in Kosovo and did duty in

Afghanistan, and whose experiences in those places have changed him and his family forever.

I think of the gentle souls, for whom some memories will never heal, and I wonder at the words "lest we forget" that, in Canada, we associate with red poppies and the act of remembrance. For, as my chance encounter with the man in Chamonix illustrates, war is impossible to forget for those who live through it. It may be more accurate to say, "Lest we block it out" when we speak of the necessity of remembering and the importance of passing down those stories that can orient our hearts toward peace.

"Lest we forget" makes me think of an old veteran whom I once saw interviewed around Remembrance Day. For the first time in his life, he spoke about his wartime experience. He broke down on national television as he expressed his feelings of guilt for having survived when most of his comrades had died. He must have spent a lifetime trying to forget; and although he had tried to block the experience, it hovered over his life threatening to destroy the normalcy he feigned.

There was a time when society expected this old veteran, like so many others, to block the bad memories, when being a man meant ignoring the trauma and getting on with life. Today, we recognize post-traumatic stress disorder, and we are learning that unhealed memories can reoccur at the most unexpected times and at the slightest provocation – a sight, a sound, a smell, or even a chance encounter with strangers at a café.

On Remembrance Day, I will stand with others at the cenotaph, not because there is any danger of forgetting, but because it is important to remember. As I stand in silence, remembering the broad strokes of man's inhumanity to man, I will see a gentle man who, through the simple act of picking up a fork, touched our hearts that day in Chamonix.

*Troy Media columnist Louise McEwan has degrees in English and Theology. She has a background in education and faith formation. Her blog is [www.faihtcolouredglasses.blogspot.com](http://www.faihtcolouredglasses.blogspot.com).*

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

## Letters to the Editor

### Impossible to please everyone

Dear Editor,

President Julius Nyerere was one of the best presi-

dents in African history. He was a socialist who cared about everyone regardless of where they came from. He was against the predatory capitalism that allowed a few to take advantage of the poor masses. Many business

people did not like it.

So, I was very disappointed to read (in the August issue travel feature on Tanzania) that Mansoor Ladha and some Asians fled "Nyerere's dictatorial regime." There is no place on earth, not

even in Asia, where people are as hospitable as in Africa, despite Idi Amin in Uganda. It surely is impossible to please everyone.

Regards,  
S.N. Duru



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# The siren sounds of cold war silence can still be heard

By Tim Johnston

Driving the byroads in the hills southwest of Calgary is a calming and peaceful way to spend a few hours. No matter the season, the area offers constantly changing vistas, beautiful fields and forests and sweeping views of the Rocky Mountains. The sky provides a canopy of exquisite colors, and clouds dapple hillsides with sunlight and shadows. I drive the hills with my camera on the car seat beside me, ready to capture such views as the hills may reveal.

Near the end of one such trip this spring, two objects lying in a field beside the road grabbed my attention. As I was stopping the car, I mentally processed what they were. I knew I had seen similar objects long ago and then, I remembered.

The objects were steel poles, approximately 15 meters in length, atop each of which was a steel mesh platform measuring 3 meters per side and enclosed by guardrails. In the middle of the platforms were electrical circuit boxes and very large horn-shaped devices. What I had come across were two of Calgary's air raid sirens

from the cold war years lying forlorn and rusting before me.

In a speech in Fulton, Missouri on March 6, 1946, Sir Winston Churchill coined a term that stayed in everyone's consciousness for a long time after. He was describing the closing off of central European countries by the Russians following defeat of Nazi Germany. Churchill said that "an iron curtain" had descended across Europe, a reference to the presence of Russian military and political power that resulted in the loss of national independence for many countries and the isolation of millions of their inhabitants from the western world. The Cold War between East and West was underway.

The silent sirens rusting in the field were vivid reminders of a time when people in North America and Europe (and the Soviet Union, presumably) believed that the end for all humanity could occur at any time. The explosions of atomic bombs at Hiroshima and Nagasaki bode the future outcome of world conflict. The rapid development of ever more powerful hydrogen bombs by the United States and the



These air raid sirens are located on private land southwest of Calgary.

Photo by Tim Johnston

Soviet Union and the fleets of bombers to deliver them, meant that very few populations would be immune to damage in a future war. International incidents between the Soviet Union and the West continued to drive the hands of the Doomsday Clock closer and closer to midnight.

Against such an "end of the world" backdrop, civil defense organizations were brought into being. Their purpose was to help ensure the survival of large num-

bers of populations by way of providing shelters or by organizing ways and means to evacuate people from likely target areas. To celebrate the success of civil defense planning across Canada, the first national Civil Defense Day took place on October 4, 1957. That same day, the Soviet Union launched Sputnik, the world's first artificial satellite. Sputnik weighed only 63 kilograms and sent back to the earth only simple radio signals. It circled

the earth every 98 minutes. To Western observers, however, the real fear of this achievement was that the Soviet Union now had the ballistic capability to deliver nuclear warheads, which could reach the continental United States in less than 40 minutes from launching, and against which there was no defense.

The City of Calgary took the threat of nuclear war very seriously and civic

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## Siren sounds

**Continued from page 9**  
 leaders saw to the organization of the Calgary Target Area Civil Defense Committee. Calgary was deemed to be a likely target because of its importance in the oil and gas industry, its manufacturing and agricultural infrastructure and the importance of the Canadian Pacific Railroad main line. In a pamphlet produced by the Committee entitled "If War Should Come," it was noted that an attack could come within 15 minutes of a warning blast from the air raid sirens. Steady three-minute blasts meant an attack was probable, rising and falling notes meant "take cover".

Options for trying to survive an attack were listed, those being to seek cover in a blast proof shelter; to evacuate to safe accommodation arranged for in advance; to leave

the city and rely upon obtaining protection and supplies from reception communities; or to stay within properly stocked fallout shelters and plan to improvise against the dangers from the explosion.

The director of the Calgary Target Area, Geoffrey Bell, believed that anyone left in the city would not survive a nuclear attack and that the promotion of shelters was a placebo meant to assuage public anxiety. Instead, the Calgary Committee developed elaborate plans for a general evacuation. The city was divided into eight zones or "drainage areas" and these were further divided into "drainage sectors," each with its own evacuation routes and destination communities identified. For example, people living in the Blue Area, comprising what was then most of northeast Calgary,

would drive their cars to the Edmonton Trail or the Trans Canada Highway and then north on Highway Two to fourteen reception communities from Beiseker all the way to Trochu. Calgary's civic government would evacuate to Olds.

Other information distributed to Calgarians outlined how to proceed once the sirens started to wail. Schools would close and children would be sent home. Someone at home would gather food and clothing for the evacuation. With everyone assembled, the car loaded and the house locked and safe, the family would set off for its predetermined destination. People were warned to follow the traffic stream out of their respective sectors to avoid chaos and the endangering of thousands of people. If on the road when the

"take cover" sounded, drivers needed to keep going to avoid traffic pileups behind. If a brilliant flash of light occurred, drivers would duck their heads but keep going. Car windows would be left open to let any blast wave go through.

The Calgary Target Area Committee and provincial and federal civil defense leaders devised an elaborate test of civil defense preparedness. As well as exercising evacuation procedures, the test would stand as proof that, by way of carefully planned evacuations, cities and towns in western nations could absorb atomic attacks and still have most of their populations survive. Operation Life Saver took place on September 28, 1955 and involved the voluntary participation of residents in Northeast Calgary. Approximately 6,000 people

took part, evacuating on predetermined exit routes to outlying communities. The Royal Canadian Air Force then staged a simulated attack on the partially evacuated area of the city. Representatives of the North Atlantic Treaty Organization were on hand to witness the exercise and all Calgary media as well as Time Magazine, Maclean's and the Saturday Evening Post, among others, covered the events of the day. It is believed that Operation Life Saver was the largest and most elaborate civil defense exercise ever held in Canada.

The two old sirens lying in the field were part of that exercise and stood erect on their poles for many years, ready to warn Calgarians of impending attack. The city had thirteen sirens in total with additional single sirens located in Cochrane and Okotoks. I asked permission of the current owner to inspect the sirens up close and to take photographs. Then I walked amongst them on a warm spring morning, thinking of how much the world had changed since the sirens were first installed.

Enormous stocks of nuclear weapons still exist. The United States alone maintains operational missile fields in North Dakota, Montana and in the region where the states of Wyoming, Nebraska and Colorado converge. Additional missiles and warheads are onboard US Navy Trident submarines and US Air Force strategic bombers. Since 1988, however, missile fields in South Dakota, Missouri and another field in North Dakota have been eliminated.

The world has certainly not had peace during or after the Cold War but neither has it had nuclear conflagration. The assured destruction of a nation that first launches missiles by the missiles of the nation on the receiving end of an attack is what has kept missiles in their silos and warning systems, like the old sirens in a rural Calgary field, silent.

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"If War Should Come" pamphlet, Calgary Target Area Civil Defense Committee, courtesy of Anne Gafiuk

Nukewatch Quarterly, Spring 2015

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# Could the Cold War have been avoided if Roosevelt had lived?

Stalin's habit of doing precisely what he could get away with made the Cold War inevitable

By Pat Murphy

It was just over 70 years ago that Franklin D. Roosevelt died. Although he'd been in failing health for some time, the details of his condition had been carefully kept from the general public and his passing from a massive stroke on April 12, 1945, thus came as a shock. In an era before the presidency was subject to term limits, he'd been elected to the White House four times, leading America through both the Great Depression and the Second World War.

Roosevelt's vice-president and successor, Harry Truman, was a simpler man. Considered inexperienced and ill-informed, he was suddenly catapulted into the hot seat and forced to address a host of difficult issues ranging from winning final victory against Japan in the Pacific to dealing with Josef Stalin in post-war Europe.

And some on the American Left didn't like how Truman went about it. To them, he was a warmonger whose anti-Soviet behaviour betrayed Roosevelt's legacy and kick-started the Cold War. Politically, this disaffection found its spokesman in Henry Wallace, who'd been Roosevelt's third term vice-president and who subsequently served as Secretary of Commerce before being fired by Truman in 1946. The contentious issue between them was Truman's policy towards the Soviet Union.

Wallace's response was direct. Rather than attempting the herculean task of wresting the 1948 Democratic nomination from Truman, he instead went straight to the general election, running for president on the Progressive ticket. However, it didn't go well.

In addition to the normal challenges inherent in a third-party run, Wallace was hampered by the visible Communist Party influence in his campaign. On election night, he polled less than 3 per cent of the national vote, only New York gave him more than 5 per cent, and he barely got above a single percentage point in his native Iowa.

Still, that leaves open the question of whether the

Cold War could have been avoided had Roosevelt lived. Would the combination of his diplomatic skill and strategic clarity been sufficient to manage Stalin and prevent the downward spiral in international relations?

Let's begin by acknowledging that Roosevelt was personally relaxed about Communism, at least as long as it was confined to distant, foreign countries. The historian David Reynolds characterises this thinking as typical of American liberal opinion at the time. Communism, so the theory went, was an understandable reaction to poverty and oppression. And it had many varieties, some of which were relatively benign. As for the Soviet Union, Roosevelt "knew little and feared even less."

Roosevelt also fancied himself as a supreme manager of people. He was, in his own mind, a great persuader, telling Winston Churchill "I think I can personally handle Stalin better than either your Foreign Office or my State Department." Mind you, it's been argued that the handling actually went the other way round. Indeed, shortly before he died, Roosevelt complained that Stalin had "broken every one of the promises" made just weeks earlier at Yalta. Clearly, his charm and reasonableness offensive hadn't been particularly effective.

Finally, there's the matter of Stalin himself. Paranoid, absolutely ruthless and totally opportunistic, he had a long history of doing precisely what he wanted if he thought he'd get away with it. It would take a major leap of faith to conclude that the aspects of his post-war behaviour which alienated the West - the clamp-down in Eastern Europe, the coup in Czechoslovakia, the Berlin blockade, green-lighting the invasion of South Korea, and so forth - were really all just a reaction to Truman's inept diplomacy.

Similarly, it's very difficult to envisage Roosevelt being indifferent to that sort of behaviour. While he was no anti-Communist crusader, neither was he an isolationist. In his vision of the post-war world, America was going to be a very active participant.

So, bottom line, the advent of the Cold War

wasn't attributable to Roosevelt's death. Had he lived, some of the music might have been different but the dance would most likely have ended the same way.

Interestingly, Henry Wallace subsequently came around to something

resembling that view. Indeed, Wallace's personal epiphany was such that he voted for Dwight Eisenhower in the presidential elections of 1952 and 1956, and for Richard Nixon - rather than John F. Kennedy - in 1960.

Life can be funny sometimes.

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

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# The last Canadian dam buster

By Elinor Florence

Fred Sutherland of Rocky Mountain House, Alberta, is Canada's last surviving dam buster, one of only two left in the world.

Now 92 years old, Fred lives quietly with his wife Margaret in their cozy bungalow in Rocky Mountain House, Alberta – unaffected by the worldwide interest that still exists about the daring strike on three key dams in Germany back in 1943.

The success of that raid was a tremendous morale-booster for the Allies and became the subject of many books and documentaries, plus a famous 1955 British movie called *The Dam Busters* starring Michael Redgrave. Rumour has it that New Zealand director Peter Jackson (famous for the *Lord of the Rings* trilogy) is planning to remake that classic movie.

Fred was born in 1923. His father was the local doctor in Peace River, Alberta. His mother was a nurse from Ontario who came to Peace River for work, and ended by marrying Fred's father.

"It wasn't until after she died that we discovered she was a Woodland Cree from Moose Factory who came south to stay with an aunt and take her nurse's training," Fred said. "It was obviously a deep secret because she never said a word about it."

The only son in his family, Fred grew up with two sisters, Kathleen and Alma. He dreamed of becoming a bush pilot in Canada's wilderness. He had a girlfriend, pretty little Margaret Baker who was the daughter of the local bank manager.

At the age of eighteen, before finishing high school, he joined the air force in July 1941. Fred completed his training as an air gunner in Canada, and arrived in England in spring 1942. He did further training there and "crewed up" on a bomber with Australian Les Knight as his pilot.

Their first operational unit was Number 50 Squadron, at Skellingthorpe, Lincolnshire, where they began flying the Lancaster in September 1942.

It is a measure of their prowess in the air that the crew survived twenty-five trips over Europe, at a time



The Eder Dam after the breach.

Courtesy of the Bomber Command Museum of Canada

when casualties among bomber crews were at their peak. A full tour was thirty operations and the seven-man crew was hoping to survive its last five trips.

"If you had made it through twenty-five trips, you were doing very well," Fred recalled. "Our crew was considered one of the best."

In March 1943 they were happy and relieved to hear the news: two crews from their squadron were chosen to participate in a special top secret project – and in exchange, they would be granted their last five trips.

In total, twenty-one bomber crews were selected

from RAF's 5 Group, including Brits, Canadians, and other nationalities, to create a new squadron, No. 617.

After the initial excitement, though, reality set in. What was this special project, and just how risky would it be?

"Everybody was curious. They told us not to try to figure it out, but amongst ourselves, we couldn't help wondering."

They didn't know it yet, but they were about to become famous.

Scientist Barnes Wallis had developed the theoretical concept of a special "bouncing bomb" that

would skip over the water like a skipping stone and lodge underwater against the wall of a dam, when it would explode.

But the bomb had to be dropped from an altitude of precisely sixty feet, at an air speed of 390 kilometres per hour, and at a specified distance from the target. This called for some fancy flying.

The crews went to work, dropping dummy bombs on target. Then they progressed to spinning bombs filled with sand rather than explosives.

"Our crew thought we must be after the U-boat pens," Fred said, referring to the

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## Last dam buster

*Continued from page 12*

dreaded German submarines. They still had no idea what their target might be.

The aircrews were not informed of their target until that very night – May 16, 1943. Fred remembered thinking that it was a suicide mission; he never expected to survive. “When you go into the target at sixty feet with all the lights on, you’ve had it.”

Fred didn’t even know the code name of the mission until then: Operation Chastise. The targets were three key dams in Germany’s Ruhr Valley: the Mohne, the Sorpe, and the Eder. The goal was to knock out hydroelectric power, and reduce the water available to the enemy’s armaments industry.

Nineteen Lancasters took off that night, but the losses were heavy. Eight of the aircraft failed to return to base, either shot down or crashed while attempting to perform their dangerous duty.

The first formation consisted of nine aircraft led by Squadron Leader Guy Gibson. They attacked the Mohne Dam, and it was successfully breached. The Sorpe Dam was also attacked, but it held out.

The five remaining aircraft that were still armed with bombs turned toward the Eder Dam.

The Eder Valley was covered by heavy fog and the surrounding hills made the approach difficult. The first aircraft made six unsuccessful runs but could not get into position. The second dropped a bomb that struck the top of the dam, but the aircraft was severely damaged in the blast. The third dropped his bomb, but the dam held firm.

The fourth and final bomb was dropped by Fred’s Lancaster, piloted by the Australian, Les Knight. It struck the Eder at just the right place and broke the dam wide open.

To this day Fred credits his pilot for this feat. “Jumping over the hill and hitting the right speed and the right height was an act of genius.”

There was much jubilation in the aircraft, Fred recalls. “As soon as the dam was hit, the water was going everywhere. There was a bridge down below the dam that just disappeared, just disintegrated. The force was terrific. We couldn’t believe it. We were just yattering away.”

Of the 133 airmen that set out on the raid, thirty were Canadian – six of them from Alberta, including Fred. In total, fifty-three men died that

night including fourteen Canadians, and three men were taken prisoner.

After the dam buster raid, the squadron was kept intact. Just four months later, on September 15, 1943, Fred’s crew set out on an almost identical raid on the Dortmund Emms Canal in Germany.

While the low-level Lancaster was searching through the mist for the canal, it struck some trees and was damaged. But their excellent pilot Les Knight managed to get the Lancaster across the border into Holland so the crew could bale out.

Fred was picked up by the Dutch Resistance and was taken to a camp deep in the woods where other men were hiding.

After a month in hiding, papers were prepared for Fred saying that he was a labourer on the Cherbourg Fortifications.

He was dressed in work clothes and put on a train from Rotterdam to Paris. In Paris he was sheltered by an elegant old lady for another month.

When it became time to evacuate some men across the Pyrenees to Spain, another train took him and other flyers to Toulouse. From there a truck took them to the foot of the mountains.

They walked for two days and nights in the mountains through rain and fog, trying to evade German patrols, to freedom in Spain.

Only when he was back in England was he able to send a telegram to his parents, saying: ‘I am safe and sound.’

Imagine the joyous hulla-baloo in the Sutherland household back in Peace River! His parents immediately telephoned Margaret and told her the good news.

Fred’s flying career was over. Once an airman was rescued by the Resistance, he wasn’t allowed to fly again in case he was captured and forced to reveal the identities of his saviours.

In December 1943 Fred sailed for home. He celebrated Christmas on board the ship, then took the train from Halifax to Edmonton. “When I got there, one of our Military Police stopped me and gave me heck for not having my coat buttoned up properly!”

But standing on the platform were his parents and Margaret, who had driven down from Peace River to meet him. Five hundred kilometres was a long journey in those days, but they couldn’t wait another minute.

Fred and Margaret announced their intention of

being married immediately. It’s a good thing Fred’s parents were present, because Fred was still only twenty years old (Margaret had just reached the majority age of twenty-one, since she is a few months older than Fred) and he needed his father’s permission to tie the knot!

The very next day, January 5, 1944, Fred and Margaret were married in an Anglican Church with his parents present.

Fred served as a gunnery instructor in Canada for the rest of the war. After the war he became a forestry inspector for the Government of Alberta and worked in Calgary, Edmonton, and Rocky Mountain House, where he retired. The couple has two sons who live in Edmonton and Fort McMurray, and a daughter who lives in Calgary.

In 2014, a world-renowned British artist named Richard Stone travelled to the Banff Springs Hotel in Canada to paint Fred’s portrait there, part of a series called Portraits of Heroism.

On this Remembrance Day, let us pay our respects



*Fred Sutherland at home.*

*Photo by Elinor Florence*

to Fred Sutherland and all the members of RAF Squadron 617 who risked their lives in this famous blow for freedom.

*Elinor Florence of Invermere, B.C. is a career journalist and author. Her first novel, Bird’s Eye View, tells the story of a Saskatchewan farm girl*

*who joins the Royal Canadian Air Force in World War Two, and becomes an interpreter of aerial photographs. Her book is available through any bookstore, and as an ebook. Call her at 250-342-0444 for more information, or visit her website at [www.elinorflorence.com](http://www.elinorflorence.com)*

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# Forgotten First World War art finally comes home

If not for the efforts of a determined senior citizen a priceless piece of Canadian history could have been lost forever

By Johnnie Bachusky

When the doors of the Penhold Regional Multiplex open on Nov. 5 it promises to be just like Christmas for many residents of the Central Alberta town.

It won't necessarily have the feeling of excitement one might equate with wide-eyed children but more like the pent up anticipation of reclaiming a forgotten national treasure that was stored away for a half century, said mayor Dennis Cooper.

"People are waiting to see something that is just great and they are anticipating it

coming, and they have made notes to make sure they go and take a look at it," said Cooper of the growing but restrained anticipation among the community's 2,500 citizens.

The Nov. 5 event at the multiplex, the town's massive hub for recreational, cultural and social services, will host the unveiling of the Penhold curtain, a 95-year-old piece of war art that hung for more than four decades inside Penhold's historic Memorial Hall before being unceremoniously rolled up and stuffed into the hall's attic for another four decades.

But the forgotten six-by-four-metre theatre drop curtain was saved from its dusty purgatory on March 3, 2003 when Penholder Stewart Ford, a longtime respected businessman, received a phone call from town officials.



The drop curtain at the Penhold Memorial Hall as it looked when the forgotten historical relic was discovered during the hall's renovations in 2003.

Photo courtesy of Stewart Ford

"It's a piece of war art. I realized right away that something had to be done with this. It had some water damage. And secondly, it wasn't doing anybody any

good rolled up", said the 77-year-old Ford, who ultimately convinced town council in 2006 to donate the curtain to Ottawa's Canadian War Museum.

That moment, 12 years ago, was the start of a remarkable quest by Ford to have the forgotten theatre drop curtain, adorned with a painting of an iconic First World War image, restored and preserved for future generations in every corner of Canada.

And on Nov. 5, before a huge crowd of Penholders - along with local, provincial and national dignitaries - the town's sacred curtain will be unrolled for the first time in half a century.

"This is a piece of history that is coming home for a visit. It will inform the new generations in this town of that history we had with the Great War," he said, noting there are few people in Penhold today who ever saw the curtain or even thought about it.

The creation of the drop curtain was a special project spearheaded by the Penhold Women's Institute (PWI) that followed the construction and completion of the Memorial Hall in 1919. The services of Red Deer's Arthur England and Harold Haste, war veterans and co-owners of a painting and decorating business, were retained to construct the curtain and hand paint a First World War image in honour of local veterans.

They chose the scene of the shelled ruins of the Basilica of Our Lady of Brebières from the French town of Albert that had been ravaged during the German advance in 1915, and in the Battle of the Somme the following year.

The image of the structure's 'Golden Virgin' statue leaning precariously atop the steeple became one of the iconic images of the Great War. Historians later agreed the scene was "likely" related to the service his-

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tory of Penhold's soldiers, many of them veterans of the famous Somme battle.

When the finished drop curtain was unveiled at the newly constructed Memorial Hall in 1920, it quickly became a beloved fixture for locals attending movies, live theatre and many other community functions. Ford, whose family has had roots in the community for more than a century, was a frequent childhood visitor.

"We used to look through the hole in the curtain to see where our parents were seated. We are talking about the late '40s, up to '52 or '53. The hall is where all the events in this town took place," said Ford, who was a young performer at the Memorial Hall for Christmastime school plays.

While the curtain's war art is of priceless historical significance nationally, the back of the relic, with its scores and scores of inscriptions and graffiti, is equally important for many Penholders and southern Albertans. Many were created by local citizens and groups that used the Memorial Hall for stage performances, such as the Horn Hill Troopers, Antler Hill Players, United Players

Innisfail, Calgary Kiddies, Hells Bells Elnora Players, Hanley Comedy Gang and the Clive Drama Society. Each inscription was also carefully preserved by the war museum.

"Travelling companies would come through putting on plays and concerts and some of them would list who they were and write their stuff up," said Ford, who spent three days last summer documenting every name inscribed on the back of the curtain, with the earliest dating back to 1927.

The journey to have the curtain fully restored was an arduous one for Ford. Restoration funds at the national museum were limited. Any monies available were earmarked for other projects, including the 90th anniversary of the Battle of Vimy Ridge in 2007, the War of 1812 in 2012, and a special exhibition of British artist Augustus John in 2011.

"I figured how things work down there. You have to think a year ahead. You have to give them a reason as to why you should have your thing done," said Ford, who made several trips to Ottawa since the 2006 donation, in part to check out progress of securing restoration funding at the museum. In the

meantime, Ford came up with a timing idea – the 100th anniversary of the destruction of the basilica – that appealed to museum officials.

"This is a 1915 First World War item. It is not a '17, not a '19 when it went into the hall. It's '15, so let's see if we can get them (museum) convinced of that," said Ford.

With the museum challenged to find sponsors for his idea, Ford was determined the restoration had to happen, even if it meant putting forward his own money.

"I said give me some numbers. They suggested \$80,000. I thought that was a pretty hard hit but I was certainly willing to make a contribution," said Ford of the discussions in 2014. "They got back to me with a revised figure. That covered the restoration, the crating and the shipping charges there and back to Penhold, and coming out and setting it up. I said, 'Fine. I will look after that'."

On Nov. 6, 2014 the funding agreement between Ford and the museum was signed. Almost one year to the day later the curtain will be ready for its historic moment in Penhold. The plan now is for the relic to



*Stewart Ford in his archive room. The retired businessman has a passion for First World War history and has previously prepared a complete historical record of 35 military men from Penhold who served in the Great War.*

*Photo by Johnnie Bachusky*

stay in the community for up to six months, which causes some concern for town officials.

"On one hand I think it's a great thing a lot of people will come and take a look at it but I also worry with the multiplex being a very busy place it could get damaged, with people moving around and bumping into it," said Cooper, adding the issue of the curtain's length of stay will be a town council decision.

In the meantime, Ford will savor the moment when the curtain is finally unveiled.

"It has all come together very well so I know I have got my part done. I am very excited about it. The whole thing from my point of view of all of this is to get Penhold on the map," said Ford. "It is to put it forward and say, 'Hey, these guys can actually do things. They got this place together and they have a history, a background with the curtain.'"



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# Save time and eat well

Page design & layout  
by Winifred Ribeiro

Life is busy and sometimes it's a challenge to get a healthy home-cooked meal on the table. In *Make Ahead Meals*, Michael Smith has fresh ways for you to save time in the kitchen while avoiding the time pressure of cooking from scratch every day and still turning out great-tasting meals.

*Make Ahead Meals* is packed with over 100 time-saving recipes, including soups, stews, slow cooker favourites, casseroles, and more that take the stress out of cooking. Inside you'll find lots of recipes with plenty of ways to cook ahead, from prepping dishes so you can finish them in minutes when needed, to making full meals in advance and freezing them for later. Prepping or cooking ahead is the best way to save time and reduce the pressure when you are short on time! Every recipe features ideas and tips on how to cook ahead to save time when you really need it, along with specific storage instructions. You'll quickly discover it's easy to be a super-cook turning out wholesome, great-tasting, healthy meals in your own kitchen.



Excerpted from *Make Ahead Meals*  
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Photography by Ryan Szulc.



## Sweet Potato Soup and Pumpkin Seed Pesto©

Soups are super simple to make ahead, especially when you know you're packing them with this much nutritional intensity and flavor. Sweet potatoes are crammed with gloriously healthy flavor, bright color and smooth texture. They really are perfect for soup. Of course this brightly flavored pesto doesn't hurt either!

**Makes:** Enough for 6 bowls. Easily doubled.

**Today for tomorrow:** Make both the soup and the pesto ahead (see Storage Tip).

• Fully cook this soup now and reheat anytime during the next several days.

### For the Soup

1/4 cup (60 mL) of butter  
2 onions, finely chopped  
4 or 5 garlic cloves, minced  
1 teaspoon (5 mL) of grated frozen ginger  
1 teaspoon (5 mL) of cinnamon  
1/2 teaspoon (2 mL) of nutmeg  
1 teaspoon (5 mL) of salt  
Lots of freshly ground pepper  
4 cups (1 L) of chicken broth  
1 cup (250 mL) of whipping cream  
4 pounds (1.8 kg) of sweet potatoes, peeled and grated or finely chopped

### For the pesto

1 cup (250 mL) of unsalted roasted pumpkin seeds  
1/2 cup (125 mL) of finely grated Parmigiano-Reggiano cheese  
1/4 cup (60 mL) of extra virgin olive oil  
2 green onions, chopped  
8 fresh sage leaves

Toss the butter into a large pot over medium-high heat, swirling it gently as it melts. Add the onions, garlic, ginger, cinnamon, nutmeg, salt and pepper; sauté just long enough to brighten the flavors, 2 or 3 minutes. Pour in the chicken broth and cream. Stir in the sweet potatoes. Briefly bring the works to a furious boil, then reduce the heat to a slow, steady simmer, cover and simmer until the sweet potatoes are tender, about 15 minutes.

Working in batches if you need to, carefully purée the hot soup as smoothly as you can using an immersion blender, a blender or food processor. (A good old-fashioned mashing ain't bad either!)

Make the pesto while the soup simmers. Dump everything into your food processor. Purée until smooth, scraping the sides down once or twice.

Ladle the soup into festive bowls and dollop a spoonful or two of the pesto into each bowl.

**Refrigerate:** Tightly seal the soup and refrigerate within 30 minutes of cooking. Store for up to 6 days before reheating.

• Tightly seal the pesto and refrigerate for up to a week.

**Freeze:** Portion the soup, tightly seal and freeze for up to 30 days. Reheat straight from the freezer or thaw in the refrigerator for 1 or 2 days before reheating. Tightly seal leftovers and store in the refrigerator for just a few days.

• Tightly seal the pesto and freeze up to a month.



## Tortilla Quiches©

Here's a big burst of bright flavor to begin your day—spicy salsa, smoky cumin and aromatic cilantro in a crispy, cheesy egg cup. and these Tex-Mex treats are a savory way to start every day when you've got a batch baked and ready.

**Makes:** 6 mini quiches. Easily doubled

**Today for tomorrow:** Prep the vegetables a day or two in advance, ready to cook when the time comes. • Prepare (but don't bake) a batch of these mini quiches, refrigerate overnight, and bake in the morning. If you're baking straight from the fridge, add a few minutes to the cooking time. • Fully cook this dish now and reheat anytime during the next several days. Baked quiches can also be refrigerated or frozen (see below).

**6 medium flour tortillas (if gluten intolerant, experiment with the corn tortillas)**

**18 cherry tomatoes, each cut in half**

**2 green onions, thinly sliced**

**A large handful of fresh cilantro leaves, lightly chopped**

**8 eggs**

**1 cup (250 mL) of your favorite salsa**

**1 teaspoon (5 mL) of ground cumin**

**1 cup (250 mL) of grated cheddar cheese**

Preheat your oven to 350°F (180°C). Turn on your convection fan if you have one. Lightly spray a muffin pan with extra-large cups with cooking spray. Set the muffin pan on a baking sheet to contain any drips.

Wrap the tortillas in a damp paper towel and microwave them until they're soft and pliable, 30 seconds or so. Line each muffin cup with the tortillas, pleating and folding them to fit.

Stir together the tomatoes, green onions and cilantro. Divide the fragrant mixture evenly among the tortillas. Whisk together the eggs, salsa, cumin and half of the cheese. Divide the mixture evenly among the muffin cups. Top with the remaining cheese. Bake until the quiches are firm to the touch, nearly cooked through but still slightly moist on top, 25 to 30 minutes. Rest for 5 minutes or so as they finish firming before serving.

**Refrigerate:** Tightly seal the baked quiches, tightly seal and refrigerate within 30 minutes of cooking. Store for up to 4 days.

**Freeze:** Tightly seal the baked quiches and freeze for up to 30 days. Reheat straight from frozen or thaw in the refrigerator for 1 to 2 days before reheating. Tightly seal leftovers and store in the refrigerator for just a few days.

## Potluck Potatoes with Parmesan Cream©

This is one of my favourite go-to dishes for potluck. The essential scalloped potatoes. The crowd pleaser. Guaranteed, because this version is packed with aromatic garlic and oregano.

**Makes:** a large pan, enough for 10 to 12 sides, easily doubled.

**Make Ahead:** is an essential part of any professional kitchen. Every restaurant chef knows they can bake a batch of classic potatoes gratiné like this, cool them thoroughly, cut them into an array of fanciful shapes, and reheat them quickly to dress up the plate. At home that just means I make the full pan, serve half and save the other half for a few days downstream

**Today for tomorrow:** Prepare this dish in advance, ready to pop in the oven when the time comes

• Fully cook this dish now and reheat anytime during the next several days

1/2 cup (125 mL) of butter  
8 garlic cloves, minced  
1 tablespoon (15 mL) of dried oregano  
1/2 cup (125 mL) of all-purpose flour  
4 cups (1 L) of milk  
2 cups (500 mL) of finely grated Parmigiano-Reggiano cheese  
1 teaspoon (5 mL) of salt  
10 or 12 large russet potatoes (5 pounds/ 2.25 kg or so), peeled and thinly sliced



Preheat your oven to 350°F (180°C). Turn on your convection fan if you have one. Lightly oil a 13- x 9-inch (3.5 L) baking pan

Toss the butter into a large saucepan or soup pot over medium heat. Swirl, melt and sizzle. Toss in the garlic and sauté until sizzling, fragrant and lightly golden, 30 seconds or so. Stir in the oregano and turn off the heat. Sprinkle in the flour and stir the works into a paste.

Return to medium heat and slowly pour in the milk, whisking the sauce as it heats and thickens. Briefly bring to a furious boil, then reduce the heat to a slow, steady simmer. Whisk in the Parmesan and salt. Remove from the heat.

Stir the potatoes into the sauce, coating them evenly. Transfer them to the baking pan, nudging them into an even layer. Bake for 90 minutes, then begin checking doneness every 10 minutes or so. Bake until the potatoes are tender throughout and golden brown and the sauce is bubbly, reduced and thickened, up to 2 hours in total.

**Refrigerate:** Tightly seal the prepared (but not baked) dish and refrigerate for up to 3 days. Tightly seal leftovers and refrigerate within 30 minutes of cooking. Store for up to 6 days before reheating.

**Freeze:** Portion the baked dish, tightly seal and freeze for up to 30 days. Reheat straight from the freezer or thaw in the refrigerator for 1 or 2 days before reheating.



# Quick, flavourful, healthy

## EASY WAYS TO CHANGE YOUR LIFESTYLE

Page design and layout by Winifred Ribeiro

In *Paleo Every Day*, Pete Evans shares his favourite recipes for good health and vitality. Inspired by a 'paleo' way of eating, these are the meals he cooks for his family every day, featuring loads of fresh veggies, nuts and seeds, sustainable seafood and meat, and free of gluten, sugar and dairy. Drawing on his love of the cuisines of Thailand, Turkey, Vietnam and Morocco, he shows you how to make lighter, healthier versions of your favourite breakfasts, salads, curries and burgers. And while you won't find any sugar, there are some delicious gluten and dairy-free treats, such as Young Coconut Ice Cream and Raspberry Mousse Cheesecakes.

*Paleo Every Day* makes it easy to change the way you cook and eat, inspiring you to create delicious meals that will make you feel (and look!) fantastic.

Evans says, "Eating paleo-style simply means eating the way our ancestors did, before humans began farming and processing food. Our ancestors lived on nutrient-dense vegetables, fruit, nuts, seeds, fish, shellfish, poultry and game — none of the highly processed and refined foods, laden with sugar and starch, that form the bulk of Western diets today."

Excerpted from *Paleo Everyday*©  
by Pete Evans  
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### Tuna and Sweet Potato Patties©

These patties make a great go-to dish that is relatively inexpensive and satisfies everyone in family. I often just bake the whole mixture in the oven like a frittata.

It is great to eat cold the next day, or you can pack any leftovers into lunchboxes.

If you are following a paleo diet, you can omit the corn and quinoa

**Serves:** 6–8 as a starter

**80 g quinoa, rinsed (available at most supermarkets)**  
**480 g grated veggies (try parsnip, carrot, courgette, potato, pumpkin, Jerusalem artichoke)**  
**½ small onion, grated**  
**2 x 185 g cans tuna in olive oil or spring water**  
**3–4 eggs**  
**100 g corn kernels, cut from the cob**  
**1 sweet potato (about 600 g), roasted and mashed**  
**1 garlic clove, finely chopped**  
**3 tablespoons chopped flat-leaf parsley leaves**  
**2 tablespoons chia seeds (available at health food stores)**  
**2 handfuls of English spinach or Swiss chard, finely chopped**  
**sea salt and freshly ground black pepper**  
**coconut flour, to thicken, if needed**  
**2 tablespoons coconut oil**  
**1 lemon, cut into quarters, to serve**

Place the quinoa in a small saucepan with 160 ml of water and bring to the boil. Reduce the heat, cover and simmer for 15 minutes, or until the water is absorbed. Set aside to cool.

Place all the grated vegetables in a clean cloth or tea towel and squeeze out any excess liquid. Transfer to a bowl, add the quinoa, tuna, eggs, corn, sweet potato, garlic, parsley, chia seeds and spinach, season with salt and pepper and mix well. Add a little coconut flour if the mixture is too thin. Roll into small patties.

Heat the coconut oil in a large frying pan over medium heat and fry the patties for 2–4 minutes on each side, or until golden and crispy. Drain on paper towel, season with salt and pepper and serve with lemon wedges.



### Root Vegetable Slaw©

Root vegetables have a calming and restorative effect on the digestive system, which is why I love to include them, either cooked or raw, in as many recipes as I can. This recipe can be used as a guide – play around with the ingredients until you find what suits you in terms of time, budget and taste. It has some similar ingredients to a classic coleslaw, but is not slathered in mayonnaise. You can serve this with yoghurt or sour cream, but I like to keep it simple with a dressing of apple cider vinegar, lemon juice, olive oil and lots of herbs. This slaw is good enough to eat on its own and is great served with grilled fish or fried chicken. It is also wonderful on scrambled eggs for breakfast

**Serves:** 4

**3 beetroot**  
**2 carrots**  
**1/2 celeriac**  
**1 kohlrabi**  
**1/4 red cabbage, shredded**  
**1 large handful of sliced fennel**  
**2 large handfuls of coriander leaves, roughly chopped**  
**2 large handfuls of mint leaves, shredded**  
**2 handfuls of flat-leaf parsley leaves, roughly chopped**  
**1/2 tablespoon finely grated lemon zest**  
**1 teaspoon freshly ground black pepper**

#### DRESSING

**80 ml lemon juice**  
**80 ml olive oil**  
**3 tablespoons apple cider vinegar**  
**2 teaspoons honey (optional)**  
**1 teaspoon sea salt**

Peel the beetroot, carrots, celeriac and kohlrabi and slice thinly, about 2 mm thick. Stack a few slices at a time on top of each other and cut them into matchstick-like strips. Alternatively, use a mandolin or a food processor with the appropriate attachment. Place all the strips in a large bowl with the cabbage and fennel and cover with cold water. Set aside while you make the dressing.

**To make the dressing,** place all the ingredients in a small saucepan over low–medium heat. Bring to a gentle simmer and stir until the salt has dissolved. Remove from the heat.

Drain the vegetables and dry well with paper towel. Dry the bowl and replace the vegetable strips. Pour the hot dressing over the vegetables and mix well. Place in the fridge for at least 45 minutes.

**When ready to serve,** add the herbs, lemon zest and pepper to the salad. Toss well, taste and add more salt if needed. Pile onto serving plates and serve.



### Poached Pears©

This poached pear recipe is one of my favourite special-occasion desserts. The flavours are, quite simply, sublime – and refreshing, too. If you feel the need to impress your guests or treat your family, this one's a winner!

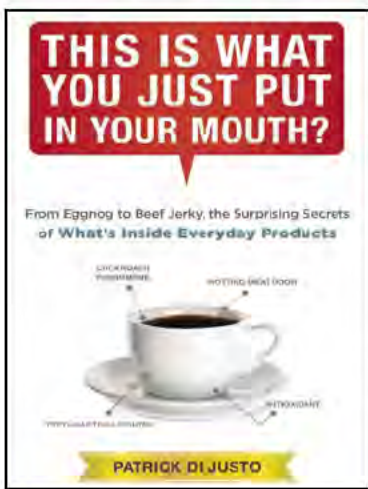
**Serves:** 4

**1 litre coconut water**  
**4 thick slices of ginger**  
**2 lemongrass stems, white part only, bruised**  
(bruise the lemongrass stalk by lightly crushing it with a pestle, a meat mallet, or the side of a large knife or cleaver.)  
**small pinch of saffron threads or a pinch of ground turmeric**  
**4 large, very firm Beurre Bosc pears, peeled, halved and cored**  
**3 tablespoons chopped almonds**

In a large saucepan, combine the coconut water, ginger, lemongrass and saffron or turmeric and bring to the boil. Gently lower the pear halves into the liquid, making sure they're fully submerged. Simmer, covered, for 45 minutes, or until the pears are just tender. Set aside to cool in the syrup.

Place the pears in serving bowls and scatter with almonds (if using).

## Book Review



### “This is what you just put in your mouth?”

By Patrick Di Justo

c.2015,  
Three Rivers Press  
\$15.00 U.S. /  
\$18.00 Canada  
255 pages  
Reviewed by the  
Bookworm

Borborygmus.  
That’s the technical term  
for what you’re experienc-

ing now: great big rumbles from ‘neath your navel. Snarls from your stomach, a reminder that it’s snack time. Aside from sugary-salty goodness, though, and a feeling of satisfaction, what will you consume? To find out, read “*This is What You Just Put in Your Mouth?*” by Patrick Di Justo, and hang on to your gut...

But first – the vending machine.

The vending machine is close, so let’s start out with a cuppa joe, which includes an ingredient that “helps give real butter its flavor” and one that actually keeps bacteria off your teeth.

So far, so good. Real good, in fact, so you might follow it up with something sweet to get you through your day, complete with “artificial human salivary enzymes,” perhaps topped with a product that contains “a high percentage of air.”

Uhhh, or maybe not. How ‘bout something cheesy – some “cheese, processed cheese, cheese food, [or] cheese spread” – each of which are different, says Di Justo. Or salty, which might contain three ingredients that cause addiction in lab rats. If you’re watching your weight, though, beware: federal regulations state that serving size is generally based on what a four-year-old can consume. And expiration dates? Nope. There’s “no federal regulation to date food at all...”

Well, now, your appetite is gone; in fact, you might want to lie down somewhere... like, in front of a fire, where you might burn birdseed and “a giant sideways candle in your fireplace.” Or maybe you just need to be with friends, so put in your contacts (the solution for which may contain a product used with

anticancer drugs) and mascara (which you definitely do not want to wear near a magnet!) and head down for your favorite libation (which could cause irregular heartbeat). Or maybe you’ll just skip it all to spend time with the dog (and feed him something that’s “deliberately stinky”) or the kids (and give them what “attempts to artificially re-create something that already exists...”). Bon appétit!

“If you’re looking for shocking stories of the gigantic corporate conspiracy to poison America... you’re reading the wrong book,” says author Patrick Di Justo of “*This is What You Just Put in Your Mouth?*” Without intending to scare, he says he looked at various products with curiosity and the notion that knowing what’s there is better than not knowing. It can’t be an

accident that he also entertains readers, then, can it?

I don’t think it is: in this collection of Wired magazine articles, Di Justo is hilarious, as he explains how he learned what’s inside everyday products, not just food. What he finds may surprise and delight you.

For sure, you’ll read ingredient labels a whole lot closer.

Depending on how you look at it, this is a consumer’s dream, or it’s a nightmare. Either way, it’s a twistedly-fun and very eye-opening book to have. “*This is What You Just Put in Your Mouth?*” will give you food for thought – and it may make you growl.

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

□



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## Military Museums remember

The Military Museums Remembrance Day Ceremony begins at 10:30 a.m. Wednesday, 11 November and runs until 11:25 a.m. Admission is free. The Military Museums will be accepting food donations on behalf of the Veterans' Food Bank. The Military Museums will be open all day following the ceremony.

Please remember to arrive early and dress appropriately for the conditions. Access inside the museum before the ceremony will be for staff and volunteers only.

With the construction on Flanders Ave, access to the Military Museums will be different this year. Please visit [flandersinterchange.ca](http://flandersinterchange.ca) or [themilitarymusems.ca](http://themilitarymusems.ca) and familiarize yourself with the detour routes. Please note: there will not be pedestrian access to the Military Museums from Crowchild Trail or from Currie Barracks.

The Military Museums are located at 4520 Crowchild Trail S.W.

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# Life and liberty – Visioning your future to take control of your life



By liberty forrest

"Oh, no! How did I get into this? How did this happen?"

Does this sound familiar? I'm sure we've all been there. Perhaps that's where you are right now. And if you are, the good news is that if you got into it, you can get out of it.

Okay, it's true, there may be some aspects of your situation that you cannot change. If, for example, you're sitting in a car that you just wrapped around an enormous tree a moment ago, you can't rewind about ten seconds and take it all back. After all, life isn't like one big shoelace that you can just undo whenever you want. So you made some choices that have got you all tied up in knots and you don't know where to begin to fix it.

First of all, just for a moment, forget where you are. Forget the fact that you're seriously in the soup and look ahead. Never mind what's wrong just now; what do you want to be right? Push aside all the bits that are upsetting, distressing, or fill-in-the-blank. Yes, you can. You are in control of your thoughts. You get to choose what goes on in your head. Your life or the situation may feel out of control at the moment but there are some parts you can control. The only constant is change, so hold onto that knowledge and begin by changing your thoughts.

Set all your worries to one side for a moment. Forget where you are, and see where you want to be. Just close your eyes and focus on what you want. Do not think about how you want this or that to stop, because then you're still focusing on what you don't want. Be very clear about this. Focus on what you want.

This is an extremely important difference and it is vital to your ending up where you want to be as quickly as possible. Once you've got the hang of it, it becomes quite simple to flip

negative thoughts into positive ones. Then hold that vision. As you're looking to the future and seeing where you want to be, don't be thinking, "Thank heaven that situation is over!" – because then you're still focusing on the situation!

To demonstrate my point, if you're rushing to get to an important appointment and you're worried that you're going to be late, don't be thinking, "I don't want to be late!" – because then you're still focusing on being late and you're more likely to trip yourself up with little things that do, in fact, delay you to the point of being late. Instead, think about everything going smoothly so that you arrive on time.

Every time you focus on what's wrong, change that image into the vision of what you want and hold onto it for a few moments. Not only will it lift your spirits, it will also keep you focused, feeling positive and moving forward.

As for more immediate help with "how to get out of this," find one thing you can do today to take a step toward the way out. Perhaps you've been so distracted by the problem(s), your house is a bit of a disaster or there's a ton of filing or unopened mail waiting for you. Pick just one thing you think you can do today and do it. Make a dent in that mountain of laundry. Tidy up one room. Brush your hair. Something. Anything. Just do one thing that begins to move you toward where you want to be. It doesn't have to be huge – but it can be, if you're up for it.

Do at least one of those 'somethings' every day. If you can do more than one,

go for it. That's great! Every one of them will just make you feel better, give you energy. And you know why? Because you'll be taking control of your life again.

The more you feel like you're in the driver's seat, the more you'll look through the windscreen and see that vision for your future. Each time you see it, it's not going to seem so far off in the distance. Each time you see it, that vision will become a little clearer. And that will only make it easier for you to know exactly which roads to take

and where you need to turn in order to get there.

You might well be in a really enormous mess. But you can unwrap the car from that massive tree trunk. You can get the front end repaired or rebuilt. The tree will heal – and so will you.

Yeah, you got yourself into this. But you can put

yourself back behind the wheel and get out of it, too – one mile at a time.

Just see where you want to be. Then hold that vision...

*liberty forrest is an award-winning author, an inspirational speaker and mentor. Contact [freespirit@libertyforrest.com](mailto:freespirit@libertyforrest.com)*

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## Community Events

### War Horse at Heritage Park

As part of its Speaking of the Past series on topics related to the history of Western Canada, on November 12, Heritage Park presents a talk by Ken McGuire who will tell the story of the many adventures and misadventures of a war horse named David during the Boer War and World War 1.

After the presentation participants are invited to stay and explore Gasoline Alley, featuring two floors of historic vehicles, gas pumps and more.

Admission to Gasoline Alley museum, Heritage Park, is \$10.50 for adults and \$8.25 for seniors (65+), inclusive of the talk. Heritage Park is located at 1900 Heritage Drive SW.

### Dance with Parkinson's

A partnership of Decidedly Jazz Danceworks, the Hotchkiss Brain Institute, Calgary Parkinson's Research Initiative, the Rozsa Foundation and University of Calgary's Faculty of Kinesiology, Dancing Parkinson's YYC provides dance classes to people with Parkinson's disease and their spouses, friends and care partners.

The classes take place on Tuesdays from 12:45 p.m. to 1:45 p.m. (level two) and from 2:15 p.m. to 3:15 p.m. (level one) at the Decidedly Jazz Danceworks Studios, 1514 – 4th Street SW. For more information, please call Kate Cunningham at (403) 228-8188, or send an email to dancingparkinsonsyyc@gmail.com, or visit [www.decidedlyjazz.com/classes/view-adult-schedule/dancing-parkinsons](http://www.decidedlyjazz.com/classes/view-adult-schedule/dancing-parkinsons).

### Remembrance at Whyte

The Whyte Museum in Banff offers the following events:

Mountain Gallery Hop on November 7, from 3:00 p.m. to 5:00 p.m. Meander between galleries at the Whyte Museum, Canada House, Willock and Sax, Ginkgo and Ink, the Wildflower Bakery and Café, and the Banff Public Library.

A free Remembrance Day cemetery tour on November 11, starts at 1:00 p.m. After meeting at the Old Banff Cemetery at 604 Buffalo Street, participants will be given a tour of the cemetery, then explore the history of wartime Banff.

The Whyte Museum is located at 111 Bear Street, Banff, open daily between 10 a.m. and 5:00 p.m. (closed between December 25 and January 1). Admission is \$8 for adults, \$4 for students and locals (Banff, Lake Louise, Canmore and Morley), and free for children and museum members. For more information, please call (403) 762-229, email [info@whyte.org](mailto:info@whyte.org), or visit the website [www.whyte.org](http://www.whyte.org)



A CF-104 Starfighter on display at The Military Museums.

Photo: KC Richards, The Military Museums Foundation

## Cold War comes to Calgary

An overlooked era in Canadian history is finally getting its due at The Military Museums here in Calgary. The much anticipated Ken and Roma Lett Cold War Exhibit is set to open to the public on 26 September 2015. Featuring three jet aircraft inside, and a fourth outside, the new exhibit will pay tribute to the Canadians who stood ready to defend Canada throughout the Cold War.

"(The Cold War) was a significant era of Royal Canadian Air Force (RCAF) history that could be better covered," says AFMA

Chairman, and retired CF-18 Pilot, Don Matthews. "There was an important story to be told and we're starting to correct this shortfall and to bring to the attention of Canadians the incredible exploits of the RCAF during the Cold War. Canadians were on the front lines of deterrence for 40 years and it worked."

The CF-18 Hornet, CF-5 Freedom Fighter (mounted outside), CF-104 Starfighter, and the F-86 Sabre are just the highlights of a far more in-depth exhibit of immersive displays, artifacts, and equipment that recount the history

of the Royal Canadian Air Force's efforts during that tense era. All four aircraft have served in RCAF operations.

The Ken and Roma Lett Cold War Exhibit is a unique permanent installation at The Military Museums, planned and developed by the Air Force Museum of Alberta. It was developed as a tribute to the men, women, and equipment that helped protect Canada and its allies during the Cold War.

The Military Museums are located at 4520 Crowchild Trail S.W. Calgary.

### Nature at life's end

On November 19, from 7:00 p.m. to 8:30 p.m., Dr. Sonya L. Jakubec, Associate Professor with the School of Nursing and Midwifery at Mount Royal University, and Don Carruthers Den Hoed, Head of Inclusion and Public Engagement Parks Division of Alberta Environment and Parks, will give a talk titled the Place of Parks and Nature at the End of Life.

The venue is Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (access via 130th Avenue SW and 37th Street SW).

Join the talk to find out the discoveries and recommendations from recent research on people's beliefs and experiences about the connection with parks at the end of life. Registration is required. Admission is free for Friends of Fish Creek members and \$5 for non-members. For more information, please visit [www.friendsoffishcreek.org/event/life](http://www.friendsoffishcreek.org/event/life).

### Get the Sweet Lowdown

The Nickelodeon Music Club's 36th season will feature the following performances:

November 14 – the Sweet Lowdown from British Columbia and Adrian Nation from Great Britain;

November 28 - Evans and Doherty from Nova Scotia and Sarah Jane Scouten from Quebec.

Doors open at 7:00 p.m. and concerts begin at 7:30 p.m. Seating is first-come-first-served, with the exception that the season's ticket holders will be given priority admission from 6:50 p.m. to 7:00 p.m. Advance tickets are \$25 each, and can be purchased online at [www.brownpapertickets.com](http://www.brownpapertickets.com) or at the Nick. \$25 door tickets are available only if tickets are not sold out in advance. The home of Nickelodeon is Crescent Heights Community Hall, 1101 – 2nd Street NW. For more information, please visit [www.thenick.ca](http://www.thenick.ca).

### Minus One Dance Club

The Fall schedule has started for the Minus One Dance Club, a social dance club for anyone interested in old-time and ballroom dancing.

Interlude plays for a Halloween dress-up party on November 14. Joel Spire supplies music for the dance on November 28.

The club meets at St. Vladimir's Cultural Centre, 404 Meredith Road NE. Doors open at 7:00 p.m., dancing at 8:00 p.m. Cost for members is \$12, \$14 for non-members. More information can be obtained at (403) 248-2528.

### A tribute to Churchill

A tribute to Winston Churchill and the war years, "The White Cliffs of Dover," will be held on Sunday, November 8 at 2 p.m. at Knox United Church, 506 4th Street SW (wheelchair accessible). Award winning singer, and Calgarian, Michael Hope, will be presenting a one hour show featuring songs of the war years, accompanied by live recordings of speech excerpts of Winston Churchill. Sing along to favourites such as, "Rule Britannia" and "Land of Hope and Glory". Admission is by donation.

Compiled by Faye Wu and Margaret McGruther

*Kerby Centre Member Appreciation Holiday Feast*

**Please join us for a holiday feast and entertainment celebration exclusively for Kerby members and their guests!**

**Tuesday December 8, 2015**  
**Kerby Gym – 1133 7th Ave SW**  
**Doors at 11:30am**  
**Meal at 12:00pm**  
**Entertainment : Silver Stars**  
**Tickets: \$5.00**

Tickets available at  
[www.kerbycentre.com](http://www.kerbycentre.com)  
 or in the Membership Office on the 2nd Floor

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travel@kerbycentre.com

**Hawaiian Adventure**  
November 12, December 3,  
January 14, February 18,  
25, March 10 (10 days)  
From Dbl. pp \$2659 plus  
air, includes 13 meals

**Christmas in the Rockies**  
December 24 (3 days)  
From Dbl. pp \$730,  
Sgl. from \$940  
Includes 5 meals in Banff

**California Rose Parade  
New Year's Getaway**  
December 29 (5 days)  
From Dbl. pp \$2379, Sgl.  
from \$2700  
Includes 6 meals, New  
Year's Eve Party  
Plus air to Los Angeles

**Tanzania, Botswana and  
Victoria Falls**  
January 29 (19 days)  
Dbl. pp. from \$14872  
Includes hotels and luxury  
tented camps, entrance to  
game reserves, game drives,  
most meals, Plus optional  
post tour visit to Dubai

**Costa Blanca**  
February 8 or March 4  
(20 days) Dbl. pp from  
\$4187, Sgl. from \$4777  
Includes hotel, meals,  
beverages and seven  
excursions

**Costa Rica**  
February 9 (9 days)

Dbl. pp. from \$1549,  
Sgl. from \$3249 plus flights  
Highlights include San Jose,  
Guanacaste, Monteverde  
Cloud Forest, Arenal Volcano  
Includes 14 meals Plus  
optional 3-night jungle  
adventure

**India Rural and  
Cultural Tour**  
February 19 (20 days)  
Dbl. pp. from \$9377,  
Sgl. from \$10572  
Includes visits to Taj  
Mahal, Ranthambore  
National Park and Tiger  
Reserve, Jaipur and  
Khajuraho, flights and train  
travel, pre-tour in Dubai

**Texas and Louisiana**  
February 21 (24 days)  
From Dbl. pp \$4012,  
Sgl. from \$5520. Journey  
through 10 US states  
Includes 14 meals

**Shades of Ireland**  
February, March,  
April (10 days)  
From Dbl. pp \$2219,  
Sgl. from \$2769  
plus flights  
Includes Dublin,  
Waterford, Killarney  
and Limerick

**Portugal – Albufeira  
and Cascais**  
February 28 (18 days)  
From Dbl. pp \$4087,  
Sgl. from \$4777  
Includes 7 excursions

**Discover Croatia**  
March 26, April 9, 16, 23  
(12 days)  
From Dbl. pp. \$2439,  
Sgl. from \$3319 plus air  
Includes 15 meals

**Kootenays Explorer**  
April 24 (7 days)  
From Dbl. pp \$959 plus  
GST, Sgl. from \$1329

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and Golden

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**Kerby Travel Day  
Trips**

**Spruce Meadows  
Christmas Market  
& Lights**

Date: Friday November 20

2015 (1:30PM -6:30PM)  
Member - \$23;  
Non-Member \$28  
(Add \$10 for market admis-  
sion for those under 65)

Includes transportation to  
the market, free admission  
to the market for seniors  
over 65 (please bring ID).  
Cut Off Date: Wednesday  
November 4, 2015

**Strathcona Tweedsmuir  
Choir Performance**

Members & Kerby  
Volunteers Exclusive Trip  
Date: Wednesday December 9  
Member & Kerby  
Volunteer: \$5  
Includes transportation,  
lunch & choir performance  
Cut Off Date: Monday  
December 7th 2015

**Christmas in Banff**

Date: Wednesday  
December 16, 2015  
(9:00AM-4:30PM)  
Please phone for cost.  
Includes transportation to

Banff, lunch at the Banff  
Park Lodge and free time  
to take in the town during  
the holidays.  
Cut Off Date: Monday,  
November 30, 2015

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the next Travel  
Presentation  
December 8 at 1 pm  
in the Boardroom 318  
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& Grand Canyon tour  
Call or see website for full details

**MESA AND TUCSON**  
21 days departing Jan 17th 2016 \$2553.00  
7 nights Mesa, 5 nights Tucson,  
3 nights Vegas,  
Call or see website for full details

**MESA AND PALM SPRINGS**  
22 days departing Feb 6th 2016  
\$2622.00  
8 nights Mesa, 5 nights Palm Springs,  
3 nights Vegas  
Call or see website for full details

**LAS VEGAS**  
9 days departing March 19th 2016  
\$799.00  
2 nights Helena 2 nights Wendover  
4 nights Las Vegas Shopping at  
Fashion outlet mall, Hoover Dam  
Call or see website for full details

**A Taste of the Atlantic and Newfoundland**  
15 days departing June 7th  
and Sept 6th 2016  
\$3631.00 Airfare included  
All ferry crossings and attractions included.  
Call or see website for full details

**NIAGARA FALLS, BOSTON & NEW YORK**  
11 day tour \$4399 departing June 13th  
includes air flight from Edmonton  
or Calgary, 1 night Niagara Falls,  
4 nights Boston, 5 nights New York.  
All breakfasts & lots of attractions.  
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Prices based on per person  
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– 2016 – Feb 5-8, Mar 15-18  
Cranbrook Casino of the Rockies – (4 Days/3 Nights), Nov 1-4, Dec 6-9  
– 2016: – Feb 5-8, Mar 15-18  
River Cree Resort & Casino: (Edmonton) – Jan 24-25, 2016 – Call for details  
Monthly group visits to “Stoney Nakoda” – Call for details

**LOTS OF FUN DAY TRIPS (NO CASINO) 2015**  
Canmore Shopping Day Trip – Call for details  
Calgary Philharmonic Orchestra Open Rehearsals 10AM - 2015 – Nov 6  
– 2016 – Jan 22, Feb 12, March 11, April 29, May 6  
SAIT Highwood Restaurant – A dining adventure Nov 10 – 6:00 pm  
High River Theatre & Dinner “Anything Goes” matinee – Nov 22  
Rosebud Theatre – “Wind in the Willows” – Nov 25 or Nov 27  
Canadian Barn Bands – Afternoon Festive Dinner & Show – Dec 4  
Festive Light Tour – Dec 13  
Three Mystery Day Trips 2016 – Feb 16, March 17 and June 11

We can arrange transportation for any size group.

**INTERNATIONAL ADVENTURES AND CANADIAN TOURS**  
Polar Bears – 2015 One Day Adventure – Nov 1 and Nov 14 – Call for details  
East African Safari – We have partnered with Boutique Safaris, the only  
locally 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 you  
in fulfilling your African dream.

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

Amount Enclosed \$ \_\_\_\_\_  
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**Kerby Centre**

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

Please choose to make a difference today.

Mailing address Kerby Centre 1133 - 7th Ave SW Calgary, Alberta T2P 1B2  
Contact us at 403-705-3235 or email to [funddev@kerbycentre.com](mailto:funddev@kerbycentre.com) Charitable Registration #11897-9947-RR0001

# Kerby Centre's Activities, Programs & Services

## DATES TO REMEMBER

Options 45 1:30pm - 3:00pm ...Tues Nov 3, 10, 17 & 24  
 Diwali .....Tues Nov 10  
 Remembrance Day Ceremony .....Wed Nov 11  
 Repsol Choir  
 (dining room 12:00pm-1:00pm).....Wed Nov 25  
 Monthly Movie: "Annie" .....Fri Nov 27

### Join In:

**Membership:** (Rm 305)  
 Being a Member at the Kerby Centre has several perks such as Ed & Rec course discounts, a monthly issue of the Kerby News, fit room discounts, AGM voting privileges and more. Annual Membership for 2016 only \$22.00 and with \$3 onsite parking for the year! (See the ad in this issue for more details).

**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. For more information call 403-705-3217.

**Craft Group:**  
 Join us in Room 311 every Wednesday between 9:00am – 12:00pm to show off your creative skills. This group is a free and open to those who enjoy spending their spare time doing crafts. Craft Group Sale in dining room on Nov. 18th- 10:00am-1:00pm Come check out their hand-made items; perfect for Christmas gifts!!

**Peer Learning Group:**  
 Are you interested in making new friends, sharing knowledge and experience, and learning in a friendly, informal manner? Please join us every Monday, in Room 318B between 10:00am – 12:00pm, to discuss a wide range of topics from politics, aging, health, history of Calgary, and interesting people. Cost is \$2.

### What can be purchased at the Kerby Centre?

⇒ **The Next-to-New Store** (Rm 203): This store has a variety of second-hand clothes for men and women

at low prices. Open Monday-Friday, 10:00am – 2:30pm.  
 ⇒ **The Wise Owl Boutique** (Rm 214): This consignment shop features unique handmade items by seniors. Open Monday – Friday, 10:00am – 3:00pm. Consignments are only accepted on Wednesdays from: 9:30am – 1:30pm. Please call (403) 705-3218 for more information.  
 ⇒ **Trekking/Walking Poles** are available through the Ed & Rec department! We have pairs that come in a variety of sizes and can be purchased for \$25 a pair.

### Get Involved:

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

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

**Knitting for a Cause:**  
 Do you love knitting or crocheting? Do you enjoy meeting new people? Then come join us for the Volunteer Departments "Knitting for a Cause" group in the Chandler Kennedy Room between 10:00am – 12:00pm! For further information contact the Volunteer Department at (403) 705-3218

### Be Active:

**Walk Your Way Plus 15 Walk (Part of Get Moving Week)**  
 The City of Calgary and Kerby Centre are working together to celebrate Get Moving Week. We would love for you to join us on Wednesday November 18th at 10:00am for a Walk Your Way Plus 15 Walk. We will be learning walking tips and meeting new friends as we make our way inside the Plus

## Weekly Clubs and Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Recorder Group</b> Room 313 1:00pm- 2:30pm \$1.25		<b>Bridge</b> Room 307 1:00pm - 3:00pm \$1.25	<b>Artists Group</b> Room 313 10:00am - 3:00pm \$1.25 per half day	<b>Spanish Conversation Group</b> Room 311 10:00am-12:00pm \$1.25
<b>Cribbage</b> Room 307 1:30pm -3:30pm \$1.25			<b>Bingo*</b> Room 205 11:30am - 3:00pm	<b>Krazy Karvers Woodcarving Club</b> Room 102 10:00am - 3:00pm \$1.00 per hour
<b>Writing Group</b> Room 301 1:30pm -3:30pm \$1.25		<b>Dance</b> Room 205 1:00pm - 3:00pm \$1.25	"Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win." -Sun Tz	

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.

15 from the lobby of the Sandman Hotel to Devonian Gardens. Refreshments to follow. Please register for this free event by calling 403-705-3232, 403-470-6300 or by visiting Education and Recreation Room 305.

We are celebrating November **Falls Prevention Month** with a series of events showcasing ways to stay active and independent. Join us in a *Keep Active Challenge*, attend a seminar or participate in a free Balance Class. For program and schedule information, please contact the Education and Recreation Department at 403-705-3232, 403-705-3233 or come by and see is in Room 305.

**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

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

**Badminton & Ping Pong:**  
 Members are welcome to join us for some lighter sports in our Gymnasium

on Fridays between 10:30am – 1:00pm. Cost \$1.25 contact Wendy Lees (403) 880-3001

### Kerby 2 – East Village Events

**East Village Dancing**  
 Thursday's 11:15pm – 12:15pm  
 Location: K2 - EV 428 9th Ave SE  
 Cost: \$2.00 at the door  
 For more information contact Lauren at (403) 470-6300

**Life Spring Community Church**  
 When: Every Sunday starting at 10:30am  
 Location: K2 - EV 428 9th Ave SE  
 For more information contact Paul Bagley (403) 862-5639

**create! in the East Village**  
 1:00pm – 3:00pm  
 Every Tuesday, Wednesday, Thursday, Friday  
 Location: K2 - EV 428 9th Ave SE  
 Free! Drop-in!  
 For East Village Residents. For more information

**Fit2AGE: Gentle Fitness**  
 With Tracy Rand  
 Monday's 11:15am-12:15pm  
 Location: K2 - EV 428 9th Ave SE  
 Drop In! Cost: \$2.00  
 An Exercise Class promoting the well-being for aging adults through fitness and dialogue. For more information contact Lauren at (403) 470-6300

**Games N' More**  
 With Sheila, Jean and Sonia  
 Wednesday's 10:30am-12:00pm  
 Location: K2 - EV 428 9th Ave SE  
 Free! Drop-in!  
 Board games, card games, puzzles, activities, conversation and more! For more information contact Lauren at (403) 470-6300

**Free Computer Drop-in**  
 Mon & Wed 9 – 11am  
 Tues, Thurs & Friday 9 – 3pm  
 Location: K2 – EV 428 9th Ave SE  
 Free! For more information Contact Lauren at (403) 470-6300

### Tax Clinic

Calling all volunteers to assist at the Kerby Centre 2016 Tax Clinic!

Kerby Centre is currently recruiting for new volunteers to join our team of tax volunteers. We are in need of both Tax preparers (who prepare tax returns for low income Seniors) AND Tax receptionists (who help coordinate the clinic). The tax clinic runs daily Monday to Thursday during the tax season of March and April 2016. All tax volunteers will be required to attend tax training provided by Canada Revenue Agency and Kerby Centre in February.

For more information please call 403-705-3246 or email [information@kerbycentre.com](mailto:information@kerbycentre.com)

# The Healthy Geezer

By Fred Cicetti

**Q.** You know, I thought maturity with its wider perspective on life would bring me some peace, but I'm more anxious now than when I was younger. Is that common among geezers?

**A.** Because the stresses of health problems, losses and other major life changes build up as we get older, we tend to become anxious. Some surveys suggest that one in five older adults suffer anxiety symptoms that require treatment.

In addition to psychological causes, medical disorders common in older adults can be directly responsible for the anxiety we feel. These include heart disease, neurologic illness, thyroid and other hormone problems. In addition, anxiety can be a drug side effect. And seniors take a lot of medicine.

Until recently, anxiety disorders were believed to decline with age. There has been more research into depression and Alzheimer's than anxiety among seniors. But mental health experts are altering their views about anxiety.

Anxiety disorders in seniors have been underestimated for several reasons. One of the main reasons is that older patients are more likely to emphasize their physical complaints and downplay emotional problems.

Anxiety disorders are serious medical illnesses that affect approximately 40 million American adults. They all involve excessive, irrational fear. Anxiety disorders are chronic and can worsen if untreated.

Panic disorder brings on sudden, unpredictable attacks of terror. These attacks create additional anxiety because victims worry about the next one. Older adults who get panic attacks usually had them when they were younger.

The following are some symptoms: pounding heart, perspiration, dizziness, fainting, numb hands, nausea, chest pain, feeling that you're smothering, fear of loss of control, a sense that you're losing your mind or about to die.

If you have obsessive-compulsive disorder (OCD), you may be haunted by unwelcome thoughts or the need to engage in rituals. You may be obsessed with germs or dirt, so you wash

your hands repeatedly. You may feel the need to check things repeatedly.

The disturbing thoughts are called obsessions, and the rituals that are performed to try to prevent or get rid of them are called compulsions. Victims of OCD consume at least an hour a day with their compulsions.

Post-traumatic stress disorder (PTSD) can develop after a frightening experience. Often, people with PTSD have repeated memories of the experience both during their waking hours and in nightmares. A person having a flashback may believe that the event is real.

Victims of PTSD may have trouble sleeping, feel detached, or be easily startled. They may have intimacy problems. They can become aggressive or even violent.

Social phobia, also called social anxiety disorder, involves excessive self-consciousness in social situations. People with social phobia are afraid of being judged by others and being embarrassed by their own actions.

Social phobics can be afraid of one type of situation or they may experience symptoms almost anytime they are around other people. Symptoms include blushing, sweating, trembling, nausea, and difficulty talking.

A specific phobia is an exaggerated fear of one thing. Some of the more common specific phobias are triggered by heights, animals such as snakes, closed spaces, and flying.

Generalized anxiety disorder (GAD) means excessive worry about a variety of things or life in general. People with GAD expect the worst and seem unable to relax. Often, they have trouble falling or staying asleep.

Anxiety disorders are treated with medication and psychotherapy. Both approaches can be effective for most disorders. Anxiety disorders are not all treated the same, so it is important to determine the specific problem first.

Although medications won't cure an anxiety disorder, they can keep the symptoms under control and enable people to have normal lives.


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



*Pictured here are volunteers with Human Resources Institute of Alberta who helped put a fresh coat of paint in Kerby Centre's Wise Owl boutique. Volunteers also helped to freshen and re-organize the Next-to-New shop.*

*Photo by Barry Whitehead*

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

# Seniors Scene

## Silver Threads

Inglewood Silver Threads will be travelling to the Spruce Meadows Christmas Market on November 20. The cost to members is \$10, which includes lunch. The annual winter Lunch, Bake and Craft sale will be held on Saturday, December 5 from 10:00 a.m. to 3:00 p.m. The cost for lunch is \$5:00. For more information please call Wendy at (403) 264-1006.

## Ogden House

The Ogden House's first variety show Spotlight Showcase will be hosted by Hollywood and Vine Co Music Calgary, featuring dancers, singers, actors, models, variety acts, musicians and comedians.

Enjoy a fabulous buffet for \$12 at 5:30 p.m. and the show starts at 6:30 p.m. Reservation is required. Reservation is also required for the TGIF dinner on November 20. The ticket is \$14, complete with entertainment. On November 27 there is the Acoustic Jam at 6:30 p.m., with dinner at 5:30 for the price of \$12 per person. The Ogden House's annual Christmas tea/crafts/bakery sale will be held on November 28 from 1:00 p.m. to 3:00 p.m. Don't forget the weekly potluck lunches at the Ogden House on Wednesdays from 12:00 p.m. to 12:45 p.m. The Ogden House is located at 2102 – 69 Avenue SE. For more information about the above activities, please call

(403) 279-2003 or write to [programs@ogden50plus.org](mailto:programs@ogden50plus.org).

## Greater Forest Lawn

Greater Forest Lawn will see the show Fritters in Kandahar at Lunchbox Theatre on Tuesday, November 3. Pick-up at the centre will be at 11 a.m., returning at approximately 2:00 p.m. Cost is \$35 for members, \$40 for non-members, including transportation, lunch and show. The Christmas bazaar will be held on November 28 from 9:00 a.m. to 2:00 p.m. A fish pond, handicrafts, knitting, crocheting, pies, mixed cookies, bake table and stocking stuffers will be featured. The concession will serve hamburgers, coffee, tea and pop.

For more information please call (403) 272-4661 or visit the web site [www.gfls.org](http://www.gfls.org).

## Confederation Park

Confederation Park is holding Saturday Dances on November 14 with music by For Old Tyme Sake, and November 28 with Badlanders. Doors open at 6:30 p.m., dances are at 7:30 p.m. Tickets are \$12. The Rockyford dinner trip will be on November 6. The Collette travel presentation will be on November 15 at 1:30 p.m. For further information about these events please phone (403) 289-4780.

## Social Dance Club

The Saturday Night Dances on November 7 and November

21 will feature music from Interlude and Jana and Danny respectively. The dances are held at the Kerby Centre Gym, 1133 – 7th Avenue SW. Doors open at 7:00 p.m. and dance goes on between 8:00 p.m. and 11:30 p.m. Admission is \$12 for members (membership cards must be shown) and \$14 for guests, including door prize draws, 50/50 draws, and snacks. Dance lessons between 6:00 p.m. and 7:00 p.m. are free with paid admission. For these lessons the doors open at 5:30 p.m. The New Year tickets are also up for sale now at the door until December 31.

Compiled by Faye Wu and Margaret McGruther

## You're invited to Calgary 55 Plus Winter Fun Games

Every other year the Calgary 55 plus Games Association holds its Winter and Summer Fun Games.

They include board games as well as many physical activities. These games are played at various venues in and

around Calgary and are open to anyone 55 plus. There are 12 different activities in the Winter Fun Games and as many as 17 Summer Fun Games plus many Arts and Crafts Activities. Almost all of the Games are free with a yearly \$30 membership in the Calgary 55

plus Games Association. Winners receive gold, silver and bronze medals in each event, but the main object of the Fun Games is to enjoy the various activities and to meet friends, with the added bonus of keeping body and mind active and engaged.

The Winter Fun Games continue until December 19. Most events have different age categories to provide for differences in abilities. The scheduled events are:

**Duplicate Bridge:** Oct. 31, Thornview Srs., 5600 Centre St. N. Ph: John Gilchrist (403-272-7958).

**Snooker:** Nov. 10 and 18, Thornview Srs., 5600 Centre St. N. Ph: Lawrence King (403-271-0545).

**Darts:** Nov. 15, Forest Lawn Legion, 755-40 St. S.E. Ph: Bobby Clarke (403-690-1220).

**Euchre:** Nov. 15, Thornview Srs., 5600 Centre St. N. Ph: Analda Hamelin (403-383-1282).

**Carpet Bowling:** Nov. 19, Forest Lawn Ctr., 3425-26 Ave. Ph: Halvor Mork (403-273-3089).

**Scrabble:** Nov. 21, West Hillhurst, 1940-6 Ave. N.W. Ph: M.J. Macleod (403-461-4244).

**Bowling, 5-Pin:** Nov. 27, Chinook Ctr (Lower Lvl), Ph: Yvonne Armstrong (403-274-6720).

**Table Shuffleboard:** Nov. 27, Forest Lawn Legion, 755-40 St. Ph: Betty Simison (403-230-4326).

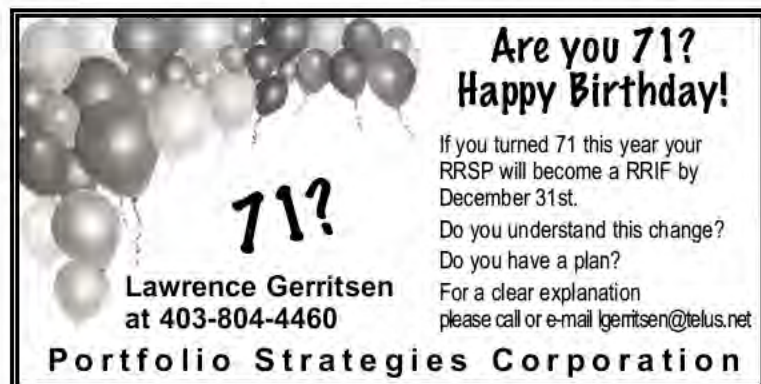
**Ice Curling:** Dec. 12 and 13, Winter Club, 4611-14 St. N. Ph: Doug McIntyre (403-288-6423).

**X-Country Skiing:** Dec. 16, COP, Hwy. 1W, Ph: Roy Thomson (403-288-3186).

**Badminton:** Dec. 19, Winter Club, 4611-14 St. NW, Ph: Ken Parent (403-247-5097).

**Alpine Skiing:** TBA, Nakiska, Kananaskis, Ph: Jack Delorme (403-275-5276).

The full schedule is available at [Calgary55plus.com](http://Calgary55plus.com). Participants must register by phoning a week in advance. Memberships can be purchased at the events.



**Are you 71? Happy Birthday!**

If you turned 71 this year your RRSP will become a RRIF by December 31st.


Do you understand this change? Do you have a plan?

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**Lawrence Gerritsen at 403-804-4460**


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**Gail will be coming to Kerby Centre on January 15th, 2016.**

**Keep an eye out for further details**



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# Organize the end of the year

(NC) We tend to wait for the New Year to make resolutions about being more organized. But recent studies show that organized people

are less likely to feel stressed—and may even live up to four years longer. With the holidays just around the corner, why not simplify your

life and set yourself up for success by applying a few simple strategies?

• Clean and purge. Start with your pile of papers. Shred

what you don't need, and file what you do. Buy an accordion-type file folder and label each section. Then store your papers away for quick and easy access. This will also make tax time much easier and less stressful.

• Maximize your returns. Speaking of tax time, be sure to maximize your charitable tax credits and don't wait until the last minute. Organizations like UNICEF offer a multitude of ways to give and get back with life-saving charitable gifts. Choose Survival Gifts like two bed nets for \$10, a survival food kit for \$51 or girls' education kit for \$120. More information is

available at [survivalgifts.ca](http://survivalgifts.ca).

• One in, one out. For every holiday gift you receive, give something away. New oven mitts? Toss the old ones. New toys? Give the same number of old ones to charity. New clothes? Make room in your closet by donating what you no longer wear.

• Make a list, check it twice. Write down everything you need to do from now until the end of the year, including events, gifts to buy, food to cook, and concerts to attend. You'll alleviate the stress of trying to keep track of everything, plus you'll feel great as each task is crossed off.

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



On Saturday, October 17 at 12 noon in Sylvan Lake and Ponoka, Alberta, Veterans Voices of Canada, along with its community partners, raised 128 Canadian flags of remembrance. Each flag represents 1000 Canadians fallen and missing in action from the Boer War until today. The tribute is intended to honour Canada's military heroes while evoking a sense of patriotism and pride. The flags, as well as honour plaques, will remain in place until November 12, 2015. Pictured here are veteran riders and walkers by the flag line. If you would like to view or participate in this project contact [www.vetvoice.org](http://www.vetvoice.org) or phone (403) 887-7114. Photo courtesy of Veterans Voices of Canada



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North Hill Shopping Centre




**The Red Berets**

The 1st Canadian Parachute Battalion  
Had their finest moment when Normandy was won.  
The freedom the Dutch were given by these men  
Would be remembered forever by them.  
Their red berets would be a symbol of pride  
To wear as these comrades took it in stride.  
After the war they went on with their lives  
But the memories they had because they survived  
Would bring them together as nothing else could  
To each share their stories as nothing else should.  
No words can convey what the world owes these men  
Of the 1st Canadian Parachute Battalion.

Dedicated to John Walter Ross  
By  
Elizabeth Anne Ross





Photograph of model is for illustrative purposes only

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# War amputee helps build lasting legacy

Doug Cushway lost both legs below the knee while serving in the Second World War. He received his first pair of artificial legs

on his 21st birthday and has never looked back.

Doug went on to have a career in agriculture, raise a family and inspire others

by skating, curling, golfing and cross-country skiing. He has devoted his lifetime of experience to The War Amps and child amputees,

holding many positions over the years, at the national and branch levels of the Association.

Through The War Amps, Doug and his fellow war amputees have built a lasting legacy for child amputees in Canada. The Association's tradition of "amputees helping amputees" will continue through the Child Amputee (CHAMP) Program which is celebrating its 40th anniversary this year.

For Angie Ducharme, a graduate of CHAMP, war amputees have been her role models. "I feel really privileged to know war amputees like Doug and for everything they've helped me with while growing up in CHAMP," she says. "Some of the things they've taught me, I hope I can teach to the younger Champs."

Doug used to lay a wreath every year on behalf of The War Amps at his local Remembrance Day ceremony but has proudly passed on this tradition to Angie and other members of CHAMP. As part of The War Amps Operation Legacy, Angie helps carry on the message of Remembrance and educates others about the sacrifices of Canada's veterans.

Calling it "one good thing that came out of the war," Doug says, "The CHAMP Program has done a lot since it started. It makes me feel very good that it's still going strong today."

The War Amps programs are made possible through donations to its Key Tag Service. Donors may also choose to leave a gift or charitable bequest in their wills to help The War Amps continue to meet its commitments to amputees long into the future.

## Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

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

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

Please choose to make a difference today.



Kerby Centre

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## Kerby Spring Fling Raffle

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9 Day Trip for Two to Victoria\*

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\$1000 Luxury Luggage Package

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On the Phone @ 403-705-3233

In Person @ Room 305

Raffle starts September 8<sup>th</sup> 2015

Draw date is December 4<sup>th</sup> 2015

\*Grand Prize donated by Nagel Tours. Trip departure is April 4, 2016. Trip is transferrable to another person but not another date.

AGLC Raffle License # 411767



Senior Tours

## IN MEMORIAM



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

**Harold Acheson**  
**Olive E. Acheson**  
**Kenneth Walter Banek**  
**Clifford Webster Beatty**  
**Roy Alexander Binnie**  
**Frances Lucille Birzins**  
**Ruth Helen Bowen-Redmond**  
**Ivy Elizabeth Brierley**  
**Deanne Jean Cassie**  
**Dale N. Fisher**  
**Alice Foltinek**  
**VA Foster**  
**Doreen Anna Gibbs**  
**Lillian Annie Glasman**  
**Hermann K. Gloge**  
**Linda Greene**  
**Jack Leonard Hatton**  
**James Edward Hooey**  
**Hugh Jepps**  
**Lea S Johnson**  
**Joan Price Jones**  
**Marilynn Ruth McCallum**  
**Asa (Ace) McGuire**  
**Reino Niskanen**  
**Mollie E. Paine**  
**Elizabeth Ellen Proudfoot**  
**George Samchuck**  
**Alice Snider**

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.



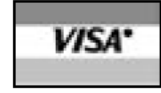
# CLASSIFIED ADS

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 December issue must be received and paid by November 11.



### 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

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### 11 FOOT CARE

**No fluff and bluff here!** Sole Sifting gives expert care to all feet. We provide complete foot, nail & skin analysis—specializing in diabetics, cancer patients, peripheral vascular patients & 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

**Caring Hands avail in NW** to provide services at only \$15/hr! Grocery shopping, Meal prep of Western & Asian cuisines, visits to Dr. etc. Foot pedicures for better circulation, Hair care & roller sets. Caring Companion Care with varied exp. Refs, police check pls call Jenny 403-208-9406 jennifer.rebello.m@gmail.com

Exp Private Caregiver /Companion with HCA cert., CPR, First Aid, police clearance. Refs on request, no drivers license \$22/hr negot. 587-717-3777 email: vilmanely@hotmail.com

Experienced caregiver looking for employment 10PM-10AM cooking, cleaning call 403-251-2767 or 403-714-7545 \$10.50/hr

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### 13 MOBILITY AIDS

**CHRISTMAS SPECIAL!** Free Heat & Massage for lift chairs ordered by Dec 31. SILVER CROSS® 403-236-1338

Neptune Battery Powered Backlift. Never used \$400. Please call 403-475-2086

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### 26 SERVICES

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Two funeral plots for sale Mountainview - Last Supper Garden, side by side. Can be changed. Value \$3000/ each. Asking \$1100 ea or \$2000/ both, plus transfer fees. 403-949-3951

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2 burial plots/ 2 vaults Mtview Mem Gdns \$5000. 403-288-2602

4 gravesites Mountainview Cemetary Garden of Apostles \$1200 ea or all for \$4000 + transfer fee Leave message 403-242-4781

### 33 WANTED

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

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**BUYING ANTIQUES** - jewellery, china, crystal, books, coins, etc. Kevin P 403-660-0483

Continued on page 28

**Continued from page 27**

Licensed collector pays top \$ for guns of all types. Blair 403-554-1653

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

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**Pickleball Space to Rent** Ideal space to rent at a reasonable cost. Close to DT, lots of free parking, No. 3 & 2 buses stop nearby. For more info email hpca@shaw.ca or phone 403-276-6969 (Highland Park CA hall)

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**48 REAL ESTATE**

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**CONDO FOR SALE 50+ ADULT** living in Richmond Hill 1332 sf 2-bed 2-bath encl. balcony in-suite laundry. 4 guest suites, 8 community rooms, workshop, carwash, well managed, low condo fees, LP \$370,000. Vicki Babcock Sutton Group-Canwest 403-650-1106

Property for sale Adult Living at it's best. 50+ building in Sierra's of Richmond Hill. 1332 sq ft - 2 bed; 2 bath; enclosed balcony; in-suite laundry. Well managed with 6+ community rooms; workshop; car wash & guest suites. List price \$370,000. VICKI BABCOCK, Sutton Group - Canwest, 403-650-1106

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Swearing in of Canadian Women's Army Corps in 1941. Captain Mary Dover; Lieutenant Mackilvena; unknown; Margaret Jeal; unknown. Photo courtesy of Lougheed House

**Proudly They Served**

Lougheed House's new exhibition, Proudly They Served: Canadian Women's Army Corps in WWII, continues until January 31st, 2016 and explores the lives of women who served in WWII in Alberta. Lougheed House acted as Canadian Women's Army Corps (CWAC) barracks from 1942-46. The House was ideally situated during WWII; close to both the downtown Military District Headquarters and Currie Barracks.

The exhibit coincides with the 70th Anniversary of the end of WWII in 1945, and celebrates the contributions of women to the war effort. Collections featured in the exhibition include artifacts, oral histories and photographs from the Lougheed House Conservation Society, The Military Museums, the Glenbow Archives, Heritage Park, and a private collection.

A special ticketed event offered in tandem with the exhibit, Remembrance Tea and Talk with Rose Wilkinson, will occur November 9th, 2015 from 2:30 p.m. – 4:30 p.m. Guests can hear CWAC Veteran Rose Wilkinson's story of serving as a cipher decoder in a guided conversation by Lougheed House Curator Trisha Carleton.

Regular admission prices: Adult \$8.50, Seniors & Students \$6.50, Children 6-12 \$5.00, Families \$25.00, Children under 6 are admitted free of charge.

Lougheed House is at 707 – 13 Avenue SW Calgary, AB T2R 0K8 and

is open: Wednesday – Friday, 11:00 a.m. to 4:00 p.m. Saturday and Sunday, 10:00 a.m. to 4:00 p.m. Phone (403) 244-6333, or check info@lougheedhouse.com or www.lougheedhouse.com

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**Crossword Solution**

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

Puzzle on page 30

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## Making retirement financially sustainable

One dictionary definition of “sustainable” is “able to be maintained” – and it’s something we hear often these days, mostly in relation to maintaining the ecological balance of our world. That’s the big picture of sustainability but, on a very personal level, sustainability is of vital importance to you. Will your retirement income be sufficient to sustain the lifestyle you want for all the years of your retirement?

Here are some things to consider as you try to ensure your financial life is sustainable throughout your retirement:

- Decide when you want to retire. If you choose to retire earlier than age 65, you’ll have fewer years to save for retirement and more post-retirement years to fund. If you choose to retire after 65, you can opt to enjoy the tax-saving, income-building

advantages of your Registered Retirement Savings Plan (RRSP) until the end of the year in which you turn 71 – and you can further extend RRSP benefits after 71 by continuing to pay into a plan for your spouse who is younger than 71.

- Decide on your lifestyle. What you want to do and how you want to live in retirement will dictate its cost. Stay close to home and your costs may be lower. Travel regularly and your costs may escalate. You may choose to add to your income by continuing to work full- or part-time, on a contract basis, or even by starting your own business.

- Add up your income from all sources. Take stock of every post-retirement income source, including personal savings, company pensions, investments held in your RRSPs, Tax Free Savings Accounts (TFSA), non-registered investments, and government sources such as the Canada Pension Plan, Québec Pension Plan (CPP/QPP) and Old Age Security (OAS).

- Add up your costs. Estimate your retirement spending requirements in three categories:

1. Essential expenses that can’t be reduced.
2. Discretionary expenses you can control.
3. Additional expenses such as healthcare that typically come along with aging.

- Calculate the income

you’ll need to cover your essential and discretionary retirement costs as well as the additional income you’ll need to cover the ‘extra’ expenses of aging.

- Bridge the gap. If there is a shortfall between what you need and what you have, you should determine the level and frequency of income you will need via withdrawals from your registered and other income-producing investments – and keep in mind that your retirement could span 40 years or more.

- Reset your strategy. If your estimated withdrawal rate is not sustainable based on projected returns from your current savings and investments you should reset your income strategy or reset your retirement plans.

And before doing anything else, talk to your professional advisor – the sustainability expert who can help ensure your retirement income will continue for all your retirement years.

### Something to consider:

Your philanthropic gift is always important, no matter the amount of your assets or the size of your income – but to make the best use of your

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

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

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

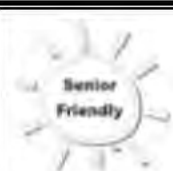
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**Donna Dorey**

Donna started volunteering at the Kerby Centre in early 2012 as a receptionist in our Diana James Wellness Clinic. She wanted to volunteer as a way of getting out of her house, to socialize and keep up her skills. Donna worked in a bank so wanted something similar in terms of using her people and computer skills. Donna volunteers one day per week at the Wellness Clinic and enjoys being able to help out. Donna likes to keep herself busy; she is an avid reader, enjoys going to the gym 3 times a week to stay active, always volunteers at the annual book fair and helps with canvassing for the Diabetes Association. Donna has contributed over 1, 200 hours to Kerby Centre.

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



### Alberta Council on Aging Region 6 – Calgary and Area

Invites you for muffins & coffee and  
An Information Session on:

- Seniors Travel Insurance with Johnson Inc – how the ACA group plan could work for you
- What Alberta Council on Aging is all about and how we can help each other

**Date:** Friday, November 13, 2015

**Location:** Lecture Room, Kerby Centre  
1133 – 7 Avenue SW Calgary

**Time:** 10:00 - noon

**For info and to RSVP call Frank@  
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**www.mvsh.ca**

## Crossword Puzzle

**PREMIER CROSSWORD/ By Frank A. Longo**      **CHAIN LINKS**

<p><b>ACROSS</b></p> <p>1 Neaten (up)</p> <p>7 Lab compounds</p> <p>16 Terrific, slangily</p> <p>20 Talented talker</p> <p>21 Thinks up something</p> <p>22 Witchy sorts</p> <p>23 Furniture chain, literally</p> <p>25 Prime draft classification</p> <p>26 Many times, in verse</p> <p>27 "What — I tell you?"</p> <p>28 Bygone rival of Delta</p> <p>29 Using an Rx, say</p> <p>31 Restaurant chain, literally</p> <p>37 Synchronize</p> <p>40 One in sales, briefly</p> <p>41 Big letters in fashion</p> <p>42 Strong coat fabric</p> <p>43 TV pioneer Jack</p> <p>44 "— For" (1995 Nicole Kidman film)</p> <p>46 Wildly</p> <p>49 It carries a small charge</p>	<p>50 Dog chain, literally</p> <p>56 Swivel about an axis</p> <p>57 Tan shade</p> <p>58 Baseball great Casey</p> <p>61 Cry a river</p> <p>64 "It's my turn to go"</p> <p>66 Kipling's "Rikki-tikki-tiki" —</p> <p>68 "— pity" ("Alas")</p> <p>69 Mountain chain, literally</p> <p>76 Jewish month</p> <p>77 Arouse</p> <p>78 Skin opening</p> <p>79 Beer belly, e.g.</p> <p>80 It's not a pretty sight</p> <p>84 Casts forth</p> <p>87 Give a summons to</p> <p>89 Food chain, literally</p> <p>95 Native Coloradoan</p> <p>97 Pop's Stefani</p> <p>98 Jeans giant</p> <p>99 Nastase of tennis</p> <p>100 — -Croatian (language)</p> <p>102 "BTW" part</p> <p>105 Gigi's refusal</p> <p>106 NFL lineman</p>	<p>108 Island chain, literally</p> <p>113 Pedal pusher</p> <p>114 Badger</p> <p>115 "It's so cold!"</p> <p>116 OS computer</p> <p>119 Stephen King's rabid dog</p> <p>120 Watch chain, literally</p> <p>126 Time period</p> <p>127 Asbestos, e.g.</p> <p>128 Sean Penn film</p> <p>129 "Woe —!"</p> <p>130 Celebrities of daytime dramas</p> <p>131 Clear record holder</p> <p><b>DOWN</b></p> <p>1 Merely OK</p> <p>2 U. lecturer</p> <p>3 Finn's craft</p> <p>4 Thespian Hagen</p> <p>5 Police line</p> <p>6 Otter relative</p> <p>7 Tai —</p> <p>8 Bit of a laugh</p> <p>9 Legal rider?</p> <p>10 Damon and Dillon</p> <p>11 Somewhat</p> <p>12 Cubans, e.g.</p> <p>13 Sweetened drink</p>	<p>14 "Bad" Brown</p> <p>15 Camille Saint- —</p> <p>16 Lisa's role on "Friends"</p> <p>17 Excessive display of distress</p> <p>18 Way in the past</p> <p>19 Org. with bag screeners</p> <p>24 Curious</p> <p>30 Large pike, for short</p> <p>31 Copies a happy cat</p> <p>32 Slangy ending for switch</p> <p>33 Copy over, as a soundtrack</p> <p>34 Offer a view</p> <p>35 "Kapow!"</p> <p>36 Deep desire</p> <p>37 Android extra</p> <p>38 T on a frat tee</p> <p>39 Recess game</p> <p>44 It's led by a Sec'y-General</p> <p>45 Think piece</p> <p>47 Postgrad degs.</p> <p>48 Hitler Mel</p>	<p>51 Double- — (tourney type)</p> <p>52 Arizona tribe</p> <p>53 "I got — in Kalamazoo"</p> <p>54 Impose, as a tax</p> <p>55 Opposed to</p> <p>59 Jacob's wombmate</p> <p>60 Café au —</p> <p>61 — -Ball</p> <p>62 Unctuous</p> <p>63 Certain fruity spread</p> <p>65 Sleeping garb</p> <p>67 Wee demon</p> <p>70 Rick's love in a classic film</p> <p>71 Kong's kin</p> <p>72 — roast</p> <p>73 Hocus- —</p> <p>74 Author Leon</p> <p>75 Actor Rogen</p> <p>81 Like many hockey shots</p> <p>82 Unvarnished</p> <p>83 Dir. from L.A. to K.C.</p> <p>85 Rocker Reznor</p> <p>86 Revel in</p> <p>88 Writer Jong</p> <p>90 Echidna food</p> <p>91 Lollobrigida of Hollywood</p> <p>92 Type</p> <p>93 .001 inch</p> <p>94 Split second?</p>	<p>95 Kind of port for a PC</p> <p>96 Servers in saucers</p> <p>101 Flagship U.K. TV network</p> <p>103 Ended a phone talk</p> <p>104 in-box fillers</p> <p>106 Like the Tatar language</p> <p>107 To another continent</p> <p>109 Hero shops</p> <p>110 University of Maine's city</p> <p>111 Strain at — (fuss pettily)</p> <p>112 Hitting stat</p> <p>116 Flat-topped hill</p> <p>117 "What —!" ("Such fun!")</p> <p>118 Attended</p> <p>119 Hit CBS drama</p> <p>121 Secret govt. group</p> <p>122 Flight deck guess, briefly</p> <p>123 University sisters' org.</p> <p>124 Triage sites, for short</p> <p>125 Ovid's 2, 100</p>
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**Solution on page 28**

## ANNIE

Released December 2014 (1 hour & 58 minutes)  
Rated PG Comedy/Drama/Family

**Friday, November 27, 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**



**Rockin' out at Kerby's Expo:** The theme of Kerby Centre's Expo 2015 in September was "experience life to the fullest" and featuring numerous presentations and entertainments throughout the day. Active aging activities included free lectures, wine tasting, an art exhibit, and silent auction and raffle. Frequent contributor to Apple magazine and CBC Radio, nutrition expert Julie Van Rosendaal, also conducted a session on how to cook with spices. Pictured here are just several of the 40 trade show booths as well as spectators and dancers who were entertained by Gary Martin and The Heavenly Blues. Kerby Centre would like to thank all those who attended and participated including: Gold Sponsors - Alberta Blue Cross, Bethany Care Society, Talisman Centre, Motion Specialties, Auburn Heights, Trinity Place Foundation of Alberta, The Manor Village Life Centers and MNP; Media sponsors - Pattison and Color Right Now; Friends of Kerby - Apple Magazine, Cash Casino, Five Star Relocators, Safeway Pharmacy, Silver Cross. Photos by Keith Callbeck

## Snowbirds can make extra cash while away

(NC) When the weather gets cold each year, many Canadians prepare to head south for the winter. Snowbirds are often retired and have a second home in the southern United States, Mexico, or the Caribbean.

While many are focused on just getting to their vacation home or destination, others use this as an opportunity to rent their primary home and make some extra income.

"If you are going to rent your home while you are away, make sure that you have the proper insurance coverage in place," says Wayne Ross, an insurance expert with Aviva Canada. "Talk to your insurance broker or insurer about setting up a rental property insurance policy."

Ross goes on to add, "Always protect your rights and your home by making the tenant sign a lease. And, it's always a good idea to ensure that the renter carries tenant's insurance." Having these documents in place will ensure that both parties are protected if something were to happen while you are away.

To reduce potential issues and make sure that the renting process goes as smoothly as possible, consider these tips:

- Advertise early and often: No one wants to try frantically to find an occupant a few days before departure. Start advertising the rental months in advance.

- Consider hiring a property management company: If you don't mind spending a few dollars, a property manager can handle everything for you. Or, you

could entrust a friend or family member to manage your property.

- Remove valuables and secure your home: If you are going to rent your

home, you need to treat it as a rental property. Remove any valuables and anything that you do not want your tenant to use while you are gone.

More detailed information is available from your insurance broker or at [AvivaCanada.com](http://AvivaCanada.com) or [www.newscanada.com](http://www.newscanada.com)

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*“My Mom and Dad are really enjoying their new home and are really happy living at Millrise Place! The staff at Millrise Place have all made a big difference in our family. It feels so good to know that our parents are happy and that they feel at home. We also feel relief that our folks have the medical attention they require and that help is always available when they need it. Thank you to all the good people that work at Millrise Place.”*

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- Three meals a day, housekeeping, laundry
- Daily social activities and special events
- 24/7 nursing staff

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