

Kerby News

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Yoga could provide relief for muscle and joint pain. See article on page 25.

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Kerby Centre's future looks like fun

President's Report Zane Novak

Kerby Centre is committed to assisting older adults to live active lives, and to stay engaged with their community. As summer draws to a close, we are hard at work planning activities and programs to keep you involved

throughout the fall and winter. In this issue of Kerby News, you will find information on the courses and programs offered through our Education and Recreation department for the fall. Our staff are always creating new courses to keep pace with the changing needs of older adults. This fall we will be offering a new pottery class called "Clay: The Basics" which will get your hands dirty while you're being creative. As well, we will be launching Terrific Tuesdays, a series of fun and engaging creative activities. As well as courses offered at Kerby Centre, look for programs and courses offered at our satellite locations in East Village and St Andrews Centre. Kerby Centre continues to explore the idea of expanding our Kerby2 operations, and supporting those programs is the best way to show us that there is demand out there. Next year is Canada's 150th birthday and Kerby Centre is planning a wide variety of projects to help celebrate. Kicking off in September is the Maple Leaf Quest, a year-long virtual walk or run across Canada. Join us for all the provinces (or just your favourites). Walk one month or all twelve. You can walk in your community, walk

in a mall, or join us for expeditions on the Trans Canada Trail. We launch the Maple Leaf Quest Tuesday, September 27, 2016 at 10:00 a.m. in Confederation Park. A free bus will be departing from Kerby Centre at 9:30 or you can meet us in the park. The annual Kerby Expo is a great day of music, learning, and fun. This year's Expo, on October 1, will feature live music, wine tasting, presentations, and trade show booths. Look for the advertisement in this issue for more details. I hope to see you there. □

To honour Canada's 150th anniversary next year, Kerby Centre is collecting inspiring stories that celebrate Canada and positive images of ageing in the community.

We are seeking diverse and interesting stories that range from those who have been in Canada for many years to those who are newly immigrated. These stories will be used in video as well as written publications.

If you or someone you know has a story to share, please email jessicab@kerbycentre.com or call (403) 234-6572.

AUGUST 2016

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Design by Winifred Ribeiro.

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

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- Celebration event in September, 2017

The good, the bad and the ugly of an expanded CPP

The correct audience may not have been targeted with this reform, which may also discourage private savings

By Robert Brown

Amazingly, eight of 10 provincial finance ministers and the federal government have agreed to a modest increase in the Canada Pension Plan (CPP). The two provinces which have not signed on are Manitoba, where the government is only four weeks old, and Quebec, which has chosen to allow itself the option of adopting a differing strategy. Since there is already a separate Quebec Pension Plan (QPP), this should have a minimal impact — although it will complicate administrative records for employers with multi-provincial employee groups.

While the new, second tier CPP is modest, it will have some important impacts. Some

will be good, some will be bad, and many may have unexpected consequences.

The new CPP will be fully funded, which means everyone pays for their own benefits in full with no debt passed to the next generation. That's good since it minimizes intergenerational transfers of wealth. It also implies enhanced security to plan participants because future generations of participants are not relied upon. Finally, full funding is consistent with the existing CPP legislation (from 1996).

But, it is also bad. It means that full new benefits will not be available until at least 39 years after 2025 when the initial implementation of the CPP expansion is completed. The larger

fund (versus the base CPP) also means more volatility than if the plan were financed on a pay-as-you-go basis since investment returns, upon which fully funded plans are dependent, are more volatile year to year than demographic variables like such as fertility, mortality and migration upon which pay-as-you-go plans depend.

The new CPP will be pan Canadian except for Quebec. This is good as it will be a large enough plan to invest in alternative assets such as infrastructure and private equity. It should result in low management expenses. And the plan can collectively carry the longevity risk and pay out lifetime benefits which is a huge advantage.

But it is also bad. A plan this large will accrue around \$1 trillion in assets. Where can one invest \$1 trillion today in a prudent fashion that will still earn high returns?

The new CPP will be a Target Benefit Plan. That means that benefits and contributions can be changed if the real world does not turn out the way the pricing

actuaries assumed. That's good as it allows the plan to automatically balance itself so as to optimize stability and sustainability. And it is consistent with the design of the basic CPP.

But it could be bad. Will participants understand that the new tier does not bring guaranteed benefits? What will happen when you have to freeze or even reduce benefits or increase contributions? Is this politically feasible?

The new CPP may also bring some surprising consequences. Some will be good. Obviously for a worker with no pension or a very weak pension, that person now gets a new tier of (modest) benefits. Smaller plans may be well advised to close and effectively move their workers into the more effective and efficient new CPP.

But there are remaining concerns. How many small plans will respond by just closing? Many of these plans are well administered and we should not create incentives for them to terminate. Many workers will now be forced to pay a second tier

of contributions, but when benefits are paid, will lose a significant portion of their Guaranteed Income Supplement and other welfare benefits.

Even with a new Working Income Tax Benefit, is that fair? Have we targeted the correct audience with this reform? The new plan could discourage private savings — not the hoped-for result. And it could stifle private sector innovation. Again, an unintended consequence with negative impacts.

Is this "one size fits all" solution the best we can do? Unfortunately, we may not really know the answer for decades to come. Obviously, there is room for more discussion and debate. This story is not over as yet. □

Robert L. Brown is an expert advisor with EvidenceNetwork.ca and a Fellow with the Canadian Institute of Actuaries. He was Professor of Actuarial Science at the University of Waterloo for 39 years and a past president of the Canadian Institute of Actuaries.



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We're Muslims, but not terrorists

By Mansoor Ladha



The person responsible for the Orlando massacre where 49 people lost their lives was Omar Mateen. Syed Rizwan Farook and Tashfeen Malik, have been identified as mass shooting suspects of San Bernardino. Abdelhamid Abaaoud has been named as the mastermind behind the Paris massacre, which killed 129 people. One of the Paris bombers has been identified as Ibrahim Abdeslam.

The names of these and other terrorists may be Muslim, but the sentiments behind their heinous actions and evil philosophy are not supported by the majority of Muslims around the world, who are peace loving, ordinary folks.

These incidents have sparked incidents of backlash against Muslims. In Calgary, a mosque was broken into and donation boxes and a computer stolen while another mosque, ironically named the peace mosque, in Peterborough, Ont., was set on fire as a hate crime.

More recently, a woman shopper wearing a hijab with her infant at a London, Ont. supermarket was assaulted by an angry assailant, who spat on her, punched her repeatedly and tried to pull off her headscarf.

Whenever I read statements by these self-appointed defenders of religion, I get really, really angry. In an ISIL video released in 2014, Abaaoud is reported to have said: "All my life, I have seen the blood of Muslims flow. I pray that Allah will break the backs of those who oppose him, his soldiers and his admirers, and that he will exterminate them."

Jihad is a holy war undertaken as a sacred duty by Muslims to defend their faith. These terrorists neither have a right to call their mission a holy war, nor are they appointed to defend Islam. Who has given Abaaoud and other members of his clan the authority to appoint themselves as spokesmen and represent all Muslims? Do they think we Muslims are so stupid that we'll support

or endorse their monstrous actions?

The actions of these so-called "martyrs" are unfortunately affecting Muslims at large who have nothing to do with these events. Please refrain from blaming ordinary Muslims, in your communities, your neighbourhoods and in your places of work because they have nothing to do with the terrorists' deeds in Paris.

This is not the time to adopt a policy of "an eye for an eye." This is the time for civic, local and federal leaders, especially Muslim leaders, to show leadership and act to calm tempers and call for restraint. As Calgary's Imam Syed Soharwardy said during a candlelight vigil, "when a Muslim commits a crime, it should not be linked with the entire community." "Hate against Muslims, he said, "should also be seen as an act of terrorism".

Terrorists are motivated by political ideology and philosophy, and they are using religion to legit-

"As Calgary's Imam Syed Soharwardy said during a candlelight vigil, "when a Muslim commits a crime, it should not be linked with the entire community"

imize their actions. No religion would sanction what they have been doing in the name of religion. Their actions are purely political. How can any Muslim commit an act of terror by saying Allahu Akbar (God is great) and expect Allah to forgive him?

The Paris disaster would have had an adverse effect on the selection of refugees

from Syria. Canada and other countries adopted a tight screening process amid fears and suspicion that some terrorists might pass through security networks and continue terrorist activities. It was a genuine safety concern and wasn't to be taken lightly. Fortunately, all refugee-receiving nations tightened their security apparatus and ensured that only genuine applicants are approved. Fortunately, there haven't been any major incidents.

Everyone has a role to play in eradicating stereotypical thinking that exists about Muslims, and in educating those around us. It is the duty of every Muslim to discuss the issue with their neighbours and colleagues at work so that they understand that an average Muslim has no influence over what has been happening. Islam is a religion of peace and it forbids violence, terrorism, bombing and murder. Those who murder innocent people as an act of revenge for Muslims killed by the West do not represent me or the majority of Muslims.

As the Aga Khan, spiritual leader of Ismaili Muslims, said during the opening of the Aga Khan Museum in Toronto, "the Muslim world, with its history and culture, is still unknown to the West. Even today, the study of the Muslim world in our high schools and universities is a specialist subject. Very little of the Muslim world features in the study of humanities in the West, where courses are essentially centred around Judeo-Christian civilizations.

This lack of knowledge is a dramatic reality which manifests itself in a particularly serious way in western democracies, since public opinion has difficulty judging national and international policy vis-à-vis the Muslim world," he said. "The two worlds, Muslim and non-Muslim, eastern and western, must as a matter of urgency make a real effort to get to

know one another, for I fear that what we have is not a clash of civilizations, but a clash of ignorance on both sides. Insofar as civilizations manifest and express themselves through their art, museums have an essential role to play in teaching the two worlds to understand,

"In Calgary, a mosque was broken into and donation boxes and a computer stolen."

respect and appreciate each other." Ignorance breeds suspicion and intolerance toward others. A pluralist, cosmopolitan society is one which not only accepts differences, but also actively seeks to understand and to learn from them. In this perspective, diversity is not a burden to be endured, but an opportunity to be welcomed.

School boards have a major role to play in introducing courses on religion, especially on Islam, so that our children get a proper understanding of the Islamic faith and what it stands for.

Much work has to be done both by Muslims and non-Muslims. Credit should be given to those Muslim leaders who have already started working with law

enforcement agencies and police to ensure the safety of all Canadians. There have also been ample examples of Muslim leaders and ordinary Muslims who have provided the authorities with tips and information about possible attacks or incidents of radicalism. Canadian Muslims rightly believe that it's their duty to report potential threats to security that they may encounter in their mosques and communities. This liaison and co-operation with the authorities must continue.

We should be thankful that we are blessed with a country which believes in equality, pluralism and rule of law, where the majority of the people are tolerant toward minorities. It is my sincere hope that non-Muslims will not judge Muslims because of the acts of these murderers, but by millions of good Muslims who are their neighbours, work colleagues, and friends involved in their daily lives as average people.

Trust us, we are Muslims, but definitely not terrorists.

Mansoor Ladha is a Calgary-based journalist, travel writer and author of A Portrait in Pluralism: Aga Khan's Shia Ismaili Muslims. His second book, Memoirs of a Muhindi, is scheduled to be published next year by University of Regina Press.

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By Dr. Carrie Scarff

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Price shock deters Canadians from eating fruits and veggies

We can change the downward trend, however, with the growth of a homegrown industry and better consumer information

By Sylvain Charlebois

Canadians need to put fruits and vegetables back on their tables.

We don't eat enough produce. In fact, 59 per cent of

Canadians don't eat their daily required portions of vegetables and fruits, according to surveys. And a recent study by the universities of Guelph and Dalhousie suggests that number may have

worsened in recent months, mainly because of higher retail prices.

Most vegetable and fruit prices have increased by more than 10 per cent in the last 12 months. More than 1,000 Canadians were surveyed on how they cope with sticker shock in the produce aisle. Due to higher produce prices, 26 per cent said they have reduced their consumption of produce in the last year. This is alarming since, unlike meats or other products, there are few real substitutes for produce.

As well, more than 45 per cent of those surveyed have considered or have purchased frozen produce.

In addition, surprisingly, the majority of lower-income households opted for juices in place of vegetables and fruits. Knowing that not all juices are equal, it begs the question: what kind of juices are consumers looking for when produce prices are out

of reach?

The study also showed how more access to data causes consumers to behave differently. Most respondents who walk into a store to buy produce without first researching prices were more likely to walk away from the infamous cauliflower. Yet cauliflower prices were far from the most volatile in recent months. Lettuce, toma-

more than other socio-demographic groups. As well, the majority of lower-income consumers believe price hikes are unjustified. When climate change and depressed currency factors were cited by experts and industry as causing higher prices, this group was anything but convinced. The same holds true for those in lower-education categories and those who were less well informed in general.

Produce may not be the most popular foodstuff, but it is essential to better nutrition and, thus, quality of life. Making sure that Canadians eat properly is critical to general well-being. But a significant group of consumers won't hesitate to either walk away from the produce section or find less-than-appropriate alternatives when prices fluctuate.

We need to take measures to change the trend away from produce.

Without intervening with retail price fixing, the state should proactively encourage consumers to regularly purchase and consume produce.

As well, industry should be teaching the public how to cope with price fluctuations. Climate change and swift shifts in our currency mean prices fluctuate hourly. Indeed, systems that set prices based on supply and demand every hour are almost upon us in Canada — we already see them in other parts of the world. For the vulnerable to avoid being caught at the high end of a price cycle, they need access to information.

In addition, Canada's lack of domestic produce should be dealt with. Indeed, positive changes are already underway. In recent months, financiers have funded Canadian greenhouse projects that will deliver year-round crops. In the longer term, climate change and weaker currency only build the case for greenhouses here.

Our mothers wanted us to eat our veggies because they cared. It's time we all cared enough to put ample servings of fruits and vegetables on every Canadian's table, particularly the less fortunate.

Sylvain Charlebois is dean of the Faculty of Management and professor in the Faculty of Agriculture at Dalhousie University



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atoes and oranges were much more volatile, which may have been recognized by the more savvy consumers. The survey suggests that consumers who visit stores more often were more likely to notice more volatile prices. The same goes for those who use varied technologies and check different sources. For example, it appears smartphone apps and flyers make consumers smarter and more rational.

Overall, the study suggests that lower-income households are highly vulnerable to fluctuating produce prices — in fact,

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Fort McMurray fire seared in our memories

By Barry Cooper

It's been a couple of months since the fire at Fort McMurray hit the news. The anecdotes and images are still fresh: cars and trucks driving through flames, families separated, pets and vehicles left behind, a massive traffic jam down Highway 63.

Who can forget the 301 firefighters from South Africa, hired at \$15 a day, not \$11.20 an hour? Or StatsCan suspending census-taking on May 5th but encouraging residents to complete their forms online or over the phone?

Scientific accounts are by now settled. Daniel Thompson, a fire research scientist with Natural Resources Canada, explained that the El Niño cycle led to a dry autumn, thin snowpack and warm spring. On May 2nd, the fire was a kilometre west of town and about 1,200 hectares in size. The temperature was 33 degrees on May 3rd, relative humidity around 12 per cent. The fire had doubled in size and was heading towards downtown. By mid-morning, it had crossed the Athabasca River. By 2 p.m., evacuation began. Next day, the wind

picked up to 72 km/hour, creating conditions for the perfect wildfire storm.

By May 4th, the fire was creating towering pyro cumulonimbus clouds along with lightning. Mike Flannigan, a wildland fire expert at the University of Alberta, said that it is rare but not unknown for firestorms to produce their own weather, including lightning.

"But this one generated lightning and then generated new fire starts. That's the first time I've heard of this."

It was neither the largest nor the hottest fire on record but it was the most traumatic. It destroyed some 2,400 buildings and threatened a major industrial complex. Perhaps more important, as Fire Chief Darby Allen said, was "the way this thing happened, the way it travelled, the way it behaved."

The speed and intensity with which the fire grew and spread through town brought criticism that the emergency officials did not respond quickly enough. But that was also evidence of what Allen called "the overwhelming nature of the fire."

Trauma and stress afflicted residents and firefighters

alike. Michael Chamberland described his escape from Beacon Hill neighbourhood, which was largely destroyed: "You could feel the wind blowing into the flames and the flames would come towards you, almost licking your car, on top of your car. And that's when you feel the heat."

The firefighters, Allen said, experienced "one of the most significant events that any firefighter could ever go through." They experienced additional stress from their helplessness in the face of what so many called "the Beast."

Allen used as personal a language as Michael Chamberland. "It did seem to have a brain. It did seem to want to do things that we didn't want it to do. It seemed to come up with its own plan and fight us at every level."

Most important may be the symbolism of fire - for first responders, evacuees, and the rest of us. Fire may have first been controlled by a remote hominin ancestor as much as one million years ago, but it remains mysterious.

It is a chemical reaction

but seems alive. It must be tended and fed. It can die. It sleeps in embers and can be brought back to life by breath. It has a voice, from the splutter of hamburger fat on a barbecue to the roar of the Beast. It consumes itself into ash and smoke that disappears into the sky.

Controlled fire may be mysterious to humans, but uncontrolled fire terrorizes them. That is one more reason why the Fort McMurray fire will live in memory. □

Barry Cooper is a professor of political science at the University of Calgary.

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Residential school survivor develops Blackfoot app

Former student at Old Sun Residential School develops innovative teaching tool to preserve her language

By: Trevor Solway /
tsolway@cjournal.ca

For 42 years, Old Sun Residential School out-

lawed Blackfoot culture, traditions and language. Children who clung to their heritage were strictly punished. Today, in the very

building where she was once forbidden to speak her native tongue, Vivian Ayoungman has developed a mobile app to teach stu-

dents the Blackfoot language, and help students reclaim their cultural roots. "Those of us that went through did not forget the

language, we did not lose it here," says Ayoungman. "But when our people left here and had children of their own, they say I don't want my child to suffer what I went through so they just speak English to them."

Both Ayoungman and her mother are residential school survivors who were tormented for speaking their native Blackfoot language, but see the importance and value in preserving this language, despite the abuse.

Today, Ayoungman works as an educator at Old Sun Community College. Once a place where language and culture were forbidden, the community college now offers an indigenized and Blackfoot specific curriculum.

Ayoungman chose a mobile app platform to build on preexisting habits in her students.

"Let's face it, everywhere you look our young people are on their phones or iPads," she explains. "They're listening to music, watching videos, why not use this to our advantage?"

The app includes 29 categories of words, including phrases, greetings and morning routines. It functions similarly to other popular language apps, like Duolingo and Rosetta Stone, giving users the chance to hear and read the word, while offering them the ability to record themselves speaking Blackfoot and play it back.

In addition to its language capabilities, the app also has cultural significance. Users are exposed to traditional Blackfoot songs, lullabies, historical images and videos.

For student Dann McMaster, the app gives her a chance to learn at her own pace, and has also provided her with some perspective when she listens to elders speak.

"Once I started using the app, just being able to hear it, speak it, just having that general practice, now I can catch myself listening to fluent speakers and catching little phrases here and there," says McMaster. "It boosts my confidence, it would boost my motivation to continue learning the language. That's what the app does for me."

The Blackfoot Language App is currently available for iPads and iPhones, and will be accessible to Android users in the near future.

Low-interest home equity loans will help seniors age in community

Application forms are now available for senior homeowners looking to repair or modify their homes under the Seniors Home Adaptation and Repair Program.

This program provides a low-interest, home-equity loan to eligible senior homeowners to finance needed repairs or adaptations that will help them remain independent in their own homes. Seniors could use the loan to widen a hall-

way for better accessibility or to install a walk-in tub or for a wide variety of adaptations or repairs. The Seniors Home Adaptation and Repair Act, passed by the government in April, will support the new program. It includes measures to protect

consumers, including a provision to review whether the costs of repair projects are reasonable. Under the program, a maximum loan of \$40,000 will be available to seniors with an annual household income under \$75,000. Seniors must also

have a minimum 25 per cent equity in their homes. Low-income seniors who do not qualify under the loan program may still be eligible for a grant to help pay for essential home repairs.

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Education & Recreation LEARNING 2016 – FALL SEMESTER

Registration opens August 2nd, 2016 at 9:00am for members and August 15th, 2016 at 9:00 am for non-members.

HOW TO REGISTER

- ❖ In person at the Kerby Centre in Room 305.
- ❖ By telephone at (403) 705-3233 or (403) 705-3232.
- ❖ Online at www.kerbycentre.com
- ❖ By mail to:
 - Kerby Centre
 - 1133 - 7th Avenue S.W.
 - Calgary AB, T2P 1B2
 - Attn: Education & Recreation
- ❖ **Please ensure you have your 2016 membership before registering for courses. Contact Information Department to renew or to apply for a membership. 403-705-3224**
- ❖ 2016 Kerby membership does NOT guarantee course availability.
- ❖ Non-members must be 55 years of age. Proof of age may be requested.
- ❖ Non-members pay a non-refundable surcharge on each course/workshop and do not have parking privileges.
- ❖ Courses/workshops are designed for seniors of varied abilities. The instructor, in consultation with the Manager of Education & Recreation may make a determination about suitability for the particular course. Kerby Centre reserves the right to cancel registration and the remainder of the cost will be refunded.
- ❖ If you need clarification of which course is appropriate, please contact the Manager of Education & Recreation at (403) 705-3232.



Don't Miss Out!

- ❖ Waiting to the last minute to register means missing out on great opportunities.
- ❖ **We will cancel under subscribed courses one week prior to first day of class.**
- ❖ **Please be sure to register early!!!**

Methods of Payment

- ❖ Cash/Cheque
- ❖ Debit
- ❖ VISA/MasterCard
- ❖ PayPal
- ❖ Payment is required at the time of registration; however, if the cost of courses is a concern, please contact the Manager of Education & Recreation at (403) 705-3232 to discuss options.

Refund Policy

- ❖ Request for a refund must be made before the start of the second class.
- ❖ All refunds are subject to an administration fee.
- ❖ Computer Courses/Workshops are non-refundable.
- ❖ Please contact the Education & Recreation Department with any refund inquiries.

MAUNDER'S MCNEIL PROGRAM

- This is a group of courses partially funded by the Maunder's McNeil Grant.
- These programs are targeted to those living with challenges as a result of illness, stroke, arthritis, cardiovascular disease or other physical and mental health challenges.
- Programs are for those who enjoy a slower pace environment and the camaraderie of others in a relaxed atmosphere with a definite purpose in mind.

LEARNING 2016 – FALL
MAIL TO: Kerby Centre, 1133 7th Avenue S. W., Calgary AB T2P 1B2
PHONE: (403) 705-3233/705-3232



Name: _____ Kerby Membership #: _____
 Telephone #: _____

Courses you wish to register for:

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

Method of Payment:

Cash: _____ (In person) Cheque: _____ (In person/mail-in)

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

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

Please note: MasterCard and VISA numbers are four groups of four numbers.

Active Living Courses

No classes on Monday October 10th, 2016—Kerby Centre is closed for Thanksgiving Day.
Please note: there may be other cancellations in individual rooms due to other activities at Kerby Centre.
Appropriate workout attire and footwear are required for all fitness classes.

Tai Chi Monday

Instructor: Adrian Buczek

Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.

A01 Monday Sep 12 – Dec 5 9:00 – 10:00 am Gymnasium Member: \$45 Non Member: \$65
No Class Oct 10 & Nov 14

Monday Fitness

Instructor: Dan Leung

Traditional aerobics class with emphasis on cardiovascular training. Minimal strength training, using weights or resistance bands. You are encouraged to work at your own pace.

A02 Monday Sep 12 – Dec 5 10:05 – 11:00 am Gymnasium Member: \$56 Non Member: \$76
No Class Oct 10 & Nov 14

Everyday Functional Fitness

Instructor: Elena Bratishchenko

Strength is intrinsic to daily function. This program includes exercises to strengthen the major muscle groups needed for performing daily activities, as well as improve mobility and balance, range of motion and coordination.

A03 Monday Sep 12 – Nov 28 12:30 – 1:30 pm Gymnasium Member: \$47 Non Member: \$67
No Class Oct 10 & Nov 14

Building Blocks for Balance (Maunder's McNeil)

Instructor: Joyce Slone

Having good balance and strong support muscles are key in fall prevention. This class will focus on core muscle strength and balance in a safe environment, with the goal of keeping you active and independent.

A04 Monday Sep 12 – Dec 5 1:00 – 2:00 pm Room 205 Member: \$32 Non Member: \$52
No Class Oct 10

Salsa Workout

Instructor: Bonnie Field

Moving to Salsa music, this aerobic workout will focus on increasing functional mobility of hips and shoulders.

A05 Monday Sep 12 – Nov 28 2:00 – 3:00 pm Gymnasium Member: \$47 Non Member: \$67
No Class Oct 10 & Nov 14

Monday Yoga

Instructor: Caroline Bees

All Levels. Boost your energy and calm your mind with this self-paced class. Use comfortable positions and a chair to increase balance, strength and flexibility. Getting to the floor easily is required. Please bring your own yoga mat.

A06 Monday Sep 12 – Dec 5 2:30 – 3:30 pm Room 205 Member: \$60 Non Member: \$80
No Class Oct 10

Belly Dancing

Instructor: Angela Grell

Take this fun opportunity to learn some elementary hip liberating moves. Learn to move and sway your hips and shoulders to middle eastern music.

A07 Tuesday Sep 27 – Nov 29 12:30 – 1:45 pm Room 205 Member: \$47 Non Member: \$67

Zumba Chair (Maunder's McNeil)

Instructor: Maaike Seaward

Zumba Gold Chair brings the joy of Latin dance moves and rhythms of Zumba to be done in a chair. It has been designed for participants with medical issues, physical limitations, are in a wheelchair, have limited mobility or anyone who may not be able to stand up for long periods of time while exercising. It will help improve physical and mental health and most of all quality of life! It will provide safe, slow progressions and teach participants to listen to their body! It's great for the mind, body and soul but most of all IT IS FUN!

A08 Tuesday Sep 13 – Nov 29 2:15 – 3:00 pm Room 308 Member: \$32 Non Member: \$52
No Class Oct 11

Indoor Cycling

Classes held at Peloton Cycling # 109 1053 10th Street SW (8 Minute Walk from Kerby Centre or free parking is available)

Are you looking for a new, low impact way to raise your heart rate, build muscle and have some fun? Join this energetic Spin class tailored just for you! The passionate instructors at Peloton Cycling will have you burning calories and stress, all while cycling around the virtual world with amazing video footage on a 7' HD wide screen.

A09 Tuesday Sep 27 – Nov 15 10:30 – 11:15 am Member: \$62 Non Member: \$82

Yoga for You Level I

Instructor: Angie Friesen

In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor easily, and a chair will be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.

A10 Wednesday Sep 14 – Nov 30 9:30 – 10:30 am Room 205 Member: \$55 Non Member: \$75

Wednesday Fitness

Instructor: Dan Leung

Traditional aerobics class with emphasis on cardiovascular training. Minimal strength training, using weights or resistance bands. You are encouraged to work at your own pace.

A11 Wednesday Sep 14 – Nov 30 10:05 – 11:00 am Gymnasium Member: \$56 Non Member: \$76

Laughter Yoga (Maunder's McNeil)

Instructor: Angie Friesen

Come experience the power of laughter, yoga and connecting to yourself and others in this unique fun filled class.**A12** Wednesday Oct 5 – Nov 9 10:45 – 11:30 am Room 205 Member: \$17 Non Member: \$27**Gentle Seated Yoga (Maunder's McNeil)**

Instructor: Caroline Bees

Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.**A13** Wednesday Sep 14 – Nov 30 1:00 – 2:00 pm Room 308 Member: \$40 Non Member: \$60**Tai Chi Wednesday**

Instructor: Adrian Buczek

Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.**A14** Wednesday Sep 14 – Nov 30 1:30 – 2:30 pm Lounge Member: \$47 Non Member: \$67**Pilates Fusion**

Instructor: Cathy Morrison

Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options given for all levels.**A15** Wednesday Sep 14 – Nov 30 4:15 – 5:15 pm Room 205 Member: \$69 Non Member: \$89**Zumba Gold**

Instructor: Maaïke Seaward

Zumba Gold® is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted!**A16** Thursday Sep 15 – Dec 8 10:00 – 11:00 am Gymnasium Member: \$47 Non Member \$67
*No Class Sep 29 & Oct 6***Nia**

Instructor: Tina Thrussell

The Nia Technique is a brilliant blend of dance, martial arts and healing arts that connect mind, body and spirit. Each Nia class offers you safe, guided dance-based movement that is suitable for all ages, body types and fitness levels. Come move to great music to relieve stress and have fun!**A17** Thursday Sep 15 – Nov 24 1:00 – 2:00 pm Gymnasium Member: \$55 Non Member: \$75
*No Class Sep 29***Line Dancing**

Instructor: Bonnie Field

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting.**A18** Thursday Sep 15 – Dec 1 1:00 – 2:00 pm Gymnasium Member: \$47 Non Member: \$67**Yoga for You Level II**

Instructor: Angie Friesen

Ideal for students wanting more of a challenge in their yoga practice. Previous yoga experience not necessary, but must be comfortable with getting up and down from the floor, and doing postures without the support of the chair. We will deepen our practice of balance and stability in a friendly and safe environment. Please provide your own yoga mat.**A19** Friday Sep 16 – Dec 2 9:00 – 10:00 am Room 205 Member: \$50 Non Member: \$70
*No Class Sep 30 & Nov 11***Muscle Strength & Core Balance**

Instructor: Dan Leung

Strong core balance is necessary for good posture, balance, mobility and safety around the house. Available equipment will be used to train muscles associated with activities for daily living.**A20** Friday Sep 16 – Dec 9 9:30 – 10:20 am Gymnasium Member: \$47 Non Member: \$67
*No Class Sep 30, Nov 11 & Nov 18***Joint Health (Maunder's McNeil)**

Instructor: Bonnie Field

Learn and practice proper form of specific exercises for major joints of the body. Discover the difference with certain joints and how they should be able to move with ease and fluidity to aid in our mobility of daily functioning. Anyone interested in keeping joints healthy or those individuals with joint restriction and movement are welcome. If you are designated for joint replacement, then you would definitely benefit.**A21** Friday Sep 16 – Dec 9 10:15 – 11:15 am Room 205 Member: \$32 Non Member: \$52
*No Class Sep 30 & Nov 11***Functional Strength**

Instructor: Joyce Slone

Emphasis is placed on maintenance and enhancement of strength and range of motion of major muscle groups and joints. Will also work on balance and agility.**A22** Friday Sep 16 – Dec 9 12:30 – 1:30 pm Room 205 Member: \$40 Non Member: \$60
No Class Sep 30, Oct 14, Nov 4 & Dec 2

Academic Classes

No classes on Monday October 10th, 2016—Kerby Centre is closed for Thanksgiving Day.
Please note: there may be other cancellations in individual rooms due to other activities at Kerby Centre.

Calligraphy: Playing with the Pointed Nib

Instructor: Renate Worthington

This contemporary pointed pen class is fun and satisfying. The letters are not as slanted or structured as traditional Victorian-style "Copperplate" or "Roundhand", but bring in some of our own writing tendencies for a casual yet polished style. A special pointed nib, nib holder, ink and smooth paper can be purchased from the instructor. The class is suitable for beginners and all levels. Please bring pencil and eraser to the first class.

B01 Monday Oct 17 – Nov 21 10:00 – 12:00 pm Room 308 Member: \$65 Non Member: \$85

Clay: The Basics

Instructor: Darlene Swan

Touch the earth! Work with earth! Have fun with a pure earth element... beautiful clay. Learn the basic hand building techniques, and make some of your own creations. The techniques of pinch, coil and slab will be taught. Take those basics and create an animal, as your culmination piece. Your spirit animal, perhaps? Your pieces will be bisque and glaze fired, with only food safe glazes. Come and enjoy some play clay days!!! Supplies included.

B02 Friday Oct 21 – Dec 2 12:30 – 3:00 pm Room 308 Member: \$139 Non Member: \$159
Friday Nov 4 Extra Morning 9:30 – 12:00 pm Room 308
Class for Major Project

No Class Nov 11 & 18

Coloured Pencil: Introduction to Technique

Instructor: Germaine Bleile.

Did you enjoy using coloured pencils as a child? Or are you into adult colouring books? Come and see how artist-quality coloured pencils can produce creative, frameable pieces of art. Coloured pencils are cost effective, portable and easy to use with no odor and no mess. Supplies not included; however a starter kit with necessary tools is available to purchase from the instructor. For more information, please contact the Education & Recreation Department.

B03 Thursday Sep 29 – Nov 3 10:00 – 12:00 pm Room 311 Member: \$65 Non Member: \$85

Computer Courses

Instructor: Pat Seifert

Note: A USB memory stick may be required to take home homework, please bring one to your first class.

Level One Basics Starts at "where's the ON button" to creating, saving, and retrieving your files. Learn parts of a computer, description of keyboard, how to use a mouse and the setup of your desktop. Also learn the difference between hardware and software. Time is given to review tasks and practice work.

B04 Mon/Wed Sep 12 - 26 12:30 – 2:00 pm Room 312 Member: \$115 Non Member: \$135

How to Use Your Laptop Windows 10 Level I Bring your own laptop to class with Windows 10 and learn hands-on how to use it effectively. Maximum in this class will only be 5 students. Basic computer skills required. No Macs.

B05 Mon/Wed Sep 12 - 26 10:00 – 11:30 am Room 312 Member: \$135 Non Member: \$155
B06 Mon/Wed Nov 14 - 28 10:00 – 11:30 am Room 312 Member: \$135 Non Member: \$155

How to Use Your Laptop Windows 10 Level II A continuation of Level I

B07 Mon/Wed Sep 28 – Oct 17 10:00 – 11:30 am Room 312 Member: \$135 Non Member: \$155

No Class October 10

Facebook Mastery Start as a beginner and finish as an expert. Learn how to create a profile, use privacy options and get connected with this popular social networking site. As you progress through the course you will learn how to add new people, activate a game, find old friends, and download pictures. Must have an email address.

B08 Mon/Wed Oct 3 - 19 12:30 – 2:00 pm Room 312 Member: \$135 Non Member: \$155

No Class October 10

Setting Up and Basic Functions of Your iPad Want to know how to register and configure your new iPad? Learn basic functions and how to connect to the Internet using WIFI. Find and install "Apps" such as phone book, music stations and video games. Use built in features like the camera and calendar. Search for, preview and download music on iTunes.

B09 Wednesday Nov 2 12:30 – 3:30 pm Room 312 Member: \$44 Non Member: \$64
B10 Monday Dec 5 12:30 – 3:30 pm Room 312 Member: \$44 Non Member: \$64

Computer Workshops

Courses run from 12:30pm – 3:30pm in Room 312 & the price per workshop is Member: \$44 Non Member: \$64

Intro to Social Media

B11

September 28

Wondering what the kids mean by tags, tweets and likes? This workshop will take an introductory look at Facebook, Twitter and Pinterest.

Internet Exploration

B12

October 24

Looking for information on health, hobbies and the weather? In this workshop you will learn how to find out all about things that interest you!

Internet Security

B13

October 26

Concerned about computer scams, viruses and spam? This workshop will cover all the basics of how to protect your computer and yourself.

Kobo

B14

November 7

I've been given a Kobo, what do I do now?! Learn how to find, download, read, organize and remove a book from your Kobo. Please bring cords.

Kindle

B15

November 9

I've been given a Kindle, what do I do now?! Learn how to find, download, read, organize and remove a book from your Kindle. Please bring cords.

Drama: Improvisation

Instructor: Gail Whiteford

Improvisation in drama is to make or create (something) by using whatever is available. This class will explore through exercises, games and even a little bit of fun competition the creativity it takes to create improvised work. Using costume pieces, props and sound, unleash your creative side while having fun.

B16 Tuesday Sep 20 – Nov 22 2:15 – 3:30pm Room 205 Member: \$75 Non Member: \$95

French

Instructor: Georgette Pare

*Note: Registered Level I students may, with permission, *audit Level II classes and vice versa. *Conditions apply. Please inquire.*

French Level I What comes after “Parlez-vous français?” ... “Oui, oui, oui!” This course is going to sharpen your listening skills, sharpen your memory and improve your French all at once! Level I French is a beginner’s class driven by the first skill required for improved conversations in any language: Listening! Listening to recreate the basic sound(s) of French conversation will freshen your mind and improve your memory while building confidence and spontaneity in friendly dialogue.

B17 Tuesday Sep 13 – Nov 29 9:00 – 10:30 pm Room 308 Member: \$75 Non Member: \$95

French Level II Builds on the language skills learned in level I: Listening to improve confidence and spontaneity in friendly conversations. Each week our lessons will focus on travel topics and destinations where French is spoken.

B18 Tuesday Sep 13 – Nov 29 10:45 – 12:15 pm Room 308 Member: \$75 Non Member: \$95

Painting: Acrylic & Watercolour

Instructor: Katy Morris

Note: The cost of supplies is not included in the course price. A full list of recommended supplies can be obtained in Room 305.

Watercolour: Fundamentals for Beginners New to painting? Come learn the basics of watercolour in this introductory course. We will be learning the when, where and why of how to use the supplies and creating a simple painting. Supplies not included; however, an introductory kit will be available to purchase from the instructor.

B19 Monday Sep 26 – Oct 24 10:00 – 12:00 pm Room 313 Member: \$55 Non Member: \$75
No Class Oct 10

Acrylic: Fundamentals for Beginners New to painting? Come learn the basics of acrylic in this introductory course. We will be learning the when, where and why of how to use the supplies and creating a simple painting. Supplies not included; however, an introductory kit will be available to purchase from the instructor.

B20 Monday Nov 7 – Nov 28 10:00 – 12:00 pm Room 313 Member: \$55 Non Member: \$75

Waterton: Acrylic & Watercolour Composition is key to a cohesive image. While painting the lakes, streams, rocks, flowers and animals found in Waterton, we will learn how to compose a painting from various elements.

B21 Wednesday Sep 14 - Oct 19 10:00 – 3:00 pm Room 313 Member: \$99 Non Member: \$119

Light & Mood: Watercolour Focusing on *light* in watercolour, we will be learning the theory of value systems, washes and glazes. Landscapes and sunsets will be highlighted.

B22 Friday Sep 16 – Oct 21 10:00 – 3:00 pm Room 313 Member: \$99 Non Member: \$119

Foothills & Prairies: Acrylic In these fall/winter scenes of grasses, bushes and trees, the focus will be on the use of white in an image and horizontal planes.

B23 Wednesday Nov 2 – Dec 7 10:00 – 3:00 pm Room 313 Member: \$99 Non Member: \$119

The Beauty of a Single Image: Acrylic & Watercolour Concentrating on an enlarged single image, theory will cover selection, extraction and how to create detail.

B24 Friday Nov 4 – Dec 9 10:00 – 3:00 pm Room 313 Member: \$99 Non Member: \$119

Photography

Instructor: Patrick Kornak

Make Your Photography Zing This course will cover different aspects in camera operations and artistic expression. Take your photography from snapshot to spectacular. Open to all levels of experience and all camera types. Instructor Patrick Kornak has over 40 years of experience and teaches photography at SAIT continuing education. Note: we will be taking outdoor photographs in local areas.

B25 Thursday Sep 22 – Nov 17 1:00 – 3:00 pm Room 301 Member: \$75 Non Member: \$95
No Class Nov 3

Discover Photoshop This workshop will introduce you to the basic workings of Photoshop and how it can be used to enhance your photographs. Participants are encouraged to bring in 1 or 2 images on a memory stick that the instructor can use for demonstration.

B26 Thursday Nov 24 – Dec 1 1:00 – 3:00 pm Room 301 Member: \$29 Non Member: \$49

Singing Circle

Instructor: Barry Luft

Bring your joy of singing to a dynamic circle of men and women. Sing out strongly on songs old and new (mostly old), and be prepared to have minds calmed, hearts uplifted, and funny bones tickled! Note that we don't use song books or lyric sheets of any kind. We're then free to produce the real magic of community singing! "And the skies are not cloudy all day."

B27 Thursday Sep 15 – Dec 8 10:30 – 11:30 pm Room 308 Member: \$42 Non Member: \$62
No Class Sep 29

Spanish

Instructor: Norah Hutchinson

The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson.

Beginner Spanish Grammar A comprehensive course for students with no prior knowledge of Spanish. Will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.

B28 Monday Sep 12 – Dec 5 10:00 – 12:00 pm Room 311 Member: \$99 Non Member: \$119
No Class Oct 10

Intermediate Spanish Grammar A continuation of Beginners Spanish with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Beginners Spanish or equivalent. Chapters 4-6 will be covered.

B29 Tuesday Sep 13 – Nov 29 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119

Advanced Spanish Grammar I For those with intermediate or advanced level Spanish who want to improve their written, conversational and listening skills. Students will be able to deal with most situations likely to arise when travelling or living in an area where Spanish is spoken. Chapters 7-9 will be covered.

B30 Tuesday Sep 13 – Nov 29 10:00 – 12:00 pm Room 311 Member: \$99 Non Member: \$119

Advanced Spanish Grammar II A continuation of the above course. Chapters 10-12 will be covered.

B31 Thursday Sep 15 – Dec 1 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119

Spanish Conversation Designed for intermediate to advanced students to provide them with an opportunity to practice the language through discussion of selected material and topics of interest with a focus on pronunciation, listening and building vocabulary.

B32 Monday Sep 12 – Dec 5 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119
No Class Oct 10

Terrific Tuesday Workshops

Instructor: Tina Thrussell

Experience fun, engaging activities that keep you feeling young and alive! Play with your creativity, relax your mind & improve your memory, balance and co-ordination through joyful movement.

Courses run Tuesdays from 1:00pm – 3:00pm in Room 313 & the price (including supplies) per workshop is Member: \$29 Non Member: \$49

<p>Intuitive Painting B33 September 20</p> <p>A no pressure way to paint for those with or without artistic experience! We begin with a guided mediation, play with expression on paper with paint, and finish with a unique sharing experience.</p>	<p>The Joy of Movement B34 October 18</p> <p>Get a taste of a variety of dance-based movements designed to improve balance and co-ordination and lift your spirits.</p>	<p>BrainDance & Intuitive Painting B35 November 15</p> <p>Similar to the September Intuitive painting, with the difference of using movement rather than meditation. We will be creating a larger painting in this session.</p>	<p>Intuitive Collage B36 December 13</p> <p>Help make your dreams come true! We will be using the powerful tool, the Vision Board, but with a slight different approach—instead of goal setting, we'll rely on intuition to create a beautiful visual.</p>
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Ukulele

Instructor: Barry Luft

Ukulele Magic! Introductory This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing and playing. If you already have a ukulele, bring it to class in good working order along with an electronic clip-on tuner. If you do not own a ukulele, please contact the Education & Recreation department at 403-705-3233 for purchasing information.

B37 Wednesday Sep 14 – Dec 7 11:00 – 12:00pm Room 308 Member: \$70 Non Member: \$90
No Class Sep 28

Ukulele: More Magic! This class will provide lots of enjoyable playing and singing time with a good review of basics. You will also be introduced to more keys and chords as you strum like the wind! Pre-requisite: an introductory course or equivalent.

B38 Wednesday Sep 14 – Dec 7 9:45 – 10:45 pm Room 308 Member: \$70 Non Member: \$90
No Class Sep 28

Vision Series

Instructor: Alnoor Damji

This dynamic series of workshops is designed to develop clarity, inspiration and confidence as we embrace transition. Courses run Tuesdays from 9:00am – 12:00pm in Room 205 and the price (including supplies) per workshop is Member: \$39 Non Member: \$59

Registration Deadline: Two Weeks Prior to Each Workshop Date

<p>Retire to the Life You Love: A Vision of Life after 50 B39 September 20</p> <p>Done with the 3 G's (grandkids, gardening and golf!), what's next? The goal of this workshop is to help you clarify your vision of an ideal retirement and identify steps you can take to achieve that vision. We'll discuss solutions to the many challenges of retirement and explore inspiring possibilities that are authentic to You.</p>	<p>Communication at Work & Home: Course for Men B40 October 18</p> <p>Do you find it hard to understand others? This dynamic workshop provides a fun and interactive way of learning about your communication and relationship styles and preferences through Personality Dimensions. Learn how to communicate by first understanding yourself and what makes you 'do the things you do' to help you communicate to others.</p>	<p>Intergenerational Relationships B41 November 15</p> <p>Do you find it hard to connect to your adult children and grandchildren? This dynamic workshop provides a fun and interactive way of learning about your communication and relationship styles and preferences through Personality Dimensions. Build self-awareness, enhance self-esteem and learn effective communication strategies to get a meaningful life.</p>
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Kerby 2 St. Andrew's Courses

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Computer Courses

Instructor: Pat Seifert

How to Use Your Laptop Windows 10 Bring your own laptop to class with Windows 10 and learn hands-on how to use it effectively. Maximum in this class will only be 5 students. Basic computer skills required. No Macs.

S01 Tuesday Sep 20 – Oct 11 11:00 – 1:00 pm Member: \$135 Non Member: \$155

Facebook Mastery Start as a beginner and finish as an expert. Learn how to create a profile, use privacy options and get connected with this popular social networking site. As you progress through the course you will learn how to add new people, activate a game, find old friends, and download pictures. Must have an email address.

S02 Tuesday Oct 25 – Nov 15 11:00 – 1:00 pm Member: \$135 Non Member: \$155

Setting Up and Basic Functions of Your iPad Want to know how to register and configure your new iPad? Learn basic functions and how to connect to the Internet using WIFI. Find and install "Apps" such as phone book, music stations and video games. Use built in features like the camera and calendar. Search for, preview and download music on iTunes.

S03 Tuesday Dec 6 11:00 – 2:00 pm Member: \$44 Non Member: \$64

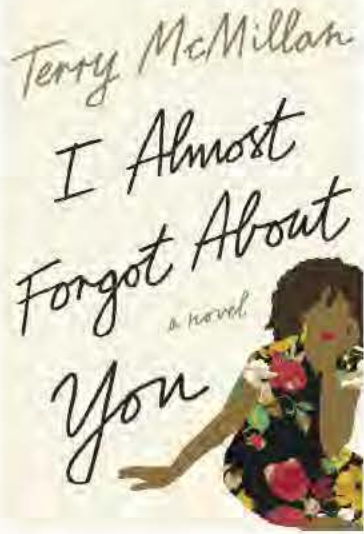
Yoga for You

Instructor: Angie Friesen

In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor easily, and a chair will be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.

S04 Thursday Sep 15 – Dec 1 9:00 – 10:00 am Member: \$85 Non Member: \$105





Book Review

“I Almost Forgot About You”

By Terry McMillan

c.2016, Crown

\$27.00 U.S. /

\$36. Canada

358 pages

Reviewed by the

Bookworm

In every love life, there’s always The One That Got Away.

He got away because you were both too young, too scared, too broke, or too different. Things were said that couldn’t be unsaid, done that shouldn’t have been done. It just didn’t work out then, but now...? In the new novel, “I Almost Forgot about You” by Terry McMillan, he’ll never get away twice.

It should have been an ordinary run-of-the-mill Monday.

That’s the way it started for optometrist Georgia Young: new prescriptions, return clients, follow-ups, and one new Monday—morning patient who — big surprise! — turned out to be the daughter of a man Georgia dated in college and had fallen for. She never told the guy she loved him, though, and she never would... because he was dead.

Shaken to the core, Georgia began to think about all the men she’d slept with, and the ones she’d fallen in love with. How would life have changed if she’d stayed with any one of them? She’d been divorced twice; would that number have been higher or lower? Would she have more than her two daughters, live somewhere other than San Francisco, travel, cook for two?

At nearly 55 years old, she figured she’d never find love again, but she at least needed closure. With the urging of her BFF, (best friends forever), Wanda, Georgia made a list of the men she’d once loved, and she promised herself she’d find them — not because she wanted to rekindle any-

thing, but because she had so many questions for them and for herself.

Finding her ex-husbands was easy. Michael happened to be moving back to California, and Niles was out of jail for his white-collar crime; both were happy and had moved on with their lives. Georgia was even able to stop hating them.

But Abraham wouldn’t be easy to find. Neither would Lance. There were two Jameses, two Harolds, Thomas, Horace, and others, and one white guy that Wanda remembered, and added to the list. Georgia knew she’d never find them all, especially since she had a business, a busy family,

and a life to live.

Still, they were all men she’d remember forever. But would they remember her?

Show of hands: who hasn’t spent girlfriend-time talking about boyfriends? Probably nobody, so “I Almost Forgot about You” is a comfortably familiar story.

That’s not to say that it’s same-old, though. Like she did in many of her other novels, author Terry McMillan gives readers a cast of strong-minded, smart women who lean on other strong-minded, smart women. In this book, however, we see a few more bruises from living, rather than from relationships: Georgia and her friends are looking

toward retirement, a little less stress, and no more drama. Even so, they get glad for it.

Definitely, this is a novel for anyone who’s lost a love and wondered, “What if...?” It’s a book you’ll

want to share with your BFFs. “I Almost Forgot about You” is a book you shouldn’t let get away. □

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

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weeks, you’ll be walking normal again, and most likely, you won’t have the severe symptoms I mentioned earlier.

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Gujarat provides living spectacle of India's independence

Story and photos by By Mansoor Ladha
Page design and layout by Winifred Ribeiro

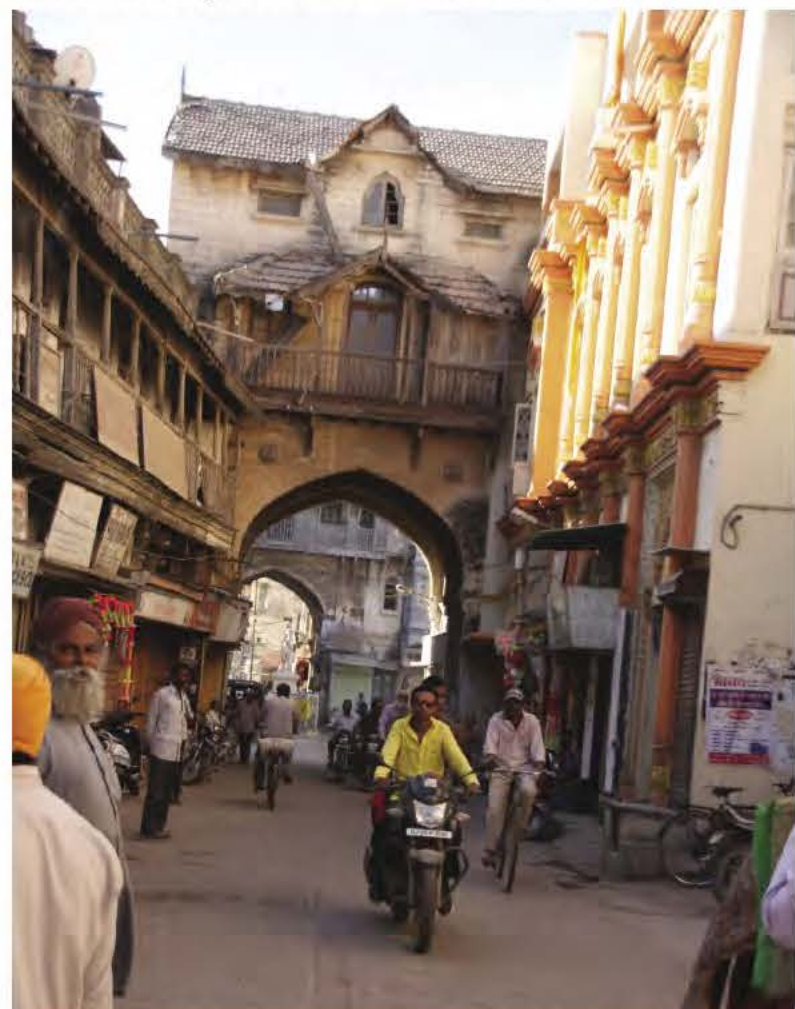


A decorated camel offers rides for tourists.

The Prime Minister of India, Narendra Modi, has said, "Terrorism divides the world; tourism unites the world." With its varied cuisine, colourful costumes, folk dances, historical sites, temples and vibrant culture, India's state of Gujarat is a fine example of the latter.

For the tourist in this colourful state, a great place to start is Ahmedabad, Gujarat's former

capital and largest city. It is also the best place to learn about India's pre-independence history its later struggle leading to the creation of India as a nation. Named by Sultan Ahmed Shah I, Ahmedabad became the birthplace of the Indian independence movement when Mahatma Gandhi established the Satyagraha Ashram on the banks of the Sabarmati River, which became a centre of nationalist activities. From there, in 1930,



A street scene in Porbander, the birth place of Mahatma Gandhi.

buildings, fine restaurants and fabulous night markets. Gujarati people are considered colourful and their tastes, multicolours and fashions are reflected in the Law Garden Night Market. Every evening, stalls displaying the vibrant hues of Gujarat ply their trade, offering shopaholics everything they could possibly need. And bargaining is allowed and encouraged.

While the night market is well worth a visit, exercise caution, as hundreds of motorbikes and cars pass through the crowds. The constant honking and traffic is the only nuisance at this otherwise enjoyable pastime. I would venture to suggest these motorized vehicles should be banned to ensure a more pleasant experience.

Ahmedabad's 568 temples are just a taste of the many temples, mosques and other institutions of worship tourists may visit throughout India. Religion here is characterised by a diversity of beliefs and practices, as the subcontinent is the birthplace of such major world religions as Hinduism, Buddhism, Jainism and Sikhism.

Gandhi, Father of the Nation, launched the historic salt satyagraha (salt boycott) and Dandi March, which ultimately ended British rule in India.

The river Sabarmati divides the city into two distinct eastern and western regions; the eastern portion houses the old city, packed with bazaars and numerous places of worship, while the western section contains modern buildings, educational institutions, shopping malls, residential areas and new business districts.

Apart from its politically historic significance, Ahmedabad also became a seat of higher education, science and technology and a centre of heavy industry. To exporters of gemstones and jewellery and a leading automobile manufacturing centre. Tata's chemical plant and Nano's vehicle assembly plant are located in Ahmedabad, supplemented by assembly projects by Ford, Suzuki and Peugeot.

The city has remarkable



A common sight in Gujarat is a ferry filled to capacity.



Hindu god Shiva.

into the temple. These must be left at special booths, while their owners must walk quite a distance barefoot to the temple itself. Here, tourists are ushered from one room to another while devotees continue chanting.

Somnath Temple, more than 400 kilometres from Ahmedabad, is another important pilgrimage and tourist destination. Hindus believe that Somnath is the place where Krishna ended his life on earth and left for his heavenly abode.

History buffs would find it worthwhile to take the Gandhi Circuit, which charts the struggle for independence. The house in which Gandhi was born, called Kirti Mandir, located 395 kilometres from Ahmedabad in Porbandar, has been converted into a museum with a library, prayer hall, photo exhibit of his life and times and other memorabilia.

Another of Gujarat's special spots is Gir National Park, one of the oldest protected areas in India, and the only place in the world outside of Africa where one can observe lions in their natural habitat. Heading by special jeep into the park early in the morning, our group was fortunate to see a group of lions, including a lion family that appeared to be going on a Sunday walk in the woods. Other animals resident in Gir include leopards, deer, antelopes, peacocks and a variety of birds. Be aware that cameras and video equipment are subject to a special fee when visiting



A Muslim student does her homework.



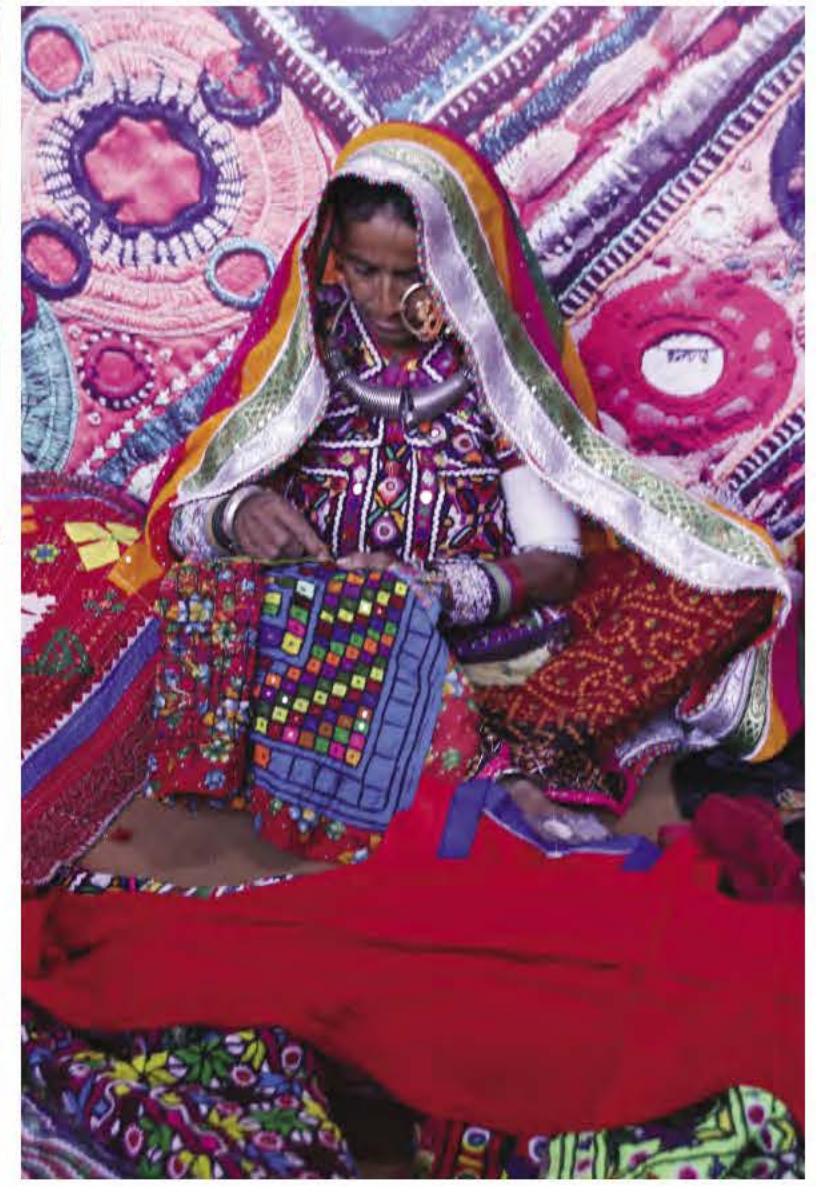
Two traditional Gujarati musicians entertain crowds attending a tourism exhibition in Ahmedabad.

prohibition has merely driven liquor underground, where it is widely available on the black market. Even our friendly tour bus driver offered to obtain liquor from one of his "contacts." We had the permit, and politely declined his offer.



An elderly man poses for a portrait.

Mansoor Ladha is a Calgary-based travel writer, journalist and author of *A Portrait in Pluralism: Aga Khan's Shia Ismaili Muslims*. Another book, *Memoirs of a Muhindi* is scheduled to be published by University of Regina Press



A Gujarati woman sews multi-coloured traditional bedspreads.



Gujarati musicians in brightly coloured attire perform for visitors.



An elderly woman bargains with a customer.



A typical scene in most Indian cities is streets filled with motor bikes and auto rickshaws.



Drivers of auto rickshaw, a popular mode of transport in India, await passengers.



The writer pays homage to Mahatma Gandhi and his wife at the Gandhi Museum.



Life and liberty
by liberty forrest

liberty forrest is an award-winning author, an inspirational speaker and mentor. Contact freespirit@liberty-forrest.com

Once upon a time, there was a little problem. Like all the other little problems, this one hoped that someday, he would grow up to become a big problem. And if he could be a really lucky little problem, he would get to join the military and might even become a major disaster.

He had an enormous fear of failure so he paid close attention in class, keeping his vision for the future uppermost in his mind. The first thing he learned was that his mortal enemy was the light. He would be most vulnerable in plain sight, out in the open. He must do his best to remain hidden, where he would feed on the darkness and with any luck, he would grow up to be a big problem someday.

His teacher said that his best chance of survival depended upon finding quiet people who had lots of carpets, under which they would stash any problems they could find. With plenty of darkness under carpets, there was always a feast fit for a king and any little problem lucky enough to live in such a place would grow very quickly in size and strength.

One day, the little problem found that he was on the sweeping end of a broom and whoosh! — there he went, tumbling and rolling well under a beautiful Persian rug. How exciting! Finally, he

How to grow your own little problems. Or not.

would have a chance to become a big problem!

He was thrilled to meet all the other little problems who were hiding under that carpet and being quite the extrovert, he planted himself right smack in the middle of all of them. With plenty of darkness to keep him well fed, he grew rapidly and it wasn't long before he felt his first thump in the head when one of the people tripped on him.

"Oh, goodie!" he exclaimed. "I'm growing up! This is progress!" And he and all the other little problems laughed and giggled amongst themselves.

After a time, there wasn't much room under the carpet any more. The problems had melted into one another, just like cinnamon buns that had been too close together on a pan and had risen and blended, one into the next. They had

grown so large that the people had to use ladders to climb over them.

One day, while everyone was having an afternoon nap, the growing little problem was awakened by people voices. They used words like depression, worry and fear.

"Oh, no!" he thought. "We were so close to becoming a major disaster, and now we're doomed!"

Alarmed, he woke the others as quickly as possible. The frightened problems lay quietly while they heard words like "financial troubles" and "no work". They heard about illness and too much stress. The more words they heard, the more the carpet was pulled back from the edges of their hiding place, gradually exposing them to the light. The unfortunate ones on the perimeter went first,

shrivelling and shrinking the very moment they were out in the open.

Horrified, the not-so-little problem watched as one by

one, his friends died and then vanished right before his eyes. And there was nothing he could do but lie there and wait his turn. □

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by Alicia Gerrior

The timeless appeal of period dramas

Period dramas appear to be more popular than ever lately. There is HBO's *Game of Thrones*, PBS' *Sherlock*, as well as CBC's *Murdoch Mysteries*. Perhaps the most popular of these dramas may be PBS' *Downton Abbey*, which left a huge hole to fill in the period drama arena after it ended last March. What is it about these TV shows that we love so much? Is it the costumes, the often-present British accents, stepping back in time? Whatever it is, they are on the rise and viewers and critics alike can't seem to get enough of them.

The 'period drama' genre of TV series, or 'historical dramas' as they are sometimes called, can refer to a myriad of eras depending upon whom you ask. But most will agree that it's a canopy that covers TV shows set in an earlier time. *Mad Men*, which ran from 2007-

2015, has often been referred to as the show that started this recent resurgence of historical dramas. The AMC show about New York advertising executives transported viewers back to the 1960s in every way - the hair, the clothes, the smoking in indoor public places. The show has inspired countless fashion and beauty trends — even I have tried to replicate some of the big bouncy 60s curls worn by the women on the show.

To many that's exactly where the appeal of these TV shows lies: escapism. We romanticize the past. Period dramas offer us an escape to a simpler time, one entirely different from the world in which live. However, not everything about the past is better than modern times. That's what I find captivating about *Mad Men*. It paints a startlingly real picture of what life was like in the 60s, including the less glamorous aspects like sexism and racism in the workplace. The show also works historical events into the storylines, such as the Cuban Missile Crisis, the Kennedy Assassination, and even the death of Marilyn

Monroe.

Watching the books we grew up with come to life is another element that attracts some people to the dramas. Many successful and beloved period dramas or mini series are based on classic novels like Charlotte Bronte's *Jane Eyre*, Jane Austen's *Emma*, and Leo Tolstoy's *War and Peace*. The *Telegraph* calls last year's BBC adaptation of Tolstoy's classic "the greatest costume drama of the decade." For fans of *Downton Abbey* it features Lily James (who played Lady Rose) as Natasha. With more than half a million words in book form, the BBC has done the public a great service by adapting it into just six episodes. *War and Peace* is available on Amazon.

The romance of period dramas also draws viewers into these series, especially women. Period dramas contain some of the greatest love stories, and the men in the series are often true gentlemen: respectful and courteous — a far cry from some of the men we see on more modern shows with their jaded pickup lines.

I can't write a column

about period dramas without delving deeper into *Downton Abbey*. Although I haven't watched it, I understand the appeal. And there's no denying the show's influence. It has become a cultural phenomenon in its own right and has brought millions of new viewers to PBS. The drama gave the UK economy a 22 billion pound tourism boost according to UK newspaper *The Mirror*. And tourists are flocking to the castle where the show is set. According

to CNN, the number of people visiting the castle has almost doubled since the show premiered. In what some are calling the *Downton Abbey* effect, the *Daily Mail* reports that the show is responsible for a resurgence of 1920s fashions and hairstyles. Even the names of central characters, like Violet, Edith and Sybil, have seen a jump in popularity.

It's not only viewers who are captivated by

Continued on page 20



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Continued from page 19

Timeless appeal

historical dramas. They're on the rise with critics too, according to an entertainment industry news site, *Deadline Hollywood*. Ten years ago none of the five TV shows nominated for outstanding drama series at the Emmy Awards were set outside the modern era. This past year three shows (*Downton Abbey*, *Game of Thrones*, and *Mad Men*), more than half of the nominees, were period dramas.

Period dramas have been popping up all over major

TV and streaming networks as of late. PBS shows a wide assortment of period dramas including, just recently, *Mr. Selfridge*.

Here are your best bets on what to watch:

Classic

Pride and Prejudice

Based on Jane Austen's classic novel, this six-part BBC miniseries, which originally aired in 1995, is a must-watch for period drama fans. Hailed by critics and fans alike as one of the greatest adaptations of all time, it's responsible for launching the term

"Austenmania," and has paved the way for many of the more recent historical dramas we all love. According to entertainment news site *Vulture.com*, *Pride and Prejudice* is available on Amazon.

Newer Releases

Outlander

Having just wrapped up its second season in July, this time-travelling series follows the life of a World War II nurse who travels back in time to the 1700s. It has all of the elements that make a great period drama: elaborate costumes, romance, and war. *Outlander* airs on Showcase and is available on Amazon.

Coming Soon

Poldark (Season Two)

Originally produced by the BBC in the 1970s and set in 18th century

Cornwall, this romantic drama stars Aidan Turner as a soldier who returns home from the American Revolutionary War to discover that everything has changed — his love life, family, and country. Viewers from the UK to America were swooning over Turner and his abs when the series premiered last summer, with many calling him the new Mr. Darcy. Season Two airs on PBS on September 25th.

The Crown

Netflix is hoping to cash in on the period drama trend with *The Crown*, a period drama set in the 1950s about Queen Elizabeth II. With a budget of more than \$205 million Canadian, according to *The Huffington Post*, and a tagline "two houses, two courts, one crown," you can be sure that it will be filled with drama, romance, and intrigue.

The series is set to premier November 4th.

Victoria

In what some are calling the next *Downton Abbey*, PBS will be airing *Victoria*, an eight-part series that chronicles the life of the queen from her teenage years on. *Victoria* is expected to air in early 2017 in *Downton Abbey's* timeslot Sundays at 9 p.m. □

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 Non-Members - \$46.00
 Cut-Off Date: Tuesday, August 30, 2016
 Includes transportation, lunch, tour of the colony and an opportunity to buy fresh bread and produce.

Rosebud Theatre – “An Inspector Calls”

Date: Thursday, October 13, 2016
 Cost: Members - \$89.00
 Non-Members - \$94.00
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 Cut-off Date: Wednesday, September 21, 2016

Telus Spark Science Centre

Date: Thursday, October 27, 2016
 Cost: Members - \$29.00
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 Winery tour, Boat cruise, Davison Orchards, Radium Hot springs, Rossland museum, Steak BBQ and ghost town tour. **Guaranteed**

CASINOS AND WINE TOUR
 6 days departing Sept 28th \$789.00
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LAS VEGAS
 9 days departing Oct 8 \$749.00
 2 nights Great Falls, 2 nights Jackpot, 4 nights Las Vegas Shopping at Fashion outlet mall, Hoover Dam

CALIFORNIA WINE
 14 days departing Oct 11th \$2219.00
 Portland dinner cruise, Alcatraz, Cable car ride and city tour, 3 winery tours and tastings, Redwood forest, Oregon Coast, Tillamook cheese factory, Casino packages and much much more.

BONNERS FERRY GAMBLING AND SHOPPING TOUR
 4 days departing Oct 16th \$344.00
 Join us for our very first 4 day tour to Bonner's Ferry, Idaho. The Casino is happy to announce that they are featuring GAMING MACHINES THAT PLAY CANADIAN & PAY CANADIAN... so there is absolutely no need to exchange Canadian money for gaming.
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LAUGHLIN ECONOMY TRIP
 10 days departing Oct 21st. \$719.00
 2 nights Great Falls, 2 nights Jackpot, 5 nights Laughlin. Laughlin fun book, Casino package)

LAUGHLIN & GRAND CANYON
 12 days departing Nov 5 \$949.00
 2 nights Great Falls, 2 nights Jackpot, 7 nights Laughlin, Laughlin Fun book.
 Day trip to Oatman, Day trip to Grand Canyon

CHRISTMAS IN VEGAS
 10 days departing Dec 21st \$949.00
 2 nights Great Falls, 2 Nights Cactus Petes Jackpot, 5 nights at Gold Nugget in Las Vegas, 2 breakfasts, Wine and Pizza party, Casino packages that include Fun coupons, Meal credits, beverages and gaming tokens.



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

www.promotiontours.ca

LIFETIME HIGHS CORP.

SLOTS OF FUN (CASINO ADVENTURES)

Kootenai River Inn & Casino: 2016: Sept 13-16, Oct 30-Nov 2 Dec 4-7
 2017: Feb 4-7 (Super Bowl), Mar 15-18 (St. Paddy's), May 28-31
 Cranbrook Casino of the Rockies: 2016: Sept 13-16, Oct 30-Nov 2, Dec 4-7
 2017: Feb 4-7, Mar 15-18, May 28-31
 Moose Jaw, Saskatchewan: 2016: Sept 25 – 27 or Sept 27-29 (Dates dependant on numbers)
 River Cree Resort & Casino(Edmonton): 2016: Oct 16-17
 Camrose Resort & Casino: 2016: Nov 25-26 2017: TBA
 Stoney Nakoda - Overnighter: 2016: TBA
 *If you have a group call for a specific date.
 Stoney Nakoda - Day Trips: 2016: TBA
 *If you have a group of call for a specific date.

LOTS OF FUN DAY TRIPS (NO CASINO)

Berry Farm & Honey Visit - September (Date to be determined)
 Rosebud Matinee – AN INSPECTOR CALLS – October 14
 High River Theater – Neil Simon's "RUMORS" - November (Date to be determined)
 Rosebud Matinee – MIRACLE ON 34th STREET - December 1
 We can arrange transportation for any size group. Please contact us.

INTERNATIONAL ADVENTURES AND CANADIAN TOURS

**Polar Bears – 2016 One Day Adventure – Late Oct/Nov – Details to come.
 For more information on any of our trips, please contact the friendly Lifetime Highs staff.

To register or for more information visit our website or contact us:
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 e-mail: cathymunro@lifetimehighs.club
www.lifetimehighs.club

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- Priority registration for classes
- Member rates for FIT Room use
- Member rates for select Kerby Centre Events
- Member rates for Education and Recreation programs
- Advanced ticket purchases and reduced fees for day trips
- Member rates for foot clinic
- Voting rights at the Annual General Meeting

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- Voucher for one **FREE** beverage in the dining room
- One **FREE** personal trainer session in our FIT Room
- **10% discount** voucher on a first time foot-care appointment
- **20% discount** at Blooms on 9th
- **20% discount** at Inglewood Beauty Bar for a hair or esthetic service




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

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

MEMBERSHIPS ARE NON-REFUNDABLE



Kerby Centre

PREMIER CROSSWORD/ By Frank A. Longo

LESSON IN TOLERANCE

ACROSS

1 Putting game
 5 Graham of football
 9 Train lines, e.g.: Abbr.
 13 Minnesota's capital
 19 Hollywood's Sharif
 20 Apparel
 21 "Got it," facetiously
 22 — del Fuego (island group)
 23 Occur
 25 Grizzly catcher's activity
 27 Solidarity
 28 Stock value
 29 Florida resort
 30 Moist
 31 First part of an act
 34 Lacking any amenities
 38 Repulsive
 43 Product's ultimate application
 44 Pub mug
 45 Nanny, e.g.
 46 Captivate
 48 Scholastic stat

49 Up vote
 50 Digit with a relatively large nail
 52 Fourth scale steps
 53 Bubbling, as hot water
 55 "I read you"
 57 Not reveal one's pain
 61 Athletic shoe brand
 63 Outward flow
 64 Swenson of the screen
 65 Sacred sites
 67 Adam's mate
 68 Minor deities
 72 Other, to José
 73 Tennis' Graf
 75 Fed head Janet
 76 Play fair
 81 Towel off again
 82 Sophia of the silver screen
 83 Heckler's cry
 84 Facial hair
 86 In thing, temporarily
 87 "Is" pluralized
 88 Bewilder
 91 Movie genre
 92 Totally fulfill

93 Tiny nation in Europe
 96 Be a sentinel for
 99 Oppressive
 101 Like pre-1991 Russia
 102 Funny Phillips
 103 Code name
 105 Ring count
 106 Current flow measures
 110 "It's Just a Matter of Time" singer of 1959
 114 What the first words of 23-, 25-, 38-, 57-, 76-, 96- and 110-Across can all mean
 116 Bodega site
 117 Major- (steward)
 118 Author Oz
 119 "Boy!" or "girl!" lead-in
 120 Selected
 121 Utah city
 122 Thanksgiving side dish
 123 "Sure thing"

DOWN

3 "A Prairie Home Companion" town
 4 Rival one is amicable with
 5 Night hooters
 6 4:00 socials
 7 Tic-toe linkup
 8 Refinery rock
 9 Paco of fashion
 10 Regarding that matter
 11 That, to José
 12 Collate, e.g.
 13 Tough one
 14 Metal cake container
 15 Besieger's bomb
 16 Jackie's "O"
 17 Sizable vase
 18 Not keep up
 24 Gp. against bullfighting
 26 Includes
 28 Diem lead-in
 31 Many busts
 32 Sever
 33 Strymied
 35 Yank at
 36 Savory jelly

37 Tennis' Fraser
 38 Glassy looks
 39 Camry, e.g.
 40 Special FX graphics
 41 Boars, say
 42 FBI worker
 47 Davis of "Get on the Bus"
 50 Composer Benjamin
 51 Devalitized
 53 Casbah city
 54 Small hound
 56 Cipher
 58 Young moray, say
 59 Lamentable
 60 Part of IMO
 62 Rein in
 66 Perhaps
 68 Becomes extinct
 69 Long-loved item
 70 Lower the value of
 71 Gary of beat poetry
 73 Yells
 74 Projecting flat collar
 76 Thrifty rival
 77 Element #5
 78 Actress Jacob
 79 Male turkeys

80 LaBeouf of "I, Robot"
 85 Botch it up
 88 Straight whiskey type
 89 Island that's Principe's partner
 90 Poison
 92 By one means or another
 94 Knights' suits
 95 Oreo, e.g.
 97 Loud noise
 98 "Chocolat" actor Johnny
 100 Compass pt.
 104 Within: Prefix
 106 Molecule unit
 107 Tousele
 108 Blues singer — James
 109 Pahlavi, e.g.
 110 Telly channel
 111 Cheer word
 112 Gold, to José
 113 Blue Jays, on scoreboards
 114 Cough up
 115 Actress Thurman

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Solution on page 28

MY BIG FAT GREEK WEDDING 2

Released March 2016 (1 hour & 34 minutes) Rated PG-13
 Comedy/Family/Romance

Friday August 26, 2016
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!

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••• Community Events •••

AFRIKADEY! festival

AFRIKADEY! festival will take place on Wednesday, August 10. This annual Harry and Martha Cohen Foundation World Music Series AFRIKADEY! festival features the rich creative works of African music and culture. AFRIKADEY! 2016 concert will feature musical guest artist(s) to be announced. For more information phone 403-269-1904 or visit the website: info@proartsociety.ca.

Shakespeare by the Bow

Theatre Calgary presents Shakespeare by the Bow: *Hamlet*, Tuesday to Saturday from August 2 to August 21 at Prince's Island Park. There is no show on Mondays. The show runs evenings at 7:00 p.m. and is a Pay-What-You-Will event. For more information please phone 294-7447.

Paul plays Badlands

Paul Brandt is the second musician to be added to the 2016 Canadian Badlands Icon series, playing at the Passion Play Amphitheatre in Drumheller on August 21. Blue Rodeo plays on August 6. Cost for the Paul Brandt concert is \$69 or \$79 plus fees and taxes. Parking is \$7 paid in advance or \$10 on site. Tickets are available online at www.canadianpassionplay.com or by calling 1-403-823-2001.

Rosebud Theatre

Rosebud Theatre presents *Tent Meeting* by Morris Ertman and Ron Reed until August 28. Matinee and evening performances are on Wednesday, Thursday, Saturday and Sunday, evenings only on Friday. Matinee meal seating is from 11 a.m. to noon, with performance at 1:30 p.m., evening meal seating is from 5:30 p.m. to 6:30 p.m., with performance at 8:00 p.m. A value price is available on Wednesday, August 10. *The Sunset Limited* by Cormac McCarthy is also presented until August 27. This is a theatre-only presentation with no meals. All performances are at 5:00 p.m. For more information call 1-800-267-7553 or go to rosebudschoolortheatre.com.

String along to Banff Centre

The Banff Centre for Arts and Creativity is hosting the Banff International String Quartet Competition 2016 from Monday, August 29, to Sunday, September 4, in the

Eric Harvey Theatre. The works of many well-known composers are featured in the program. Banff Centre is located at 107 Tunnel Mountain Drive, Box 1020, Banff, Alberta. For information on program times and tickets please call 403-762-6100 or check the website: www.banffcentre.ca.

Summer concert series at Heritage Park

Heritage Park's free summer concert series continues every Wednesday evening until August 31 from 6:00 p.m. to 8:00 p.m., in Heritage Town Square. The music ranges from Jazz to Country, Rockabilly to Klezmer, and everything in between. Visitors can pack a picnic and a blanket, pick up a light meal at the Railway Café, or reserve a

table on the patio of the Selkirk Grille restaurant. Seating is available on the green space or at either of the two patios. Bring families, but no pets. All concerts will take place rain or shine, and will move indoors in case of inclement weather. For more information please visit the website at <https://www.heritagepark.ca/plan-your-visit/event-calendar/music-in-the-plaza.html>.

Bowness reunion

Bowness Composite High School is holding its 50th annual reunion on Saturday September 10. Cocktails from 5:30 p.m. to 6:30 p.m., dinner from 6:30 p.m. to 7:30 p.m., with dance to follow, cash bar. The cost is \$50 per person. Payment may be made by check

payable to Gail Johnson Horth or sent by e-transfer to Jgail@telusplanet.net. For more information please call 403-389-8068, or in the event of a postal strike to make arrangements to deliver cash or checks personally to Sharon Cragg, or deliver in a sealed envelope to RE/MAX Mountain View Varsity, 222 4625 Varsity Drive NW.

Easy life on view

When the Living is Easy is an exhibition about summer, on view in the Founders' Gallery of the Whyte Museum until September 13. It features artifacts, drawings and paintings from the Museum collections, set to the sound of memorable summer-themed songs. The Whyte Museum is located at 111 Bear Street, Banff.

For more information call 403-762-2291 or check info@whyte.org.

Alberta 55+ Fun Games

Alberta 55+ Fourth Annual Fun Games will be held on Thursday, September 15, at Thornview Senior Centre, 5600 Centre Street North. Four events are offered: Floor Curling, Table Shuffle Board, Bocce and Horseshoes. Lunch and all events are free. Registration begins at 9:30 a.m., and the Games at 10:00 a.m. Members must register in advance by September 10th, and are encouraged to bring up to two guests. To register or for further information phone Norm Thomas at 403-246-2756.

Compiled by Margaret McGruther

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The Healthy Geezer

BY FRED CICETTI



Q. I've heard the worst pain you can experience is from passing a kidney stone. True?



A. I have a friend who served in the Royal Air Force in World War II. On a bombing run over Germany, his co-pilot started to pass a kidney stone. The pain was so bad that the poor guy wanted to jump out of the plane. He had to be knocked unconscious.

Kidney stones have been inflicting extreme pain for at least 7,000 years; evidence of them was found in an Egyptian mummy.

In North America, there are more than one million cases of kidney stones each year. The number of people with kidney stones has been increasing inexplicably over the last three decades. Stones occur more frequently in men. And the frequency increases with age.

Kidney stones are composed of crystals of substances in

urine. Many small stones pass unnoticed from the two kidneys down the tubes (ureters) leading to the bladder. But, if they are too large to pass, you may feel pain.

The crystals that make up stones are likely to form when your urine contains a high level of certain substances. Crystals also may form if your urine becomes too concentrated.

Kidney stones can be caused by heredity, diet, drugs, climate, infection and other conditions that create an increased concentration of calcium, oxalate and uric acid in the urine.

There are four primary types of stones. Calcium stones are the most common; about 80 percent of kidney stones are composed of calcium. Struvite

stones usually occur in women and are almost always caused by urinary tract infections. Uric acid stones can develop from a high-protein diet. Cystine stones are caused by a hereditary disorder.

Kidneys are located below the ribs toward the middle of the back. They're shaped like beans and they're about the size of your fist. The kidneys remove excess water and waste from the blood and convert it to urine. They have other functions, too, that affect blood.

The most common symptom of a kidney stone is severe pain that usually starts in the back or side just below the ribs. The pain may spread to the lower abdomen, groin and genitals if the stone moves down a

ureter toward your bladder. Other symptoms include blood in the urine, nausea and vomiting, a constant need to urinate, and fever.

There are various treatments for kidney stones. Taking a painkiller and drinking a lot of water with increased physical activity can work. Extracorporeal shock wave lithotripsy (ESWL) uses shock waves to break up the stone. If the stone is very large, surgery may be needed. Medication or dietary changes may be prescribed to prevent more stones.

If you don't drink enough fluids, your urine can become more concentrated and that can lead to stone formation. People exposed to heat are more likely to get kidney stones. That's why kidney

stones are more common in summer.

Here are a few tips for reducing the chances of getting a stone:

- Drink about six glasses of water daily. When it gets hot, try to drink twice as much.
- Cut down on meat in your diet.
- Reduce your salt intake. Remember, most of the salt you eat is in prepared foods, not the shaker on your table.
- Drink decaffeinated beverages because caffeine can dehydrate you.
- Lemons inhibit kidney stones, so try to incorporate them in your food and beverages. □

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

Sheree Kwong See is Alberta's new Seniors' Advocate

Sheree Kwong See has worked on behalf of seniors as an educator, researcher and policy expert for more than 25 years. She is a psy-

chology professor at the University of Alberta and holds a PhD in experimental psychology with a specialization in aging. Kwong See

is an expert on the physical, cognitive and social aspects of aging and has studied the impact of ageism as a factor in elder abuse.

She was appointed Seniors Advocate after an open competition process and will serve until December

31, 2019.

The Seniors Advocate works with seniors to resolve a wide variety of issues. The advocate also advises government on trends and systemic issues that concern seniors and their families. □

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Volunteer Spotlight



Farhana R.

Farhana made the journey to Canada from Pakistan when she was only a year old. She moved to Ontario initially and then came to Calgary in 2010. In January of 2015 she started volunteering at Kerby Centre in the Wellness Clinic. After a few months Farhana switched departments and started volunteering in the Adult Day Program where she still is today. Farhana also enjoys volunteering at Dubasov Dance and Wellness Studio. When she is not volunteering, Farhana likes to be outdoors hiking and camping. At Kerby Centre, you can always expect a kind smile and a hello from her in the hallway. Farhana said she enjoys volunteering at Kerby Centre because it has a good support system and you are always learning and growing and that is important. Farhana has contributed over 682 volunteer hours to Kerby Centre. Thank you Farhana, for all that you do for the Kerby Centre!

• • • Seniors Scene • • •

Social Dance Club

Dances will be held on August 13 with Stan Foster and on August 27 with music by Siera. There will be a dance lesson on Swing on August 27. Cost is \$12 for members, \$14 for non-members. Dance lesson is free with paid admission from 6:00 p.m. to 7:00 p.m. Doors open at 5:30 p.m. only for those taking the dance lesson. For the dance, doors open at 7:00 p.m. Dance is from 8:00 p.m. to 11:30 p.m. Complimentary tea and cof-

fee, snacks served, Lion's Club cash bar, no outside drinks allowed. Dances take place in the gym at Kerby Centre, 1133 7 Avenue SW. For more information phone 403-242-6957 or visit the website: www.socialdanceclubcalgary.com.

Good Companions 50 Plus Club

Good Companions 50 Plus Club will host a trip to the Calgary Zoo on August 10. The cost is \$20. On August 17 there will be a special

presentation Future Smiles at the Lunch Bunch. The cost is \$6, and the menu includes Perogies, Smokies, and Sauerkraut and Dessert. Good Companions 50 Plus Club is located at 2609 19 Avenue SW. For more information about these and other programs please call 403-242-3799 or check www.gc50plus.org.

Confederation Park 55+ Activity Centre

Confederation Park 55+ Activity Centre presents

Kaleidoscope, a free interactive family event on Saturday, August 27. Details may be found at k2016.ca. Many volunteers are needed for this activity. To learn more about this and other programs please call 403-289-4780, visit yycseniors.com or drop by the Centre at 2212 13 Street NW.

Greater Forest Lawn Senior Citizens Society

Greater Forest Lawn Senior Citizens Society will hold Five Star Bingo on

August 4 and August 18. Five Star Bingo will be held at 4980 25 Street SE, bus route Circle #72 or #73, telephone 403-248-8334. Greater Forest Lawn Senior Citizens Society is located at 3425 26 Avenue SE. For more information about these and other programs please call 403-272-4661 or visit the website: www.gfls.org. □

Compiled by Margaret McGruther

Rely on yoga to relieve muscle pain

(NC) Ask any enthusiast: The earliest teachings of yoga give us a trusted workout to this day.

Yoga philosophy is rooted in a dedication to our physical well-being which combines the healthy habits of exercise, relaxation and cleanliness with a nature-based approach to nutrition. Today, reports show that over 15 million people worldwide follow a regular yoga routine – and while many say they do it for maintenance of the mind and body, just as many others rely on yoga stretches as a pain-relieving tonic.

Just a few moves in the right direction can make a world of difference for your bouts of muscle and joint pain. For example, similar to centuries-old, plant-based treatments which have stood the test of time, so has the age-old application of yoga poses for alleviating discomfort. If you're new to this option, here's a little background info, followed by a few ailment-targeted poses to try. For eons, yoga teachers have insisted that specific flexing techniques go a long way to soothe the muscles, reduce stress, increase flexibility, improve posture, maximize breathing, lower blood pressure and shed unwanted weight. The safest approach is to practice and perfect the various poses – and pay attention to body limitations. If you have pronounced ailments, be sure

to consult a medical professional before beginning any physical routine. With that green light, prepare for the poses by paying attention to proper clothing, footwear, hydration, and by doing warm up activities if you have particularly painful spots.

In fact, many of those who do rely on yoga for muscle and joint relief, say you can't go wrong by combining it with homeopathic topical treatments such as Arnicare gel or cream. Its naturally-derived active ingredient is found in a mountain flower called arnica montana and when that cream or gel is rubbed thoroughly into the skin, it is said to supply relief to bruising, swelling, as well as muscle and joint pain especially in the neck, shoulders, and legs.

So let the yoga begin. You'll soon see that the poses are a variety of backbends, inversions, standing postures, arm balances, core holds and seated twists. Coaching is paramount to your physical improvement, so with illustrations on the website of a leading name in homeopathic medicines, www.boiron.ca/yogatips/, here are eight of the most effective poses to master and what each one can do for you:

- 1. General tension & fatigue:** try the Seated Forward Bend aimed at calming the mind.
- 2. Tightness in the face:** do

the Lion Pose aimed at the neck, chest, and jaw.

3. Tight hips: do the Half Lord of the Fishes Pose, aimed at increasing flexibility in the hips and lower back.

4. Swollen legs: try the Legs-up-the-Wall Pose, aimed at relieving tired, cramped legs and boosting circulation.

5. Stiff neck: try the Cat Cow pose, aimed at releasing tension in the spine.

6. Tight shoulders: do the Eagle Arms pose, aimed at dissolving back tension and improving upper back posture.

7. Achy low back: do the Bharadvaja's Twist, aimed at backache, neck pain and sciatica.

8. All over: try the Hand-to-Big-Toe pose, which stretches and improves the flexibility of all muscles from head to toe.

These homeopathic medicines may not be right for everyone. Always read and follow the label. □

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Kerby Centre's Activities, Programs, & Services

Dates to Remember

HERITAGE DAY (Kerby Closed).....Mon Aug 1
 MONTHLY MOVIE
 "My Big Fat Greek Wedding 2"Fri Aug 26

Fit Room (Rm 108)

403-705-3233
 Monthly and yearly memberships available!
 Mon-Fri
 7:30am - 7:30pm

Internet Drop-in

Rm 305
 Mon-Fri
 9am - 2pm
 FREE

Summer Walking Group



Join our Fitness Instructor Bonnie Field for an informative weekly walk and discussion during the month of August.

Monday August 8th, 15th, 22nd & 29th
1:00pm
\$1.25/session

Please register in Room 305 or by calling 403-705-3233.

Kerby Centre Daily Drop-in Programs and Activities 1133 7th Ave SW

Monday

Musical Recorders Group (Rm 313) 1 - 2:30pm
 Cribbage (Rm 307) 1:30 - 3:30pm
 Writing Group (Rm 301) 1:30 - 3:30pm
 Pickleball (Gym) 3:30 - 5pm
 Cost: \$1.25
 Knitting for a Cause SUMMER BREAK - Back Sept 12

Tuesday

Canasta (Rm 307) 10:30am - 12:30pm
 Cost: \$1.25
 Options 45 - Employment Workshops (Lounge) 1:30 - 3pm
 Cost: \$2.00

Wednesday

Bridge (Rm 307) 1 - 3pm
 Cost: \$1.25
 Summer Knitting Group (Dining Rm)
 Jul & Aug, 9am-12pm FREE
 Dance SUMMER BREAK - Back Sept 7

Thursday

Artist Group (Rm 313) 10am - 3pm
 Cost \$1.25 half day
 Latin American Club (Rm 119) 10am - 12pm
 Bingo (Rm 205) 11am - 3pm
 Pickleball (Gym) 3:30 - 5pm
 Cost: \$1.25
 Kerby Tour (Dining Room) 10:30 - 11:30am

Friday

Spanish Conversation Group (Rm 311)
 10am - 12pm
 Badminton & Ping Pong (Gym) 10:30am - 1pm
 Cost:\$1.25
 Krazy Karvers Woodcarving Club (Rm 102)
 10am - 3pm
 Cost: \$1.00 per hour

Weekly Clubs and Events

If you have any questions, ideas 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.



KERBY EXPO 2016 Celebrate the Journey!

Coming October 1st

Shop at Kerby Centre

Wise Owl Boutique (Rm 214) Mon-Fri 10am - 3pm	Next-to-New (Rm 203) Mon-Fri 10am - 2:30pm	Trekking/Walking Poles Education and Recreation Department (Rm 305) \$25.00	Woodshop (Rm 102) Mon-Fri 9am - 12pm & 1 - 3pm
---	--	--	--

Kerby 2 St. Andrews 1-10601 Southport Road SW 403-705-3233

Visit our website (www.kerbycentre.com) for more information on courses and resources offered

Location: K2-EV – 428 9th AVE SE 403-470-6300

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lifespring Community Church 10:30am 403-862-5639	Gentle Fitness 11:15am - 12:15pm Drop in Computer Time 9 - 11am	Tai Chi 10:30 - 11:30am Arts N' Ends 12:30 - 3:30pm Drop in Computer Time 9am - 3pm	Drop in Computer Time 9 - 11am	East Village Dancing 1:30 - 2:30pm Drop in Computer Time 9am - 3pm	Drop in Computer Time 9am - 3pm

Dates to Remember:

DROPS OF PEACE: Fri, Aug 12, 10:30 - 11:30am
 NIA PLAYSHOP: Wed, Aug 17, 1 - 3pm
 MONTHLY MOVIE "My Big Fat Greek Wedding 2": Thu, Aug 25, 11am - 1pm
 WALK TO OLYMPIC PLAZA: Fri, Aug 26, 11am - 1:30pm ****Meet at K2EV and bring your lunch!**
 COFFEE AND CONVERSATION AT 5TH STREET SQUARE: Mon, Aug 29, 1 - 3pm
 ZUMBA CHAIR: Wed, Aug 31, 11:45am—12:30pm
 GAMES N' MORE: SUMMER BREAK - Back Sept 7
 CHOW & CHATTER: SUMMER BREAK - Back in Sept

****NOT A COMPLETE SCHEDULE—ACTIVITIES MAY BE ADDED**

Classified Ads

To place your ad call: 403-705-3249, Fax: 403-705-3211, e-mail: generaloffice@kerbycentre.com

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 Sept issue must be received and paid by **August 4.**



Classified Ad Categories

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

10 Health

CERAGEM Calgary
Sales Service Parts
403-455-9727

11 Foot Care

Advanced Foot Care in home/residential service. Providing a holistic mindset to medical treatment. Service includes foot soak/scrub, nail clipping/filing. Removal of callous, corns and simple ingrown toenails. Specializing in seniors and diabetics. 403-471-3852

Are YOUR FEET Ready For Summer? You can't just hide them for two months, so start now to get your feet looking great! I treat cracked, flaking, misshapen nails ... athlete's foot & other fungal problems ... so you can love your feet again, throughout the summer & all year 'round! Call Marion Smith-Olson, Certified Podologist at 403-620-7851 today for more information, or visit <http://www.solesifting.com>

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

Quality Foot Care by Certified in advanced foot care nurse. Specialized in removal of ingrown toenails, callous & corns, treatment of fungal nails, & diabetic foot care. In-home services. Cindy 403-383-6839

Kerby News
Official publication of
Kerby Centre!
Classifieds are a great way to promote your services!

12 Home Care

3C Home Health offers Personal care, Nursing care, Post-op care & Dementia care. We designed care according to your needs. 587-832-1679 Maria

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

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

Private Care Nursing
In home, facility or hospital. We provide all care: personal, palliative, companion, or care made for your specific needs. Let us bring a sense of ease to your family by being your loved ones advocate. Ph 403-235-5813

SENIORS need "A Helping Hand" Help with grocery shopping, errands & more? Call Leah 403-975-9998 Licensed and insured

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

SUPPORTIVE ASSISTED LIVING
2 well lighted basement rooms avail for occupancy at a quiet area of New Brighton in SE Calgary. Meals, cable, TV, internet, WIFI, laundry incl in rent. Less than 5 mins walk to public transport. House owners both with almost 20 yrs of nursing exp. Lovely family atmosphere guaranteed. Please contact Reinier 403-926-0518

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

13 Mobility Aids

Bruno Curb-sider 6900 wheelchair lift. Easily raises & stores wheelchair or scooter in your vehicle. Please contact 403-289-0878 for more information

20 Home Maintenance

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

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

Decor & More Painting & Finishing, Great Customer Service, Seniors Discount, References Available. Pls call Gary at 403-978-4279

GLOBAL HOME ELECTRIC

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

Home Repairs

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

LONDONDERRY PAINTING

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

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

The Scottish Painter and Sons

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

Total Home & Business Repair (Ltd) 40 years exp Handyman & Renovations. Call Riley 403-615-1621

24 Landscaping

Action Lawn Care Seasonal Clean Up

Lawn cuts, aeration, eaves trough cleaning, power rake, fertilizing, hedge trimming, branches removed.
Karl/Frank 403-651-3900

Weekly/biweekly/holiday lawn care, edging, aeration, hedge trimming. 15 year old company offering excellent & reliable service. 403-248-0357

26 Services

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

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

AZPERLEGAL SERVICES
20+ yrs exp drafting Wills, Enduring Powers of Attorney & Personal Directives (Living Wills) at a fraction of the cost of a lawyer. I am a mobile service - I will come to you. Pls call 403-629-5702 or email cherrington@azperlegal.com for appt. AzPerLegal Services specializes in drafting legal docs & providing court agency representation. For info visit www.azperlegal.com

ELECTRONICS AND COMPUTER REPAIRS:
Circuit Boards, Laptop and Desktop Computers. Phone: 403-242-6263 www.gyanelcorp.ca

Fine Estate of Affairs
Estate Sale Services
We deal with emptying your house by a home content sale. Free consults: 403-807-1730 or 403-873-0570

GEEK COMPUTER
PC Repair, Setup LCD TV, Netflix, Serving Canada over 25 years, Senior Discount Avail 403-560-2601

!!! Great Haircuts!!!
Sandra's Mobile Barbering Service. Have shears will travel. 25 years experience. Will go to your home, hospital, nursing home, etc. 403-288-5591 Please leave message if no answer.

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

Handyman: no job too small. Indoors & outdoors. Do you need help in the garden? Ph Brian 403-230-7729

Handyman - Semi retired licensed, WCB, reasonable rates, flexible schedule. Avail for household repairs. For more info call Howard 403-235-1529

MAJOR APPLIANCE & REFRIGERATION Prev. maintenance & cleaning. Srs discount Pat 403-714-9561

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

New to or frustrated with computers, tablets, or printers etc. and need help? Call **The Computer Helper,** Michele Madsen, for your customized, private, in-home appt at 587-894-9487. Now serving **Calgary & Airdrie.** For more information visit www.thecomputerhelper.ca

PLUMBER

Semi-retired, fair prices for srs. Greg Cousins Plumbing & Heating 403-619-7833

Residential Services
House cleaning, wkly, bi-weekly, mthly. Decluttering, organizing, house/pet sitting. 20 years exp, bonded, & insured. Pls leave msg or text for Liz 403-519-3004 M-F 9-5 PM

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

Tic Toc Clock Shop Quality repairs. Rudy 403-460-4273 tictocclockshop49@gmail.com

WE FIX COMPUTERS
Computer Repair & User Lessons, affordable rates starting at \$39/hr. Call Christian 403-481-8080 Visit www.xentas.ca or email: christian@xentas.ca

30 For Sale

Legget & Platt "Vibrance Model" Adjustable Twin Bed \$600.00 OBO. Incl frame, adjustable base layer, mattress, & wired remote. Purchased new in 2010, lightly used until Dec 2014. Contact Cam 403-875-4500

33 Wanted

71 yr male seeks female for hiking and travel wkrt@hotmail.com

Asian antiques, jewelry, gold & silver, military, old watches. Lynn 403-281-0136

Buying antiques - cup & saucers, jewelry, silver, license plates, old toys, cameras, crystal, old tools, etc. Call Kevin P 403-660-0483

Collector pays cash for pocket watches, military, police sterling & gold items, coin & stamp collections. Phone 403-239-3273

Wanted Old Postcards and military items
David @ 403-285-4833

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

45 For Rent

718 4 St NE Bridgeland, 2 bdrm apt in quiet adult bldg. Dishwasher, large balcony \$1050/mth 403-901-0383

Bowness - 2 bdrm, quiet adult bldg. 1 month Free. View at www.rpmredsky.ca \$1250/month, 587-774-8567

Continued on page 28

Classified ads
continued from page 27

45 For Rent cont'd

Fully furnished apt for 2 people Trendy Bridgeland \$1600/mth 403-901-0383

Sooke BC Pacific Coast

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

48 Real Estate

ADULT ONLY CONDOS

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

Prince of Peace Village 55+ 3 condos avail for sale. Best kept secret around Calgary. Quiet, private, beautifully landscaped, 7 min to shopping, so much to do. Call Scottie Trussler CCS. 403-990-7556
www.scottiescalgaryhomes.com
Royal Lepage Solutions

BUYING OR SELLING
CALL 403-705-3249

Thinking of moving but need to sell first?

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

50 Relocation Services

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

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

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

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

PLATINUM MOVERS- LOW RATES

Very Reliable. Experienced. Call William 587-436-8477

80 Announcements

Calgary's Newest Seniors Club is now hiring outgoing seniors to help promote our club. Excellent remuneration. If interested please email your name, address & ph # to calgaryhomeownersclub@gmail.com or ph Ken at 403-485-1554

Happiness is not something you postpone for the future; it is something you design for the present.
Jim Rohn

IN MEMORIAM



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

- Steve Bakay
- Kenneth Clifford Brown
- Margaret Hafra
- Henry (Sue Wat Giss) Hong
- Mary Lynn Johnson
- Donald Percy Kennard
- Uretta (Laurie) King
- Tryntje (Tina) Kroes
- Roland Beale Marston
- Catherine Helena McGlashan
- Norman Eric Neame
- Violet Eileen Paulsen
- Doris Perreault
- Alma Emelia Risdahl
- William Alexander Scotland
- Vaino Emil Tainio
- Doris Eileen Wyman

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



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Crossword Solution

G	O	L	F	O	T	T	O	R	T	E	S	S	T	P	A	U	L		
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C	H	O	S	E	N	O	R	E	M	Y	A	M	S	Y	E	A	H		

Puzzle on page 22

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

Amount Enclosed \$ _____
Monthly Pledge \$ _____



Kerby Centre

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

Please choose to make a difference today.

Payment by:

Cheque Visa Mastercard

Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

Name _____

Address _____

City _____ Province _____

Postal Code _____

Email _____

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

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

Charitable Registration #11897-9947-RR0001

Business and Professional Directory

Size 3 1/4" x 2" \$160

HANDY HELPERS
Need help with tasks around the house? We can help you! Some of our common requests are: home/building maintenance, minor plumbing repairs, painting, cleaning, eaves trough cleaning & maintenance, drywall repairs, deck/fence maintenance, setting up after a move, purchased furniture delivery & assembly, quotes on more technical work, & much more...
Call Jim at 403-992-9274
E-mail: HandyHelpersCalgary@gmail.com
Website: www.HandyHelpersCalgary.ca
Seniors' Discounts

Need Help? Call US
• PC/Mac Support, • iOS Devices, • Wi-Fi, • Computer Setups, • Anti-Virus/Data Backups, • Google Nest and more!
HOME TECH SOLUTIONS
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www.hometechsolutions.ca

DESIGNING THE HOME FOR YOU.
AGING IN PLACE. ACCESSIBILITY. HEALTHY HOME.
JOANN ZULUETA ARCHITECT
403 618 6079
587 335 8433

Post-retirement tax planning for the lifestyle you want

Most retirees have plans for their retirement – perhaps travel, maybe volunteering, or even starting a new business – but whatever your retirement plans are, there is one plan you ought to have to ensure you'll maintain the retirement lifestyle of your dreams for all the years of your retirement; a post-retirement tax plan that starts with these three income-protecting objectives:

1. Always take full advantage of all the tax credits and deductions available to

you including: the age credit for those aged 65 and older, the pension income credit, and the medical expense credit.

2. Keep your net income and taxable income low enough to avoid such potential pitfalls as the Old Age Security (OAS) claw back or losing out on the age credit and possibly the GST/HST credit.
3. Ensure that your monthly cash flow is not eroded by increases in the cost of living and that all your investments will last a lifetime.

With those three objectives in mind, here are some other important post-retirement tax-reduction and income-protection strategies:

- Plan Registered Retirement Income Fund (RRIF) withdrawals accordingly. Withdrawals from investments held in your RRIF are fully taxable – so manage your taxable income by withdrawing only amounts that are required to fund your lifestyle needs.

- Reduce taxes through tax-efficient asset allocation by keeping fully-taxable, interest-generating investments inside a tax-deferred Registered Retirement Savings Plan (RRSP) or RRIF as long as possible, while keeping assets that are more tax-efficient – those that generate capital gains or Canadian dividends – outside your registered plans.
- Reduce your taxes by splitting Canada or Québec Pension Plan (CPP/QPP) income with your spouse when your spouse has a lower CPP/QPP entitlement and is in a lower tax bracket.
- Contribute to a spousal RRSP. You must convert your RRSP to a RRIF no later than December 31 of the year in which the owner attains age 71, resulting in no further contributions to your own RRSP. However, if your spouse has yet to reach age 71, you can contribute to a spousal RRSP on their behalf using any of your unused RRSP contribution room.

Your professional advisor will know which tax-planning and investment strategies make sense for your retirement – such as investing in a Monthly

Income Portfolio (MIP) that can protect your income against inflation and generate stable and reliable income distribution (outside your RRIF or RRSP) and potentially higher long-term growth – so you'll continue to have the income you need for all your retirement years.

For a second opinion on your situation call Joanne Kirk or Daryl Standish at Investors Group (403)-253-4840. They would love to help you out.

This column, written by

Investors Group Financial Services Inc. (in Québec – a Financial Services Firm), and Investors Group Securities Inc. (in Québec, a firm in Financial Planning) presents general information only and is not a solicitation to buy or sell any investments. Contact your own advisor for specific advice about your circumstances. For more information on this topic please contact Joanne Kirk or Daryl Standish at Investors Group. Phone 403-253-4840.

Financial Planning Today

**Topic: Retirement Income and Investing
Learn about Wills, Probate,
Investing and Budgeting**

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Lounge

DATE: Saturday, September 24, 2016

TIME: 10:00 am – 11:30 am

Join us for a fun and interactive morning

Coffee and cookies will be served while we enjoy a wonderful morning with Joanne and Daryl.

Prizes too!

Please **RSVP** to Rob Locke
Director of Fund Development

403-705-3235 or
robl@kerbycentre.com

Presenters:

Joanne Kirk and Daryl Standish
Investors Group



Lodge Living For Seniors



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

Our lodges provide quality care and services in a home-like setting, and our trained staff are dedicated to helping residents maintain independence in a supportive atmosphere.

Please contact our Admissions Office at 403-556-2957 or e-mail: admissions@mvsh.ca for more information.

Applications are also on our website: www.mvsh.ca.

www.mvsh.ca



Kerby Centre Department Directory

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

Main Switchboard 403-265-0661

www.kerbycentre.com

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

Fund Development	403-705-3235
<i>Work with members and community to provide funding for Kerby Centre's vital programs</i>	
	funddev@kerbycentre.com
General Office	403-705-3249
	generaloffice@kerbycentre.com
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>	
	thrive@kerbycentre.com
Housing	403-705-3231
<i>Assists seniors in finding appropriate housing</i>	
	housing@kerbycentre.com
Information / Resources	403-705-3246
<i>The all in one seniors' information source</i>	
	info@kerbycentre.com
Kerby 2 East Village	403-470-6300
Kerby News Classified Ads	403-705-3249

Kerby News Editor	403-705-3229
	editor@kerbycentre.com
Kerby News Sales	403-705-3238
	advertising@kerbycentre.com
	or 403-705-3240
	sales@kerbycentre.com
Kerby Rotary House	403-705-3250 (24 hour)
<i>Providing refuge for those over 55 fleeing family abuse, seniors in crisis and homeless seniors.</i>	
	shelter@kerbycentre.com
Volunteer Department	403-705-3218
<i>Volunteers are the heart of Kerby Centre</i>	
	volunteer@kerbycentre.com
President Hank Heerema	403-705-3253
	president@kerbycentre.com
CEO Luanne Whitmarsh	403-705-3251
	luannew@kerbycentre.com

Legumes — versatile, nutritious and inexpensive

Page design & layout by Winifred Ribeiro

Like many of the ancient grains (quinoa, chia) now so omnipresent in today's healthy kitchen, legumes, beans and pulses have been bypassed in favour of highly processed, unhealthy 'convenience' foods.

Superlegumes brings you 90 fresh, delicious and healthy, vegetarian, meat and fish-based recipes, for every meal and every season. They use legumes and pulses — cannellini beans, broad beans, lima beans, kidney beans, adzuki beans, borlotti beans, lentils, chickpeas — a high-protein food source but also healthier to eat and cheaper to buy.

Superlegumes is packed with information on nutrition and cooking tips — from breakfast through to after-dinner treats. Superlegumes dispels the myth that beans and legumes make for stodgy, hippy, vegetarian food. The recipes are easy to cook and great for the budget, plus they're full of flavour and lend themselves to a huge range of cooking styles. — who said beans were boring?

Excerpted from Superlegumes by Chrissy Freer.
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Mandarin, pistachio, and chickpea cake ©

Chickpeas add a nutty taste, texture, and body to this delicious cake, which doesn't contain any oil or butter. It will keep in an airtight container for 3 days.

Serves: 12. **Preparation time:** 20 minutes. **Cooking time:** 1 hour 50 minutes

3 mandarins, unpeeled
shelled unsalted pistachios
400 g (14 oz) can chickpeas, drained and rinsed (see tips)
3/4 cup granulated sugar
4 eggs
1 cup all-purpose flour (see tips)
1 teaspoon baking powder
(confectioners) icing sugar, for dusting

1 Place the mandarins in a large saucepan, cover with cold water, and bring to the boil, then drain. Cover with cold water again, return to the boil, then reduce the heat to low, and simmer for 45 minutes, adding a little more water to the pan as necessary. Drain mandarins and set aside to cool.

2 Preheat the oven to 325°F. Lightly grease an 8 1/2 inch round cake pan and line it with parchment paper.

3 Cut the mandarins into quarters and remove the seeds (discard) Coarsely chop 1 tablespoon of the pistachios and reserve for the garnish, then process the remaining pistachios in a food processor to fine crumbs. Remove; set aside. Add the chickpeas to the food processor and process to fine crumbs. Add the mandarins and process until smooth.

4 Use an electric mixer to whisk the sugar and eggs in a large bowl until thick. Add the mandarin mixture and fold in until well combined, then add the ground pistachios, flour, and baking powder and stir until well combined. Spoon the batter into the prepared pan and smooth the surface with the back of the spoon.

5 Bake for 50 minutes or until a skewer inserted into the center comes out with a few moist crumbs. If the cake browns too quickly, cover the top loosely with foil. Set aside to cool for 20 minutes, then carefully remove from the pan, and cool completely on a wire rack. Serve dusted with icing sugar and garnished with the reserved chopped pistachios

Tip: For a gluten-free version, replace the flour with gluten-free.

Grilled seafood salad with beans, dill, and lemon dressing ©

This is the perfect summer salad - light, healthy, and easy to cook on the barbecue. The cannellini beans make it filling and substantial enough for dinner. Feel free to use white beans of any sort.

Serves: 4. **Preparation time:** 20 minutes. **Cooking time:** 15 minutes

2 tablespoons olive oil
1 long red chili, seeded and finely chopped
2 garlic cloves, crushed
1 lb baby calamari, cleaned, tentacles reserved
16 large peeled raw prawns (shrimp), deveined, tails intact
2 tablespoons coarsely chopped dill
1 1/2 tablespoons lemon juice
1 teaspoon finely grated lemon zest
Pinch of granulated sugar
14-oz can cannellini beans, drained and rinsed (see tips)
16 asparagus spears, trimmed
olive oil spray, for coating
3 cups loosely packed baby arugula leaves
Lemon wedges, to garnish



Cauliflower crust pizza with white beans, squash, and cherry tomatoes ©

Cauliflower combined with egg and parmesan makes a fantastic gluten-free alternative to traditional pizza bases.

Makes: 2 pizzas **Preparation time:** 25 minutes. **Cooking time:** 55 minutes

1 1/2 butternut squash (about 13 1/4 lb), peeled, seeded and cut into 5/8-inch dice

Olive oil spray, for coating

1 1/2 tablespoons olive oil

1 tablespoon finely chopped mint, plus

1/4 cup mint leaves, to serve

2 teaspoons finely chopped rosemary

1 teaspoon finely grated lemon zest, plus extra to serve

1 1/3 cup finely grated mozzarella

14-oz can lima beans, drained and rinsed (see tips)

1 cup grape tomatoes, halved

2 tablespoons finely grated parmesan cheese

4 cup flat-leaf (Italian) parsley leaves

CAULIFLOWER CRUST

1 large head cauliflower, trimmed and cut into florets

2 eggs, lightly beaten

1 1/3 cup finely grated parmesan cheese

1 Preheat the oven to 425°F. Line a baking tray and two large pizza trays with parchment paper. Place the squash on the prepared baking tray and spray with olive oil to coat. Roast for 25 minutes or until golden and tender.

2 Meanwhile, to make the cauliflower crust process cauliflower in batches in a food processor until finely chopped. Transfer to large microwave-safe bowl and cover with plastic wrap. Microwave on high for 8 minutes or until just tender (see tips). Drain, return to bowl, and cool completely. Stir in eggs, parmesan, and garlic. Divide mixture in half and press each portion into an 8 1/2-inch circle approximately 1/8 inch thick on a lined pizza tray. Spray with olive oil and bake for 15 minutes or until edges are golden.

3 Combine oil, chopped herbs, and zest in a bowl. Brush crusts with oil mixture, sprinkle with mozzarella, and top with beans, tomatoes, roasted squash, and parmesan. Bake pizzas, rotating trays halfway through cooking, for 12 minutes or until golden.

4 Meanwhile, combine the mint leaves, extra lemon zest and parsley in a small bowl. Scatter over the pizzas and serve.

Tip: For a gluten-free version, replace the flour with gluten-free flour.

1 Combine 1 tablespoon of the olive oil, the chili, and the garlic in a shallow glass or ceramic dish. Score the inside of the calamari bodies and cut into 1 1/2 inch squares. Add them to the olive oil mixture along with the reserved tentacles and prawns and stir to coat. Cover and set aside in the refrigerator to marinate for 1-2 hours.

2 Combine the remaining olive oil, dill, lemon juice, lemon zest and sugar in a large bowl. Add the cannellini beans and stir to coat.

3 Preheat a grill pan or barbecue plate over high heat. Spray the asparagus lightly with olive oil. Grill the asparagus for 1 minute each side or until lightly charred and tender. Add to the bean mixture.

4 Grill the calamari and prawns in batches for 1-2 minutes each side or until lightly charred and just cooked (be careful not to overcook the calamari or it will become tough). Remove and add to the bean mixture. Add the arugula and gently toss to combine.

Serve immediately with lemon wedges.

Tip: You can replace the canned cannellini beans with 1 1/3 cups cooked cannellini beans.

Growing the middle class in Canada



This month in Ottawa
KENT HEHR
 Member of Parliament for Calgary Centre and the Minister for Veterans Affairs

In 2015 our government was elected to enact a variety of reforms to support the middle class and those seeking to join it. We committed to cutting taxes for the middle class, a newer, fairer, and tax-free Canada Child Benefit (CCB) and a reformed Canadian Pension Plan that will do more to secure retirement for Canadians.

Budget 2016 cut taxes for the middle class and eliminated tax breaks for the wealthy. Combined with the new tax cut for the middle class and a new tax bracket for those earning more than \$200,000 a year, Budget 2016 will give Canada's middle class the help it needs to grow and prosper.

As of last month Canadians from coast-to-coast-to-coast will benefit from the newer, fairer, and tax-free Canada Child Benefit which will put approximately \$930 million into the pockets of regular Alberta families, and give Calgaryans more money to save, invest, and grow the economy. Nine out of ten families will see more money and this will bring an estimated 300,000 children out of poverty.

The CCB is tax-free: meaning that Canadian families will not have to pay back anything on their taxes as for previous child tax benefits. Families will not need to apply – it will be automatically recalculated based on their previous year's tax return (2015).

Back in June, our government reached an historic agreement to make meaningful changes to the Canada Pension Plan that will allow Canadians to retire with more money in their pockets. The deal will boost how much each Canadian will get from their pension – from one quarter of their earnings currently, to a full one third. To make sure these changes are affordable we have chosen to phase them in slowly over seven years – starting in 2019 – so that the impact is manageable and gradual.

We have also moved forward by restoring the eligibility age for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) to 65, putting an estimated \$13,000 more into the pockets of our lowest income seniors each year. To keep OAS and GIS at pace with the rising costs faced by seniors each year, we have introduced a Seniors' Price Index.

Additionally, we have increased the Guaranteed Income Supplement for single, low income seniors by 10%; giving one million of our most vulnerable seniors almost \$1,000 more each year.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403-244-1880. My office is located at 950 6 Avenue SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter. We look forward to hearing from you and wish you a restful and fun-filled summer! □



There were VIP's and more at Kerby Centre during this year's Calgary Stampede. Kerby Centre hosted two well-attended events: Kerby Centre's Stampede Breakfast attracted dignitaries and Stampede Princesses pictured here with Kerby Centre's CEO Luanne Whitmarsh, as well as Stampede Mascot Harry the Horse, pictured here with the Very Little People; Kent Hehr, Member of Parliament for Calgary Centre also hosted a Stampede Breakfast where Prime Minister Justin Trudeau made a surprise last-minute appearance.

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