

Kerby News

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for the **55** plus

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December

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Family and friends celebrate a traditional family Christmas.

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21 December, Winter begins
25 December, Christmas Day
26 December, Boxing Day



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President's Report Zane Novak

How is it possible that December is upon us? As I write this in November, the sun is shining and it is +20 degrees. Where was this weather in July? But regardless of what the thermometer says, it is December.

No matter what a person's view of the month of December and the many associated festivities and

activities associated with it, to myself and many others it is one of the most vibrant and exciting months of the year. I always associate it with a time of tradition and warmth, even though it may be cold outside, the love of family and friends is something I cherish. It is often a time of year where we can 'take our foot off of the gas'

so to say, take a breath, and have time with our families and loved ones.

Sadly, this is not true for many people in our community, in fact it can for some be the exact opposite. Many are not able to enjoy the activities, or spend time with family, friends and loved ones. If you are not familiar with it, Kerby Centre runs a program called Thrive. In this program, we provide home delivery of groceries and interaction with our aging adult community.

During the holiday season, we make it our priority to reach out to our older adults via a gift program. It is so important to us that no one be left out during this season.

One of the main obstacles

we face is funding. If there is any way that you as an individual can help us fulfill our commitment to reach this goal, please do so. Make a donation to Kerby Centre for our Emergency Fund.

We are proud of the role we play in keeping older adults living independently in their own homes for as long as possible. Sharing a few minutes with them in December means the world to them, and it brings our staff and volunteers great joy. Please help us with this amazing program.

You will find the ad regarding our Emergency Fund in this issue of Kerby News. Make that donation today.

We will see you all refreshed and re-energized in the New Year. □

DECEMBER 2016

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Design by Winifred Ribeiro

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Kerby News

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CEO's Message Luanne Whitmarsh

This is one of my favorite times of the year. The seasons are changing – cool and crisp air that helps to maintain clarity.

With season changes it is also an opportunity to reflect on the past year. What were the successes? What were the challenges? Where did life end up 'on track' and where did some 'de-railing' occur? And, how did I handle each of life's events? Did I accept responsibility for both the successes and challenges? Did I learn valuable lessons? Did I ask for help? Did I help others?

These questions are simply meant to inspire a moment of your time to sit quietly, take the time to inhale and exhale and to then take the bold step of preparing for the upcoming year!

What are your goals? We all need them. Will you read more, exercise regularly, choose more vegetables over sugary or salty snacks? Will you volunteer or find a new or varied job? Will you dedicate more time to family? And will you keep the appointment at the doctor's office?

My message is 'the time is now!' It is time now to set goals, and with the plan of how you will be successful. Be bold! Take a new class, join a group, learn a new skill, but do it – just do it.

As we head into the holiday season, I send my best wishes to each of you. This is a time of year to reach out for help or to give help. Be well! □

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How to treat a family member with dementia this holiday season

World-renowned expert shares five helpful tips

By Ginny Grimsley

Whether it's Mom, Dad, Grandma or Grandpa — or your spouse — the "holiday quarter" can present special challenges for families with a loved one suffering from dementia.

"We have an expectation that loved ones should never change from the person we've perceived them to be for years, but everyone changes significantly over an extended period, especially those diagnosed with dementia," says Kerry Mills, a sought-after expert in best care practices for people with dementia, which includes Alzheimer's.

"Dementia encompasses a wide range of brain diseases, which means it's not the fault of a Grandma if she has trouble remembering things or gets flustered. Empathy for what she's experiencing on the level of the brain will help your relationship with her. Do not expect her to meet you halfway to your world; you have to enter her world."

"Spouses have a particularly difficult time coping with their partner's dementia," Mills says. "A spousal relationship is a team and is central to the identities of both people. So, while you're paying special attention to a parent's or grandparent's condition, extend it to his or her spouse," she says.

Families tend to have a hard time coping with a loved one's dementia during holiday gatherings. Mills, co-author with Jennifer A. Brush of *"I Care, A Handbook for Care Partners of People with Dementia,"* (engagingalzheimers.com), offers tips for how to interact with a loved one—say, Grandma—whose brain is deteriorating.

- Do not get frustrated. "First, do no harm" — the excellent maxim taught to medical students, is also a great first principle for those interacting with Grandma, who may be experiencing a level of frustration and anxiety you cannot comprehend adequately. She simply doesn't have access to certain details, but she is still a conscious and feeling person who has plenty to offer. If you get frustrated, she'll pick up on it.

- Dedicate someone to

Grandma during the gathering. Of course, loving families will want to include Grandma in the group, but be careful not to overwhelm her with attention. Her brain, which has trouble processing some information, could use assistance — a liaison to help her process things. Grandpa could probably use a break; her son or daughter may be the best handler during a gathering.

- Give Grandma purpose; give her a task in the kitchen. Keep Grandma, who may've been prolific in the kitchen in the past, engaged! Simple tasks, such as mashing potatoes or stirring gravy, may be best. Engage her in conversation about the food. If it's Grandpa whose suffering dementia, include him in a

group. Give him a cigar if the other men are going outside to smoke. Engage him in a conversation about football, which may allow him on his own terms to recall details from the past.

- Use visual imagery and do not ask yes-or-no questions. Again, asking someone with Alzheimer's to remember a specific incident 23 years ago can be like asking someone confined to a wheelchair to run a 40-yard dash — it's physically impossible. Don't pigeon-hole her. Direct Grandma in conversation; say things to her that may stimulate recollection, but don't push a memory that may not be there. Pictures are often an excellent tool.

- Safety is your biggest priority. Whether during a holiday gathering or in

general, Grandma may commit herself to activities she shouldn't be doing, such as driving.

"She's been driving for decades, and then she develops a memory problem, which not only prevents her from remembering her condition, but also how to drive safely," Mills says. "This major safety concern applies to any potentially dangerous aspect to life."

"Currently, there's a stigma with the condition, but I'd like to change the baseline for how we regard dementia," Mills says. "As with other medical conditions, Alzheimer's should not be about waiting to die — patients often live 15 years or more after a diagnosis. It should be about living with it." □



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News from City Hall

EVAN WOOLLEY

Calgary Councillor for Ward 8

When I first decided to run as Councillor for Ward 8, it was because of my love for this city. Having now been in this role for 3 years, I can confirm that my love for

Getting the most for our citizens

Calgary and the people that live in it has only grown. I've met and worked with so many great people – people involved in Calgary's culture and community, business leaders, active seniors, active youth – people who are working every day to strengthen Calgary.

As I prepare this article for submission, I am also preparing for City Council's budget week. Going in, I'm of the mindset that all Calgarians should get as much value as possible from every dollar they send to City Hall. I will work to have more of the dollars

that the people of Ward 8 send in to be invested back into our neighbourhoods. City Hall has a finite budget, and we owe it to ourselves to make the most of it, to ensure that we are benefiting all Calgarians, rather than a select few.

I strive to advocate for Ward 8 residents, starting with connecting our communities. While our population continues to grow, the physical space available in our ward does not. I would like to work with City administration to provide better bus service, more lanes for buses and

carpooling, and more taxis when we need them. I also understand the value of community hubs and centres, and would like to be involved in long-term planning to ensure that they are in strong shape, so that they can continue supporting the people that access them.

As lights and decorations find their way onto neighbouring businesses and homes, I hope that all Calgarians will consider taking the time to spread the joy of the season through their own acts of public service. This can mean vol-

unteering your time at a local soup kitchen, helping to shovel a neighbour's sidewalk, or donating gently-used winter clothing to those in need. The options to give back and support your community are endless. If you have questions about how you can get involved in your community, contact your local Community Association or our office through email (ward08@calgary.ca) or phone (403-268-2431), we'd love to hear from you. From the Ward 8 office, we wish you very happy holidays and a joyful New Year ☐



This month in Edmonton

KATHLEEN GANLEY

Kathleen Ganley is MLA for Calgary Buffalo, Minister of Justice and Solicitor General and Minister of Aboriginal Relations

This past year saw tremendous economic pain and anxiety in our province due to the global collapse

Reflecting on 2016

in the price of oil. This left Albertans with a choice. We could cut public services, slash spending on schools, hospitals and roads, and fire thousands of front-line workers, or, we could choose to control spending and protect vital public services, while creating new jobs and diversifying our economy.

With the adoption of Budget 2016 and the Alberta Jobs Plan, our government has worked to encourage job creation, business capital investment, and economic diversification. Increasing the minimum wage from \$11.20 to \$12.20 brings workers closer to a living wage, which benefits us all.

Alberta is Canada's best place for entrepreneurs and we're providing the supports they've asked for by creating an Alberta Investor Tax Credit of 30%, and doubling supports to help small businesses plan, develop, test and prototype technology products. Starting January 1, 2017 the Small Business Tax will be cut from 3% to 2% - the lowest overall in Canada.

As of January 1, Alberta's carbon pricing policy will be implemented, starting at a price of \$20 per tonne of carbon emissions, rising to \$30 per tonne in 2018. This levy will be included in the price of all fuels that emit greenhouse gases when combusted. It will not, how-

ever, apply directly to consumer purchases of electricity. 60% of Albertans will receive a rebate that will cover the average cost of the levy. Energy Efficiency Alberta will be launched in early 2017 to aid Albertans in reducing their carbon footprint.

In May of this year we witnessed the largest wildfire evacuation in our province's history, covering nearly 590,000 hectares to the north of us. 88,000 people were evacuated from Fort McMurray. As 2016 draws to a close, the heroism and bravery of the first responders, fire fighters and countless volunteers comes to mind. Almost 12,000 individuals were directly

involved in the wildfire emergency effort, and countless others from across the province continue to lend a hand during ongoing recovery efforts. The scale of the fire and evacuation efforts is unprecedented, but the response from the community exemplified who we are as a province.

I look forward to the work that awaits us in 2017, and welcome your thoughts and comments at any time. We will continue to work hard to protect Albertans, create jobs, and diversify our economy. I wish you and your family a happy holiday season with time for reflection and celebration, and a very happy new year. ☐



This month in Ottawa

KENT HEHR

Member of Parliament for Calgary Centre and the Minister for Veterans Affairs

First, I'd like to invite you to attend my December 2nd holiday open house at Kerby Centre (1133 7 Ave

Join me at Kerby Centre

SW). We will be in the Kerby gym from 3:30 p.m. to 6:30 p.m. munching on cookies and singing carols. If we play our cards right a past board member of Kerby Centre and current president of the Canadian Club of Calgary – my father, Richard Hehr – will be in the house as Elvis to perform a classic or two. To be blunt: it will be a night to remember.

If you're able to attend, I invite you to RSVP online at my website at www.KentHehrMP.ca/events

Second, it is the season for giving and, throughout this year, I have been thoroughly amazed by those of you who have played a role in bettering our

province and city. And doubly so by everyday Canadians from coast to coast to coast for their care and compassion toward those impacted by this year's tragedy in Fort McMurray.

In my role as chair of the Northern Wildfires cabinet committee, where I took a leadership position in coordinating the federal response to the fires in Fort McMurray, I was awestruck by the generosity of Canadians. Some \$165M was donated to the Red Cross, and a majority of the funds were matched by the federal government. This federal matching is in addition to the federal government's Disaster

Fund initial payment of some \$300 million to the Alberta Government. The Red Cross is continuing to collect donations and is asking for assistance. If you are able to pitch in this holiday season, please do so, as many families in Fort McMurray are still putting their lives back together.

It is the work above that makes it clear that there is a role for government, and one that is active in supporting Canadians. I am proud of the work of our government and am inspired by the actions of tens of thousands of Canadians to support those in Fort McMurray.

Finally, it has been a

whirlwind of a year – with implementing our platform on supporting seniors, bringing into force our middle class tax cut, increasing child benefits to nine out of ten families with our Canada Child Benefit, and a \$2.5 billion EI reform package. Our job is not yet done and I look forward to what 2017 will bring.

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 Ave SW and my door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at www.KentHehrMP.ca ☐

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Why Christmas matters in a secular society

Its message of goodwill towards all people is ultimately in the best interest of a multicultural society

By Louise McEwan

We go to extremes to avoid the religious aspects of Christmas in the public sphere, and we are worse for it.

Christian beliefs about Christmas might offend someone in our secular and multicultural society, so we ignore its religious and historical background. The reluctance to mention the origins of this much-loved holiday permeates early childhood learning programs and public schools.

Although I support the neutrality of religion in public institutions, there are some good reasons to introduce children to the Christmas story.

My children were on the

culsp of a shift in society's celebration of Christmas. Within a generation, the emphasis on the secular side of the holiday has virtually drowned out its religious origins.

A generation ago, nativity scenes, for example, were not uncommon in public spaces, and on the personal level, many families still attended a church service on Christmas Day. In the classroom, the Christmas story, carols and art had a cultural place. A babe in a manger and three kings co-existed with Santa Claus and Frosty the Snowman. While the secular themes of Christmas had begun to dominate, most schools still included at least a couple of religious carols

in their annual Christmas concerts.

My grandchildren are the unlucky beneficiaries of the legacy of this shift. At an early childhood literacy program that I attend with my two-year old granddaughter, the leaders have been very careful to avoid the religious side of Christmas, restricting songs and stories to its secular manifestations.

Yet the story of Christmas has a lot to offer our children. It is beautiful in its simplicity and message. As long as educators present it in a neutral manner, we should not be afraid of exposing our children to the origins of the season.

Lynn Proulx, a veteran early childhood educator,

thinks that the story of the nativity resonates at a deep level with children. She says that it is wonderful to watch children as they listen to the story. They feel sad when no one will help Mary and Joseph; then they feel happy when Jesus is born. Feelings of love and peace replace their feelings of anxiety and worry. The story, says Proulx, provides an excellent opportunity to teach empathy and to help children learn the values of kindness, helping and sharing.

The story of the nativity raises questions for children about the manner in which we treat one another. It should raise the same sort of questions for adults. As

Quaker theologian Parker J. Palmer framed it, "What good works wait to be born in us?"

Of course, there are other stories that teach these same values, and they have nothing to do with religion. However, the story of the nativity should hold a special place within our society because it is part of our collective patrimony.

Our country's roots go back to the Judeo-Christian tradition. This tradition has shaped our culture, values, social institutions and judicial system. Our heritage includes centuries of religious art, music and literature that drew (and continue to draw) inspiration from a babe in a manger. Exposure to this cultural canon makes for a well-rounded education and a better understanding of our nation.

There is also an historical background to the holiday traditions that we continue to hold dear. Children may wonder why we put up lights, decorate trees and give one another gifts. These traditions are part of the history of Christmas and western culture.

Our children intuit the universality of the Christmas message. It is summed up in the very first Christmas greeting, "peace on earth and goodwill towards men." It is in the air and in our greetings to one another over the holiday season, encouraging and inspiring us to act with greater generosity.

While everyone does not believe in "the reason for the season," there is something transcendent about Christmas.

It is shortsighted to restrict children (and ourselves) to a candy cane diet of Christmas cuteness. There are meat and potatoes on the table, too. Christmas is a celebration of substance. Its Christian origins have a place alongside the magic of Santa Claus and his flying reindeer. Knowledge of the Christmas story, with its universal message of goodwill towards all people, is in the best interest of a secular and multicultural society.

Troy Media columnist Louise McEwan has degrees in English and Theology. She has a background in education and faith formation. www.troymedia.com

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Meaning of Christmas for a Muslim

By Mansoor Ladha

On one stormy, snowy, wintry night, I was looking out of my front window. I could see the snow blowing on the empty street ahead. Our street, called Christmas Lane was decorated with bright coloured lights and decorations.

Every mid-November, neighbour Greg, dubbed “self-styled Santa,” eagerly took it upon himself to remind everyone on the street that it was time to decorate for the festive season. He didn’t care about the mounting power bills, or that some seniors couldn’t afford to light up so soon, or that some of us were Muslims and so Christmas had no religious significance to us.

“When in Rome, do as the Romans do,” I told my family. So in the spirit of good neighbourliness and Christmas, I would religiously—no pun intended—decorate my home. After all, we Muslims do not want more trouble and adverse publicity than we already have. Some terrorists and jihadists have brought disrepute to our religion, and I didn’t want to create another international incident!

I recall our first Christmas in Canada in 1973. We were respectfully called new Canadians then instead of Pakis. For the sake of our two-year-old son, we decided to have a Christmas tree in the house. We wanted to reflect the true Canadian spirit and tradition. However, some friends who heard that I, a true Muslim, was going to put a Christmas tree in my house were outraged. “This is not in our religion or our belief!” they argued.

“A Christmas tree has nothing to do with religion” was my reply. We were now in Canada, and we should live and adopt the Canadian way of life, while acknowledging that we should not forget our own religion and culture. It didn’t satisfy them, but each to his own.

The message of Christmas is universal, signifying peace, harmony and unity among all mankind. In today’s world, which is constantly threatened with terrorism, war and poverty, such goodwill, religious unity and comradery are essential.

As new Canadians, we are trying to adjust and adapt to our new environment and traditions. We have a lot to learn and some new Canadians have to forget

their practices so common in their former homelands and adapt to the Canadian way of life. It may not be easy but a serious and genuine effort has to be made.

In many ethnic communities, the first generation of new Canadians, born and bred in Canada, has come off the production line. They are different and more Canadianized than their parents. They have assimilated in the larger society with ease and with very little persuasion. They have built everlasting friendships with school and university mates, work colleagues and neighbours. Such contacts will continue as days go by and the second and third generation of new Canadians will even be better. I urge fellow Canadians to give them time

to grow and not to kill their urge to merge with the greater Canadian society.

One doesn’t have to be a rocket scientist to acknowledge that Canada is a great country, internationally respected for its role in accepting immigrants of every colour from different countries. Canada’s most recent example of accepting migrants from Syria has been commendable. The way these refugees were accepted, accommodated and welcomed provides a proud example of generosity, big-heartedness and charity. Canada will, I am sure, continue to accept people fleeing from dictatorships, war and poverty, giving them an opportunity to better their lives and those of their children.

As Prime Minister Justin Trudeau said last year, “We know that Canada has succeeded - culturally, politically, and economically – because of our diversity, not in spite of.”

School boards and educators have a tremendous responsibility to adopt and introduce subjects that teach basics of all religions, their philosophies and differences so that students understand the diverse populations of the country. This is essential for peace and future harmony between different races.

It would be appropriate to send a message of goodwill and make a wish this Christmas that Canadians of all religions should live in

peace and harmony while practising their different faiths; that all Canadians should unite to fight terrorism and that Canada should be a shining example of pluralism and racial harmony. *Mansoor Ladha is a Calgary based journalist, travel writer and author of Portrait in Pluralism: Aga Khan’s Shia Ismaili Muslims. His new book, Memoirs of a Muhindi, is scheduled to be published in 2017.* □



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Education & Recreation LEARNING 2017 – WINTER SEMESTER

Registration opens December 1, 2016 at 9:00am for members and December 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 2017 membership before registering for courses. Contact the Information Department to renew or to apply for a membership. 403-705-3224**

- ❖ 2017 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 older adults of various 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 2017 – WINTER
MAIL TO: Kerby Centre, 1133 7th Avenue S. W., Calgary AB T2P 1B2
PHONE: (403) 705-3233/705-3232



Name: _____
Telephone #: _____

Kerby Membership #: _____

Courses you wish to register for:

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

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

Method of Payment:

Cash: _____ (In person)

Cheque: _____ (In person/mail-in)

MasterCard #: _____

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

VISA #: _____

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

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

Active Living Courses

No classes on Monday February 20, 2017—Kerby Centre is closed for Family 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 Jan 9 – Apr 3 9:00 – 10:00 am Gymnasium Member: \$48 Non Member: \$68
No Class Feb 20

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 Jan 9 – Apr 3 10:05 – 11:00 am Gymnasium Member: \$56 Non Member: \$76
No Class Feb 20

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 Jan 9 – Apr 3 11:15 – 12:15 pm Gymnasium Member: \$48 Non Member: \$68
No Class Feb 20

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 Jan 9 – Apr 3 1:00 – 2:00 pm Room 205 Member: \$32 Non Member: \$52
No Class Feb 20

Salsa Workout

Instructor: Bonnie Field

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

A05 Monday Jan 9 – Apr 3 2:00 – 3:00 pm Gymnasium Member: \$48 Non Member: \$68
No Class Feb 20

Monday Yoga

Instructor: Cathy Morrison

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 Jan 9 – Apr 10 2:30 – 3:30 pm Room 205 Member: \$60 Non Member: \$80
No Class Feb 6, 20, 27

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.

A07 Monday Jan 9 – Apr 10 3:40 – 4:40 pm Room 205 Member: \$75 Non Member: \$95
No Class Feb 6, 20, 27

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.

A08 Tuesday Jan 24 – Mar 28 12:30 – 1:45 pm Room 205 Member: \$55 Non Member: \$75

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!

A09 Tuesday Jan 10 – Mar 28 2:15 – 3:00 pm Room 308 Member: \$32 Non Member: \$52

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.

A10 Tuesday Jan 24 – Mar 14 10:30 – 11:15 am Member: \$65 Non Member: \$85

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.

A11 Wednesday Jan 11 – Mar 29 9:30 – 10:30 am Room 205 Member: \$56 Non Member: \$76

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.

A12 Wednesday Jan 11 – Mar 29 10:05 – 11:00 am Gymnasium Member: \$56 Non Member: \$76

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.

A13 Wednesday Jan 11 – Mar 29 11:00 – 12:00 pm Room 205 Member: \$56 Non Member: \$76

Gentle Seated Yoga (Maunder's McNeil)

Instructor: Angie Friesen

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.

A14 Wednesday Jan 11 – Mar 29 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.

A15 Wednesday Jan 11 – Mar 29 1:30 – 2:30 pm Lounge Member: \$48 Non Member: \$68

Zumba Gold

Instructor: Maaik 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 Jan 12 – Mar 30 10:00 – 11:00 am Gymnasium Member: \$48 Non Member \$68

Fitness for Life

Instructor: Elena Bratishchenko

An expansion of our Everyday Functional Fitness class, Fitness for Life continues to focus on maintaining strength, improving mobility and balance, range of motion and coordination.

A17 Thursday Jan 12 – Mar 30 11:15 – 12:15 pm Gymnasium Member: \$48 Non Member: \$68

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 Jan 12 – Mar 30 1:00 – 2:00 pm Gymnasium Member: \$48 Non Member: \$68

Friday 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 Jan 13 – Mar 31 9:15 – 10:15 am Room 205 Member: \$56 Non Member: \$76

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 Jan 13 – Mar 31 9:30 – 10:20 am Gymnasium Member: \$56 Non Member: \$76

Introduction to Laughter Yoga (Maunder's McNeil)

Instructor: Angie Friesen

Uncertain about the power of laughter yoga? Come try this fun three week introductory session and experience the joy of connecting to yourself and others.

A21 Friday Mar 10 - 24 10:30 – 11:15 am Room 308 Member: \$15 Non Member: \$25

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.

A22 Friday Jan 13 – Mar 31 10:25 – 11:25 am Room 205 Member: \$32 Non Member: \$52

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.

A23 Friday Jan 13 – Mar 31 12:30 – 1:30 pm Room 205 Member: \$48 Non Member: \$68

Academic Classes

No classes on Monday February 20th, 2017—Kerby Centre is closed for Family Day.
Please note: there may be other cancellations in individual rooms due to other activities at Kerby Centre.

A Touch of Drama

Instructor: Gail Whiteford

Every week a new aspect of drama will be explored, including voice, movement, costume, make-up, improvisation and character development. No experience necessary—come join in the fun a kaleidoscope of drama has to offer!

B01 Tuesday Jan 24 – Mar 28 2:15 – 3:30pm Room 205 Member: \$80 Non Member: \$100

Calligraphy: Versals (Decorated Letters)

Instructor: Renate Worthington

The drawn "O" in the childhood book *Once Upon a Time* has a magical and transformative quality to it. Come recreate this magic and enjoy drawing and developing these letters in fun weekly projects. The class is suitable for beginners and all levels. No special tools needed but please bring pencil, ultrafine marker or pen to the first class.

B02 Monday Feb 27 – Mar 27 10:00 – 12:00 pm Room 308 Member: \$65 Non Member: \$85

Play with Clay: Slabs

Instructor: Darlene Swan

Get down and dirty as we play with clay! This course will have you creating masterpieces using the handbuilding techniques of making slabs. Your pieces will be bisque and glaze fired, with food safe glazes. Designed for beginners but open to all levels, come and enjoy some play clay days!!! Supplies included.

B03 Friday Jan 27 – Mar 10 12:30 – 3:00 pm Room 308 Member: \$139 Non Member: \$159
Friday Mar 3 Class 12:00 – 3:30 pm Room 308
Friday Mar 10 Class 12:30 – 2:00 pm Room 308
No Class Feb 24

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Computer Workshops

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

**Kobo
B15**

Monday January 9

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
B16**

Wednesday January 11

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

**Intro to Social Media
B17**

Monday February 27

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

French Conversation Social

Instructor: Georgette Pare

French Refresher Workshops All levels welcome—come and refresh your “meet, greet & mingle” skills during our new French Conversation Socials.

B18	Tuesday January 31	9:30 – 12:00 pm Room 308	Member: \$13 Non Member: \$23
B19	Tuesday February 28	9:30 – 12:00 pm Room 308	Member: \$13 Non Member: \$23
B20	Tuesday March 28	9:30 – 12:00 pm Room 308	Member: \$13 Non Member: \$23

Mahjong

Instructor: Swee Wong

Have you always been interested in mahjong but didn't know where to start? Our three week introductory workshop will teach you the basics and leave you eager to join our ongoing Monday drop in group.

B21	Monday Jan 16 - 30	10:30 – 12:30 pm Room 307	Member: \$15 Non Member: \$25
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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.

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 for purchase from the instructor.

B22	Monday Jan 9 – Feb 27	10:00 – 12:00 pm Room 313	Member: \$75 Non Member: \$95
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No Class Feb 20

Modifying with Mediums: Acrylic Discover the advantage of using various mediums to create texture and aerial perspective. Trees, rivers, streams, rocks, and waterfalls will be our feature.

B23	Wednesday Jan 11 – Feb 15	10:00 – 3:00 pm Room 313	Member: \$109 Non Member: \$129
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Bright Flowers: Watercolour Brighten your day with colour theory! While painting poppies, sunflowers, agapanthus et al, we will be learning to mix colours and work with watercolour mediums to enrich our flowers.

B24	Friday Jan 13 – Feb 17	10:00 – 3:00 pm Room 313	Member: \$109 Non Member: \$129
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Seascapes: Acrylic Expanding on our knowledge of textural surfaces, we will be painting boats, harbours, and crashing waves. Our focus will be on how to vary a horizontal plane and create a vertical image as well as creating distance through the process of layering glazes.

B25	Wednesday Mar 1 – Apr 5	10:00 – 3:00 pm Room 313	Member: \$109 Non Member: \$129
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Mountains: Watercolour Mountains of the West. We will be concentrating on advanced layering: how to build a watercolour from foreground to background.

B26	Friday Mar 3 – Apr 7	10:00 – 3:00 pm Room 313	Member: \$109 Non Member: \$129
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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.

B27	Thursday Feb 2 – Mar 30	1:00 – 3:00 pm Room 301	Member: \$75 Non Member: \$95
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No Class Mar 9

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.

B28	Thursday Apr 6 - Apr 13	1:00 – 3:00 pm Room 301	Member: \$29 Non Member: \$49
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Retire to the Life You Love

Instructor: Alnoor Damji

A Vision of Life after 50 This workshop is designed to develop clarity, inspiration and confidence as we transition into retirement. We will be utilizing a number of different methods, in order to clarify *your* vision of an ideal retirement and identify steps you can take to achieve it. In doing so, we will discuss solutions to the many challenges of retirement and explore inspiring possibilities that are authentic to You. Supplies included.

B29	Tuesday Feb 21	9:00 – 12:00pm Room 205	Member: \$39 Non Member: \$59
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Registration Deadline: Feb 7th

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."

B30	Thursday Jan 12 – March 30	10:30 – 11:30 am Room 308	Member: \$42 Non Member: \$62
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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.

B31	Monday Jan 9 – Apr 3	10:00 – 12:00 pm Room 311	Member: \$99 Non Member: \$119
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No Class Feb 20

Spanish Continued

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.

B32 Tuesday Jan 10 – Mar 28 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.

B33 Tuesday Jan 10 – Mar 28 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.

B34 Thursday Jan 12 - Mar 30 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119

Spanish Conversation Level I Designed for intermediate 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.

B35 Monday Jan 9 – Apr 3 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119
No Class Feb 20

Spanish Conversation Level II A continuation of Level I Spanish conversation, this course is designed for students to practice advanced material, expand their vocabulary and improve their fluency and pronunciation.

B36 Wednesday Jan 11 - Mar 29 1:00 – 3:00 pm Room 301 Member: \$99 Non Member: \$119

Telling Your Stories

Instructor: Ed Britton

The greatest legacy to leave your family is your stories. Learn practical approaches to preserving the priceless stories of your own and your family life to pass on to your children, grandchildren and down the generations. While stories usually last only three generations then fade away, Ed Britton can help you learn to preserve your stories forever. This workshop will focus on creating oral histories, and will also introduce photo biographies and illustrated family children's stories.

B37 Monday January 30 10:30 – 11:30 am Room 301 Member: \$5 Non Member: \$15

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.

B38 Wednesday Jan 11 – Mar 29 11:00 – 12:00pm Room 308 Member: \$70 Non Member: \$90

Play & Sing Here's a chance to hone your ukulele skills in a class of mostly playing and singing. These facilitated jam sessions will include some instruction, but the focus will be on having fun and gaining more experience with songs, strums and chords. Pre-requisite: an introductory course or equivalent.

B39 Wednesday Jan 11 – Mar 29 9:45 – 10:45 pm Room 308 Member: \$70 Non Member: \$90

Kerby 2 St. Andrew's Courses

St. Andrew's Centre 1 – 10601 Southport Road SW Calgary, AB T2W 3M5

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 Feb 28 – Mar 21 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. Please bring your laptop to class and have access to your email address.

S02 Tuesday Jan 17 – Feb 7 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 Jan 10 11:00 – 2:00 pm Member: \$44 Non Member: \$64

S04 Tuesday Mar 28 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.

S05 Thursday Jan 12 – Mar 30 9:00 – 10:00 am Member: \$85 Non Member: \$105



Spectacular Guloss (golden waterfall) is just one of many waterfalls.



Traditional turf houses now feature a museum of household life as it used to be.



Typical mountainous Icelandic landscape.



Sulphurous steam vents are indicative of Iceland's famous volcanic landscape.

You want to go where?

Story and photographs by Margaret Monks

Page design and layout by Winifred Ribeiro

That was my question when my friend, Lila, suggested our next trip be to Iceland. After some back and forth, our plans were made, and off we went.

The Reykjavik airport does not give a good first impression. Stepping off the plane to board the busses that would take us to the terminal, we were hit with a wind that felt as though it blew in straight from Greenland. The landscape was of dreary lava rock...not much colour on the horizon. We learned later that several Apollo astronauts trained on this landscape. Navigating the terminal, however, was not difficult. English is a second language to almost everyone so that was a big help, and all signage is bilingual. We then made

our way to our comfortable Mercedes tour bus complete with our cordial and competent driver, Morton, and our delightful and informative guide, Anda, who were waiting to greet us.

After breakfast in Reykjavik, where we sampled very tasty Icelandic bread that had been buried then cooked in warm earth for many hours, we headed north to start our tour. We would follow the ring road for the next seven days, then return for two nights in Reykjavik. The ring road is a well-maintained (no potholes) two-lane highway with no shoulders. The bridges are one lane with Texas gates either side that warn drivers to yield to oncoming traffic—should there be any. Sometimes we were the

only vehicle around—something of a departure from many Canadian highways.

It wasn't unusual to find hotels (more like what we would call motels) in the middle of nowhere. On settling into our first one, I remarked, "You can hear the quiet." Hotels had good window coverings because light was with us most of the night. The decor seemed to have a Scandinavian influence, simple and clean. Perhaps unsurprisingly, most had outdoor hot tubs. The service was consistently very good, friendly and efficient.

While the landscape tended to be barren, it was always interesting. If you've heard that there aren't many trees, you heard right. It's pretty hard to grow a tree on lava rock. The shapes and formations of the rock are random and rugged. As it was spring, there was a lot of melt water, which created many beautiful waterfalls. A 40-minute walk took us to Dettifoss, considered the largest waterfall in Europe; it did not disappoint.

While there are massive water formations, glaciers and

waterfalls on Iceland's surface, one can only imagine what must be going on underneath. Sulphur mud pots of interesting colours, bubbling and hissing away, might give a little clue. We saw a geyser, called Strokkur, which erupts every seven minutes. A geothermal plant that uses water brought to the surface at 200 degrees C, generates electricity. So the "land of fire and ice" moniker is very appropriate.

Towns, or even farm buildings, are few and far between. But there are sheep and more sheep, said to outnumber the human population about three to one. Since it was spring, there were many, many little lambs running about. Horses are the next in livestock number. The Icelandic horse is a unique breed, and Icelanders are very careful to keep them healthy and the breed pure. If, for whatever reason, a horse is taken off the island, it cannot return for fear of disease coming with it. A characteristic of this breed is the lack of bounce when they trot; the ride is absolutely smooth. Carry your beer and not a drop is spilled. The only non-domestic animals we saw were a few reindeer. I guess Santa couldn't

spare any more.

If the inland landscape isn't eye candy enough, the coastal areas will more than make up. The winner of the coastal beauty contest was the Jokulsarlon Glacial Lagoon. Large chunks of glacial ice were floating in this incredibly blue water. An amphibious vehicle took us into the lagoon to meet and greet glacial calves. Floating among these large beautiful chunks of ice was breathtaking. Our guide, a charming young Italian, he of the big brown eyes, broke up a chunk of ice and gave each of us a sample to taste. It isn't often one gets a chance to suck on a thousand (or more) year-old ice cube. Iceland's dramatic cliffs offer nesting areas for terns and puffins. We didn't see many puffins, but the terns were abundant. Since it was nesting time, we approached at our peril. They dive at any interloper, be it person or bus (yes, bus) that dares intrude. Whales are just a boat ride away.

We also visited Petra's Stone Collection. Having gathered stones and rocks all her life, Petra's hobby grew into an outdoor museum that covers a city lot or so. Her finds are tastefully displayed with colourful plants

and flowers. The story goes that she would go to great lengths to retrieve a stone that was unusual in shape, kind, or colour, sometimes lugging it some distance. The proof is this gem of a site. Petra is no longer, but her grandchildren have taken over the management of her treasures and are doing her proud.

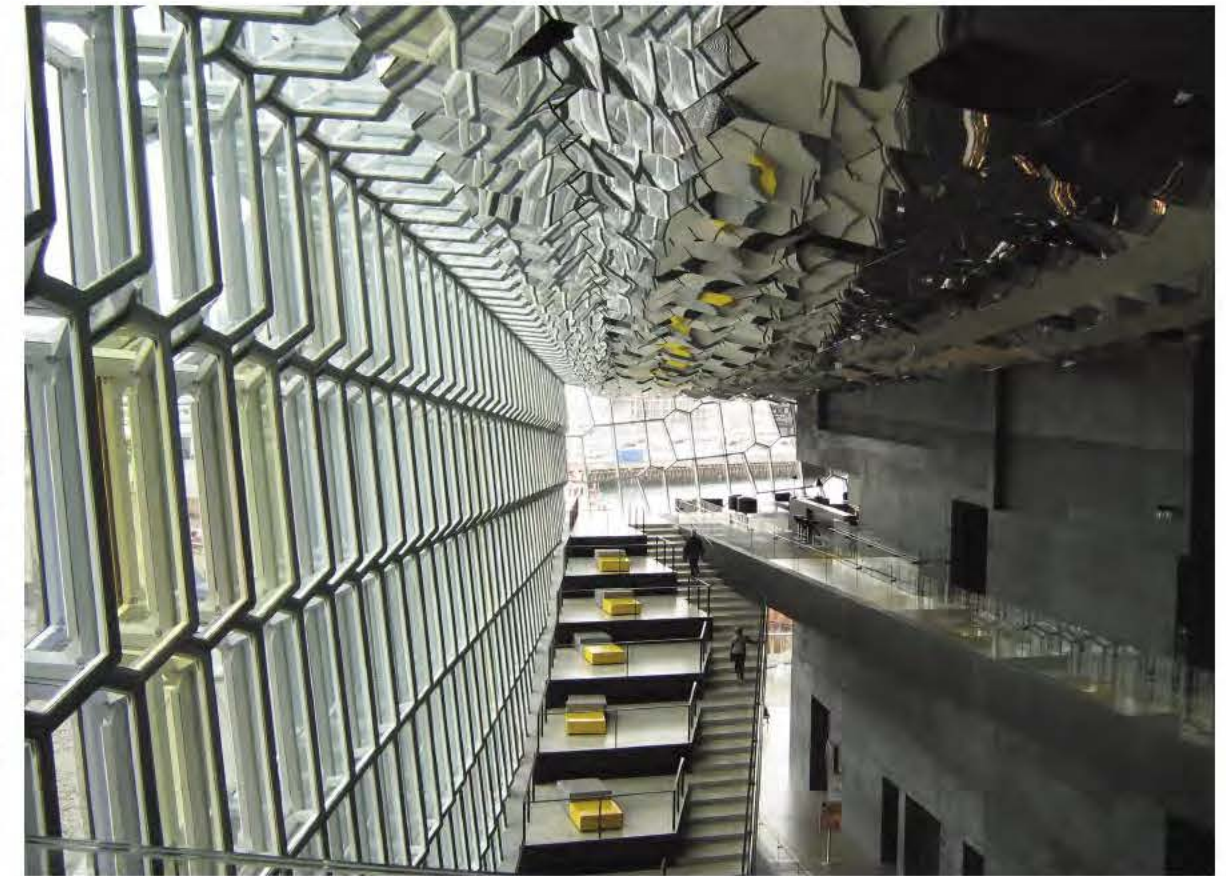
Vegetation is sparse, but lupines don't follow the rules. They have become something of a problem, taking over where more useful plants might flourish. (The Monty Python crew might approve.) Nearing the end of one long day, our group was a little surprised when our guide informed us we'd be taking a detour to see a field of these flowers. Having already seen many over the course of the day, there were some murmurs of dissent. However, once we climbed off the coach, Suzanne, our tour manager from Toronto, gave each of us (except our driver) a small paper cup of Bailey's liquor. All was forgiven.

One evening as we entered the large hotel dining room, we noticed the napkins grouped in different colours. Apparently, we were not the only group scheduled to dine. Queried as to

where we should sit, the hostess replied, "Green is your colour." That was all my friend Lila needed. She rushed back to our room, donned her Saskatchewan Roughriders toque, and proceeded to sing, "Green is the colour/ Football is the game/ We're all together/ And winning is our aim/ So cheer us on/ Through the sun and rain/ Saskatchewan Roughriders/ Is our name!" Icelanders may have their Viking chant (famously sung by fans on their team's strong Euro Cup performance this past July), but I'll bet the Roughriders' fight song was a local first!

Incidentally, during the Icelanders' exhilarating soccer run, I noted that the last names of the players all ended in 'son'. Icelanders have a unique way of choosing names. When a male baby is born he is given a first name, say Georg. His last name becomes his dad's first name with 'son' tacked on the end. If dad's first name is Jon, the baby would be Georg Jonson. In the case of a girl, she would be Elizabeth Jonsdottir. It's possible that a family of four (one son, one daughter) would all have different last names.

Back in the capital, Reykjavik, there was no shortage of interesting sculptures and buildings. I would have been happy to stay another day or two to see more. Hallgrímskirkja church, designed to mimic lava flows, is a remarkably beautiful building which dominates the horizon. My personal favourite is the concert hall called Harpa. If the church imitates rock, Harpa, with its glass construction, imitates ice. Designed by a Danish firm in co-operation with Olafur Eliasson, an Icelandic artist, the building is



The distinctive glass design of Harpa concert hall in Reykjavik

virtually a sculpture in itself. Attending a concert there could well go on anyone's bucket list. From the sublime to ridiculous: the city also offers the Phallogological Museum. Did we visit it? Well, we had free time—and I was with Lila.

The finishing touch to our Icelandic visit was a stop at the Blue Lagoon, a geothermal pool en route to the airport. Apparently we weren't the only ones who knew about this place. There were tour busses galore. It seems that visitors on stopovers on their way to Europe find this and other sites on the southern shore a convenient and interesting way to break up the trip. In fact, some of the more successful tourist venues present their

own set of problems. When several coaches arrive around the same time, there can be some serious line-ups for the ladies' rooms. (Fortunately, this was not true of the Blue Lagoon.)

Well, Iceland, with your spectacular scenery, hospitable people, clean environment, comfortable lodging, very good food, and almost 24 hours of daylight, you certainly did not disappoint. Only one fly in the ointment: because of all the daylight, we saw not a single troll. (Trolls only come out in the dark.) What! You don't believe in trolls? A story goes that when constructing a roadway it was necessary to move a large rock. The construction company

started having all kinds of problems—minor accidents, malfunctioning equipment, bad weather, injuries to crew-members. Finally a troll expert was consulted and after due deliberation she strongly suggested that trolls lived under said rock and that it must not be moved. The roadway took a curve around the rock, and the problems stopped. (Okay, I'm just the messenger.)

A story that sums up the Iceland experience: On one of our walks to a viewpoint, I stepped aside to let a young couple go by, suggesting they might like to pass. The young man smiled and said, "Why come to Iceland just to rush?"

So, friend Lila, your suggestion was a winner. □



Water Carrier sculpture adorns Reykjavik's main shopping district.



Icelandic horses demonstrate their unique gait for tourists.



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- Take action. Never write cheques to individuals, only to the charity. And if you are paying online, always ensure the site is secure. If you see a broken key or open padlock symbol in your Internet

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- Don't be pressured. Remember, you can refuse to donate if you feel you're being pressured or something doesn't feel right.
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Life and liberty
by liberty forrest

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

We accumulate a lot of knowledge throughout our lives. Our heads become full of all sorts of information that we've gathered from our experiences and learning. We go through life witnessing, hearing, seeing, feeling, perceiving, judging, drawing conclusions and basically just stuffing our heads full of whatever happens to us or around us for as long as we live.

On top of that, we go to school, we study and take exams. We get jobs and have steep learning curves. More stuff to jam into our consciousness.

Knowledge comes from the head. But wisdom comes from the heart.

But having a lot of knowledge in our heads is one thing. Knowing what to do with it is quite another. Well, we might think we know what to do with it but if we act out of anger or hurt, or on only having got part of a story, it can bite us in the most unpleasant ways.

Knowing what to do with that knowledge - and in the best way possible - well, that comes from experience. From trial and error, from cause and effect, from "stepping in it" up to our necks sometimes when making choices that turn out to have been very poor ones.

You may stumble upon private information about another person and feel a need to spread it around. You just can't wait to share it with others who will be as shocked as you are. Perhaps you think you're doing them a favour by warning them, hoping to help them avoid some sort of problem. And that might well be the truth.

But is it your place to do that? Speaking from a karmic perspective, perhaps the people you're warning need to learn whatever les-

sons will come from their own interactions with that person, or that person has a big lesson to learn that will only come from doing enough harm to others that it comes back to him or her.

And whether or not any of that is the truth, it's simply none of your business. At some point, you will probably learn a hard lesson about gossip, perhaps by being on the receiving end of it in a negative way - and that never feels good.

You may see something that makes you think someone is having an affair and rush off to tell "the betrayed spouse" and perhaps a bunch of friends because you feel compelled to share your shock. And then later, you discover that what you saw was, in fact, quite innocent but the damage has been done. Those friends might have shared the news with others and undoubtedly, some people are not going to hear that it was all a big mistake and the wrongly accused spouse remains guilty in the eyes of many.

Knowledge is about knowing information. Wisdom is

about knowing when and how to use it or apply it to your life - or not. It requires the ability to have the foresight to consider the possible consequences of your words and actions. It requires compassion, sensitivity, tact and diplomacy.

Gossip isn't the only misuse of knowledge. You may have learned very many lessons in your life and want to pass them along to people who are not yet ready, willing or able to hear what you have to say. They are incapable of absorbing your message, and they might be far more upset and confused than when you began. Or they might just be really angry with themselves - or with you.

It is imperative to learn when to speak up and when to remain quiet and let them either work it out for themselves or ask for your guidance.

I've seen little children with more wisdom than some people at mid-life or in old age. This is because knowledge has nothing whatsoever to do with wisdom.

We cannot teach or be taught wisdom. It develops naturally when we are connected with the Divine, with the spirit that is in each of us, and therefore, when we are connected with one another.

Knowledge is merely an accumulation of facts, learning and experience. To apply a head full of it without compassion, kindness, respect and love is to walk the path of fools, for these are the roots of wisdom, which comes from the heart. □

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Teresa and her silver skates



By Rita McGillivray

“I thought that this sport was over for me. I thought that this kind of strength and vitality was only for young athletes. My last skating competition was in 1973, and my skates have been on the shelf for over 20 years.” This was the message Teresa Rambold was sending herself as she, like thousands of baby boomers, marched into the ranks of senior citizenry. The passions of youth must

be surrendered to the past. That is until she attended her husband’s office party in December 2015, when casual cocktail party chat had a member of Calgary’s Olympia Adult Figure Skating Club encouraging Teresa to strap the skates on and join them for a session. The club promised a fun, safe and welcoming environment for adults to pursue their fitness goals while nurturing their creative spirit. The only criteria: you must

be an adult and you must be curious about skating ... no matter what the level. It would be a full three months before Teresa followed up on the suggestion. First, she had to find the courage to drag the skates off the shelf and get herself to a public skate at one of Calgary’s arenas. Putting one’s big toe on the frozen water, you might say, was a place to start. Not only did Teresa discover she could still skate but she recognized that old flutter of joy awakening somewhere inside. She decided to head out to the skating club at Canada Olympic Park and give it a whirl. While uncomfortable during that first skate, she also secretly enjoyed the experience. But it was the locker room chatter afterward that sent her life in a new direction. Three other women began talking about the International Skating Union’s world figure skating competitions that would be held in June 2016 in Obertsdorf Germany. They were all signed up to compete. Teresa was quickly caught up in the exciting discussion and found herself daydreaming about the possibility. What an adventure—to travel as a member of the team to compete internationally for Canada. Her decision must be made within days, and before she had time to change her mind, Teresa had signed up, paid her dues and was an official member of the Canadian contingent. What a thrilling feeling! What a great bucket list goal! Then, recalls Teresa,

came the sober second thought: “Oh my God, what have I just done?” Teresa’s level of fitness was not up to par; she had no program, no coach and would be possibly the oldest competitor in her age category. And the competition was only four months away!

It’s been said that the greatest catalyst for change comes when the desire outweighs the effort required, and so it was with Teresa, who found herself fixated on accomplishing a goal that suddenly mattered to her. She became very focused, which in turn made her dedicated to her training plans. Monica Bafia, a former Olympic skating coach, became Teresa’s coach. “I feel very blessed to have Monica as my coach. She is such an inspiring person and a great role model for well-being.” Together they established an on-ice and dry land training program, devoting one to two hours a day, Monday through Friday every week. Teresa also embarked on a program of nutritional change that would help her to lose excess weight and improve her ability to build muscle. Teresa knew that the key to success would be to avoid injury by being gentle on her body. “I had to take baby steps, but I had a good time because I didn’t push too hard. Seniors do not have to match everyone else’s ability. Each person can only do what is good for them. There was never any pressure to push too hard. I always felt invited to go a little bit further. So it was a joyful path to well-being.”

In a fun role reversal of sorts, Teresa’s daughter Kelsey became an integral part of her team. She sewed

her mother’s costumes and edited the music for her programs. Many a mother can recount the hours similarly spent helping her child to prepare for performances growing up. “While she wasn’t a skater, she really kicked in for me and was a huge supporter,” Teresa remembers proudly.

Following her four months of intense preparation, Teresa did find herself travelling to Germany as a member of the Canadian team, which comprised 28 members from across Canada. More than 500 competitors representing 32 countries would be competing in Obertsdorf. Teresa would have two programs to skate. She remembers how, during the first, she felt herself falling to pieces inside. “I thought I couldn’t even stand up, I was such a mess. It was not a happy experience.” Before the second performance a small text message came from her husband in Calgary: “Skate. Nothing more. Nothing less.”

“I’ll never forget it as long as I live. I looked at the text with tears in my eyes and I thought, ‘Yes, I can do that,’” Teresa says. The transformative message allowed her to calm herself enough to skate one of the most joyful performances of her life. By the time she was done, Teresa had won silver for each skate. Bucket list item — check. Goal met — check.

With the competition now in the past, Teresa finds herself skating two to three times a week just for the joy and feeling of well-being. “Now figure skating is my healthy ageing practice where I dream, I create enthusiastically, I engage and join with teammates; I meet others from around the world. It is never too late to joyfully express yourself. Wherever there is joy that is a good thing,” Teresa says, adding, “You can be 100 years old and still able to feel the expression of the music.” □

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Holiday traditions from around the world

(NC) December is a time when meaningful holidays are celebrated around the world—and that usually means an occasion for gift giving. Two of the world's oldest religions—Christianity and Judaism—celebrate major holy days in December, Christmas and Hanukkah. In recent years, they have been joined by the secular Kwanzaa, a celebration of African culture and family values.

Not surprisingly, how you celebrate and what kind of gifts you choose depend largely on your family and where you live. Ethiopian Christians use the old Julian calendar and celebrate Christmas on January 7 when mass can start as early as 4 a.m. and people attend dressed in white.

In the Netherlands, children open their Christmas presents on December 5, Sinterklaas, named after Saint Nicholas, the European gift-giving precursor to North America's Santa Claus. Red

bracelets are a popular Christmas gift for babies in Ecuador, while children in the Philippines receive money in red envelopes. It's a Christmas holiday tradition in Guatemala for people to build a massive heap of trash, place an effigy of the devil on top and set it ablaze. In Finland, families take saunas on Christmas Eve while waiting for Saint Nick.

Gift giving has only relatively recently become a part of the eight-day, mid-December Hanukkah celebration, while Kwanzaa's weeklong festival ends with present exchanges—hand-made preferred.

No matter how you celebrate, a meaningful gift that provides hope is a wonderful way to partake in the season's spirit. If you're looking for ethical gift ideas for all holiday traditions, you can find some unique selections online at Plan Canada's Gifts of Hope, www.plangifts.com.

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Canine Quotes

A dog teaches a boy fidelity, perserverance, and to turn around three times before lying down. – Robert Benchley
 Anybody who doesn't know what soap tastes like never washed a dog. – Franklin P. Jones
 If your dog is fat, you aren't getting enough exercise. – Unknown
 Speak softly and own a big, mean Doberman. – Dave Millman

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 • Fax: 403-777-1124



Bowbridge Manor

3139 Bowwood Dr. N.W. Calgary, AB
403-288-4014

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

Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

SPIRITUAL ADVANCEMENT

ACROSS	49 Trembly tree	105 Old game consoles	6 Was a roast host, say	52 Eye, to a bard	90 Born, in Lyons
1 Carried, as a load	51 Pepsi or Tab	106 Near-infinite time span	7 African land	53 Mauna —	91 Klee's forte
6 University in Druid Hills, Georgia	55 Picnic spoiler	107 Shiny stone	8 Russian city	54 Make it	92 Took a chair
11 Old TV's "Mayberry —"	56 Pitching star	110 Riddle's answer	9 Iranian coin	57 Mown paths	94 Waldorf's Muppet partner
14 Mythical man-goat	57 Clog or pump	117 Student	10 Yin's partner	58 Before long, to a bard	95 Formal reply to "Who's there?"
19 Sub in WWII	58 Skylight?	119 Hill VIP: Abbr.	11 Throw again, as dice	59 Ex-governor Carlson	96 Scads
20 Coloratura Callas	60 No-frills shirt	120 Sky hunter	12 Like silky down	62 Savings acct.	98 Biblical verb suffix
21 The "E" of REO	61 Riddle, part 3	121 Feel jubilant	13 Authoritarian decree	63 Blu-ray —	99 Lectern platforms
22 Milo of films	67 Actress	122 Beneficial	14 Black magic	64 Unvarying	100 "Hondo" actor
23 Toot one's own horn	68 Hurry-scurry	123 Ending for Sudan	15 On a cruise	65 Suffix with block	101 Official seal
24 Tidy up	69 People with power	124 "Pippin" Tony winner	16 Sleeping bag fabric brand	66 Suffix with balloon	102 Lie at rest
25 Seoul soldier	70 Riddle, part 4	125 Lamp spirit	17 Osaka coin	67 Skype setup	103 Bewailed
26 Bridle straps	82 Lac liquid	126 Overly fond type	18 Coll. dorm supervisors	71 Coiffure	108 "The Office" actress
27 Start of a riddle	83 Bumper finish	127 Old JFK flier	28 Barreled	72 An amplifier receives it	109 Deals (out)
31 Volcano stuff	84 Assistant	128 Paid to play	29 Fezzes, e.g.	73 "— you in?"	111 Belgian/French river
32 Basilio seat	85 Man-mouse connector	129 Braying ones	30 Learning loc.	74 Drag	112 Den fixture
33 — -Lorraine (region of France)	86 eBay offers	DOWN	35 More homely	75 Ambulance inits.	113 Pressing tool
34 Break bread	88 Stitches	1 Friend of Forrest Gump	36 Gives a call	76 "Star Trek" actor George	114 Nasal spray, e.g.
37 Riddle, part 2	89 Signed one's name to	2 Some double reeds	38 "Liftoff!" preceder	77 Rush along	115 Dreamcast company
44 Made up for	91 Up and about	3 Household insect trap	39 Really annoy	78 Mix in	116 Firewood splitters
46 Cupid's counterpart	93 Weeps	4 Curiosity org.	40 Ward off	79 Holders of frankfurters	117 Peas' place
47 Mello — (drink brand)	95 Slushy drink	5 Caesar's dying words	41 Prior to, to a bard	80 Maumee Bay's lake	118 ET carrier
48 Paint type	96 Gave in exchange		42 Swindle	81 36 inches	
	97 End of the riddle		43 Beyond, to a bard	87 Month no. 9	
	104 Me, in Lyons		44 "Woe!"	89 German "I"	
			45 Tijuana nosh		
			49 "I caught ya!"		
			50 Fa-la link		
			51 Bovine chew		

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117	118							119								121			
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126								127								129			

Solution on page 28

MIRACLES FROM HEAVEN

Released March 2016 (1 hour & 49 minutes)
 Rated G Biography/Drama/Family

Friday December 16, 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!

Sponsored by Prince of Peace



••• Community Events •••

Compiled by Margaret McGruther

Musical Event

A short story by Oscar Wilde is the basis of a musical which tells about love, compassion and redemption. It takes place on Saturday, December 3, at 7:00 p.m. at St. Luke's Anglican Church, 2951 26 Avenue SE; on Sunday, December 4 at 3:00 p.m., at Forest Lawn United Church, 2236 35 Street SE; and on December 4 at 7:00 p.m. at St. Lawrence Anglican Church, 5940 Lakeview Drive SW. The cost is \$15. For more information please call 587-892-5800 or visit the website www.paintedfish.ca

Tom Cochrane exhibition

The National Music Centre, Studio Bell, is holding a special exhibition called Showcase: Tom Cochrane. It coincides with the deluxe reissue of Cochrane's 1991 diamond-selling hit Mad Mad World. The exhibition runs until April 30, 2017. Regular admission to Studio Bell is \$18 for adults, \$14 for students/seniors, \$11 for children (3 to 12 years) and free for children under 3 years. For details on Tom Cochrane's upcoming tour in 2017 please visit tomcochrane.com. For further information about the exhibition please visit julijana.capone@nmc.ca or call 403-543-5123.

It's a Wonderful Life,

Based on the classic film by Frank Capra, It's A Wonderful Life The story is about George Bailey, a man who believes in developing the community and helping neighbours. However when he becomes overwhelmed by

one misfortune after another, George almost gives in to despair. On Christmas Eve, he meets a special angel on a mission to help him receive his wings.

Morpheus Theatre is presenting "It's a Wonderful Life" from December 2nd

to 17th at Pumphouse Theatre, 2140 Pumphouse Ave SW., Calgary. Tickets are only \$15.00 for seniors. Show times are 7.30pm and 2.00pm for weekend matinees.

Phone for tickets: 403-246-2999 or email: tickets@morpheustheatre.ca □



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all our clients and readers
from Kerby News





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**See page 2 for a list of all our Calgary Communities*

The Community with Heart♥

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403-249-7113 | 1858 SIROCCO DRIVE SW - CALGARY, AB

Kerby Centre Department Directory			
Kerby Centre 1133 - 7th Ave S.W. Calgary			
Main Switchboard			
403-265-0661			
www.kerbycentre.com			
Accounting	403-705-3215	Fund Development	403-705-3235
Adult Day Program	403-705-3214	Work with members and community to provide funding for Kerby Centre's vital programs	403-705-3229
Socializing and health monitoring program for physically and/or mentally challenged seniors	adp@Kerbycentre.com	funddev@kerbycentre.com	editor@kerbycentre.com
Diana James Wellness Centre	403-234-6566	General Office	403-705-3238
Health services including footcare	wellness@kerbycentre.com	generaloffice@kerbycentre.com	403-705-3238
Dining Room	403-705-3225	Thrive	403-234-6571
Serving nutritious meals to everyone	kitchen@kerbycentre.com	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.	403-705-3250 (24 hour)
Education & Recreation	403-705-3232	thrive@kerbycentre.com	Providing refuge for those over 55 fleeing family abuse, seniors in crisis and homeless seniors.
Information source for programs at Kerby Centre	program@kerbycentre.com	Housing	shelter@kerbycentre.com
		Assists seniors in finding appropriate housing	403-705-3218
		housing@kerbycentre.com	Volunteers are the heart of Kerby Centre
		Information / Resources	volunteer@kerbycentre.com
		The all in one seniors' information source	403-705-3177
		info@kerbycentre.com	
		Kerby 2 East Village	403-705-3253
		Kerby News Classified Ads	403-705-3249
			president@kerbycentre.com
			403-705-3251
			luannew@kerbycentre.com

Support for seniors – a personal journey

By Diane Jones Konihowski

When I moved my mum to Calgary from Saskatoon in 2003 we were very lucky to purchase a condo in the Manor at Garrison Woods. For almost 10 years my mum thought she was living in a 4-star hotel. She had many friends, but was careful not to become too close because some would get sick, be taken to hospital and not return. It was one of the few things that made her sad about growing old and facing her own mortality. Although at 88 my mum would declare rather loudly over lunch, because her hearing wasn't so good, that she really didn't like being among all "these old peo-

ple." I'd say, "But mum, you're older than they are!" Well, she would just shake her head and smile with a twinkle in her eye.

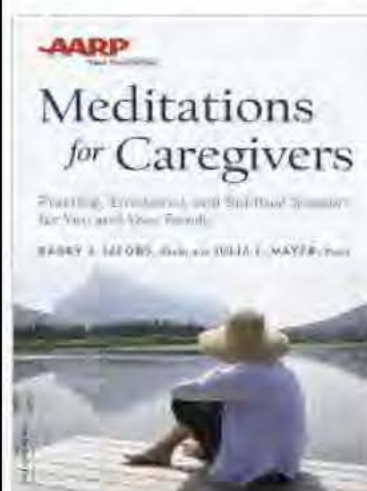
My mum was very popular because she had a wonderful sense of humour and she would talk to everyone – I mean everyone. She would be the first person to invite a new resident to her table in the dining room when she saw the new person rather hesitantly scouting the room for a place to sit. My mum was very lucky because my sister Joanne and I would visit five or six times a week, and she would spend the week-ends at my home. My sister and I made ourselves at home with the other resi-

dents - many of whom did not have family close by, or who didn't have family. Joanne and I would bring the outside world to them and they enjoyed the many stimulating discussions we would have. As I got to know the residents more I came to realize that they had needs, especially those who were alone or who didn't have anyone come to visit them. Some were from out of town and some grew up in Calgary. Some were active, still driving and getting out, but many stayed close to The Manor. Looking back, many were lonely.

I have been working at Calgary's only 24-hour Distress Centre since July 2013. I knew nothing about this agency before starting my new job. As the person directly responsible for fundraising and increasing awareness of the services we provide to the community, it didn't take long for me to realize that the senior population needs to know about our free services. We offer 24-hour crisis support, and we do not define crisis. We are just a phone call away. You can call us about anything. If you just need someone to talk to – you are grieving the loss of a pet – or you are feeling "browned off" and sad like my mum used to feel, just call 403-266-HELP (4357). You can call us day or night, and an experienced volunteer will listen and support you. We also answer the 211 information line 24 hours a day. We are like the yellow pages. We can connect you with any community, social or government resource you need. We also have immediate access to free professional counseling if you feel more comfortable talking with someone face-to-face. All of our services are free and we offer phone support in over 200 languages! Please know that Distress Centre Calgary is here for you 24 hours a day. □

Diane Jones Konihowski CM B.Ed LLD (Hon) is the Director of Fund Development and Communications of the Distress Centre

Book Review



"AARP Meditations for Caregivers"

By Barry J. Jacobs, PsyD and Julia L. Mayer, PsyD

Da Capo Lifelong Books c.2016

\$15.99 U.S. / \$20.99 Canada,

Reviewed by the Bookworm

The answer could only be "yes."

Still, it was the hardest decision you've ever made. You couldn't do it – but then again, you couldn't not: Dad fell, then he fell ill and your home was the logical place for him to be. You've had help, naturally, but you could always use more and in "AARP Meditations for Caregivers" by Barry J. Jacobs, PsyD and Julia L. Mayer, PsyD, you may find it.

Forty million people. According to reports, that's how many Americans "provide unpaid care to cherished family members or friends each year." If you're one of them, say the authors, you know that caregiving can be rewarding and meaningful, but also exhausting, "transformative," and "stressful in many ways." With this book in hand, you don't have to feel alone while offering that care.

When a loved one needs day-to-day help, whether at her home, yours, or a nursing home, a dozen different feelings may swirl inside you. Accept those feelings and examine them, say the authors, but don't judge them. The best way to find compassion is to offer it to ourselves first.

It's natural to feel anger at any time, but you can deal

with it by acknowledging the frustration that leads to it. Put yourself in your loved one's place and remember that "We have the power to shift our perspective[s]." Take a deep breath, and "take some time to find creative solutions."

Know your breaking point and ask for help before you reach it; don't, in fact, ever be afraid to ask for help. Remember, too, that your parent / spouse is an adult and may still be capable of decision-making.

Keep a schedule but don't be so rigid that you can't appreciate spontaneity. Try to maintain a sense of humor in some way. Ask to hear old stories and memories, as a way to boost joy for you both. "Seek reasons to be grateful..." Understand that you may grieve now more than later, and that you simply can't control everything, so go ahead and "ease up on yourself..."

Much as I liked the sentiment behind "AARP Meditations for Caregivers," there was one thing I struggled with: the stories accompanying the meditations.

Roughly divided into "twenty-eight themes," this book walks readers through nearly every emotion they may be feeling at any stage of caregiving. You don't have to read cover to cover; pick a page, though, and you'll be presented with an anecdote that just doesn't feel authentic. Yes, it's representative of what caregivers may be experiencing but after a while, those tales weaken the book.

Scan past them, however and you'll find that clinical psychologist-authors Barry Jacobs and Julia Mayer include gentle succor to end their mini-chapters – and therein lies the reason why you need this book: Those words of wisdom, and not the "stories," are packed with power and mind-changing thought-provokers that could turn your day around. They could be life-savers. They will make a difference.

And for those very reasons, the only answer to "AARP Meditations for Caregivers" is "yes." □

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ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

Do you or your loved one have hearing loss but are concerned about the cost of hearing aids?

EXPERT UPDATE:

Hearing aid financial assistance programs are available for ALL SENIORS regardless of income. However as of 2016 those on a restricted income MAY QUALIFY FOR FUNDING COVERING THE ENTIRE COST OF HEARING AIDS. We go above and beyond to help our patients who have hearing loss because we believe hearing your world is an important part of our quality of life!

DON'T DELAY GETTING HELP WITH YOUR HEARING!

RESEARCH SHOWS:

It is important to identify and treat hearing loss as EARLY as possible in order:

- to prevent cognitive decline after age 50 (2015).
- for the auditory system to have better success at adapting to hearing aids and making sense of sounds
- to prevent people from withdrawing from the activities you like due to trouble hearing what is going on

If you would like HELP with your hearing loss, CALL our office, the leading experts in the field to find out more.

Mission Location: 202-320 23rd Ave. S.W., Calgary 403-252-4722

Glenbrook Plaza 226-3715 51st St. S.W., Calgary 403-802-6022

www.audiologyinnovations.ca

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A+ rating

••• Seniors Scene •••

Social Dance Club

A dance will be held on December 3, with cha cha as the dance lesson, at Southview Community Hall, 2020 33 Street SE. Music will be supplied by Benny Uchaez. Doors open at 5:30 p.m. only for those taking the dance lesson, otherwise doors open at 7:00 p.m., the dance is from 8:00 p.m. to 11:30 p.m. Tea and coffee are complementary. A snack is served and a Lion's Club cash bar is available (no outside drinks allowed). Cost is \$12 for members and \$14 for guests. For more information please phone Sharon and John at 403-242-6957 or visit <http://socialdanceclubcalgary.com>.

Ogden House Activity Centre

The Ogden House Activity Centre TGIF dinner happens on the 3rd Friday of every month. It is a catered three-course meal with entertainment, all for the low price of \$14. Reservations are required. Table tennis is available on Monday, Tuesday, Thursday and Saturday from 9:00 a.m. to 11:00 a.m. and Monday evenings at 7:00 p.m. Weekly pot luck lunch is on Wednesdays from 12 noon to 12:45 p.m. with carpet bowling to follow. For more details about these and other programs please call 403-279-2003 or visit the website ogden50plus.org.

Good Companions 50 Plus

The annual Christmas Tea, Bake and Craft Sale takes place at Good Companions 50 Plus Club on December 3. The cost is \$6. On December 6 there is a Christmas Social Dinner

with a sing-a-long by Folk Music Singers and entertainment provided by Pure Country. Happy hour is at 4:30 p.m., supper at 5:30 p.m. The cost is \$15 for members and \$18 for non-members. The annual Christmas lights tour (Airdrie lights) takes place on December 14. Entertainment is provided by Prairie Fiddlers. The cost is \$15. For more information about these and other programs, please call 403-242-3799 or visit www.gc50plus.org.

Greater Forest Lawn 55+ Society

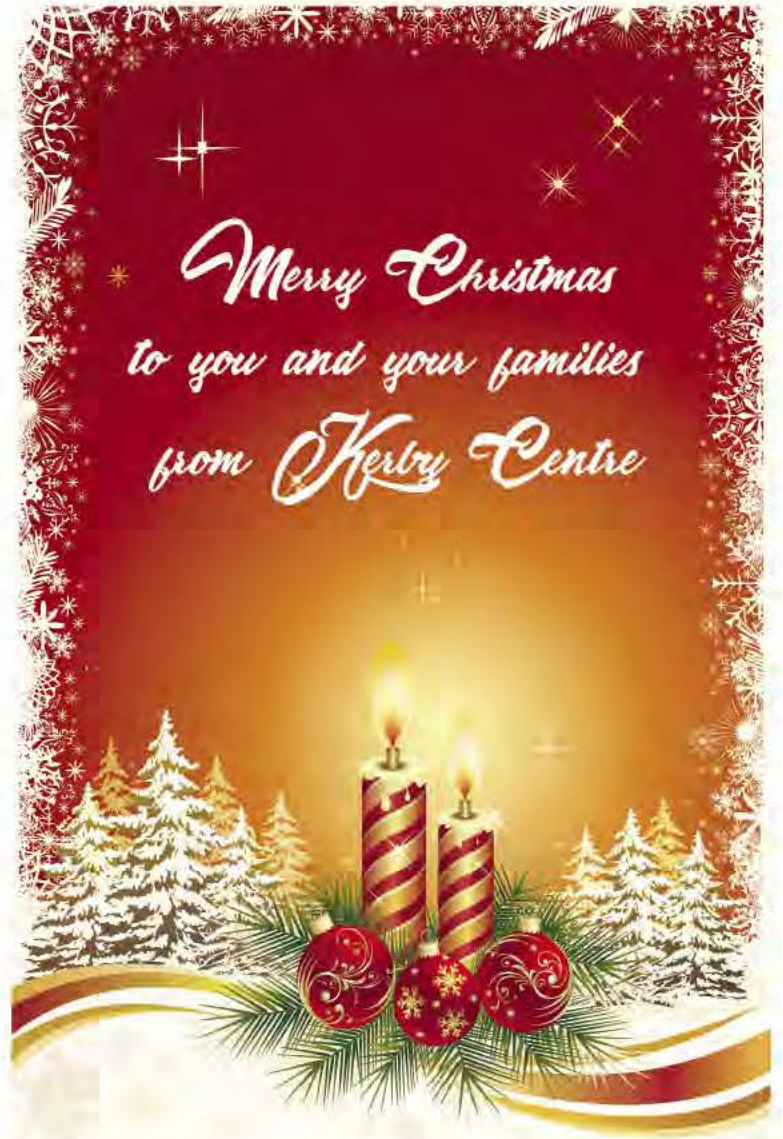
Greater Forest Lawn Five Star Bingo takes place on December 1 and 15 at 12:15 p.m. at 4980 25 Street SE. For details telephone 403-248-8334. Located on bus circle route #72 or #73. Turkey Bingo will be on December 3 at Greater Forest Lawn 55+ located at 3425 26 Avenue. Doors open at 11:00 a.m. Pre-Call at 12:15 p.m., Early Bird at 12:30 p.m. Hamburgers, pop, tea and coffee available at the concession. Must be 18 years of age to play Bingo (Alberta Gaming Commission). The Jeske's and Verna dance will be on December 3. Doors open at 6:30 p.m.,

dance at 7:30 p.m. The cost for members is \$12, non-members \$13. The Sunday dance on December 11 will be from 1:00 p.m. to 4:00 p.m. Cost is \$5, including coffee and snacks. A New Year's Eve dance and buffet with live music by For Olde Tyme Sake will be on December 31. Doors open at 7:00 p.m., dance at 8:00 p.m., buffet at 10:00 p.m. Cost for members is \$40, non-members \$45, and seating is reserved. For more information about these and other programs please call 403-272-4661 or visit www.gfls.org.

Inglewood Silver Threads

On Saturday, December 3 from 9:00 a.m. to 3:00 p.m. everyone is invited to Inglewood Silver Threads to shop for Christmas at their annual Christmas Bake and Craft Sale. A hot lunch will be served for \$5. On Friday, December 16 there will be a Christmas luncheon at a cost of \$15. Seats are selling quickly for this. Inglewood Silver Threads is located at 1311 9 Avenue SE. For more information on these and other programs, please call Wendy Myshyniuk, Coordinator, at 403-264-1006.

Compiled by Margaret McGruther



Are you 71? Happy Birthday!

71?

If you turn 71 this year your RRSP will become a RRIF by December 31st. Do you understand this change? Do you have a plan? For a clear explanation please call or e-mail lgerritsen@telus.net

Lawrence Gerritsen at 403-804-4460

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Volunteer Spotlight



Shirley Langille

Shirley was born in Beloeil, Quebec and grew up in Otterburn Heights. She has had the opportunity to live in a number of different cities and provinces with her husband and two sons. One of her favorite places to live was Elliot Lake, Ontario. Before starting her volunteer career in the Kerby Centre Next to New Shop, she worked in a charity shop in southwest Calgary. Some of her favorite pastimes are watching football, baseball, reading romance stories and walking. She volunteers at Kerby Centre because she enjoys the conversations with the many interesting people she meets. Shirley has already contributed over 4056.5 hours to Kerby Centre.

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

Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

For Information please contact Rob Locke at robl@kerbycentre.com



Kerby Centre

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

Please choose to make a difference today.

Kerby Centre's Activities, Programs, & Services

Dates to Remember Kerby Centre

Member Appreciation Lunch.....Tue, Dec 6

MAPLE LEAF QUEST :
Southcentre Mall Walk.....Tue, Dec 13

MONTHLY MOVIE :
"Miracles from Heaven"Fri, Dec 16

Kerby Centre closed for holidays starting
December 26 and reopening on January 3.

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
---------------------------------------------------------------	------------------------------------------------------------	------------------------------------------------------------------------------------------------	-------------------------------------------------------------------

Fit Room (Rm 108)

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

Next to New

Donations of Fall and Winter items greatly appreciated.
Wise Owl Boutique
Donations of Yarn, Crochet Cotton and Material greatly
appreciated.

 Kerby Centre
wishes you a safe and
happy holiday season!

Internet Drop-in (Rm 305)

Mon—Fri
9am—2pm

HEALTH PRESENTATION

No presentation for December. Be sure to
watch this space for our next **Health
Presentation** in January 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
Musical Recorders Group (Rm 313) 1 - 2:30pm Cribbage (Rm 307) 1 - 3:30pm Writing Group (Rm 301) 1:30 - 3:30pm Pickleball (Gym) 3:30 - 5pm Mahjong (Rm 307) 10:30am - 12:30pm Cost: \$1.25 Knitting for a Cause— 2nd and 4th Mondays only (Dining Rm) 10am - 12pm Cost: Free	Adult Colouring Book Tues- days (Rm 307) 1 - 3pm Cost: \$1.25 Options 45 - Employment Workshops (Lounge) 1:30 - 3pm Cost: \$2.00	Bridge (Rm 307) 1 - 3pm Dance (Lecture Rm 205) 1 - 3pm Cost: \$1.25 General Craft Group - (Rm 311) 9am-12pm Cost: Free	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	Spanish Conversation Group (Rm 311) 10am - 12pm Badminton & Ping Pong (Gym) 10:30am - 1pm Cost:\$1.25 Krazy Karvers Woodcarving Club (Woodshop Rm 102) 10am - 3pm Cost: \$1.00 per hour

Dates to Remember K2-EV

Writing Wills Workshop.....Thu, Dec 1
Zumba Chair..... Fri, Dec 2 & Dec 16, 10:30-11:15am
Picturing Calgary's Past:
East VillageMon, Dec 5, 1:30-3pm
Money Mentors PresentationThu, Dec 8, 10-11am
Drops of Peace (Meditation).....Fri, Dec 9 10:30-11:30am
Monthly Movie:
"Miracles from Heaven"Thu, Dec 15 11am-1pm



Kerby Centre

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

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

**NOT A COMPLETE SCHEDULE—ACTIVITIES MAY BE ADDED

K2-EV (East Village)
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	Arts N' Ends 12:30 - 3:30pm Drop in Computer Time 9am - 3pm	Games 'N More 10:30am - 12pm Community Connects 1 - 3pm Drop in Computer Time 9 - 11am	Use it or lose it 1 - 3pm Drop in Computer Time 9am - 3pm	Chair Yoga 1:30 - 2:15pm Drop in Computer Time 9am - 3pm

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 January issue must be received and paid by November 28.



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
- 60 Opportunities

10 Health

Bathroom, bedroom, walkers, wheelchairs.
ADVANTAGE HOME HEALTH SOLUTIONS
403-460-5438
AADL vendor

CERAGEM Calgary
Sales Service Parts
403-455-9727

11 Foot Care

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Continued on page 28

The Healthy Geezer

BY FRED CICETTI

Q. I had a bird's nest in my chimney and our heating guy told me we were probably getting some carbon monoxide in the house. He said that this is bad for your health. How bad?

A. Carbon monoxide (chemical symbol CO) is a colorless and odorless gas that can kill you. CO is a byproduct of combustion. It comes out of car tailpipes, gas ovens, fireplaces and heating systems.

That bird's nest was blocking the evacuation of CO out of your chimney from your furnace and hot-water heater. The gas was backing up into your house.

Red blood cells absorb CO more readily than they pick up oxygen. If there is a lot of CO in the air, the body may replace oxygen in blood with CO. This blocks oxygen from getting into the body, which can hurt you and eventually kill you.

People with chronic heart disease, anemia, or respiratory

problems are more susceptible to the effects of CO. And many seniors fit into one or more of those categories.

The most common symptoms of CO poisoning are headache, dizziness, weakness, irregular breathing, nausea, vomiting, chest pain, and confusion. You should go outdoors and breathe some fresh air immediately if you suspect CO poisoning. If you stay in the house, you could become unconscious and die. Then get medical attention right away.

The proper operation and maintenance of all fuel-burning appliances is the most important way to reduce the risk of getting dangerous CO in your home. When appliances are kept in good working condition, they produce little CO. Also, having your chimney checked regularly is smart.

Signs that might indicate improper appliance operation include:

- * Decreasing hot water supply
- * Furnace unable to heat house or runs constantly
- * Sooting, especially on appliances
- * Unfamiliar or burning odor

* Increased condensation inside windows

Here are some no-nos: leaving a car running in a garage even with the door open, operating a gas generator in the house, burning charcoal indoors, using a gas oven or dryer to heat the house, and putting foil on the bottom of a gas oven because it interferes with combustion.

And here's one that may surprise you. Do you have a car with a tailgate? If you drive with a tailgate open, you must open windows to make sure air is moving through your car. If only the tailgate is open, CO from the exhaust will be pulled into the car.

Next to preventing the production of CO, the best defense against this lethal gas is a CO alarm. CO gas distributes evenly and quickly throughout the house. A CO detector should be installed outside bedrooms to alert sleeping residents. yellow or green phlegm, blood in spit, fever, wheezing, persistent cough, blue lips or fingertips, fainting.

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

Continued from page 27

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– Charles Dickens

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Crossword Solution

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Puzzle on page 22

IN MEMORIAM



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

- Joyce Walker Boulton
- Maxine Kathryn Culbert
- Imogene Kendrick
- Douglas John Manning
- Leslie Norman McGowan
- Martha Karla Reisenhofer
- Evelyn Henrietta Saunders
- Eva Rosaline Siple

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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Lost details on last will

By Jonathan Ng

The Last Will and Testament provides the general framework of how an estate administration shall proceed but the Executor is nonetheless challenged with many discretionary decisions. Supplementing your Will with directions on the following issues can make the administration easier on your Executor and prevent conflict among surviving family and friends.

Funeral arrangements:

Planning a funeral can feel like planning a wedding, but it is possible to replace anticipation with grief and fear in as little as three days. Although many people will make simple wishes known, such as burial or cremation, it is prudent to provide your Executor with additional directions, including: extent of obituary, nature of funeral service, and handling of ashes. These details can be provided in your Will, in a separate memorandum, or confirmed in advance with a funeral home.

Personal effects:

It is common for a Will to divide the “residue” of the estate among named beneficiaries. This is a relatively simple formula for cash, but problematic for jewelry, artwork, and items of personal sentiment. It is strongly advised to provide your Executor with guidance on personal effects that may cause conflict among the beneficiaries. Documenting your wishes in writing, either in your Will or in a separate memorandum, is helpful if multiple beneficiaries can claim to have had conversations with a deceased person regarding wishes for the same item.

Letter of wishes:

A Will can seem like a cold document, devoid of emotion and personality. It is written intentionally in this fashion to prevent

ambiguity and ensure that the estate is distributed properly. Many people supplement their Will with letters of wishes to fill in the emotional gaps and describe the personal reasons why the Will is written the way it is. For example, these letters can provide guidance on how to administer a trust for a grandchild or an explanation for an imbalanced distribution of the estate.

Other helpful documents:

We are bound by the contracts we make during our life, and our estates are often bound by them after our death. Keep updated copies of your corporate documents, separation/pre-nuptial agreements, and personal contracts with your Will. Maintain a simple list of assets, including: bank branches, name of investment advisor, insurance broker, accountant, lawyer, and pension provider.

Storage of your Will:

The original signed copy of the Will is normally required in order to admin-

ister an estate, therefore your Executor should have access to the document at all times. Best practices recommend keeping your Will in a safety deposit box or in a fireproof safe; however, complications can arise with these locations, such as Executor access to the safety deposit box or theft of the fireproof safe. I have one simple rule with choosing a storage location: safe, but not secret. Whether you keep your documents at the bank or in the third drawer of your personal filing cabinet, your Executor must be aware of the location. Provide your Executor with a copy of the Will and keep them informed of the storage location if you change your residence. □

Jonathan Ng is a lawyer at Underwood Gilholme Estate Lawyers. He specializes in Wills, Enduring Powers of Attorney, Personal Directives, Trusts, and Estate Administration. You can reach him at: jonathan.ng@willsandestates.ca.

Kerby Centre Gift Ideas

Tis the season to be giving gifts of all kinds, and Kerby Centre has many great gift ideas for the older adult on your shopping list.

- **Education & Recreation courses** — It is said that the best gifts are experiences. Enroll your friend or family member in an active aging course, or maybe an introduction to a new language they’ve been wanting to learn!
- **Walking poles** — Help someone’s balance while walking by giving them a set of walking poles. You can buy them in Kerby Centre’s Education & Recreation department
- **Wise Owl Boutique** — Hand-made gifts fill up the Wise Owl! From socks to pot holders to decorations, the Wise Owl has one-of-a-kind items for anyone on your list.
- **Canadian Sights Adult Colouring Books** — Available in the Wise Owl Boutique, these adult colouring books will get you relaxed and learning a bit more about our great country.
- **Membership** — What better way to encourage the older adult in your life to take part in what Kerby Centre has to offer? Check the ad in this month’s issue for information on benefits and how to purchase a membership.
- **Donation to Kerby Centre** — Donations to Kerby Centre help keep vital programs and services available for Alberta’s older adult community. Make a donation in a friend’s name and show your support today.



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TIME: 10:00 am – 11:30 am

COST: Free Presentation



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Camilla brings her extensive recipe development skills to this cookbook and has created recipes exclusively designed for and guaranteed to perform in an air fryer.

There are recipes for every meal of the day, and she hasn't forgotten to devote an entire chapter to all-time fried favourites. 175 will become your definitive cookbook for air frying.

Courtesy of *175 Best Air Fryer Recipes* by Camilla Saulsbury © 2016
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Air-Fried Ratatouille ©

Air-frying makes the whole process a breeze and also cooks the dish perfectly without losing the essential texture and flavors of the individual vegetables. The dish is less starchy and more salad-like than a typical ratatouille, but with its concentrated flavor and fresh texture, along with a kick of garlic, it may soon become your favorite.

Time: Prep: 15 minutes; Cook: 30 minutes **Serves:** 4

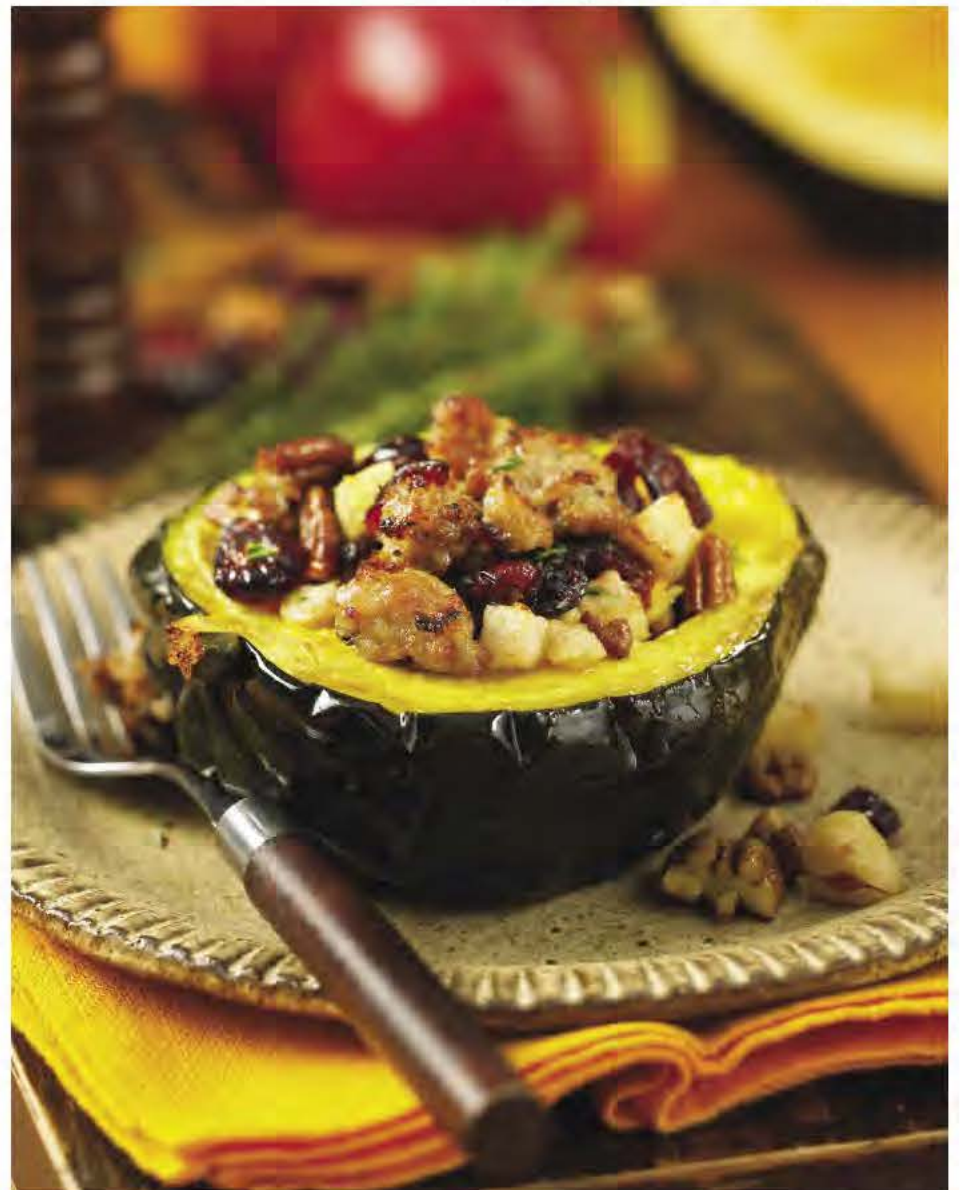
Preheat air fryer to 360°F (180°C)

8 cherry or grape tomatoes
2 cloves garlic, minced
1 small red bell pepper, cut into 1/2-inch (1 cm) pieces
1 1/2 cups / 375 mL cubed eggplant (1/2-inch/1 cm cubes)
1/2 cup / 125 mL cubed zucchini (1/2-inch/1 cm cubes)
1/3 cup / 75 mL coarsely chopped onion
2 tsp / 10 mL olive oil
1/4 tsp / 1 mL salt
1/8 tsp / 0.5 mL freshly cracked black pepper
1/4 cup / 60 mL chopped fresh basil
2 tbsp / 30 mL freshly grated Parmesan cheese

- In a large bowl, toss together tomatoes, garlic, red pepper, eggplant, zucchini, onion, oil, salt and pepper until coated.
- Transfer vegetables to air fryer basket. Air-fry for 13 to 17 minutes, shaking the basket every 5 minutes, until vegetables are tender. Serve sprinkled with basil and Parmesan.

Tips: One medium plum (Roma) tomato, diced, may be used in place of the cherry tomatoes.

An equal amount of fresh flat-leaf (Italian) parsley leaves can be used in place of the basil



Maple, Cranberry and Sausage-Stuffed Acorn Squash ©

Although delicious when made exactly as written, this autumnal squash dish has lots of room for personal interpretation. For example, use your preferred dried fruit (perhaps cherries or currants), try rosemary in place of thyme, and swap out the pecans with walnuts.

Serves: 2

Preheat air fryer to 360°F (180°C)

1 small acorn squash, (625 g / about 1 1/4 lbs)
halved lengthwise and seeds removed

Nonstick cooking spray

Salt and freshly ground black pepper

4 oz / 125 g turkey or pork sausage (bulk or casings removed)

1 small tart-sweet apple, peeled and chopped

1/4 cup / 60 mL chopped onion

1/4 cup / 60 mL dried cranberries

1/4 tsp / 1 mL dried thyme

2 tbsp / 30 mL chopped pecans

1 tbsp / 15 mL pure maple syrup

- Spray insides of squash with cooking spray. Season with 1/4 tsp (1 mL) each salt and pepper.
- Place squash halves, cut side up, in air fryer basket, spacing them evenly. Air-fry for 30 to 35 minutes or until squash is tender.
- Meanwhile, in a large nonstick skillet, cook sausage over medium-high heat, breaking it up with the back of a spoon, for 5 to 7 minutes or until no longer pink. Drain off and discard fat. Add apple, onion, cranberries and thyme to the skillet; cook, stirring, for 7 to 8 minutes or until apples are tender. Stir in pecans and season to taste with salt and pepper.
- Open air fryer basket and fill squash halves with sausage mixture. Drizzle each with maple syrup. Air-fry for 5 to 7 minutes or until filling is golden.

Tips: If the two squash halves will not fit side by side in the air fryer, air-fry one half at a time. Reheat the filling and fill the second squash half just before air-frying.

An equal amount of dried cherries or currants can be used in place of the cranberries.



Tempura-Style Vegetables ©

Vegetable tempura is irresistible — you simply can't eat just one — and thanks to the air fryer, you no longer have to limit it to rare occasions.

Serves: 4

2/3 cup / 150 mL cornstarch

1/3 cup / 75 mL all-purpose flour

1/4 tsp / 1 mL salt

1 large egg, lightly beaten

3/4 cup / 175 mL club soda, chilled

1 1/2 cups / 375 mL panko (Japanese bread crumbs)

1 cup / 250 mL broccoli florets

1 red bell pepper, cut into

1/4-inch (0.5 cm) thick strips

1 small sweet potato,

peeled and cut into 1/4-inch (0.5 cm) thick slices

1 small zucchini, cut into 1/4-inch

(0.5 cm) thick slices

12 green beans, trimmed

Nonstick cooking spray

12

- In a medium bowl, whisk together cornstarch, flour and salt. Whisk in egg and club soda until blended and smooth. Cover loosely with plastic wrap and refrigerate for 30 minutes to thicken.
 - Preheat air fryer to 390°F (200°C).
 - Spread panko in a shallow dish.
 - Working with 1 vegetable piece at a time, dip in batter, shaking off excess, then dredge in panko, pressing gently to adhere. As they are dredged, place 5 to 6 vegetables in air fryer basket, leaving space in between. Spray with cooking spray.
 - Air-fry for 5 to 8 minutes or until golden brown. Serve immediately.
 - Repeat steps 4 and 5 with the remaining vegetables, batter and panko. Discard any excess batter and panko.
- Variation:** Gluten-Free Tempura Vegetables: Replace the all-purpose flour with an all-purpose gluten-free flour blend, and replace the panko with crushed gluten-free corn flakes cereal.



by Alicia Gerrior

'Tis the season for Christmas TV specials and movies. From Frosty the Snowman to Rudolph the Red Nosed Reindeer, How the Grinch Stole Christmas and A Charlie Brown Christmas — these holiday TV and movie classics that we've all grown up with have become a tradition in and of themselves and are just as important to the celebration of the holiday as Christmas trees, candy canes, and presents. These classics that we've watched snuggled up on the sofa, drinking hot chocolate with loved ones have the perfect formula for getting us into the holiday spirit: memorable jingles, heart-warming stories, meaningful messages, and fun. This December, TV networks will be spreading holiday cheer with a host of jolly TV specials and films. With new entries and beloved classics, there's something for everyone. Here are the top Christmas TV specials and movies that will be hitting your screen this season:

Christmas TV Classics:

They've stood the test of time and they're here to stay. These Christmas specials will make you feel warm, fuzzy, and wrapped up in nostalgia with a bow on top.

Rudolph the Red-Nosed Reindeer (1964)

The ultimate Christmas classic follows a lonely, misfit reindeer and his pal Hermie, an elf aspiring to be a dentist, as they journey through the North Pole and Island of Misfit Toys and learn to embrace what makes them unique. Fun fact, the catchy song in this claymation feature was actually written years before the TV classic, according to Mental Floss.

A Charlie Brown Christmas (1965)

This animated Emmy-winning heart-warming classic has it all, Christmas trees, a fantastic lounge-jazz soundtrack by Vince Guaraldi that's never gotten old and a message that reminds viewers

that the season is much more than commercialization.

How the Grinch Stole Christmas (1966)

This timeless animated classic based on the Dr. Seuss book of the same title is a holiday must-watch. The Grinch, who despises the holiday, tries to steal Christmas from the Whos, creatures who adore everything Christmas. They both learn that the spirit of Christmas is about much more than material things.

Frosty the Snowman (1969)

A snowman is brought to life by a magic hat in this animated tale that follows Frosty the Snowman and his friend, school girl Karen, as they travel to the North Pole to escape the warm weather and the evil Professor Hinkle.

Santa Claus is Coming to Town (1970)

Narrated by Fred Astaire, Mickey Rooney plays Kris Kringle in this claymation special that explains how Santa Clause came to be and gives a full background to all of the holiday traditions we enjoy.

TV Specials:

Get into the holiday spirit by watching some of 2016 newest entries in the Christmas TV special's arena. In previous years we've had Michael Buble and Dr. Who Christmas specials that may pop up on your TV screen again this holiday season. Here are a few others to watch out for this year:

CMA Country Christmas

This musical TV special airs on November 28th and is hosted by Country music star Jennifer Nettles. She'll be joined by Kelly Clarkson and country heavyweights Brad Paisley, Trisha Yearwood, and Loretta Lynn.

A Pentatonix Christmas Special

The Grammy-winning a cappella group, whose past couple of Christmas albums have topped the charts, will headline this hour-long Christmas special which airs on NBC on December 14 and features performances from Kelly Clarkson and Reba McEntire.

America's Got Talent Holiday Spectacular

A two-hour special with performances by Andra Day, Pen & Teller, and past

favourite contestants including season 11 winner, ukulele player Grace VanderWaal.

Christmas Movies:

There is a mix of old and new Christmas movies to keep your eye out for this December. Here are some can't-miss features:

It's a Wonderful Life (1946)

This ultimate uplifting Christmas classic follows a suicidal man who is shown the importance of his life is by a guardian angel.

Miracle on 34th Street (1947)

This classic, which was remade in 1994, puts Santa Clause on trial and makes the case for the existence of the man in the red suit.

White Christmas (1954)

The eponymous song White Christmas actually debuted in Holiday Inn (1942) and was so popular it inspired this Christmas classic starring Bing Crosby (EOnline). The romantic musical follows two men who become a singing and dancing act after leaving the army and team up with a sister act to save an inn in Vermont.

Elf (2003)

A modern classic, this comedy stars Will Ferrell as Buddy, a man-child human elf who travels to New York from the North Pole to search for his father and identity.

Love Actually (2003)

This movie has become a must-watch during the holidays. It follows the love lives of eight couples in the weeks leading up to Christmas in London. The star-studded cast includes Hugh Grant, Liam Neeson, Colin Firth, and Emma Thompson.

At press time, the airdates for the movies and TV shows were not released. Keep your eyes peeled as these new and old classics are sure to pop up on your screen in the coming weeks. If you're computer savvy, many of them can be found on YouTube and Netflix. □



Letters to the Editor

e-mail Barry Whitehead at
 editor@kerbycentre.com
 or mail a letter to
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 Calgary, AB T2P 1B2

To begin, I am 97 years of age and of the female persuasion. So far I think I have managed to maintain most of my marbles.

I am satisfied that the place where I live is doing its best to provide good nutritious meals. However, they have no control over what goes on at the wholesale level.

Anybody who knows anything, knows that meats are being "irradiated" to give them "shelf life." We get meats that have different names, like pork or beef and they look different but they taste exactly the same, which is "no taste at all."

I find the chicken fairly good and I think that is because there would be a fast turnover in this type of meat, so no need to irradiate?

I eat this tasteless meat every day because it is necessary to fill the stomach with whatever is available. I am sure that I cannot be the only one who is aware of this unpleasant problem.

I hope this letter will prompt others to speak up or write in. We will not get any action on the matter until there is a real outcry.

Yours very truly,
 Florence Richard

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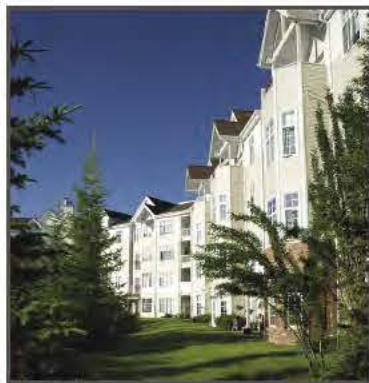
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