

Kerby News

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Kerby Centre

for the **55** plus

2016
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Volume 32 #6



Calgary's leading expert and writer on city walks, David Peyto, is pictured with his clipboard in Fish Creek Park. To find out about the joys and discoveries of walking Calgary's streets see David's feature on pages 16 and 17.

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19 June, 2016 Father's Day

20 June, 2016 First Day of Summer

21 June, 2016 National Aboriginal
Day



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Standing on the shoulders of giants

President's Report Zane Novak

I would like to introduce myself. I am Zane Novak and I feel privileged and honoured to be the new President of the Kerby Centre Board of Directors. It is my hope that I, along with the rest of the Board, will be able to help guide this remarkable organization through these challenging times and toward the exciting

opportunities ahead.

First I would like to thank my predecessor Hank Heerema for his dedicated service to the Kerby Centre and his inspirational leadership. I have learned much from Hank and I am grateful he will continue to serve on the board with his genuine passion for the Kerby Centre.

Hank sets a very high bar for leadership and I thank him for all he has done and will continue to do to develop the Kerby Centre.

Hank started volunteering on the Board of Directors and became the President in 2010. But his association with the Kerby Centre began long ago when he almost single-handedly took control of the agency's computer needs. Over the years he has not only maintained the computer network but volunteered at casinos, the Kerby News, special events and fundraising and served on many committees. His volunteer hours currently stand at over 25,500.

Hank received much deserved recognition for his work on the board of Kerby Centre.

Most notable was the Minister's Seniors' Service

Award for outstanding commitment to improving the quality of life of Alberta's seniors, awarded to him in 2008.

My own background has always been associated with the construction and oil and gas industries in Western Canada. Currently I own a service company that works in many different industries: oil and gas, mining, commercial construction and wind turbines.

I also have a history working with the charitable side of our community in roles other than serving on the board of the Kerby Centre. I am currently the President of the Mavericks Group. This is an entirely volunteer group that has impact on the community through the events it sponsors at the Stampede and the charity endeavors it undertakes. The main focus of this group is contributions to local children's charities. To date the group has raised over \$4,000,000, which has gone to community-driven local children's charities.

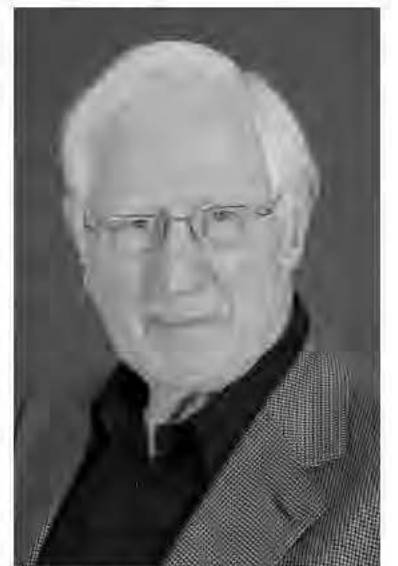
I am also involved with numerous other charities within our community. I believe how we contribute

to the community we live in is one of our defining characteristics.

I have served on the Kerby Centre Board of Directors for three years and I have taken an active role in the Relocation Committee as I clearly see the need for the Kerby Centre to grow beyond the walls that confine us now.

I look forward to working with the Board, CEO Luanne Whitmarsh, and the staff, volunteers, and members of the Kerby Centre.

Thank you for being part of Kerby Centre and I look forward to the rewarding work ahead. □



Hank Heerema

JUNE 2016

Front page: Photo by Tim Johnston

Design by Winifred Ribeiro

Kerby Centre Board of Directors 2015 - 2016

1133 - 7th Avenue S.W. Calgary, AB T2P 1B2

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KERBY CENTRE'S MISSION:

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

Kerby News

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News from City Hall

EVAN WOOLLEY
Calgary Councillor for Ward 8

Celebrating Neighbour Day on June 18

One of my biggest goals when running for office was to build, nurture and grow diverse and activated neighbourhoods. While all of our communities might look different, what makes Calgary so great is the people who live here. Passionate and engaged Calgarians are found in every corner of our city and it has been awesome to meet so many of them in my role as a City Councillor.

Our inner city and established communities are not

only diverse in age, gender, income and ethnicity but also in what they value in a city. These different perspectives are a big part of the constant dialogue surrounding how we make our neighbourhoods better. I think the best way to increase and improve our city is to get to know each other.

Neighbour Day is held every year on the third Saturday of June and is an opportunity for neighbours to come together. The idea is for people to meet their

neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community. Whether you are having a front yard barbecue, a garden party, a street cleanup or are setting up some games in a local park, Neighbour Day will help make you part of your community.

As for all the other days of the year, the City of Calgary offers a wide variety of community-based programs and special events for

children, youth, families, adults and seniors. There is a range of opportunities to take advantage of to help build strong and inclusive neighbourhoods where citizens are empowered, connected and involved.

Make Saturday, June 18 the day you get to know your neighbours.

Visit calgary.ca/neighbourday for ideas to help you celebrate or contact my office at 403-268-2431 or ward08@calgary.ca for more information. □



This month in Edmonton

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

Albertans have each other's backs in times of a disaster

fires grew in Fort McMurray and the Regional Municipality of Wood Buffalo, over 88,000 Albertans had to be evacuated from their homes. As I am writing this in mid-May, communities are not yet ready to return home. The focus is shifting from emergency to re-entry and rehabilitation when it is safe to do so.

As we witnessed during the Slave Lake wildfires and 2013 Southern Alberta floods, Albertans have each other's backs in times of emergency. I want to thank the many constituents who have reached out to our

office to find out how they can help their neighbors in Northern Alberta. When a crisis strikes, Calgarians and all Albertans respond. Together we stand with all those impacted in and around Fort McMurray. That's what Alberta is all about.

What we witnessed during the Calgary floods was that supporting one another during a devastating event is critical. But it is the support after an event, when we come together and rebuild, that makes all the difference. As we move out of emergency and into the recovery phase, the complex

needs of families and communities will be assessed and solutions will come from the community-level. The government and partners will be working with groups such as the United Way of Alberta to develop recovery and resilience plans to rebuild communities.

During this unprecedented time of need, we have all been inspired by the tireless and brave work of first responders and our Armed Forces. The team work of our RCMP and provincial law enforcement has been outstanding. Neighbors and kind strangers alike are

what make this province so strong. After a new natural disaster, donation centres saw such a high number of willing volunteers that they were forced to turn some away. In times of crisis, Albertans live up to our reputation as hard working, empathetic and community-minded people. Alberta is strongest when we support one another.

As this situation continues to develop, the most up-to-date information is available at www.alberta.ca/emergency, or you can call the Alberta Government directly at: 310-4455. □

Something unprecedented happened in May in our province: as massive wild-



This month in Ottawa

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

Federal budget is committed to creating jobs and opportunities for youth

or youth entering the workforce establishes valuable skillsets and experience, and in some cases is the beginning of a career. This first chance builds confidence and makes a strong impact on their ability to serve their communities and build the society that we all share and enjoy. Providing such opportunities for success is one of our most important responsibilities.

First of all, investing in youth jobs and opportunities is part of our plan to help the middle class and those seeking to join it. Our investments from Budget 2016 will help support young Canadians, including vulnerable youth, indigenous Canadians, immigrants,

youth with disabilities, single parents, those who have not completed high school and others.

We will help create thousands of new green jobs, more summer employment, participation in the Skills Link program and employment in the heritage sector.

We've doubled the Canada Summer Jobs Program (from 35,000 jobs to 70,000 for 2016, 2017, and 2018). This program invests in local non-profits, local governments, and small businesses for them to hire youth over the summer months. Places like the Trinity Foundation, the Kerby Centre and the YWCA receive grants for hiring these students. This

program has a proven track record — employing some 330,000 students since its inception — and supporting local organizations in their work in the community.

This is part of our \$105 million commitment over five years, starting in 2016–17, and \$25 million per year thereafter in support of youth services.

Further more, our government has created the Prime Minister's Youth Advisory Council to provide advice on key issues such as employment and education, building stronger communities, climate change and clean growth. Oftentimes I have found the best policies and ideas come from those we are seeking to help, and the

Prime Minister's Youth Advisory Council is one part of this listening to those in our communities.

These are investments in Canada's future, and we're determined to help our youth find jobs and get the best start possible to their careers.

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 – 6th Avenue SW and my door is always open to you. You can follow my work in the Parliament online at www.kenthehrmp.ca, where you can watch clips of yours truly in question period and sign up for my e-newsletter. □

In late April I read an article on the CBC's website addressing to the plight of students in Calgary trying to find summer work. I printed the article to share it with the my staff members and fellow MPs on the Parliament Hill. Let me tell you why.

That first job for a student

Disclaimer:

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

Find out about your CPP at the upcoming public meetings

(NC) Did you know that part of every Canadian worker's retirement income is invested in countries around the world? Canadians are invested in developed economies such as the United States, the United Kingdom, Europe, and Australia, as well as in developing economies such as China, India, Brazil and Chile. Since it's your money,

do you feel this is something you should know more about? That information is available but first, some background. The global investments made by Canadians are made through your Canada Pension Plan (CPP) contributions. These funds are invested by a professional investment organization called the CPP

Investment Board, or CPPIB. Currently, over 75% of CPPIB investments are invested in countries other than Canada to reduce risk and develop stronger returns through geographic diversification. CPPIB manages the approximately \$280 billion fund at an arm's-length from government, with the investment gains held in a separate account so governments can't use the funding for their own purposes. CPPIB's mandate is to invest the CPP contributions that both you and your employer make to maximize returns without taking excessive risk to help ensure the long-term viability of the CPP. To ensure the sustainability of the CPP portion of your retirement, the Chief Actuary

of Canada projects that CPPIB needs to maintain a 4% investment return after inflation. The annualized rate of return achieved by CPPIB over a period of 10 years is comfortably above this mark. This level of investment return means that the CPP will be sustainable, at the current contribution rate, for at least the next 75 years. CPPIB's strategy for delivering investment returns is to focus on the long-term value of the fund over decades, while accepting short-term volatility. That may mean the fund will lose money in the occasional year, but because CPPIB is investing not only for today's generations, but for generations to come, any losses will be dwarfed by the

longer-term gains made by the organization. All CPP contributors and recipients have a stake in the success of CPPIB – it is, after all, your money they manage. On Monday June 6th, Canadians across the country, including in our region, will have the opportunity to hear from, and ask questions of, the senior executives in charge of investing the funds of the CPP. For those unable to join the meeting in-person, CPPIB also holds an interactive webcast. Anyone interested in participating in the meeting or live webcast can find more information at www.cppib.com.

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Car for me... car for you? The ins and outs of car2go

By Kayla Valtins

I get into my blue and white two-seater car and put in my four-digit code. It accepts and a male voice comes over the speaker welcoming me to my driving experience. I put the key in the ignition to start the car. A screen with a GPS and local radio stations comes on in the middle console. The timer starts as I drive through the streets of Calgary, and I see replicas of my Smart Fortwo vehicle as I pass by arriving at my destination. I find a spot to park, not worrying about paying for parking. I take the keys out of the ignition and leave them in the key holding slot. A voice thanks me over the speaker and as I leave the car as the doors lock automatically. Moments

later, another individual gets into my car and drives away. No, this is not a science fiction story from the future. This is today, and I'm a member of the car2go service offered in Calgary.

Car2go is a way of using a car without owning one. You can basically find one on the street, use it for a period of time and then leave it somewhere else. Car2go started in the German city of Ulm in 2008 as a way to reduce automobile traffic and gas emissions. It has since zoomed its way into 23 European and North American cities. Participating Canadian cities include Calgary, Vancouver, Montreal and Toronto. Becoming a member will change the way you transport yourself when traveling through the streets of cowtown.



Kayla with car.

Photo by Haniso Gijimani

In order to join, you must have a valid Alberta driver's license, and after about two weeks, car2go will approve your account and you will receive your membership card in the mail. The Car2go membership costs \$35 for the onetime sign-up fee. After that the service becomes a pay-as-you-go

service wired through your bank account or credit card. Once you're ready to take a car out on the road, the service charges 41 cents per minute, which is about \$4 per 10 minutes, which can take you from the downtown core to Mount Royal University, traffic depending. If you take a friend to fill

the passenger seat, this could be the more cost effective way to travel. Daily rentals are also available.

So how does it work? After getting your membership card in the mail, you can simply walk up to a parked car2go, many of which are disbursed on streets throughout the city, and flash your card on the dashboard device — much like the tap system used on some debit and credit cards. This dashboard device is located on the driver's side, facing outwards, which makes it easy to see whether the car is in use or reserved by another member, or indeed is available to use. If it is available your account will be processed and about a minute later the door will

Continued on page 9

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Continued from page 8

unlock. After verifying your membership with your four-digit passcode, you will be on your way. The car is yours for as long as you want, including making intermediate stops as you please.

The preferred and more efficient way to use the car2go service is downloading the app on your mobile device. The app indicates which cars are close to you and allows for the reservation of up to 30 minutes. The app will keep you logged in to your account which makes it a lot easier to find your reserved car. I know from experience, that little Google-like map can be a big help when locating your reserved car. If you don't have a mobile device, you can also use a program similar to the app on your home computer, provided that it's connected to the Internet.

The insurance and registration is covered by car2go, so you don't need either to use the service. Don't worry about filling the gas after you are finished, like you do when renting a car. The company takes care of that. In the unlikely instance that you do need to fill the small tank, they will reimburse you.

In Calgary, the car needs

to stay within the specified area, called the home area, that spans most of downtown. You can choose to go outside of the area, but the car will charge you until you return it to the home area.

For those with mobility issues, when a car is not available close to your location, you may need to walk some distance to obtain them. I know this from experience, as I have had to walk up to 20 minutes to find a car2go, but they are

often are located within a few minutes' walk.

Will car2go work for you? In my opinion, the advantages of car2go outweigh the disadvantages, but I'll let you decide.

Pros:

- environmentally friendly by having more fuel efficient cars on the road
- eliminates the need to own a vehicle, along with the cost of insurance
- proves to be cheaper than

a taxi, and sometimes more convenient than Calgary Transit

- parking is not an issue. Not only is the Smart car compact and easy to park, but the company has an agreement with the City to waive parking fees. (see website for some parking rules)


Cons:

- not always easy to find a car around peak times, depending upon where


- you live
- because it charges by the minute, if you're stuck in traffic it may end up costing you more than what you expected
- best and easiest way to use the service is with a mobile device

For more information, including the map of the home area and information on how to get started, go to www.calgarycar2go.com.


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



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- ❖ 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.
- Program is for those who enjoy a slower pace environment and the camaraderie of others in a relaxed atmosphere with a definite purpose in mind.
- When you register, you may be asked about your health issue to ensure you are placed in the appropriate class.

LEARNING 2016 – SUMMER

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

Summer is the perfect time to try something new! Our shorter courses in July and August provide an excellent opportunity to sample our fitness courses and discover how great you can feel!

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 Jul 4 – Jul 25	9:00 – 10:00 am	Gymnasium	Member: \$24	Non Member: \$44
A02	Monday Aug 8 - Aug 29	9:00 – 10:00 am	Gymnasium	Member: \$24	Non Member: \$44

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

A03	Monday Jul 4 – Jul 25	10:05 – 11:00 am	Gymnasium	Member: \$26	Non Member: \$46
A04	Monday Aug 15 - Aug 29	10:05 – 11:00 am	Gymnasium	Member: \$20	Non Member: \$40

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, to improve mobility and balance, range of motion and coordination.

A05	Monday Jul 4 – Jul 25	11:15 – 12:15 pm	Gymnasium	Member: \$24	Non Member: \$44
A06	Monday Aug 8 - Aug 29	11:15 – 12:15 pm	Gymnasium	Member: \$24	Non Member: \$44

Salsa Workout

Instructor: Bonnie Field

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

A07	Monday Jul 4 – Jul 25	2:00 – 3:00 pm	Gymnasium	Member: \$24	Non Member: \$44
A08	Monday Aug 8 - Aug 29	2:00 – 3:00 pm	Gymnasium	Member: \$24	Non Member: \$44

Monday Yoga

Instructor: Caroline Bees

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

A09	Monday Jul 4 – Jul 25	2:30 – 3:30 pm	Room 205	Member: \$30	Non Member: \$50
A10	Monday Aug 8 - Aug 29	2:30 – 3:30 pm	Room 205	Member: \$30	Non Member: \$50

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.

A11	Wednesday Jul 6 – Jul 27	1:30 – 2:30 pm	Lounge	Member: \$24	Non Member: \$44
A12	Wednesday Aug 10 - Aug 31	1:30 – 2:30 pm	Lounge	Member: \$24	Non Member: \$44

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

A13	Wednesday Jul 6 – Jul 27	10:05 – 11:00 am	Gymnasium	Member: \$26	Non Member: \$46
A14	Wednesday Aug 3, 24, 31, Sept 7	10:05 – 11:00 am	Gymnasium	Member: \$26	Non Member: \$46

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.

A15	Wednesday Jul 13 – Jul 27	9:30 – 10:30 am	Room 205	Member: \$20	Non Member: \$40
A16	Wednesday Aug 10 - Aug 31	9:30 – 10:30 am	Room 205	Member: \$26	Non Member: \$46

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.

A17	Wednesday Jul 6, 13, 27	4:15 – 5:15 pm	Room 205	Member: \$23	Non Member: \$43
A18	Wednesday Aug 10 - Aug 31	4:15 – 5:15 pm	Room 205	Member: \$30	Non Member: \$50

Line Dancing

Instructor: Bonnie Field

No one to dance with? Need exercise? This class will teach you the basics of line dance in a fun and educational setting.

A19	Thursday Jul 7 – Jul 28	1:00 – 2:00 pm	Gymnasium	Member: \$24	Non Member: \$44
A20	Thursday Aug 4 – Aug 25	1:00 – 2:00 pm	Gymnasium	Member: \$24	Non Member: \$44

Gentle Seated Yoga (Mauder's McNeil)

Instructor: Caroline Bees

Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.

A21	Thursday Jul 7 – Jul 28	1:00 – 2:00 pm	Room 308	Member: \$20	Non Member: \$40
A22	Thursday Aug 4 - Aug 25	1:00 – 2:00 pm	Room 308	Member: \$20	Non Member: \$40

Rhythms & Grooves (Mauder's McNeil)

Instructor: Bonnie Field

This class is guaranteed to loosen up those stiff areas of the body and awaken your sense of fun with rhythms and music! Participants will have use of rhythm sticks, shakers, and other percussive instruments to make up a fun-filled experience. Different movements of the body will be paired up with the use of the instruments to make this a well-rounded workout!

A23	Thursday Jul 7 – Jul 28	2:15 – 3:15 pm	Room 311	Member: \$20 Non Member: \$40
A24	Thursday Aug 4 – Aug 25	2:15 – 3:15 pm	Room 311	Member: \$20 Non Member: \$40

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.

A25	Friday Jul 22, Aug 5, 26, Sept 2, 9	9:30 – 10:20 am	Gymnasium	Member: \$30 Non Member: \$50
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Joint Health (Mauder'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.

A26	Friday Jul 15 – Aug 5	10:15 – 11:15 am	Room 205	Member: \$20 Non Member: \$40
A27	Friday Aug 12 - Aug 26	10:15 – 11:15 am	Room 205	Member: \$17 Non Member: \$37

Academic Courses

Please see course descriptions for required supplies/textbooks.

Computer: Level One Basics

Instructor: Pat Seifert

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

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

B01	Mon/Wed Jul 18, 20, 25, 27, Aug 3	10:00 – 11:30 am	Room 312	Member: \$115 Non Member: \$135
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Computer: Setting Up and Basic Functions of Your iPad

Instructor: Pat Seifert

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

B02	Monday Jul 18	12:30 – 3:30 pm	Room 312	Member: \$44 Non Member: \$64
B03	Wednesday Aug 3	12:30 – 3:30 pm	Room 312	Member: \$44 Non Member: \$64

Language Arts: Advanced Spanish Grammar Level 1

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.

It is available at www.amazon.com and takes about 2 weeks for delivery or may also be found on www.ebay.ca

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.

B04	Tuesday Jul 19 – Aug 23	10:00 – 12:00 pm	Room 311	Member: \$65 Non Member: \$85
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Fine Arts: Studio Class

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 the Education & Recreation office, Room 305.

This acrylic and watercolour studio course is designed to develop techniques needed to transform a photo into a lifelike painting. Colour theory and spatial relationships will be emphasized. Please bring your own image or artwork in progress.

B05	Friday Jul 15 – Jul 29	9:30 – 12:30 pm	Room 313	Member: \$55 Non Member: \$75
B06	Wednesday Aug 10 - Aug 24	9:30 – 12:30 pm	Room 313	Member: \$55 Non Member: \$75

Kerby 2 St. Andrew's Courses

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

Yoga for You

Instructor: Angie Friesen

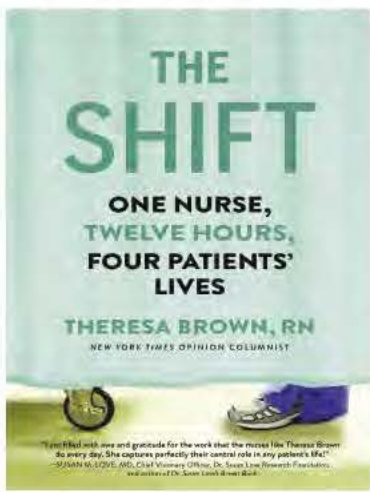
In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor easily, and a chair will be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe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

S01	Thursday Jul 14 – Jul 28	9:00 – 10:00 am		Member: \$30 Non Member: \$50
S02	Thursday Aug 11 - Sept 1	9:00 – 10:00 am		Member: \$30 Non Member: \$50

*Live as if you were to die tomorrow.
Learn as if you were to live forever.*

Mahatma Gandhi

Book Review



“The Shift: One Nurse, Twelve Hours, Four Patients’ Lives”

By Theresa Brown, RN

c.2015, Algonquin Books of Chapel Hill
\$24.95 U.S. / \$33.95 Canada
272 pages
Reviewed by the Bookworm

Nobody likes being poked.

Nobody woke up this morning and said, “Cut into me and make me hurt for a month.” No one asks for misery, nausea, aching pain, bedpans, stitches, needles, or risk. But there it is: it happens. And if it does, after reading “The Shift” by Theresa Brown, RN, you’ll know exactly who you want by your side.

It’s often dark when Theresa Brown leaves her Pittsburgh-area home to bike to work, using her commute to clear her head in advance, to think about her family, and to prepare herself for the 12 hours ahead. She’s an oncology nurse who will most certainly face a full load of four sick patients at the hospital for which she works, and that preparation is essential.

Her workday starts at 7 a.m. when she learns that, on this particular morning, she’s been assigned an empty bed and is first in line to receive any new admits. With that in mind, she collects information about her patients, taking notes, understanding that no detail is unimportant.

One patient had recently arrived at the hospital in the middle of the night, with abdominal pain and blood issues. Another was going home soon, six weeks post-chemo, with a stronger immune system. A third, an elderly man who seemed to be near death, was prescribed medication that might prove too strong for him; that it could kill him was a foremost concern. Brown’s final patient, a Johnny-come-lately last-minute admission, came with a reputation for being demanding and unnecessarily controlling — reactions, Brown sensed, to the woman’s fear.

For Brown, and for many nurses, mealtime, if they get one, lasts mere minutes. Bathroom breaks are sometimes nonexistent. Twenty percent of all nurses don’t make it past their first year; it’s a hard job, complete with a cacophony of phones and beeps; lights, charts, urgency, personality clashes, body fluids, and death.

“This is nurse’s work,” says Brown. It’s what happens until “Another nurse, another good-hearted overworked soul in white” takes over for the next shift.

No doubt, you’ve recently heard the howl of national support for nurses from every corner. No doubt, especially after you’ve read “The Shift,” you’ll know it’s justified.

Just reading about the pressure-filled day that author Theresa Brown, RN describes made me awe-struck: the thousand things to remember (many of them, literally, life-or-death mat-

ters), the emotions (hers and her patients’) and maintaining a delicate harmony in doctor-nurse relationships while doing her job in the midst of hospital cut-backs, fiscal scrutiny, changing rules, and other frustrations.

I’m addled just typing that. Thankfully, Brown balances any negatives with moments of levity and a firm sense of control, which is obviously as soothing to patients as it is to readers.

I absolutely couldn’t get enough of this book. I raced through it, knowing that it would be satisfying but that the ending might not be rosy. If you’ve ever been a patient, I think you’ll like it too, so look for it. Missing “The Shift” would be a bitter pill to swallow. □

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Joseph Addison

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by Alicia Gerrior

Diving into the swim of streaming television

It's a brave new world out there in television.

Long gone are the days of having only a few channels to choose from and having to actually get up from the couch to change the channel. Today there are hundreds of channels available and the remotes that control them are more confusing than ever.

There are smart TVs that connect to the internet and bridge the gap between computers and television. PVRs allow you to record hours of TV shows to watch back whenever you'd like,

and there's Video on Demand which gives users access to movies, shows, and free programs through their cable provider. You can do just about anything with the right TV today.

Perhaps the most groundbreaking change in television has been the introduction of streaming services. Concisely put, streaming is receiving visual and audio materials via a computer network.

Streaming services have changed the way people watch TV in two major ways. Firstly, more and more people are abandoning traditional cable in favor of streaming services, and secondly, streaming has introduced the world to the phenomenon of binge-watching — of which I'll willingly admit I'm guilty.

To get into the swim of

this brave new world of TV, your first step would be getting yourself a streaming service. Streaming services gives users access to a greater variety of TV shows and movies than regular cable TV and allow users to play content immediately from their internet connected TV.

If you haven't got an internet compatible TV or if your TV is not connected to the internet you'll need to contact your TV service provider, such as Shaw or Telus in Calgary, to set up the streaming service you want. Don't worry though--you can also keep your regular TV channels as well, if you want.

Although there are a number of streaming services, one of the most popular is Netflix, which boasts 81

million users, according to its website.

Netflix is probably the easiest place to start if you're just getting your feet wet in the world of streaming television.

Netflix lets users watch commercial-free TV shows, movies and documentaries anytime. An increasing number of Canadians are cutting the umbilical cord of traditional cable in favor of streaming companies like Netflix, according to a report by the Convergence Consulting Group.

Cost also plays a huge factor in why some people are choosing streaming services. Canadians spend an average of \$53.56 per month on their cable subscription according to the Canadian Radio-television and Telecommunications Commission. That's nearly six times the price of Netflix. Monthly subscriptions for Netflix start at \$7.99 per month, and users can try out the service for free for their first month. But be sure to cancel your trial before the 30 days are over, or your credit card will be charged \$7.99 the day after the trial ends. This happened to me

with a different streaming service, but I caved. I still haven't gotten up the energy to cancel, and it's been more than a year. Those free trials will get you every time if you're not careful.

For those who have a computer, Netflix is easy to set up. All it takes is a visit to Netflix.com, the click of a few buttons, and you can have yourself a Netflix account in less than five minutes. You can then immediately watch their content on your computer.

However, to connect the streaming service to a TV and watch it, there are several other options:

- 1) A HDMI cord can be connected from the USB port in a laptop or computer to the television (your cable provider can connect the necessary cords from your cable box to your TV).
- 2) A gaming device such as PlayStation or Xbox can be used.
- 3) Small media boxes such as the Roku or Apple TV can be hooked up to your television. (They are usually bought at a shop and connected yourself).

Continued on page 15

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Continued from page 14

4) A SMART TV can be used to connect to streaming sites. You can buy a SMART TV from a retail outlet and have your cable service provider connect it to the streaming service (as well as your regular TV channels). Some TV remotes even have a Netflix button or allow you to choose, via a menu, your preferred streaming service.

One of the greatest advantages of having Netflix is the option to watch entire seasons of TV shows at once or, as some call it, *binge-watching*. Traditionally, new episodes of a TV series air on a weekly basis, but with streaming services, users can spend hours upon end watching full seasons of TV shows. In fact, binge-watching has become so pervasive that network television is changing the way it develops shows to cash-in on the trend. According to Reuters, the television network TV Land changed the storylines of one of its new series to encourage viewers to binge watch it.

Binge-watching aside, Netflix is giving TV networks even more competition by developing original content, like the massively successful women's prison drama/comedy series, "Orange is the New Black" and the critically acclaimed political drama, "House of Cards."

As great as Netflix is, there are some downsides to the streaming service. For example, the TV shows and movies available on Netflix today may not be available in the immediate future. The streaming service often deletes content, mainly because deals it made with film companies that own the content have expired. But one upside is that Netflix adds new content on a regular basis, so it balances out.

Another con of Netflix is the release dates of the content on the site. You won't find the latest releases in movies and TV on the streaming service. Most of the content is at least several years old. The TV shows on the site are often a season or two behind those playing on traditional cable. Although, some may enjoy Netflix's more classic content like 1957s *An Affair to Remember* starring Cary Grant or 1969s *Butch Cassidy and the Sundance Kid*, starring Robert Redford and Paul Newman.

What might be the biggest downside to Netflix which has left many Canadians disgruntled, is the limited

access to content compared to Netflix in the U.S. American Netflix has more than 9300 movies and approximately 2000 TV series users can choose from, according to the New York Daily News. However, Canadians only have access to about half of that, says CBC News. Some Canadians have managed to virtually cross the border and access Netflix America by using unblocking services but since January of this year Netflix has been cracking down on the services. And it may be working, as many Canadians claim they're unable to watch American Netflix programs anymore, according to CBC News.

Netflix doesn't appear eager to resolve the issue or even seem concerned over customers' frustration with the lack of content in comparison to our American

counterparts. The CEO of the streaming company, Reed Hastings, said affected customers were "inconsequential" to Netflix, according to CBC News. Luckily, Netflix is one of many streaming services available, and now we even have our own Canadian streaming services such as Shomi and Crave.

What to Watch on Netflix in June

Downton Abbey Seasons 1-5

You've surely heard the hype about his British-American period drama that follows the lives of aristocrats and their servants. Now's your chance to see what you've been missing or re-watch it.

House of Cards Seasons 1-4


A US remake of the

British drama of the same name, *House of Cards* follows the life of vengeful politician Frank Underwood, played by Kevin Spacey, as he stops at nothing to get what he wants — power.


Grace and Frankie Seasons 1 & 2

A comedy/drama starring Jane Fonda, 78, and Lily Tomlin, 76, as two women who are brought together when their husbands leave them for each other.

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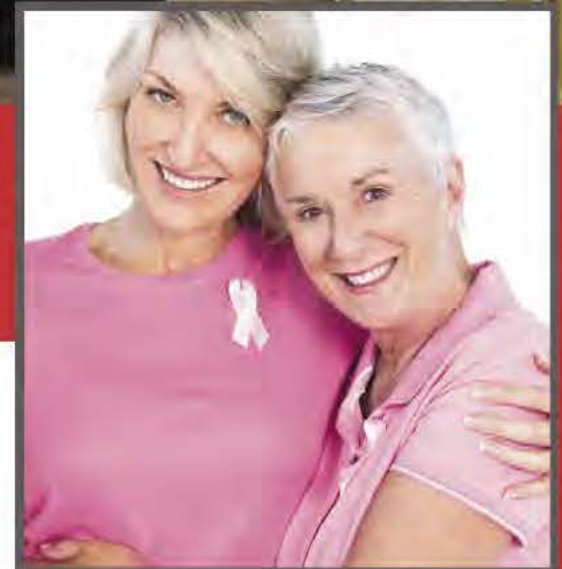


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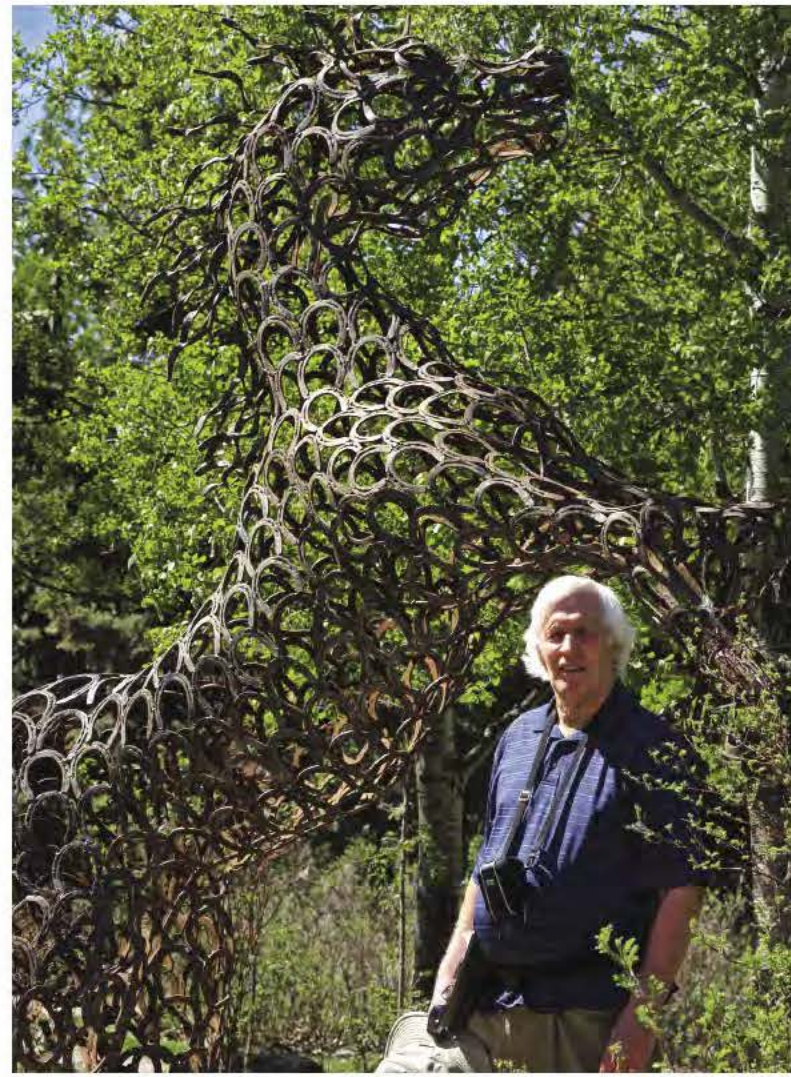
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Exploring Calgary by foot promises infinite rewards

Story and photographs by David Peyto

Page design and layout by Winifred Ribeiro



David Peyto pictured with sculpture in the Artisan Gardens at the Ranche at Fish Creek Park. Photo by Tim Johnston.

Go for a walk and turn it into an exploration. Andrew Duncan — author of Favourite London Walks writes, “walking really is the only way to get to know a city. It’s cheap, easy, beneficial to both walker and the environment and above all, simple.” Prairie Pathfinders — the publisher of Winnipeg Walks writes, “learning about and appreciating a place, is best done on foot. If you really want to see Winnipeg — its wonderful urban forest, its stately old residential areas, its impressive architecture, its beautiful park trails — you have to get out and walk around it — witness it firsthand.” Laura Foster — author of Portland Hill Walks and Portland City Walks writes, “I think of myself and people who like my books as forensic pedestrians: really looking at and trying to figure out what it was that shaped the landscape and our neighbourhoods, why it happened and when.”

I have used the quotes of these authors as a guide for walking in Calgary. In September 2013, I began a personal walking project “Walk Calgary Communities.” The goal is to walk every street in all of Calgary’s communities. After over 330 walks and almost 2800 km the assortment of unique and special things that have been discovered continues to make the walks interesting and enjoyable. There are several things you can do to give a walking program some variety. If you live near a major road go for a walk in the community on the other side of that road. If you choose to walk in a community that you drive through regularly get off the main road and stroll down some of the streets you would not see when driving. In many parts of the city walls and fences separate communities from major roads. Become an



Tuscany – Sunning Buffalo.



Playground sculpture, Coventry Hills

A forensic pedestrian as mentioned by Laura Foster takes the time to look for the details. Stop and read the plaques on benches. Look for sidewalk stamps in the older communities. Some of these stamps are over one hundred years old. A few of the stamps show the former name of the street. In Ramsay two stamps are inscribed with the name Macleod Trail. These stamps date back to when Macleod Trail went through Ramsay.

If you walk in Bridgeland Riverside see if you can discover the wooden pole with the word FIRE written on the pole. This pole dates back to when there were fire alarm boxes at the corner of the street. In Ramsay look for three cement poles with an old system of showing street names i.e. black paint on a yellow background. There is another of these cement poles in Upper Scarborough. In older communities there are still a few blue and white address signs on buildings at the corner.

As you walk look for things that might be unique. Watch for hidden treasures and surprises. On a walk you are catching a glimpse of what is around you as you pass by. On a walk along the same route on another day you might see something different. A change in the weather, the time of day and the people you meet can also provide a different experience. When you go for a walk take a camera with you. Looking at the photos after returning home offers a glimpse of what was observed that day.



St. John Chrysostom Russian Church, Midnapore.

Murals can be found throughout the city. Some murals are on the walls of schools or community halls. Schools also have murals attached to the fence. Murals may also be found on the walls of businesses. Much of Calgary’s public art is downtown but other communities or parks in the city also have public art.

If you are walking in an older community look for buildings that have had a previous use but have now become homes. One community has a former fire hall and a former church that have been converted into private residences. Another community has a former utility building that is now a private residence. Some of the city’s older grocery stores have been converted into private residences. In one community a building that is now a house has previously been a utility building, a fire hall and a health centre.

On the north side of Sunnyside at the base of McHugh Bluff look for pieces of old sidewalk and part of an old fence. They are all that is left from when the slope started sliding many years ago and the houses at the bottom of the slope had to be moved. If you visit Baker Park wander into the area west of the washroom building. Pieces of old sidewalk are all that remains from when the Baker Sanitarium was on this site.

Look for different types and sizes of bridges. They range in size from Stoney Trail Bridge near Bowness Park to small pedestrian bridges over small creeks or running water. Many of the major roads have pedestrian overpasses but there are also pedestrian tunnels that are not easy to see when you are driving. The road with the most tunnels (seven) is 14th Street West. The intersection of Stoney Trail and Nose Hill Drive has a series of three pedestrian tunnels. A pair of tunnels allows pathway

users to cut across a corner of MacEwan when travelling between Edgemont and Hidden Valley. Confederation Park has tunnels under 10th and 14th Streets.

Look for the personal touches that residents have added to their yards. There are a wide variety of arches and covered entrances to yards. Some yards have been built around the trunks or branches of trees. Some homeowners have included a place in their fence where the family pet can look out. One yard has a cat or small dog size entrance at the bottom of the fence. In front of the opening is a rock that reads welcome. Above the opening is a small light and to the side of the opening is a doorbell.

Some homeowners have been thoughtful enough to place a bench near the sidewalk for others to use. One of these benches is beside a bus stop. Another bench has been placed next to a set of postal boxes. At the bottom of one long set of stairs a bench has a poem about taking time to rest.

Look for chalk drawings or writing on sidewalks. One sidewalk had quotes by Eleanor Roosevelt and Bruce Lee written in chalk. Last spring one driveway chalk drawing supported the Calgary Flames in the playoffs. One chalk sign on a driveway advertised a child’s lemonade stand. Some of the chalk drawings feature very long hopscotch games.

The developers of some communities have taken advantage of Calgary’s topography to build homes in locations with a great view. Large walls have been constructed to make the lot flat enough for the construction



Edworthy Park – road in the ravine.

of houses. This gives the community a terraced look. Often these communities have several sets of stairs. Stairs can also be found on escarpment slopes throughout the city. Bridgeland Riverside has numerous sets of stairs.

There are still small acreages surrounded by houses in some of the new communities. Some of the roads in these areas more closely re-semble a country lane rather than a city street. On some of the acreages there are outbuildings and/or barns. A small equestrian course had been constructed on one of the acreages.

A substantial number of communities have a good system of paths. The paths may wander through wooded areas and/or ravines that were left undeveloped when the community was constructed. Some of the paths go past small ponds or running water. Stop and look for birds on or near the water. If you stop near bird feeders placed along paths by local residents you might be joined by chickadees that land on branches near you. Several ponds in one northwest community have resident muskrats. In the wooded area of one southwest park you may discover a location where someone has constructed a miniature village with several tiny houses.

There are some very creative and colourful Little Free Libraries scattered throughout Calgary. Residents have placed benches beside some of the libraries. Next to one library there is a table and a large umbrella. One small child said I should stop and look at her books that were in the family’s Little Free Library.

When you go for a walk take the time to talk to people. Last July while walking on a Saturday morning I received an invite to a block Stampede breakfast. If you see someone

working in the yard or garden say hello. There are many very nice gardens and yards in the city. Some creative gardeners have used objects such as a canoe, a bathtub, a baby carriage, an old suitcase or an old bed frame for planting their flowers. Some homeowners have painted flag colours on walls, fences, flowerpots and chimneys.

While walking with a map attached to a clipboard and a felt marker to mark the route, I have been asked - are you lost, are you the census taker or are you the person stopping by to give an estimate on a renovation project. The map is an important part of an every street walk especially in the communities that do not have a grid system of roads. One challenge is to try and plan a route that limits doubling back or repeating the same streets.

In the communities of Garrison Woods, Currie and Garrison Green developers have named the streets either in honour of members of the Canadian Armed Forces or after the locations of battles. Victoria Cross Boulevard in Currie has plaques for recipients of the Victoria Cross. Walk in Memorial Park where there are Boer War and World War One sculptures. At the west end of Memorial Park there is a cenotaph. Battalion Park in Signal Hills is another interesting walk with a military theme.

In some communities like Scenic Acres and Panorama Hills the developers have included street decoration such as entrances, arches and gazebos along their pathways and in parks. The appearance of Cougar Ridge is greatly enhanced by the placement of large flowerpots near the community mailboxes, in parks and playgrounds and along the major roads. The developers of a condo complex named Lighthouse Landing in Country Hills Village have



Mural on St Dominic School, Dalhousie.



Lighthouse, Country Hills.



Buckmaster Park.

added a replica lighthouse as street decoration.

When you walk in unfamiliar communities you are like a tourist exploring the city. If you come to a street that is a dead end for vehicles walk to the end where you might find a path leading to another street. Select a reasonably straight street and

follow it through several communities. How are the communities different? At the end of the walk take a bus back to the start. Walk around several communities that were built at different times. What similarities and differences can you find? Enjoy yourself as you head out on your walking explorations. □



Sandy Beach.

David Peyto is the author of three books about walks in Calgary. The first book was Walk Calgary’s Escarpments and Bluffs. He is currently updating and revising this book. He also wrote Calgary LRT Walks: The Northwest Stations and Calgary LRT Walks: The South Stations. He is researching and writing additional books in this series.



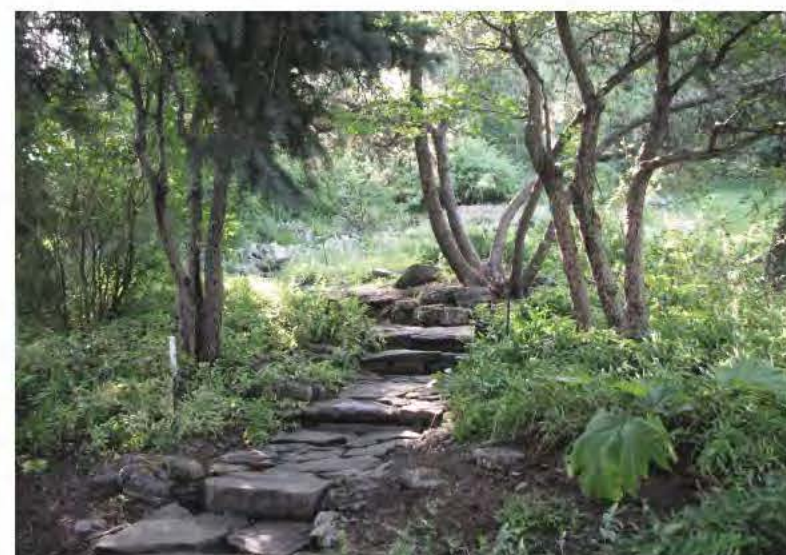
Willans Barn in Fish Creek Park.



Pond at Rocky Ridge.



Tuscany – trail in Twelve Mile Coulee.



Reader Rock Gardens.



Decorated fence in Woodlands.

••• Community Events •••

Tea at Abbey

Are there any Downton Abbey fans out there? On June 4 from 2:00 p.m. to 4:00 p.m., there will be a final fundraising Downton Abbey High Tea at the First Baptist Church, 1311 - 4 Street SW. Tickets are \$25 each. For more information, please call Carol

Airey at (403) 608-2905 (cell), or write to carolairey@shaw.ca.

Charity garage sale at chapel

On June 5 from 9:00 a.m. to noon, a charity garage sale will take place at Foster's Garden Chapel, 3220 - 4th Street NW.

Proceeds from Staff Treasures Table, table rentals and concessions will go to Buchanan Elementary School.

Police present talk on crime prevention

The Calgary Police Service will present a talk on the topic Crime Prevention for

Seniors on June 9 at the Crowfoot Library, 8665 Nose Hill Drive NW. Registration starts at 12:30 p.m. and presentation at 1:00 p.m. For more information, visit www.seniorsunitednow.com or call 1-855-786-8669.

Love is in the air performed by choir

Come and enjoy the musical spectacle Love Is In the Air, performed by the Adult Recreational Choir Society on June 11 at 7:30 p.m. and June 12 at 2:00 p.m. and 7:30 p.m. at the Martha Cohen Theatre at Arts Commons, 205 - 8th Avenue SE. Tickets are \$34.39 for adults and \$27.60 for students and seniors. For more information, please call Trish at (403) 253-2186 or (403) 620-9940.

Germans from Russia to meet

The American Historical Society of Germans from Russia will meet on June 13 from 2:00 p.m. to 7:00 p.m. at the Ascension Lutheran Church, 1432 - 19 Street NE. For more information, please call (403) 273-8178 or email happydogs3@shaw.ca

Qi Gong at Fish Creek

The Friends of Fish Creek will present a talk on Qi Gong on June 22 from 7:00 p.m. to 8:30 p.m. at the Fish Creek Environmental Learning Centre. Outdoor Qi Gong sessions will also be held from June 14 to July 26 from 6:00 p.m. to 7:30 p.m. at the Bow Valley Ranch. Learn about the general principles and history of Qi Gong and follow along as Spring Forest Qi Gong certified instructor Diane Smith leads you in simple movements and basic exercises. For more information or to register, visit www.friendsoffishcreek.org/programs/wellness-clinics. Join Naomi Parker and Gwen Draude Woolverton for outdoor meditation sessions at the Bow Valley Ranch in Fish Creek Park between 7:00 p.m. and 8:00 p.m. on June 20. Registration is recommended and fees apply. For more information, visit www.friendsoffishcreek.org/programs/wellness-clinics.

Whyte Summer at Lux

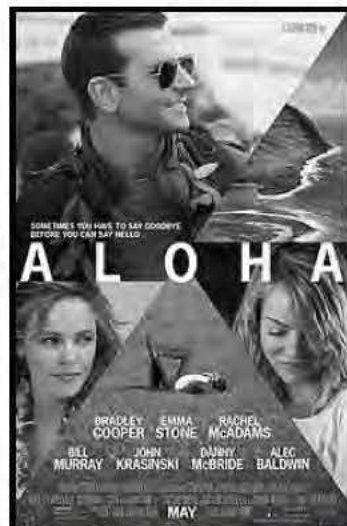
The following event will be sponsored by the Whyte Museum, 111 Bear Street, Banff:

A film screening of Wildways: Corridors of Life, part of Y2Y and Whyte Speaker Series, will take place on June 22 at 6:45 p.m. at the Lux Cinema, with a reception at 9:00 p.m. Film maker James Brundige will introduce his film, which explores the science behind the need for large conservation programs. Admission is \$14 per person.

Artwise beckons

Artwise is a new program to help seniors connect to the community. If you are 55 or older and interested in art and want to engage more with the community, Artwise may be for you. You will create art using different media and processes, meet new friends, enjoy leadership/mentorship opportunities, and volunteer in the community. For more information, contact Studio C at (403) 269-1838 or email studio@prospectnow.ca.

Compiled by Faye Wu



ALOHA

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Life and liberty
by liberty forrest

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

I was chatting with a friend recently. She was really upset because despite her best efforts to be kind and respectful in a particular situation, she was treated pretty badly in return. I could sense her bewilderment, her confusion as she wondered why this had happened. There was a child-like innocence in the way she'd been expecting that being nice would have got her the same treatment, and in her distress at the way the situation had unfolded.

It was rather like seeing a child open a lovely birthday present and find a toy she'd wanted forever, and then discovering that it was broken. She said something like, "I was minding The Golden Rule, being as nice as I could be and I don't understand why they treated me like this anyway!"

Well, I guess I could say a few things in response to that. The first is that understanding it doesn't change the fact that it happened. Even if someone has had a terrible day, just received awful news, for example, and rips your head off for no apparent reason, that person is still responsible for his or her words and actions and there is no way to take them back when they hurt.

The next thing I would say is that you don't have any control over what other people do or don't do. Honey may attract more flies than vinegar but ultimately, the fly still gets to do the choosing. Just because you're being sweet, it doesn't mean you'll get what you want or that you'll be treated with the same respect as you are giving.

But to be honest, I think the biggest problem with my friend's situation, and the millions of others who have the same experience, is that they're misunderstanding or misinterpreting The Golden Rule.

Look at what it says: "Do unto others as you would

Be nice and forget about the outcome

have them do unto you."

It's suggesting that we treat people a particular way. Full stop.

But somewhere along the way, a whole other section has been added: "And then people will do unto you as you did unto them."

In reality, it says nothing at all about the other person's actions. The focus is only on what we should do. Yet for some reason, we seem to think that those words contain the promise of a pleasant reaction in all cases every time we're nice to other people. And so we're surprised or bewildered when it doesn't go that way. We feel hurt and disappointed, and sometimes wonder what we did wrong, or what we did to warrant such treatment.

But nowhere in The Golden Rule is there any-

thing that should lead us to the expectation that other people should behave in a particular way because of something we do or don't do. If you think about it, that's rather arrogant (and somewhat controlling) of us to decide what is the correct way for someone else to behave in a given situation. It says "You do not have the right to free will — but I do." It says, "I made my own choice but I am not letting you make yours."

It is unreasonable to project your reactions, responses and sensibilities onto others. It is a mistake to expect people to give you the same consideration, courtesy and respect that you naturally give them because quite often, they won't. Don't slide into the comfortable illusion that everyone else will be as nice to you as you

have been to them. Accept that no matter how respectful you are to other people in the first place, they are free to be as rotten to you as they want. Be prepared for it, so if and when it happens, you aren't disappointed, hurt or bewildered.

I'm not suggesting that you should expect them to be rotten. It's just that having

expectations of any kind is unreasonable and unfair. It also means you're inviting disappointment, at the very least.

It's great to do your best to be kind and respectful to other people, but be sure that you don't take it personally or feel crushed when you don't get the same in return. □

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Volunteer Spotlight



John Becker

John was born in Idaho, United States and he moved to Calgary as a child in 1949. In April of 2012 he started volunteering at Kerby Centre in the Food Services department and currently he also helps with Chow n Chatters at Kerby Centres satellite location, K2-EV. When John is not volunteering you can find him at his part-time job as a custodian at Grace Baptist Church. John enjoys volunteering at Kerby Centre because of the people he works with and how it enables him to socialize more. An interesting fact about John is that he loves model railroading and automotive work. It is not surprising because he used to work for CP Rail as an engine attendant. John is always quick to offer a friendly smile and a clever joke and he is a great edition to the kitchen team. John has contributed over 967.5 volunteer hours to Kerby Centre. Thank you John, for all that you do for the Kerby Centre!

The Healthy Geezer

By Fred Cicetti

Breast cancer strikes most often when men are in their sixties.

Male breast cancer? Men do have breast cells that can become cancerous. The disease is uncommon in men. It represents only one percent of all breast cancers. Because of its rarity, many men aren't aware it exists. And that's a problem.

Young boys and girls have a small amount of breast tissue made up of a few ducts. At puberty, female hormones in girls make breast ducts grow, milk glands form and fat increase. The male hormones in boys prevent further growth of breast tissue. Men's breast tissue contains ducts, but only a few if any lobules.

The most common symptom of male breast cancer is the same as it is for women—a lump. Other signs include: skin dimpling, a new indentation of the nipple, redness or scaling of breast skin, a clear or bloody discharge from the nipple.

Some risk factors for male breast cancer are:

- Age. The average age for a man diagnosed with breast cancer is 67.

- Family. About 20 percent of men with breast cancer are related to someone with the disease.

- Genes. About seven percent of breast cancers in men are inherited.

- Radiation. There's a higher risk to men who underwent chest radiation treatments when they were younger.

- Klinefelter Syndrome. Men with this syndrome make lower levels of male hormones — androgens — and more female hormones. This can cause gynecomastia, benign breast enlargement. Men with this condition may be at greater risk of breast cancer. Many medicines used to treat ulcers, high blood pressure, and heart failure can cause gynecomastia, too.

- Estrogen. The risk is small for men who take estrogen—the main female hormone. Estrogen drugs may be used to treat prostate cancer.

- Liver disease. This can increase your risk of gynecomastia and breast cancer.

- Obesity. Fat cells convert androgens into estrogen.

- Alcohol. Drinking alcohol raises the odds that a man will develop breast cancer.

The risk increases with the amount of alcohol consumed.

If a man has a family history of the disease, he should consult a doctor about regular testing. Diagnostic tests for men include a clinical breast exam, mammograms, ultrasound, biopsy and, if indicated, a nipple discharge exam.

Breast cancer treatment for men is similar to that given to women. Some men may need only surgery. Others will need surgery and radiation, chemotherapy or hormone therapy.

There isn't much tissue to a man's breast, so removing the cancer usually means excising most of the tissue. The procedures that are used on women to save breast tissue aren't practicable for men.

Most men with breast cancer require a modified radical mastectomy. In this procedure, a surgeon removes the entire breast and some underarm lymph nodes, but leaves chest muscles intact.

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

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Kerby Centre's Activities, Programs, & Services

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

Dates to Remember
 Seniors Week Event.....Tues June 7
 Monthly Movie "Aloha".....Fri June 24

Internet Drop-in
 Rm 305
 Monday-Friday
 9:00am-2:00pm
 FREE

Fit Room (Rm 108)
 403-705-3233
 Monthly and yearly
 memberships available!
 Monday-Friday
 7:30am-7:30pm

Monday
 Recorders Group (Rm 313) 1:00pm-2:30pm
 Cribbage (Rm 307) 1:30pm-3:30pm
 Writing Group (Rm 301) 1:30pm-3:30pm
 Pickleball (Gym) 3:30pm-5:00pm
 Cost: \$1.25
 Peer Learning Group (Rm 318B) 10:00am-12:00pm
 Cost: \$2.00
 Knitting for a Cause 10:00am-12:00pm Dining Room
 (2nd & 4th Monday each month) FREE

Tuesday
 Canasta (Rm 307) 10:30am-12:30pm
 Cost: \$1.25
 Options 45 (Lounge) 1:30pm-3:00pm
 Cost: \$2.00

Health Presentation—June 20
Understanding Dementia and Brain Health
 Room 205 11:00am-12:30pm
 Free, No registration required.

Wednesday
 Bridge (Rm 307) 1:00pm-3:00pm
 Dance (Rm 205) 1:00pm-3:00pm
 Cost \$1.25
 Craft Group (Rm 311) 9:00am-12:00pm
 FREE

Thursday
 Artist Group (Rm 313) 10:00am-3:00pm
 Cost \$1.25 half day
 Latin American Club (Rm 119) 10:00am-12:00pm
 Bingo (Rm 205) 11:00am-3:00pm
 Pickleball (Gym) 3:30pm-5:00pm
 Cost: \$1.25
 Kerby Tour (Dining Room) 10:30am-11:30am

Elder Abuse Awareness Cafe
 Monday, June 13
 10:00am – 12:00pm
 Lecture room (Rm 205)
 Come join us for a safe place to start conversation
 about Elder Abuse.
 Free. No registration required. Refreshments available.
 For more information call the Shelter 403-705-3250

Friday
 Spanish Conversation Group (Rm 311)
 10:00am-12:00pm
 Badminton & Ping Pong (Gym) 10:30am-1:00pm
 Cost:\$1.25
 Krazy Karvers Woodcarving Club (Rm 102)
 10:00am-3:00pm
 Cost: \$1.00 per hour

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

***NEW Activity* - Kubb**
 Looking to enjoy some fun in the sun? Come learn
 to play our new summer drop in activity ,Kubb. Free
 introductory lesson June 8th at Shaw Millennium
 Park (weather permitting).
 Pre-registration is required,
 please call the
 Education and
 Recreation De-
 partment at
 403-705-3233
 or stop in Room 305 for more details.



#GetMovingYYC
 Come walk with us on June 20th as we join our fellow Calgarians in
 the #GetMovingYYC spirit! Please contact Kari 403-705-3232 or
 Shelby 403-470-6300 for walk details.

Volunteer
 Want to volunteer at the Kerby Centre?
 Contact Lauren in the Volunteer Department
 to find out how 403-234-6570.

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 Visit our website (www.kerbycentre.com) for more information on
 courses offered, such as Yoga For You and Memoirs and Legacy
 Letters.

Next to New
\$3.00 Bag Sale!
 Wednesday, June 22
 10:00am-2:30pm

Shop at Kerby Centre

Wise Owl Boutique (Rm 214) Monday-Friday 10:00am-3:00pm	Next-to-New (Rm 203) Monday-Friday 10:00am-2:30pm	Trekking/Walking Poles Education and Recreation Department (Rm 305) \$25.00	Woodshop (Rm 102) Monday-Friday 9:00am-12:00pm & 1:00pm-3:00pm
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Location: K2-EV – 428 9th AVE SE 403-470-6300

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lifespring Community Church 10:30am 403-862-5639	Gentle Fitness 11:15am-12:15pm Drop in Computer Time 9:00am-11:00am	Create! In the East Village 1:00pm-3:00pm 403-880-3001 Drop in Computer Time 9:00am – 3:00pm	Games n' More 10:30am-12:00pm Community Connects 1:00pm-3:00pm 403-880-3001 Drop in Computer Time 9:00am-11:00am	Create! In the East Village 1:00pm-3:00pm 403-880-3001 Drop in Computer Time 9:00am-3:00pm	Create! In the East Village 1:00pm-3:00pm 403-880-3001 Drop in Computer Time 9:00am-3:00pm

Monthly Movie: Thursday, June 30 11:00am "Aloha"



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September 22 (13 days)
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Okanagan Wine Trail

October 1 (6 days)
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Discover Glenbow Ranch by Golf Cart

Date: Wednesday, June 1
Cost: Members - \$59.00
Non-Members - \$64.00

Includes transportation and a 2 hour golf cart tour. Bring your own picnic lunch.

Cut-off Date: Wednesday, May 18

Bow Valley Park Hike

Date: Thursday, June 23
Cost: Members - \$46.00
Non-Members - \$51.00

Two trails will be hiked this day. In the morning we will hike the Flowing Waters Trail which will pass through spruce forest, the

Kananaskis River, a wild-flower meadow and a

beaver pond. In the afternoon we will hike the Many Springs Trail. Includes transportation and a guided hike.

Pack your own lunch.

Distance: 4.6km

Elevation Gain: 20m

Cut-off Date: Monday, June 13

Discover Nanton

Date: Tuesday, July 26
Cost: Members - \$38.00
Non-Members - \$43.00

Includes transportation, a tour of the Bomber Command Museum of Canada & time on own for lunch and to explore Nanton.

Cut-off Date: Wednesday, July 13

Rosebud Theatre – “An Inspector Calls”

Date: Thursday, October 13
Cost: Members - \$89.00
Non-Members - \$94.00

Includes transportation, a buffet lunch and a classic whodunit theatre performance.

Cut-off Date: Wednesday, September 21



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<p>KOOTENAY OKANAGAN 6 days departing Sept 18th \$789.00 Winery tour, Boat cruise, Davison Orchards, Radium Hot springs, Rossland museum, Steak BBQ and ghost town tour</p>	<p>LAUGHLIN & GRAND CANYON 12 days departing Nov 5 \$949.00 2 nights Great Falls, 2 nights Jackpot, 7 nights Laughlin, Laughlin Fun book. Day trip to Oatman, Day trip to Grand Canyon</p>
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<p>LAS VEGAS 9 days departing Oct 8 \$799.00 2 nights Great Falls, 2 nights Jackpot 4 nights Las Vegas Shopping at Fashion outlet mall, Hoover Dam</p>	<p>Prices based on per person double sharing + GST on Cdn. portion</p>
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Seniors Scene

Social Dance Club

Two Saturday dances will take place at the Kerby Centre Gym, 1133 – 7th Avenue SW, on June 4 and June 18 (with a dance lesson on line dance) to the music of Joel Spire and Siera respectively. Doors open at 5:30 p.m. for those taking the dance lesson (from 6:00 p.m. to 7:00 p.m.). For the regular dance, doors open at 7:00 p.m. and dance runs from 8:00 p.m. to 11:30 p.m. Admission is \$12 for members and \$14 for nonmembers, including the dance lesson. For more information, call Sharon or John at (403) 242-6957, or visit www.socialdanceclubcalgary.com.

Confederation Park 55+

Come and join in the Saturday dances on June 11 and June 25 (Stampede dance – dress western), to the music of Badlanders and For Old Tyme Sake respectively. Doors open at 6:30 p.m. and dance begins at 7:30 p.m. The ticket is \$12.

The Confederation Park 55+ offers another two events in June: 1) On June 3 at 1:00 p.m., Arlene Blake from Mcphail Harding law will speak on the changing laws around wills, estates and bequeath giving. 2) The Sasi Jaunt 5km Walk/Run and Family Festival will take place on June 4. Please visit www.sasijaunt.com to get details and register at www.runningroom.com. The Confederation Park 55+ Activity Centre is located at 2212 – 13th Street NW.

Ogden House

The next TGIF dinner will be on June 17, with entertainment provided by Dwayne Fettig. The ticket is \$14. No reservation is necessary—just call to book your seat.

Ogden House's general meeting will be held on June 14 at 1:00 p.m. Come and enjoy the "Whatchagot Lunch" at noon and stay for the meeting. The Alberta Site Dogs is coming in for a presentation at 1:00 p.m.

Everyone is welcome to Ogden House's weekly Wednesday potluck lunch from 12:00 p.m. to 12:45 p.m. Bring a couple of sandwiches or pay \$3. After lunch, try your skill (or lack of it) at carpet bowling.

Ogden House Activity Centre is located at 2102 – 69th Avenue SE.

Greater Forest Lawn

Five Star Bingo will be held on June 2 and June 16 at 12:15 p.m. at 4980 – 25th Street SE. For more information, please call (403) 248-8334.

Doors for social dances on June 4 and June 18, to the music by Sentimental Journey and Country Travelers respectively, open at 6:30 p.m., and dances begin at 7:30 p.m. Admission is \$12 for members and \$13 for nonmembers, including light dinner served at 9:20 p.m. The location is 3425 – 26th Avenue SE.

There will a garage sale on June 10 from 11:00 a.m. to 5:00 p.m. and on June 11 from 11:00 a.m. to 3:00 p.m. For more information on this and the above

events, please call (403) 272-4661 or visit www.gfls.org.

Good Companions

A Father's Day themed social supper will be held on June 13. The Happy Hour dance to 3 B's begins at 4:30 p.m. and supper at 5:30 p.m. The cost is \$12 for members and \$15 for nonmembers.

A floor curling will be held on June 14 in partnership with the Calgary Catholic Immigration Service. And June 18 will be Neighbors Day. Time and place are to be announced.

The annual Stampede Breakfast will be held on June 25 between 9:00 a.m. and 11:00 a.m., with entertainment provided by Prairie Mountain Fiddlers. The cost is \$6 per person. For more

information on this and the above events, please call (403) 242-3799 or visit the

Good Companions 50+ Club on Facebook.

Compiled by Faye Wu



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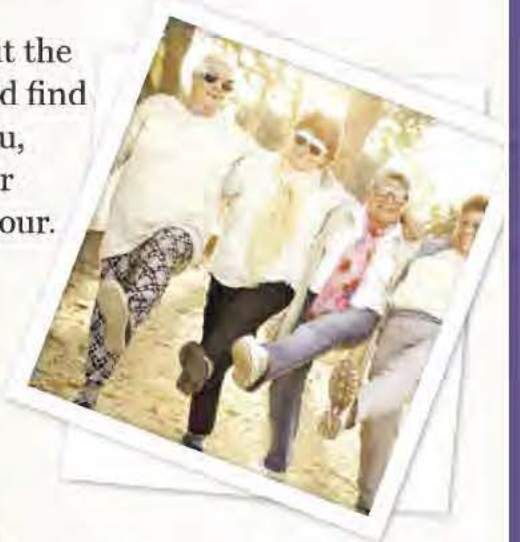
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Compensatory payments for GIS implemented

The Honourable Jean-Yves Duclos, Minister of Families, Children and Social Development, announced in May that all seniors found eligible to receive retroactive Guaranteed Income Supplement (GIS) benefits have received a payment.

As part of ongoing improvements in the delivery of pension programs, recent system changes to automate certain GIS payment processes identified a group of seniors who did not have their GIS benefits renewed automatically. Immediately in May 2015, Service Canada began reviewing the accounts of approximately 141,000 seniors to determine if they were eligible for a GIS retroactive payment. The review of all accounts was completed in March 2016 as per Minister Duclos' request.

In addition, those who received a retroactive GIS payment may receive a cost-

of-living compensatory payment by the end of June 2016. The amount an individual may receive will depend on the amount of their GIS retroactive payment. As well, any individual who, as a result of the retroactive GIS payment, experiences a loss or reduction in credits or benefits administered by the Canada Revenue Agency (CRA) in 2016 or 2017 (depending on when the retroactive payment was received) may receive an additional compensatory payment equal to the value of the lost CRA-administered credits or benefits. Service Canada will begin to issue these payments in fall 2016.

All clients who will be receiving a cost-of-living or CRA-administered compensatory payment will be contacted in writing by Service Canada.

Canada Newswire

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Why refugees continue to use smugglers

(NC) Refugees are fleeing desperate situations and will do whatever they must to save their lives. Often they have no choice but to turn to smugglers to help them escape.

“You have to understand that no-one puts their children in a boat unless the water is safer than the land,” states Warsan Shire, a Somali British poet. As Canadians watching the global refugee crisis from the safety of our homes, we see the tragic consequences of foul weather and overcrowded boats on inhospitable seas. This year, we have seen news of manufacturers in Turkey providing migrants with fake lifejackets and unseaworthy vessels. We learn the abominable irony that sometimes these substandard products are made using the labour of child migrants from Syria. Shire’s terse insight helps to explain what may seem incomprehensible otherwise.

In recent years, our refugee policy has blamed people who try to reach safety in Canada by using smugglers. The punitive legislation included mandatory detention for refugee claimants who were deemed to have arrived “irregularly”. Even for those our country decided to protect, this law imposed a cruel five-year ban on reunification with their family. This policy wrongly suggested that migrants who relied on smugglers should be punished and that these measures would deter future refugees from embarking on illicit journeys.

Amnesty International, along with its francophone counterpart, Amnistie internationale Canada, and with the Canadian Council for Refugees, is working to help bring Canadian policy into line with basic human rights principles.

Fact: “Refugees rarely know anything about the policies in the country they arrive in – sometimes they don’t even know where they are going,” affirms the Canadian Council for Refugees. Therefore it simply doesn’t make sense to attempt to deter refugees using policy in the destination country.

Law: The international law recognizes that sometimes the only way for a refugee to escape is to break national laws – by using a fake passport or by using a smuggler. The treaty that protects refugees says that

refugees who arrive unlawfully should not be punished, as long as they present themselves promptly to authorities and give good reasons for their illegal entry. Canada is a party to this treaty. We have a long history of promoting it as the standard for refugee protection. In fact, “2016 marks the 30th anniversary of the people of Canada being awarded the UN’s Nansen Award, the equivalent of the Nobel Peace Prize for refugee protection,” says Alex Neve, the secretary general of Amnesty International Canada.

Moral: Canadians understand the importance of family. Our values are reflected in the Universal Declaration of Human Rights, which says, “The family is the natural and fundamental group unit of society and is entitled to protection by society and the state.” Supporting the speedy reunification of refugee families is simply the right thing to do. And the family members of newcomers make significant positive contributions to society, both economically and socially. The Longitudinal Survey of Immigrants to Canada (2003) found that immigrants tend to establish themselves more easily if they are supported by families.

June 20th is World Refugee Day. Join others in your community to advocate for refugee rights and celebrate their contributions to Canada. More information is available by writing to the Refugees Welcome Here Campaign, care of

Amnesty International, 312 Laurier Avenue East, Ottawa, Ontario K1N 1H9 or toll-free at 1-800-266-3789. www.newscanada.com



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By Dr. Carrie Scarff

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PREMIER CROSSWORD/ By Frank A. Longo

ACROSS

1 Charlotte of "Diff'rent Strokes"

4 Champion

10 Insect feeler

14 Slight smell

19 North Dakota's tree

20 Farewells

21 Regal Norse name

22 Sharpening device

23 Talk show host with three Emmys

25 Best Actor nominee for "Hotel Rwanda"

27 Giant in retail furniture

28 "— be my pleasure"

29 Cold cubes

30 Childishly trivial

31 "Quantum Healing" author

35 Cause a floating log to spin by walking on it

36 Direct (at)

37 Sorority letters

38 Apt. units

39 30-day mo.

40 Writer Rice

41 Very familiar (with): Fr.

44 Irked greatly

46 He played Clark Kent on "Lois & Clark"

48 Ending of some pasta names

49 Gestures from 4-Acrosses

51 Start to fall

53 Juice brand

54 "Designing Women" co-star

57 Kickoff prop

59 Catholic leaders

63 Univ. helpers

64 MD's gp.

65 Jim who played Gomer Pyle

67 Psychic glows

68 Rats on

70 Jet airliner model that's an apt alternate title for this puzzle

71 Talks glibly

73 Zones

74 Fit for — (regal)

76 Small, like Abner

77 Building wing

78 They bray

79 Slimy stuff

80 Sixth actor to play James Bond

84 Pop music's — Lobos

86 Ending for Brit

88 What you might call a cool cat

89 4 p.m. social

90 She played Frenchy in "Grease"

94 — -ski party

96 Landscaping tools

98 Kiwi cousins

99 "— cool!"

100 "Kill bill" vote

101 Brit's prison

102 Red Cross skill, for short

103 Big birds of myth

104 "How to Win Friends and Influence People" author

110 Selma locale

112 32nd prez

113 Cur's threat

114 Nada

115 "Wayne's World" co-star

117 She played Alice in "Bob & Carol & Ted & Alice"

120 — nous

121 Snack

122 Breathing problems

123 USN officer

124 Navigate

125 Zoomed

126 E. Sicilian volcano

127 King, to Juan

DOWN

1 Made over

2 Not different

3 Show host

4 Dust buster, for short

5 Boise loc.

6 Social studies class

7 Canines, e.g.

8 Defeat

9 Pre-U queue

10 Shows to be downloaded

11 Burn soother

12 PC linkup

13 Many a sewer-line tube, briefly

14 Tire holder

15 Winter frost

16 Gary's state

17 Filmmaker Federico

18 Ex-slaves

24 Sorority letter

26 Cry from a 4-Across

29 Old TV's "My Friend —"

32 "— always said ..."

33 Tastelessly artistic

34 Being there

35 Harass

40 Equip

41 Give relief

42 Ally makers

43 Obsesses

44 Farming-related prefix

45 Leveling stuff

47 Attack like a playful pup

50 Sean Penn drama

52 Slews

55 Galilee residents

56 Assessed

58 Eyed

60 High-ranking cleric

61 Previously

62 Mil. draft gp.

66 Sudafed alternative

68 Goat's call

69 Pt. of NBA

70 Threads

72 Not closing seasonally

75 Five womb-mates

76 Pan covers

81 Scot's denial

82 Nucleotide triplet

83 With 118-Down, fuel container

85 Wine region in California

87 Like batik fabric

90 Century parts

91 Embed firmly

92 Comic Jimmy

93 Extreme diet rule, perhaps

95 Jack of early TV

97 Beck of radio

101 January gem

103 Relay athlete

105 Nile locale

106 Heavy lifter

107 Lost cause

108 Hole — (ace)

109 Itsy-bitsy

111 Undecorated

112 Gala

116 Big shot

117 Beaver work

118 See 83-Down

119 Simile part

PLANE PEOPLE

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Solution on page 28

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Classified Ad Categories

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

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12 Home Care

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

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

just4familyservices.com
housekeeping/meal prep, In/out of home companionship. Accompany appts Shopping. Corinne, Kathy 403-590-2122
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13 Mobility Aids

Elec wheelchair \$1600 Shoprider 14" Navigator Powerchair. In great cond, barely used. Purchased new for \$3900 in 2015. Comes with 2 sets of fenders & elec charger. Call Carolyn ph 403-819-2867

20 Home Maintenance

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24 Landscaping

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26 Services

Aga's cleaning business 403-969-3711

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WE FIX COMPUTERS
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30 For Sale

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Classified ad deadline for the July issue of Kerby News is June 2
Ph: 403-705-3249
generaloffice@kerbycentre.com

Continued on page 28

Kerby Centre's Classified Ads continued

Continued from page 27

33 Wanted

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

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

Collector pays cash for pocket watches, military, police, sterling & gold items coin & stamp collections. Phone 403-239-2273.

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ADVANTAGE HOME HEALTH SOLUTIONS
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IN MEMORIAM



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

John Brunkhorst
Mary Anne Comella
Roberta June (Betty) Hansford
Daniel McMullin Johnson
Pearl Bernice Katzeley
Edna King
William Labiuk
Bernard (Ben) Paul Lepage
Aurelia (Ella) Louise Nayoski
William (Bill) Allan Sargeant
Esther Isabel Siemens
Donald Victor Williamson

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.



45 For Rent

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

FOR RENT
Lovely 3 bdrm half-duplex in Killarney. Recently renovated kitchen and bathroom. Fully developed basement. Double garage, balcony and patio. Three blocks to Westbrook Mall and LRT. Mature couple preferred. \$1500/mth + utilities
403-240-0214

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

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

TO PLACE AN AD CALL 403-705-3249

48 Real Estate

ADULT ONLY CONDOS ARE YOU an EMPTY NESTER? Have your kids left home? Is your house getting to be too large? **FREE LIST** of "ADULT ONLY" villas and condos. **ALL PRICE RANGES & ALL AREAS**
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Welfare letters
The following were taken from actual letters received by the Illinois Welfare Department in application for financial support:
1. I am very annoyed to find you branded my son illiterate. This is a dirty lie, as I was married a week before he was born.
2. You change my little boy to a girl. Will this make a difference?

Become a member today!

Kerby Centre

for the 55 plus

Membership with Kerby Centre provides a number of benefits, including:

- Kerby News mailed directly to your home each month
- \$3 per year parking in the Kerby Centre lot, for use when you are visiting the Centre
- Priority registration for classes
- Member rates for FIT Room use
- Member rates for select Kerby Centre Events
- Member rates for Education and Recreation programs
- Advanced ticket purchases and reduced fees for day trips
- Member rates for foot clinic
- Voting rights at the Annual General Meeting

One-time coupons for:

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




To purchase a membership:

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

Kerby Centre 1133 - 7 Avenue SW Calgary, Alberta T2P 1B2

Name _____
Address _____
City _____ Prov. _____
Postal Code _____ Telephone _____
Email _____ License Plate _____

Membership for 2016 is \$22.00 plus \$3.00 for an annual parking tag

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

MEMBERSHIPS ARE NON-REFUNDABLE



Kerby Centre

Crossword Solution

R	A	E	V	I	C	T	O	R	P	A	L	P	W	H	I	F	F		
E	L	M	A	D	I	E	U	S	O	L	A	V	H	O	N	E	R		
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S	T	E	E	R	S	P	E	D	M	T	E	T	N	A	R	E	Y		

Puzzle on page 26

HANDY HELPERS

Need help with tasks around the house? We can help you! Some of our common requests are: home/building maintenance, minor plumbing repairs, painting, cleaning, eaves trough cleaning & maintenance, drywall repairs, deck/fence maintenance, setting up after a move, purchased furniture delivery & assembly, quotes on more technical work, & much more...

Jim/Andrew
403-992-9274
E-mail: HandyHelpersCalgary@gmail.com
Website: www.HandyHelpersCalgary.ca



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Plan to live to be 100

Yes! -- You can reasonably expect to live a long, long life and you should start planning for it now.

Here's why:

>Population projections tell us that centenarians, those aged 100 and over, rose 87.7 per cent between 2004 and 2011 -- and the number of centenarians is expected to triple or quadruple by 20362.

>Today's 65-year-olds can expect to live 20 years beyond retirement, on average.

Accordingly, you should start your income longevity planning right away.

Here's how:

>Decide on your desired retirement lifestyle.

>Add to your Registered Retirement Savings Plan income with a complementa-

ry portfolio of investments.

>Assess your projected spending for essential and discretionary expenses and adopt an investment strategy that will match your spending needs. For example, plan to meet such essential expenses as housing, food, clothing and medical treatments for longer than your life expectancy; plan to spend an increased amount for discretionary expenses like travel, dining out and a new car during the first ten years that diminishes thereafter.

>After retirement, manage your retirement savings withdrawal rate based on the size of your retirement savings, the average return on your investments over time, and the number of years you plan to make withdrawals.

>Use life insurance to shelter excess capital and maximize the value of your

estate; consider a life annuity that will provide a guaranteed regular income no matter how long you live.

>Protect your income (and your spouse's) with life insurance and supplementary health insurance including disability, critical illness and long-term care coverage.

>Revisit your plan regularly to assess investment performance, changes in expense levels or any other factors that can impact on how much you can spend in retirement and for how long.

On your 100th birthday you'll need a really big cake to hold all those candles. Ask your professional advisor about how income longevity strategies can help make sure you'll enjoy a comfortable retirement until it's time to blow them out -- and then look forward to 101 and beyond.

1. Annual population estimates by age group and sex

at July 1, provincial perspective -- Canada, Estimates are final intercensal up to 2005, final postcensal from 2006 to 2008, updated postcensal for 2009 and 2010 and preliminary postcensal for 2011.

2. The Daily (Statistics Canada), Wednesday, May 26, 2010

3. The Daily (Statistics Canada), Tuesday, September 27, 2011 – Deaths

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

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

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Kerby Centre Department Directory

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

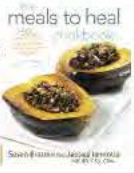
<p>Main Switchboard 403-265-0661</p> <p>www.kerbycentre.com</p>	<p>Fund Development 403-705-3235 <i>Work with members and community to provide funding for Kerby Centre's vital programs</i> funddev@kerbycentre.com</p> <p>General Office 403-705-3249 generaloffice@kerbycentre.com</p> <p>Thrive 403-234-6571 <i>Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.</i> thrive@kerbycentre.com</p> <p>Housing 403-705-3231 <i>Assists seniors in finding appropriate housing</i> housing@kerbycentre.com</p> <p>Information / Resources 403-705-3246 <i>The all in one seniors' information source</i> info@kerbycentre.com</p> <p>Kerby² East Village 403-470-6300</p> <p>Kerby News Classified Ads 403-705-3249</p>	<p>Kerby News Editor 403-705-3229 editor@kerbycentre.com</p> <p>Kerby News Sales 403-705-3238 advertising@kerbycentre.com or 403-705-3240 sales@kerbycentre.com</p> <p>Kerby Rotary House 403-705-3250 (24 hour) <i>Providing refuge for those over 55 fleeing family abuse, seniors in crisis and homeless seniors.</i> shelter@kerbycentre.com</p> <p>Volunteer Department 403-705-3218 <i>Volunteers are the heart of Kerby Centre</i> volunteer@kerbycentre.com</p> <hr/> <p>President Hank Heerema 403-705-3253 president@kerbycentre.com</p> <p>CEO Luanne Whitmarsh 403-705-3251 luannew@kerbycentre.com</p>
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Nutritionally balanced meals to nourish you during your fight with cancer

Page design and layout by Winifred Ribeiro

Nutrition is a vital component of anyone’s fight against cancer, but loss of appetite and side effects of treatment can make even the simple act of eating a challenge. Written to meet the unique needs of cancer patients and caregivers, *The Meals to Heal Cookbook* offers 150 recipes to make eating less stressful, more convenient, and simply more enjoyable. Created by oncology-credentialed registered dietitians, these delicious, nourishing, easy-to-prepare dishes are full of the nutrients you

Excerpted from *Meals to Heal* by Susan Bratton & Jessica Lannotta
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need to maintain strength during treatment. Loaded with essential nutrition info and recipes coded by common symptoms and side effects (including fatigue, nausea, digestive issues, mouth sores, taste and smell aversion, and others).



Parchment Paper Steamed Fish and Vegetables[©]

Steaming fish makes it moist and tender and therefore one of the most perfect soft meals for those with difficulty chewing and swallowing and mouth sores. This recipe is truly easy and quick for those in need of a time-saving meal and there is very little cleanup! Substitute zucchini or squash for the tomatoes if experiencing mouth sores.

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

- 1 1/2 pounds mild white fish, such as cod, tilapia, or halibut
- Zest of 1 lemon
- 1 scallion, chopped
- 2 garlic cloves, minced
- 6 cherry or grape tomatoes, halved
- Juice of 1 lemon
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh parsley

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper. Fold the parchment paper in half, then open it back up and place the fish on one half, close to the crease.
2. Combine the remaining ingredients and place on top of and around the fish.
3. Fold the other half of the parchment over the top of the fish and vegetables. Working around the edges, fold the parchment over tightly in 1/4-inch folds, then fold up the ends to make a closed packet. Bake for 12 to 15 minutes. Remove from the oven.
4. Place on a plate and carefully remove the fish from the paper and serve.

Nutritional Analysis: Calories 152, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 73 mg, Sodium 216 mg, Carbohydrates 3 g, Dietary Fiber 1 g, Protein 31 g

Cauliflower and Edamame “Rice”[©]

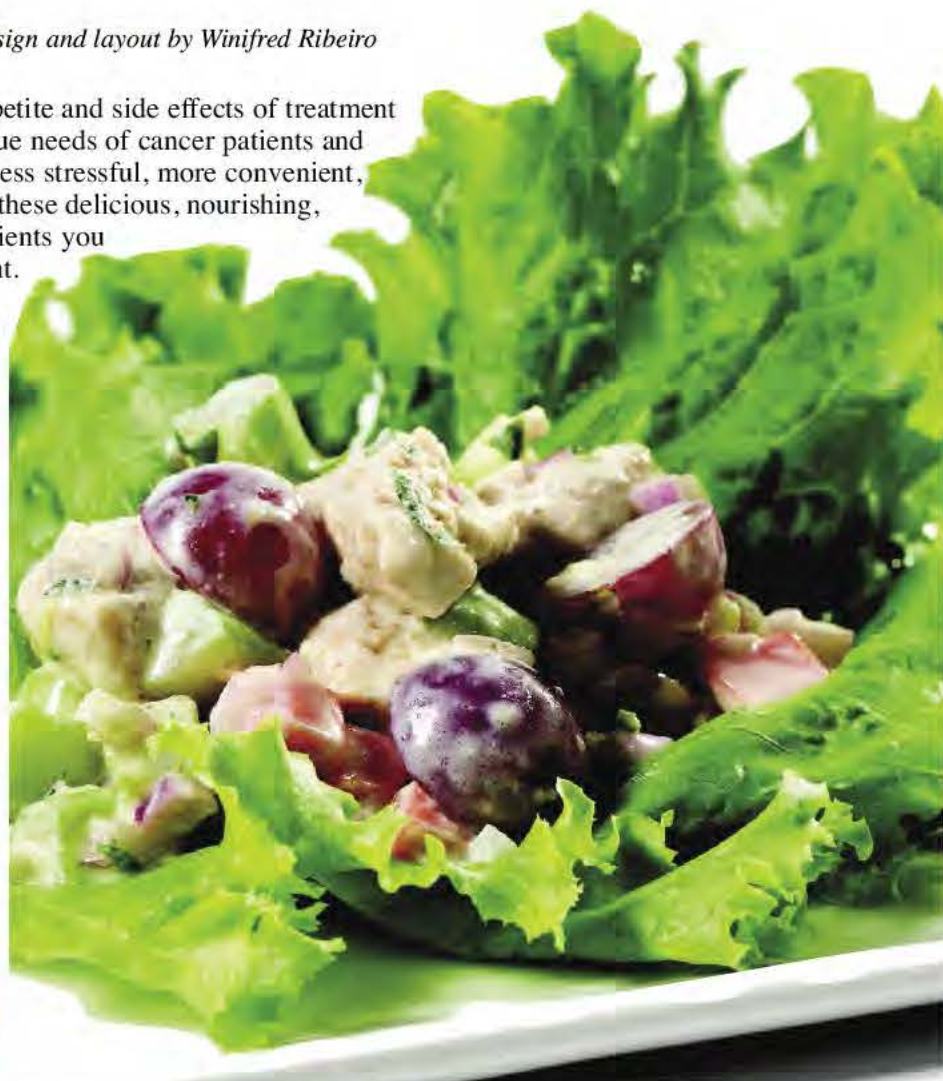
A great replacement for those looking to avoid conventional rice so as to manage carbohydrate intake. For extra protein, use Bragg Liquid Aminos (Bragg Liquid Aminos is a non-GMO Project Verified liquid protein concentrate, derived from soybeans), instead of soy sauce. Add 3 ounces of orange juice or the juice of one orange to increase the flavor.

Time: Prep: 15 minutes; Cook: 30 mins **Serves:** 6

- 1 medium-size head cauliflower
- 1 1/2 teaspoons sesame oil
- 1/2 medium-size yellow onion, finely diced
- 1/2 cup fresh or frozen shelled edamame
- 4 scallions, sliced
- 3 tablespoons low-sodium soy sauce

1. Remove the florets from the head of cauliflower, cutting off any tough stems.
2. Transfer the florets to a food processor and pulse until the pieces have become the size of rice grains. Alternatively, grate the florets with a cheese grater—it should yield about 4 cups of cauliflower “rice.” Set aside.
3. Place 1 teaspoon of the sesame oil in a large, nonstick skillet over medium heat. When the oil is hot, add the onion and cook for 4 to 5 minutes, or until the onion is soft.
4. Add the edamame and cauliflower and cook, stirring constantly, for 5 to 6 minutes, until the cauliflower is heated through.
5. Mix in the scallions, soy sauce, and remaining 1/2 teaspoon of sesame oil, stir until well combined, then taste for seasoning.
6. Remove from the heat and transfer to a serving dish.

Nutritional Analysis: Calories 64, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 305 mg, Carbohydrates 9 g, Dietary Fiber 3 g, Protein 4 g



Chicken Salad with Celery and Grapes[©]

This bright and colorful salad is cool and refreshing and gets better overnight so consider setting some aside for lunch the next day. If you like nuts, chopped walnuts, almonds, or pecans would be a wonderful addition to this recipe. For vegetarian options, use cubed tofu or tempeh instead of chicken

Time: Prep: 30 minutes **Cook:** 10 minutes **Serves:** 4

- 2 medium-size boneless, skinless chicken breasts
- Salt and freshly ground black pepper
- 1 teaspoon chili powder
- 1 tablespoon olive oil
- 1/2 cup diced celery
- 1 cup red grapes, halved
- 1 medium-size carrot, diced
- 2 tablespoons minced red onion
- 5 tablespoons plain Greek yogurt
- Juice and zest of 1/2 lemon
- 1/2 cup fresh tarragon, chopped

1. Season the chicken breasts with salt, pepper, and the chili powder.
2. Heat the olive oil in a skillet over medium-high heat. Cook the chicken in the skillet until cooked through and brown on both sides, about 4 minutes per side. Remove from the heat. After the chicken has cooled, dice or shred into small pieces.
3. Toss the chopped celery, grapes, carrot, red onion, and cooled chicken together in a large bowl.
4. In a separate bowl, mix together Greek yogurt and the lemon juice and zest. Season with salt and pepper. Add the tarragon.
5. Toss the salad with the dressing and serve in a lettuce cup, as a sandwich, or with crackers.

Nutritional Analysis: Calories 158, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 39 mg, Sodium 227 mg, Carbohydrates 11 g, Dietary Fiber 1 g, Protein 15 g

Blueberry Green Nut Butter Smoothie[©]

This is a great introduction to a green smoothie because the sweetness from the banana and dates and the creaminess from the peanut butter help mellow the flavor of the leafy greens. Green smoothies are especially good if you have a lack of appetite because they provide a lot of nutrition in just a few sips

- Time:** 5 minutes **Serves:** 1
- 3/4 cup frozen blueberries
 - 1 cup leafy greens, such as spinach or kale
 - 1 tablespoon peanut butter or any nut butter
 - 3/4 cup milk
 - 1/2 medium-size frozen or fresh ripe banana, sliced
 - 2 Medjool dates, pitted
 - 1/2 cup ice

1. Place all the ingredients into a blender.
2. Blend until smooth. Pour into a glass and enjoy!

Nutritional Analysis: Calories 413, Total Fat 11 g, Saturated Fat 3 g, Cholesterol 9 mg, Sodium 203 mg, Carbohydrates 76 g, Dietary Fiber 11 g, Protein 13 g



Bow Waters helps keep seniors afloat

By J.Y. Kee

Summer camp season for the kids is getting near. Some parents may not be able to send their youngsters to camp, but in the case of Mary Enright, her parents' sending her to Girl Guide camp one summer while still in her teens was a catalyst. That summer she got into canoeing.

"Growing up near water meant seeing canoes all around," says Mary.

This led her to pursue her interest after university, by canoeing with the Girl Guide "Rangers". So obsessed with it, Mary took further courses at university in Ontario.

Here, she met her future husband Keith and discovered their mutual passion for canoeing.

Ten years later, they moved west to Alberta. Little did they know they were into something even more exciting, courtesy of Calgary's Bow Waters Canoe Club.

In addition to improving their canoeing skills with the club there was an added bonus.

"From the beginning, we loved the social aspect of canoeing," Mary said. "That led to developing and improving skills focusing on each aspect of canoeing relevant to different types of water."

Coming to Alberta, Mary and Keith had to learn canoeing in cold glacial waters - and that meant learning to dress differently and employing different skills.

"The members were so welcoming, so encouraging and the opportunity to learn more from very friendly fellow canoeists was always there," they say. Consequently, what seemed to be challenging Alberta and B.C. rivers became less daunting.

Mary and Keith agreed that the club helped them manage canoeing risks where their skills would



Mary Enright and Keith Morton on the Kootenay River, B.C. Photo by Vern Daub

match the river's level of difficulty.

Mary says Bow Waters enables seniors of different skill levels to tackle difficult

situations with others of a similar skill level, but always in the company of people with superior skills to help out in case of a mishap.

The couple discovered a club excursion on the Palliser River to be a prime example of this philosophy. "We were tandem-canoe-

ing around a section where there was whitewater drop with a rock garden. Our tandem hit a rock, Mary was thrown out and I was left paddling by myself," Keith says. "Fortunately we soon got back together again with the help of fellow solo canoeists."

Other Bow Waters Club members John Price and Mark Perrin, each with over 30 years of experience insist, "Safety in water sports must never be compromised. Lessons in rescue techniques in various situations must be learnt, and mock exercises done on a regular basis — switching turns in rescuer/rescuee roles."

With safety paramount, Bow Waters Canoeing Club continues to keep seniors canoeing well into their eighties and enjoying the thrills of whitewater.

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 9:50 A.M. - HIGH DIVE SHOW

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 10 A.M. - NIKI FLUNDRA TRICK RIDER
 10:30 A.M. - STRATHCONA MOUNTED TROOP
 11:30 A.M. - MINI CHUCKWAGONS

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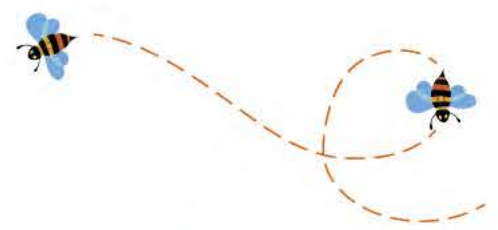
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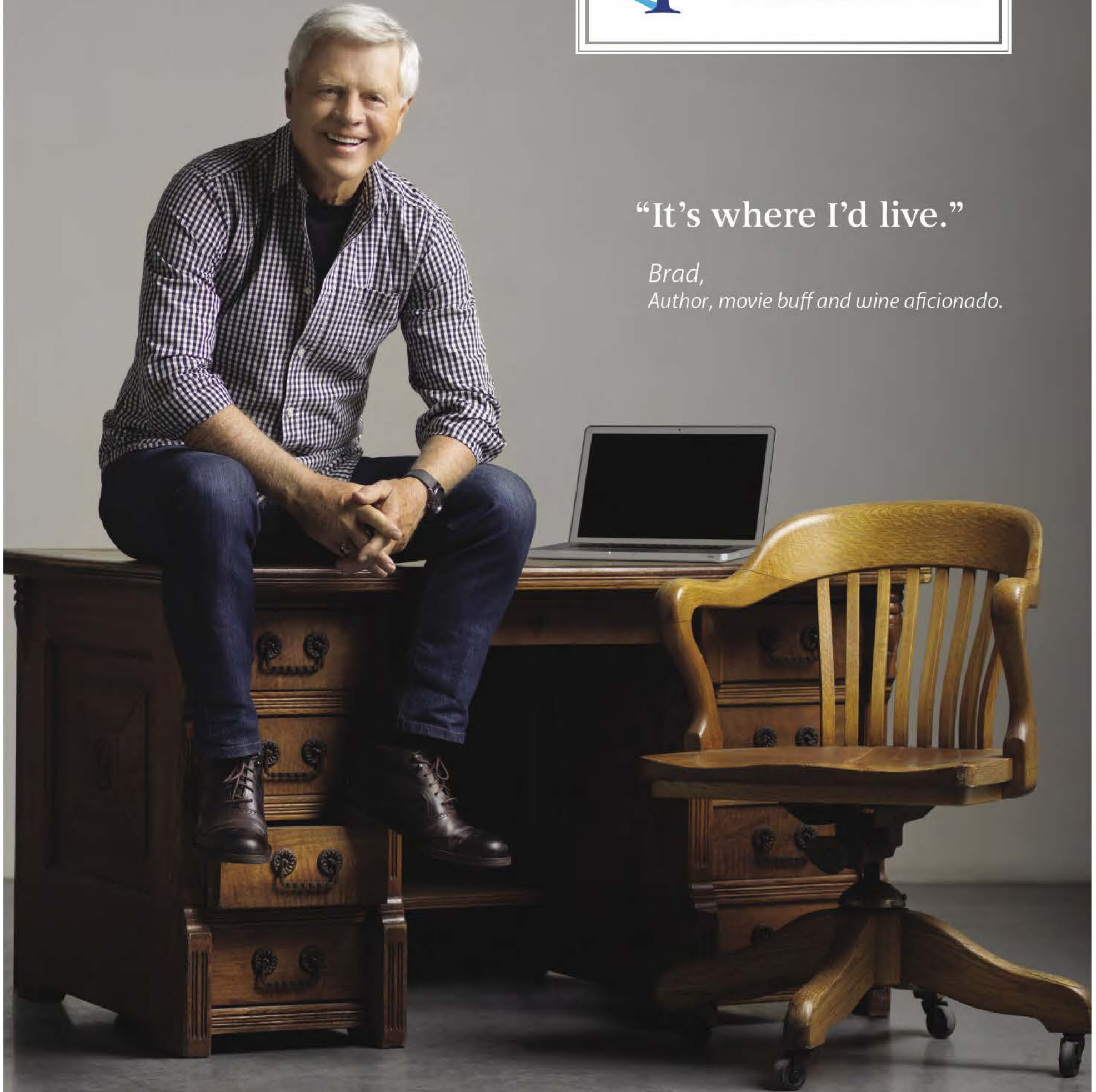
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