

Kerby News

Published by
Kerby Centre

for the **55** plus

2016
November

Volume 32 #11

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6 November, daylight savings time
(change your clock 1 hour back)

11 November, Remembrance Day



Deb Nichol, daughter of Calgarian Ron Jenkins, who purchased his own Lancaster bomber, is pictured with a replica of the plane's nose art. See story on pages 11, 12.

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President's Report Zane Novak

Remembering veterans of world wars

In our October newspaper I mention how fleeting summer seemed this year. In comparison, I don't think that fall even happened. Thanksgiving weekend for most of us was a snow covered one. At my home Thanksgiving is one of the times of year that has a strong tradition. My daughter and I always make our

rum spiced pumpkin pies. Karmia makes the filling using a plethora of spices and I struggle with making the crust. Fortunately, her pie filling more than compensates the short comings of my pie crust.

Our fall and winter is no doubt the most traditional time for Canadians, old and new. In three short winter months we experience several extremely important celebrations including Thanksgiving and Christmas.

However, we also have another very important date and in some way almost our most important. Its significance is as pertinent today as it was at its inception on the 11th hour of the 11th day of the 11th month of 1918, Remembrance Day.

One of the most important moments in which we as Canadians can take part, is the remembrance of this day.

Remembrance Day is a time for paying quiet respect to the men and women who have served, and continue to serve our country during times of war, conflict and peace.

Several years ago, Canada's last veteran of World War I passed away. It is even more important now to take it upon ourselves to remember those who bravely defended our country during that conflict. They left a legacy of honour, and of service, that lives on beyond their entire generation.

We also must honour those who presently serve in our Armed Forces. They represent our country to the world in combat and in peacetime, and we are humbled by their service and their sacrifices.

Please join Kerby Centre on November 11 for our Remembrance Day ceremony.

We are in a season of thanksgiving, remembrance and also rejoicing. Let us never let the pressures and pace of our world and life, crowd out the significance of these events.

All are welcome to the Kerby Centre on Nov 11th, I look forward to seeing each and every one of you there. □

NOVEMBER 2016

Front page: Photo by Elinor Florence

Design by Winifred Ribeiro

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

Kerby News

Published monthly by Kerby Centre
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2
(403) 265-0661 • Fax (403) 705-3212

Kerby Centre Website: www.kerbycentre.com
e-mail: editor@kerbycentre.com

Co-Publishers: Keith Callbeck and Luanne Whitmarsh
Editor: Barry Whitehead
Production Manager: Winifred Ribeiro
Sales Consultants & Distribution: Jerry Jonasson (403) 705-3238
David Young (403) 705-3240
Classified Ads: (403) 705-3249 Fax (403) 705-3212

The following volunteers assist our professional staff in the production and distribution of Kerby News each month. We are indebted to them for their help:

Editorial Assistants: Margaret McGruther, Faye Wu, Judy Milllar
Typesetters: Montanna Clark, Adel Khan (Volunteer)
Proofing: Anita Dennis, Mansoor Ladha

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

Kerby News is the official publication of Kerby Centre. Of the 30,000 copies printed monthly, 3,200 copies are mailed to its members. In addition, 26,800 copies are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies. Non-members can subscribe for \$25.00 per year, inclusive of postage and GST.

Printed in Canada by CentralWeb-Calgary.
Canadian Publications Mail Product Sales, Agreement # 40064604.

Return undeliverable Canadian addresses to:
1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

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CEO's message



To best serve the older adult community of Calgary and surrounding area, the team at Kerby Centre participates in many community committees and projects.

This work is in addition to the day to day responsibilities our staff have with in their job descriptions, plus in addition to the internal committees for which each person contributes. The team feels that the contribution to the greater community is valuable and keeps them engaged with the needs of older Calgarians.

A sample of external committee and project work are: Calgary Age Friendly Strategy, Elder Abuse Response Team, Older Adult Council of Calgary.

This is one more way Kerby Centre works *with* the community — planning, organizing, evaluating and celebrating all the dedicated work for older adults. □

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ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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

EXPERT UPDATE:

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

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In defence of a health system that offers timely care

A trial now underway in B.C. exposes a system that puts principle ahead of care, leaving far too many on dangerously-long waiting lists

By Derek James From

The health care trial of a generation recently started in Vancouver. Four private plaintiffs are joined by Dr. Brian Day of the Cambie Surgical Centre in a constitutional challenge of British Columbia's laws.

If they are successful, B.C. residents will be freed from suffering and languishing on ever-growing public health-care waiting lists. And B.C.'s health-care system will modernize to the standard of timeliness in every other Organization for Economic Co-operation and Development (OECD) nation with a public health-care system.

What's not at stake is public health care. Anyone saying that public health care is in jeopardy is grossly misleading the public. This trial cannot, and will not, lead to any "Americanization" of Canadian health care.

Here's the problem. The cost of maintaining B.C.'s public health system has outgrown the province's

funding capacity and the only solutions available are politically undesirable. A 2011 C.D. Howe report said the choices are to sharply reduce the availability of public services, increase taxation, allow for extra billing or set lower standards of care for those within the public health system.

So B.C. capped annual spending increases at 2.6 per cent and cut costs by reducing operating room time and hospital beds. According to the OECD, the solution to the budgetary pressures created by rising costs in a closed system like B.C.'s "has been to ration [health care] by means of long waits for treatment."

This problem is entirely of the province's making. B.C. law prohibits doctors from working simultaneously in the public and private health-care systems. It also prohibits residents from accessing private insurance to pay for medically necessary treatment in B.C. These prohibitions together with the province's

rationing of health services has resulted in long waiting lists, and many residents in urgent need of medical interventions are unable to receive timely treatment before suffering irreparable harm and risking death.

In the 2005 Chaoulli decision, the Supreme Court of Canada struck down similar laws in Quebec. That put the B.C. government on notice that if it could not provide timely medical services for all residents, it could no longer legally prevent them from accessing those services privately. After all, access to a waiting list is not access to health care.

Freeing patients from waiting lists will mean that young mothers, like plaintiff Mandy Marten, will not be forced to wait. Mandy noticed blood and mucus in her stool and immediately sought medical attention. She was understandably worried. After seeing her doctor, she was put on a seven-month waiting list for a colonoscopy. Fortunately,

Mandy didn't wait. She paid out-of-pocket for the test, and found she had stage-four cancer and would likely have died within seven months.

Mandy avoided tragedy because she could afford to pay. Most B.C. residents cannot, but private insurance would make it affordable. By prohibiting private insurance, B.C. is consigning mothers with fewer resources than Mandy to die.

But tragedy is not always avoided. In 2004, eight-year-old Walid Khalfallah of Kelowna was diagnosed with a degenerative spinal condition. His family trusted that B.C.'s health system would provide the treatment Walid needed in a timely fashion. But after waiting for more than two years as his health deteriorated, Walid's family sought medical attention in the U.S. Treatment came too late and Walid is now permanently paralyzed.

Stories like these are far too common. B.C. is unable to provide the medical

services that residents require, but Canada's Charter of Rights and Freedoms prohibits the province from forcing any mother or child to suffer on a public waiting list. It's a tragedy that the B.C. government is going to court to keep them there.

The cost of this endeavour is enormous. The trial is expected to take 26 weeks, and will include the testimony of experts from across Canada and around the world. Aside from the federal and B.C. governments, the list of opposing parties is a who's who of well-funded interest groups.

Without the support of the Canadian Constitution Foundation and donations, none of the plaintiffs could afford to defend their constitutional rights in court.

All parties expect this to end up at the Supreme Court of Canada.

Derek James From is a lawyer with the Canadian Constitution Foundation.

□

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News from City Hall

EVAN WOOLLEY

Calgary Councillor for Ward 8

It's no surprise that we know how to do winter in Calgary, and when it comes to clearing the snow and ice from our roads and pathways, we're getting better all the time. Throughout the winter months and especially after a big dump of snow, Calgary Roads has crews

Preparing Calgary for snow and ice control

available around the clock to sand, salt and plow. Here's how it works:

Before the snow falls: Even before it snows, City crews are busy anti-icing roadways to reduce the accumulation of ice and snow on the roads. A Road Safe Management Plan is followed to improve environmental protection without compromising road safety. The City also uses snow fences as part of the annual winter road maintenance program. Over 140 strategically placed snow fences reduce the build-up of drifting snow and ice on roads, and help to keep winter roads safe by improving visibility for motorists.

During and after the snow falls:

The City sands, salts, and plows roads and select sidewalks based on a priority system, and all work is to be completed within seven days from the point a snowfall ends. Within 24 hours of the end of a snowfall, major roadways (Priority 1) with traffic volumes over 20,000 vehicles per day are completely plowed, sanded and salted. A Snow Route Parking Ban may also be declared during this time – visit www.calgary.ca to find out. Within 48 hours, all Priority 2 roadways are completed; this includes bus routes, problem areas and roads that carry over

5,000 vehicles per day. Work then continues on Priority 3 and 4 roadways, focusing on designated hills and slower speed zones, and eventually moving on to sidewalks and pathways.

What you can do: The City of Calgary has a very sophisticated Snow and Ice Control program, and it does great work every year, but residents need to pitch in as well.

- When you drive in the winter, don't fool around: get winter tires.
- When you cycle in the winter, perform regular maintenance on your bike.
- When you walk in the winter, wear shoes with good grip.
- Homeowners are responsi-

ble for removing snow and ice from parking spaces, driveways and sidewalks.

• Be patient, and let the City follow the Seven Day Snow Event Plan. If something isn't right, however, report it to 3-1-1.

• Drive, cycle and walk safely. Give yourself extra time, don't rush, and be courteous to others.

For real-time updates throughout winter and for further information, visit www.calgary.ca/snow. If you have any questions, please contact me by email (ward08@calgary.ca), phone (403-268-2504) or on my website (www.calgary.ca/ward8). □



This month in Edmonton

KATHLEEN GANLEY

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

The second sitting of the 29th Legislature convened on October 31st, 2016, and it is my pleasure to represent the constituents of Calgary-Buffalo. This ses-

Taking leadership on climate control

sion the Legislature will be discussing how our government can strengthen the economy, ensure stability in service-delivery, and make Alberta one of the most environmentally-responsible energy producers in the world. Acting on the recommendations put forward by the Climate Change Advisory Panel, Alberta introduced the Climate Leadership Plan in November of 2015. The Plan includes a series of actions that will roll out beginning January 2017. Government is addressing climate change because it directly affects our health, the environment, and the economy of the province. For too long the reputation of our energy industry has

been damaged by outdated policies that have hurt our access to new markets. By addressing climate change head-on, Alberta is positioning itself as a forward-looking energy producer. There are four core aspects of the Climate Leadership Plan:

1. An accelerated phase-out of coal-powered electricity. The Canadian Association of Physicians for the Environment estimates that pollution from coal-fired generation is responsible for millions in annual health care costs. Government is accelerating the phase-out to reduce needless hospital admissions, premature deaths, and emergency room visits.
2. Transitioning to a system where one-third of coal-fired

generation is replaced by natural gas generation and two-thirds by renewable energy.

3. An economy-wide price on carbon pollution of \$30/tonne that will be phased in, beginning January 2017. Alberta's carbon levy will reward families, businesses and communities that take steps to lower their emissions. The levy will also diversify our energy industry and create new jobs, with carbon rebates introduced to offset the costs associated with the levy to help low — and middle-income households adjust. Every dollar will be put to work in Alberta, or returned to Albertans.

4. A 100 megatonne (Mt) annual limit on oilsands

emissions (currently at roughly 70 Mt). The Climate Leadership Plan has been endorsed by major industry players including CNRL, Shell, Suncor and Cenovus.

By showing leadership to protect our health, environment and the economy for future generations, we will improve Alberta's reputation and access to new markets. The full climate leadership plan can be accessed here: <http://www.alberta.ca/climate>, and my office has further information about the plan for anyone interested. By leading the way on climate change, Alberta is protecting the province's health, environment, and the economy. □



This month in Ottawa

KENT HEHR

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

As November 11th approaches, I hope you once again take time to remember those who have sacrificed, those who continue to take on the perilous work of safeguarding Canadian freedom, and the soldiers who are now

Veterans Affairs to receive additional money and offices

representing us abroad as peacekeepers.

It is my honour and pleasure to serve as our nation's Minister of Veterans Affairs. In this role I am entrusted with the mandate to support our veterans — young and old and to ensure the commemoration of all of Canada's past conflicts.

One of the memories that I will recall this month is the impact of the First World War on Western Canada High School where 170 Old Boys and 6 Masters had enlisted by 1916. The Calgary Herald estimates that 40% of all the boys who ever attended the school had enlisted and went off to war. Today you can see this sacrifice memorialized at the cenotaph behind the school.

Young men, with their entire futures ahead of them, were brought into one of the world's most brutal conflicts and sacrificed themselves for our freedom. I think of this often when I attend ceremonies across this country and serve as Minister of Veterans Affairs.

I invite you to visit my ministry's website online at <http://www.veterans.gc.ca/eng/events> to see the events planned for this community.

It has been nearly a year since I was appointed by Prime Minister Justin Trudeau as a member of his cabinet. In last year's election campaign we promised Canadians a government that would uphold our sacred obligation to veterans.

In Budget 2016 the

Government of Canada put 5.6 billion additional dollars into Veterans Affairs, showcasing a clear commitment to bettering the lives of our nation's heroes.

This year we announced the re-opening of nine Veterans Affairs offices that had been closed by the previous government. In addition to reopening these much-needed offices — which support veterans across this country — we are also opening an extra office in Surrey, BC, to support the thousands of veterans who live in that city. Above and beyond this we have increased benefits to veterans by increasing the Earning Loss Benefit to 90% from 75%, increased the Disability Award, and are on track to hire up to

400 more frontline staff. With increasing benefits and frontline staff we can better support the veterans and make sure that they transition more smoothly into civilian life.

It is in this sacred trust that I continue to work to better the lives of veterans and keep the promises we made in the 2015 election.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403-244-1880. My office is located at 950 6 Avenue SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in Question Period and sign up for my e-newsletter. □

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Coming home after a hospital discharge

Coming home after a stay in the hospital is both an exciting and anxious time; while it is a relief to be healthy enough to return to your daily life, there are still many factors to take into consideration, especially if you are recovering from an illness or operation. Here is a guide to help seniors and their caretakers ensure the transition home is a happy and healthy one.

What to do before leaving the hospital

Once a senior knows they will be leaving the hospital, a caretaker or loved one should make arrangements for their transportation home, and ensure that the transportation method compliments their current health status and mobility level. At the

same time, transportation should be arranged for any medical equipment or supplies that need to be brought home.

Before leaving the hospital, it is important for seniors to attend a Discharge Planning Meeting, and to consider including a loved one or caretaker who helps manage their health. By meeting with your health care professionals, you can gain a thorough understanding of what to expect in the days ahead, clarify any questions or concerns surrounding your condition, and ensure you have all the correct information regarding new or existing medications. It is advisable that seniors or their caretakers take notes during the meeting, so that the information provided is

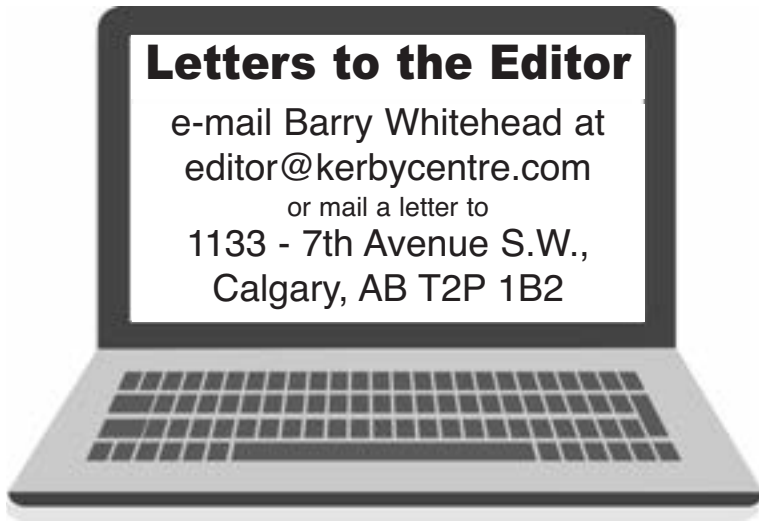
accurate and easily accessible. **How to prepare your home after being discharged**

Caretakers and loved ones can make the hospital discharge experience much more pleasant by preparing a senior's home for their return. Sometimes a visit to the hospital is unexpected, and a person will not have had time to prepare their home for an absence. Open up the windows to let in fresh air and dispose of any garbage or expired food; ensuring seniors return to a clean environment is good for their physical and emotional well-being. Additionally, caretakers should ensure the home reflects any changes to a senior's health. For example, if a senior is experiencing mobility issues, remove any tripping hazards, such as small rugs or inconveniently placed furniture, and make sure prescriptions are filled and ready. If dietary changes or restrictions are needed, ensure the kitchen and pantry only contain items that compliment a senior's health.

How to manage your health once you are home from the hospital

In the weeks following a senior's return home, it is important to closely monitor their health and make note of any changes or complications that need to be addressed. Ensure you book the relevant follow-up appointments well in advance so that you have the opportunity to check-in with your health care professionals. Additionally, seniors should have the proper level of in-home care that they require, including access to 24/7 support from someone who can assist them with questions or concerns. Not only will this ensure their health and safety, but also their peace of mind. □

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Letters to the Editor

e-mail Barry Whitehead at editor@kerbycentre.com or mail a letter to 1133 - 7th Avenue S.W., Calgary, AB T2P 1B2

Surgery needed

Dear Editor,

I am 76 and enjoyed reading the article in the October issue. I would like to see an article on the pros and cons of surgery for incontinence.

I did the Kegel for about 3 months and found no difference. I am spending a lot of money on pantliners and carry them everywhere.

Just not ready for Depends and the odor would still be there.

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Strategies for coping with the devastating loss of a friend

When someone dies, the loss is often more widespread than we recognize, and the tragedy and permanence of death shocks and scares us

By Faith Wood

I recently found out (on Facebook of all places) that a dear friend had passed away suddenly. I was in shock. Had it been April Fool's Day, I might have believed it was someone's inappropriate joke. But it wasn't.

I didn't know what to say or what to feel. I was numb.

One of my first thoughts was that I am a terrible friend. How could I have missed so many opportunities to connect by phone or in person during one of my many work trips to her area?

This friend supported me through all my varied adventures the past 20 years. She advocated for projects, colluded, created and pushed me to be better than I thought I could be. Anne was probably the person who most encouraged me to write for newspapers and even my first books.

She was a wonderful storyteller and her life was cut short — a tragedy to her community and her family.

My shock and dismay got me pondering the value we place on friendships and the efforts we make to ensure these friends know how much they have added to our lives.

I felt so selfish, but I think this is a pretty common first response to the sudden death of a friend.

Humans are wired to be social. We want to be around

other people. Sadly, we often get so caught up in the trials and tribulations of daily life that we forget how short life really is. We think there will always be plenty of time to connect and stay close. When this turns out to be untrue, we find ourselves in an inner conflict — the should have, could have stories all compete for attention.

When someone dies, a whole web of people who had different relationships with that person are affected. The news ripples through our 'tribes' and the loss is often more widespread than we recognize. Even people who didn't have a direct relationship with the deceased are affected — either because they feel for (and with) the people who had a close relationship or because, at the end of the day, the tragedy and permanence of death shocks and likely scares us all.

When someone dies suddenly, there are a lot of emotions going on. The loss of a loved one is one of the most difficult times in our lives.

So if you face something similar, here are a few tips to help you navigate through the moment and reduce the inner conflicts:

Pause and reflect on all those fabulous experiences together. Embracing those memories will help you move through the grief

process.

Write down a few special memories. You may even consider posting them to share with family members.

Even if you don't know what to say, rather than crossing the street or walking out of the room, make a point of saying something as simple as, "I'm sorry to hear what has happened." Or text them or send a card. Nothing can make the situation better. It's about helping the family recognize

how many lives their loved one touched.

Don't be afraid to attend the memorial service. It will be good for you and the family no matter how long it has been since you saw them in person.

Be proactive about reducing your stress. Take a walk. Eat nutritiously. Release your emotions — cry (at commercials, songs, movies) or watch comedy in an effort to refocus your internal energy.

It doesn't matter how old

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Conflict Coach Faith Wood is a novelist and professional speaker who focuses on helping groups and individuals navigate conflict, shift perceptions and improve communications



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A sobering visit to the war fields of France

By Pat Murphy

Travelling in the north of France, historical sites and old towns were major items on the agenda. Two destinations had particular resonance.

A century on from the outbreak of the First World War, one destination was the Somme battlefields. The other was Juno Beach, the location of the Canadian D-Day landings 70 years ago this summer.

When you think of the horrors of the First World War, they're all encapsulated in the Somme 1916. Everything's in the mix — extended trench warfare, endless mud, and futile mass slaughter. From the July 1 beginning to the stalemated conclusion over four months later, it became one of the bloodiest encounters in recorded history.

And walking around one of the Commonwealth cemeteries, songwriter Eric

Bogle's evocation of "countless white crosses" springs immediately to mind. It's a literally apt description.

The names come from all over: British, Irish, Canadians, Australians, New Zealanders, and South Africans. Perhaps most touching of all are the crosses inscribed with the simple words "Known only to God."

The most common reaction to the Somme dwells on mankind's inability to learn any lessons. While it was ostensibly "the war to end wars," things didn't pan out that way. To quote Bogle in *The Green Fields of France*, "it all happened again, and again, and again, and again, and again."

Emotionally, this is powerful stuff. Still, I'm left with a nagging unease.

Talking about how "we never learn" implicitly presupposes a universal we. But, in reality, there's no such thing. Instead, we have a diverse world made

up of a collection of national and tribal entities, each with its own passions, values and interests.

And given the state of Europe in 1914, the June 28 murder of the Austro-Hungarian heir meant that a war was coming. The practical questions related to how extensive it would be, and whether one's own entity would get swept up in it.

Unlike some, Britain had a choice.

Other than a sense of honour and an abstract attachment to the concept of a continental balance of power, it had no overwhelming national interest at stake. Nor were there any prospective gains in view. Indeed, as late as July 31 — a mere four days before Britain went to war — only two members of the cabinet were explicitly in favour of intervention.

And if Britain had stayed out, its imperial dominions would've done likewise. There'd be no Canadians, Australians, New Zealanders or South Africans in the cemeteries around the Somme.

Juno Beach — where thousands of men from the 3rd Canadian Infantry came ashore on June 6, 1944 — produces a different reaction.

In this case, it's a combination of awe and terror.

Standing there at 11 a.m. on a bright August day with a calm sea is impressive enough. But project yourself back to a choppy sea on a grey early morning, and consider the prospect of storming five miles of heavily fortified, booby trapped

"There'd be no Canadians, Australians, New Zealanders or South Africans in the cemeteries around the Somme"

beach. Speaking personally, I'm not at all sure I'd have been up to the task.

But those feelings of inadequacy aside, Juno is uncomfortable in another respect.

While we may disagree about the merits of participation in the First World War, the take on the Second tends towards unanimity. It was, almost everyone agrees, a necessary war.

To be sure, people will argue about whether the punitive aspects of the

1919 Treaty of Versailles planted the seeds for what followed in 1939-45. Or whether earlier action would have deterred Hitler. But when push eventually came to shove, most people agree that resistance was necessary.

Here's the thing, though. Given that Nazi Germany was a formidable and implacable foe, would we be up to defeating the likes of it again? Given the number of casualties to be absorbed and the amount of collateral damage to be inflicted, would we have the requisite stoicism and emotional stamina to see the job through?

Or would we quickly head for the exits, pleading a moral distaste for the ambiguities and compromises inherent in the business of actually winning a serious war?

To be brutally honest, I'm not sure what our answer would be. Let's hope the question doesn't get asked.

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

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Calgary veteran Ron Jenkins bought his own Lancaster bomber

By Elinor Florence

Thanks to a body part donation from another Lancaster called Lady Orchid, there's still one iconic Canadian Lancaster bomber in the air. And the man indirectly responsible was Lady Orchid's original pilot, Ron Jenkins of Calgary.

The Canadian Lancaster FM-213 is dedicated to the memory of pilot Andrew Mynarski from Winnipeg, who sacrificed his life and won the Victoria Cross for bravery. Based in Hamilton, Ontario, the bomber is sometimes called Vera because of its V-RA markings. Vera drew worldwide attention last year when it flew across the Atlantic to England, to rejoin the only other flying Lancaster in existence.

But few people know that Vera's ability to fly today is linked to a former bomber pilot from Calgary.

Ronald Henry Jenkins was born on July 8, 1913. His father owned a successful grocery, which burgeoned into a successful chain called Jenkins Groceries. An only son, Ron grew up and joined the family business.

In 1943 Ron enlisted in the Royal Canadian Air Force, trained as a pilot, and flew with the 434 Squadron out of Yorkshire.

Ron flew a total of fifteen operations, the last five in a brand new Lancaster with the code letters WL-O. At first his crew called her Wee Lady Orchid, but later they dropped the Wee and she became Lady Orchid.

Pilot Ron Jenkins painted the name in large letters on the nose of the aircraft. The whole crew then painted a naked girl, riding a bomb and holding two western-style six shooters – to commemorate the Wild West origins of their Calgary

pilot. Ron added fifteen white bombs for completed missions, and one red bomb for an aborted operation.

In May 1945 victory was declared in Europe, and one month later the squadron left for Canada. For the sake of modesty (and no doubt imagining what their Canadian mothers would say), the crew painted two red maple leaves over Lady Orchid's breasts.

Ron flew Lady Orchid back to Dartmouth, Nova Scotia, and took the train home to Calgary while Lady Orchid herself and hundreds of other Lancasters were placed into storage. Back in Calgary, Ron stepped into his new role as president of the grocery company since his father had died two months earlier.

In 1947, Ron learned that Lady Orchid was being ferried to Penhold, Alberta.

The following transcript of a 1975 interview was provided by Ron's daughter, Deb Nichol of Windermere, B.C. Here Ron explains in his own words how he bought his own Lancaster.

"I learned from a friend that the aircraft I had flown back was being ferried up to Penhold, where there was a big station. Of course they knew it was mine, because it had 'Ron Jenkins' painted on the fuselage.

"So I went down to see a gentleman who at that time was head of the Crown Assets Disposal Corporation. And I explained that there was one particular aircraft that was up at Penhold, and it was "my aircraft," as I termed it. If it ultimately came up for sale, I would like to know what happened to it.

"Somehow or other it captured his imagination and he said: "That would make a very good human interest



Canada's only flying Lancaster, located at the Canadian Warplane Heritage Museum in Hamilton, Ontario, painted in the colours of Lady Orchid.

Photo courtesy of Eric Dumegan, Canadian Warplane Heritage Museum

story. A pilot buys his own aircraft." And I said, "Yes, but goodness gracious, I can't afford to buy a Lancaster aircraft. There are four Rolls Royce Merlin engines on it, and the aircraft would have a value, without any armament, without any navigational equipment, without any radar, any of those flying auxiliary features which the air force put in, of about \$500,000!"

"Well," he said, 'Let me see what I can do.'

"About two months later, he phoned and asked me to come to his office. So I went down and he said: 'I've got some good news for you, Jenkins. I think I can sell you this aircraft that you wanted.'

"I said: 'Goodness gracious, the price you will want for it will be so prohibitive, I didn't want to buy it, I just wanted to know what happened to it!'

"He said: 'We must put two conditions on the sale of the aircraft. First – you will never ask for a Certificate of Airworthiness. In other words, you are not to apply to the Minister of

Transport for permission to fly the aircraft. Secondly, you must sell us two of the engines. One we want for SAIT (Southern Alberta Institute of Technology in Calgary) for an aeronautical course there, and one for NAIT (Northern Alberta Institute of Technology in Edmonton.) We will take the two engines out.'

"So then I said: 'What are you going to charge me for the aircraft?'

"Much to my surprise, he said: 'We are going to charge you \$300 for the aircraft and will buy each of the engines back for \$100 apiece.'

"I ended up buying, to my knowledge, the first aircraft the Crown Asset Disposal Corporation ever sold after the war. I gave him a certi-

fied cheque for \$300 and in time, I received a cheque from SAIT for \$100, and a cheque from NAIT for \$100.

"Then the problem was: how do I dispose of the aircraft? I had to get it off the Penhold airfield within a ninety-day period. The wingspan of a Lancaster is 102 feet and of course it was too wide to take down a highway. So it did present a bit of a challenge. I had a real estate friend in Red Deer search the title to all the property that abutted on the airport, and I found a chap by the name of Clifford Sloan who had a farm there and was interested in aviation.

"I went to see Mr. Sloan and asked if he would like an aircraft for free. When I

Continued on page 12

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Ron Jenkins, bottom left, with his Lady Orchid crew.

Photo courtesy of the Jenkins Family

Continued from page 11 explained the story, he said: ‘If that’s the only problem, I can just cut my fence and with a tractor we’ll bulldoze the aircraft through the barbed wire fence which was cut, and we’ll pull it onto my property.’”

Why did Ron purchase the aircraft if he wasn’t allowed to fly it? The answer is simple: he was a generous man who wanted to take it apart and send mementos to his crew members.

For his navigator, he took out the flight control instruments. For his rear gunner, he took out the rear turret. For the wireless operator, he took

out his “key” (the device used to send wireless messages in Morse Code), and the table where he sat inside the aircraft. He shipped parts to each of the other six crew members, scattered across Canada. Ron himself kept the flying control panel, and his pilot’s seat. He then sold the shell of the aircraft to the Penhold farmer, who planned to turn it into a shed.

Several years later, in Greenwood, Nova Scotia, several Lancasters were being modified for post-war service with the RCAF. One of them, the Lancaster FM-213, crash-landed and the starboard undercarriage col-

lapsed. It couldn’t be repaired without a new centre section. According to RCAF records, none existed in Canada.

Then someone recalled the farmer in Penhold, Alberta, and his plans to build a shed from the discarded Lancaster. A phone call was made, and the farmer was willing to sell Lady Orchid. The largest railway flat-car in Canada was sent from New Brunswick to Penhold. The centre section was trucked into Penhold on a flat-deck, and put on the train heading east.

In July 1953, Lady Orchid’s centre section was

transplanted into FM-213 Vera, and the rest is history. The Lancaster went on to fly ten years at Torbay, Newfoundland, and today belongs to the Canadian Warplane Heritage Museum in Hamilton.

It is one of only two flying Lancasters remaining of the 7,377 built during the Second World War. And we owe it all to Lady Orchid.

In honour of Lady Orchid’s body part, this summer the Lancaster was repainted with her nose art, complete with topless girl, and it appears at air events around Canada.

But that wasn’t the only contribution Ron Jenkins made to the Lancaster community. Following the war, almost every Lancaster in existence was scrapped or cannibalized for parts. But Ron and a group of air force veterans discovered a complete Lancaster in Fort McLeod. They paid \$700 to buy the FM-136 Lancaster, and in 1962 it was mounted on a pedestal at the southwest entrance to the Calgary Airport.

Thirty years later, it was moved indoors. The City of Calgary now owns the aircraft. It was restored by the Aero Space Museum and in 2011, it was dedicated to Ron Jenkins. In his honour, the nose art of Lady Orchid was recreated on the FM-136.

His family donated Ron’s uniform and pilot’s seat, also now on display at the museum. One of Deb Nichol’s fondest memories is playing on that seat. “It sat down in the basement, and we would go down there and put Dad’s flying helmet on, and sit in the seat and pretend we were flying the Lancaster. Just seeing it today brings back some powerful memories.”

Ron proved to be a loving father. When he returned to Calgary in 1945, he came home to his lovely wife Jeannie Campbell, whom he had married during the war. She also served in the RCAF as a radio operator.

After the war, Jeannie gave birth to a son, Jimmy. She wasn’t able to have more children, so in 1950 the couple adopted identical twin baby girls named Deb and Dixie.

Not long afterward, the couple separated. Unusual for that era, Ron was awarded custody of the three children. His wife agreed with the decision, and moved to Victoria.

According to Deb, “Daddy” was the most wonderful father in the world. “He was my father, mother, best friend and mentor,” she said. It was a tragedy for the family when her father died of prostate cancer in 1976, at the age of sixty-four years.

Before he died, Ron Jenkins left his mark on Calgary. Under his guidance, Jenkins Groceries became the dominant force in Calgary’s retail food business. In 1959 Ron sold the business to Western Grocers, but it continued to expand under Ron’s direction.

Ron also played a leading role with community service organizations such as the Calgary Stampede, the United Fund, the Chamber of Commerce, and the Rotary Club.

Today his son Jimmy Jenkins lives in Calgary, and both daughters – Deb Nichol and Dixie Jorginson – live in Windermere, B.C.

“What I will always remember about my father was his warmth and his kindness,” said Deb. “He was a true humanitarian, and he taught all his children the importance of giving back to the community. Even more important than his war record was his life-long service to his family and to his community. That’s how I would like him to be remembered.”

Note: Lady Orchid’s rear turret, which Ron Jenkins gave to his rear gunner Bruce Baird of Olds, Alberta, has gone missing and his family members are searching for it. If you have any information, contact Elinor Florence at 250-342-1621.

The story of Ron Jenkins is just one of 28 veteran interviews in a new book by bestseller author Elinor Florence titled: My Favourite Veterans: True Stories From World War Two’s Hometown Heroes. To order your copy, contact Elinor at 250-342-1621 or visit her website, www.elinorflorence.com

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Air crash over Calgary skies brought far away war home

By Tim Johnston

Saturday, August 28, 1943 was a beautiful sunny day in Calgary. A clear sky and warm temperatures saw Calgarians enjoying a relaxing weekend. People shopped, worked around their homes and took part in favorite pastimes. The war, raging in other parts of the world, seemed somehow distant and remote on that beautiful weekend.

At Victoria Park, home of the Calgary Stampede, local riders were working their horses, getting ready for the Powder Puff Derby. Arthur Ferguson, the grounds superintendent, was in the infield with Herb Johnson, who was in charge of the Derby, while Arn Gill made adjustments to the public address system.

Mrs A. McAloney and her daughter Doris were on their front porch on College Lane enjoying the day. Ted Gates was relaxing on his upstairs porch watching planes from nearby Currie Airfield, home of No. 3 SFTS (Service Flying Training School), flying overhead. A visitor from Winnipeg, J. M. Sutherland, was strolling along 11 Avenue, occasionally glancing up at aircraft as they passed over the city. A. E. Perkins was on a scaffold as he made repairs to a house near the Anderson Apartments.

At the Stevens' home, located at 839-19 Avenue West, Mrs. Stevens was catching up on housekeeping chores while her two children, Elizabeth, age nine, and Tommy, age ten, cleaned the windows at the front of the house. Their mother had promised that once finished, they could go and play in the back yard with June Gilbertson, visiting from Hughenden with Mrs J. O. Dale, who lived at the back of the house with her infant daughter. In the front room of the house, rented to LAC (Leading Aircraftman) and Mrs. F. O. Spooner, Mrs. Spooner sat before the freshly washed and now open window and finished writing a letter before leaving the house to catch the streetcar on 17 Avenue. Upstairs, after his night shift at the Ogden munitions shop, Mr. Stevens slept soundly.

North of the city at the Municipal Airport, a flight of Harvard II single-engine advance trainers took off to practice formation flying north of the airfield. The aircraft belonged to No. 37 SFTS, one of ten advanced flying training schools ini-

tially set up by the Canadian Government at the outbreak of war for pilots of Great Britain's Royal Air Force. Piloting one of the Harvards was British pilot-in-training LAC J. Major, a native of Taunton, England.

Five-year-old Terry McDonough, son of LAC and Mrs. Edmond McDonough, was sitting on the curb near the Stevens' house. He was waiting for John Tawes, a veteran Union Milk deliveryman, and Tawes' horse and wagon. Terry often accompanied Tawes for a couple of blocks each day, mainly for the chunks of ice Tawes would give him to chew on. Tawes was about to make his usual milk deliver to the home of Mrs. Buchan located next door to the Stevens house. Terry's father was at work at No. 3 Service Flying Training School at Currie Airfield.

Earlier in the morning, a Cessna Crane twin-engine training aircraft had taken off from Currie Field to practice bombing procedures west of the city. In charge of the flight was flying instructor Sergeant J. D. Hardiman, an Australian. With him were student pilots LAC M. V. Eckert from England and LAC J. L. Ayton of Australia. Over the course of the exercise, the students would take turns operating the aircraft from the co-pilot's seat beside the instructor.

Having finished with their window cleaning chores, Elizabeth and Tommy Stevens went to the backyard to play with their new friend June Gilbertson and other children from the neighborhood.

At approximately 11:20, LAC Major, piloting his Harvard II, was ordered to break off from the formation and return to the Municipal Airport. His return flight brought him over the city for an anticipated south to north approach to the active runway. Likely enjoying a few minutes of free flying, Major carried out a loop, followed by a dive, and then another loop.

In the backyard of the Stevens' home, play was progressing well. A new game was thought up whereby June Gilbertson was tied to a corner of the house.

With the bombing exercise completed, the Cessna Crane turned east for its return to Currie Field. Hardiman and Eckert were in the pilot and co-pilot seats while Ayton rode home at the back of the small cabin, sitting beside the entry door.



Cessna Crane twin-engine training aircraft.

Jimmy Arney, 13, was watching the aircraft. He was drawn to the Harvard because of its aerial maneuvering. Suddenly, the Harvard collided with the Cessna Crane, tearing off one of its wings. Both planes separated and fell away in different directions. Without any means of control, the Cessna fell in a northwesterly direction, with engines screaming and bits and pieces shedding as the aircraft dived. June Gilbertson, tied to the Steven's house, looked up to see a plummeting aircraft roaring straight down toward her and must have thought her young life was about to end.

Mrs. McAloney and her daughter heard "an awful roar and something shook

the house. It made me look up and there were two planes which seemed just over our house and both were smoking." Ted Gates, observing from his upstairs porch, said he saw a wing drop off one of the aircraft and then one person bail out. The visitor from Winnipeg, J. M. Sutherland, watched as both aircraft collided. "I thought at first they were just maneuvering but soon one of the planes began spiraling as it went off in a westerly direction. Then I noticed the plane which I had first stopped to watch also was twisting and was going toward Victoria Park." Viewing the collision from his scaffold, A. E. Perkins watched as the aircraft came down and saw the Cessna

explode and burst into fire. "One man bailed out before that and I saw a wing come off one of the aircraft."

In the Cessna, realizing what had just happened, LAC Ayton managed to get the door of the Cessna opened in order to jump. The door blew back, hitting him on the head, but he managed to clear the aircraft, expecting that the others would follow. As the aircraft dived, Ayton's parachute blossomed.

Returning to the milk wagon after delivering milk to Mrs. Buchan, John Tawes heard a sudden crescendo of sound and, glancing up, saw the Cessna diving earthward toward him. In an instant, the

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Continued from page 13

aircraft crashed into the boulevard, spewing ignited gasoline over Tawse, his horse and wagon and little Terry McDonough. Flames and wreckage shot out everywhere, terrifying the horse and setting it and the wagon on fire. With his hair and clothing ablaze, Terry McDonough fled the scene, following the part of the curb that he could see. As he ran toward his home, he somehow managed to beat out the fires on his body. Tawse was also badly burned but managed to lead the horse out of the flames before it bolted away down 19 Avenue.

In the Stevens' house, Mrs. Stevens at first thought the sound was only a low-flying aircraft. Then she heard the sound of the crash just in front of her house. The crash and explosion woke Mr. Stevens who saw flames leaping up past the bedroom window. Fire from the explosion blew into the open front window where Mrs. Spooner had recently been writing and started the curtains on fire. Grabbing a dishpan full of water from the kitchen, Mrs. Stevens ran to the front room and doused the blaze.

In the back yard, the Stevens children, who not minutes before were washing that same window, watched as the aircraft dived down and crashed, narrowly missing the house. With great presence of mind, little Elizabeth ran to the fire call box on the corner and sent in the first alarm. Tommy said afterward that he looked up and saw the aircraft coming. "Then it disappeared and I felt the ground shudder. You couldn't see the plane, there was just smoke and flame." Across the street, Mrs. Gutman thought an aircraft was "careening over the house or flying low". Then she heard the explosion and thought a plane had hit her home. She rushed out and found pieces of the aircraft burning all around the house, on the roof and on the street.

Private R. Duhaime, stationed at Mewata Park Hospital, was near the crash on 19th Avenue.

LAC Ayton landed near him and Duhaime helped get him to an army ambulance that happened to be passing by the crash scene. The ambulance took Duhaime and John Tawse to Colonel Belcher Hospital. Terry McDonough, meanwhile, ran two blocks to his home, somehow avoiding the ambulance, the driver of which yelled at him, "Get out of the way, kid. Can't you see there's been a plane crash!" He wasn't crying, he later told doctors, because he didn't want to frighten his mother, who

immediately took him to Holy Cross Hospital.

Meanwhile, LAC Major tried desperately to control his damaged Harvard. The aircraft fell on a southerly heading then turned around to the north and circled the stampede grounds. Narrowly missing the stampede office, the plane crashed into the infield and exploded in flames. Arthur Ferguson, Arn Gill and Herb Johnson raced toward the blazing wreckage but the intense heat kept them from approaching too closely. Another Stampede employee, Bill Harding, telephoned the police, fire department, air force headquarters and the ambulance service. No one on the Stampede grounds was injured.

Within minutes, thousands of Calgarians flocked to both crash scenes and armed soldiers were immediately posted around the remains of the aircraft. Spectators trying to



Harvard II single-engine advance trainers in formation.

get a better view of the Harvard crash tore off boards from the infield fence. By late afternoon, however, air force personnel had removed the remains of the aircraft and their crewmembers.

The faraway war came quite sharply to Calgary on that sunny August Saturday. Killed in the crashes following the collision was Australian flying instructor Sergeant J. D. Hardiman and English student pilots

LAC M. V. Eckert and LAC J. Major. Seriously burned were milkman John Tawes and Terry McDonough. The Union Milk Company's horse had to be put down.

Whether, in the aftermath of the crashes, the dreams of young June Gilbertson turned to nightmares can only be imagined.

Post Script: Seeking information that might possibly be held in the archives of the Calgary Stampede, I spoke

with archivist Shannon Murray. She referred me to the newspaper archive held by the University of Calgary but also mentioned that, if she recalled correctly, an honorary member of the Stampede board might have been involved in the incidents about which I was enquiring. The name she gave me was that of Terry McDonough, the very same little boy so badly burned on that distant August morning. Shannon arranged for Terry to contact me, we had an enjoyable chat, and Terry gave me more information about the incident. He spent more than two years in hospital recovering from serious burns to his body but eventually recovered and went on to a distinguished career in aviation, learning to fly with the Royal Canadian Air Force then spending most of his career as a pilot with Northwest Territorial Air.

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Rita and her husband travel in their own inimitable style.

A Remembrance pilgrimage by motorcycle

Story and photos by Rita McGillivray.
Page design and layout by Winifred Ribeiro

Travelling in France can be joyful. The roads and public transport are great, the celebration of food defies description, and it is a country of endless eye candy. From the glamorous glitter of the south, the majestic Alps, the seemingly endless vineyards of Burgundy, Bordeaux, Languedoc, and Alsace, to that centre of all things fashionable, Paris, the traveller in France is always in a place that captures the heart.

My husband and I have made many trips to France during our lives, but recently we decided to make a special trip by motorcycle across the country to the Normandy region on the North

Atlantic coast.

As a Canadian I have long desired to visit Normandy. It's a pilgrimage of remembrance that I owed not only to myself but to those ancestors and fellow countrymen whose lives were cut short on the battlefields of WWI and WWII.

We left our home base in Switzerland on our BMW 1150 motorcycle, during the intense heat of late August. Our planned route would take us first to Beaune, the centre of the Burgundy wine region, south to Limoges, famous for cheese and porcelain, then further south to Bordeaux, the temporary capital of France during the

occupation of Paris, and then finally north to Normandy. Our route was definitely not the most direct. When travelling by motorcycle we try to find the most interesting out-of-the-way roads, which take longer, but allow us to experience more of the sights, sounds and smells of local life. We are always prepared to adapt as weather or road conditions permit. One of the pleasures of retired life is to take each day as it comes, and follow the road that interests us the most that day.

We can follow our noses, because in this country, the nose knows!

When you arrive at a small

town along the way, you can rest assured that when you walk through the doors of a restaurant chosen at random, you will find it filled with locals enjoying a long relaxing meal, usually in the shade of a garden out back. It isn't even necessary to ask for a menu, as the *plat du jour* is usually exquisite, of good value and so satisfying.

Accommodation is plentiful, and with the advent of Airbnb we have been able to stay with locals or share a glass of wine with them, as we did at a farmhouse near Limoges and at a rented studio apartment in the heart of a lovely old town.

Our travels took us easily toward the north from Bordeaux, passing the city of Nantes, and on to Mont St Michel, quite probably the most visited and photographed tourist attraction in all of France. This was our first stop on the Normandy coast. Mont St Michel is an ancient gothic abbey dating back to the 8th century. It is an architectural masterpiece, built into an island of rock about a half kilometer from the Atlantic shore near Avranches. Built as a hermitage for the monks at the behest of Michael the Archangel, the abbey became an important destination for weary pilgrims who would wander across the mud flats at low tide. However, the sudden incoming dangerous tides also served as an important defense in times of war. In fact the Mont was never conquered during the 100 Years' War, which petered out in the mid-1400s.



Juno Beach Centre located at Courseulles-su-Mer France, is Canada's second world war museum and cultural centre.

Yes. In times of war. As a young girl growing up, I remember my mother and father telling us children about the Canadian men and women who went across the world to fight the 'war to end all wars' so that we would never have to know the sorrow of war in our lives.

Oh how I wish those comforting words to a young girl could have really been true.

Now as a retired woman, I have come across the world to see for myself where these men and women made their sacrifice for us.

While we were visiting Mont St Michel, I realized that we were only a half-hour's ride from the port city of Saint-Malo which is really in the neighboring region of Brittany. Known for its pirates in the 19th century as well as the city from which Jacques Cartier sailed on his journey to discover Canada. We just had to take a look.

It was an easy half-day ride from Mont St. Michel to Saint-Malo.

As we walked along the ramparts of this stately city on a beautiful day in September, it hardly seemed possible that it had been completely destroyed by allied bomb attacks during the same month in 1944. From Mont St. Michel, we rode through Bayeux directly to the coast and into the heart of the Normandy beaches where the invasions took place. Bayeux, after having been repeatedly destroyed in many ancient wars did not see bombing damage in WWII. It was the first city

liberated by the allies after the Normandy invasion. My delight in the French countryside quickly turned to awe and gratitude, as we rode deeper and deeper into Normandy where the towns and cities suffered the most devastating effects of the war. We rode our bike along the Atlantic coastline in Normandy with its white chalk cliffs and the beaches where the famous D-Day landings of the allied forces in WWII occurred.

We chose to stay at a small, simple inn in the town of Arromanches-les-Bains, 12 kilometres north of Bayeux. The inn was a few meters from Gold beach, and minutes away from Juno where the Canadian troops came on shore. Sword, Omaha and Utah beaches were a few kilometers away.

The window of our room overlooked the beach where the remains of the British-made, portable Mulberry Harbour linger, shadowy, rusting and always reminding.

The pieces of the harbour were towed from England, and assembled to allow the allies to unload the equipment and troops that would liberate Europe.

Below our window today there is a lively beach promenade with ice cream vendors, coffee shops and tacky souvenir stands. One would need to sit quietly, close the eyes and imagine the sound that the 300,000 soldiers made as they marched off the beaches, past our door and inland. 54,000 vehicles and 20,000 tons of equipment were hauled through



Standing before the sculpture "Les Braves" at Omaha Beach. The sculpture was commissioned by the French Government to commemorate the 60th anniversary of the landings in 2004.

the region in seven days in June 1944.

From Arromanches it is possible to visit all of the war memorials and beaches that made up the dreaded Atlantic wall, solidly defended with murderous battlements established by the German defense.

It was a haunting experience to wander around the ruined battlements and expansive graveyards, and to tour war museums such as the Canadian museum at Juno Beach.

It defies the imagination to realize that innocent young allied soldiers who had nothing more than youthful exuberance and wanderlust to see the world should have found themselves in such dire circumstances. Yet, I felt proud of the enormous sacrifice made by our countrymen.

I am old enough now, and have enough exposure to world history to know that there has seldom, if ever, been a time when there was no war. Sadly I fear that no matter how much we plead for remembrance on November 11, as long as we are insistent about impressing our views on, and displaying greed and intolerance toward others, it will always be with us.

When I see the photos of the increasingly few remaining elderly soldiers on Remembrance Day, I think of the young fresh faces and the rugged cliffs and gunfire that waited for them as they came ashore. From my recent travels in Normandy, I can start to understand the unspeakable horror that forms part of their personal tapestry of memories, and the profundity of their bravery becomes palpable.

Touring Normandy has added new layers to my feelings about Remembrance Day. It is uplifting to know of the resilience of a country that could rebuild itself so gloriously, and there is some modicum of peace in knowing that so many

of our own countrymen rest for eternity on the beautiful land they came to liberate.

After spending a few days visiting the battlefield memorials and gravesites, we rode further along a very beautiful section of the coastline, stopping in the little fishing port of Honfleur very near to the important port city, Le Havre, on the English Channel. Honfleur was spared during the battles and today is an important tourist town, known for its lovely harbour.

A tour through Normandy would not be complete without taking time to visit the capital city of Rouen. It is a city rich in historical importance from earliest times to the present. The city is compact, has charming cobblestone streets and is dominated by the Notre Dame Cathedral, one of the finest gothic cathedrals in France. Rouen was the location of the trial and eventual burning of Joan of Arc, and there is a very good museum dedicated to her story in the old town.

A short distance from Paris is the town of Giverny where the artist Claude Monet built his home and world famous gardens along the bank of the Seine River. We arrived in mid-afternoon on a lovely sunny day and were able to wander through the gardens and Monet's home at leisure.

The Normandy region can be reached easily from Paris, and nearly all of the sites of war memorials can be found within short distances of each other. Many people visit the area on the ever-popular river cruises that ply the waters of the Seine, and we also noted there are many tour buses shuttling visitors between memorials and museums.

For the more independent traveller, a rental car or motorcycle makes for a great adventure, with something new to look at and wonder about with every turn in the road. □



A view of the reflecting pond and memorial statue symbolizing the youthfulness of the D-Day troops at the American cemetery at Colleville-Sur-Mer France.



The memorial at Graye-Sur-Mer remembers the soldiers of the Canadian Infantry (Winnipeg Rifles and Canadian Scottish) who suffered heavy casualties before liberating the village.



Exterior panels erected outside the visitor centre at Pointe-du-Hoc help tell the story of the American Rangers who scaled the 100 ft cliffs on June 6, 1944 to seize the German artillery positioned over Omaha Beach.



Memorial statue installed at Omaha Beach near the National Guard Monument at Vierville-Sur-Mer, France.



Memorial to Canadian war veteran Garth Webb, who was born in Calgary. Mr. Webb was the driving force behind the Juno Beach Centre.



These remains of a German gun pit can be seen at the Pointe du Hoc American Ranger monument about 4 km from Omaha Beach.



The Pointe du Hoc Ranger Monument is a granite obelisk flanked with tablets inscribed in French and English. It is positioned atop a German observation bunker.



**Life and liberty
by liberty forrest**

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

Do you ever think about the importance of being playful and childlike? Do you notice the exuberance of little children, and how they are just so honest, being themselves, leaping and twirling, yelling and being silly, not giving a rat's @\$\$ what anyone thinks

Let your "inner child" play, it'll save your life.

about it as they express themselves by completely being?

When children are just busy being themselves, we're watching their ability to be completely free and unrestricted in using their imaginations, being creative, expressing their individuality. What that really means is that we're witnessing the purest expression of the beautiful Spirits that inhabit those little bodies.

And then what do grown-ups do? They come along and tell children to sit down, be quiet, mind the rules, don't act like that, be like everyone else, shhhh, mind your manners, sit still, elbows off the table, colour inside the lines, indoor voices please, what will people say and blah blah blah.

We stuff them into little boxes and make them con-

form and okay, it's true, they need to mind a few social rules because that's how life works, and not much would get done in school if children were allowed to leap and twirl and yell and be silly all the time. We do need some structure and discipline, even as adults.

However, aside from learning enough rules and manners to function in a home and society, it is too easy to go too far and stifle that beautiful Spirit. Having some rules, routine and structure is one thing (and necessary) but children must still be allowed to express their individuality, their uniqueness and creativity.

As adults, we are weighted down by responsibility. We have long lists of things we "should" do. We are stressed and exhausted. We talk about being "lazy" or "naughty" if we take a day off and do nothing; we think we're supposed to be busy and productive all the time. We become short-tempered, frustrated, and don't seem to be having much fun (or perhaps none at all).

What we need is to reconnect with the little kid who

got buried under a mountain of rules and conformity and Life. What we need is to be childlike and playful sometimes. But unfortunately, many people balk (or are completely horrified) at the idea. Heaven forbid we should do something silly or goofy; we'd be far too worried about what other people would think if they saw us!

We're inundated with information about what makes us ill, and for years we've been hearing that the number one killer is stress. In fact, current statistics say stress causes more than 50% of all deaths. We're told to relax, enjoy life, we're told to laugh - there are even laughter therapy classes and people are told to watch comedies and find laughter wherever possible when they're ill because it actually alters our chemistry, making us feel better and ultimately improving health.

Watch children and see how completely absorbed they become in their play. They're immersed in imagination and fun and the rest of the world disappears. Listen to them laugh; it comes from as far down

inside their guts as is possible – the biggest and best "belly laughs" you'll ever hear. If something is funny to a child, it is hilarious.

See how little it takes to make them giggle. They're uncomplicated, and are impressed by very simple things because they can so easily see joy and the lighter side of life.

We spend loads of time and energy trying to get them to be little adults, wanting to model them after ourselves, yet really, we ought to be modelling ourselves after them.

With playfulness and releasing our childlike Spirits into the world and into our lives, we become happier, healthier and much more able to tolerate the stresses and responsibilities of Life. We stop taking ourselves and our lives so seriously. We laugh more, enjoy more, and the hard parts of life seem much more bearable.

Do yourself a favour. Connect with that little kid who is hiding there inside you. Remember what it was like to be that giggling, twirling, leaping, yelling little ball of energy. And if you can't remember, watch some children or go to a toy store and let your imagination run wild as you look at all the goodies you'd really like to have.

Make a few purchases; they don't have to be big or expensive. Even some Silly Putty (do they still make that stuff?!) or connect-the-dots books, a bit of Lego, a bottle of liquid for blowing bubbles, a skipping rope, a hula hoop, a pair of strap-on roller skates - the list is endless but a couple of inexpensive little kid goodies will put a smile on your face and help to reconnect you with that beautiful, radiant, childlike Spirit and energy that has been weighted down by Life in the Grown-Up Lane.

And if you're worried about what anyone else thinks if they see you acting like a big kid, just remember that most of them are probably wishing they were brave enough to join you.

Have fun!

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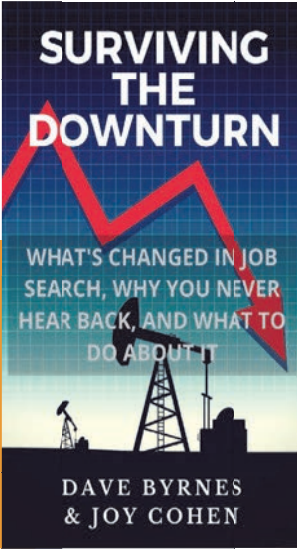
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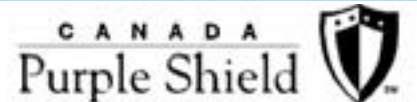
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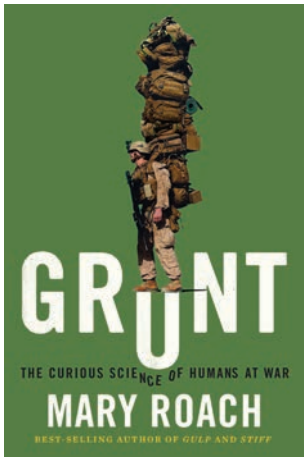


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Book Review



“Grunt: The Curious Science of Humans at War”

By Mary Roach

c.2016, W.W. Norton

\$26.95 U.S. /

\$34.95 Canada

285 pages

Reviewed by the Bookworm

Thank you for your service. You’ve said that many times recently, and meant every word to every soldier. Thank you for keeping us protected. Thank you for your bravery. Thank you for your sacrifice. And once you’ve read “**Grunt: The Curious Science of Humans at War**” by **Mary Roach**, you’ll also thank those who serve our servicemen and women.

Chickens are not ducks. Nevertheless, chicken carcasses are what the U.S. Military uses to test its equipment to ensure that it’s safe from “birdstrike,” which describes those instances when flying bird (duck, goose, even starling) meets flying machine. Birdstrike kills more than just birds, so the military

needs to know its equipment can handle feathered foes - therefore, it uses a “chicken gun” to shoot pullets, not bullets.

And that, says Mary Roach, “is most of what I have to say about guns.” Instead of focusing on artillery and battles in “Grunt,” she focuses on the fight to keep our troops comfortable, hydrated, healthy, and alive.

While it might seem easy, for instance, to outfit many thousand people in identical clothing, what our troops wear is a kind of weapon. The U.S. government hires fashion designers to develop uniforms that are weather-appropriate, as fireproof as possible, and that can repel chemicals. Even the

buttons are tested extensively: “specifications,” says Roach, “run to twenty-two pages.”

As for the vehicles troops use for transport, Roach says that engineers must constantly modify them for the safety of our soldiers. That often means that Strykers carry up to five tons of extra protection on their frames, much of it tested on the cadavers of people who serve “without actually enlisting.”

Military scientists know how to protect the soldiers’ hearing, and other equipment farther below on the body; says Roach, “thanks... to the transgender community,” they know how to fix injuries there. Others strive to teach medics to think in the midst of chaos. They study diarrhea, sweat, bugs, stinky smells, and sharks. And they know that sleep is one of a military’s greatest defenses.

Camouflage is a familiar sight these days, and it’s usually worn by someone you thank for their service. For different reasons, the creators of camouflage deserve appreciation, too, as do others who keep soldiers safe. “Grunt” explains further.

Now, mind you, there are no vivid recreations of battles in this book, but author Mary Roach tells readers about the aftermath of battle. You won’t get specs on equipment, but she’ll tell you about how science has improved on the gear soldiers use. What you will get, however, is a curious-minded tour through the science of war and real, sometimes gruesome but always fascinating peeks far beyond the barracks. And Roach does it with a delightfully lighthearted-yet-serious approach. Salute!

Supporting our troops is more than a verbal “thank you.” The surprise is that it also comes from laboratories, volunteers, manufacturers, and exhaustive research, and this book tells you how. If you love – or were! – a soldier you’ll want it, because missing “Grunt” would be a disservice.

The Bookworm is Terri Schlichenmeyer. She lives on a hill in Wisconsin with two dogs and 12,000 books. For more information, visit bookwormsez@gmail.com

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Unexpected holiday gifts

Page design and layout by Winifred Ribeiro

With the holiday gifting season upon us, there is no better time than now to try out some small-batch, exciting, inspiring, and beautiful food-gift recipes for one-of-a-kind gifts

In *Food Gift Love*, Maggie Battista shares her expertise in, and enthusiasm for, small-batch, hand-crafted foods. She features 100 memorable, edible gifts for any occasion with simple, delicious recipes, detailed wrapping instructions, and stunning photography. There are countless ways to share the pleasures of food with people you care about—from simple homemade infused salts and sugars to instant-gratification gifts like fresh ricotta and flavored butters; from jams, pickles, and vinaigrettes to irresistible cookies, desserts, savories, and spirits that will impress fellow food fans. There's creative guidance on how to wrap food gifts with style. This book will inspire cooks, food-lovers, and DIY fans to be year-round food gifters. You will definitely want to add this to your cookbook library or gift a copy.



Text excerpted from *Food Gift Love*, © 2015 by Maggie Battista. Photos © Heidi Murphy. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved.

Panna Cotta Cups ©

I typically make this gift about 8 hours before I need it, or in the morning for gifting that evening. The Greek yogurt tastes healthy but, more importantly, provides a pleasant tang that blends with heavy cream to make for a rich cup. The sweetness, however, is muted purposefully because the homemade Quick Strawberry Jam is sweet enough. If you plan to serve this without jam, increase the sugar in the panna cotta just a bit. I prefer panna cotta that is thick but less bouncy and gelatinous. If you prefer a firmer set, increase the powdered gelatin to 2 teaspoons

Makes: 6 - 1/2 cup desserts

Preparation Time: 15 minutes active time (up to 12 hours total time)

2 tablespoons lemon juice

2 tablespoons water

1 teaspoon (about 2 grams) powdered gelatin

1/2 cup (4 ounces) granulated sugar

3/4 cup (5 ounces) plus 1 cup (8 ounces) heavy cream, separated

1 teaspoon vanilla extract

1 teaspoon lemon zest

1 cup (9 ounces) plain Greek-style yogurt

10 ounces Quick Strawberry Jam

Special Equipment:

6 - 1/2 cup glasses or jars

Place lemon juice and water in a small bowl. Sprinkle powdered gelatin on top and let sit for 15 minutes.

Place the sugar, 3/4 cup cream and vanilla extract in a medium-sized pot over medium-low heat. Bring to a very low simmer (do not boil) just until the sugar dissolves. Swirl the pot a few times to help it along.

Meanwhile, in a separate large mixing bowl or extra-large measuring cup, whisk the remaining 1-cup cream, lemon zest and Greek yogurt until smooth and combined.

When warm mixture has completely dissolved, remove from the heat and whisk in the lemon juice-water-gelatin mixture until combined. Slowly pour the warm mixture in a steady stream into the cream-lemon zest-Greek yogurt, whisking continually until combined and well-blended.

Set up 6 glasses on a small tray, pan or large plate, and in advance prepare a spot in the refrigerator that fits the tray. Pour the panna cotta mixture evenly into the 6 glasses. Place the tray in the refrigerator and let set for at least 6 hours up to 12 hours. If you plan to keep the panna cotta in the fridge for 12 plus hours, then cover each glass with a small piece of plastic wrap — this prevents the fridge smells from being absorbed by the panna cotta.

If serving in glasses at home, remove the plastic wrap and serve with a dollop of Quick Strawberry Jam.

If transporting as a gift, use glass jars and cover with the lids or plastic wrap during travel time. To serve, let recipients open and top their panna cotta with spoonfuls of Quick Strawberry Jam.



Chard & Walnut Pesto ©

In this recipe, I blend Swiss chard and walnuts into a chunky pesto that looks like it came from a mortar and pestle, the traditional implements for pesto-making. You may be familiar with the smooth-style pesto sold in markets, but try thicker pesto. The texture adds wondrous substance to everyday pasta and looks like a truly homemade food gift.

Makes: about 2 cups **Preparation Time:** 30 minutes

1/2 cup shelled walnuts, unsalted and chopped

3 cups Swiss chard leaves and stems, tightly packed, cleaned

1 1/2 teaspoons finely chopped garlic (from about 3 cloves)

1/4 cup plus 1 tablespoon grated Parmesan cheese

1 tablespoon fresh lemon juice

1/8 teaspoon fine sea salt

1/8 teaspoon freshly ground black pepper

3/4 cup extra-virgin olive oil, plus extra for storage



1. Preheat the oven to 350°F. Spread the walnuts on a baking sheet and roast 10 minutes. Set aside to let cool.

2. Chop the chard into 1-inch ribbons and stem pieces.

3. In the bowl of a food processor, add the walnuts, chard, garlic, Parmesan cheese, lemon juice, sea salt, black pepper, and olive oil. Pulse in 5-second intervals (about 4 times) until the pesto is blended but still chunky.

4. Store the pesto in an airtight container in the fridge for up to 3 days. Before sealing the container, add an extra tablespoon or two of the olive oil on top of the pesto to create a thin layer that helps preserve the color.

Gift Wrap: • Glass jar with airtight lid • Marker

Write the label directly on the lid of a glass jar. Fill the jar with pesto. Wipe the rim and seal. Refrigerate until ready to gift.



Graham Cracker Toffee ©

A traditional holiday treat, this Graham Cracker Toffee recipe has less toffee and more a delicious hack of graham crackers, butter, and sugar. I slip a few pieces — because a little goes a long way — into my cookie boxes during the winter holidays. They're always the first treats gobbled up.

Makes: 48 pieces **Preparation Time:** 45 minutes

12 large graham crackers, broken into halves

1/2 cup (1 stick) unsalted butter

3/4 cup light brown sugar, loosely packed

3/4 cup coarsely chopped walnuts or pecans

3/4 cup semisweet chocolate chips

1 tablespoon coconut oil

Special Equipment:

Double boiler

1. Reheat the oven to 350°F. Line 2 baking sheets with aluminum foil, setting 1 aside for later use. Arrange the graham crackers on a lined baking sheet, with each cracker touching the next. Set aside.

2. Melt the butter in a small pot over low heat. Stir in the sugar and simmer (do not boil) about 10 minutes just until the sugar melts. Stir occasionally to help the sugar dissolve. Pour the hot mixture over the graham crackers and spread it evenly to cover all the crackers. Sprinkle the nuts over the graham crackers. Bake about 10 minutes or until their nutty fragrance begins to fill the kitchen. Keep a close eye on them so they don't burn.

3. After 10 minutes, remove the graham crackers from the oven and let cool on a cooling rack 8 to 10 minutes. Remove each cracker to the second lined baking sheet, taking care to make sure the crackers do not touch each other this time.

4. In a double boiler set over medium heat, place a bit of water in the bottom pot — making sure the water doesn't touch the underside of the top pot. Assemble the double boiler. (If you do not have a double boiler, just place a metal or glass bowl on top of a medium pot.)

5. Place the chocolate and coconut oil in the top part of the double boiler. Stir and melt until the chocolate forms drippy ribbons when you lift your rubber spatula from the pot.

6. Pour the melted chocolate into a plastic bag. Cut a tiny corner off the bag and immediately begin drizzling the chocolate all over the graham crackers (like you're making a Jackson Pollock painting) until all the chocolate is used.

7. Let it harden overnight at room temperature, and store in an airtight container up to 1 week.

Gift Wrap: • Boxes • Tissue paper • Ribbon

Line each box with tissue paper. Place the toffee in the box and seal. Cut a long length of ribbon, and tie in a bow around the box. Cut the loops of the bow to the same size as the extra ribbon.



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You are invited to attend the next Travel Presentation in the Boardroom 318 \$2 includes snacks No obligation to purchase January 12 at 1 pm Seniors Discovery Tours



Kerby Day Trips

Spruce Meadows International Christmas Market
 Date: Friday, November 25, 2016
 Cost: Members – \$23.00
 Non-Members - \$28.00
 Includes transportation. Free admission for Seniors over 65 with ID. Lunch is not included.
 Cut-off Date: Monday, November 14, 2016

Strathcona-Tweedsmuir School Christmas Concert
 Date: Wednesday, December 7, 2016
 Cost: Members and Volunteers Only - \$5
 Includes Transportation, Christmas Concert and Lunch. *NOTE: No refunds.

'Tis the Season at Saskatoon Farm
 Date: Wednesday, December 14, 2016
 Cost: Members - \$59.00
 Non-Members - \$64.00
 Includes transportation and lunch.
 Cut-off Date: Tuesday, November 29, 2016

Mexico's Copper Canyon Rail and Tour

November 12 (15 days)
 From Dbl. pp \$4397, Sgl. \$5187
 Includes daily breakfast and dinner and 7 lunches

Palm Springs Desert Oasis

January 22, 2017 (14 days)
 From Dbl. pp. \$2419, Sgl. \$3609
 Includes 7 nights in Palm Springs

Spokane Shopping

November 17-20 (4 days)
 From Dbl. pp \$590, Sgl. \$840
 Includes 3 breakfasts

Christmas in Victoria

December 22-28 (7 days)
 From Dbl. pp \$1650, Sgl. \$2160
 Includes 8 meals


Christmas in the Rockies

December 24-26 (3 days)
 From Dbl. pp. \$680, Sgl. \$895
 Includes 5 meals

Costa Rica and Panama Canal Cruise

January 10 or February 14, 2017 (20 days)
 From Dbl. pp \$13,066 (for oceanview stateroom)
 Includes return flights

Let us show you the world we travel

<p>CHRISTMAS IN VEGAS 10 days departing Dec 21st \$949.00 2 nights Great Falls, 2 Nights Cactus Petes Jackpot, 5 nights at Golden Nugget in Las Vegas, 2 breakfasts, Wine and Pizza party, Casino packages that include Fun coupons, Meal credits, beverages and gaming tokens.</p>	<p>BONNERS FERRY GAMBLING AND SHOPPING TOUR 4 days departing May 7, 2017, Oct 15, 2017 \$344.00 The Casino is happy to announce that they are featuring GAMING MACHINES THAT PLAY CANADIAN & PAY CANADIAN... so there is absolutely no need to exchange Canadian money for gaming. Day trip to Coeur d'Alene for some shopping</p>
<p>MESA/PALM SPRINGS 20 days departing Feb 2nd 2017 \$2659.00 2 nights Great Falls, 2 nights Salt Lake city, 1 night Lake Powell, 2 nights Mesquite, 7 nights in Mesa and 5 Nights in Palm Springs. Tons of included attractions check website or call for brochure.</p>	<p>MOTHERS DAY IN BANFF 3 days departing May 13, 2017 \$359.00 2 nights High Country inn. Supper at Old Spaghetti Factory, Mothers Day Brunch. Banff Upper Hot Springs. Sightseeing</p>
<p>LAUGHLIN 10 DAY TRIP 10 days departing March 3rd 2017, \$719.00 2 nights Helena 2 nights Wendover 5 nights Laughlin.</p>	<p>WATERTON NATIONAL PARK 4 days May 24th 2017 \$629.00 3 nights Bayshore Inn, Bar U Ranch, Frank Slide, Lundbreck falls, 2 hr boat cruise, Remington Carriage Museum, Music Legends dinner and dance, Head Smashed in Buffalo Jump. Sightseeing</p>
<p>LAS VEGAS 9 days departing March 18 2017 \$749.00, 2 nights Great Falls, 2 nights Jackpot. 4 nights Las Vegas Shopping at Fashion outlet mall, Hoover Dam</p>	 <p>PROMOTION TOURS</p>
<p>LAUGHLIN & GRAND CANYON 12 days departing April 1, \$949.00 2 nights Helena and 2 nights Wendover, 7 nights Laughlin, Laughlin Fun book. Day trip to Oatman, Day trip to Grand Canyon</p>	
<p>HISTORIC DEADWOOD April 23rd and Sept 2nd 2017 7 days \$719.00 2 nights Great Falls and 4 nights at the Mineral Palace Deadwood. Side trips to Mount Rushmore and Crazy horse monument, Blackjack and Slot tournament with free beer and wine, 6 Breakfasts.</p>	<p>HARRISON HOT SPRINGS & VICTORIA 9 days departing April 26 2017, \$1179.00 1 night Salmon Arm, 2 nights Harrison Hot Springs, 4 nights Victoria, 1 night 3 Valley Gap, Butchart & Butterfly Gardens, City Tour of Victoria, Kilby Historic Farm & lunch, ferry crossings, BBQ dinner, Steveston</p>
<p>Prices based on per person double sharing + GST on Cdn. portion</p>	
<p>Toll Free 1-866-460-0777 www.promotiontours.ca</p>	

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Bonnors Ferry 4 day, 3 Night Dec 4-7 (Xmas Fun)

Kootenai River Inn Special Anniversary Celebration, CDNS Slots, Spa Specials
 W Side trip to Coeur D'Alene - Lake Cruise - Santa's Workshop - America's Tallest Floating Christmas Tree - 1000's of lights - fireworks

FEATURE TRIP: Stoney Nakoda - Overnighter: 2016: - Overnighter: 2016:
 Nov. 21-22 & 2017: Jan 16-17 Filling FAST!! ONLY \$75 per person (double occupancy)
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River Cree: Nakoda Lodge, Edmonton, Feb. 20 - 22 3 days, 2 nights
Moose Jaw: Temple Gardens & Casino, April 18 - 21 4 days, 3 nights

LOTS OF FUN DAY TRIPS:
DAY TRIP: Stoney Nakoda: 2016: Nov. 7 South Calgary Pickup
 Rosebud Matinee - MIRACLE ON 34th STREET - Wed Dec. 14
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 We can arrange transportation for any size group. Please contact us.
 *If you have a group call for a specific date.

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To register or for more information visit our website or contact us:
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Kerby Centre Department Directory
 Kerby Centre 1133 - 7th Ave S.W. Calgary

Main Switchboard 403-265-0661	Fund Development 403-705-3235 <i>Work with members and community to provide funding for Kerby Centre's vital programs</i> funddev@kerbycentre.com	Kerby News Editor 403-705-3229 editor@kerbycentre.com
www.kerbycentre.com	General Office 403-705-3249 generaloffice@kerbycentre.com	Kerby News Sales 403-705-3238 advertising@kerbycentre.com or 403-705-3240 sales@kerbycentre.com
Accounting 403-705-3215	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	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
Adult Day Program 403-705-3214 <i>Socializing and health monitoring program for physically and/or mentally challenged seniors</i> adp@Kerbycentre.com	Housing 403-705-3231 <i>Assists seniors in finding appropriate housing</i> housing@kerbycentre.com	Volunteer Department 403-705-3218 <i>Volunteers are the heart of Kerby Centre</i> volunteer@kerbycentre.com
Diana James Wellness Centre 403-234-6566 <i>Health services including footcare</i> wellness@kerbycentre.com	Information / Resources 403-705-3246 <i>The all in one seniors' information source</i> info@kerbycentre.com	Room Rentals 403-705-3177
Dining Room 403-705-3225 <i>Serving nutritious meals to everyone</i> kitchen@kerbycentre.com	Kerby 2 East Village 403-470-6300	President Zane Novak 403-705-3253 president@kerbycentre.com
Education & Recreation 403-705-3232 <i>Information source for programs at Kerby Centre</i> program@kerbycentre.com	Kerby News Classified Ads 403-705-3249	CEO Luanne Whitmarsh 403-705-3251 luannew@kerbycentre.com

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Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo **GOING FOR A SPIN**

- | | | | | | |
|--------------------------------------|--|--|--|-------------------------------|--------------------------------|
| ACROSS | 51 Brie and feta seller | 91 Simple forklift | 130 Things that nine answers in this puzzle have | 37 Fleur-de- — | 83 Crimson Tide, to fans |
| 1 Entertainer Lola | 54 About | 93 Motive | | 40 Least strict | 85 Tick away |
| 7 Analogize | 56 — -Z (old Camaro) | 96 Put to work | | 41 Decoy | 86 Bright star in Cygnus |
| 13 Attacking like a cat | 57 Freezing | 98 "Evolve" singer | | 42 Big spiders | 90 — and Hyde |
| 20 Eugene locale | 58 Bygone New York stadium | DiFranco | DOWN | 43 Actress Mireille — | 91 Ritzzy |
| 21 Canceled out | 59 Suffix with Siam | 99 Porkers' pad | 1 Central | 44 Big name in big trucks | 92 Level |
| 22 Civil War song about a maiden | 60 Biohazard face wear | 100 Bladers' wear | 3 Bright yellow | 45 Capital of Ghana | 94 Out — limb |
| 23 Sidewalk material | 63 Many seized autos | 102 Barrel along | 4 To-do list | 46 Smithy, e.g. | 95 Take home |
| 24 Place with lots of slots | 65 iPod maker | 104 Brit's buddy | 5 Prefix with stick | 47 Relative of a user's guide | 97 Arles article |
| 26 Presently | 67 See 83-Across | 105 Helm locale | 6 Tiny colonist | 49 Have a cow | 101 Martial arts actor Steven |
| 27 Sturdy tree | 68 Weaponize | 110 Morales of "La Bamba" | 7 Occupy | 52 Tokyo, to the shoguns | 102 Sales pitches |
| 28 Ponce de — | 69 Place to make earthenware | 113 "Der —" (Konrad Adenauer's nickname) | 8 Tremble | 53 Warms (up) | 103 Distend |
| 29 Golf bag items | 73 — Aviv-Yafo | 116 Never, in Berlin | 9 German city | 55 Psalm | 106 Metallic bar starter |
| 30 A pilot lowers it during approach | 76 Reveres | 117 Actress — Flynn Boyle | 10 Tirana's nation: Abbr. | 59 Mother on "Family Ties" | 107 Ballet, e.g., in Brest |
| 35 Greasy of the gridiron | 78 Bar legally | 118 Easy-to-travel-with suitcases | 11 Tattle | 61 Late boxing great | 108 Object of a knightly quest |
| 38 Love, in Livorno | 79 Chopin composition | 123 Two-dimensional | 12 Emmy winner Falco | 62 — gin fizz | 109 Takes home |
| 39 Aid in raising heavy weights | 81 Custodian | 125 Arquette of "Crash" | 13 "— & Lacey" | 64 Primer pooch | 110 Is off base |
| 45 Grayish color | 83 With 67-Across, protein source for a hive | 126 1 followed by 100 zeros | 14 Follower of "Jean," often | 66 Forestall | 111 Momentarily |
| 48 Chi follower | 84 Conked out | 127 Dines at home | 15 Coach Parseghian | 67 Iris center | 112 Additionally |
| 49 Escaped | 87 Et — (and more) | 128 Swim at a shoal, maybe | 16 Dillydallies | 70 Tijuana gold | 114 Yanks (on) |
| 50 Capital of Kazakhstan | 88 Big outback birds | 129 Stuffed shirts | 17 "Nasty" Nastase | 71 Part of TB | 115 Von Furstenberg of fashion |
| | 89 In — (stymied) | | 18 Maui goose | 72 In the present era | 119 Ballpoint fluid |
| | | | 19 Old GM cars | 74 Official order | 120 LA-to-IL dir. |
| | | | 25 Some jazz combos | 75 Like a sieve | 121 Oozy gunk |
| | | | 27 Like a cruel beast: Var. | 77 Not alike | 122 Past |
| | | | 31 Wee devils | 80 — Mahal | 123 Chapel bench |
| | | | 32 Snouts | 81 Actress Ryan | 124 "— -di-dah!" |
| | | | 33 Per item | 82 Call in church | |
| | | | 34 Deep groove | | |
| | | | 36 Dry — bone | | |

Solution on page 28

STAR WARS: THE FORCE AWAKENS
 Released December 2015 (2 hours & 18 minutes) Rated PG-13
 Action/Adventure/Fantasy

Friday November 25, 2016
at 1:00 PM in the
Kerby Centre Lounge



Tickets are \$1.00 from the Education and Recreation Department, Room 305
 Price includes snack and a drink!

Sponsored by Trinity Lodge



••• Community Events •••

Fish Creek

In the Push to Open Nature Series, Fish Creek Park hosts a presentation on November 3: The Place for Parks and Nature at End of Life. The speakers will be lead researchers Sonya Jakubec RN PhD (Associate Professor, School of Nursing and Midwifery, MRU), and Don Carruthers Den Hoed, PhD candidate (East Kananaskis Area Manager – Alberta Environment and Parks, and Adjunct Professor, School of Nursing and Midwifery, MRU). They will discuss their discoveries and the practical applications of their work. The program will take place from 7:00 p.m. to 8:30 p.m. at the Fish Creek Environmental Learning Centre. To register please contact Jill Jennings at 403-297-7850 or Jill.Jennings@gov.ab.ca. On November 24 Fish Creek Park will present a talk: White Goat and Siffleur Wilderness Areas of the Central Rockies by Graham Thursfield, Visitor Services Coordinator - Rocky Mountain House. The talk will take place from 7:00 p.m. to 8:00 p.m. For more information about this and other programs visit: www.friendsoffishcreek.org/programs/speaker-series.

Nickle Galleries

50 Years of Art at the University and Beyond is an ongoing exhibit at the Taylor Family Digital Library, University of Calgary until December 10. Organized by Nickle Galleries, guest curated by Mary-Beth Laviolette, and funded with support from the Alberta Foundation for the Arts and Development and Alumni Engagement, University of Calgary. For more information please phone 403-220-6201 or visit nickle.ucalgary.ca

Whyte Museum

The Whyte Museum in Banff has an ongoing display of memorabilia collected by Peter and Catharine Whyte, together with objects from their travels and gifts from relatives. This display, which chronicles their eclectic interests and lifestyles, was curated by Barbara Milne and runs until January 29, 2017 in the Main Gallery.

Portraits from Here and Afar is the title of an exhibition of portraits by Peter and Catharine Whyte, running until January 14, 2017. Many of the portraits in this exhibition honour individuals who contributed to the character and development of the mountain community. The Whyte Museum of the Canadian Rockies is located at 111 Bear Street, Banff, and is open daily from 10:00 a.m. till 5:00 p.m. (except December 25 and January 1). Admission costs \$10 for adults, \$9 for seniors, \$4 for students, children under 12 and museum members free.

On November 11, at 1 p.m., there will be a tour of the Old Banff Cemetery to explore the history of war-time Banff, with stories of hardship and heroism, citizens and soldiers. Dress warmly. Meet at the Old Banff Cemetery, 604 Buffalo Street.

For more information about these and other programs please call 403-762-2291 or visit info@whyte.org.

Calgary 55+ Winter Games

The events in November include: Snooker, 55 open singles, on November 1, (coordinator Lawrence King 403-271-0545), Darts, 55,70 men's and women's singles and doubles on November 6, (coordinator Bobby Clark 403-805-0963), Snooker, 70 open singles, on November 8,

(coordinator Lawrence King 403-271-0545), Carpet Bowl, 55,79 open team of four, on November 10 (coordinator Halvor Mork 403-273-3089), Duplicate Bridge, 55 open pairs, on November 12 (coordinator John Gilchrist 403-272-7958), Euchre, 55 open pairs, on November 17 (coordinator Analda Hamelin 403-383-1282), Bowling, 55, 65, 75 men's and women's singles and 55, 70 mixed POA, on November 18 (coordinator Yvonne Armstrong 403-274-6720), and Table Shuffleboard, 55, 70 open doubles, on November 26 (coordinator Betty Simison 403-230-4326).

PROSTAID Calgary

PROSTAID Calgary announces an Italian Wine Festival on Wednesday, November 16 from 7:00 p.m. to 9:00 p.m. There will be an offering of many notable Italian wines, and food Courtesy of Spolumbo's Fine Foods. The festival will take place in the Festival Cellar at Willow Park Wines and Spirits, 10801 Bonaventure Drive SE. The cost is \$50 per person, and will include a \$25 charitable receipt. Proceeds will go to PROSTAID Calgary, support and education for families faced with prostate cancer, as well as the Central Italy Earthquake Relief Fund. Tickets can be purchased through PROSTAID Calgary's Italian Wine Festival event page on Canada Helps: <https://www.canadahelps.org/en/charities/prostate-cancer-network-calgary-formally-prostaidd-calgary-events/prostaidd-calgary-presents-italian-wine-festival-fundraiser/>. For more information please call Kelly at 403-455-1916, or send an email to info@ProstaiddCalgary.org.

Dancesport Alberta

Dancesport Alberta presents Chinook Dancesport Classic on November 19 at Marlborough Park Community Centre, 6021 Madigan Drive NE. This will be a day of Ballroom and Latin dancing, tentatively from 12:00 p.m. to 6:00 p.m. The competitors of all ages, from youth to senior have been training in a variety of dances, including waltz, tango, quickstep, samba, cha cha, and jive. During intermissions the audience is invited to take the dance floor and enjoy some dancing. Tickets are \$20. For more information call Gene at 403-251-9054 or Monica at 403-239-5279, or visit the website: www.chinookdancesportclassic.ca.

Bare Naked Noggins Head Shave

The Epilepsy Association of Calgary will host a head shave: Razing Awareness for Epilepsy, on Thursday, November 17, in the retail atrium of Bankers Hall,

from 12 noon to 1:00 p.m. The event emcee will be Saba Hailemariam, CTV Calgary. There are prizes, special gifts, and special guests to help recognize and celebrate participants. To register or to make a pledge visit www.epilepsycalgary.com. For more information phone 403-230-2764 or check the website: epilepsycalgary.com.

King of Glory Church Christmas Craft Sale

King of Glory Church will host a Christmas Craft sale on Saturday, November 19 from 9:00 a.m. to 3:00 p.m. A variety of homemade crafts will be on sale, and a light lunch with a beverage may be purchased. Admission and parking are free. King of Glory Church is located at 2640 Rundlelawn Road NE. For more information please call 403-273-1085.

Compiled by Margaret McGruther

Practically Christmas

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



You can help!

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

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

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

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



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

Amount Enclosed \$ _____
Monthly Pledge \$ _____



Kerby Centre

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

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

Charitable Registration #11897-9947-RR0001

The Healthy Geezer

BY FRED CICETTI

Q. My wife has complained of being short of breath while shopping in the mall. She says it's just a sign of age, but I'm concerned about her.

A. The likelihood of suffering shortness of breath or "dyspnea" (disp-nee-ah) becomes greater the older we get. As we age, our air passages get smaller, chest muscles weaken, and our lungs become less flexible. These changes reduce our air flow.

Dyspnea should happen rarely to healthy people. It can be brought on by exhaustive exertion, high

altitude, extreme temperatures. Otherwise, shortness of breath is commonly a sign of a medical problem. So your wife should get this symptom checked by a doctor immediately.

Dyspnea is associated with the major breathing disorders that can develop in seniors. These disorders are chronic obstructive pulmonary disease (COPD), asthma, obstructive sleep apnea, pulmonary fibrosis, pulmonary thromboembolism and aspiration.

COPD involves difficulty in exhaling. Emphysema and chronic bronchitis are COPDs. Emphysema makes the small air spaces in the lungs collapse. Bronchitis is inflammation of the airways.

Most asthma is caused by allergies to airborne particles such as dust and mold. The airways become inflamed, which causes them to spasm. Unlike COPD, asthma is reversible.

Diagnosing conditions in seniors can be challenging, because asthma in older people is often difficult to distinguish from emphysema and chronic bronchitis. In addition, many seniors have both emphysema and chronic bronchitis.

Obstructive sleep apnea is common in older adults. People with sleep apnea stop breathing for as long as 30 seconds at a time. These interruptions can happen hundreds of times a night. Obstructive sleep apnea occurs when the muscles in

the back of your throat relax, narrowing your airway and cutting off your breathing.

In pulmonary fibrosis, the lung's air sacs become filled with scar tissue. The damage is permanent. Pulmonary fibrosis usually begins in your 40s or 50s, but can develop at any age.

Pulmonary thromboembolism is a life-endangering blockage of a blood vessel by a blood clot that travels—often from the legs—to the lung and damages tissue. Pulmonary thromboembolism is most common after age 65.

When something from your mouth goes down "the wrong pipe," you have aspiration. Aspiration is inhaling food particles, liquids or bacteria. If the amount of aspirated material exceeds the ability of the immune system to handle it, you can get a serious lung infection.

Shortness of breath can be caused by a variety of abnormalities in organs other than the lungs.

When the heart fails, it loses its ability to pump blood. This elevates pressure in the blood vessels around the lung. Sometimes fluid collects in the lungs and

interferes with breathing, causing shortness of breath, especially when a person is lying down.

A low red-blood-cell count causes dyspnea because the red cells carry oxygen. When their number is extremely low, your body doesn't get enough oxygen.

In addition, a high thyroid level, shock, systemic infection, kidney or chronic liver problems, stroke, nerve and muscle disorders, and anxiety can bring on dyspnea.

The following are some symptoms that indicate a medical condition: shortness of breath at rest, with exercise, when lying down or upon exposure to allergens. In addition, you may have a problem if shortness of breath is accompanied by: chest pain or discomfort, arm pain, jaw pain, neck pain, swelling in the ankles and feet, fluid weight gain or unintentional weight loss with reduced appetite, unusual fatigue, sweating, yellow or green phlegm, blood in spit, fever, wheezing, persistent cough, blue lips or fingertips, fainting.

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

Kerby Centre Member Appreciation

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

Performance by world class accordion player Penny Sanborn!!



Tuesday December 6, 2016
Kerby Gym – 1133 7th Ave SW
Doors Open at 11:30AM
Meal at 12:00PM

Tickets: \$8.00
 *Please note they will sell out quickly!

Tickets available at www.kerbycentre.com or in the Education and Recreation Office on the 3rd Floor



The performance that will be provided was arranged through the Calgary Musicians Association, in coordination with the National Council On Aging (NCOA) and through a grant provided by the Music Performance Trust Fund, which is funded by Recording Companies in Canada and the United States.



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Volunteer Spotlight



Ray Vantomme

Ray is originally from Estevan, Saskatchewan. He has always worked and volunteered in construction since he was a young boy. Two of his favorite pastimes are hiking and snowshoeing. Before joining Kerby Centre, he volunteered in Malawi, Africa for 12 to 15 years building hospitals and schools which included the first prison school. Ray started with Kerby Centre as staff in 2008. In 2010, he moved on to volunteer in the Woodworking Shop where he is now, as one of the Monitors. He chose volunteering at Kerby Centre because he was looking for something else to keep him busy. Ray has already contributed over 1651 hours to Kerby Centre.

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

Seniors Scene

Social Dance Club

Social Dance Club Calgary will host dances on November 5, with music by Interlude (dance lesson Tango), and on November 19 with music by Joel Spire (dance lesson Rhumba). Singles and couples are welcome. Doors open at 5:30 p.m. only for those taking the dance lesson. Doors open for the dance at 7:00 p.m. The dance goes from 8:00 p.m. to 11:30 p.m. Cost is \$12 members, \$14 non-members. There will be complimentary coffee and tea, Lions Club Cash Bar (no outside drinks allowed). The dance takes place at Southview Community Hall, 2020 33 Street SE, plenty of parking on both sides of the street. For more information please call 403-242-6957 or visit <http://socialdanceclubcalgary.com>.

Bow Cliff

The annual Bow Cliff Christmas Craft Fair and Bake Sale will take place on November 26 from 10:00 a.m. to 3:00 p.m. Admission is free. Homemade crafts and much more will be available for sale. Food donations for the Calgary Food Bank will be greatly appreciated. Bow Cliff is located at 3375 Spruce Drive SW.

Good Companions 50 Plus

Good Companions will host a Social Supper with a Remembrance theme on November 15 with entertainment by Greg Rumpel. Happy hour 4:30 p.m., supper 5:30 p.m. Cost for members is \$15, and \$18 for non-members. On November 18 and November 25 from 1:00 p.m. to 3:00 p.m. there will be Tea and Conversation programs. The presentation on November 18 will be "Why the Mediterranean Diet may be a healthy diet choice", and on November 25 it will be "Therapeutic Touch" The cost is \$2. On November 23 there will be a foot clinic and Lunch Bunch presentation. The annual Christmas Tea, Bake and Craft Sale will take place on December 3. For more information about these and other programs please call 403-242-3799 or visit www.gc50plus.org.

Inglewood Silver Threads

Inglewood Silver Threads is a 55 plus senior activity centre focusing on group activities located at 1311 9 Ave SE Calgary. Annual Membership is \$20.00.

Members enjoy crafts, games day and two exercise



Kerby Centre Active Aging Week: On a blustery but sunny late September day, forty-nine older adults met in Confederation Park in Calgary for Kerby Centre's Active Aging Week event. Kerby Centre used the opportunity to inaugurate a year-long walking challenge in celebration of Canada's 150th birthday in 2017. The Maple Leaf Quest will see participants register their daily steps toward a goal of walking across Canada as a group. The Maple Leaf Quest is a registered activity in the uwalk.ca website. The first month has the goal of a virtual walk around the province of British Columbia.

Participants were each given a pedometer to get them off on the right foot. A yoga instructor led a warmup and the group took off each walking at his or her own pace and enjoying the fall colours. Plans are in place for monthly meetups including Plus-15 and mall walks in the depths of winter and special bus trips to outlying parks and walking paths. Plans are in place for the quest to culminate in a long distant trip to a section of the TransCanada Trail. The Maple Leaf Quest is supported by Investors Group and Community Health Foods.

programs for free. Bingo is played every Tuesday for ten cents per card played per game. As well our \$2.00 tea and chat and monthly potluck are a great way to meet new people and engage in group activities.

This year Silver Threads is hosting flu clinics with Sage Pharmacy, registration is required. On Thursday December 1, we will be travelling to Cross Iron Mills mall for our annual Christmas shopping trip. Saturday December 3, we

will be hosting our annual Lunch, bake and craft sale from 9:00am - 3:00pm. Stop by for all your Christmas baking, and hand made gifts. Our Annual Christmas Lunch will be held on Friday December 16, cost to members is \$15.00

Silver Threads has started a go fund me page, we invite everyone to check it out, participate and share. Our link is GoFundMe.com/2h7n52jg. Your support would surely have all of our utmost gratitude.

For more information please call Wendy 403-264-1006

Greater Forest Lawn 55+

Greater Forest Lawn 55+ Society will hold dances on November 5 and November 19. The music on November 5 will be provided by Country Travellers, and on November 19 by Sentimental Journey. Doors open at 6:30 p.m., dance is at 7:30 p.m. Cost for members is \$12, non-members \$13. Sunday dances from

1:00 p.m. to 4:00 p.m. will take place on November 6 and November 20. Coffee and snacks will be provided. Cost is \$5. The Christmas bazaar will be on November 26 from 9:00 a.m. to 2:00 p.m. There will be fish pond, handicrafts, knitting, crocheting, pies, mixed cookies, bake table, and stocking stuffers. The concession will be open with GFLS hamburgers, coffee, tea, and pop. On December 3 there will be Turkey Bingo. Doors open at 11:00 a.m. Pre call is at 12:15 p.m., Early Bird at 12:30 p.m. The concession will be open with GFLS hamburgers, pop, tea, and coffee. Must be 18 years of age to play bingo (Alberta Gaming Commission). For more information about these and other programs please call 403-272-4661 or visit www.gfls.org.

Confederation Park 55+

Confederation Park 55+ Activity Centre will host a book signing and question and answer on November 8 at 11:00 a.m. Susan Cameron, a Centre member and author, will be in the Book Nook to sign her latest book, A Fragment of May. Saturday Dances will be on November 12 with Badlanders and November 26 with Black Velvet. Doors open at 6:30 p.m., dance is at 7:30 p.m., and tickets cost \$12. For more information please call 403-289-4780, visit yycseniors.com, or drop by the Centre at 2212 13 Street NW.

Compiled by Margaret McGruther

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- Full In-Suite Kitchens
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- Flexible Meal Program
- Limo/Bus Transportation
- Wellness Center
- Lease or Buy-In Options
- Fitness Program
- And Much More!

The Community with Heart ♥

Kerby Centre's Activities, Programs, & Services

Dates to Remember Kerby Centre

FLU CLINIC.....Tue, Nov 1
 REMEMBRANCE DAY.....Fri, Nov 11
 SGT. WILSON ARMY SHOW.....Fri, Nov 18
 SPECIAL OPTIONS 45 CAREER MONTH PRESENTATION
 "Surviving the Downturn".....Tue, Nov 22
 MONTHLY MOVIE "Star Wars:
 The Force Awakens".....Fri, Nov 25
 GET MOVING YYC & MAPLE LEAF QUEST +15 WALK
 Walk & Talk.....Tue, Nov 29
 Walk & Tone.....Tue, Nov 30

Falls Prevention Month

Please contact Education & Recreation to register for our upcoming events.
 403-705-3233

Shop at Kerby Centre

Wise Owl Boutique (Rm 214) Mon-Fri 10am - 3pm	Next-to-New (Rm 203) Mon-Fri 10am - 2:30pm	Trekking/Walking Poles Education and Recreation Department (Rm 305) \$25.00	Woodshop (Rm 102) Mon-Fri 9am - 12pm & 1 - 3pm
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Fit Room (Rm 108)

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

Next to New

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

Internet Drop-in (Rm 305)

Mon—Fri
 9am—2pm

HEALTH PRESENTATION

Handling Grief Over the Holidays
 Mon, Nov 17, 11am to 12 pm, Room 205
 Free. No registration required.

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

Monday	Tuesday	Wednesday	Thursday	Friday
Musical Recorders Group (Rm 313) 1 - 2:30pm Cribbage (Rm 307) 1 - 3:30pm Writing Group (Rm 301) 1:30 - 3:30pm Pickleball (Gym) 3:30 - 5pm Mahjong (Rm 307) 10:30am - 12:30pm Cost: \$1.25 Knitting for a Cause— 2nd and 4th Mondays only (Dining Rm) 10am - 12pm Cost: Free	Adult Colouring Book Tuesdays (Rm 307) 1 - 3pm Cost: \$1.25 Options 45 - Employment Workshops (Lounge) 1:30 - 3pm Cost: \$2.00	Bridge (Rm 307) 1 - 3pm Dance (Lecture Rm 205) 1 - 3pm Cost: \$1.25 General Craft Group - (Rm 311) 9am-12pm Cost: Free *NOV 16 General Craft Group Christmas Sale Dining Room 10am—1pm	Artist Group (Rm 313) 10am - 3pm Cost \$1.25 half day Latin American Club (Rm 119) 10am - 12pm Bingo (Rm 205) 11am - 3pm Pickleball (Gym) 3:30 - 5pm Cost: \$1.25 Kerby Tour (Dining Room) 10:30 - 11:30am	Spanish Conversation Group (Rm 311) 10am - 12pm Badminton & Ping Pong (Gym) 10:30am - 1pm Cost:\$1.25 Krazy Karvers Woodcarving Club (Woodshop Rm 102) 10am - 3pm Cost: \$1.00 per hour

Dates to Remember K2-EV

Zumba Chair..... Fri, Nov 4 & Nov 18, 10:15-11am
 Trip to Local History Department.....Nov 7, 1:30-2:45pm
 Meals on Wheels Presentation..... Nov 8, 10:30-11:30am
 Influenza & Prevention with Dr. Mary Szabo.....Nov 10, 10:30-11:30am
 A Calgary's Soldier's Story: (Calgary Public Library).....Nov 14, 1:30-3pm
 Monthly Movie "Star Wars: The Force Awakens".....Thu, Nov 24 11am- 1pm
 Fire & Fall Prevention with Calgary Fire Department..... Nov 25, 10:30-11:30am
 Personal Directive Workshop..... Nov 29, 10 - 11am



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

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

**NOT A COMPLETE SCHEDULE—ACTIVITIES MAY BE ADDED

K2-EV (East Village) 428 9th AVE SE, 403-470-6300

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lifespring Community Church 10:30am 403-862-5639	Gentle Fitness 11:15am - 12:15pm Drop in Computer Time 9 - 11am	Arts N' Ends 12:30 - 3:30pm Drop in Computer Time 9am - 3pm	Games 'N More 10:30am - 12pm Community Connects 1 - 3pm Drop in Computer Time 9 - 11am	Use it or lose it 1 - 3pm Drop in Computer Time 9am - 3pm	Drop in Computer Time 9am - 3pm

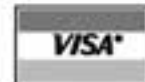
Classified Ads

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

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

Classified Rates

Starting at \$18.50* (50 characters 2 lines)
Classified deadline for December issue must be received and paid by **November 1.**



Classified Ad Categories

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

10 Health

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

CERAGEM Calgary Sales Service Parts
403-455-9727

11 Foot Care

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

Free foot care service when you sign up for two foot care treatments. Advanced foot care nurse, specialized in Diabetic foot, fungal, ingrown nails, corns and callouses. Call Becky @ 403-472-8885 for appointment.

12 Home Care

COMPANIONCARE.CA
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
just4familyservices@shaw.ca

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

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

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

13 Mobility Aids

Elec W/C Quickie P/C Midi Wheel Drive - Like new Retail \$8995 asking \$3500 OBO call 403-698-9152

20 Home Maintenance

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

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

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

Handyman Services by the hour: painting, small drywall work, ceramic tile, interior finishing & almost any type of handyman work. Ph or text Bob 587-580-7705
Classic Home Inspections & Handyman Services

Home Repairs

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

LONDONDERRY PAINTING

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

Retired Electrician
Residential upgrades, repairs, new installations, small jobs 403-703-3405

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

The Scottish Painter and Sons

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

24 Landscaping

Action Lawn Care Seasonal Clean Up

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

26 Services

AZPERLEGAL SERVICES
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Wayne's Painting semi-retired Int. Ext. Sm & large jobs, low rates Ph: 403-804-2046

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

30 For Sale

2 gravesites Mountainview Cemetery Garden of Apostles \$1500 ea or both for \$2500 + transfer fee. Leave message 403-242-4781

FOR RENT OR SALE

Recycled and New Healthcare Equipment
Stair Lifts, Porch Lifts, Scooters, Power Wheelchairs, Hospital Beds, Portable Showers, Ramps ...
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403-460-5438
AADL Vendor

Niche for 2 in beautiful Edenbrook - Garden of Rest \$3000 inquiries to Will or Ann 403-948-4140

33 Wanted

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

Sell your Stair Lifts Porch Lifts Etc.
ADVANTAGE HOME HEALTH SOLUTIONS
403-460-5438

Vintage watches, antique jewelry, antique nik naks & silver, etc
Lynn 403-281-0136

Kerby Centre classifieds can be viewed online www.kerbycentre.com

45 For Rent

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.

Kerby News for 55 + www.kerbycentre.com

48 Real Estate

40+ Condo with Amenities NW Sierras of Tuscany Community Lifestyle Suites, Swimming Pool, Exercise and Party Rooms, Ballroom, Theatre, Mountain Views, Arts and Crafts, LRT, Guest Rooms, Underground Parking and more!
Call Ruby Haines-Patterson, Seniors Real Estate & Condo Specialist, Greater Calgary Real Estate, 403-613-1082

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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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No Hassle. No Obligation
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For sale Tuscany spacious 1 bedroom condo in 40+ building close to LRT. Move in condition, open concept, many amenities. Call Randy Brook, Sutton Group Can West 403-258-0121

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

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Call: Debra or Peter Molzan Re/Max House of Real Estate 403-605-3774

Continued on page 28



Kerby News' volunteer Dawn Sharpe recently celebrated his 75th birthday with a Marilyn Monroe look-a-like during a mail-out of the Kerby News in the gym. Dawn has been in charge of the monthly mail-out and delivery of the newspaper to the post office for almost 10 years.

Photo by Wayne Orpe

Continued from page 27

Thinking of moving but need to sell first?

Free Home Evaluation
Find out what homes in your neighbourhood sell for.
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Five Star Seniors Relocators
403-233-7212.

60 Opportunities

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100 Million People will be booking a cruise in the next 4 years. Turn your passion for travel into a rewarding part time business selling cruises! A fun opportunity for sales oriented individuals who enjoy planning dream vacations. No industry exp required. We offer **initial & ongoing training, flexible schedules, & a fun environment.** Discover the rewards of running your own travel business & how you can join the #1 brand in travel, Expedia CruiseShip-Centers (Mount Royal Office) Call Orlando @ 403-245-5010

Relieve stress

(NC) Some people dream of a retirement filled with travel, recreational activities and cottage time. If it is, chances are your age is somewhere between 45 and 54 years old.

That age group indicated the highest level of stress when it comes to retirement discussions, according to a survey entitled Franklin Templeton Investments 2014 Retirement Income Strategies and Expectations (RISE). In fact, 78 per cent indicated some level of stress about retirement, with 'running out of money' and 'health' being the top concerns for two-thirds.

"While this age group is a decade or two away from retiring, it highlights the anxiety surrounding retirement as people are living longer, resulting in redefined expectations versus their parents' generation," says Philip Bensen, senior vice president at Franklin Templeton Investments Corp. "An investment advisor can help you develop a tangible retirement plan that reflects where your savings are currently, plus the appropriate investments to assist in getting you where you want to be."

www.newscanada.com

IN MEMORIAM



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

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

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



Medical Terms

- Recovery Room** – Where you have your upholstery done
- Rheumatic Fever** – Amorous feeling
- Secretion** – Hiding anything
- Seizure** – A roman emperor
- Tablet** – A small table
- Terminal illness** – Sick at the airport
- Tibia** – Noth African country
- Tumour** – An extra pair
- Urine** – Opposite of you're out
- Varicose Veins** – Veins that are very close together

Crossword Solution

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

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Sales Consultants Jerry Jonasson (403) 705-3238
David Young (403) 705-3240

Business and Professional Directory

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

Business and Professional Directory
Business Directory Size 3 1/4" x 2" \$160

Charity – the joy of giving

It's the time of the year for joyful giving! You carefully select the gifts you give to those close to you, of course, but you may also be thinking about another kind of giving – charitable giving to support the worthy causes you care about. Ideally, your gift should help your charity while minimizing your taxes and other estate fees and preserving your legacy. Here's how you can make the most of your charitable giving.

Name a charity as your beneficiary: This is your simplest option: In your will, simply leave a bequest of money or a gift in kind (such as securities or artwork) to a recognized charity. Your estate will receive a charitable donation receipt that could reduce the income tax on your final return and perhaps the immediately preceding return as well.

Establish a Donor Advised Fund: You will receive an immediate tax receipt for all contributions made to the fund while retaining the right to advice as to which charities are to receive your fund's income.

Establish a Charitable Remainder Trust: This irrevocable trust holds assets such as cash and mutual funds. The interest and dividends are paid to you as taxable income. At the time of your death, the trust assets – known as the "remainder" – go to your designated charity. When you establish the trust, you will receive a donation receipt for the 'remainder interest' of the trust.

Donate a life insurance policy while you live: You will enjoy certain tax credits and your charity will receive the total death benefit under the policy.

Donate publicly-funded stocks or securities: You will get a tax receipt for their full value and will not pay tax on the capital gains of the donated securities.

Establish a Charitable Life Annuity: Set up the annuity for yourself, or for you and your spouse, and receive a lifetime income from the assets. Much of the annuity cash flow is tax-free and you will get a charitable receipt for a portion of the donations based on the amount of annuity income you receive and your life expectancy.

Establish a Private Foundation: When you make a substantial donation, establishing a foundation allows your name or family's name to be permanently associated with the cause you've chosen.

Give the gift of yourself: **Volunteer:** Your charity will certainly make good use of your monetary donation – and you, when you choose to take an active role as a volunteer.

Something to consider: Your philanthropic gift is always important, no matter the amount of your assets or the size of your income –

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

One of the many strategies available is to name a charity as beneficiary. In your will, leave a bequest of money or gift in kind (secu-

rities or artwork, for example) to a recognized charity (like the Kerby Centre) and your estate will receive a charitable donation tax receipt that could reduce or eliminate the income tax on your final return and possibly on the immediately preceding return, as well.

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

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

help you out.

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

Financial Planning Today


Topic: Retirement Planning

LOCATION: Kerby Centre -1133 7th Ave SW
ROOM: Kerby Centre Lounge
DATE: Saturday, November 26, 2016
TIME: 10:00 am – 11:30 am

Join us for an interactive conversation about setting up your retirement income. Whether you are in the building stage or retired there are often many portfolio strategies to increase tax efficiency and longevity. Not all income is created equal, how does your money work for you? Coffee and cookies will be served while we enjoy a wonderful morning with Joanne and Daryl from Investors Group

Please **RSVP** to Rob Locke
 Director of Fund Development
403-705-3235 or
robl@kerbycentre.com

Presenters:
 Joanne Kirk and Daryl Standish
 Investors Group



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Page design & layout by Winifred Ribeiro

In *The Baker in Me*, Daphna brings years of experience, providing you with the information on how the baking processes work, helping you take charge in the kitchen when baking. Take, for example, the ever popular chocolate chip cookie. Daphna explains how to make the cookies soft, chewy, or crispy, whichever you prefer, by varying the ingredients, the way you prepare the dough, and how you cook them. There are chapters for cookies, bars, cakes, chocolate, muffins and quick breads, and pastries, as well as smart guides to technique, ingredients and equipment, Science-based and technically sound, Daphna provides a nonetheless warm and approachable guide to baking better than ever. *The Baker in Me* will be a trusted, lasting resource in kitchens everywhere.



Excerpted from
The Baker in Me ©
by Daphna Rabinovitch
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Golden Corn Muffins ©

I first gained knowledge of corn muffins, a specialty of the southern United States, while I was studying in San Francisco. A guest teacher, Beth Hensperger, was teaching that day and she made an outlandishly delicious corn muffin with fresh corn kernels, chives and habanero peppers. In my head, I still hear her say, “You have to love your bread and give it warmth.” I still heed those words. And I still love her muffins, although I have altered the heat somewhat by calling for chipotle instead of a habanero, and I’ve changed the chives to green onions.

makes 12 muffins

1 cup (250 mL) all-purpose flour
1 cup (250 mL) yellow cornmeal
2 tsp (10 mL) baking powder
1 tsp (5 mL) baking soda
1 tsp (5 mL) ground black pepper
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) chipotle chili powder (or 1 tsp/5 mL regular chili powder)
1 cup (250 mL) buttermilk, at room temperature
1/2 cup (125 mL) granulated sugar
1/3 cup (80 mL) unsalted butter, melted and cooled (3 oz/90 g)
2 large eggs, at room temperature
1 cup (250 mL) roasted corn kernels (or frozen corn niblets)
1/4 cup (60 mL) chopped green onion

Preheat the oven to 375°F (190°C). Get out a 12-cup muffin tin and lightly grease or line with muffin cups; set aside.

Whisk together the flour, cornmeal, baking powder, baking soda, pepper, salt, and chipotle chili powder in a bowl until the dry ingredients are thoroughly combined; set aside. In a separate large bowl, whisk together the buttermilk, sugar, butter and eggs until well combined. Add the corn and green onion. Using a wooden spoon, quickly stir together until just moistened.

Divide the batter evenly among the prepared muffin cups. Bake in the centre of the preheated oven until the tops of the muffins spring back when lightly pressed, about 18 minutes. Cool the muffins in the pan on a wire rack for 10 minutes. Remove the muffins from the pan, transferring to the wire rack to cool completely.



Strawberry Almond Scones ©

These scones bring to mind the English countryside, sturdy picnic tables festooned with gracious linen and china bowls filled with clotted cream, unsalted locally churned butter and fresh, dewy strawberries. Bite into one and you too will be able to visualize the bucolic scene.

2 cups (500 mL) all-purpose flour
1/4 cup (60 mL) granulated sugar
2 Tbsp (30 mL) ground almonds
1 Tbsp (15 mL) baking powder
1/2 tsp (2 mL) salt
1/2 cup (125 mL) cold unsalted butter (4 oz/125 g)
3/4 cup (180 mL) cold whipping cream
1 tsp (5 mL) almond or vanilla extract
1 cup (250 mL) chopped fresh strawberries
1 large egg, lightly beaten, at room temperature
1/4 cup (60 mL) sliced almonds

Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper; set aside.

Combine the flour, sugar, ground almonds, baking powder and salt in the bowl of a food processor fitted with the metal “S” blade. Pulse twice to combine and aerate. Cut the butter into cubes and add to the food processor. Pulse until the butter is cut into pieces the size of small peas. (Conversely, you can do the above in a large bowl, using a pastry cutter or two knives to cut in the butter until it’s the size of irregular-shaped peas.) Transfer the mixture to a large bowl.

Whisk together the cream and extract of your choice until thoroughly blended. Pour over the flour-butter mixture. Add the strawberries. Toss with a fork until the mixture is thoroughly moistened. It may not fully come together; there may be some flour not fully incorporated—don’t worry about this.

Transfer the dough to a clean work surface, including the unincorporated bits. Knead gently, about 4 or 5 times, just until the dough forms a moist, cohesive ball. Gently pat the dough down into an even rectangle that is about 8 × 5 inches (20 × 12 cm). It should be about 1 inch (2.5 cm) thick.

With a sharp knife or pastry cutter, cut the rectangle in half lengthwise. Then cut each half into 6 triangles. Transfer the scones to the prepared baking sheet.

Brush the surface of each scone with the beaten egg. Sprinkle the almonds over the scones.

Bake in the centre of the preheated oven until golden and baked through, 16–18 minutes. Cool the scones on the pan on a wire rack for at least 5 minutes before serving.

Seven-layer Bars with Marshmallows and Dried Cranberries ©

These bars have been around forever, and are sometimes called magic bars, Hello Dolly bars or seven-layer bars. This particular variation sports marshmallows—which melt into a gooey, sticky crater—as well as tart dried cranberries and coconut. It’s an extravaganza in your mouth. What is even more impressive is that they’re incredibly quick to assemble and bake.



makes: 2 1/2 dozen bars

4 1/2 cups (625 mL) graham wafer crumbs
3/4 cup (180 mL) unsalted butter, melted (6 oz/175 g)
1 can (300 mL) sweetened condensed milk
1 cup (250 mL) mini marshmallows
1 cup (250 mL) coarsely chopped pecans
1 cup (250 mL) dried cranberries
3/4 cup (180 mL) semisweet chocolate chips
3/4 cup (180 mL) shredded sweetened coconut

Preheat the oven to 350°F (180°C). Lightly grease the sides and bottom of a 13- × 9-inch (33 × 23 cm) metal cake pan. Line with parchment paper so that the bottom is covered and there is a 2-inch (5 cm) overhang on the 2 long sides.

Place the graham cracker crumbs into a bowl. Pour the melted butter over the crumbs, stirring with a fork until thoroughly combined. Pat the moistened crumbs into an even layer on the bottom of the prepared cake pan.

Drizzle one-third of the sweetened condensed milk over the base. Then sprinkle with the marshmallows, pecans, cranberries, chocolate chips and coconut, in that order. Drizzle the remainder of the sweetened condensed milk over top.

Bake in the centre of the preheated oven until lightly browned, about 25–30 minutes. Let the bars cool in the pan on a wire rack for at least 2 hours. Cut into bars (or cut what you need, cover the pan with plastic wrap and store at room temperature for up to 5 days).

The 2016 Expo at the Kerby Centre



With education, information and entertainment being the objectives, sixty exhibitors with a broad range of services set up booths and over 1000 happy people attended the 2016 Expo.

There were presentations on federal and provincial government benefits, healthy living at home, healthy eating for seniors and also from the Better Business Bureau and Kerby Centre's services. An active aging session included line dancing, and Apple Magazine provided a food demonstration.

If that wasn't enough there was wine and spirit tasting and free massages were available throughout the day. Three different musical performances helped make the day a delight for all the senses.

Pictured here are several photos to give readers a taste of this successful event.

Photos by Frank Wood



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



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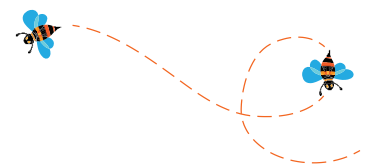
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